



Nutrition & Allergen Guide

Autumn Food

September – November 2026

Seasonal Menu

Bakery Menu

Breakfast Menu

Sandwiches & Toasties

Chocolate, Snacks
& Bottled Drinks



This guide will provide nutritional and allergen information for all Autumn food. Allergens can be found in **BOLD CAPITALS** within the ingredient declaration and summarised in the last column. Please ensure you take extra care to identify all the possible allergens present in our food, if you require support please ask one of our trained barista's.

Within this booklet it will provide information on the following 14 allergens:

- Cereals Containing **Gluten** (Wheat, Spelt, Kamut, Rye, Barley and Oats)
- **Treenuts** (Almond, Hazelnut, Walnut, Cashew, Pecan Nut, Brazil Nut, Pistachio Nut, Macadamia/Queensland Nut)
- **Egg • Milk • Soya • Fish • Crustaceans • Molluscs • Sesame • Lupin • Celery • Mustard • Peanuts**
- **Sulphur Dioxide and Sulphites**

Cross-Contact

Due to the nature of how our partners handle our food items, and share equipment and utensils there is a risk of allergen cross-contact. We cannot guarantee any item is allergen free. Please remember to check this information regularly as we're always working on our recipes. 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.



Seasonal Menu



Product	Suitable for Vegetarian	Suitable for Vegan	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Allergens
----- per portion -----													
Pumpkin Marble Loaf Cake	Y	N	Wheat flour (WHEAT flour, calcium carbonate, niacin, iron, thiamin), free-range pasteurised whole EGG , ground ALMONDS , caster sugar, salted butter (butter (MILK), salt), rapeseed oil, icing sugar, humectant: glycerol, soft dark brown sugar (sugar, molasses), soft brown sugar (sugar, cane molasses, inverted sugar syrup), pumpkin (4%), cream (MILK), white chocolate (sugar, cocoa butter, whole MILK powder, emulsifier: SOYA lecithin, vanilla extract), caramel (sweetened condensed milk [MILK , sugar], glucose syrup, invert sugar syrup, palm oil, butter (MILK), sugar, emulsifier: mono and di glycerides of fatty acids, stabiliser: pectin, salt, natural flavouring), soft cheese (soft cheese (MILK), salt), black treacle (invert sugar syrup, cane molasses), natural vanilla flavouring, pumpkin seeds, modified maize starch, BUTTERMILK powder, raising agents: sodium hydrogen carbonate, disodium diphosphate, potassium hydrogen carbonate, pumpkin spice mix (nutmeg, cinnamon, ginger, cloves), potato starch, preservative: potassium sorbate, emulsifiers: lactic acid esters of mono- and diglycerides of fatty acids, propane-1,2-diol esters of fatty acids, glucose syrup, salt, SOYA flour, colouring food (apple concentrate, hibiscus concentrate), natural maple flavouring, thickener: xanthan gum.	1706	409	23	7.4	42	20	2.8	7	0.71	WHEAT MILK ALMONDS EGG SOYA
Apple Crumble Muffin	Y	N	Wheat flour (WHEAT flour, calcium carbonate, niacin, iron, folic acid, thiamin), caster sugar, free-range pasteurised whole EGG , rapeseed oil, apple compote filling (10%) (apple, sugar, maize starch), rapeseed oil, salted butter (butter (MILK), salt), apple (5%), icing sugar, humectant: glycerol, demerara sugar (sugar, cane molasses), modified maize starch, sugar, glucose syrup, palm oil, soft light brown sugar (sugar, cane molasses, inverted sugar syrup), sugar, wholemeal WHEAT flour, potato starch, raising agents: potassium hydrogen carbonate, disodium diphosphate, mono calcium phosphate, sodium hydrogen carbonate, natural flavouring, invert sugar syrup, rolled OATS , jumbo OATS , glucose fructose syrup, icing powder (dextrose, cornflour, palm oil), WHEAT fibre, natural vanilla flavouring, custard powder (maize starch, colour: annatto norbixin, salt, natural flavouring), soft dark brown sugar (sugar, molasses), emulsifiers: lactic acid esters of mono- and diglycerides of fatty acids, propane-1,2-diol esters of fatty acids, mono and di glycerides of fatty acids, skimmed MILK powder, BUTTERMILK powder, salt, preservative: potassium sorbate, SOYA flour, pea protein, thickener: guar gum, caramelised sugar syrup.	2308	549	21	4.9	83	41	1.4	6.4	0.74	WHEAT MILK EGG SOYA OATS
Loaded Double Chocolate Chunk Cookie	Y	N	Wheat flour (WHEAT flour, calcium carbonate, niacin, iron, thiamine, folic acid), dark chocolate (24%) (sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier: SOYA lecithin, vanilla extract), soft light brown sugar (sugar, cane molasses, inverted sugar syrup), salted butter (butter (MILK), salt), free-range pasteurised whole EGG , cream (MILK), milk chocolate (4%) (sugar, cocoa butter, whole MILK powder, cocoa mass, emulsifier: SOYA lecithin, vanilla extract), glucose syrup, natural vanilla flavouring, raising agents: sodium hydrogen carbonate, disodium diphosphate, monocalcium phosphate, salt.	1966	470	23	13	57	32	3.1	7.1	1.1	WHEAT MILK EGG SOYA
Loaded Triple Chocolate & Hazelnut Cookie	Y	N	Wheat flour (WHEAT flour, calcium carbonate, niacin, iron, thiamine, folic acid), soft light brown sugar (sugar, cane molasses, inverted sugar syrup), salted butter (butter (MILK), salt), free-range pasteurised whole EGG , white chocolate (7%) (sugar, cocoa butter, whole MILK powder, emulsifier: SOYA lecithin, vanilla extract), dark chocolate (7%) (sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier: SOYA lecithin, vanilla extract), milk chocolate (7%) (sugar, cocoa butter, whole MILK powder, cocoa mass, emulsifier: SOYA lecithin, vanilla extract), sugar, fat reduced cocoa powder, vegetable oils [sunflower, palm, palm kernel], HAZELNUTS (1.3%), whey powder (MILK), natural vanilla flavouring, raising agents: sodium hydrogen carbonate, disodium diphosphate, monocalcium phosphate, MILK protein, skimmed MILK powder, salt, lactose (MILK), emulsifier: SOYA lecithin, natural flavouring.	1917	458	22	14	57	29	2.1	6.9	1.0	WHEAT MILK EGG SOYA HAZELNUTS
Pumpkin Spice Cake Pop	Y	N	White chocolate (21%) (sugar, cocoa butter, whole MILK powder, emulsifier: SOYA lecithin, natural vanilla flavouring), icing sugar, salted butter (butter (MILK), salt), WHEAT flour, sugar, free-range pasteurised whole EGG , white chocolate button (6%) (sugar, cocoa butter, whole MILK powder, emulsifier: SOYA lecithin, natural vanilla flavouring), rapeseed oil, spiced biscuit pieces (WHEAT flour, sugar, vegetable oils [palm, canola, coconut], cane sugar, SOYA flour, invert sugar syrup, raising agent: sodium hydrogen carbonate, cinnamon, nutmeg), sugarpaste (icing sugar, vegetable oils [coconut, shea butter], rice flour, fruit and vegetable concentrates [radish, lemon, blackcurrant, apple], thickener: sodium carboxymethylcellulose, natural flavouring), BUTTERMILK powder, 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), modified maize starch, fondant icing (sugar, glucose syrup), cocoa butter, vegetable concentrates [carrot, paprika], whey powder (MILK), natural vanilla flavouring, fruit and vegetable concentrates (caramelised carrot, apple), preservative: potassium sorbate, glucose syrup, raising agents: sodium hydrogen carbonate, diphosphates, salt, cinnamon, ground nutmeg, natural flavouring, ginger, ground clove, vegetable carbon, humectant: glycerol, WHEAT starch, free-range EGG albumen powder, acidity regulator: citric acid, dextrose, gelling agent: guar gum.	726	174	10	5.3	19	13	<0.5	1.9	0.22	WHEAT EGG SOYA MILK
Mummy Cake Pop	Y	N	Creme cake concentrate (wheat flour (WHEAT flour, calcium carbonate, iron, niacin, folic acid, thiamin), sugar, modified maize starch, whey powder (MILK), raising agents: sodium hydrogen carbonate, diphosphates, salt, natural vanilla flavouring), white chocolate (11%) (sugar, cocoa butter, whole MILK powder, emulsifier: SOYA lecithin, natural vanilla flavouring), 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), icing sugar, salted butter (butter (MILK), salt), fondant icing (sugar, glucose syrup, free-range EGG albumen powder, cornflour, stabiliser: diphosphates, acidity regulator: acetic acid), free-range pasteurised whole EGG , digestive biscuit (wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamine, folic acid), wholemeal WHEAT flour, vegetable oils [palm, rapeseed], sugar, invert sugar syrup, raising agents: sodium hydrogen carbonate, ammonium hydrogen carbonate, salt), rapeseed oil, icing sugar, BUTTERMILK powder, glucose syrup, beetroot concentrate, natural vanilla flavouring, fat-reduced cocoa powder, rapeseed oil, cocoa butter, modified maize starch, preservative: potassium sorbate, colour: vegetable carbon, free-range EGG albumen powder, humectant: glycerol.	717	172	9.9	4.8	19	14	<0.5	1.5	0.22	WHEAT EGG MILK SOYA

Product	Suitable for Vegetarian	Suitable for Vegan	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Allergens
Wraps & Focaccia				----- per portion -----									
Charred Chickpea & Chimichurri Wrap	Y	Y	Tomato tortilla wrap (wheat flour [WHEAT flour, calcium, folic acid, iron, niacin, thiamin], water, palm oil, rapeseed oil, tomato powder, raising agents: sodium carbonates, diphosphates, malic acid, sugar, salt, red pepper powder, paprika, basil, WHEAT starch), smoky chickpea and chimichurri mix (smoky charred chickpeas (13%) [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), houmous (chickpeas, water, tahini SESAME SEED paste, rapeseed oil, lemon juice, garlic purée, salt, preservative: potassium sorbate), spinach, red cabbage, 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), smoky roast red pepper sauce (tomato, tomato juice, water, roasted red pepper, tomato paste, sugar, cornflour, onion, garlic purée, red wine vinegar, cane molasses, smoked paprika, red chilli purée, olive oil, lemon juice, parsley, salt, extra virgin olive oil), cider vinegar, beetroot, red onion, sugar, cornflour, salt.	2007	478	17	3.5	66	11	4.4	13	1.2	WHEAT SESAME
Chicken & Chorizo Focaccia	N	N	Rosemary topped focaccia (wheat flour [WHEAT flour, calcium, folic acid, iron, niacin, thiamin], water, extra virgin olive oil, rosemary, WHEAT flour, salt, yeast, malted BARLEY flour), seasoned chicken breast (16%) (chicken breast, cornflour, yeast extract, onion powder, salt, black pepper, lemon juice powder, mushroom extract powder), roasted red pepper (red pepper, water, acidity regulator: citric acid, firming agent: calcium chloride, salt), rocket, marinated semi dried tomatoes (tomato, sunflower oil, salt, garlic, oregano), red pesto (sunflower oil, sundried tomato puree [sundried tomatoes, sunflower oil, white wine vinegar, salt], medium fat hard cheese (MILK), tomato paste, basil, lemon juice, sea salt, potato starch), smoky roast red pepper sauce (tomato, tomato juice, water, roasted red pepper, tomato paste, sugar, cornflour, onion, garlic purée, red wine vinegar, cane molasses, smoked paprika, red chilli purée, olive oil, lemon juice, parsley, salt, extra virgin olive oil), tomato sauce (water, tomato paste, onion, rapeseed oil, tomato, white wine vinegar, cornflour, garlic purée, salt, concentrated lemon juice), chorizo pork sausage (2%) (pork, salt, smoked paprika, flavouring, dextrose, garlic paste, antioxidant: sodium ascorbate, ground nutmeg, preservative: sodium nitrite, dried oregano), smoked paprika, basil, cornflour, WHEAT fibre, salt.	1655	394	12	2.1	50	3.6	4.8	19	1.4	WHEAT BARLEY MILK



Bakery Menu



Product	Suitable for Vegetarian	Suitable for Vegan	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Allergens
Croissants and Morning Pastries				----- per portion -----									
All-Butter Croissant (Freshly Baked)	Y	N	WHEAT flour, butter (MILK) (26%), water, sugar, yeast, WHEAT gluten, whole MILK powder, EGG, salt, WHEAT sourdough (water, fermented WHEAT flour), flour treatment agent: ascorbic acid, enzyme.	963	230	13	8.6	23	3	0.9	4.9	0.54	WHEAT MILK EGG
Almond Croissant	Y	N	WHEAT flour, butter (17%) (MILK), water, ALMOND paste 11% [sugar, ALMOND, glucose syrup, humectant: glycerol, bitter ALMOND, stabilizer: sorbitol, natural ALMOND flavouring]], slivered ALMONDS (6%), sugar, yeast, icing sugar [dextrose, maize flour, palm oil], EGG, WHEAT gluten, salt, modified maize starch, emulsifier: rapeseed lecithin, flour treatment agent: ascorbic acid.	1425	341	19	11	35	10	1.9	6.6	0.62	WHEAT MILK ALMOND EGG
Almond Croissant (at selected stores)	Y	N	WHEAT flour, water, butter 13% (MILK), sugar, ALMOND powder 6%, flaked ALMONDS 3%, yeast, WHEAT gluten, EGGS, salt, natural flavouring, flour treatment agent: ascorbic acid, enzyme.	1277	305	15	7.1	34	12	2.3	7.4	0.65	WHEAT MILK ALMOND EGG
Almond Croissant (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
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
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

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
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
Blackberry & Vanilla Cream Danish (Freshly Baked)	Y	N	Pastry square (WHEAT flour, butter (16%) (MILK), water, sugar, WHEAT gluten, yeast, salt, flour treatment agent: ascorbic acid), vanilla custard (23%) (water, sugar, modified starch, whey powder (MILK), whole MILK powder, bourbon vanilla extract, colouring food: carrot concentrate, maltodextrin, thickener: xanthan gum, natural flavouring, spent vanilla seeds), blackberry puree (7%) (blackberry puree, glucose syrup, cornflour), blackberry (5%), glucose syrup, pasteurised free range EGG , sugar, gelling agent: pectin, acidity regulators: citric acid, calcium lactate,, preservative: potassium sorbate, natural flavouring.	1314	314	16	10	36	10	1.2	5.9	0.68	WHEAT MILK EGG
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

Product	Suitable for Vegetarian	Suitable for Vegan	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Allergens
Cakes & Cake Pop				----- 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
Birthday Cake Pop	Y	N	White chocolate (29%) (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, iron, folic acid, niacin, thiamine), wholemeal WHEAT flour, vegetable oils [palm, rapeseed], sugar, invert sugar syrup, raising agents: sodium hydrogen carbonate, ammonium bicarbonate, salt), hundreds and thousands (sugar, maize starch, coconut oil, vegetable concentrate (sweet potato, radish), glazing agent: beeswax), cocoa butter, BUTTERMILK powder, modified maize starch, whey powder (MILK), natural vanilla flavouring, natural strawberry flavouring, preservative: potassium sorbate, fruit concentrates (apple, blackcurrant, cherry), raising agents: sodium hydrogen carbonate, diphosphates, maize starch, salt.	719	172	9.9	4.8	19	8.5	<0.5	1.7	0.21	WHEAT EGG MILK SOYA
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
Lemon Loaf Cake	Y	N	Caster sugar, free-range pasteurised whole EGG , wheat flour (WHEAT flour, calcium carbonate, niacin, iron, folic acid, thiamin), rapeseed oil, ground ALMONDS , water, salted butter (butter (MILK), salt), icing (4%) (sugar, preservative: potassium sorbate, gelling agent: agar, natural flavouring, acidity regulator: citric acid, emulsifier: mono and di glycerides of fatty acids, thickener: locust bean gum), cream (MILK), lemon zest (2%), glaze (isomaltulose powder, sugar, humectant: glycerol, gelling agents: pectin, gellan gum, acid: glucono delta-lactone, preservative: potassium sorbate, stabiliser: sodium polyphosphate, acidity regulator: trisodium citrate, emulsifier: mono and di glycerides of fatty acids), modified maize starch, natural vanilla flavouring, potato starch, caramelised lemon zest (lemon zest, sugar), raising agents: disodium diphosphate, sodium hydrogen carbonate, glucose syrup, emulsifiers: lactic acid esters of mono- and diglycerides of fatty acids, propane-1,2-diol esters of fatty acids, preservative: potassium sorbate, lemon oil, SOYA flour, salt, lemon fruit preparation (glucose syrup, sugar, lemon concentrate, natural flavouring, citrus fibre), colour: lutein.	1535	367	19	4.9	43	26	1.6	5.2	0.59	WHEAT EGG MILK ALMONDS 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
Cookies				----- per portion -----									
Loaded Double Chocolate Chunk Cookie (Freshly Baked)	Y	N	Wheat flour (WHEAT flour, calcium carbonate, niacin, iron, thiamine, folic acid), dark chocolate (24%) (sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier: SOYA lecithin, vanilla extract), soft light brown sugar (sugar, cane molasses, inverted sugar syrup), salted butter (butter (MILK), salt), free-range pasteurised whole EGG , cream (MILK), milk chocolate (4%) (sugar, cocoa butter, whole MILK powder, cocoa mass, emulsifier: SOYA lecithin, vanilla extract), glucose syrup, natural vanilla flavouring, raising agents: sodium hydrogen carbonate, disodium diphosphate, monocalcium phosphate, salt.	1966	470	23	13	57	32	3.1	7.1	1.1	WHEAT MILK EGG SOYA
Loaded Triple Chocolate & Hazelnut Cookie (Freshly Baked)	Y	N	Wheat flour (WHEAT flour, calcium carbonate, niacin, iron, thiamine, folic acid), soft light brown sugar (sugar, cane molasses, inverted sugar syrup), salted butter (butter (MILK), salt), free-range pasteurised whole EGG , white chocolate (7%) (sugar, cocoa butter, whole MILK powder, emulsifier: SOYA lecithin, vanilla extract), dark chocolate (7%) (sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier: SOYA lecithin, vanilla extract), milk chocolate (7%) (sugar, cocoa butter, whole MILK powder, cocoa mass, emulsifier: SOYA lecithin, vanilla extract), sugar, fat reduced cocoa powder, vegetable oils [sunflower, palm, palm kernel], HAZELNUTS (1.3%), whey powder (MILK), natural vanilla flavouring, raising agents: sodium hydrogen carbonate, disodium diphosphate, monocalcium phosphate, MILK protein, skimmed MILK powder, salt, lactose (MILK), emulsifier: SOYA lecithin, natural flavouring.	1917	458	22	14	57	29	2.1	6.9	1.0	WHEAT MILK EGG SOYA HAZELNUTS

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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
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
----- 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 hydogen 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
----- 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
----- per portion -----													
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

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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 -----									
All Day Breakfast Wrap	N	N	Tortilla wrap (wheat flour [WHEAT flour, calcium, folic acid, iron, niacin, thiamin], water, palm oil, rapeseed oil, raising agents: sodium bicarbonate, disodium diphosphate, sugar, salt, acidity regulator: malic acid, WHEAT starch), scrambled egg (13%) (free-range pasteurised whole EGG, water, rapeseed oil, tapioca starch, dried skimmed MILK, lemon juice, salt, ground white pepper), pork sausage (8%) (pork, water, wheat flour [WHEAT flour, calcium, folic acid, iron, niacin, thiamin], pork fat, onion, WHEAT starch, rapeseed oil, brown sugar, salt, rubbed sage, dextrose, ground black pepper, stabiliser: sodium diphosphate, WHEAT protein, yeast extract, antioxidant: ascorbic acid, rapeseed oil, cane molasses, coriander extract, mace extract, nutmeg extract, pepper extract, sage extract, raising agent: ammonium carbonate), pinto beans (pinto beans, water, firming agent: calcium chloride), mature Cheddar cheese (MILK), hickory smoked streaky bacon (5%) (pork, salt, antioxidant: sodium ascorbate, preservative: sodium nitrite), 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), spinach, barbecue sauce (water, sugar, red wine vinegar, tomato paste, treacle, cornflour, smoked paprika, salt, cane molasses, roasted garlic purée, dried onion, garlic powder, cayenne pepper, mace), smoky roast red pepper sauce (tomato [tomato, tomato juice], water, roasted red pepper, tomato paste, sugar, cornflour, onion, garlic purée, red wine vinegar, cane molasses, smoked paprika, red chilli purée, olive oil, lemon juice, parsley, salt), water, cornflour, black pepper. Sausage filled into beef casing.	1947	465	23	9.5	42	6	3.1	21	1.6	WHEAT MILK EGG
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
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

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
Porridge, Fruit & Yogurt				----- per portion -----									
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	-
Greek Style 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
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	1.0	MILK EGG
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	MILK EGG



Sandwiches & Toasties



Product	Suitable for Vegetarian	Suitable for Vegan	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Allergens
Cold Sandwiches and Wraps				----- per portion -----									
Chicken & Bacon Caesar Wrap	N	N	Tortilla wrap (wheat flour [WHEAT flour, calcium, folic acid, iron, niacin, thiamin], water, palm oil, rapeseed oil, raising agents: sodium hydrogen carbonate, disodium diphosphate, sugar, salt, acidity regulator: malic acid, WHEAT starch), ranch style Caesar mayonnaise dressing (21%) (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 (21%) (chicken breast, cornflour, yeast extract, onion powder, salt, black pepper, lemon juice powder, mushroom extract powder), lettuce, sweetcure smoked bacon (3%) (pork belly, sugar, salt, stabiliser: sodium triphosphate, honey, preservative: sodium nitrite), water, lemon juice, cornflour, medium fat hard cheese (MILK), potato starch.	2020	482	20	4.6	52	3.8	2.8	22	1.2	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 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.	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 diacetyl tartaric acid esters of mono- and diglycerides of fatty acids, WHEAT gluten, spirit vinegar, malted WHEAT flour, rapeseed oil, flour treatment agent: ascorbic acid, palm oil), 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
Hot Sandwiches				----- per portion -----									
Cheese & Marmite® Mini Ciabatta	Y	N	Ciabatta roll (wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], water, yeast, salt, palm oil, rapeseed oil, WHEAT semolina, preservative: calcium propionate, emulsifier: mono- and diglycerides of fatty acids), mature Cheddar cheese (32%) (MILK), béchamel sauce (whole MILK , water, single cream (MILK), salted butter [butter (MILK), salt], wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], cornflour, salt, white pepper, ground bay leaf), Marmite® yeast extract (5%) (yeast extract (BARLEY , WHEAT , OATS , RYE), salt, vegetable juice concentrate, vitamins [thiamin, riboflavin, niacin, vitamin b12, folic acid], natural flavouring (CELERY)), cornflour.	1479	352	12	7.2	41	3	1.9	19	1.6	WHEAT MILK BARLEY OAT RYE CELERY
Signature Grilled Cheese Toastie	Y	N	White sourdough bloomer (wheat flour [WHEAT flour, calcium carbonate, folic acid, iron, niacin, thiamin], water, SPELT flour, RYE flour, durum WHEAT semolina, salt, fermented WHEAT flour, yeast, dried WHEAT sourdough, dried RYE sourdough, antioxidant: ascorbic acid), béchamel sauce (whole MILK , water, single cream (MILK), wheat flour [WHEAT flour, calcium carbonate, folic acid, iron, niacin, thiamin], salted butter [butter (MILK), salt], cornflour, salt, white pepper, ground bay leaf, smoked onion granules, cracked black pepper), mozzarella cheese (12%) (MILK), Cheddar cheese (4%) (MILK), mature Cheddar cheese (4%) (MILK), Monterey Jack cheese (3%) (MILK), Dijon mustard (water, MUSTARD seed, spirit vinegar, salt), potato starch, cornflour, American style mustard (water, spirit vinegar, MUSTARD flour, MUSTARD bran, cornflour, ground turmeric, salt), concentrated lemon juice, black pepper.	1739	414	15	8.6	51	3.6	3.5	17	1.8	WHEAT RYE SPELT MILK MUSTARD
Signature Smoked Ham & Cheese Toastie	N	N	White sourdough bloomer (wheat flour [WHEAT flour, calcium carbonate, folic acid, iron, niacin, thiamin], water, SPELT flour, RYE flour, durum WHEAT semolina, salt, fermented WHEAT flour, yeast, dried WHEAT sourdough, dried RYE sourdough, antioxidant: ascorbic acid), béchamel sauce (whole MILK , water, single cream (MILK), wheat flour [WHEAT flour, calcium carbonate, folic acid, iron, niacin, thiamin], salted butter [butter (MILK), salt], cornflour, salt, white pepper, ground bay leaf, smoked onion granules, cracked black pepper), oak smoked formed ham (14%) (pork, sea salt, stabilisers: pentapotassium triphosphate, pentasodium triphosphate, tetrapotassium diphosphate, brown sugar, antioxidant: sodium ascorbate, preservative: sodium nitrite), mozzarella cheese (10%) (MILK), Cheddar cheese (3%) (MILK), mature Cheddar cheese (3%) (MILK), Monterey Jack cheese (3%) (MILK), American style mustard (water, spirit vinegar, MUSTARD flour, MUSTARD bran, cornflour, ground turmeric, salt), Dijon mustard (water, MUSTARD seed, spirit vinegar, salt), potato starch, cornflour, concentrated lemon juice, black pepper.	1893	450	15	8.9	51	3.8	3.6	26	2.2	WHEAT RYE SPELT MILK MUSTARD

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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
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													
Acorn Gingerbread Biscuit	Y	N	Wheat flour (WHEAT flour, calcium carbonate, niacin, iron, folic acid, thiamine), demerara sugar, vegetable margarine (vegetable oils [palm, rapeseed, palm stearin], lemon juice), partially inverted refiners syrup, black treacle (invert sugar syrup, cane molasses), soft dark brown sugar (sugar, molasses), water, caster sugar, glucose syrup, ground ginger, brown sugar strands (sugar, cocoa, sunflower oil, potato starch, rice flour), raising agent: sodium hydrogen carbonate, pink sugar strands (sugar, sunflower oil, potato starch, rice flour, fruit and vegetable concentrates [apple, blackcurrant, radish], natural vanilla flavouring), dried free-range EGG white, caramelised sugar, carrot concentrate, ground mixed spices (ginger, cinnamon, coriander seeds, clove, nutmeg), colour: vegetable carbon, beetroot concentrate, paprika.	666	158	3.1	1.1	30	13	0.7	2.1	0.35	WHEAT EGG
Caramelised Biscuit Chocolate Bar	Y	N	Caramelised biscuit pieces (WHEAT flour, sugar, vegetable oils [palm, canola, coconut], cane sugar, SOYA flour, invert sugar syrup, cinnamon, nutmeg, emulsifier: mono and di glycerides of fatty acids, acidity regulator: citric acid), dark chocolate (24%) (sugar, cocoa mass, cocoa butter, fat-reduced cocoa powder, emulsifier: SOYA lecithin, vanilla extract), salted butter (butter (MILK), salt), milk chocolate (10%) (sugar, cocoa butter, whole MILK powder, cocoa mass, emulsifier: SOYA lecithin, vanilla extract), partially inverted refiners syrup, sultanas, white chocolate (3%) (sugar, cocoa butter, whole MILK powder, emulsifier: SOYA lecithin, natural vanilla flavouring), rapeseed oil, fruit and vegetable concentrates (apple, caramelised carrot).	1345	323	20	12	32	21	1.7	2.8	0.35	WHEAT SOYA MILK
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
Granola Bar (Gluten Free & Plant Based)	Y	Y	Gluten free OATS , sweetened coconut milk (coconut milk, sugar), partially inverted refiners syrup, vegetable margarine (vegetable oils [palm, rapeseed], salt, emulsifier: mono and di glycerides of fatty acids, natural flavouring, colours: annatto bixin, curcumin), dried apricots (6%), sweetened dried cranberries (5%) (sugar, cranberries), soft light brown sugar, sultanas (4%), WALNUTS (3%), PECAN NUTS (2%), ALMONDS (2%), pumpkin seeds, palm oil, sunflower seeds, orange zest, glucose syrup, sugar, poppy seeds, orange concentrate, lemon concentrate, citrus fibre, natural orange flavouring, carrot concentrate, paprika.	1082	258	11	2.9	35	19	2.6	3.5	0.10	OATS WALNUTS PECAN NUTS ALMONDS
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 BUTTERMILK], 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
Propercorn Sweet & Salty Popcorn	Y	Y	Wholegrain corn (63%), rapeseed oil, demerara sugar, glazing agent (isomalt), sea salt	583	139	6.1	0.5	17	3.4	3.8	2.3	0.2	-
Propercorn Sea Salt Popcorn	Y	Y	Wholegrain corn (85%), rapeseed oil, sea salt	377	88	3.5	0.3	2.2	0.1	2.2	1.7	0.2	-
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

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
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	-

