

NUTRITION & ALLERGEN GUIDE

AUTUMN TO HOLIDAY

(OCTOBER 2020 TO JANUARY 2021)

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CORE FOOD



This guide will provide nutritional and allergen information for core food. Allergens can be found in **BOLD CAPITALS** within the ingredient declaration. 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 baristas.

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

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

Cross Contamination

Due to the nature of how our partners handle our bakery and heated food items equipment and utensils there is a risk of cross-contamination of other allergens. Whilst our partners try to keep things separate there is no guarantee any item is allergen free. Please remember to check this information regularly as we're always working on our recipes. For more allergen information please ask your barista.

This information is updated regularly to reflect our procedures instore and is correct as of time of print. Please check www.starbucks.co.uk for the most up to date information.

Bakery Menu

Product	Suitable for Vegetarian	Suitable for Vegan	Ingredients	Energy (KJ)	Energy (Kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Croissants and Morning Pastries												
Butter Croissant	Y	N	WHEAT flour, butter (MILK) (23%), sugar, yeast, whole MILK powder, WHEAT GLUTEN , salt, emulsifier (rapeseed lecithin), flour treatment agent (ascorbic acid, alpha-amylases, hemicellulase), EGG wash (EGGS).	1031	247	13.6	10.0	25	4.0	1.0	5.5	0.20
Pain au Chocolat	Y	N	WHEAT flour, butter (MILK) (21%), free range EGG wash (EGG), water, chocolate (10%)(sugar, cocoa mass, cocoa butter, emulsifier (SOYA lecithin), natural vanilla flavour), sugar, yeast, whole MILK powder, WHEAT GLUTEN , salt, emulsifier (rapeseed lecithin), flour treatment agent (ascorbic acid),enzymes (amylases, hemicellulases).	1226	293	16.0	11.6	30.5	8.7	2.0	6.0	0.20
Pain aux Raisins	Y	N	WHEAT flour, water, butter (MILK) (14%), raisins (13%), sugar, EGGS , yeast, modified starch, whole MILK powder, salt, powdered whey (MILK), WHEAT GLUTEN , skimmed MILK powder, stabilizers (calcium acetate, tetrasodium diphosphate, disodium phosphate), enzymes (amylases, hemicellulases), fruit and plant extract (carrot, paprika, turmeric), flour treatment agent (ascorbic acid), natural flavouring, EGG wash (EGGS).	1388	331	14.8	10.5	42	7.4	3.2	5.9	0.26
Almond Croissant	Y	N	WHEAT flour, butter (MILK) (21%), sugar, marzipan (9.5%) (ALMONDS (55%), sugar, water), water, topping (dextrose, cornflour, non-hydrogenated palm oil), yeast, roasted flaked ALMONDS , WHEAT GLUTEN , EGGS , salt, honey, emulsifier: E471, flour treatment agent: E300.	1418	339	18	9.9	36	15	1.7	6.6	0.70
Chocolate Twist	Y	N	Water, WHEAT flour, dark chocolate (16%) [sugar, cocoa mass, cocoa butter, fat-reduced cocoa powder, emulsifier: SOYA lecithin, natural vanilla flavour], butter (MILK) (10%), sugar, yeast, modified starch, EGGS , salt, powdered whey (MILK), skimmed MILK powder, WHEAT GLUTEN , stabilisers: calcium acetate, tetrasodium diphosphate, disodium phosphate; flour treatment agent: ascorbic acid, carrot extract, turmeric extract, natural flavouring, paprika extract.	1166	278	13.0	9.1	35	17	1.7	4.9	0.23
Cinnamon Swirl	Y	N	Wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], sugar, free range pasteurised EGG , sultanas (5%), palm stearin, rapeseed oil, yeast, ground cinnamon, whey protein concentrate (MILK), water, dextrose, invert sugar, emulsifiers: mono and diglycerides of fatty acids, mono and diacetyl tartaric acid esters of mono and diglycerides of fatty acids, sodium stearoyl lactate, sorbitan monostearate; WHEAT starch, skimmed MILK powder, raising agents: sodium di-phosphates, sodium bicarbonate, calcium phosphates; orange shreds, salt, crème fraiche (MILK), flavourings, colour: carotenes, flour treatment agent: ascorbic acid, glucose syrup, stabilisers: agar, locust bean gum, xanthan gum; acidity regulator: citric acid, orange concentrate, butter (MILK), gelling agent: pectin.	2030	482	12.9	3.9	79	28	2.8	11.0	0.70
Luxury Fruit Toast	Y	N	Wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], raisins (22%) [raisins, sunflower oil], water, dried cranberries (4%) [cranberries, sugar, sunflower oil], palm oil, free range pasteurised EGG , sugar, yeast, rapeseed oil, dextrose, invert sugar syrup, salt, lemon zest, emulsifiers: mono and diglycerides of fatty acids, esters of mono- and diglycerides, sodium stearoyl lactate; colour: carotenes, flour treatment agent: ascorbic acid.	1924	455	10.3	3.8	80	39	4.9	11	0.54
Banana Bread	Y	N	Wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], sugar, banana pulp (16%) [banana, antioxidant: ascorbic acid], pasteurised free range EGG , rapeseed oil, banana (9%), PECAN NUTS (5%), WALNUTS (5%), light soft brown sugar, dried banana slices (1%) [banana, coconut oil, sugar, natural banana flavouring], baking powder [raising agents: disodium diphosphate, potassium hydrogen carbonate], raising agent: sodium bicarbonate, salt, preservative: potassium sorbate	1425	341	19	2.0	38	20	1.5	4.6	0.43
Cakes												
Carrot Loaf Cake	Y	N	Carrot (12%), sugar, soft light brown sugar [sugar, cane molasses, partially inverted sugar syrup], rapeseed oil, pasteurised free range EGG , wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], icing sugar, wholemeal wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], pineapple [pineapple, pure pineapple juice], WALNUTS (5%), sultanas [sultanas, sunflower oil], full fat soft cheese (MILK), desiccated coconut, salted butter [butter (MILK), salt], ground cinnamon, water, partially inverted refiners syrup, cornflour, white chocolate [sugar, cocoa butter, whole MILK powder, emulsifier: SOYA lecithin, vanilla extract], raising agent: sodium bi-carbonate, thickening agents: cellulose, guar gum; baking powder [raising agents: disodium diphosphate, potassium hydrogen carbonate], preservative: potassium sorbate, natural vanilla flavouring, salt, ground mixed spice [coriander, cassia cinnamon, ginger, nutmeg, fennel, cloves and cardamon], stabiliser: xanthan gum.	1494	357	18	3.0	44	29	2.9	4.1	0.68

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)
Muffins												
Blueberry Muffin	Y	N	Wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], sugar, free range pasteurised EGG , rapeseed oil, blueberries (10%), wild blueberry filling (8%) [sugar, blueberry, water, glucose-fructose syrup, modified maize starch, acid: citric acid, gelling agent: pectin, thickener: cellulose, preservative: potassium sorbate, natural blueberry flavouring], humectant: glycerine, WHEAT starch, WHEAT flour, raising agents: sodium acid pyrophosphate, monocalcium phosphate, sodium bicarbonate, potassium carbonates; palm oil, lemon zest, potato starch, emulsifier: mono and diglycerides of fatty acids, WHEAT GLUTEN , free range EGG white powder, whey powder (MILK), flavouring, thickener: xanthan gum, preservative: potassium sorbate.	1714	409	19	3.1	53	23	1.3	5.8	0.38
Lemon Muffin	Y	N	Wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], sugar, free range pasteurised EGG , rapeseed oil, lemon curd filling (10%) [sugar, free range pasteurised EGG , salted butter (MILK), concentrated lemon juice (contains sodium potassium metabisulphite (SULPHITES), water, lemon oil, gelling agent: agar), humectant: glycerine, nibbed sugar, WHEAT starch, WHEAT flour, raising agents: sodium acid pyrophosphate, monocalcium phosphate, sodium bicarbonate, potassium carbonates; potato starch, emulsifier: mono and diglycerides of fatty acids, lemon zest, water, WHEAT GLUTEN , free range EGG white powder, whey powder (MILK), lemon pulp, thickeners: xanthan gum, locust bean gum; natural lemon flavouring, colour: lutein extract, preservative: potassium sorbate, gelling agent: agar, acid: citric acid, flavouring.	1780	424	20	3.2	56	29	0.67	5.7	0.39
Triple Chocolate Muffin	Y	N	Wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], rapeseed oil, free range pasteurised EGG , sugar, chocolate filling (10%) [dark chocolate (cocoa mass, sugar, cocoa butter, fat reduced cocoa powder, emulsifier: SOYA lecithin), water, glucose syrup, invert sugar syrup, salted butter (MILK), sugar, whipping cream (MILK), golden syrup, cornflour, gelling agent: pectin, emulsifier: mono- and diglycerides of fatty acids, flavouring, salt], dark chocolate chips (6%) [cocoa mass, sugar, cocoa butter, cocoa powder, emulsifier: SOYA lecithin], dark chocolate chunks (6%) [cocoa mass, sugar, cocoa butter, cocoa powder, emulsifier: SOYA lecithin], humectant: glycerine, water, cocoa powder, milk chocolate chunks [sugar, whole MILK powder, cocoa butter, cocoa mass, emulsifier: SOYA lecithin, natural vanilla flavouring], white chocolate chunks [sugar, whole MILK powder, cocoa butter, emulsifier: SOYA lecithin, natural vanilla flavouring], WHEAT starch, WHEAT flour, raising agents: sodium acid pyrophosphate, monocalcium phosphate, sodium bicarbonate, potassium carbonates; potato starch, emulsifier: mono and diglycerides of fatty acids, WHEAT GLUTEN , free range EGG white powder, whey powder (MILK), colour: vegetable carbon, thickener: xanthan gum.	1966	470	25	7.3	54	30	2.1	6.8	0.41
Cookies												
Chocolate Chunk Cookie	Y	N	Wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], dark chocolate (24%) [cocoa mass, sugar, cocoa butter, emulsifier: SOYA lecithin, natural vanilla flavouring], sugar, butter (MILK), free range pasteurised EGG , raising agents: monocalcium phosphate, potassium hydrogen carbonate; WHEAT fibre, lactose powder (MILK), glucose fructose syrup, whey powder (MILK), flavouring, invert sugar, salt, rapeseed oil.	1516	363	18	11	44	25	2.3	4.5	0.08
Oat & Raisin Cookie	Y	N	OATS (21%), raisins (19%), sugar, wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), butter (MILK), palm oil, glucose-fructose syrup, raising agents: monocalcium phosphate, potassium hydrogen carbonate; golden syrup, WHEAT fibre, rapeseed oil, lactose powder (MILK), invert sugar, whey powder (MILK), mixed spice, salt, cinnamon, flavouring.	1342	319	11	4.9	50	30	2.9	4.0	0.10

Bakery Menu

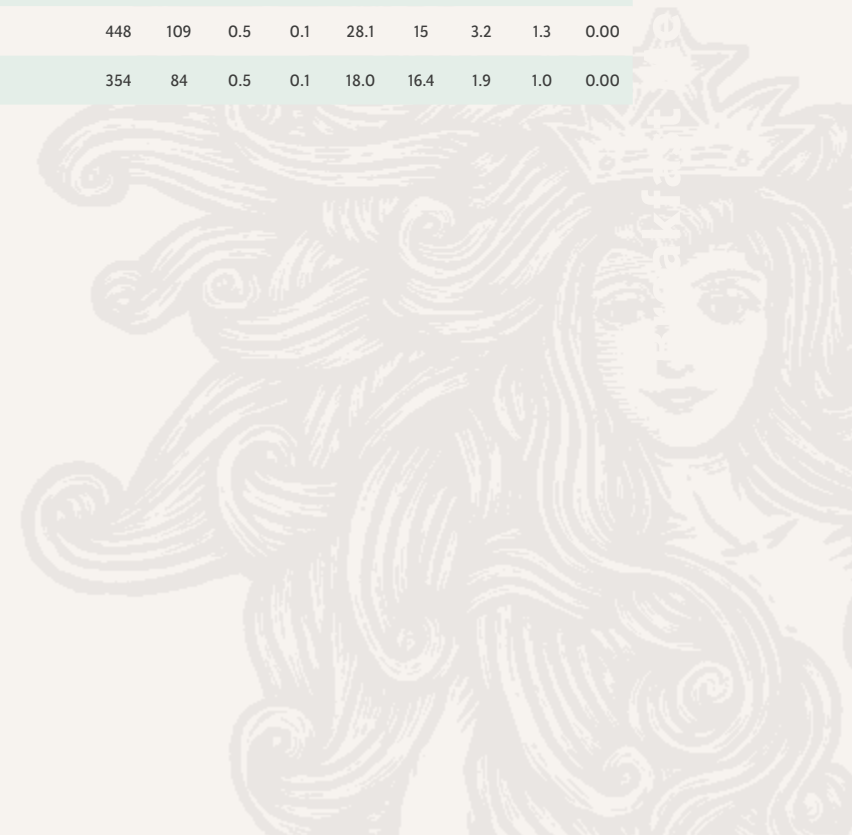
Product	Suitable for Vegetarian	Suitable for Vegan	Ingredients	Energy (KJ)	Energy (Kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Bars & Traybakes												
Granola Bar	Y	N	OATS (GLUTEN) (25%), salted butter [butter (MILK), salt], golden syrup, sultanas (7%) [sultanas, vegetable oil (sunflower, cottonseed)], evaporated milk (MILK), sugar, dried sweetened cranberries (5%) [cranberries, sugar, sunflower oil], dried sweetened cherries (5%) [cherries, sugar, sunflower oil], dried apricots (5%) [apricots, rice flour], honey, pumpkin seeds (4%), soluble vegetable fibre, ALMONDS (NUTS) (3%), linseeds, PECAN NUTS (3%).	1358	326	18	6	32	20	6.8	6.0	0.23
Chocolate Caramel Shortbread	Y	N	Wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], salted butter [butter (MILK), salt], sweetened condensed milk [MILK , sugar], milk chocolate [sugar, cocoa butter, whole MILK powder, cocoa mass, emulsifier: SOYA lecithin, vanilla extract], vegetable margarine [vegetable oils (palm, rapeseed), water, salt, emulsifier: polyglycerol esters of fatty acids, natural colourings: annatto, curcumin; natural flavouring], partially inverted refiners syrup, white chocolate flavoured compound [sugar, palm oil, whey powder (MILK), wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), emulsifier: SOYA lecithin, natural flavouring], icing sugar, soft light brown sugar, palm oil, corn flour, whey powder (MILK), cocoa butter, natural vanilla flavouring, emulsifier: mono- and diglycerides of fatty acids.	1519	368	22	11	40	26	0.8	3.8	0.54
Chocolate Chunk Shortbread	Y	N	Wheat flour [WHEAT flour, calcium, iron, niacin, thiamin], butter (MILK), chocolate chunks [cocoa mass, sugar, emulsifier: SOYA lecithin, flavouring], sugar, pasteurised free range EGG .	2060	493	28	18	53	25	1.0	6.0	0.21
Rocky Road	N	N	Milk chocolate (15%) [sugar, cocoa butter, whole MILK powder, cocoa mass, emulsifier: SOYA lecithin, vanilla extract], digestive biscuit [wheat flour (WHEAT flour, calcium carbonate, iron, nicotinamide, thiamine), wholemeal WHEAT flour, vegetable oils (palm, rapeseed), sugar, invert sugar syrup, raising agents: sodium bicarbonate, ammonium bicarbonate; salt], dark chocolate (12%) [sugar, cocoa mass, cocoa butter, fat-reduced cocoa powder, emulsifier: SOYA lecithin, natural vanilla extract], salted butter [butter (MILK), salt], marshmallows (10%) [glucose fructose syrup, sugar, water, beef gelatine, maize starch, dextrose, vanilla flavouring, natural colour: beetroot extract], sultanas [sultanas, sunflower oil], white chocolate flavoured compound (8%) [sugar, palm oil, whey powder (MILK), wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamine), emulsifier: SOYA lecithin, natural flavouring], speculoos cookie drops [WHEAT flour, sugar, palm oil, glucose syrup, invert sugar syrup, spices (cinnamon, clove, nutmeg, coriander, pimento, mace, ginger, cardamom, bourbon vanilla, star anise), salt, raising agents: ammonium bicarbonate, sodium hydrogen carbonate; natural cinnamon flavour, orange peel], shortcake biscuit balls [WHEAT flour, non-hydrogenated vegetable fat (palm oil, rapeseed oil), sugar, salt, raising agents: sodium bicarbonate, ammonium bicarbonate, non-hydrogenated vegetable fat (shea kernel oil, palm oil, emulsifier: sunflower lecithin)], golden syrup, cocoa mass, burnt sugar flavouring [sugar, glucose fructose syrup, water], cinnamon, rapeseed oil.	1388	333	20	12	34	27	2.2	3.3	0.30
Chocolate Brownie	Y	N	Dark chocolate (21%) [sugar, cocoa mass, cocoa butter, fat-reduced cocoa powder, emulsifier: SOYA lecithin, vanilla extract], milk chocolate (20%) [sugar, cocoa butter, whole MILK powder, cocoa mass, emulsifier: SOYA lecithin, vanilla extract], sugar, pasteurised free range EGG , salted butter [butter (MILK), salt], ground ALMONDS , wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], cocoa powder, cocoa mass, vanilla flavouring, baking powder [raising agents: disodium diphosphate, potassium hydrogen carbonate, wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin)], salt.	1407	338	22	12.0	30	27	2.2	4.6	0.40

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)
Breakfast Sandwiches & Savoury Muffins												
All Day Breakfast Roll	N	N	Stone baked bread roll [WHEAT flour (calcium carbonate, iron, niacin, thiamin), water, RYE flour, yeast, salt, malted WHEAT flour, improver (WHEAT flour, flour treatment agent: ascorbic acid, rapeseed oil, enzyme)], British pork chipolata sausage (30%) [pork (87%), water, rusk (WHEAT flour (calcium carbonate, iron, niacin, thiamin), salt), dextrose, pea fibre, salt, spices (coriander, ground black pepper, mace, nutmeg, onion powder, white pepper), pork collagen casing, dried sage, yeast extract], scrambled egg and béchamel sauce (22%) [scrambled egg (free range pasteurised whole EGG , water, sunflower oil, skimmed MILK powder, lemon juice, salt, white pepper), béchamel sauce (MILK , single cream (MILK), water, WHEAT flour (calcium carbonate, iron, niacin, thiamin), corn flour, salt, preservative: potassium sorbate, nutmeg oleoresin), black pepper], smoked streaky bacon (7%) [pork belly (93%), salt, antioxidant: sodium ascorbate, preservative: sodium nitrite].	2212	529	27	9.4	47	4.0	3.0	23	2.79
Smoked Bacon Roll	N	N	White roll [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, sugar, vegetable oils (palm, rapeseed), yeast, salt, emulsifier: mono- and diglycerides of fatty acids, flour treatment agent: ascorbic acid], hickory smoked back bacon (25%) [pork loin (96%), water, salt, antioxidant: sodium ascorbate, preservatives: potassium nitrate, sodium nitrite], hickory smoked streaky bacon (8%) [pork belly (97%), salt, antioxidant: sodium ascorbate, preservative: sodium nitrite]. May also contain traces of egg, milk and soya.	1404	334	11	4.0	39	3.4	2.4	19	1.89
Sausage Sandwich	N	N	British pork chipolata sausage (53%) [pork (87%), water, rusk (WHEAT flour (calcium carbonate, iron, niacin, thiamin), salt), dextrose, pea fibre, salt, spices (coriander, ground black pepper, mace, nutmeg, onion powder, white pepper), pork collagen casing, dried sage, yeast], white roll [WHEAT flour (calcium carbonate, iron, niacin, thiamin), water, sugar, vegetable fats (palm, rapeseed), yeast, salt, WHEAT flour, emulsifier: mono- and diglycerides of fatty acids, flour treatment agent: ascorbic acid].	2146	513	26	8.7	50	5.3	2.8	19	2.27
Halloumi & Avocado Muffin	Y	N	Soft bran muffin [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, WHEAT bran, vegetable oil (palm, rapeseed), yeast, durum WHEAT semolina, skimmed MILK powder, salt], halloumi (30%) [MILK , salt], dipped avocado (18%) [avocado (70%), water, salt, preservatives: L-cysteine, calcium chloride; antioxidant: ascorbic acid, acidity regulator: citric acid], tomato relish [water, tomatoes, sugar, tomato paste, red wine vinegar, slow roasted tomatoes (tomatoes, tomato concentrate, sunflower oil, olive oil, salt, oregano, sugar, garlic), rapeseed oil, red chilli purée, cornflour, onion, lemon juice, garlic purée, ginger purée, salt, oregano, black pepper], spinach.	1825	436	22	12	40	6.8	3.1	20	1.96
Vegan All Day Breakfast Burrito	Y	Y	Spinach wrap [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, vegetable oils (palm, rapeseed), humectant: glycerol, spinach (0.5%), parsley, sugar, raising agents: sodium bicarbonate, di-sodium diphosphate; acidity regulator: malic acid; salt], smoked tofu (14%) [water, SOYA beans, firming agent: magnesium chloride, sugar, black pepper, sea salt], tomato dressing [tomatoes, water, rapeseed oil, onion, white wine vinegar, cornflour, garlic, salt, lemon juice], cooked mushroom [mushroom, rapeseed oil], cannellini beans [cannellini beans, water, salt, firming agent: calcium chloride, antioxidant: ascorbic acid], spinach, black turtle beans, chipotle relish [roasted red pepper, tomatoes, sugar, water, onion, white wine vinegar (contains SULPHITES), glucose syrup, cornflour, cider (contains SULPHITES), tomato paste, rapeseed oil, salt, garlic purée, smoked paprika, coriander, chipotle chilli powder, gelling agent: pectin, ground cumin], cornflour. May also contain traces of mustard and sesame.	1623	388	14	3.4	47	1.9	6.2	15	1.0
Cheese & Marmite™ Mini Ciabatta	Y	N	Ciabatta roll [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, yeast, salt, vegetable oils (palm, rapeseed), emulsifier: mono and di-glycerides of fatty acids, sunflower oil], mature Cheddar cheese (MILK), béchamel sauce [whole MILK , water, single cream (MILK), salted butter (MILK), wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), cornflour, salt, white pepper, ground bay leaf], Marmite™ yeast extract (5%) [yeast extract (contains BARLEY , WHEAT , OATS , RYE), salt, vegetable juice concentrate, vitamins (thiamin, riboflavin, niacin, vitamin b12, folic acid), natural flavouring (contains CELERY)], cornflour.	1491	355	14	8.6	35	1.0	1.6	18	1.90

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)
Porridge, Fruit & Yoghurt												
Classic Oatmeal	Y	N	MILK (63%), water, gluten free OATS (13%), Single Cream (3%), salt.	993	234	6	3.0	34.5	8.7	2.1	10.2	0.18
Five Grain Oatmeal	Y	Y	Water, fortified soya drink (26%) [water, SOYA bean, apple extract, acidity regulator (monopotassium phosphate, dipotassium phosphate) calcium carbonate, sea salt, Stabiliser (Gellan Gum), vitamins (riboflavin, vitamin B12, vitamin D)], gluten free OATS (11%), coconut cream [coconut extract, water], red rice (0.6%) linseed (0.7%), quinoa (0.5%), wild rice (0.3%), cinnamon powder.	942	225	10	6.0	24	2.4	3.6	7.5	0.09
Berry Crunch	Y	N	Greek style yoghurt (MILK) (47%), summer berry compote (21%) [sugar, strawberries, blackberries, water, blueberries, redcurrants, corn flour, lemon juice, natural flavouring, gelling agent: pectin], low fat natural yoghurt (MILK) (20%), puffed rice granola (10%) [OAT flakes, honey, quinoa, pumpkin seeds, sunflower seeds, brown rice flour, agave syrup, sunflower oil].	1157	277	12.3	6.0	30.8	18.4	3.2	9.0	0.19
Banana (per unit =whole)	Y	Y	Banana	448	109	0.5	0.1	28.1	15	3.2	1.3	0.00
Mango Pot	Y	Y	Mango	354	84	0.5	0.1	18.0	16.4	1.9	1.0	0.00



Lunch 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)
Hot Sandwiches												
Five Cheese Toastie	Y	N	White sourdough bloomer bread [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, SPELT (WHEAT) flour, RYE flour, salt, yeast, antioxidant: ascorbic acid], béchamel sauce [whole MILK , water, single cream (MILK), salted butter (MILK), wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), cornflour, salt, white pepper, ground bay leaf], mozzarella cheese (7%) (MILK), Cheddar cheese (7%) (MILK), smoke flavoured cheese (5%) [Cheese (MILK), smoke flavouring, paprika], Emmental cheese (3%) (MILK), medium fat hard cheese (MILK), American style mustard [water, spirit vinegar, MUSTARD flour, ground yellow MUSTARD bran, ground turmeric, cornflour, salt], cornflour, potato starch. May also contain traces of egg.	2024	482	18	11	57	3.9	2.3	21	1.90
Hickory Ham and Cheese Toastie	N	N	White sourdough bloomer bread [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, SPELT (WHEAT) flour, RYE flour, salt, yeast, antioxidant: ascorbic acid], béchamel sauce [whole MILK , water, single cream (MILK), salted butter (MILK), wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), cornflour, salt, white pepper, ground bay leaf], hickory smoked formed ham (14%) [pork, salt, muscovado sugar, stabiliser: triphosphates, antioxidant: sodium ascorbate, preservative: sodium nitrite], mozzarella cheese (6%) (MILK), Cheddar cheese (6%) (MILK), smoke flavoured cheese (4%) [cheese, (MILK), smoke flavouring, paprika], Emmental cheese (3%) (MILK), medium fat hard cheese (MILK), American style mustard [water, spirit vinegar, MUSTARD flour, ground yellow MUSTARD bran, ground turmeric, cornflour, salt], cornflour, potato starch. May also contain traces of egg.	2016	479	19	12	48	2.2	3.5	27	2.50
Tomato & Mozzarella Panini	Y	N	Ciabatta roll [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, salt, yeast, olive oil, sunflower oil], full fat mozzarella cheese (MILK) (20%), tomato, roasted tomato [tomato, sunflower oil, salt, garlic, oregano], red pesto [sunflower oil, sundried tomato purée (water, sundried tomatoes, sunflower oil, white wine vinegar, salt), medium fat hard cheese (MILK), tomato paste, basil, lemon juice, sea salt], basil.	1716	409	16	6.5	48	2.9	2.7	18	2.10
Tuna Melt Panini	N	N	Ciabatta roll [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, salt, yeast, olive oil, sunflower oil], tuna (20%) [tuna (FISH), water, salt], mature Cheddar cheese (MILK), reduced fat mayonnaise [water, rapeseed oil, spirit vinegar, cornflour, free range salted egg yolk (free range EGG yolk, salt), sugar, citrus fibre, salt, stabiliser: pectin, concentrated lemon juice], sweetcorn [sweetcorn, water, salt, preservative: citric acid], béchamel sauce [whole MILK , water, single cream (MILK), salted butter (MILK), wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), cornflour, salt, white pepper, ground bay leaf], full fat mozzarella cheese (MILK), spring onions, chives, ground black pepper.	1744	414	13	6.2	48	1.9	2.6	24	2.18
Ham & Cheese Panini	N	N	Ciabatta roll [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, salt, yeast, olive oil, sunflower oil], smoked formed ham (22%) [pork, salt, dextrose, preservative: triphosphates, antioxidant: sodium ascorbate, preservative: sodium nitrite], béchamel sauce [whole MILK , water, single cream (MILK), salted butter (MILK), wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), cornflour, salt, white pepper, ground bay leaf], mature Cheddar cheese (MILK), full fat mozzarella cheese (MILK), crème fraîche (MILK), Dijon mustard [water, brown MUSTARD seeds, spirit vinegar, salt].	1786	424	14	7.5	48	2.3	2.4	25	2.61
Cold Sandwiches												
Free Range Egg & Mayo Sandwich	Y	N	Seeded farmhouse bread [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, sunflower seeds, linseeds, millet seeds, yeast, pumpkin seeds, BARLEY malt flour, salt, spirit vinegar, poppy seeds, sugar, WHEAT gluten, preservative: calcium propionate, emulsifier: mono- and di-acetyltartaric esters of mono- and di-glycerides of fatty acids, vegetable oils (rapeseed, palm), flour treatment agent: ascorbic acid], free range hard boiled EGG (36%), mayonnaise [water, rapeseed oil, pasteurised salted egg yolk (EGG yolk, salt), cornflour, white wine vinegar, MUSTARD flour], salad cress, Dijon mustard [water, brown MUSTARD seeds, spirit vinegar, salt], salt, black pepper.	2062	492	26	4.1	45	2.8	4.7	19	1.70
BLT Sandwich	N	N	Malted bread [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, malted WHEAT flakes, WHEAT bran, WHEAT GLUTEN , malted BARLEY flour, salt, yeast, spirit vinegar, emulsifiers: mono- and di-glycerides of fatty acids, mono- and di-acetyl tartaric acid esters of mono- and di-glycerides of fatty acids, malted WHEAT flour, vegetable oils (rapeseed, palm), flour treatment agent: ascorbic acid], hickory smoked bacon (17%) [pork belly, water, salt, antioxidant: sodium ascorbate, preservative: sodium nitrite], plum tomato (15%), maple smoked pork mayonnaise [water, rapeseed oil, cornflour, maple syrup, white wine vinegar, free range pasteurised salted EGG yolk, smoky pork stock (yeast extract, pork bone stock, smoked paprika, smoked salt, water, sunflower oil, concentrated onion juice, salt), sugar, concentrated lemon juice, Dijon mustard (water, MUSTARD seeds, spirit vinegar, salt), smoked paprika, salt, garlic purée, ground paprika, cayenne pepper powder, ground cumin, ground fennel], lettuce, spinach, rocket.	1853	441	16	6.2	47	4.8	6.2	25	2.60

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 these items are allergen free. The allergen information for our packaged products that are not handled by our baristas are detailed within the booklet or alternatively detailed on the label. Please remember to check this information regularly as we're always working on our products. For more allergen information please ask your barista.

Impulse

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)
Almond Biscotti	Y	N	WHEAT flour, sugar, ALMONDS (21%) free range EGGS , free range EGG yolk, butter (MILK), MILK , honey, raising agent: ammonium hydrogen carbonate, salt, natural flavours	842	201	7.9	1.8	27.9	15.2	2	4.6	0.1
Caramel Waffle	Y	N	WHEAT flour, glucose-fructose syrup, 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.	739	176	8.2	4.7	24	14	0.6	1.2	0.23
Peanut & Cashew bar	Y	N	PEANUT (26%), CASHEW nuts (12%), dried apricots (10%), OATS , golden syrup, oligofructose syrup, sunflower seeds, vegetable oil (palm, rapeseed), glucose syrup, raw cane sugar, SOYA protein crunchies (SOYA , tapioca starch, salt), freeze dried cranberries (2%), natural flavouring, rice flour, salt.	875	209	12.4	2.9	16.2	10.3	3.7	7.1	0.15
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.	561	133	4.6	2.3	21.6	11.6	1	1.4	0.25
Shortbread biscuit	Y	N	WHEAT flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salted Butter (37%) [Butter (MILK), Salt], Sugar, Cane Molasse.	561	135	8	5	14.3	4.8	0.5	1.4	0.18
Milk Chocolate bar	Y	N	Sugar, cocoa butter, cream powder (MILK), cocoa mass, whole MILK powder, whey powder (MILK), emulsifier: sunflower lecithin, vanilla. Cocoa Solids: 33% Minimum. Milk Solids: 21% Minimum.	709	170	10.9	6.9	15.8	15.5	0.6	1.9	0.08
Dark chocolate bar	Y	N	Cocoa mass, sugar, cocoa butter, vanilla. Cocoa Solids: 70% Minimum.	984	238	18.5	11.7	12.9	10.8	4.3	2.7	0.01
Smoked Almonds	Y	Y	ALMONDS (92%), PEANUTS Oil, seasoning (dextrose, salt, sugar, WHEAT flour, yeast extract, smoke flavouring, caramelised sugar, onion powder, citric acid (E330), paprika extract).	1260	305	26.4	2.2	3.5	2.7	5	13.1	0.1
Almonds, Cashews, Cranberries & Raisins	Y	Y	CASHEW NUTS (25%), ALMONDS (25%), raisins 25% [raisins, SULPHUR DIOXIDE , sunflower oil] juice infused cranberries (25%) [pineapple sugar, dried cranberries, pineapple juice concentrate, sunflower oil].	975	233	11.8	1.5	24.9	17.1	3	5.4	0.01
Chocolate Gold Coin	Y	N	Sugar, whole MILK powder, cocoa mass, cocoa butter, emulsifier: sunflower lecithin, natural vanilla	501	120	6.4	3.8	13.8	13.5	0.7	1.4	0.01
Mini 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.	604	144	6.7	3.8	20	10	0.5	1.1	0.19
Kettle Mature Cheddar and Red Onion Crisps	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).	842	202	12	1.3	20.4	1	2.5	2.8	0.4
Kettle Lightly Salted Crisps	Y	Y	Potatoes, sunflower oil, sea salt.	856	205	12	1.4	20.6	0.2	2.6	2.3	0.36
Kettle Sea Salt and Balsamic Vinegar Crisps	Y	N	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)	838	201	11	1.3	21.2	0.5	2.4	2.2	0.8
Kettle Sweet Chilli and Sour Crisps	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).	842	202	11	1.4	21.2	1.7	2.5	2.5	0.4
Mallow & Marsh Vanilla & Milk Chocolate Bar	N	N	Milk chocolate (34%) [sugar, whole MILK powder, cocoa butter, cocoa mass, emulsifier SOYA lecithin, natural vanilla flavour], sugar, glucose syrup, water, glycerine, beef gelatine, cornflour, natural vanilla flavouring, salt.	592	140	4.1	2.5	25.3	22.2	-	2.2	trace
Mallow & Marsh Raspberry & Dark Chocolate Bar	N	N	Dark chocolate (34%) [cocoa mass, sugar, fat reduced cocoa powder, emulsifier SOYA lecithin, natural vanilla flavouring], sugar, glucose syrup, water, raspberry powder (2.5%), glycerine, beef gelatine, cornflour, salt.	571	135	4.7	2.8	21.7	18.4	-	1.6	trace
Double Chocolate and Caramel Cups	Y	Y	Date Syrup, gluten free OATS (26%) coconut oil, dark chocolate (11%) (cacao nibs, coconut sugar, cocoa butter) coconut sugar, cacao powder (6%), roasted ALMOND butter, maple syrup, salt.	679	162	8.4	5.5	18.1	10.9	1.8	2.6	0.14
Starbucks® Bearista Gingerbread Cookie	Y	N	Wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), sugar, invert sugar syrup, black treacle, vegetable oils (palm, sunflower, rapeseed); spices, glucose syrup, raising agent: sodium carbonates, palm stearin, colours: vegetable carbon, curcumin; dried free range EGG white, plant concentrate: safflower, spirulina concentrate, cornflour, lemon juice from concentrate, stabiliser: disodium diphosphate, acidity regulator: acetic acid.	798	182	3.7	1.6	34	14	1	2.7	0.35

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