

# NUTRITION & ALLERGEN GUIDE

AUTUMN TO HOLIDAY

(SEPTEMBER TO DECEMBER 2021)

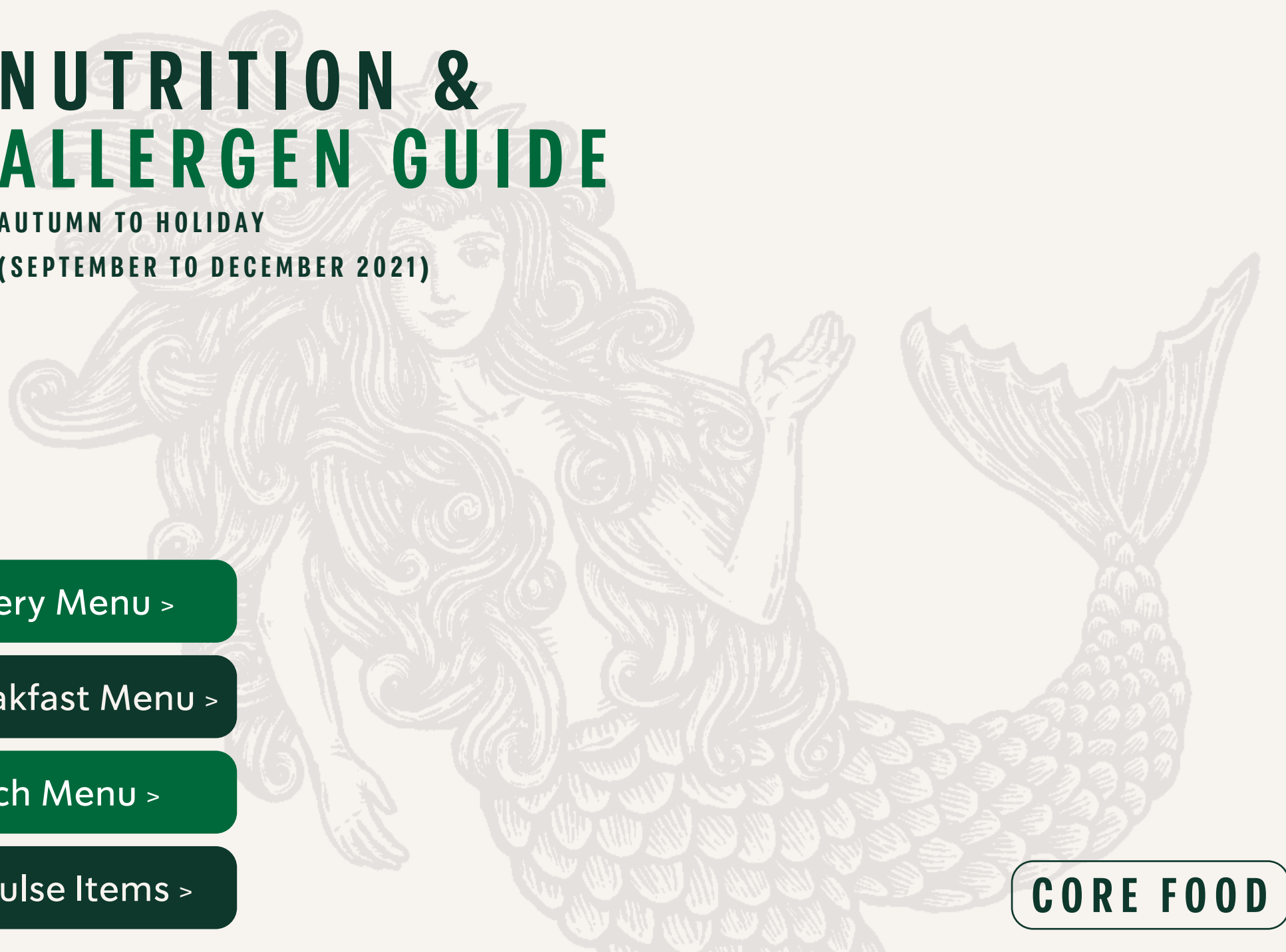
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**CORE FOOD**



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. Please check [www.starbucks.co.uk](http://www.starbucks.co.uk) for the most up to date information.**

## Bakery Menu

Product	Suitable for Vegetarian	Suitable for Vegan	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
<b>Croissants and Morning Pastries</b>												
<b>Almond Croissant</b>	Y	N	<b>WHEAT</b> flour, butter (17%) ( <b>MILK</b> ), water, <b>ALMOND</b> paste (11%) [sugar, <b>ALMOND</b> , glucose syrup, humectant: glycerol, <b>ALMOND</b> , stabiliser: sorbitol, natural <b>ALMOND</b> flavouring], slivered <b>ALMONDS</b> (6%), sugar, yeast, icing sugar [dextrose, maize flour, palm oil], <b>EGG</b> , <b>WHEAT</b> gluten, salt, modified maize starch, emulsifier: rapeseed lecithin, acidity regulator: ascorbic acid.	1425	341	19	11	35	10	1.9	6.6	0.62
<b>Pain au Chocolat</b>	Y	N	<b>WHEAT</b> flour, butter (21%) ( <b>MILK</b> ), water, chocolate 10% [sugar, cocoa mass, cocoa butter, emulsifier: <b>SOYA</b> lecithin, natural vanilla flavouring], sugar, yeast, <b>MILK</b> powder, <b>WHEAT</b> gluten, <b>EGG</b> wash [ <b>EGG</b> ], salt, emulsifier: rapeseed lecithin, flour treatment agent: ascorbic acid.	1311	314	17	11	33	9.8	2.0	6.2	0.37
<b>Pain Au Chocolat (at selected stores)</b>	Y	N	<b>WHEAT</b> flour, butter 21% ( <b>MILK</b> ), water, chocolate 11% (sugar, cocoa mass, cocoa butter, emulsifier (E322 ( <b>SOYA</b> )), sugar, yeast, wheat gluten, <b>EGGS</b> , salt, flour treatment agent (E300), enzyme.	1225	293	17	10	29	8.2	2.1	5.8	0.5
<b>Butter Croissant</b>	Y	N	<b>WHEAT</b> flour, butter (23%) ( <b>MILK</b> ), water, sugar, yeast, <b>MILK</b> powder, <b>WHEAT</b> gluten, <b>EGG</b> wash [ <b>EGG</b> ], salt, emulsifier: rapeseed lecithin, flour treatment agent: ascorbic acid.	1083	259	14	9	27	5.4	1.4	5.6	0.36
<b>Butter Croissant (at selected stores)</b>	Y	N	<b>WHEAT</b> flour, butter 24% ( <b>MILK</b> ), water, sugar, yeast, <b>WHEAT</b> gluten, salt, <b>EGGS</b> , flour treatment agent (E300), enzyme.	1186	284	16	11	28	4.7	1.5	5.8	0.7
<b>Chocolate Twist</b>	Y	N	Water, <b>WHEAT</b> flour, sugar, chocolate (13%) [sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier: <b>SOYA</b> lecithin, natural vanilla flavouring], butter (8.4%) ( <b>MILK</b> ), modified starch, yeast, sugar, free range <b>EGG</b> , whey powder ( <b>MILK</b> ), skimmed <b>MILK</b> powder, salt, <b>WHEAT</b> gluten, stabilisers: calcium acetate, tetrapotassium diphosphate, disodium phosphate; carrot extract, flour treatment agent: ascorbic acid, natural flavouring, paprika extract, turmeric extract.	1147	274	12	7.3	36	16	2.2	4.3	0.55
<b>Cinnamon Swirl</b>	Y	N	Fortified wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], water, sugar, free range pasteurised <b>EGG</b> , sultanas (5%), palm stearin, rapeseed oil, yeast, ground cinnamon, 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; <b>WHEAT</b> starch, skimmed <b>MILK</b> powder, salt, orange zest, raising agents: monocalcium phosphate, disodium phosphate, sodium bicarbonate; natural flavouring, colour: carotenes; flour treatment agent: ascorbic acid; glucose syrup, whey protein concentrate ( <b>MILK</b> ), creme fraiche powder ( <b>MILK</b> ), acidity regulators: citric acid, acetic acid, potassium hydroxide; stabilisers: agar, locust bean gum, xanthan gum; sunflower oil, <b>WHEAT</b> flour, skimmed <b>MILK</b> powder, orange concentrate, natural flavouring, butter ( <b>MILK</b> ), gelling agent: pectin.	2016	479	13	3.9	78	28	2.8	11.0	0.70
<b>Luxury Fruit Toast</b>	Y	N	Fortified wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], raisins (22%) [raisins, sunflower oil], water, dried cranberries (5%) [cranberries, sugar, sunflower oil], palm oil, free range pasteurised <b>EGG</b> , 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.	1901	452	10	3.8	80	39	11	4.9	0.55
<b>Banana Bread</b>	Y	N	Wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], sugar, banana pulp [banana, antioxidant: ascorbic acid], sugar, pasteurised free range <b>EGG</b> , rapeseed oil, banana, <b>PECANS</b> , <b>WALNUTS</b> , light soft brown sugar, sweetened dried banana coins [banana, coconut oil, sugar, natural banana flavouring], baking powder [raising agents: disodium diphosphate, potassium hydrogen carbonate], raising agent: sodium bicarbonate, salt, preservative: potassium sorbate	1564	374	20	2.3	42	19	1.9	5.6	0.53

## 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)
<b>Croissants and Morning Pastries (Welcome Break)</b>												
<b>Butter Croissant</b>	Y	N	<b>WHEAT</b> flour, butter (28%) ( <b>MILK</b> ), water, sugar, yeast, <b>EGGS</b> , <b>WHEAT</b> gluten, salt, emulsifier: E 471, flour treatment agent E 300.	870	209	12	8	20	3	1.3	4.4	0.56
<b>Pain au Chocolat</b>	Y	N	<b>WHEAT</b> flour, butter (22%) ( <b>MILK</b> ), water, chocolate (11%) [sugar, cocoa mass, cocoa butter, emulsifier: soya lecithin], sugar, yeast, <b>EGG</b> , wheat gluten, salt, emulsifier: E 471, flour treatment agent: E 300.	1165	279	16	10	28	7.7	2.1	5.8	0.7
<b>Pain aux Raisins</b>	Y	N	Creme patissiere 31.6% (whole <b>MILK</b> , sugar, <b>EGGS</b> , water, modified starches, whey powder ( <b>MILK</b> ), whole <b>MILK</b> powder, maltodextrin, natural flavourings, carrot concentrate, thickener (E415)), <b>WHEAT</b> flour, fine butter 15.3% ( <b>MILK</b> ), sultanas 10.8%, water, cane sugar 3.6%, yeast, <b>WHEAT</b> gluten, <b>EGGS</b> , salt, whole <b>MILK</b> powder, sugar, wheat sourdough (water, fermented <b>WHEAT</b> flour), colour (carotenes from natural origin), flour treatment agent (E300)	1477	352	16	10	45	21	1.8	6.5	0.73
<b>Almond Croissants</b>	Y	N	Almond filling (32%) (sugar, <b>ALMOND</b> , water, honey), <b>WHEAT</b> flour, butter ( <b>MILK</b> ) (16%), flaked <b>ALMONDS</b> , <b>EGG</b> , sugar, icing sugar (dextrose, corn flour, palm oil), yeast, <b>WHEAT</b> gluten, salt, flour treatment agent: ascorbic acid.	1635	392	22	9.7	40	22	2.6	8	0.56
<b>Cakes</b>												
<b>Carrot Loaf Cake</b>	Y	N	Carrot (12%), sugar, soft light brown sugar [sugar, cane molasses, partially inverted sugar syrup], rapeseed oil, pasteurised free range <b>EGG</b> , wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], icing sugar, wholemeal <b>WHEAT</b> flour, pineapple [pineapple, pure pineapple juice], <b>WALNUTS</b> (5%), sultanas [sultanas, sunflower oil], full fat cream cheese ( <b>MILK</b> ), desiccated coconut, salted butter [butter ( <b>MILK</b> ), salt], ground cinnamon, water, partially inverted sugar syrup, cornflour, white chocolate [sugar, cocoa butter, whole <b>MILK</b> powder, emulsifier: <b>SOYA</b> lecithin, vanilla extract], raising agent: sodium bicarbonate, 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, cinnamon, ginger, nutmeg, fennel, cloves and cardamon], stabiliser: xanthan gum.	1634	390	18	3.3	51	31	3.3	4.4	0.73
<b>Lemon Loaf Cake</b>	Y	N	Sugar, pasteurised free range <b>EGG</b> , wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], vegetable margarine [vegetable oils (palm, rapeseed), salt, emulsifier: polyglycerol esters of fatty acids, natural flavouring, colours: annatto bixin, curcumin], salted butter [butter ( <b>MILK</b> ), salt], <b>ALMONDS</b> , lemon juice (4%), lemon zest (2%), cream ( <b>MILK</b> ), lemon curd (2%) [sugar, free range <b>EGG</b> , salted butter (butter ( <b>MILK</b> ), salt), concentrated lemon juice, lemon oil, gelling agent: agar], icing sugar, emulsifiers: native starch, mono and di glycerides of fatty acids, polyglycerol esters of fatty acids; natural lemon flavouring, baking powder [raising agents: disodium diphosphate, potassium hydrogen carbonate], caramelised lemon zest (0.5%) [sugar, lemon zest], preservative: potassium sorbate, invert sugar syrup, acidity regulator: citric acid, thickeners: cellulose, guar gum.	1660	397	23	11	41	18	1.4	5.9	0.54
<b>Muffins</b>												
<b>Blueberry Muffin</b>	Y	N	Fortified wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], sugar, free range pasteurised <b>EGG</b> , 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: vegetable glycerine, <b>WHEAT</b> starch, <b>WHEAT</b> flour, palm oil, raising agents: sodium acid pyrophosphate, monocalcium phosphate, sodium bicarbonate, potassium carbonates; lemon zest, potato starch, emulsifier: mono and diglycerides of fatty acids, <b>WHEAT</b> gluten, rapeseed oil, free range <b>EGG</b> white powder, whey powder ( <b>MILK</b> ), flavouring, stabiliser: xanthan gum, preservative: potassium sorbate, rapeseed oil.	1733	414	20	3.1	52	23	1.3	5.8	0.38
<b>Lemon Muffin</b>	Y	N	Fortified wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], sugar, free range pasteurised <b>EGG</b> , rapeseed oil, lemon curd filling (10%) [sugar, free range pasteurised <b>EGG</b> , salted butter ( <b>MILK</b> ), concentrated lemon juice (contains sodium potassium metabisulphite ( <b>SULPHITES</b> ), water, lemon oil, gelling agent: agar], humectant: vegetable glycerine, nibbed sugar, <b>WHEAT</b> starch, <b>WHEAT</b> flour, raising agents: sodium acid pyrophosphate, monocalcium phosphate, sodium bicarbonate, potassium carbonates; potato starch, emulsifier: mono and diglycerides of fatty acids, lemon zest, water, <b>WHEAT</b> gluten, free range <b>EGG</b> white powder, whey powder ( <b>MILK</b> ), lemon pulp, thickeners: xanthan gum, locust bean gum; natural lemon flavouring, colour: lutein extract, preservative: potassium sorbate, gelling agent: agar, acid: citric acid, natural flavouring.	1795	428	20	3.2	56	29	0.7	5.7	0.39

## 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)
<b>Triple Chocolate Muffin</b>	Y	N	Fortified wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], rapeseed oil, water, free range pasteurised <b>EGG</b> , sugar, chocolate filling (10%) [dark chocolate (cocoa mass, sugar, cocoa butter, fat reduced cocoa powder, emulsifier: <b>SOYA</b> lecithin), glucose syrup, invert sugar syrup, salted butter ( <b>MILK</b> ), sugar, whipping cream ( <b>MILK</b> ), golden syrup, cornflour, gelling agent: pectin, emulsifier: mono- and diglycerides of fatty acids, natural flavouring, salt], dark chocolate chips (6%) [cocoa mass, sugar, cocoa butter, cocoa powder, emulsifier: <b>SOYA</b> lecithin], dark chocolate chunks (6%) [cocoa mass, sugar, cocoa butter, cocoa powder, emulsifier: <b>SOYA</b> lecithin], humectant: vegetable glycerine, water, cocoa powder, milk chocolate chunks [sugar, whole <b>MILK</b> powder, cocoa butter, cocoa mass, emulsifier: <b>SOYA</b> lecithin, natural vanilla flavouring], white chocolate chunks [sugar, whole <b>MILK</b> powder, cocoa butter, emulsifier: <b>SOYA</b> lecithin, natural vanilla flavouring], <b>WHEAT</b> starch, <b>WHEAT</b> flour, raising agents: sodium acid pyrophosphate, monocalcium phosphate, sodium bicarbonate, potassium carbonates; potato starch, emulsifier: mono and diglycerides of fatty acids, <b>WHEAT</b> gluten, free range <b>EGG</b> white powder, whey powder ( <b>MILK</b> ), colour: vegetable carbon, thickener: xanthan gum.	1958	468	25	7.3	53	30	2.1	6.8	0.41
<b>Cookies</b>												
<b>Chocolate Chunk Cookie</b>	Y	N	Fortified wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], dark chocolate (24%) [cocoa mass, sugar, cocoa butter, emulsifier: <b>SOYA</b> lecithin, natural vanilla flavouring], sugar, butter ( <b>MILK</b> ), free range pasteurised <b>EGG</b> , raising agents: monocalcium phosphate, potassium hydrogen carbonate; <b>WHEAT</b> fibre, lactose powder ( <b>MILK</b> ), glucose fructose syrup, whey powder ( <b>MILK</b> ), flavouring, invert sugar, salt, rapeseed oil.	1509	361	18	11	44	25	2.3	4.5	0.08
<b>Chocolate Chunk Shortbread</b>	Y	N	Fortified wheat flour [ <b>WHEAT</b> flour, calcium, iron, niacin, thiamin], butter ( <b>MILK</b> ), chocolate chunks [cocoa mass, sugar, emulsifier: <b>SOYA</b> lecithin, flavouring], sugar, pasteurised free range <b>EGG</b> .	1861	445	25	16	48	18	1.8	6.2	0.03
<b>Bars &amp; Traybakes</b>												
<b>Granola Bar</b>	Y	N	<b>OATS</b> , salted butter [butter ( <b>MILK</b> ), salt], partially inverted refiners syrup, sultanas [sultanas, sunflower oil], evaporated <b>MILK</b> , sugar, dried sweetened cranberries [sugar, cranberries, sunflower oil], dried sweetened cherries [cherries, sugar, sunflower oil], dried apricots [apricots, rice flour], honey, pumpkin seeds, maize starch, <b>PECANS</b> , linseed, <b>ALMONDS</b> .	1449	346	16	6	42	20	4.7	6.2	0.21
<b>Chocolate Caramel Shortbread</b>	Y	N	Wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], salted butter [butter ( <b>MILK</b> ), salt], sweetened condensed milk [ <b>MILK</b> , sugar], milk chocolate (15%) [sugar, cocoa butter, whole <b>MILK</b> powder, cocoa mass, emulsifier: <b>SOYA</b> lecithin, vanilla extract], vegetable margarine [vegetable oils (palm, rapeseed), salt, emulsifier: mono and diglycerides of fatty acids, natural colourings: annatto, bixin, curcumin; natural flavouring], partially inverted refiners syrup, white chocolate flavoured compound [sugar, palm oil, whey powder ( <b>MILK</b> ), wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), emulsifier: <b>SOYA</b> lecithin, natural flavouring], icing sugar, soft light brown sugar, palm oil, corn flour, whey powder ( <b>MILK</b> ), cocoa butter, natural vanilla flavouring, emulsifier: mono- and diglycerides of fatty acids.	1628	390	23	14	41	23	0.9	4.3	0.45
<b>Chocolate Brownie</b>	Y	N	Dark chocolate (21%) [sugar, cocoa mass, cocoa butter, fat-reduced cocoa powder, emulsifier: <b>SOYA</b> lecithin, vanilla extract], milk chocolate (20%) [sugar, cocoa butter, whole <b>MILK</b> powder, cocoa mass, emulsifier: <b>SOYA</b> lecithin, vanilla extract], sugar, pasteurised free range <b>EGG</b> , salted butter [butter ( <b>MILK</b> ), salt], ground <b>ALMONDS</b> , wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], cocoa powder, cocoa mass, vanilla extract, baking powder [raising agents: disodium diphosphate, potassium hydrogen carbonate, wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin)], salt preservative: potassium sorbate.	1394	334	20	12	32	23	2.7	5.2	0.44

# 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)
<b>Breakfast Sandwiches &amp; Savoury Muffins</b>												
<b>Signature Breakfast Sandwich</b>	N	N	Pretzel roll [ <b>WHEAT</b> flour, water, rapeseed oil, yeast, fermented <b>WHEAT</b> flour, salt, <b>WHEAT</b> gluten, malted <b>WHEAT</b> flour, flour treatment agent: ascorbic acid, acidity regulator: sodium hydroxide], hickory smoked bacon (13%) [pork belly, water, salt, antioxidant: sodium ascorbate, preservative: sodium nitrite], scrambled egg (11%) [pasteurised free range <b>EGG</b> , water, rapeseed oil, tapioca starch, skimmed <b>MILK</b> powder, lemon juice, salt, white pepper], mature Cheddar cheese ( <b>MILK</b> ) (10%), signature tomato relish [water, tomato, sugar, tomato paste, red wine vinegar, roasted tomato (roasted tomato, 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], béchamel sauce [whole <b>MILK</b> , water, single cream ( <b>MILK</b> ), butter (cream ( <b>MILK</b> ), salt), wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), cornflour, salt, white pepper, ground bay leaf].	1685	401	14	5.6	46	4.4	4.1	21	2.7
<b>Smoked Bacon Roll</b>	N	N	White roll [wheat flour ( <b>WHEAT</b> 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
<b>Sausage Sandwich</b>	N	N	British pork chipolata sausage (53%) [pork (87%), water, rusk ( <b>WHEAT</b> 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 [ <b>WHEAT</b> flour (calcium carbonate, iron, niacin, thiamin), water, sugar, vegetable fats (palm, rapeseed), yeast, salt, <b>WHEAT</b> flour, emulsifier: mono- and diglycerides of fatty acids, flour treatment agent: ascorbic acid].	2146	513	26	8.8	50	5.3	2.8	19	2.27
<b>Cheese &amp; Marmite® Mini Ciabatta</b>	Y	N	Ciabatta roll [wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, yeast, salt, vegetable oils (palm, rapeseed), emulsifier: mono- and diglycerides of fatty acids, sunflower oil], mature Cheddar cheese (32%) ( <b>MILK</b> ), béchamel sauce [whole <b>MILK</b> , water, single cream ( <b>MILK</b> ), salted butter (butter ( <b>MILK</b> ), salt), wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), cornflour, salt, white pepper, ground bay leaf], Marmite® yeast extract (5%) [yeast extract (contains <b>BARLEY</b> , <b>WHEAT</b> , <b>OATS</b> , <b>RYE</b> ), salt, vegetable juice concentrate, vitamins (thiamine, riboflavin, niacin, vitamin b12, folic acid), natural flavouring (contains <b>CELERY</b> )], cornflour.	1479	352	12	7.2	41	3	1.9	19	1.6
<b>Ham &amp; Cheese Croissant</b>	N	N	All butter croissant [wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), unsalted butter ( <b>MILK</b> ) (13%), water, sugar, yeast, salt, pasteurised free range whole <b>EGG</b> , flour treatment agent (ascorbic acid)], formed hickory smoked ham (28%) [pork, salt, muscovado sugar, stabiliser: triphosphates, antioxidant: sodium ascorbate, preservative: sodium nitrite], medium mature Cheddar cheese ( <b>MILK</b> ) (14%).	1934	463	25	14	36	5.5	4.1	21	1.7
<b>Beyond Meat® Breakfast Sandwich</b>	Y	Y	Breakfast roll [wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, <b>RYE</b> flour, yeast, salt, durum <b>WHEAT</b> semolina, malted <b>WHEAT</b> flour, flour treatment agent: ascorbic acid], Beyond Meat patty (28%) [water, pea protein, rapeseed oil, refined coconut oil, flavouring, yeast, rice protein, yeast (yeast, vitamin B3, vitamin B6, vitamin B1, vitamin B2, vitamin B9), stabiliser: methylcellulose, apple fibre, salt, spices, apple extract, pomegranate extract, maize vinegar, concentrated lemon juice, yeast extract, garlic powder, emulsifier: sunflower lecithin, onion powder, carrot powder], coconut oil alternative to cheese (11%) [coconut oil, modified starch, starch, salt, flavouring, olive extract, colour: beta carotene, vitamin B12], tofu (8%) [water, <b>SOYA</b> beans, salt, nigari], signature tomato relish [water, tomatoes, sugar, tomato paste, red wine vinegar, roasted tomato (roasted tomato, 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], Sheese® coconut oil alternative to cream cheese (3%) [water, coconut oil, <b>SOYA</b> protein concentrate, salt, acidity regulator: lactic acid, sugar, tricalcium citrate, thickener: carrageenan, flavouring], ground turmeric.	1784	425	17	9	46	3.1	5.3	20	2.1
<b>Porridge, Fruit &amp; Yoghurt</b>												
<b>Classic Oatmeal</b>	Y	N	Semi-skimmed <b>MILK</b> (63%), water, gluten free <b>OATS</b> (13%), single cream (3%) ( <b>MILK</b> ), salt.	993	234	6	3.0	36	8.7	1.5	10	0.18
<b>Five Grain Oatmeal</b>	Y	Y	Water, soya drink (26%) [water, hulled <b>SOYA</b> bean (9%), apple extract, acidity regulator (monopotassium phosphate, dipotassium phosphate), calcium carbonate, sea salt, stabiliser (gellan gum), vitamins (riboflavin (B2), B12, D2)], gluten free <b>OATS</b> (11%), coconut cream [coconut, water], red rice (1%) 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
<b>Berry Crunch</b>	Y	N	Greek style yoghurt (45%) ( <b>MILK</b> ), summer berry compote (23%) [sugar, strawberries, blackberries, water, blueberries, redcurrants, corn flour, lemon juice, natural flavouring, gelling agent: pectin], low fat natural yoghurt (18%) ( <b>MILK</b> ), puffed rice granola (11%) [ <b>OAT</b> flakes, honey, quinoa, pumpkin seeds, sunflower seeds, brown rice flour, agave syrup, sunflower oil], cornflour.	1099	262	11	5.1	31	16	4.1	7.8	0.19
<b>Banana (per unit =whole)</b>	Y	Y	Banana	448	109	0.5	0.1	28	15	3.2	1.3	0.00
<b>Mango</b>	Y	Y	Mango	356	84	<0.5	0.1	18	17	1.9	1	0

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## 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)
<b>Hot Sandwiches</b>												
<b>Five Cheese Toastie</b>	Y	N	White sourdough bloomer [water, wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), <b>SPELT (WHEAT)</b> flour, <b>RYE</b> flour, <b>WHEAT</b> flour, salt, durum <b>WHEAT</b> flour, durum <b>WHEAT</b> semolina, yeast, antioxidant: ascorbic acid], béchamel sauce [whole <b>MILK</b> , water, single cream ( <b>MILK</b> ), American style mustard (water, spirit vinegar, <b>MUSTARD</b> flour, ground yellow <b>MUSTARD</b> bran, cornflour, ground turmeric, salt), cornflour, salted butter (butter ( <b>MILK</b> ), salt), wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), salt, white pepper, ground bay leaf], mozzarella full fat soft cheese (6%) ( <b>MILK</b> ), Cheddar cheese (6%) ( <b>MILK</b> ), Eatlean™ low fat cheese (4%) ( <b>MILK</b> ), smoke flavoured cheese (4%) [Cheddar cheese ( <b>MILK</b> ), smoke flavouring, paprika powder], Emmental cheese (3%) ( <b>MILK</b> ), cornflour, potato starch.	1621	386	13	8	49	3.5	2.3	17	1.7
<b>Hickory Ham and Cheese Toastie</b>	N	N	White sourdough bloomer bread [wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, <b>SPELT (WHEAT)</b> flour, <b>RYE</b> flour, salt, yeast, antioxidant: ascorbic acid], béchamel sauce [whole <b>MILK</b> , water, single cream ( <b>MILK</b> ), salted butter (butter ( <b>MILK</b> ), salt), wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), cornflour, salt, white pepper, ground bay leaf], hickory smoked formed ham (14%) [pork, salt, muscovado sugar, stabiliser: triphosphates, antioxidant: sodium ascorbate, preservative: sodium nitrite], mozzarella cheese (6%) ( <b>MILK</b> ), Cheddar cheese (6%) ( <b>MILK</b> ), smoke flavoured cheese (4%) [cheese, ( <b>MILK</b> ), smoke flavouring, paprika], Emmental cheese (3%) ( <b>MILK</b> ), medium fat hard cheese ( <b>MILK</b> ), American style mustard [water, spirit vinegar, <b>MUSTARD</b> flour, ground yellow <b>MUSTARD</b> bran, ground turmeric, cornflour, salt], cornflour, potato starch.	2047	487	19	11	49	4.1	2.2	29	2.4
<b>Tomato &amp; Mozzarella Panini</b>	Y	N	Ciabatta roll [wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, salt, yeast, olive oil, sunflower oil], full fat mozzarella cheese (21%) ( <b>MILK</b> ), tomato, semi-dried 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 ( <b>MILK</b> ), tomato paste, basil, lemon juice, sea salt], basil.	1857	442	14	6.3	56	8.1	3.8	21	2.3
<b>Tuna Melt Panini</b>	N	N	Ciabatta roll [wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, salt, yeast, olive oil, sunflower oil], tuna (20%) [tuna ( <b>FISH</b> ), water, salt], mature Cheddar cheese ( <b>MILK</b> ), reduced fat mayonnaise [water, rapeseed oil, spirit vinegar, cornflour, free range salted egg yolk (free range <b>EGG</b> yolk, salt), sugar, citrus fibre, salt, stabiliser: pectin, concentrated lemon juice], sweetcorn [sweetcorn, water, salt, preservative: citric acid], béchamel sauce [whole <b>MILK</b> , water, single cream ( <b>MILK</b> ), salted butter (butter ( <b>MILK</b> ), salt), wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), cornflour, salt, white pepper, ground bay leaf], full fat mozzarella cheese ( <b>MILK</b> ), spring onions, chives, ground black pepper.	1898	450	12	5.4	56	5.2	3.2	28	2.4
<b>Ham &amp; Cheese Panini</b>	N	N	Ciabatta roll [wheat flour ( <b>WHEAT</b> 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 <b>MILK</b> , single cream ( <b>MILK</b> ), salted butter (butter ( <b>MILK</b> ), salt), wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), cornflour, salt, white pepper, ground bay leaf], mature Cheddar cheese (9%) ( <b>MILK</b> ), full fat mozzarella cheese (4%) ( <b>MILK</b> ), crème fraîche ( <b>MILK</b> ), Dijon mustard [water, brown <b>MUSTARD</b> seeds, spirit vinegar, salt].	1877	446	12	6.7	59	5.5	2.8	24	2.4
<b>Gluten Free Ham &amp; Cheese Panini</b>	N	N	Gluten free ciabatta roll [water, thickeners: cellulose, hydroxypropyl methyl cellulose, sodium carboxymethylcellulose, xanthan gum, rice flour, tapioca starch, maize starch, psyllium husk powder, potato starch, wholegrain maize flour, free range <b>EGG</b> white powder, golden syrup, yeast, rapeseed oil, rice starch, preservatives: sodium propionate, sorbic acid, iodised salt, rice bran, acidity regulator: sodium carbonate], smoked formed ham (16%) [pork, salt, dextrose, stabiliser: pentapotassium triphosphate, antioxidant: sodium ascorbate, preservative: sodium nitrite], gluten free cheese sauce [water, mature Cheddar cheese ( <b>MILK</b> ), cornflour, double cream ( <b>MILK</b> ), skimmed <b>MILK</b> powder, whey butter ( <b>MILK</b> ), rapeseed oil, onion purée, salt, emulsifier: disodium phosphate, Dijon mustard (water, <b>MUSTARD</b> seeds, spirit vinegar, salt), <b>MUSTARD</b> powder, white pepper, nutmeg], mature Cheddar cheese (7%) ( <b>MILK</b> ), American style mustard [water, spirit vinegar, <b>MUSTARD</b> flour, yellow <b>MUSTARD</b> bran, cornflour, ground turmeric, salt].	1464	349	9.9	4.7	41	1.1	14	17	2.5
<b>Cold Sandwiches</b>												
<b>Free Range Egg &amp; Mayo Sandwich</b>	Y	N	Seeded farmhouse bread [wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, linseed, sunflower seeds, millet seeds, yeast, <b>BARLEY</b> malt flour, salt, <b>WHEAT</b> gluten, poppy seeds, spirit vinegar, pumpkin seeds, preservative: calcium propionate, emulsifier: mono- and diacyl tartaric esters of mono- and diglycerides of fatty acids, sugar, rapeseed oil, flour treatment agent: ascorbic acid], free-range hard boiled <b>EGG</b> (36%), mayonnaise [water, rapeseed oil, <b>EGG</b> yolk, cornflour, white wine vinegar, salt, <b>MUSTARD</b> flour], salad cress, Dijon mustard [water, brown <b>MUSTARD</b> seeds, spirit vinegar, salt], salt, black pepper.	2088	499	26	4.1	45	2.8	4.7	19	1.8

# 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	<b>WHEAT</b> flour, sugar, <b>ALMONDS</b> (21%) free range <b>EGGS</b> , free range <b>EGG</b> yolk, butter ( <b>MILK</b> ), <b>MILK</b> , honey, raising agent: ammonium hydrogen carbonate, salt, natural flavours	842	201	7.9	1.8	28	15	2	4.6	0.1
Almonds, Cashews, Cranberries & Raisins	Y	Y	<b>CASHEW NUTS</b> (25%), <b>ALMONDS</b> (25%), raisins 25% [raisins, <b>SULPHUR DIOXIDE</b> , sunflower oil] juice infused cranberries (25%) [pineapple sugar, dried cranberries, pineapple juice concentrate, sunflower oil].	975	233	12	1.5	25	17	3	5.4	0.01
Caramel Waffle Duos	Y	N	<b>WHEAT</b> flour, glucose-fructose syrup, sugar, concentrated butter ( <b>MILK</b> ), palm fat, sugar syrup, <b>SOYA</b> flour, rapeseed oil, salt, dextrin ( <b>WHEAT</b> ), emulsifiers: <b>SOYA</b> lecithin, mono- and diglycerides of fatty acids; raising agent: sodium bicarbonate; cinnamon, Bourbon vanilla pods, acid: citric acid.	737	176	8.2	4.7	24	14	0.6	1.2	0.23
Chocolate Gold Coin	Y	N	Sugar, whole <b>MILK</b> powder, cocoa mass, cocoa butter, emulsifier: sunflower lecithin, natural vanilla flavouring	504	121	6.4	3.9	14	14	0.7	1.4	0.03
Cookie Straw	Y	N	Sugar, <b>WHEAT</b> flour, vegetable oils [palm oil, shea butter], skimmed <b>MILK</b> powder, defatted cocoa powder, whey powder ( <b>MILK</b> ), coconut oil, whole <b>EGG</b> powder, emulsifier: sunflower lecithin, vanilla extract, salt, natural chocolate flavouring.	377	90	2.6	1.5	15	9.4	<0.5	1.4	0.08
Dark Chocolate Bar 40g	Y	Y	Cocoa mass, sugar, cocoa butter, emulsifier: sunflower lecithin, natural vanilla flavouring	920	221	15	9.2	17	16	3.6	2.8	<0.01
Fruit & Nut Mix	Y	Y	<b>CASHEW NUTS</b> , <b>ALMONDS</b> , caramelised almonds (20%) [ <b>ALMOND</b> , sugar, maple flavour seasoning (molasses powder, natural flavouring, rice flour, sugar, salt)], jumbo raisin [raisin, sunflower oil], pineapple infused cranberries [pineapple juice, cranberries, sunflower oil], <b>PISTACHIO NUTS</b>	843	200	13	1.4	13	8.1	3.1	6.3	0.02
Ginger Biscuit	Y	N	Wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), invert sugar syrup, sugar, margarine (palm oil, rapeseed oil, salt, colours: annatto, curcumin; natural flavouring), ground ginger (1%), raising agents: sodium bicarbonate, ammonium bicarbonate, skimmed <b>MILK</b> powder.	561	133	4.6	2.3	22	12	1	1.4	0.25
Iced Gingerbread Cookie - Latte	Y	N	<b>WHEAT</b> flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), icing (17%) [sugar, glucose syrup, water, free-range dried <b>EGG</b> white, cornflour, stabiliser: diphosphates, acidity regulator: acetic acid], brown sugar, vegetable margarine [vegetable oils (palm, rapeseed, sunflower, palm stearine), lemon juice], black treacle, water, partially inverted refiner syrup, sugarpaste [sugar, glucose syrup, vegetable fats (palm kernel, palm), invert sugar syrup, thickeners: gum arabic (acacia gum), xanthan gum; emulsifiers: mono- and diglycerides of fatty acids, sunflower lecithin; humectant: glycerol, water, glazing agent: shellac, maize starch, spirulina, colour: riboflavins, stabiliser: hydroxypropyl methyl cellulose], spices, raising agent: sodium carbonates, ginger, fruit and plant concentrates [safflower, apple, hibiscus], tumeric, spirulina, colour: vegetable carbon.	986	234	4.9	1.8	44	21	1.1	3.1	0.5
Iced Gingerbread Cookie - Bearista	Y	N	Wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), icing (17%) [sugar, glucose syrup, water, free-range dried <b>EGG</b> white, cornflour, stabiliser: diphosphates, acidity regulator: acetic acid], brown sugar, vegetable margarine [vegetable oils (palm, rapeseed, sunflower, palm stearine), lemon juice], black treacle, water, partially inverted refiner syrup, sugarpaste [sugar, glucose syrup, vegetable fats (palm kernel, palm), invert sugar syrup, thickeners: gum arabic (acacia gum), xanthan gum; emulsifiers: mono- and diglycerides of fatty acids, sunflower lecithin; humectant: glycerol, water, glazing agent: shellac, maize starch, spirulina, colour: riboflavins, stabiliser: hydroxypropyl methyl cellulose], spices, raising agent: sodium carbonates, ginger, fruit and plant concentrates [safflower, apple, hibiscus], tumeric, spirulina, colour: vegetable carbon.	774	183	3.9	1.4	34	17	0.8	2.4	0.4
Kettle Mature Cheddar and Red Onion Crisps	Y	N	Potatoes, sunflower oil, mature Cheddar and red onion seasoning [dried butter <b>MILK</b> ], dried mature Cheddar cheese ( <b>MILK</b> ), sea salt, dried red onion, dried onion, dried yeast, yeast extract, dried chives, paprika extract).	842	202	12	1.3	20	1	2.5	2.8	0.4
Kettle Lightly Salted Crisps	Y	Y	Potatoes, sunflower oil, sea salt.	856	205	12	1.4	21	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 <b>BARLEY</b> malt vinegar, acidity regulator: citric acid)	838	201	11	1.3	21	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 ( <b>MILK</b> ), dried skimmed <b>MILK</b> , dried yogurt ( <b>MILK</b> ), sea salt, dried onion, yeast extract, dried chilli, dried red pepper, ground paprika, acidity regulator: citric acid, natural flavouring, dried garlic, dried lemon).	842	202	11	1.4	21	1.7	2.5	2.5	0.4
Milk Chocolate Bar 40g	Y	N	Sugar, cocoa butter, whole <b>MILK</b> powder, cocoa mass, caramelised sugar, emulsifier: sunflower lecithin; natural vanilla flavouring, sea salt.	928	223	14	8.4	21	20	0.7	2.8	0.1
Mini Caramel Waffles	Y	N	<b>WHEAT</b> flour, glucose-fructose syrup, sugar, concentrated butter ( <b>MILK</b> ), palm fat, sugar syrup, <b>SOYA</b> flour, rapeseed oil, salt, dextrin ( <b>WHEAT</b> ), emulsifiers: <b>SOYA</b> lecithin, E471; raising agent: E500, cinnamon, natural Bourbon vanilla, acid: citric acid.	604	144	6.7	3.8	20	10	0.5	11	0.19

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# Impulse

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<b>Peanut Butter Cups</b>	Y	Y	Dark Chocolate (53%) [cocoa mass, sugar, cocoa butter, reduced fat cocoa powder, emulsifier: <b>SOYA</b> lecithin, natural vanilla flavouring, <b>PEANUT</b> paste (39%), vegetable fat [shea oil, coconut oil], agave syrup, sea salt. Dark Chocolate contains cocoa solids 62% minimum.	813	196	15	7.1	9.2	7.5	2.5	4.8	0.1
<b>Peanut &amp; Cashew Bar</b>	Y	N	<b>PEANUT</b> (26%), <b>CASHEW</b> nuts (12%), dried apricots (10%), <b>OATS</b> , golden syrup, oligofructose syrup, sunflower seeds, vegetable (palm, rapeseed), glucose syrup, raw cane sugar, <b>SOYA</b> protein crunchies ( <b>SOYA</b> , 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
<b>Roasted &amp; Salted Mixed Nuts</b>	Y	Y	Roasted salted almonds [Roasted <b>ALMONDS</b> , salt], roasted <b>CASHEWS</b> , roasted salted peanuts [roasted <b>PEANUTS</b> , salt], <b>HAZELNUTS</b>	940	227	18	1.6	7.7	1.6	2.2	7.4	0.18
<b>Shortbread Biscuits</b>	Y	N	Wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), salted butter (37%) [butter ( <b>MILK</b> ), salt], sugar, cane molasses.	1130	271	16	10	29	9.5	1.0	2.7	0.4
<b>Smoked Almonds</b>	Y	Y	<b>ALMONDS</b> (92%), <b>PEANUTS</b> Oil, seasoning (dextrose, salt, sugar, <b>WHEAT</b> flour, yeast extract, smoke flavouring, caramelised sugar, onion powder, citric acid (E330), paprika extract).	1260	305	26	2.2	3.5	2.7	5	13	0.1
<b>Starbucks® Bearista Gingerbread Cookie</b>	Y	N	Wheat flour ( <b>WHEAT</b> 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 <b>EGG</b> 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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