

# NUTRITION & ALLERGEN GUIDE

WINTER TO SPRING

(JANUARY TO MARCH 2022)

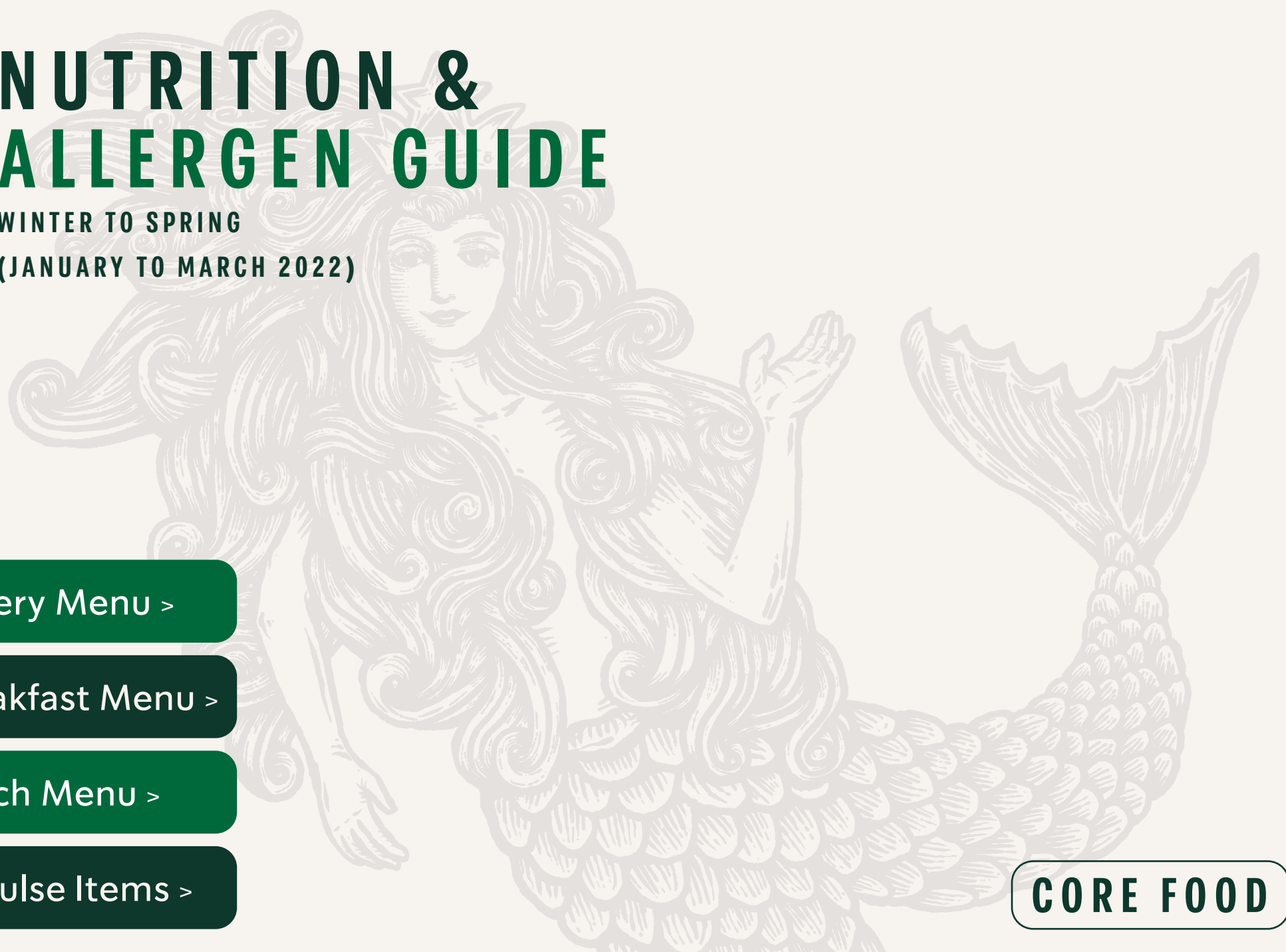
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**CORE FOOD**



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>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     |
| <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>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, water, butter (18%) ( <b>MILK</b> ), sugar, yeast, <b>WHEAT</b> gluten, <b>EGGS</b> , salt, natural flavouring ( <b>MILK</b> ), emulsifier: E 472e, flour treatment agent: E 300, colour: carotene from natural origin, enzyme.   | 334         | 1397          | 39      | 5.5                    | 2.0               | 16                  | 9.9       | 6.9         | 0.96     |
| <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     |

## 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>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>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>Cakes</b>   |                         |                    |  |             |               |         |                        |                   |                     |           |             |          |
| <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>Sea Salted Caramel &amp; Pecan Swirl</b>            | Y                       | N                  | Wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], salted caramel icing (13%) [sweetened condensed <b>MILK</b> ( <b>MILK</b> , sugar, lactose ( <b>MILK</b> )), partially inverted refiners syrup, glucose syrup, palm kernel oil, unsalted butter ( <b>MILK</b> ), sugar, palm oil, gelling agent: pectin; emulsifiers: rapeseed lecithin (E322), sorbitan tristearate (E492); dried glucose syrup, salt, sea salt, colour: beta carotene (E160a); preservative: potassium sorbate (E202)], free range <b>EGG</b> , sugar, unsalted butter ( <b>MILK</b> ), <b>PECANS</b> (3%), palm oil, partially inverted sugar syrup, yeast, dextrose, salt, rapeseed oil, natural flavouring, emulsifier: mono and diglycerides of fatty acids (E471); caramelised sugar [caramelised sugar syrup, maltodextrin], colour: carotenes, stabiliser: guar gum (E412); raising agents: disodium diphosphate (E450), potassium hydrogen carbonate (E501); acid: ascorbic acid. | 1692        | 403           | 14      | 6                      | 58                | 19                  | 2.3       | 10          | 0.75     |
| <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     |

## 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>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>Cookies &amp; Cream Cheesecake Muffin</b> | Y                       | N                  | Cheesecake filling ( <b>MILK</b> ) [full fat soft cheese ( <b>MILK</b> ) (skimmed <b>MILK</b> , cream ( <b>MILK</b> ), permeate, salt, modified tapioca starch, stabilisers: locust bean gum, xanthan gum; starter culture, icing sugar, free range <b>EGG</b> , fortified wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), preservative: potassium sorbate; anti-caking agent: tricalcium phosphate; natural flavouring], rapeseed oil, free range <b>EGG</b> , sugar, water, white chocolate chunks [sugar, whole <b>MILK</b> powder, cocoa butter, emulsifier: <b>SOYA</b> lecithin; natural vanilla flavouring], fortified <b>WHEAT</b> flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], humectant: vegetable glycerine; cookie crumble topping [fortified <b>WHEAT</b> flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), sugar, vegetable fat (shea kernel oil, palm oil, emulsifier: sunflower lecithin; citric acid), cocoa powder, salt, raising agent: sodium bicarbonate], cocoa powder, <b>WHEAT</b> starch, <b>WHEAT</b> flour, raising agents: mono calcium phosphate, diphosphates, sodium hydrogen carbonate, potassium carbonates; potato starch, emulsifier: mono and di glycerides of fatty acids; <b>WHEAT GLUTEN</b> , colour: carbon black; free range <b>EGG</b> white powder, whey powder ( <b>MILK</b> ), stabiliser: xanthan gum. | 1898        | 454           | 24      | 7.3                    | 52                | 27                  | 0.9       | 7           | 0.55     |
| <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     |
| <b>Bars &amp; Traybakes</b>                  |                         |                    |   |             |               |         |                        |                   |                     |           |             |          |
| <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>Cookies &amp; Cream Brownie</b>           | Y                       | N                  | Sugar, dark chocolate [sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, Emulsifier: <b>SOYA</b> lecithin, vanilla extract], pasteurised free range <b>EGG</b> , white chocolate [sugar, cocoa butter, whole <b>MILK</b> powder, emulsifier: <b>SOYA</b> lecithin, vanilla extract], milk chocolate [sugar, cocoa butter, whole <b>MILK</b> powder, cocoa mass, emulsifier: <b>SOYA</b> lecithin, vanilla extract], salted butter [butter ( <b>MILK</b> ), salt], ground <b>ALMONDS</b> , mini cookies [ <b>WHEAT</b> flour, sugar, palm oil, rapeseed oil, fat reduced cocoa powder, <b>WHEAT</b> starch, glucose fructose syrup, salt, raising agents: potassium hydrogen carbonate, sodium hydrogen carbonate, ammonium hydrogen carbonate; emulsifiers: <b>SOYA</b> lecithin, sunflower lecithin; vanilla flavouring], wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], full fat cream cheese ( <b>MILK</b> ), cocoa powder, cocoa mass, natural vanilla flavouring, double cream ( <b>MILK</b> ), black cocoa powder, baking powder [raising agents: disodium diphosphate, potassium hydrogen carbonate; wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin)], salt.  | 1524        | 366           | 23      | 13                     | 33                | 26                  | 2.9       | 5.2         | 0.61     |

# 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>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, durum <b>WHEAT</b> semolina, malted <b>WHEAT</b> flour, salt, flour treatment agent: ascorbic acid], Beyond Meat® patty (28%) [water, pea protein, rapeseed oil, refined coconut oil, flavouring, yeast, rice protein, stabiliser: methylcellulose, apple fibre, smoke flavouring, 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%) [water, coconut oil, modified starch, potato starch, sea salt, flavouring, olive extract, colour: beta carotene, vitamin B12], tofu (8%) [water, <b>SOYA</b> beans, sea salt, nigari], signature tomato relish [tomatoes, sugar, tomato paste, red wine vinegar, roasted tomatoes (roasted tomatoes, tomato concentrate, sunflower oil, olive oil, salt, oregano, sugar, garlic), rapeseed oil, red chilli purée, cornflour, onion, lemon juice, garlic purée, ginger purée, salt, oregano, black pepper], Sheese® coconut oil alternative to cheese (3%) [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>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>Signature Breakfast Sandwich</b>               | N                       | N                  | Pretzel roll [ <b>WHEAT</b> flour, water, rapeseed oil, yeast, fermented <b>WHEAT</b> flour, salt, malted <b>WHEAT</b> flour, <b>WHEAT</b> gluten, flour treatment agent: ascorbic acid, acidity regulator: sodium hydroxide], beechwood smoked bacon (13%) [pork belly, sugar, salt, emulsifier (sodium triphosphate), honey, 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 (10%) ( <b>MILK</b> ), 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].  | 1665        | 396           | 14      | 5.3                    | 46                | 5.4                 | 1         | 21          | 2.6      |
| <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>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>Porridge, Fruit &amp; Yoghurt</b>              |                         |                    |  |             |               |         |                        |                   |                     |           |             |          |
| <b>5 Grain Oatmeal</b>                            | Y                       | Y                  | Water, soya drink (26%) (water, hulled <b>SOYA</b> beans (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   | 934         | 223           | 10      | 6                      | 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, cornflour, lemon juice, natural flavouring, gelling agent: pectin], low fat natural yogurt (18%) ( <b>MILK</b> ), puffed rice granola and seed blend (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         | 0.14     |
| <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        |

## 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>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>Hickory Ham &amp; Cheese Toastie</b>            | N                       | N                  | White sourdough bloomer [wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), <b>SPELT (WHEAT)</b> flour, water, <b>RYE</b> flour, durum <b>WHEAT</b> semolina, salt, durum <b>WHEAT</b> flour, yeast, antioxidant: ascorbic acid], béchamel sauce [whole <b>MILK</b> , single cream ( <b>MILK</b> ), cornflour, wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), butter ( <b>MILK</b> ), salt, white pepper, ground bay leaf], hickory smoked formed ham (15%) [pork, salt, light muscovado sugar, stabiliser: triphosphates, antioxidant: sodium ascorbate, preservative: sodium nitrite], mozzarella cheese (5%) ( <b>MILK</b> ), Cheddar cheese (5%) ( <b>MILK</b> ), low fat cheese (3%) ( <b>MILK</b> ), smoke flavoured Cheddar cheese (3%) [Cheddar cheese ( <b>MILK</b> ), smoke flavouring, paprika powder], Emmental cheese (2%) ( <b>MILK</b> ), American style mustard [spirit vinegar, <b>MUSTARD</b> flour, <b>MUSTARD</b> bran, cornflour, ground turmeric, salt], cornflour, potato starch.  | 1762        | 419           | 13      | 7.7                    | 46                | 4                   | 2.9       | 28          | 2.2      |
| <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>Hot Box</b>                                     |                         |                    |   |             |               |         |                        |                   |                     |           |             |          |
| <b>Mac &amp; Cheese with Petit Pois &amp; Kale</b> | Y                       | N                  | Béchamel sauce (35%) [whole <b>MILK</b> , single cream ( <b>MILK</b> ), water, cornflour, wheat flour ( <b>WHEAT</b> flour, calcium carbonate, niacin, iron, thiamin), salt, preservative: potassium sorbate], cooked macaroni pasta (35%) [water, durum <b>WHEAT</b> semolina, sunflower oil], cheese (8%) ( <b>MILK</b> ), blanched petit pois (6%), West Country Cheddar cheese (6%) ( <b>MILK</b> ), blanched kale (3%), mozzarella cheese (2%) ( <b>MILK</b> ), Dijon mustard [ <b>MUSTARD</b> seeds, spirit vinegar, salt], salt.   | 2011        | 480           | 20      | 11                     | 49                | 4.1                 | 3.8       | 24          | 1.7      |

## 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>Cold Sandwiches</b>                    |                         |                    |  |             |               |         |                        |                   |                     |           |             |          |
| <b>BLT Sandwich</b>                       | N                       | N                  | Malted bread [wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, malted <b>WHEAT</b> flakes, <b>WHEAT</b> bran, malted <b>BARLEY</b> flour, salt, yeast, <b>WHEAT</b> gluten, 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 <b>WHEAT</b> flour, vegetable oils (rapeseed, palm), flour treatment agent: ascorbic acid], beechwood smoked bacon (17%) [pork belly, sugar, salt, emulsifier: sodium triphosphate, honey, preservative: sodium nitrite], tomato (15%), mayonnaise [water, rapeseed oil, free range pasteurised salted egg yolk ( <b>EGG</b> yolk, salt), cornflour, white wine vinegar, <b>MUSTARD</b> flour], lettuce. | 2025        | 482           | 18      | 4.1                    | 51                | 6.4                 | 4.1       | 27          | 1.8      |
| <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 diacetyl 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     |

# 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) |
|---|-------------------------|--------------------|---|-------------|---------------|---------|------------------------|-------------------|---------------------|-----------|-------------|----------|
| <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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