

NUTRITION & ALLERGEN GUIDE

AUTUMN TO HOLIDAY

(SEPTEMBER TO NOVEMBER 2022)

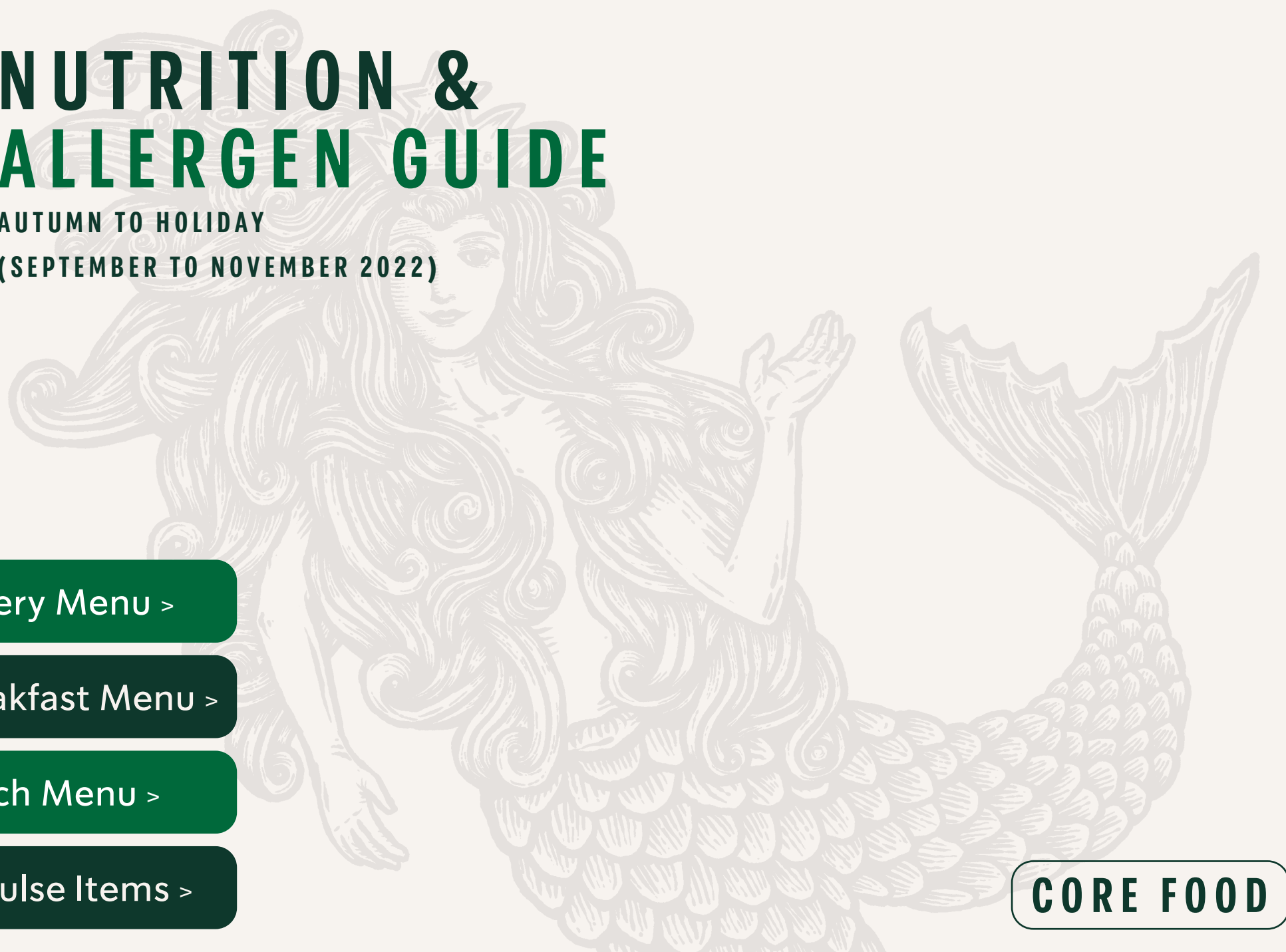
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CORE FOOD



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 (Spelt and Kamut), Rye, Barley and Oats

• **Nuts**

(Almond, Hazelnut, Walnut, Cashew, Pecan Nut, Brazil Nut, Pistachio Nut, Macadamia Nut, Queensland Nut)

• **Egg**

• **Milk**

• **Soya**

• **Fish**

• **Crustaceans**

• **Molluscs**

• **Sesame**

• **Lupin**

• **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 for the most up to date information.

Bakery Menu

Product	Suitable for Vegetarian	Suitable for Vegan	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Croissants and Morning Pastries												
Almond Croissant	Y	N	WHEAT flour, butter (17%) (MILK), water, ALMOND paste (11%) [sugar, ALMOND , glucose syrup, humectant: glycerol, ALMOND , stabiliser: sorbitol, natural ALMOND flavouring], slivered ALMONDS (6%), sugar, yeast, icing sugar [dextrose, maize flour, palm oil], EGG , WHEAT gluten, salt, modified maize starch, emulsifier: rapeseed lecithin, acidity regulator: ascorbic acid.	1425	341	19	11	35	10	1.9	6.6	0.62
Banana Bread	Y	N	Wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], sugar, banana pulp [banana, antioxidant: ascorbic acid], sugar, pasteurised free range EGG , rapeseed oil, banana, PECANS , WALNUTS , 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
Chocolate Twist	Y	N	Water, WHEAT flour, sugar, chocolate (13%) [sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier: SOYA lecithin, natural vanilla flavouring], butter (8.4%) (MILK), modified starch, yeast, sugar, free range EGG , whey powder (MILK), skimmed MILK powder, salt, WHEAT gluten, stabilisers: calcium acetate, tetrapotassium diphosphate, disodium phosphate; carrot extract, flour treatment agent: ascorbic acid, natural flavouring, paprika extract, turmeric extract.	1147	274	12	7.3	36	16	2.2	4.3	0.55
Cinnamon Swirl	Y	N	Wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], water, sugar, free range pasteurised EGG , 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; WHEAT starch, skimmed MILK 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 (MILK), creme fraiche powder (MILK), acidity regulators: citric acid, acetic acid, potassium hydroxide; stabilisers: agar, locust bean gum, xanthan gum; sunflower oil, WHEAT flour, skimmed MILK powder, orange concentrate, natural flavouring, butter (MILK), gelling agent: pectin.	2016	479	13	3.9	78	28	2.8	11.0	0.70
Pain au Chocolat	Y	N	WHEAT flour, butter (21%) (MILK), water, chocolate (10%) [sugar, cocoa mass, cocoa butter, emulsifier: SOYA lecithin, natural vanilla flavouring], sugar, yeast, MILK powder, WHEAT gluten, EGG wash [EGG], salt, emulsifier: rapeseed lecithin, flour treatment agent: ascorbic acid.	1311	314	17	11	33	9.8	2.0	6.2	0.37
Pain Au Chocolat (at selected stores)	Y	N	WHEAT flour, butter (21%) (MILK), water, chocolate (11%) (sugar, cocoa mass, cocoa butter, emulsifier (E322 (SOYA)), sugar, yeast, wheat gluten, EGGS , salt, flour treatment agent (E300), enzyme.	1225	293	17	10	29	8.2	2.1	5.8	0.5
Butter Croissant	Y	N	WHEAT flour, butter (23%) (MILK), water, sugar, yeast, MILK powder, WHEAT gluten, EGG wash [EGG], salt, emulsifier: rapeseed lecithin, flour treatment agent: ascorbic acid.	1083	259	14	9	27	5.4	1.4	5.6	0.36
Butter Croissant (at selected stores)	Y	N	WHEAT flour, butter (24%) (MILK), water, sugar, yeast, WHEAT gluten, salt, EGGS , flour treatment agent (E300), enzyme	1186	284	16.4	10.6	27.5	4.7	1.5	5.8	0.7
Luxury Fruit Toast	Y	N	Wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], raisins (22%) [raisins, sunflower oil], water, dried cranberries (5%) [cranberries, sugar, sunflower oil], palm oil, free range pasteurised EGG , sugar, yeast, rapeseed oil, dextrose, invert sugar syrup, salt, lemon zest, emulsifiers: mono and diglycerides of fatty acids, esters of mono- and diglycerides, sodium stearoyl lactate; colour: carotenes, flour treatment agent: ascorbic acid.	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)
Croissants and Morning Pastries (Welcome Break)												
Almond Croissants	Y	N	Almond filling (32%) (sugar, ALMOND , water, honey), WHEAT flour, butter (MILK) (16%), flaked ALMONDS , EGG , sugar, icing sugar (dextrose, pea starch, shea butter, flavouring), yeast, WHEAT gluten, salt, flour treatment agent: ascorbic acid.	1635	392	22	9.7	40	22	2.6	8	0.56
Butter Croissant	Y	N	WHEAT flour, butter (28%) (MILK), water, sugar, yeast, EGGS , WHEAT gluten, salt, emulsifier : E 471, flour treatment agent E 300.	870	209	12	8	20	3	1.3	4.4	0.56
Pain au Chocolat	Y	N	WHEAT flour, butter (22%) (MILK), water, chocolate (11%) [sugar, cocoa mass, cocoa butter, emulsifier: soya lecithin], sugar, yeast, EGG , wheat gluten, salt, emulsifier: E 471, flour treatment agent: E 300.	1165	279	16	10	28	7.7	2.1	5.8	0.7
Pain aux Raisins	Y	N	Creme patissiere (31.6%) (whole MILK , sugar, EGGS , water, modified starches, whey powder (MILK), whole MILK powder, maltodextrin, natural flavourings, carrot concentrate, thickener (E415)), WHEAT flour, fine butter (15.3%) (MILK), sultanas (10.8%), water, cane sugar (3.6%), yeast, WHEAT gluten, EGGS , salt, whole MILK powder, sugar, wheat sourdough (water, fermented WHEAT flour), colour (carotenes from natural origin), flour treatment agent (E300)	1477	352	16	10	45	21	1.8	6.5	0.73
Cakes												
Lemon Loaf Cake	Y	N	Sugar, pasteurised free range EGG , wheat flour [WHEAT 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 (MILK), salt], ALMONDS , lemon juice (4%), lemon zest (2%), cream (MILK), lemon curd (2%) [sugar, free range EGG , salted butter (butter (MILK), 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
Cookies												
Chocolate Chunk Cookie	Y	N	Wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], dark chocolate (24%) [cocoa mass, sugar, cocoa butter, emulsifier: SOYA lecithin, natural vanilla flavouring], sugar, butter (MILK), free range pasteurised EGG , raising agents: monocalcium phosphate, potassium hydrogen carbonate; WHEAT fibre, lactose powder (MILK), glucose fructose syrup, whey powder (MILK), flavouring, invert sugar, salt, rapeseed oil.	1509	361	18	11	44	25	2.3	4.5	0.08
Chocolate Chunk Shortbread	Y	N	Wheat flour [WHEAT flour, calcium, iron, niacin, thiamin], butter (MILK), chocolate chunks [cocoa mass, sugar, emulsifier: SOYA lecithin, flavouring], sugar, pasteurised free range EGG .	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)
Muffins												
Blueberry Muffin	Y	N	Wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), free range pasteurised whole EGG , sugar, rapeseed oil, muffin cake mix [soluble corn fibre, OAT flour, emulsifier: mono and diglycerides of fatty acids; flavouring], blueberry filling [blueberry puree, glucose fructose syrup, sugar, glucose syrup, stabiliser: modified maize starch, lemon concentrate, acidity regulator: citric acid, gelling agent: pectin, flavour, preservative: potassium sorbate, acidity regulator: trisodium citrate], blueberries, water, humectant: glycerine, wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), modified maize starch, salted butter (butter (MILK), salt), wholemeal WHEAT flour, baking powder [raising agents: potassium hydrogen carbonate, disodium diphosphate; wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), raising agent: mono calcium phosphate, silicon dioxide, calcium stearate, rapeseed oil], potato starch, vanilla flavouring, demerara sugar [sugar, cane molasses], emulsifier: glucose syrup, lactic acid esters of mono- and diglycerides of fatty acids, propane-1,2-diol esters of fatty acids, SOYA , WHEAT gluten, BUTTERMILK powder, skimmed MILK powder, salt, blueberry flavour, preservative: potassium sorbate, raising agent: sodium bicarbonate, thickener: guar gum.	1652	394	18	2.3	52	25	1	5.5	0.58
Lemon Muffin	Y	N	Wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), free range pasteurised whole EGG , sugar, rapeseed oil, water, muffin cake mix [soluble corn fibre, OAT flour, emulsifier: mono and diglycerides of fatty acids; flavouring], lemon curd [sugar, free range EGG , salted butter (butter (MILK) salt), concentrated lemon juice, lemon oil, gelling agent: agar], humectant: glycerine, icing sugar, modified maize starch, cream (MILK), baking powder [raising agents: potassium hydrogen carbonate, disodium diphosphate; wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), raising agent: mono calcium phosphate, silicon dioxide, calcium stearate, rapeseed oil], potato starch, vanilla flavouring, lemon zest, emulsifier: glucose syrup, lactic acid esters of mono- and diglycerides of fatty acids, propane-1,2-diol esters of fatty acids, SOYA flour; WHEAT gluten, lemon juice, skimmed MILK powder, BUTTERMILK powder, salt, preservative: potassium sorbate, lemon oil, invert syrup, raising agent: sodium bicarbonate, thickeners: guar gum, colour: lutein, thickener: cellulose.	1675	400	20	2.9	50	25	0.9	4.6	0.64
Bars & Traybakes												
Chocolate Caramel Shortbread	Y	N	Wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], salted butter [butter (MILK), salt], sweetened condensed milk [MILK , sugar], milk chocolate (15%) [sugar, cocoa butter, whole MILK powder, cocoa mass, emulsifier: SOYA 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 (MILK), wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), emulsifier: SOYA lecithin, natural flavouring], icing sugar, soft light brown sugar, palm oil, corn flour, whey powder (MILK), cocoa butter, natural vanilla flavouring, emulsifier: mono- and diglycerides of fatty acids.	1628	390	23	14	41	23	0.9	4.3	0.45
Cookies & Cream Brownie	Y	N	Sugar, dark chocolate [sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, Emulsifier: SOYA lecithin, vanilla extract], pasteurised free range EGG , white chocolate [sugar, cocoa butter, whole MILK powder, emulsifier: SOYA lecithin, vanilla extract], milk chocolate [sugar, cocoa butter, whole MILK powder, cocoa mass, emulsifier: SOYA lecithin, vanilla extract], salted butter [butter (MILK), salt], ground ALMONDS , mini cookies [WHEAT flour, sugar, palm oil, rapeseed oil, fat reduced cocoa powder, WHEAT starch, glucose fructose syrup, salt, raising agents: potassium hydrogen carbonate, sodium hydrogen carbonate, ammonium hydrogen carbonate; emulsifiers: SOYA lecithin, sunflower lecithin; vanilla flavouring], wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], full fat cream cheese (MILK), cocoa powder, cocoa mass, natural vanilla flavouring, double cream (MILK), black cocoa powder, baking powder [raising agents: disodium diphosphate, potassium hydrogen carbonate; wheat flour (WHEAT 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)
Breakfast Sandwiches & Savoury Muffins												
All Day Breakfast Wrap	N	N	Tortilla wrap [wheat flour (WHEAT flour, calcium carbonate, niacin, iron, thiamin), water, palm oil, rapeseed oil, raising agents: sodium carbonates, diphosphates; sugar, acidity regulator: malic acid, WHEAT starch], free range scrambled egg (15%) [pasteurised free range EGG , water, sunflower oil, skimmed MILK powder, lemon juice, salt, ground white pepper], baked beans in tomato sauce (12%) [haricot beans, chopped tomatoes, white onion, tomato paste, rapeseed oil, white sugar, salt, black pepper], Cheddar cheese (7%) (MILK), pork sausage coins (7%) [pork, pork fat, pea protein, gram flour (yellow split peas, chana dal), WHEAT gluten, rapeseed oil, seasoning (dextrose, salt, spices (chilli powder, ground coriander, mace, pepper), stabiliser: triphosphates, spice extracts (mace, nutmeg, ginger), antioxidant: sodium ascorbate), cornflour, potato starch, parsley, pork collagen casing, sage, marjoram], hickory smoked streaky bacon (5%) [pork belly, salt, antioxidant: sodium ascorbate, preservative: sodium nitrite], spinach, water, cornflour.	2028	483	19	8.1	52	3.9	6.2	23	1.8
Beyond Meat® Breakfast Sandwich	Y	Y	Breakfast roll [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, RYE flour, yeast, durum WHEAT semolina, malted WHEAT 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, SOYA 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, SOYA 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
Cheese & Marmite® Mini Ciabatta	Y	N	Ciabatta roll [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, yeast, salt, vegetable oils (palm, rapeseed), emulsifier: mono- and diglycerides of fatty acids, sunflower oil], mature Cheddar cheese (32%) (MILK), béchamel sauce [whole MILK , water, single cream (MILK), salted butter (butter (MILK), salt), wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), cornflour, salt, white pepper, ground bay leaf], Marmite® yeast extract (5%) [yeast extract (contains BARLEY , WHEAT , OATS , RYE), salt, vegetable juice concentrate, vitamins (thiamine, riboflavin, niacin, vitamin b12, folic acid), natural flavouring (contains CELERY)], cornflour.	1479	352	12	7.2	41	3	1.9	19	1.6
Ham & Cheese Croissant	N	N	All butter croissant [wheat flour (WHEAT flour, calcium carbonate, niacin, iron, thiamin), unsalted butter (14%) (MILK), water, sugar, yeast, salt, pasteurised free range whole EGG , flour treatment agent: ascorbic acid], formed oak smoked ham with added water (23%) [pork, water, salt, stabiliser: triphosphates, antioxidant: sodium ascorbate, preservative: sodium nitrite], Cheddar cheese (11%) (MILK).	1699	407	21	12	34	6.4	4.8	18	1.5
Smoked Bacon Roll	N	N	White roll [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, sugar, vegetable oils (palm, rapeseed), yeast, salt, emulsifier: mono- and diglycerides of fatty acids, flour treatment agent: ascorbic acid], hickory smoked back bacon (25%) [pork loin (96%), water, salt, antioxidant: sodium ascorbate, preservatives: potassium nitrate, sodium nitrite], hickory smoked streaky bacon (8%) [pork belly (97%), salt, antioxidant: sodium ascorbate, preservative: sodium nitrite]. May also contain traces of egg, milk and soya.	1404	334	11	4.0	39	3.4	2.4	19	1.89
Traditional Sausage Sandwich	N	N	White roll [wheat flour (WHEAT flour, calcium carbonate, niacin, iron, thiamin), water, sugar, yeast, palm oil, salt, rapeseed oil, emulsifier: mono- and diglycerides of fatty acids, flour treatment agent: ascorbic acid], pork sausage in beef collagen casing (48%) [pork, pork fat, rusk (wheat flour (WHEAT flour, calcium carbonate, niacin, iron, thiamin), salt), potato starch, pea protein, rapeseed oil, citrus fibre, beef collagen casing, parsley, dextrose, salt, spices (black pepper, chilli powder, coriander, mace), rubbed sage, stabiliser: triphosphates, marjoram, spice extracts (black pepper, mace, nutmeg, ginger), antioxidant: sodium ascorbate], unsalted butter (2%) (MILK).	1973	471	21	8.4	47	4.3	5	21	1.2

Breakfast Menu

Product	Suitable for Vegetarian	Suitable for Vegan	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Porridge, Fruit & Yoghurt												
5 Grain Oatmeal	Y	Y	Water, soya drink (26%) (water, hulled SOYA beans (9%), apple extract, acidity regulator (monopotassium phosphate, dipotassium phosphate), calcium carbonate, sea salt, stabiliser (gellan gum), vitamins [riboflavin (B2), B12, D2]), gluten free OATS (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
Berry Crunch	Y	N	Greek style yoghurt (45%) (MILK), summer berry compote (23%) [sugar, strawberries, blackberries, water, blueberries, redcurrants, cornflour, lemon juice, natural flavouring, gelling agent: pectins], low fat natural yogurt (18%) (MILK), puffed rice granola and seed blend (11%) [OAT flakes, honey, sunflower seeds, puffed quinoa, pumpkin seeds, agave syrup, puffed rice, sunflower oil, glucose syrup, cane molasses], cornflour.	1083	258	11	5.8	31	19	2.7	7.5	0.14
Banana (per unit =whole)	Y	Y	Banana	448	109	0.5	0.1	28	15	3.2	1.3	0.00
Classic Oatmeal	Y	N	Semi-skimmed MILK (63%), water, gluten free OATS (13%), single cream (3%) (MILK), salt.	993	234	6	3	36	8.7	1.5	10	0.18
Fruit & Seed Porridge Topper	Y	Y	Sultanas (40%) [sultanas, sunflower oil], goji berries (20%), pumpkin seeds (20%), raisins (10%) [raisins, sunflower oil], sunflower seeds (10%).	502	120	4.5	0.7	15	13	1.8	3.9	0.08
Mango	Y	Y	Mango	356	84	<0.5	0.1	18	17	1.9	1	0.00
Watermelon	Y	Y	Watermelon	318	75	0.7	0.2	16	16	<0.5	1.1	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)
Hot Sandwiches												
Five Cheese Toastie	Y	N	White sourdough bloomer [water, wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), SPELT (WHEAT) flour, RYE flour, WHEAT flour, salt, durum WHEAT flour, durum WHEAT semolina, yeast, antioxidant: ascorbic acid], béchamel sauce [whole MILK , water, single cream (MILK), American style mustard (water, spirit vinegar, MUSTARD flour, ground yellow MUSTARD bran, cornflour, ground turmeric, salt), cornflour, salted butter (butter (MILK), salt), wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), salt, white pepper, ground bay leaf], mozzarella full fat soft cheese (6%) (MILK), Cheddar cheese (6%) (MILK), Eatlean™ low fat cheese (4%) (MILK), smoke flavoured cheese (4%) [Cheddar cheese (MILK), smoke flavouring, paprika powder], Emmental cheese (3%) (MILK), cornflour, potato starch.	1621	386	13	8	49	3.5	2.3	17	1.7
Gluten Free Ham & Cheese Panini	N	N	Gluten free ciabatta roll [water, rice flour, tapioca starch, potato starch, maize starch, rapeseed oil, glycerine, yeast, psyllium husk powder, bamboo fibre, modified tapioca starch, caster sugar, stabilisers: hydroxypropyl methyl cellulose, xanthan gum, vegetable fibre, iodised salt, fermented maize starch, calcium carbonate, flavouring, amylase, niacin, iron, thiamin, riboflavin, folic acid], smoked reformed ham with added water (16%) [pork, water, dextrose, salt, stabiliser: pentasodium triphosphate, antioxidant: sodium ascorbate, preservative: sodium nitrite], gluten free cheese sauce [water, mature Cheddar cheese (MILK), cornflour, double cream (MILK), skimmed MILK powder, unsalted butter (MILK), rapeseed oil, onion purée, salt, Dijon mustard (water, MUSTARD seeds, spirit vinegar, salt), MUSTARD powder, white pepper], Cheddar cheese (7%) (MILK), American style mustard [water, spirit vinegar, MUSTARD flour, yellow MUSTARD bran, cornflour, salt, ground turmeric].	1654	394	12	4.4	53	6	11	13	1.9
Ham & Cheese Panini	N	N	Ciabatta roll [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, yeast, extra virgin olive oil, salt], smoked reformed ham with added water (21%) [pork, water, dextrose, salt, stabiliser: pentasodium triphosphate, antioxidant: sodium ascorbate, preservative: sodium nitrite], béchamel sauce [whole MILK , single cream (MILK), wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), salted butter (butter (MILK), salt), cornflour, salt, white pepper, ground bay leaf], mature Cheddar cheese (9%) (MILK), mozzarella full fat soft cheese (4%) (MILK), Dijon mustard [water, MUSTARD seeds, spirit vinegar, salt].	1921	456	14	7.3	52	3.8	3.2	29	2.1
Hickory Ham and cheese toastie	N	N	White sourdough bloomer [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), SPELT (WHEAT) flour, water, RYE flour, durum WHEAT semolina, salt, durum WHEAT flour, yeast, antioxidant: ascorbic acid], béchamel sauce [whole MILK , single cream (MILK), cornflour, wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), butter (MILK), 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%) (MILK), Cheddar cheese (5%) (MILK), Eatlean™ low fat cheese (3%) (MILK), smoke flavoured Cheddar cheese (3%) [Cheddar cheese (MILK), smoke flavouring, paprika powder], Emmental cheese (2%) (MILK), American style mustard [spirit vinegar, MUSTARD flour, MUSTARD bran, cornflour, ground turmeric, salt], cornflour, potato starch.	1762	419	13	7.7	46	4	2.9	28	2.2
Tomato & Mozzarella Panini	Y	N	Ciabatta roll [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, salt, yeast, olive oil, sunflower oil], full fat mozzarella cheese (21%) (MILK), 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 (MILK), tomato paste, basil, lemon juice, sea salt], basil.	1857	442	14	6.3	56	8.1	3.8	21	2.3
Tuna Melt Panini	N	N	Ciabatta roll [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, salt, yeast, olive oil, sunflower oil], tuna (20%) [tuna (FISH), water, salt], mature Cheddar cheese (10%) (MILK), reduced fat mayonnaise [water, rapeseed oil, spirit vinegar, cornflour, free-range salted egg yolk (free-range EGG yolk, salt), sugar, citrus fibre, salt, stabiliser: pectin, concentrated lemon juice], sweetcorn [sweetcorn, water, salt], béchamel sauce [whole MILK , single cream (MILK), salted butter (butter (MILK), salt), wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), cornflour, salt, white pepper, ground bay leaf], mozzarella full fat soft cheese (MILK), spring onions, ground black pepper.	1866	443	11	5.2	56	3.7	3.9	28	1.8
Cold Sandwiches												
Free Range Egg & Mayo Sandwich	Y	N	Seeded farmhouse bread [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, linseed, sunflower seeds, millet seeds, yeast, BARLEY malt flour, salt, WHEAT gluten, poppy seeds, spirit vinegar, pumpkin seeds, preservative: calcium propionate, emulsifier: mono- and diacetyl tartaric esters of mono- and diglycerides of fatty acids, sugar, rapeseed oil, flour treatment agent: ascorbic acid], free-range hard boiled EGG (36%), mayonnaise [water, rapeseed oil, EGG yolk, cornflour, white wine vinegar, salt, MUSTARD flour], salad cress, Dijon mustard [water, brown MUSTARD seeds, spirit vinegar, salt], salt, black pepper.	2088	499	26	4.1	45	2.8	4.7	19	1.8

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)
Pizzetta												
Chorizo & Red Pepper Pizzetta	N	N	Pizza base [wheat flour (WHEAT flour, calcium carbonate, niacin, iron, thiamin), water, sugar, extra virgin olive oil, yeast, salt, emulsifier: mono- and diglycerides of fatty acids, rapeseed oil, flour treatment agent: ascorbic acid], roasted red pepper (10%), cheese mix (10%) [mature Cheddar cheese (MILK), mozzarella full fat soft cheese (MILK)], chorizo pork sausage (8%) [pork, salt, smoked paprika, maltodextrin, dextrose, garlic paste, antioxidant: sodium ascorbate, preservatives: sodium nitrite, potassium nitrate, nutmeg, oregano], smoky roast red pepper sauce [tomato, red pepper, tomato paste, sugar, cornflour, onion, garlic purée, red wine vinegar, cane molasses, smoked paprika, red chilli purée, olive oil, lemon juice, parsley, salt], tomato sauce [tomato paste, rapeseed oil, onion, tomatoes, white wine vinegar, cornflour, garlic purée, salt, lemon juice], three chilli sauce [tomato paste, sugar, spirit vinegar, olive oil, ground ancho chilli, lemon juice, coriander, cornflour, red chilli purée, smoked paprika, lemon zest, garlic purée, Dijon mustard (MUSTARD seed, spirit vinegar, salt), salt, chipotle chilli powder, black pepper], cornflour.	1802	428	14	5.8	54	7.1	3.2	20	1.9
Mozzarella & Tomato Pizzetta	Y	N	Pizza base [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, sugar, extra virgin olive oil, yeast, salt, emulsifier: mono- and diglycerides of fatty acids, rapeseed oil, flour treatment agent: ascorbic acid], tomato (15%), mozzarella full fat soft cheese (14%) (MILK), tomato sauce [tomato paste, water, rapeseed oil, onion, tomato, white wine vinegar, cornflour, garlic purée, salt, lemon juice], medium Cheddar cheese (5%) (MILK), parsley, cornflour.	1846	439	15	6.3	54	6.7	4.1	20	1.5

Impulse

Product	Suitable for Vegetarian	Suitable for Vegan	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Almond Biscotti	Y	N	WHEAT flour, sugar, ALMONDS (21%) free range EGGS , free range EGG yolk, butter (MILK), MILK , honey, raising agent: ammonium hydrogen carbonate, salt, natural flavours	823	196	6.3	2	29	16	1.5	5	0.09
Almonds, Cashews, Cranberries & Raisins	Y	Y	CASHEW NUTS (25%), ALMONDS (25%), raisins 25% [raisins, SULPHUR DIOXIDE , sunflower oil] juice infused cranberries (25%) [pineapple sugar, dried cranberries, pineapple juice concentrate, sunflower oil].	975	233	12	1.5	25	17	3	5.4	0.01
Caramel Waffle Duos	Y	N	WHEAT flour, glucose-fructose syrup, sugar, concentrated butter (MILK), palm fat, sugar syrup, SOYA flour, rapeseed oil, salt, dextrin (WHEAT), emulsifiers: SOYA lecithin, mono- and diglycerides of fatty acids; raising agent: sodium bicarbonate; cinnamon, Bourbon vanilla pods, acid: citric acid.	1474	352	16	9.4	48	28	1.2	2.4	0.46
Chocolate Gold Coin	Y	N	Sugar, whole MILK powder, cocoa mass, cocoa butter, emulsifier: sunflower lecithin, natural vanilla flavouring	502	120	6.4	3.9	14	14	0.7	1.4	0.03
Cookie Straw	Y	N	Sugar, WHEAT flour, vegetable oils [palm oil, shea butter], skimmed MILK powder, defatted cocoa powder, whey powder (MILK), coconut oil, whole EGG powder, emulsifier: sunflower lecithin, vanilla extract, salt, natural chocolate flavouring.	377	90	2.6	1.5	15	9.4	0.5	1.4	0.08
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	CASHEW NUTS , ALMONDS , caramelised almonds (20%) [ALMOND , 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], PISTACHIO NUTS	843	200	13	1.4	13	8.1	3.1	6.3	0.02
Ginger Biscuit	Y	N	Wheat flour (WHEAT 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 MILK powder.	962	229	8.5	3.2	35	18	1.7	2.3	0.31
Iced Gingerbread Cookie - Latte	Y	N	WHEAT flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), icing (17%) [sugar, glucose syrup, water, free-range dried EGG white, cornflour, stabiliser: diphosphates, acidity regulator: acetic acid], brown sugar, vegetable margarine [vegetable oils (palm, rapeseed, sunflower, palm stearine), lemon juice], black treacle, water, partially inverted refiner syrup, sugarpaste [sugar, glucose syrup, vegetable fats (palm kernel, palm), invert sugar syrup, thickeners: gum arabic (acacia gum), xanthan gum; emulsifiers: mono- and diglycerides of fatty acids, sunflower lecithin; humectant: glycerol, water, glazing agent: shellac, maize starch, spirulina, colour: riboflavins, stabiliser: hydroxypropyl methyl cellulose], spices, raising agent: sodium carbonates, ginger, fruit and plant concentrates [safflower, apple, hibiscus], tumeric, spirulina, colour: vegetable carbon.	774	183	3.9	1.4	34	17	0.8	2.4	0.37
Iced Gingerbread Cookie - Bearista	Y	N	Wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), icing (17%) [sugar, glucose syrup, water, free-range dried EGG white, cornflour, stabiliser: diphosphates, acidity regulator: acetic acid], brown sugar, vegetable margarine [vegetable oils (palm, rapeseed, sunflower, palm stearine), lemon juice], black treacle, water, partially inverted refiner syrup, sugarpaste [sugar, glucose syrup, vegetable fats (palm kernel, palm), invert sugar syrup, thickeners: gum arabic (acacia gum), xanthan gum; emulsifiers: mono- and diglycerides of fatty acids, sunflower lecithin; humectant: glycerol, water, glazing agent: shellac, maize starch, spirulina, colour: riboflavins, stabiliser: hydroxypropyl methyl cellulose], spices, raising agent: sodium carbonates, ginger, fruit and plant concentrates [safflower, apple, hibiscus], 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 MILK], dried mature Cheddar cheese (MILK), sea salt, dried red onion, dried onion, dried yeast, yeast extract, dried chives, paprika extract).	873	209	12	1.3	21	0.5	2.2	3.2	0.48
Kettle Lightly Salted Crisps	Y	Y	Potatoes, sunflower oil, sea salt.	856	205	12	1.4	20.6	0.2	2.6	2.3	0.36
Kettle Sea Salt and Balsamic Vinegar Crisps	Y	N	Potatoes, sunflower oil, sea salt and balsamic vinegar seasoning (sea salt, dried balsamic vinegar, potato maltodextrin, sugar, dried BARLEY malt vinegar, acidity regulator: citric acid)	838	201	11	1.3	21	0.5	2.4	2.2	0.8
Kettle Sweet Chilli and Sour Crisps	Y	N	Potatoes, sunflower oil, sweet chilli and sour cream seasoning (sugar, dried sour cream (MILK), dried skimmed MILK , dried yogurt (MILK), sea salt, dried onion, yeast extract, dried chilli, dried red pepper, ground paprika, acidity regulator: citric acid, natural flavouring, dried garlic, dried lemon).	827	198	11	1.4	21	1.7	2.5	2.5	0.44
Milk Chocolate Bar 40g	Y	N	Sugar, cocoa butter, whole MILK 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	WHEAT flour, glucose-fructose syrup, sugar, concentrated butter (MILK), palm fat, sugar syrup, SOYA flour, rapeseed oil, salt, dextrin (WHEAT), emulsifiers: SOYA lecithin, E471; raising agent: E500, cinnamon, natural Bourbon vanilla, acid: citric acid.	3301	787	37	21	106	51	2.08	7.52	1.33

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)
Peanut Butter Cups	Y	Y	Dark Chocolate (53%) [cocoa mass, sugar, cocoa butter, reduced fat cocoa powder, emulsifier: SOYA lecithin, natural vanilla flavouring, PEANUT 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
Peanut & Cashew Bar	Y	N	PEANUT (26%), CASHEW nuts (12%), dried apricots (10%), OATS , golden syrup, oligofructose syrup, sunflower seeds, vegetable (palm, rapeseed), glucose syrup, raw cane sugar, SOYA protein crunchies (SOYA , tapioca starch, salt), freeze dried cranberries (2%), natural flavouring, rice flour, salt	875	209	12.4	2.9	16.2	10.3	3.7	7.1	0.15
Roasted & Salted Mixed Nuts	Y	Y	Roasted salted almonds [Roasted ALMONDS , salt], roasted CASHEWS , roasted salted peanuts [roasted PEANUTS , salt], HAZELNUTS	940	227	18	1.6	7.7	1.6	2.2	7.4	0.18
Shortbread Biscuits	Y	N	Wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), salted butter (37%) [butter (MILK), salt], sugar, cane molasses.	1130	271	16	10	29	9.5	1	2.7	0.36
Smoked Almonds	Y	Y	ALMONDS (92%), PEANUTS Oil, seasoning (dextrose, salt, sugar, WHEAT flour, yeast extract, smoke flavouring, caramelised sugar, onion powder, citric acid (E330), paprika extract).	1260	305	26	2.2	3.5	2.7	5	13	0.1
Starbucks® Bearista Gingerbread Cookie	Y	N	Wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), sugar, invert sugar syrup, black treacle, vegetable oils (palm, sunflower, rapeseed); spices, glucose syrup, raising agent: sodium carbonates, palm stearin, colours: vegetable carbon, curcumin; dried free range EGG white, plant concentrate: safflower, spirulina concentrate, cornflour, lemon juice from concentrate, stabiliser: disodium diphosphate, acidity regulator: acetic acid.	798	182	3.7	1.6	34	14	1	2.7	0.35
Trio of Favourites - Chocolate Caramel Shortbread -			Salted butter [butter (MILK), salt], white chocolate (13%) [sugar, cocoa butter, whole MILK powder, emulsifier: SOYA lecithin, vanilla extract], sugar, fortified wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), pasteurised free range EGG , milk chocolate (9%) [sugar, cocoa butter, whole MILK powder, cocoa mass, emulsifier: SOYA lecithin, vanilla extract], dark chocolate (5%) [sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier: SOYA lecithin, vanilla extract], sweetened condensed milk (MILK , sugar), raspberry jam (3%) [glucose fructose syrup, raspberry puree, sugar, raspberries, gelling agent: pectin, acidity regulators: citric acid, sodium citrate; colour: anthocyanins, natural raspberry flavouring], vegetable margarine [vegetable oils (palm, rapeseed), salt, emulsifier: mono- and diglycerides of fatty acids, natural flavouring, colours: annatto bixin, curcumin], ground ALMONDS , partially inverted refiners syrup, mini cookies (1%) [WHEAT flour, sugar, palm oil, rapeseed oil, fat reduced cocoa powder, WHEAT starch, glucose fructose syrup, salt, raising agents: potassium carbonates, sodium carbonates, ammonium carbonates; emulsifiers: SOYA lecithin, sunflower lecithin; vanilla flavouring], full fat soft cheese (MILK), palm oil, icing sugar, soft light brown sugar, raspberries (1%), cornflour, whey powder (MILK), natural vanilla flavouring, cocoa butter, cocoa powder, cocoa mass, double cream (MILK), rapeseed oil, freeze dried raspberry pieces, raising agents: diphosphates, potassium carbonates; fat reduced cocoa powder, salt, preservative: potassium sorbate, gelling agent: xanthan gum, emulsifiers: SOYA lecithin, mono- and diglycerides of fatty acids.	1122	269	16	9	28	16	0.6	2.9	0.3
Trio of Favourites - Cookies & Cream Brownie				1225	294	18	10	28	21	1.6	4.1	0.36
Trio of Favourites - Raspberry & White Chocolate Blondie	Y	N		1089	261	14	8.6	30	23	1.9	2.7	0.26
Trio of Favourites - Average Value				1145	275	16	9.2	29	20	1.4	3.2	0.31

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