

NUTRITION & ALLERGEN GUIDE

FRESHLY PREPARED FOOD

(Select stores only)



Avocado, Pesto
& Slow-Roasted
Tomato Bagel



Prosciutto, Mozzarella
& Slow-Roasted
Tomato Croissant



Strawberry
& Vanilla Cream
Croissant Bun



This guide will provide nutritional and allergen information for our new morning food range, freshly prepared daily. 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.

At present, our freshly prepared food range are only available in select stores:

- **High Holborn, London**
- **Streatham Hill, London**
- **Tower Place, London**
- **Warren Street, London**
- **White City, London**
- **The Brunswick Centre, London**
- **Coventry Arena, Coventry**
- **Coventry Broadgate, Coventry**
- **Selly Oak – Aston Webb, Birmingham**
- **Tamworth – Tame Retail Park, Tamworth**

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

All our beverages are hand crafted uniquely for you. Due to the nature of how we create our beverages and how we handle our food items we cannot guarantee that they are free from any allergens. Our beverages and food items are prepared where allergens are handled by our partners, and where equipment and utensils are used for multiple menu items, including those containing allergens. Whilst we try to keep things separate we cannot 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.

Food – Freshly Prepared Daily

| 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) |
|--|-------------------------|--------------------|---|-------------|---------------|---------|------------------------|-------------------|---------------------|-----------|-------------|----------|
| Pastries | | | | Per portion | | | | | | | | |
| Almond Croissant | Y | N | WHEAT flour, water, fine butter (MILK) 15%, sugar, ALMOND powder 7%, yeast, EGGS , EGG white, finish 2% (slivered ALMONDS), salt, WHEAT gluten, natural flavouring, flour treatment agent: alpha-amylases, hemicellulases, ascorbic acid. | 1444 | 345 | 16 | 8.2 | 41 | 14 | 2.8 | 7.8 | 0.94 |
| Pain au Chocolat | Y | N | WHEAT flour, butter (MILK) 21%, water, chocolate 11% (sugar, cocoa mass, cocoa butter, emulsifier: lecithin (SOYA)), sugar, yeast, WHEAT gluten, EGG , salt, flour treatment agent: ascorbic acid, enzyme. | 1248 | 298 | 16 | 11 | 32 | 7.2 | 1.4 | 5.9 | 0.45 |
| All-Butter Croissant | Y | N | WHEAT flour, butter (MILK) (26%), water, sugar, yeast, WHEAT gluten, whole MILK powder, EGG , salt, WHEAT sourdough (water, fermented WHEAT flour), flour treatment agent: ascorbic acid, enzyme. | 963 | 230 | 13 | 8.6 | 23 | 3 | 0.9 | 4.9 | 0.54 |
| Filled Pastries | | | | | | | | | | | | |
| Strawberry & Vanilla Cream Croissant Bun | Y | N | Croissant bun (WHEAT flour, water, fine butter (MILK) 20%, sugar, yeast, salt, EGGS , WHEAT gluten, emulsifiers: mono- and diglycerides of fatty acids, rape lecithin, deactivated yeast, flour treatment agents: ascorbic acid, hemicellulases, alpha-amylases), vanilla cream filling (sugar, water, palm oil, inulin, maltodextrin, modified maize starch, acidity regulator: tricalcium citrate, gelling agents: gellan gum, sodium alginate, acid: glucono delta-lactone, flavourings, preservative: potassium sorbate, emulsifier: polysorbate 80, colour: carotenes, vanilla seeds), strawberry halves (strawberries), neutral glaze (glucose syrup, water, sugar, gelling agent: pectin, acidity regulators: citric acid, calcium lactate, preservative: potassium sorbate, natural flavouring). | 1555 | 371 | 16 | 10.5 | 49 | 8 | 3.2 | 6.2 | 1.00 |
| Danish-Style Apple Cinnamon Swirl | Y | N | Danish-style swirl pastry (WHEAT flour, fine butter (MILK) 19%, water, sugar, EGGS , yeast, cinnamon 1.4%, maize starch, WHEAT gluten, salt, whey powder (MILK), whole MILK powder, skimmed MILK powder, thickener: sodium alginate, EGG albumin powder, turmeric extract, flour treatment agents: alpha-amylases, hemicellulases, ascorbic acid, natural flavouring, acidity regulator: citric acid, carrot extract), apple filling (apple, water, apple puree, sugar, apple juice concentrate, modified starch, preservative: potassium sorbate, natural apple flavouring, acid: citric acid), neutral glaze (glucose syrup, water, sugar, gelling agent: pectin, acidity regulators: citric acid, calcium lactate, preservative: potassium sorbate, natural flavouring) | 1626 | 388 | 16 | 10.3 | 53 | 24.2 | 2.8 | 6.1 | 0.58 |
| Filled Bagels | | | | | | | | | | | | |
| New York-Style Egg & Cheese Bagel | Y | N | Seeded bagel (wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], water, sugar, sunflower oil, SESAME seeds, malted BARLEY flour, poppy seeds, salt, yeast, dried garlic, dried onion, flour treatment agent: ascorbic acid), omelette (37%) (pasteurised free-range whole EGG , MILK , pasteurised free-range EGG white, salt, maltodextrin, modified corn starch, rapeseed oil), Red Leicester cheese (with colour: annatto norbin) (10%) (MILK), tomato chutney (tomato, water, sugar, tomato paste, dried onion, spirit vinegar, apple, sea salt, dried apple, cayenne pepper). | 1988 | 473 | 17 | 5.7 | 55 | 12 | 4.1 | 23 | 2.50 |
| Smoked Salmon & Cream Cheese Bagel | N | N | Poppy seed bagel (wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], water, sugar, sunflower oil, malted BARLEY flour, poppy seeds, salt, yeast, flour treatment agent: ascorbic acid), full fat soft cheese (20%) (full fat soft cheese (MILK), stabilisers: guar gum, carrageenan, acidity regulator: citric acid, thickener: xanthan gum, preservative: potassium sorbate), smoked salmon (17%) (salmon (FISH), sea salt, demerara sugar), red onion, water, peashoots, spirit vinegar. | 1817 | 432 | 15 | 6.5 | 51 | 7.7 | 2.6 | 22 | 2.40 |
| Avocado, Pesto & Slow-Roasted Tomato Bagel | Y | N | Plain bagel (wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], water, sugar, sunflower oil, salt, malted BARLEY flour, yeast, flour treatment agent: ascorbic acid), avocado (15%) (avocado, lemon juice), SunBlush+ tomatoes (15%) (slow-roasted tomatoes, rapeseed oil, salt, garlic, oregano), full fat soft cheese (full fat soft cheese (MILK), stabilisers: guar gum, carrageenan, acidity regulator: citric acid, thickener: xanthan gum, preservative: potassium sorbate), green pesto (6%)(basil purée [basil, sunflower oil, salt], sunflower oil, medium fat hard cheese (MILK)), peashoots. | 2090 | 499 | 22 | 7.1 | 59 | 7.3 | 4.4 | 14 | 1.90 |

For allergens including cereals containing gluten see ingredients in **BOLD CAPITALS**. Some of our food range is handled by our baristas and whilst we try to keep things separate there is no guarantee these items are allergen free. Sesame and Fish are now present in the bakery case. Please remember to check this information regularly as we're always working on our products . For more allergen information please ask your barista. Adults need around 2000kcal a day.

Food – Freshly Prepared Daily

| 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) |
|--|-------------------------|--------------------|--|-------------|---------------|---------|------------------------|-------------------|---------------------|-----------|-------------|----------|
| Filled Croissants | | | | Per portion | | | | | | | | |
| Pulled Ham & Emmental Croissant | N | N | Croissant (WHEAT flour, butter (MILK), water, sugar, yeast, whole MILK powder, WHEAT gluten, salt, pasteurised free-range whole EGG , fermented WHEAT flour, flour treatment agent: ascorbic acid), pulled ham (24%) (pork leg, salt, demerara sugar, preservatives: potassium nitrate, sodium nitrite, stabiliser: sodium ascorbate), emmental medium fat hard cheese (13%) (MILK), béchamel sauce (MILK , cream (MILK), WHEAT flour, maize starch, salt). | 1928 | 462 | 28 | 17 | 32 | 4.6 | 1.0 | 20 | 2.00 |
| Prosciutto, Mozzarella & Slow-Roasted Tomato Croissant | N | N | Croissant (WHEAT flour, butter (MILK), water, sugar, yeast, whole MILK powder, WHEAT gluten, salt, pasteurised free-range whole EGG , fermented WHEAT flour, flour treatment agent: ascorbic acid), prosciutto crudo (18%) (pork, salt, preservative: potassium nitrate, black pepper, white pepper), mozzarella medium fat soft cheese (12%) (MILK), SunBlush® tomatoes (9%) (slow-roasted tomatoes, rapeseed oil, salt, garlic, oregano), mayonnaise (rapeseed oil, EGG and EGG yolk, water, spirit vinegar, sugar, salt, lemon juice concentrate, flavourings, antioxidant: calcium disodium edta, paprika extract, sunflower oil), rocket, black pepper. | 1992 | 478 | 30 | 16 | 32 | 6 | 1.9 | 19 | 2.50 |
| Roasted Mushroom, Egg & Cheddar Croissant | Y | N | Croissant (WHEAT flour, butter (MILK), water, sugar, yeast, whole MILK powder, WHEAT gluten, salt, pasteurised free-range whole EGG , fermented WHEAT flour, flour treatment agent: ascorbic acid), scrambled egg (22%) (pasteurised free range whole EGG , water, rapeseed oil, tapioca starch, dried skimmed MILK , lemon juice, salt, ground white pepper), chestnut mushroom (21%) (chestnut mushroom, rapeseed oil), mature Cheddar cheese (11%) (MILK), spinach, béchamel sauce (MILK , cream (MILK), WHEAT flour, maize starch, salt). | 2109 | 506 | 30 | 17 | 38 | 4.5 | 3.8 | 19 | 1.50 |

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