



NUTRITION & ALLERGEN GUIDE

SUMMER 1
(MAY - JULY 2024)

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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/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 food items, and share equipment and utensils there is a risk of cross-contamination of 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.

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				Per portion								
Almond Croissant	Y	N	WHEAT flour, butter (17%) (MILK), water, ALMOND paste 11% [sugar, ALMOND , glucose syrup, humectant: glycerol, bitter ALMOND , stabilizer: 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, flour treatment agent: ascorbic acid.	1425	341	19	11	35	10	1.9	6.6	0.62
Almond Croissant (at selected stores)	Y	N	WHEAT flour, water, butter 13% (MILK), sugar, ALMOND powder 6%, flaked ALMONDS 3%, yeast, WHEAT gluten, EGGS , salt, natural flavouring, flour treatment agent: ascorbic acid, enzyme.	1304	311	16	7	34	12	2.3	7.4	0.65
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: ascorbic acid, enzyme.	1186	284	16	11	28	4.7	1.5	5.8	0.7
Cheese Twist	Y	N	Cheese Filling (31%) (water, grated white cheddar cheese (11%) [pasteurised MILK , salt, anti-caking agent: powdered cellulose, lactic starter culture, coagulant], pasteurised EGG , whey powder (MILK), modified maize starch, salt, coconut oil, skimmed MILK powder, thickener: sodium alginate, EGG yolk powder, sugar), WHEAT flour, water, butter (12%) (MILK), red leicester cheese (5%) (pasteurised MILK , potato starch, salt, rennet, starter culture, Annatto norbixin), sugar, yeast, salt, WHEAT gluten, emulsifier: rapeseed lecithin, flour treatment agent: ascorbic acid.	780	187	11	7.3	16	3	0.5	5.7	0.68
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
Chocolate Twist (at selected stores)	Y	N	Water, WHEAT flour, chocolate chips 14% (sugar, cocoa mass, cocoa butter, emulsifier: sodium hydrogen sulphite (SOYA)), butter 13% (MILK), sugar, whole MILK powder, yeast, modified starch, MILK whey powder, WHEAT gluten, EGGS , skimmed MILK powder, salt, gelling agent: sodium alginate, diphosphates, calcium phosphates, starch, colour: carotenes from natural origin, flour treatment agent: ascorbic acid, natural flavouring, enzyme.	1540	368	19	12	42	20	2.6	7.1	0.71
Cinnamon Swirl	Y	N	Wheat flour [WHEAT flour, calcium carbonate, calcium sulphate, niacin, iron, thiamine, acid: ascorbic acid], water, cinnamon filling [sugar, WHEAT flour, cassia cinnamon, modified maize starch, dried EGG , rapeseed oil, raising agent: disodium diphosphate, skimmed MILK powder, salt, colour: caramel], cream cheese frosting [sugar, water, dried glucose syrup, palm kernal oil, rapeseed oil, natural MILK flavouring, palm oil, emulsifiers: sorbitan tristearate, sucrose esters of fatty acids; stabiliser: agar, acidity regulator: citric acid, preservative: potassium sorbate, colour: beta carotene], sultanas (8%), free range pasteurised whole EGG , bun concentrate [palm stearin, rapeseed oil, dextrose, wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), salt, emulsifiers: mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids, mono and di glycerides of fatty acids, sodium stearoyl-2-lactylate; colour: beta carotene, flour treatment agent: ascorbic acid], sugar, yeast, invert sugar syrup, improver [rapeseed oil, emulsifiers: mono and diglycerides of fatty acids, sodium stearoyl-2-lactylate, acidity regulator: acetic acid, preservative: calcium propionate], orange zest, orange pulp [glucose syrup, sugar, orange concentrate, lemon concentrate, citrus fibre, orange flavouring, carrot concentrate, paprika].	1632	387	7.6	3.1	67	25	3.1	11	0.47
Luxury Fruit Toast	Y	N	Wheat flour [WHEAT flour, calcium carbonate, calcium sulphate, niacin, iron, thiamine, acid: ascorbic acid], water, raisins (13%), flame raisins (10%), bun concentrate [palm stearin, rapeseed oil, dextrose, wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), salt, emulsifiers: mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids, mono and di glycerides of fatty acids, sodium stearoyl-2-lactylate; colour: beta carotene, flour treatment agent: ascorbic acid], sweetened dried cranberries (4%) [cranberries, sugar, vegetable oil (sunflower)], free range pasteurised whole EGG , sugar, yeast, invert sugar syrup, improver [rapeseed oil, emulsifiers: mono and di glycerides of fatty acids, sodium stearoyl-2-lactylate; acidity regulators: acetic acid, preservative: calcium propionate], lemon zest.	2072	491	11	4.5	84	38	4.1	12	0.26
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

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Adults need around 2000kcal a day.

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)
Pain Au Chocolat (at selected stores)	Y	N	WHEAT flour, butter 21% (MILK), water, chocolate 11% (sugar, cocoa mass, cocoa butter, emulsifier: sodium hydrogen sulphite (SOYA)), sugar, yeast, WHEAT gluten, EGGS , salt, flour treatment agent: ascorbic acid, enzyme.	1223	293	17	11	29	8.2	2.1	5.8	0.35
Croissants and Morning Pastries (Welcome Break)				Per portion								
Almond Croissant	Y	N	Almond filling (32%) (sugar, ALMOND , water, honey), WHEAT flour, butter (MILK) (16%), flaked ALMONDS , EGG , sugar, icing sugar (dextrose, corn flour, palm oil), yeast, WHEAT gluten, salt, flour treatment agent: ascorbic acid.	1635	392	21	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: mono- and diglycerides of fatty acids, flour treatment agent: ascorbic acid.	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: mono- and diglycerides of fatty acids, flour treatment agent: ascorbic acid.	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: xanthan gum, 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: ascorbic acid.	1477	352	16	10	45	21	1.8	6.5	0.73
Cake Pops				Per portion								
Birthday Cake Pop	Y	N	White chocolate [sugar, cocoa butter, whole MILK powder, emulsifier: SOYA lecithin, vanilla extract], creme cake concentrate [WHEAT flour, sugar, modified maize starch, whey powder (MILK), raising agents: sodium bicarbonate, diphosphates; salt, vanilla flavouring], icing sugar, salted butter (MILK) [MILK , salt], free range pasteurised whole EGG , rapeseed oil, digestive biscuit [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamine), wholemeal WHEAT flour, vegetable oils (palm, rapeseed), sugar, invert sugar syrup, raising agent: sodium bicarbonate, ammonium bicarbonate; salt], hundreds and thousands [sugar, maize starch, coconut oil, vegetable concentrate (sweet potato, radish), glazing agent: beeswax], cocoa butter, BUTTERMILK powder, vanilla flavouring, maize starch, preservative: potassium sorbate, colouring [sweet potato, radish, apple, blackcurrant, cherry], strawberry flavouring.	719	172	9.9	4.8	19	8.5	0.1	1.7	0.21
Chocolate Cake Pop	Y	N	Chocolate cake mix [sugar, WHEAT flour, cocoa powder, modified maize starch, whey powder (MILK), raising agent: sodium hydrogen carbonate, diphosphates; salt, vanilla flavour], milk chocolate (15%) [sugar, cocoa butter, whole MILK powder, cocoa mass, emulsifier: SOYA lecithin, vanilla extract], dark chocolate (12%) [sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier: SOYA lecithin, vanilla extract], free range pasteurised whole EGG , rapeseed oil, salted butter [MILK , salt], water, dark chocolate grains (5%) [sugar, cocoa mass, cocoa butter, emulsifier: SOYA lecithin, vanilla flavouring], white chocolate flavoured compound [sugar, palm oil, whey powder (MILK), wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), emulsifier: SOYA lecithin, natural flavouring], glucose syrup, cocoa butter, icing sugar, cocoa powder, vanilla flavouring, preservative: potassium sorbate.	702	168	10	4.4	17	12	0.9	2.1	0.22
Cookies & Cream Cake Pop	Y	N	White chocolate (29%) (sugar, cocoa butter, whole MILK powder, emulsifier: SOYA lecithin, vanilla extract), creme cake concentrate (WHEAT flour, sugar, modified maize starch, whey powder (MILK), raising agents: sodium bicarbonate, diphosphates, salt, vanilla flavouring), icing sugar, salted butter (butter (MILK), salt), free range pasteurised whole EGG , cookies and cream biscuit crumb (6%) (WHEAT flour, sugar, rapeseed oil, fat reduced cocoa powder, glucose fructose syrup, WHEAT starch, raising agents: ammonium carbonate, potassium carbonates, sodium carbonate; palm oil, salt, emulsifier: SOYA lecithin, acidity regulator: sodium hydroxide, flavouring), rapeseed oil, cocoa butter, BUTTERMILK powder, vanilla flavouring, modified maize starch, preservative: potassium sorbate.	701	168	9.5	5.1	19	14	0.1	1.5	0.21
Cakes				Per portion								
Banana Loaf Cake	Y	N	Wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), banana (22%) (banana pulp, lemon juice concentrate, antioxidant: ascorbic acid), sugar, pasteurised free range EGG , rapeseed oil, PECANS (5%), WALNUTS (5%), soft dark brown sugar (sugar, molasses), sweetened dried banana coins (1%) (banana, coconut oil, sugar, natural banana flavouring), baking powder (raising agents: disodium diphosphate, potassium hydrogen carbonate), raising agent: sodium bicarbonate), salt, preservative: potassium sorbate.	1538	368	20	2	41	22	1.1	5.4	0.6

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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)
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				Per portion								
Chocolate Chunk Cookie	Y	N	Fortified wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), dark chocolate (25%) (cocoa mass, sugar, fat reduced cocoa powder, emulsifier: lecithin, natural vanilla flavouring), sugar, unsalted butter (MILK), palm oil, soft dark brown sugar, rapeseed oil, raising agents: monocalcium phosphate, potassium hydrogen carbonate, WHEAT fibre, humectant: vegetable glycerine, lactose powder (MILK), glucose fructose syrup, whey powder (MILK), natural flavouring, salt.	1420	340	18	9.8	39	21	2.7	4.1	0.07
Muffins				Per portion								
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 & Poppyseed Muffin	Y	N	Wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), free range pasteurised whole EGG , sugar, rapeseed oil, water, lemon curd (7%) [sugar, free range EGG , salted butter (butter (MILK), salt), concentrated lemon juice, lemon oil, gelling agent: agar], icing sugar, humectant: glycerine, poppy seeds (1%), modified maize starch, cream (MILK), potato starch, lemon juice (1%), emulsifier: glucose syrup, lactic acid esters of mono- and diglycerides of fatty acids, propane-1,2-diol esters of fatty acids, SOYA 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], lemon zest (0.7%), WHEAT gluten, vanilla flavouring, skimmed MILK powder, buttermilk powder, salt, invert sugar syrup, preservative: potassium sorbate, lemon oil, raising agent: sodium bicarbonate, thickeners: guar gum, cellulose; colour: lutein.	1950	466	23	2.5	57	19	0.9	7.2	0.66
Bars & Traybakes				Per portion								
Chocolate Brownie	Y	N	Dark chocolate (21%) (sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier: SOYA lecithin, vanilla extract), milk chocolate (20%) (sugar, cocoa butter, whole MILK powder, cocoa mass, emulsifier: SOYA lecithin, vanilla extract), sugar, pasteurised free range EGG , salted butter (butter (MILK), salt), ground ALMONDS , wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), cocoa powder, cocoa mass, vanilla flavouring, baking powder (raising agents: disodium diphosphate, potassium hydrogen carbonate; wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), salt, preservative: potassium sorbate.	1289	309	18	9.8	29	26	4.1	5.7	0.42
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

Breakfast Menu

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Breakfast Sandwiches												
Per portion												
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, dried yeast, rice protein, stabiliser: methylcellulose, apple fibre, smoke flavouring, spices, salt, apple extract, maize vinegar, concentrated lemon juice, pomegranate extract, garlic powder, onion powder, emulsifier: sunflower lecithin, 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 [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], Sheese® coconut oil alternative to cheese (3%) [water, coconut oil, SOYA protein concentrate, salt, acidity regulator: lactic acid, sugar, tricalcium citrate, thickener: carrageenan, flavouring], ground turmeric.	1810	432	17	8.9	46	3.1	5.3	21	2.1
Ham & Cheese Croissant	N	N	Croissant (WHEAT flour, butter (MILK), sugar, water, yeast, pasteurised whole EGG , skimmed MILK powder, iodised salt, WHEAT gluten, natural butter flavouring (MILK), pea fibre, flour treatment agent: ascorbic acid, yeast powder), smoked reformed ham with added water (25%) (pork, water, dextrose, salt, stabilisers: pentasodium triphosphate, pentapotassium triphosphate, antioxidant: sodium ascorbate, preservatives: sodium nitrite, potassium nitrate), mature Cheddar cheese (12%) (MILK).	1612	385	20	12	36	5.9	0.6	15	1.3
Smoked Bacon Roll	N	N	White bread roll (wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, sugar, yeast, palm oil, rapeseed oil, salt, emulsifier: mono and diglycerides of fatty acids, flour treatment agent: ascorbic acid, acidity regulator: citric acid], hickory smoked back bacon (24%) (pork, salt, antioxidant: sodium ascorbate, preservatives: sodium nitrite, potassium nitrate), hickory smoked streaky bacon (8%) (pork, salt, antioxidant: sodium ascorbate, preservative: sodium nitrite).	1421	337	9.3	3.6	43	4.2	2.8	19	1.4
Traditional Sausage Sandwich	N	N	White bread roll [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, sugar, yeast, palm oil, rapeseed oil, salt, emulsifier: mono and di glycerides of fatty acids, flour treatment agent: ascorbic acid, acidity regulator: citric acid], pork sausage (48%) [pork, water, wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), pork fat, onion, WHEAT starch, brown sugar, rapeseed oil, salt, rubbed sage, dextrose, black pepper, stabiliser: tetrasodium diphosphate, WHEAT protein, yeast extract, antioxidant: ascorbic acid, cane molasses, coriander extract, mace extract, nutmeg extract, pepper extract, sage extract, raising agent: ammonium bicarbonate], salted butter [butter (MILK), salt]. Sausage filled into natural beef casing.	2010	480	22	9.1	51	5.7	2.9	18	1.5
Porridge, Fruit & Yoghurt												
Per portion												
Banana (per unit =whole)	Y	Y	Banana	448	109	0.5	0.1	28	15	3.2	1.3	0.00
Berry Crunch	Y	N	Reduced fat Greek style yoghurt (64%) (MILK), mixed berry compote (23%) (water, strawberry, sugar, raspberry, blackcurrant, tapioca starch, lemon juice, gelling agent: pectins, natural flavouring, colour: blackcurrant concentrate), roasted pumpkin seed granola (11%) (honey toasted oats [OATS , palm oil, honey], roasted pumpkin seeds, dried sweetened cranberries [cranberries, sugar, sunflower oil], coconut oil, ground cinnamon).	843	200	6.7	3.4	26	16	0.8	8.6	0.14
Classic Oatmeal	Y	N	Semi-skimmed MILK (63%), water, gluten free OATS (13%), single cream (3%) (MILK), salt.	981	233	6.3	3	33	8.7	2.1	10	0.17
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 & Pineapple Overnight Oats	Y	Y	Cultured oat, coconut and rice (26%) (water, OAT flour, coconut cream, cornflour, sugar, rice flour, soluble corn fibre, coconut oil, tri-calcium phosphate, salt, gelling agents: pectins, agar, vegan cultures [L.Bulgaricus, S.Thermophilus], vitamins [B12, D2]), mango and pineapple compote (25%) (water, diced mango, sugar, mango purée, pineapple, tapioca starch, lemon juice, natural flavouring, gelling agent: pectins, colour: beta carotene), water, jumbo OATS (17%), shredded apple, diced dried apricots (dried apricot, rice flour, preservative: SULPHUR DIOXIDE), coconut flakes.	1263	301	9.6	6.4	45	9.9	5.1	6	0.08

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Lunch Menu

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Hot Sandwiches												
Per portion												
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 (BARLEY , WHEAT , OATS , RYE), salt, vegetable juice concentrate, vitamins [thiamin, riboflavin, niacin, vitamin b12, folic acid], natural flavouring (CELERY), cornflour.	1479	352	12	7.2	41	3	1.9	19	1.6
Five Cheese Toastie	Y	N	White sourdough bloomer [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, RYE flour, SPELT (WHEAT) 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, MUSTARD bran, cornflour, salt, turmeric), 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 (9%) (MILK), mature Cheddar cheese (6%) (MILK), Eatlean™ low fat cheese (4%) (MILK), smoked Cheddar cheese (3%) (MILK), American style mustard [water, spirit vinegar, MUSTARD flour, MUSTARD bran, cornflour, ground turmeric, salt], Emmental cheese (1.1%) (MILK), cornflour, potato starch.	1451	345	12	7.6	41	3.7	2.6	17	1.6
Oak Smoked Ham and Cheese Toastie	N	N	White sourdough bloomer [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, RYE flour, SPELT (WHEAT) 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, MUSTARD bran, cornflour, salt, turmeric), cornflour, salted butter (butter (MILK), salt), wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), salt, white pepper, ground bay leaf], Oak smoked formed ham with added water (16%) [pork, water, salt, stabilisers: pentasodium triphosphate, pentapotassium triphosphate, antioxidant: sodium ascorbate, preservative: sodium nitrite], mozzarella full fat soft cheese (7%) (MILK), mature Cheddar cheese (5%) (MILK), Eatlean™ low fat cheese (4%) (MILK), smoked Cheddar cheese (2%) (MILK), American style mustard [water, spirit vinegar, MUSTARD flour, MUSTARD bran, cornflour, ground turmeric, salt], Emmental cheese (MILK), cornflour, potato starch.	1655	394	14	8.5	42	2.6	1.9	24	2.1
Tomato & Mozzarella Croissant	Y	N	Croissant (WHEAT flour, butter (MILK), sugar, water, yeast, pasteurised EGG , skimmed MILK powder, iodised salt, WHEAT gluten, natural butter flavouring (MILK), pea fibre, flour treatment agent: ascorbic acid, yeast powder), tomato (13%), tomato dressing (tomato purée, rapeseed oil, tomato, red onion, sugar, parsley, onion, garlic purée, concentrated lemon juice, white wine vinegar, basil, Dijon mustard [MUSTARD seeds, spirit vinegar, salt], cornflour, salt, oregano, black pepper, white pepper), mozzarella full fat soft cheese (9%) (MILK), 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), mature Cheddar cheese (MILK), cornflour.	1409	337	18	12	33	6.8	1.5	10	0.9
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

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)
Cold Sandwiches and Wraps												
Chicken Caesar Wrap	N	N	Plain tortilla [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, palm oil, rapeseed oil, sugar, raising agent: sodium carbonate, salt, palm oil], steamed chicken breast (17%) [chicken breast, cornflour, salt, black pepper, garlic powder, sunflower oil], ranch style Caesar dressing [water, rapeseed oil, soured cream (MILK), white wine vinegar, garlic purée, medium fat hard cheese (MILK), cornflour, free range pasteurised EGG yolk, Dijon mustard (MUSTARD seed, vinegar, salt), sugar, chives, Worcestershire sauce (spirit vinegar, black treacle, tamarind concentrate, onion powder, salt, garlic powder, white pepper, ground pimento, ground ginger, ground paprika, ground clove), concentrated lemon juice, salt, parsley, garlic powder, black pepper], smoked bacon (6%) [pork belly, sugar, salt, emulsifier: sodium triphosphate, honey, preservative: sodium nitrite], lettuce, cornflour.	1857	443	18	5.5	48	2.8	2.3	21	1.2
Free-Range Egg, Cress & Mayo Sandwich	Y	N	Malted bread (wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], water, malted WHEAT flakes, WHEAT bran, yeast, malted BARLEY flour, salt, emulsifiers: mono- and diglycerides of fatty acids, mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids, WHEAT gluten, spirit vinegar, malted WHEAT flour, rapeseed oil, flour treatment agent: ascorbic acid, palm oil), free range hard boiled egg (30%) (free range hard boiled EGG , water, salt, acidity regulators: citric acid, trisodium citrate, preservative: acetic acid), mayonnaise (19%) (water, rapeseed oil, pasteurised EGG yolk, cornflour, white wine vinegar, salt, MUSTARD flour), cress (3%), Dijon mustard (water, spirit vinegar, yellow MUSTARD flour, brown MUSTARD flour, sea salt, MUSTARD husk, ground pimento, ground turmeric), black pepper.	1829	436	19	2.9	47	2.5	4.7	17	1.5
Red Leicester Cheese & Pickle Sandwich	Y	N	Malted bread [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, malted WHEAT flakes, WHEAT bran, salt, yeast, malted BARLEY flour, WHEAT gluten, spirit vinegar, malted WHEAT flour, emulsifiers: mono and diglycerides of fatty acids, mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids, flour treatment agent: ascorbic acid, rapeseed oil, palm oil], tomato, Red Leicester cheese (16%) (MILK), pickle (10%) [sugar, distilled malt vinegar (BARLEY), courgette, carrot, swede, onion, water, molasses, spirit vinegar, cornflour, salt, BARLEY malt extract, spices, concentrated lemon juice, black pepper], lettuce.	1541	366	10	6.3	52	9.4	4	15	1.4
Smoked Ham & Cheese Sandwich	N	N	Malted bread (wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], water, malted WHEAT flakes, WHEAT bran, yeast, malted BARLEY flour, salt, emulsifiers: mono- and diglycerides of fatty acids, mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids, WHEAT gluten, spirit vinegar, malted WHEAT flour, rapeseed oil, flour treatment agent: ascorbic acid, palm oil), smoked reformed ham with added water (23%) (pork, water, dextrose, salt, stabilisers: pentasodium triphosphate, pentapotassium triphosphate, antioxidant: sodium ascorbate, preservatives: sodium nitrite, potassium nitrate), mayonnaise (water, rapeseed oil, free range pasteurised whole EGG , cornflour, spirit vinegar, salt, MUSTARD flour), mature Cheddar cheese (11%) (MILK).	1600	381	13	4.8	44	2.6	3.9	20	1.5
Egg Bites												
Egg Bites with Three Cheese & Ham	N	N	Free-range pasteurised EGG , low fat soft cheese (11%) [curd (MILK), butter (MILK), sweet whey powder (MILK), salt, thickeners: carrageenan, carob gum], Gouda full fat hard cheese (7%) (MILK), mature Cheddar cheese (7%) (MILK), formed ham (4%) [pork, salt, sugar, dextrose, garlic powder, ground white pepper, antioxidant: sodium ascorbate, flavouring, preservative: sodium nitrite, nutmeg], cornflour, salt, acidity regulator: citric acid, potato starch.	736	177	11	5.4	5.7	<0.5	1.4	13	1.5
Egg White Bites with Three Cheese and Red Pepper	Y	N	Free-range EGG white (39%), Gouda full fat hard cheese (16%) (MILK), full fat soft cheese (13%) (MILK), roasted red pepper (9%), EGG white powder, Monterey Jack cheese (4%) (MILK), spinach (4%), modified maize starch, spring onion, acidity regulator: citric acid, potato starch, salt, thickener: xanthan gum.	677	162	9.5	5.9	5.9	1.3	0.5	13	1

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)
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 Florentine	Y	N	MILK chocolate (32%) [sugar, cocoa butter, whole MILK powder, cocoa mass, vanilla extract, emulsifier: sunflower lecithin], caramel (27%) [caster sugar, whipping cream (MILK), salted butter (MILK), golden syrup (invert sugar, sucrose), glucose syrup (dextrose, maltose), salt, emulsifier: SOYA lecithin], flaked ALMOND (14%) (NUTS), whole ALMONDS (9%) (NUTS), mixed peel [orange peel, lemon peel, sugar, acid: citric acid], ginger [ginger, sugar syrup], PECAN NUT HALVES (2.0%) (NUTS), rice flour, maple syrup (0.7%). Milk chocolate contains Cocoa Solids 34.0% minimum, Milk Solids 20.0% minimum.	893	214	14	6.2	18	18	2	3.1	0.18
Starbucks® 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
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: annato, 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
Gluten Free Fruit & Nut Bar	Y	N	Gluten free OATS , salted butter (MILK , salt), partially inverted refiners syrup, sweetened condensed milk (whole MILK , sugar), ALMONDS (8%), demerara sugar, WALNUTS (5%), PECAN NUTS (4%), honey, dried apricots (3%), sweetened dried cranberries (3%) [sugar, cranberries], pumpkin seeds, sultanas (2%), sunflower seeds, dried apple flakes (1%), poppy seeds, orange zest.	1296	310	16	8.5	35	19	3.6	4.7	0.29
Starbucks® 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
Starbucks® 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.	861	206	12	1.4	21	0.2	2.6	2.3	0.36
Kettle Sea Salt and Balsamic Vinegar Crisps	Y	Y	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)	878	210	12	1	23	0.5	1.7	1.7	0.64
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
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	2.1	7.5	1.33

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 that any of these items are allergen free. The allergen information for all our packaged and loose bakery products are detailed within the booklet. For prepackaged items, allergen information can also be found on the label, whereas allergen information for our bakery items are also detailed on the labels 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.

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
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
Raspberry & Coconut Brownie (Gluten-free & Vegan)	Y	Y	Dark chocolate (17%) (sugar, cocoa mass, cocoa butter, emulsifier: SOYA lecithin, vanilla flavouring), soft brown sugar (sugar, cane molasses, inverted sugar syrup), coconut yogurt (13%) (coconut milk, coconut water, water, corn starch, corn fibre, potato starch, stabiliser: pectin, cultures: <i>S. thermophilus</i> +, <i>L. bulgaricus</i> , <i>Lactobacillus acidophilus</i> , <i>Bifidobacterium lactis</i>), dark chocolate buttons (12%) (sugar, cocoa mass, cocoa butter, fat-reduced cocoa powder, emulsifier: SOYA lecithin, vanilla flavouring), ground ALMONDS , desiccated coconut (5%), coconut milk (4%) (coconut extract, water), tapioca starch, vegetable margarine (vegetable oils [palm oil, rapeseed oil], salt, preservative: potassium sorbate, emulsifier: mono and di glycerides of fatty acids, natural flavouring, colour: beta carotene), icing sugar, coconut milk powder (3%) (coconut milk, thickener: maltodextrin), raspberry jam (3%) (glucose fructose syrup, raspberry puree, sugar, raspberry crumb, thickener: pectin, acidity regulators: citric acid, sodium citrate; colour: anthocyanins, raspberry flavouring), cocoa powder, water, protein powder (faba bean protein, tapioca starch), raspberries (1%), potato starch, sorghum flour, rapeseed oil, sugar, alpha dextrin, freeze-dried raspberries, coconut oil, vanilla flavouring, baking powder (raising agents: disodium diphosphate, potassium hydrogen carbonate), preservative: potassium sorbate, salt, gelling agent: xanthan gum, coffee, natural flavouring, maize starch.	1026	246	14	8.3	25	19	3.8	3.1	0.19
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
Trio of Favourites - Caramel Nut Brownie (New Flavour & Allergen).	Y	N	Dark chocolate (20%) (sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier: SOYA lecithin, vanilla extract), milk chocolate (19%) (sugar, cocoa butter, whole MILK powder, cocoa mass, emulsifier: SOYA lecithin, vanilla extract), sugar, salted butter (butter (MILK), salt), free range pasteurised whole EGG , PECANS (5%), sweetened condensed milk (MILK , sugar), ground ALMONDS , wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), partially inverted refiners syrup, cocoa powder, cocoa mass, vanilla flavouring, palm oil, whey powder (MILK), baking powder (raising agents: disodium diphosphate, potassium hydrogen carbonate), salt.	1309	315	21	12	25	22	3.4	4.7	0.32
Trio of Favourites - Cookies & Cream Brownie	Y	N	Sugar, dark chocolate (14%) (sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier: SOYA lecithin, vanilla extract), milk chocolate (sugar, cocoa butter, whole MILK powder, cocoa mass, emulsifier: SOYA lecithin, vanilla extract), pasteurised free range EGG , white chocolate (12%) (sugar, cocoa butter, whole MILK powder, emulsifier: SOYA lecithin, vanilla extract), salted butter (butter (MILK), salt), ground ALMONDS , wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), cream cheese (MILK), mini cookies (4%) (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), cocoa powder, cocoa mass, natural vanilla flavouring, EGG white, 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, preservative: potassium sorbate.	1225	294	18	10	28	21	1.6	4.1	0.36
Trio of Favourites - Raspberry and White Chocolate Blondie	Y	N	White chocolate (26%) (sugar, cocoa butter, whole MILK powder, emulsifier: SOYA lecithin, vanilla extract), caster sugar, free range pasteurised whole EGG , salted butter (MILK), wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), raspberry jam (8%) (glucose fructose syrup, sugar, raspberry puree, raspberry crumb, gelling agent: pectin, acidity regulators: citric acid, sodium citrate; colour: anthocyanins, raspberry flavouring), raspberries, ground ALMONDS , rapeseed oil, water, freeze dried raspberry pieces (0.3%), vanilla flavouring, baking powder (raising agents: disodium diphosphate, potassium hydrogen carbonate), wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), maize starch, gelling agent: xanthan gum.	1089	261	14	8.6	30	23	1.9	2.7	0.26

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