

**STARBUCKS®**

Spring FY20 Food & Bakery Nutritional & Allergen Information - UK only

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Product	Product Suitable for		Ingredients	Energy (KJ)	Energy (Kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which Sugar (g)	Fibre (g)	Protein (g)	Salt (g)
	Vegetarians	Vegans										
<b>Pastries (may vary in some stores)</b>												
Butter Croissant	Y	N	<b>WHEAT</b> flour, butter ( <b>MILK</b> ) (23%), water, sugar, yeast, whole <b>MILK</b> powder, <b>WHEAT</b> gluten, salt, emulsifier: rape lecithin, flour treatment agent: ascorbic acid, egg wash ( <b>EGGS</b> , water).	1031	247	13.6	10.0	25	4.0	1.0	5.5	0.20
Pain au Chocolat	Y	N	<b>WHEAT</b> flour, butter ( <b>MILK</b> ) (21%), water, chocolate (10%) [sugar, cocoa mass, cocoa butter, emulsifier: <b>SOYA</b> lecithin, natural vanilla flavouring], sugar, yeast, whole <b>MILK</b> powder, <b>WHEAT</b> gluten, salt, emulsifier: rape lecithin, flour treatment agent: ascorbic acid, egg wash ( <b>EGGS</b> , water).	1226	293	16.0	11.6	30.5	8.7	2.0	6.0	0.20
Pain aux Raisins	Y	N	Water, <b>WHEAT</b> flour, butter ( <b>MILK</b> ) (14%), raisins (13%), sugar, <b>EGGS</b> , yeast, potato modified starch, whole <b>MILK</b> powder, salt, whey powder ( <b>MILK</b> ), <b>WHEAT</b> gluten, skimmed <b>MILK</b> powder, stabilisers: calcium acetate, tetrasodium diphosphate, disodium phosphate; fruit and plant extract [carrot, paprika, turmeric], flour treatment agent: ascorbic acid, natural flavouring, egg wash ( <b>EGGS</b> , water).	1388	331	14.8	10.5	42	7.4	3.2	5.9	0.26
Almond Croissant	Y	N	<b>WHEAT</b> flour, butter ( <b>MILK</b> ) 21%, sugar, marzipan 9.5% ( <b>ALMONDS</b> 55%, sugar, water), water, topping (dextrose, cornflour, non-hydrogenated palm oil), yeast, roasted flaked <b>ALMONDS</b> , <b>WHEAT GLUTEN</b> , <b>EGGS</b> , salt, honey, emulsifier: E471, flour treatment agent: E300.	1418	339	18	9.9	36	15	1.7	6.6	0.70
Chocolate Twist	Y	N	Water, <b>WHEAT</b> flour, dark chocolate 16% [sugar, cocoa mass, cocoa butter, fat-reduced cocoa powder, emulsifier: <b>SOYA</b> lecithin, natural vanilla flavour], butter ( <b>MILK</b> ) 10%, sugar, yeast, modified starch, <b>EGGS</b> , salt, powdered whey ( <b>MILK</b> ), skimmed <b>MILK</b> powder, <b>WHEAT</b> gluten, stabilisers: calcium acetate, tetrasodium diphosphate, disodium phosphate; flour treatment agent: ascorbic acid, carrot extract, turmeric extract, natural flavouring, paprika extract.	1166	278	13.0	9.1	35	17	1.7	4.9	0.23
Cinnamon Swirl	Y	N	Wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], sugar, free range pasteurised <b>EGG</b> , sultanas (5%), palm stearin, rapeseed oil, yeast, ground cinnamon, whey protein concentrate ( <b>MILK</b> ), water, dextrose, invert sugar, emulsifiers: mono and diglycerides of fatty acids, mono and diacetyl tartaric acid esters of mono and diglycerides of fatty acids, sodium stearoyl lactate, sorbitan monostearate; <b>WHEAT</b> starch, skimmed <b>MILK</b> powder, raising agents: sodium di-phosphates, sodium bicarbonate, calcium phosphates, orange shreds, salt, crème fraîche ( <b>MILK</b> ), flavourings, colour: carotenes, flour treatment agent: ascorbic acid, glucose syrup, stabilisers: agar, locust bean gum, xanthan gum; acidity regulator: citric acid, orange concentrate, butter ( <b>MILK</b> ), gelling agent: pectin.	2030	482	12.9	3.9	79	28	2.8	11.0	0.70
<b>Toasts &amp; Breads</b>												
Luxury Fruit Toast	Y	N	Wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], raisins (22%) [raisins, sunflower oil], water, dried cranberries (4%) [cranberries, sugar, sunflower oil], palm oil, free range pasteurised <b>EGG</b> , sugar, yeast, rapeseed oil, dextrose, invert sugar syrup, salt, lemon zest, emulsifiers: mono and diglycerides of fatty acids, esters of mono- and diglycerides, sodium stearoyl lactate; colour: carotenes, flour treatment agent: ascorbic acid.	1924	455	10.3	3.8	80	39	4.9	11	0.54
Banana Bread	Y	N	Wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], sugar, banana pulp (16%) [banana, antioxidant: ascorbic acid], pasteurised free range <b>EGG</b> , rapeseed oil, banana (9%), <b>PECAN NUTS</b> (5%), <b>WALNUTS</b> (5%), light soft brown sugar, dried banana slices (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	1591	381	21	1.8	43	24	1.6	4.7	0.39

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	Vegetarians	Vegans										
<b>Bars, Shortbread &amp; Brownies</b>												
Granola Bar	Y	N	<b>OATS (GLUTEN)</b> (25%), salted butter [butter ( <b>MILK</b> ), salt], golden syrup, sultanas (7%) [sultanas, vegetable oil (sunflower, cottonseed)], evaporated milk ( <b>MILK</b> ), sugar, dried sweetened cranberries (5%) [cranberries, sugar, sunflower oil], dried sweetened cherries (5%) [cherries, sugar, sunflower oil], dried apricots (5%) [apricots, rice flour], honey, pumpkin seeds (4%), soluble vegetable fibre, <b>ALMONDS (NUTS)</b> (3%), linseeds, <b>PECAN NUTS</b> (3%).	1358	326	18	6.4	32	20	6.8	6.0	0.23
Vegan Pistachio Bar	Y	Y	Vegetable margarine [vegetable oils (palm, rapeseed), water, salt, emulsifier: polyglycerol esters of fatty acid, natural colourings: annatto, curcumin; natural flavouring], icing sugar, biscuit crumb [wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), vegetable oil (palm), sugar, wholemeal <b>WHEAT</b> flour, partially inverted sugar syrup, raising agents: sodium bicarbonate, ammonium bicarbonate; salt], desiccated coconut (8%), dark chocolate (7%) [sugar, cocoa mass, cocoa butter, fat-reduced cocoa powder, emulsifier: <b>SOYA</b> lecithin, vanilla extract], roasted pistachio paste [ <b>PISTACHIOS</b> , rapeseed oil], <b>ALMONDS</b> (5%), caster sugar, almond butter (4%) [roasted <b>ALMONDS</b> , salt], cocoa powder, wheat flour [ <b>WHEAT</b> flour, calcium sulphate, iron, niacin, thiamin], cornflour, <b>PISTACHIOS</b> (1%), water, glucose syrup, natural pistachio flavouring, natural vanilla flavouring, natural colouring [safflower, spirulina], salt, natural colouring [safflower, lemon]	1359	326	22.5	12	28	21	1.7	3.1	0.44
Chocolate Caramel Shortbread	Y	N	Wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], salted butter [butter ( <b>MILK</b> ), salt], sweetened condensed milk [ <b>MILK</b> , sugar], milk chocolate [sugar, cocoa butter, whole <b>MILK</b> powder, cocoa mass, emulsifier: <b>SOYA</b> lecithin, vanilla extract], vegetable margarine [vegetable oils (palm, rapeseed), water, salt, emulsifier: polyglycerol esters of fatty acids, natural colourings: annatto, curcumin; natural flavouring], partially inverted refiners syrup, white chocolate flavoured compound [sugar, palm oil, whey powder ( <b>MILK</b> ), wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), emulsifier: <b>SOYA</b> lecithin, natural flavouring], icing sugar, soft light brown sugar, palm oil, corn flour, whey powder ( <b>MILK</b> ), cocoa butter, natural vanilla flavouring, emulsifier: mono- and diglycerides of fatty acids.	1519	368	21.8	11	40	26	0.8	3.8	0.54
Chocolate Chunk Shortbread	Y	N	Wheat Flour [ <b>WHEAT</b> flour, calcium, iron, niacin, thiamin], butter ( <b>MILK</b> ), chocolate chunks [cocoa mass, sugar, emulsifier: <b>SOYA</b> lecithin, flavouring], sugar, pasteurised free range <b>EGG</b> .	2060	493	28.0	18	53	25	1.0	6.0	0.21
Rocky Road	N	N	Milk chocolate (15%) [sugar, cocoa butter, whole <b>MILK</b> powder, cocoa mass, emulsifier: <b>SOYA</b> lecithin, vanilla extract], digestive biscuit [wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, nicotinamide, thiamine), wholemeal <b>WHEAT</b> flour, vegetable oils (palm, rapeseed), sugar, invert sugar syrup, raising agents: sodium bicarbonate, ammonium bicarbonate; salt], dark chocolate (12%) [sugar, cocoa mass, cocoa butter, fat-reduced cocoa powder, emulsifier: <b>SOYA</b> lecithin, natural vanilla extract], salted butter [butter ( <b>MILK</b> ), salt], marshmallows (10%) [glucose fructose syrup, sugar, water, beef gelatine, maize starch, dextrose, vanilla flavouring, natural colour: beetroot extract], sultanas [sultanas, sunflower oil], white chocolate flavoured compound (8%) [sugar, palm oil, whey powder ( <b>MILK</b> ), wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamine), emulsifier: <b>SOYA</b> lecithin, natural flavouring], speculoos cookie drops [ <b>WHEAT</b> flour, sugar, palm oil, glucose syrup, invert sugar syrup, spices (cinnamon, clove, nutmeg, coriander, pimento, mace, ginger, cardamon, bourbon vanilla, star anise), salt, raising agents: ammonium bicarbonate, sodium hydrogen carbonate; natural cinnamon flavour, orange peel], shortcake biscuit balls [ <b>WHEAT</b> flour, non-hydrogenated vegetable fat (palm oil, rapeseed oil), sugar, salt, raising agents: sodium bicarbonate, ammonium bicarbonate, non-hydrogenated vegetable fat (shea kernel oil, palm oil, emulsifier: sunflower lecithin)], golden syrup, cocoa mass, burnt sugar flavouring [sugar, glucose fructose syrup, water], cinnamon, rapeseed oil.	1388	333	20	12	34	27	2.2	3.3	0.30
Chocolate Crispy Stick	Y	N	Milk chocolate (26%) [sugar, cocoa butter, whole <b>MILK</b> powder, cocoa mass, emulsifier: <b>SOYA</b> lecithin, vanilla extract], glazed dark flakes (16%) [sugar, vegetable fats (palm, shea), fat-reduced cocoa powder, emulsifier: rapeseed lecithin, glazing agent: shellac], puffed rice (14%) [rice, sugar, malt flour ( <b>BARLEY</b> ), skimmed <b>MILK</b> powder, salt, emulsifier: glycerol monostearate, rapeseed oil, emulsifier: <b>SOYA</b> lecithin], marshmallow (13%) [tapioca syrup, sugar, water, gelling agent: carrageenan blend (carrageenan, locust bean gum, xanthan gum, citrus fibre), hydrolysed pea protein, natural vanilla flavouring], salted butter [butter, ( <b>MILK</b> ), salt], golden syrup, cocoa butter, honey, sugar, cocoa powder.	765	182	8.3	5	25	19	1.1	1.8	0.16
Raspberry Crispy Stick	Y	N	Raspberry flavour coating (32%) [sugar, palm oil, whey powder ( <b>MILK</b> ), natural colour: beetroot, emulsifier: sunflower lecithin, natural raspberry flavouring], puffed rice (15%) [rice, sugar, malt flour ( <b>BARLEY</b> ), skimmed <b>MILK</b> powder, salt, emulsifier: glycerol monostearate, rapeseed oil, emulsifier: <b>SOYA</b> lecithin], marshmallow (14%) [tapioca syrup, sugar, water, gelling agent: carrageenan blend (carrageenan, locust bean gum, xanthan gum, citrus fibre), hydrolysed pea protein, natural vanilla flavouring], non pareils (14%) [sugar, <b>WHEAT</b> starch, glucose syrup, natural colour: spinach powder, carthamus extract, beetroot juice concentrate, mixed carotenes], salted butter [butter ( <b>MILK</b> ), salt], golden syrup, honey, sugar.	761	181	7.4	5.4	28	19	0.4	1.0	0.15

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<b>Cookies &amp; Cream Brownie</b>	Y	N	Sugar, dark chocolate (14%) [sugar, cocoa mass, cocoa butter, fat-reduced cocoa powder, emulsifier: <b>SOYA</b> lecithin, vanilla extract], pasteurised free range <b>EGG</b> , white chocolate (13%) [sugar, cocoa butter, whole <b>MILK</b> powder, emulsifier: <b>SOYA</b> lecithin, vanilla extract], milk chocolate (13%) [sugar, cocoa butter, whole <b>MILK</b> powder, cocoa mass, emulsifier: <b>SOYA</b> lecithin, vanilla extract], salted butter [butter, ( <b>MILK</b> ), salt], ground <b>ALMONDS</b> , mini cookies (4%) [ <b>WHEAT</b> flour, sugar, palm oil, cocoa powder, <b>WHEAT</b> starch, glucose-fructose syrup, salt, raising agents: potassium hydrogen carbonate, sodium hydrogen carbonate, ammonium hydrogen carbonate; emulsifiers: <b>SOYA</b> lecithin, sunflower lecithin; vanilla flavouring], wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], full fat cream cheese ( <b>MILK</b> ), cocoa powder, cocoa mass, vanilla flavouring, double cream ( <b>MILK</b> ), black cocoa powder, baking powder [raising agents: disodium diphosphate, potassium hydrogen carbonate; wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin)], salt.	1501	360	23.0	12.0	33	29	1.9	4.7	0.38
<b>Chocolate Brownie</b>	Y	N	Dark chocolate (21%) [sugar, cocoa mass, cocoa butter, fat-reduced cocoa powder, emulsifier: <b>SOYA</b> lecithin, vanilla extract], milk chocolate (20%) [sugar, cocoa butter, whole <b>MILK</b> powder, cocoa mass, emulsifier: <b>SOYA</b> lecithin, vanilla extract], sugar, pasteurised free range <b>EGG</b> , salted butter [butter ( <b>MILK</b> ), salt], ground <b>ALMONDS</b> , wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], cocoa powder, cocoa mass, vanilla flavouring, baking powder [raising agents: disodium diphosphate, potassium hydrogen carbonate, wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin)], salt.	1407	338	21.6	12.0	30	27	2.2	4.6	0.40
<b>Date &amp; Seed Bar</b>	Y	N	Date syrup (16%), <b>OATS</b> , date paste (14%), coconut oil, pumpkin seeds (8%), sunflower seeds (7%), dates (5%), sultanas (5%) [sultanas, sunflower oil], chicory root fibre, puffed rice (4%) [rice, sugar, malt flour ( <b>BARLEY</b> ), skimmed <b>MILK</b> powder, salt, emulsifier: glycerol monostearate, rapeseed oil, emulsifier: <b>SOYA</b> lecithin], chocolate (4%) [sugar, cocoa mass, cocoa butter, fat-reduced cocoa powder, emulsifier: <b>SOYA</b> lecithin, vanilla extract], linseed (3%), chia seeds (3%), sweetened dried cranberries (2%) [sugar, cranberries, sunflower oil], freeze dried blackcurrants (1%), cocoa butter, salt.	1736	415	22	12	45	33	9.7	8.4	0.3
<b>Chocolate Caramel Easter Nest</b>	Y	N	Milk chocolate (20%) [sugar, cocoa butter, whole <b>MILK</b> powder, cocoa mass, emulsifier: <b>SOYA</b> lecithin, natural vanilla flavouring], salted butter [butter ( <b>MILK</b> ), salt], dark chocolate (17%) [sugar, cocoa mass, cocoa butter, fat-reduced cocoa powder, emulsifier: <b>SOYA</b> lecithin, natural vanilla flavouring], chocolate needles (11%) [cocoa mass, sugar, cocoa butter, butter oil ( <b>MILK</b> ), emulsifier: <b>SOYA</b> lecithin, natural vanilla flavouring], chocolate mini eggs [sugar, cocoa butter, skimmed <b>MILK</b> powder, cocoa mass, whey ( <b>MILK</b> ) powder, lactose ( <b>MILK</b> ), <b>MILK</b> fat, emulsifier: <b>SOYA</b> lecithin, gelling agent: tapioca starch, vegetable and plant extracts: beetroot, curcumin, safflower, spirulina, carrot; natural vanilla flavouring, glazing agent: shellac], shortcake biscuit balls [ <b>WHEAT</b> flour, wholemeal <b>WHEAT</b> flour, sugar, vegetable oil (palm oil), glucose syrup, salt, emulsifier: <b>SOYA</b> lecithin, skimmed <b>MILK</b> powder, acidity regulator: citric acid, raising agents: baking soda, glucose-fructose syrup, raising agents: ammonium bicarbonate, natural vanilla flavouring], puffed rice [rice flour, sugar, <b>BARLEY</b> malt flour, skimmed <b>MILK</b> powder, salt, emulsifier: mono and diglycerides of fatty acids, rapeseed oil, emulsifier: <b>SOYA</b> lecithin], sweetened condensed milk [full cream <b>MILK</b> , sugar], glucose syrup, golden syrup, cocoa powder, icing sugar, palm oil, whey powder ( <b>MILK</b> ), natural vanilla flavouring, colour: iron oxide, emulsifier: mono and diglycerides of fatty acids.	1756	422	29	18	37	27	2.1	4.1	0.42

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<b>Cookies</b>												
Chocolate Chunk Cookie	Y	N	Wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], dark chocolate (24%) [cocoa mass, sugar, cocoa butter, emulsifier: <b>SOYA</b> lecithin, natural vanilla flavouring], sugar, butter ( <b>MILK</b> ), free range pasteurised <b>EGG</b> , raising agents: monocalcium phosphate, potassium hydrogen carbonate; <b>WHEAT</b> fibre, lactose powder ( <b>MILK</b> ), glucose fructose syrup, whey powder ( <b>MILK</b> ), flavouring, invert sugar, salt, rapeseed oil.	1516	363	18.2	11	44	25	2.3	4.5	0.08
Triple Chocolate Cookie	Y	N	Wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], sugar, butter ( <b>MILK</b> ), milk chocolate (9%) [sugar, cocoa mass, whole <b>MILK</b> powder, cocoa butter, emulsifier: <b>SOYA</b> lecithin, natural vanilla flavouring], white chocolate (9%) [sugar, whole <b>MILK</b> powder, cocoa butter, emulsifier: <b>SOYA</b> lecithin, natural vanilla flavouring], dark chocolate (8%) [cocoa mass, sugar, cocoa butter, emulsifier: <b>SOYA</b> lecithin, natural vanilla flavouring], cocoa powder, free range pasteurised <b>EGG</b> , raising agents: monocalcium phosphate, potassium hydrogen carbonate; <b>WHEAT</b> fibre, lactose powder ( <b>MILK</b> ), glucose fructose syrup, whey powder ( <b>MILK</b> ), invert sugar, salt, rapeseed oil, flavouring.	1554	372	20.4	12.5	41	27	2.6	4.6	0.20
Oat & Raisin Cookie	Y	N	<b>OATS</b> (21%), raisins (19%), sugar, wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], butter ( <b>MILK</b> ), palm oil, glucose fructose syrup, water, golden syrup, raising agents: monocalcium phosphate, potassium hydrogen carbonate; rapeseed oil, <b>WHEAT</b> fibre, lactose powder ( <b>MILK</b> ), invert sugar, whey powder ( <b>MILK</b> ), mixed spice, salt, cinnamon, flavouring.	1348	321	10.7	4.9	50	30	2.9	4.0	0.10
Mermaid Tail Shortbread	Y	N	Wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], caster sugar, icing sugar, salted butter [butter ( <b>MILK</b> ), salt], vegetable margarine [vegetable oils (palm, rapeseed), water, salt, emulsifier: polyglycerol esters of fatty acids, natural colourings: annatto, curcumin; natural flavouring], maize starch, palm oil, water, meringue [ <b>WHEAT</b> starch, dried <b>EGG</b> albumen, sugar, modified starch, acidity regulators: calcium lactate, tartaric acid, cream of tartar, lactic acid; dextrose, gelling agent: guar gum], fruit and vegetable concentrates: spirulina, apple, pumpkin, carrot, black carrot, safflower; natural butter flavouring [whey solids ( <b>MILK</b> ), butter ( <b>MILK</b> ), maltodextrin, salt, thickening agent: guar gum, natural colourings: annatto, turmeric], shimmer: iron oxide.	1243	296	14.0	8.5	42	21	0.6	1.9	0.25
<b>Loaf Cakes</b>												
Carrot Loaf Cake	Y	N	Carrot (12%), sugar, soft light brown sugar, rapeseed oil, pasteurised free range <b>EGG</b> , wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], wholemeal <b>WHEAT</b> flour, icing sugar, pineapple, <b>WALNUTS (NUTS)</b> (5%), sultanas, full fat soft cheese ( <b>MILK</b> ), desiccated coconut, ground cinnamon, water, salted butter [butter ( <b>MILK</b> ), salt], golden syrup, raising agent: sodium bicarbonate, cornflour, baking powder [raising agents: disodium diphosphate, potassium hydrogen carbonate; wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin)], thickening agents: cellulose gum, guar gum; modified starch, preservative: potassium sorbate, salt, vanilla flavouring, ground spice mix, emulsifier: xanthan gum, preservative: potassium sorbate.	1350	323	15.9	3.0	42	28	2.5	3.8	0.57
Lemon Loaf Cake	Y	N	Sugar, pasteurised free range <b>EGG</b> , wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), vegetable margarine [vegetable oils (palm oil, rapeseed oil), water, salt], salted butter [butter ( <b>MILK</b> ), salt], lemon juice (5%), ground <b>ALMONDS</b> , water, lemon curd (2%) [granulated sugar, free range whole <b>EGG</b> , salted butter [butter ( <b>MILK</b> ), salt], concentrated lemon juice, water, lemon oil], lemon zest (2%), cream ( <b>MILK</b> ), emulsifiers: native starch, mono and diglycerides of fatty acids, polyglycerol ester of fatty acids; icing sugar, baking powder [raising agents: disodium diphosphate, potassium hydrogen carbonate; wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin)], caramelised lemon zest [sugar, lemon, water], lemon flavouring, preservative: potassium sorbate, invert sugar syrup, citric acid, thickening agents: cellulose, gum guar	1467	352	21.3	8.8	36	24	1.1	4.3	0.54
Coconut and Raspberry Loaf Cake	Y	N	Caster sugar, pasteurised free range <b>EGG</b> , wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], salted butter [butter ( <b>MILK</b> ), salt], vegetable margarine [vegetable oils (palm, rapeseed), water, salt, emulsifier: distilled monoglyceride; natural flavouring; natural colourings: annatto, curcumin], desiccated coconut (8%), icing sugar, coconut milk (3%) [coconut milk, water], raspberry jam (3%) [glucose fructose syrup, raspberry puree, sugar, raspberry crumb, gelling agent: pectin, acidity regulators: citric acid, tri-sodium citrate, natural colouring: anthocyanin, natural flavouring], white chocolate [sugar, cocoa butter, whole <b>MILK</b> powder, emulsifier: <b>SOYA</b> lecithin, vanilla extract], full fat soft cheese ( <b>MILK</b> ), emulsifier: native starch, mono- and diglycerides of fatty acids, polyglycerol ester of fatty acids, modified starch, natural vanilla flavouring, baking powder [raising agents: disodium diphosphate, potassium hydrogen carbonate, wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin)], humectant: glycerine, preservative: potassium sorbate, thickeners: gum gum, xanthan gum.	1785	428	26	15.1	44	30	0.6	3.8	0.40
Vegan Chocolate and Raspberry Mini Loaf	Y	Y	Almond drink [water, <b>ALMONDS (NUTS)</b> , calcium, sea salt, stabilisers: locust bean gum, gellan gum; emulsifier: sunflower lecithin, vitamins: B2 riboflavin, B12 folate, E alpha tocopherol, D2 ergocalciferol], wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], dairy free vegetable margarine [vegetable oils (palm, rapeseed), water, salt, emulsifier: polyglycerol esters of fatty acids, natural colourings: annatto, curcumin; natural flavouring], sugar, raspberry jam (10%) [glucose fructose syrup, raspberry puree, sugar, raspberry crumb, gelling agent: pectin, acidity regulators: citric acid, tri-sodium citrate, colour: anthocyanin, natural flavouring], icing sugar, dark chocolate (7%) [sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier: <b>SOYA</b> lecithin, vanilla extract], golden syrup, cocoa powder, water, lemon juice, baking powder [raising agents: disodium diphosphate, potassium hydrogen carbonate; wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin)], freeze dried raspberries (1%), malted <b>BARLEY</b> extract, glucose syrup, raising agent: sodium bicarbonate, preservative: potassium sorbate, natural vanilla flavouring, coffee extract, thickening agent: xanthan gum, acidity regulator: citric acid.	1238	293	7.4	3.2	54	33	2.2	2.9	0.38

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	Vegetarians	Vegans										
<b>Muffins, Cupcakes</b>												
Blueberry Muffin	Y	N	Wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], sugar, free range pasteurised <b>EGG</b> , rapeseed oil, blueberries (10%), wild blueberry filling (8%) [sugar, blueberry, water, glucose-fructose syrup, modified maize starch, acid: citric acid, gelling agent: pectin, thickener: cellulose, preservative: potassium sorbate, natural blueberry flavouring], humectant: glycerine, <b>WHEAT</b> starch, <b>WHEAT</b> flour, raising agents: sodium acid pyrophosphate, monocalcium phosphate, sodium bicarbonate, potassium carbonates, palm oil, lemon zest, potato starch, emulsifier: mono and diglycerides of fatty acids, <b>WHEAT</b> gluten, free range <b>EGG</b> white powder, whey powder ( <b>MILK</b> ), flavouring, thickener: xanthan gum, preservative: potassium sorbate.	1714	409	19.3	3.1	53	23	1.3	5.8	0.38
Lemon Muffin	Y	N	Wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], sugar, free range pasteurised <b>EGG</b> , rapeseed oil, lemon curd filling (10%) [sugar, free range pasteurised <b>EGG</b> , salted butter ( <b>MILK</b> ), concentrated lemon juice (contains sodium potassium metabisulphite ( <b>SULPHITES</b> ), water, lemon oil, gelling agent: agar), humectant: glycerine, nibbed sugar, <b>WHEAT</b> starch, <b>WHEAT</b> flour, raising agents: sodium acid pyrophosphate, monocalcium phosphate, sodium bicarbonate, potassium carbonates; potato starch, emulsifier: mono and diglycerides of fatty acids, lemon zest, water, <b>WHEAT</b> gluten, free range <b>EGG</b> white powder, whey powder ( <b>MILK</b> ), lemon pulp, thickeners: xanthan gum, locust bean gum; natural lemon flavouring, colour: lutein extract, preservative: potassium sorbate, gelling agent: agar, acid: citric acid, flavouring.	1780	424	19.8	3.2	56	29	0.67	5.7	0.39
Triple Chocolate Muffin	Y	N	Wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], rapeseed oil, free range pasteurised <b>EGG</b> , sugar, chocolate filling (10%) [dark chocolate (cocoa mass, sugar, cocoa butter, fat reduced cocoa powder, emulsifier: <b>SOYA</b> lecithin), water, glucose syrup, invert sugar syrup, salted butter ( <b>MILK</b> ), sugar, whipping cream ( <b>MILK</b> ), golden syrup, cornflour, gelling agent: pectin, emulsifier: mono- and diglycerides of fatty acids, flavouring, salt], dark chocolate chips (6%) [cocoa mass, sugar, cocoa butter, cocoa powder, emulsifier: <b>SOYA</b> lecithin], dark chocolate chunks (6%) [cocoa mass, sugar, cocoa butter, cocoa powder, emulsifier: <b>SOYA</b> lecithin], humectant: glycerine, water, cocoa powder, milk chocolate chunks [sugar, whole <b>MILK</b> powder, cocoa butter, cocoa mass, emulsifier: <b>SOYA</b> lecithin, natural vanilla flavouring], white chocolate chunks [sugar, whole <b>MILK</b> powder, cocoa butter, emulsifier: <b>SOYA</b> lecithin, natural vanilla flavouring], <b>WHEAT</b> starch, <b>WHEAT</b> flour, raising agents: sodium acid pyrophosphate, monocalcium phosphate, sodium bicarbonate, potassium carbonates; potato starch, emulsifier: mono and diglycerides of fatty acids, <b>WHEAT</b> gluten, free range <b>EGG</b> white powder, whey powder ( <b>MILK</b> ), colour: vegetable carbon, thickener: xanthan gum.	1966	470	24.9	7.3	54	30	2.1	6.8	0.41
Raspberry Cheesecake Muffin	Y	N	Wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], free range <b>EGG</b> , sugar, rapeseed oil, full fat soft cheese ( <b>MILK</b> ), <b>WHEAT</b> flour, mascarpone cheese ( <b>MILK</b> ), raspberry (2.7%), <b>WHEAT</b> starch, cream cheese ( <b>MILK</b> ), raising agents: mono calcium phosphate, diphosphates, sodium hydrogen carbonate, potassium carbonate; potato starch, freeze dried raspberry pieces, free range <b>EGG</b> white, glucose syrup, emulsifier: mono and diglycerides of fatty acids, <b>WHEAT</b> gluten, whey powder ( <b>MILK</b> ), flavouring, stabilisers: xanthan gum, locust bean gum; preservative: potassium sorbate, modified maize starch, salt, modified tapioca starch, acid: lactic acid ( <b>MILK</b> ), antioxidants: tocopherol-rich extract, rosemary extract.	1843	441	23.7	5.3	49	23	1.7	6.8	0.50
Funfetti Cupcake	Y	N	Icing sugar, salted butter [butter ( <b>MILK</b> ), salt], white chocolate [sugar, cocoa butter, whole <b>MILK</b> powder, emulsifier: <b>SOYA</b> lecithin, natural vanilla flavouring], wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], sugar, vegetable margarine [vegetable oils (palm, rapeseed), water, salt, emulsifier: polyglycerol ester of fatty acids, natural flavourings; natural colourings: annatto, curcumin], pasteurised free range <b>EGG</b> , sprinkles [sugar, maize starch, fruit and vegetable concentrates: sweet potato, spirulina, radish, apple, carrot, hibiscus, coconut oil, natural colours: lutein, paprika, glazing agent: beeswax], raspberry jam [raspberry puree, sugar, glucose syrup, gelling agent: pectin, acidity regulators: citric acid, trisodium citrate], mallow [glucose syrup, sugar, water, maize starch, dried <b>EGG</b> white, modified starch, stabiliser: diphosphates, acetic acid, natural flavouring], water, full fat cream cheese ( <b>MILK</b> ), soluble vegetable fibre, multi-coloured chocolate beans [chocolate [sugar, cocoa mass, cocoa butter, emulsifier: <b>SOYA</b> lecithin, natural vanilla flavouring], sugar, maize starch, fruit and vegetable extracts: beetroot, curcumin, safflower; spirulina, stabiliser: gum arabic, glazing agents: beeswax, carnauba wax, shellac], butter <b>MILK</b> powder, modified starch, maltodextrin, raising agents: baking powder [disodium diphosphate, potassium hydrogen carbonate, wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin]], emulsifier [propylene glycol ester of fatty acids, mono and diglycerides of fatty acids, polyglycerol ester of fatty acids], natural vanilla flavouring, cornflour, preservative: potassium sorbate, salt, acidity regulator: citric acid, natural colouring: beta carotene.	1970	470	23	12.7	62.1	43.7	3.5	2.9	0.59

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	Vegetarians	Vegans										
<b>Fruit</b>												
Fairtrade Banana (per unit =whole)	Y	Y	Banana	448	108	0.5	0.0	27.1	14.9	3.2	1.0	0.00
<b>Hot Oatmeal Pots</b>												
Classic Oatmeal	Y	N	<b>MILK</b> (63%), water, <b>OATS</b> (13%), Single Cream (3%), salt.	993	234	6.3	3.0	34.5	8.7	2.1	10	0.07
Five Grain Oatmeal	Y	Y	Water, fortified soya drink (26%) [water, <b>SOYA</b> bean, apple extract, acidity regulator (monopotassium phosphate, dipotassium phosphate) calcium carbonate, sea salt, Stabiliser (Gellan Gum), vitamins (riboflavin, vitamin B12, vitamin D)], gluten free <b>OATS</b> (11%), coconut cream [coconut extract, water], red rice (0.6%) linseed (0.7%), quinoa (0.5%), wild rice (0.3%), cinnamon powder.	942	225	10.0	6.0	24	2.4	3.6	7.5	0.05
<b>Yoghurt &amp; Dessert Pots</b>												
Berry Bircher	Y	N	Greek style yoghurt ( <b>MILK</b> ) (26%), berry compote (26%) [sugar, strawberries, water, blackberries, blueberries, redcurrants, corn flour, lemon juice, natural flavouring, gelling agent: pectin]water, rolled <b>OATS</b> (16%), shredded apple (6%), dried berry mix (3%) [juice infused dried blueberry (dried blueberry, apple juice from concentrate, sunflower oil), juice infused dried cranberries (pineapple juice from concentrate, dried cranberries, sunflower oil)], pomegranate seeds (1%), toasted pumpkin seeds (1%), apple juice concentrate.	1240	294	8.0	4.3	46.2	22.0	4.0	7	0.03
Berry Crunch	Y	N	Greek style yoghurt ( <b>MILK</b> ) (47%), summer berry compote (21%) [sugar, strawberries, blackberries, water, blueberries, redcurrants, corn flour, lemon juice, natural flavouring, gelling agent: pectin], low fat natural yoghurt ( <b>MILK</b> ) (20%), puffed rice granola (10%) [ <b>OAT</b> flakes, honey, quinoa, pumpkin seeds, sunflower seeds, brown rice flour, agave syrup, sunflower oil].	1157	277	12.3	6.0	30.8	18.4	3.2	9.0	0.19
Overnight Chocolate & Coconut Oats	Y	Y	Coconut milk (38%) [coconut extract, water], gluten free <b>OATS</b> , chocolate sauce (20%) [water, glucose syrup, plain chocolate (cocoa mass, sugar, cocoa powder, emulsifier: <b>SOYA</b> lecithin), sugar, glucose-fructose syrup, cocoa powder, cornflour, gelling agent: pectin, salt], water, raspberry compote [raspberries, sugar, water, concentrated raspberry juice, cornflour, cider vinegar, concentrated lemon juice], toasted coconut (3%).	1550	370	17.0	8.1	26.0	9.7	7.2	7.0	0.09
Caramel Chococado Pot	Y	N	Caramel sauce (28%) [coconut milk powder (coconut milk, maltodextrin, modified corn starch), margarine (vegetable oils (palm, rapeseed), water, salt, emulsifier: E475, preservative: potassium sorbate, flavouring, colour: beta carotene), sugar, golden syrup, water, palm oil, coconut oil, flavouring, modified maize starch, salt, emulsifier: E471], coconut dessert (28%) [coconut cream, coconut water, tapioca starch, non-dairy cultures], chocolate (20%) [cocoa mass, sugar, cocoa butter, emulsifier: <b>SOYA</b> lecithin, vanilla extract], rice drink [water, rice, sunflower oil, calcium phosphate, stabiliser: gellan gum, sea salt, vitamin D, vitamin B12], avocado (7%), maple syrup, cocoa powder, cacao nibs, modified maize starch, flavouring, salt, yacon syrup.	1553	373	27.0	8.1	25.0	20.0	5.3	7.1	0.33

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	Vegetarians	Vegans										
<b>Breakfast Sandwiches &amp; Savoury Muffins</b>												
All Day Breakfast Roll	N	N	Stone baked bread roll [wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, <b>RYE</b> flour, yeast, salt, malted <b>WHEAT</b> flour, <b>WHEAT</b> flour, flour treatment agent: ascorbic acid, rapeseed oil], chipolata sausages (31%) [British pork (87%), pork fat, wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), salt, pea fibre, dextrose, spices, onion powder, dried sage, preservative: sodium metabisulphite ( <b>SULPHITES</b> ), stabiliser: triphosphates, yeast, antioxidant: ascorbic acid, <b>WHEAT</b> gluten, flour treatment agent: ascorbic acid, pork collagen casings], scrambled egg & béchamel sauce mix (22%) [scrambled egg (pasteurised free-range whole <b>EGG</b> , water, sunflower oil, skimmed <b>MILK</b> powder, lemon juice, salt, white pepper), béchamel sauce ( <b>MILK</b> , single cream ( <b>MILK</b> ), water, wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), corn flour, salt, preservative: potassium sorbate, natural flavouring), black pepper], hickory smoked streaky bacon (7%) [pork belly (98%), salt, antioxidant: sodium ascorbate, preservative: sodium nitrite]. May also contain traces of soya.	1947	463	13.9	4.9	57	3.6	1.6	27	2.71
Smoked Bacon Roll	N	N	White roll [wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, sugar, vegetable oils (palm, rapeseed), yeast, salt, emulsifier: mono- and diglycerides of fatty acids, flour treatment agent: ascorbic acid], hickory smoked back bacon (25%) [pork loin (96%), water, salt, antioxidant: sodium ascorbate, preservatives: potassium nitrate, sodium nitrite], hickory smoked streaky bacon (8%) [pork belly (97%), salt, antioxidant: sodium ascorbate, preservative: sodium nitrite]. May also contain traces of egg, milk and soya.	1404	334	10.7	4.0	39	3.4	2.4	19	1.89
Sausage Sandwich	N	N	Pork chipolata sausages (53%) [British pork (87%), pork fat, wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, thiamin, niacin), salt, pea fibre, dextrose, spices, onion powder, dried sage, preservative: sodium metabisulphite ( <b>SULPHITES</b> ), stabiliser: triphosphates, yeast, antioxidant: ascorbic acid, <b>WHEAT</b> gluten, flour treatment agent: ascorbic acid, pork collagen casings], white roll [wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, sugar, vegetable oils (palm, rapeseed), yeast, salt, emulsifier: mono- and diglycerides of fatty acids, <b>WHEAT</b> flour, flour treatment agent: ascorbic acid]. May also contain traces of egg, milk and soya	2006	478	21.7	7.7	48	4.7	3.0	22	1.93
Bacon & Egg Muffin	N	N	Soft bran muffin [wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, <b>WHEAT</b> bran, vegetable oil (palm, rapeseed), yeast, durum <b>WHEAT</b> semolina, skimmed <b>MILK</b> powder, salt, flour treatment agent: ascorbic acid], scrambled egg (27%) [free range <b>EGG</b> , water, rapeseed oil, skimmed <b>MILK</b> , lemon juice, salt, ground pepper], hickory smoked bacon (15%) [pork belly, water, salt, antioxidant: sodium ascorbate, preservative: sodium nitrate], tomato relish [water, tomatoes, sugar, tomato paste, red wine vinegar, slow roasted tomatoes (tomatoes, tomato concentrate, vegetable oils (sunflower, olive), salt, oregano, sugar, garlic), rapeseed oil, red chilli purée, cornflour, onion, lemon juice, garlic purée, ginger purée, salt, oregano, black pepper], béchamel sauce [whole <b>MILK</b> , water, single cream ( <b>MILK</b> ), salted butter ( <b>MILK</b> ), wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), cornflour, salt, white pepper, ground bay leaf], white pepper. May also contain traces of egg and soya.	1653	394	14.4	5.1	41	2.5	3.2	24	2.12
Halloumi & Avocado Muffin	Y	N	Soft bran muffin [wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, <b>WHEAT</b> bran, vegetable oil (palm, rapeseed), yeast, durum <b>WHEAT</b> semolina, skimmed <b>MILK</b> powder, salt], halloumi (30%) [ <b>MILK</b> , salt], dipped avocado (18%) [avocado (70%), water, salt, preservatives: L-cysteine, calcium chloride; antioxidant: ascorbic acid, acidity regulator: citric acid], tomato relish [water, tomatoes, sugar, tomato paste, red wine vinegar, slow roasted tomatoes (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], spinach. May also contain traces of egg and soya.	1825	436	22.0	12	40	6.8	3.1	20	1.96
Vegan All Day Breakfast Burrito	Y	Y	Spinach wrap [wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, vegetable oils (palm, rapeseed), humectant: glycerol, spinach (0.5%), parsley, sugar, raising agents: sodium bicarbonate, di-sodium diphosphate; acidity regulator: malic acid; salt], smoked tofu (14%) [water, <b>SOYA</b> beans, firming agent: magnesium chloride, sugar, black pepper, sea salt], tomato dressing [tomatoes, water, rapeseed oil, onion, white wine vinegar, cornflour, garlic, salt, lemon juice], cooked mushroom [mushroom, rapeseed oil], cannellini beans [cannellini beans, water, salt, firming agent: calcium chloride, antioxidant: ascorbic acid], spinach, black turtle beans, chipotle relish [roasted red pepper, tomatoes, sugar, water, onion, white wine vinegar (contains <b>SULPHITES</b> ), glucose syrup, cornflour, cider (contains <b>SULPHITES</b> ), tomato paste, rapeseed oil, salt, garlic purée, smoked paprika, coriander, chipotle chilli powder, gelling agent: pectin, ground cumin], cornflour. May also contain traces of mustard and sesame.	1623	388	14.1	3.4	47	1.9	6.2	15	0.98
Cheese & Marmite™ Mini Ciabatta	Y	N	Ciabatta roll [wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, yeast, salt, vegetable oils (palm, rapeseed), emulsifier: mono and di-glycerides of fatty acids, sunflower oil], mature Cheddar cheese ( <b>MILK</b> ), béchamel sauce [whole <b>MILK</b> , water, single cream ( <b>MILK</b> ), salted butter ( <b>MILK</b> ), wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), cornflour, salt, white pepper, ground bay leaf], Marmite™ yeast extract (5%) [yeast extract (contains <b>BARLEY</b> , <b>WHEAT</b> , <b>OATS</b> , <b>RYE</b> ), salt, vegetable juice concentrate, vitamins (thiamin, riboflavin, niacin, vitamin b12, folic acid), natural flavouring (contains <b>CELERY</b> )], cornflour.	1491	355	14.4	8.6	35	1.0	1.6	18	1.90

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	Vegetarians	Vegans										
<b>Toasties</b>												
<b>Five Cheese Toastie</b>	Y	N	White sourdough bloomer bread [wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, <b>SPELT (WHEAT)</b> flour, <b>RYE</b> flour, salt, yeast, antioxidant: ascorbic acid], béchamel sauce [whole <b>MILK</b> , water, single cream ( <b>MILK</b> ), salted butter ( <b>MILK</b> ), wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), cornflour, salt, white pepper, ground bay leaf], mozzarella cheese (7%) ( <b>MILK</b> ), Cheddar cheese (7%) ( <b>MILK</b> ), smoke flavoured cheese (5%) [Cheese ( <b>MILK</b> ), smoke flavouring, paprika], Emmental cheese (3%) ( <b>MILK</b> ), medium fat hard cheese ( <b>MILK</b> ), American style mustard [water, spirit vinegar, <b>MUSTARD</b> flour, ground yellow <b>MUSTARD</b> bran, ground turmeric, cornflour, salt], cornflour, potato starch. May also contain traces of egg.	2024	482	18.3	11	57	3.9	2.3	21	1.90
<b>Hickory Ham and Cheese Toastie</b>	N	N	White sourdough bloomer bread [wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, <b>SPELT (WHEAT)</b> flour, <b>RYE</b> flour, salt, yeast, antioxidant: ascorbic acid], béchamel sauce [whole <b>MILK</b> , water, single cream ( <b>MILK</b> ), salted butter ( <b>MILK</b> ), wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), cornflour, salt, white pepper, ground bay leaf], hickory smoked formed ham (14%) [pork, salt, muscovado sugar, stabiliser: triphosphates, antioxidant: sodium ascorbate, preservative: sodium nitrite], mozzarella cheese (6%) ( <b>MILK</b> ), Cheddar cheese (6%) ( <b>MILK</b> ), smoke flavoured cheese (4%) [cheese, ( <b>MILK</b> ), smoke flavouring, paprika], Emmental cheese (3%) ( <b>MILK</b> ), medium fat hard cheese ( <b>MILK</b> ), American style mustard [water, spirit vinegar, <b>MUSTARD</b> flour, ground yellow <b>MUSTARD</b> bran, ground turmeric, cornflour, salt], cornflour, potato starch. May also contain traces of egg.	2016	479	19.0	12	48	2.2	3.5	27	2.50
<b>Chicken &amp; Pesto Toastie</b>	N	N	Dark seeded sour bloomer [water, wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), <b>SPELT (WHEAT)</b> flour, <b>RYE</b> flour, sunflower seeds, millet seeds, golden linseeds, dark linseeds, salt, durum <b>WHEAT</b> flour, durum <b>WHEAT</b> semolina, yeast, dark malted <b>BARLEY</b> flour], pulled smoked chicken (24%) [chicken breast, salt, cornflour], cheese sauce [water, Cheddar cheese ( <b>MILK</b> ), cornflour, double cream ( <b>MILK</b> ), dried skimmed <b>MILK</b> , whey butter ( <b>MILK</b> ), rapeseed oil, onion purée, salt, cheese paste (Cheddar cheese ( <b>MILK</b> ), emulsifier: disodium phosphate), Dijon mustard (water, <b>MUSTARD</b> seeds, spirit vinegar, salt), <b>MUSTARD</b> powder, white pepper, nutmeg], onion, nut free pesto [medium fat hard cheese ( <b>MILK</b> ), basil, sunflower oil, extra virgin olive oil, salt, garlic purée, acidity regulator: citric acid], mozzarella cheese ( <b>MILK</b> ), Cheddar cheese ( <b>MILK</b> ), roasted tomato [tomatoes, sunflower oil, salt, garlic purée, oregano], Emmental medium fat hard cheese ( <b>MILK</b> ), potato starch.	1531	363	8.4	3.5	49	2.8	2.5	22	1.60
<b>Mushroom &amp; Ricotta Toastie</b>	Y	N	Dark seeded sour bloomer [water, wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), <b>SPELT (WHEAT)</b> flour, <b>RYE</b> flour, sunflower seeds, millet seeds, golden linseeds, dark linseeds, salt, durum <b>WHEAT</b> flour, durum <b>WHEAT</b> semolina, yeast, dark malted <b>BARLEY</b> flour], mushroom, Ricotta low fat soft cheese ( <b>MILK</b> ), spinach, medium fat hard ripened cheese ( <b>MILK</b> ), medium fat hard cheese ( <b>MILK</b> ), potato starch, salt, black pepper.	1456	348	7.0	3.3	52	2.3	4.1	12	1.60



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	Vegetarians	Vegans										
<b>Sandwiches, Paninis, Wraps, Rolls &amp; Focaccias</b>												
Tomato & Mozzarella Panini	Y	N	Ciabatta roll [wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, salt, yeast, olive oil, sunflower oil], full fat mozzarella cheese ( <b>MILK</b> ) (20%), tomato, roasted tomato [tomato, sunflower oil, salt, garlic, oregano], red pesto [sunflower oil, sundried tomato purée (water, sundried tomatoes, sunflower oil, white wine vinegar, salt), medium fat hard cheese ( <b>MILK</b> ), tomato paste, basil, lemon juice, sea salt], basil.	1716	409	15.7	6.5	48	2.9	2.7	18	2.10
Tuna Melt Panini	N	N	Ciabatta roll [wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, salt, yeast, olive oil, sunflower oil], tuna (20%) [tuna ( <b>FISH</b> ), water, salt], mature Cheddar cheese ( <b>MILK</b> ), reduced fat mayonnaise [water, rapeseed oil, spirit vinegar, cornflour, free range salted egg yolk (free range <b>EGG</b> yolk, salt), sugar, citrus fibre, salt, stabiliser: pectin, concentrated lemon juice], sweetcorn [sweetcorn, water, salt, preservative: citric acid], béchamel sauce [whole <b>MILK</b> , water, single cream ( <b>MILK</b> ), salted butter ( <b>MILK</b> ), wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), cornflour, salt, white pepper, ground bay leaf], full fat mozzarella cheese ( <b>MILK</b> ), spring onions, chives, ground black pepper.	1744	414	13.4	6.2	48	1.9	2.6	24	2.18
Ham & Cheese Panini	N	N	Ciabatta roll [wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, salt, yeast, olive oil, sunflower oil], smoked formed ham (22%) [pork, salt, dextrose, preservative: triphosphates, antioxidant: sodium ascorbate, preservative: sodium nitrite], béchamel sauce [whole <b>MILK</b> , water, single cream ( <b>MILK</b> ), salted butter ( <b>MILK</b> ), wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), cornflour, salt, white pepper, ground bay leaf], mature Cheddar cheese ( <b>MILK</b> ), full fat mozzarella cheese ( <b>MILK</b> ), crème fraîche ( <b>MILK</b> ), Dijon mustard [water, brown <b>MUSTARD</b> seeds, spirit vinegar, salt].	1786	424	14.4	7.5	48	2.3	2.4	25	2.70
Gluten Free Ham & Cheese Panini	N	N	Gluten free ciabatta [water, rice flour, tapioca starch, thickeners: E460, E464, E466, E415; maize starch, psyllium husk powder, potato starch, yeast, wholegrain maize flour, free range <b>EGG</b> white powder, golden syrup, rapeseed oil, rice starch, spirit vinegar, iodised salt, preservatives: sodium propionate, sorbic acid; rice bran, acidity regulator: E500], smoked formed ham (16%) [pork, salt, dextrose, stabiliser: pentasodium triphosphate, antioxidant: sodium ascorbate, preservative: sodium nitrite], gluten free cheese sauce [water, Cheddar cheese ( <b>MILK</b> ), maize starch, double cream ( <b>MILK</b> ), skimmed <b>MILK</b> powder, whey butter ( <b>MILK</b> ), rapeseed oil, onion purée, salt, Dijon mustard [water, <b>MUSTARD</b> seeds, spirit vinegar, salt], <b>MUSTARD</b> powder, pepper, nutmeg], Cheddar cheese (7%) ( <b>MILK</b> ), American style mustard [water, spirit vinegar, <b>MUSTARD</b> flour, <b>MUSTARD</b> bran, cornflour, salt, turmeric].	1430	341	9.6	4.6	40	1.1	14	17	2.45
Free Range Egg & Mayo Sandwich	Y	N	Seeded farmhouse bread [wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, sunflower seeds, linseeds, millet seeds, yeast, pumpkin seeds, <b>BARLEY</b> malt flour, salt, spirit vinegar, poppy seeds, sugar, <b>WHEAT</b> gluten, preservative: calcium propionate, emulsifier: mono- and di-acetyltartaric esters of mono- and di-glycerides of fatty acids, vegetable oils (rapeseed, palm), flour treatment agent: ascorbic acid], free range hard boiled <b>EGG</b> (36%), mayonnaise [water, rapeseed oil, pasteurised salted egg yolk ( <b>EGG</b> yolk, salt), cornflour, white wine vinegar, <b>MUSTARD</b> flour], salad cress, Dijon mustard [water, brown <b>MUSTARD</b> seeds, spirit vinegar, salt], salt, black pepper.	2062	492	26.0	4.1	45	2.8	4.7	19	1.70

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	Vegetarians	Vegans										
<b>BLT Sandwich</b>	N	N	Malted bread [wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, malted <b>WHEAT</b> flakes, <b>WHEAT</b> bran, <b>WHEAT GLUTEN</b> , malted <b>BARLEY</b> flour, salt, yeast, spirit vinegar, emulsifiers: mono- and di-glycerides of fatty acids, mono- and di-acetyl tartaric acid esters of mono- and di-glycerides of fatty acids, malted <b>WHEAT</b> flour, vegetable oils (rapeseed, palm), flour treatment agent: ascorbic acid], hickory smoked bacon [pork belly, water, salt, antioxidant: sodium ascorbate, preservative: sodium nitrite], plum tomato, maple smoked pork mayonnaise [water, rapeseed oil, cornflour, maple syrup, white wine vinegar, free range pasteurised egg yolk ( <b>EGG</b> yolk, salt), smoky pork stock (yeast extract, pork bone stock, smoked paprika, smoked salt, water, sunflower oil, concentrated onion juice, salt), sugar, concentrated lemon juice, dijon mustard (water, <b>MUSTARD</b> seeds, spirit vinegar, salt), smoked paprika, salt, garlic puree, ground paprika, cayenne pepper powder, ground cumin, ground fennel], lettuce, rocket, spinach.	1853	441	16.0	6.2	47	4.8	6.2	25	2.60
<b>Roast Chicken Salad Sandwich</b>	N	N	Malted brown bread [wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, malted <b>WHEAT</b> flakes, <b>WHEAT</b> bran, <b>WHEAT GLUTEN</b> , malted <b>BARLEY</b> flour, salt, yeast, spirit vinegar, emulsifiers: mono- and diglycerides of fatty acids, mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids, malted <b>WHEAT</b> flour, vegetable oils (rapeseed, palm), flour treatment agent: ascorbic acid], roast chicken breast (22%) [chicken breast, cornflour, marinade (salt, black pepper, garlic powder, sunflower oil)], plum tomato, lemon tarragon and mustard mayonnaise [ rapeseed oil, water, wholegrain mustard (water, brown <b>MUSTARD</b> seeds, vinegar, salt), free range pasteurised egg yolk ( <b>EGG</b> yolk, salt), white wine vinegar, cornflour, Dijon mustard (water, brown <b>MUSTARD</b> seeds, spirit vinegar, salt), lemon juice, tarragon, <b>MUSTARD</b> flour, lemon zest], lettuce.	2070	493	11.0	4.3	48	4.5	6.9	26	1.30
<b>King Prawn Sandwich</b>	N	N	Wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, <b>OATS</b> , <b>BARLEY</b> flakes, <b>WHEAT</b> bran, yeast, salt, vegetable oils (rapeseed, palm), <b>WHEAT GLUTEN</b> , spirit vinegar, emulsifiers: mono-and diglycerides of fatty acids, mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids, fermented <b>WHEAT</b> flour, flour treatment agent: ascorbic acid], king prawns ( <b>CRUSTACEAN</b> ) (23%), prawns ( <b>CRUSTACEAN</b> ) (11%), marie rose sauce with dill [water, rapeseed oil, tomato ketchup (water, sugar, tomato paste, wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), spirit vinegar, salt, cloves), Worcester sauce (water, sugar, spirit vinegar, molasses, onion purée, salt, tamarind paste, cloves, ginger purée, garlic purée), pasteurised free-range <b>EGG</b> yolk, salt, cornflour, lemon juice, white wine vinegar, wholegrain mustard (water, <b>MUSTARD</b> seeds, spirit vinegar, salt), dill, smoked paprika, black pepper, <b>MUSTARD</b> flour, chipotle chilli powder, cayenne pepper], lettuce.	1438	341	7.3	1.0	46	2.5	3.8	20	1.90
<b>Hot Smoked Salmon Sandwich</b>	N	N	<b>OATMEAL</b> and Poppyseed Bread [ <b>WHEAT</b> Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, <b>OATMEAL</b> , <b>WHEAT</b> bran, Poppy Seeds, Yeast, Salt, <b>WHEAT</b> Protein, Spirit Vinegar, Emulsifiers: E471, E472(e), Malted <b>BARLEY</b> Flour, Rapeseed Oil, Palm Oil, Flour Treatment Agent: E300, Palm Fat, <b>WHEAT</b> Starch], Salmon ( <b>FISH</b> ) (25%) (Salmon ( <b>FISH</b> ) (98%), Salt), Dill Mayonnaise (Rapeseed Oil, Water, Pasteurised Whole <b>EGG</b> , Spirit Vinegar, Dill, Cornflour, Sugar, Salt, <b>MUSTARD</b> Flour), Spinach (3%).	1615	385	15.9	2.0	40	3.0	4.8	17.6	1.60
<b>Smoked Chicken and Sunshine Grain Wrap</b>	N	N	Wheat-corn tortilla wrap [wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, cornflour, vegetable oils (palm, rapeseed), humectant: glycerol, <b>WHEAT GLUTEN</b> , sugar, raising agents: sodium bicarbonate, diphosphates; acidity regulator: malic acid; flour treatment agent: L-cysteine, salt, stabiliser: sodium carboxymethylcellulose], pulled smoked chicken (19%) [chicken breast, salt, cornflour], pickled red slaw [red cabbage, beetroot, onion, water, cider vinegar, sugar, salt], black turtle beans, spinach, habanero and mango salsa [water, mango purée, sugar, spirit vinegar, white onion, red pepper, cornflour, red chilli purée, concentrated lemon juice, salt, dried red pepper, lemon zest, <b>MUSTARD</b> flour, habanero chilli, ground turmeric, acidity regulator: acetic acid], bulgur <b>WHEAT</b> , roasted red pepper [red pepper, rapeseed oil], onion, spicy tomato dressing [water, tomato paste, red pepper, onion, spirit vinegar, sugar, chilli purée, concentrated lemon juice, basil, garlic purée, salt, cornflour, oregano, Dijon mustard (water, <b>MUSTARD</b> seeds, spirit vinegar, salt), dried chilli, black pepper], marinated semi-dried tomatoes [tomato, sunflower oil, salt, garlic, oregano], rapeseed oil, parsley, pickled chillies [chilli, spirit vinegar], cornflour, ground turmeric, black pepper.	1484	354	7.8	2.8	49	9.8	7.6	18	1.20

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	Vegetarians	Vegans										
<b>Hot Boxes</b>												
<b>Scrambled Eggs Hot Box</b>	Y	N	Scrambled egg (65%) [free range <b>EGG</b> , water, rapeseed oil, skimmed <b>MILK</b> , tapioca starch, dried skimmed <b>MILK</b> , lemon juice, salt, ground pepper], cherry tomatoes (15%), spinach, roasted tomato [tomato, sunflower oil, salt, garlic, oregano], pumpkin seeds, sunflower seeds.	1088	262	17.4	4.4	5.6	5.4	4.6	18	1.00
<b>Pulled Beef Open Burrito</b>	N	N	Cooked spiced rice [water, long grain rice, rapeseed oil, spices, dried glucose syrup, salt, red pepper powder, natural flavouring, onion powder, sugar, tomato powder, oregano, <b>MUSTARD</b> powder, colour: paprika extract, concentrated lime juice, sunflower oil, acidity regulator: citric acid], cooked spiced sweetcorn [sweetcorn, coriander, rapeseed oil, smoked paprika, ground cumin], smoky roasted red pepper sauce [tomato, water, roasted 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], pickled vegetables [vegetables (white cabbage, carrot, red cabbage, red onion), water, cider vinegar, caster sugar, salt], red kidney beans, barbecue pulled beef (6%) [pulled beef, water, sugar, tomato paste, spirit vinegar, molasses, cornflour, salt, malted <b>BARLEY</b> extract, smoked water, garlic powder, black pepper], black turtle beans, roasted red peppers, smoked Cheddar cheese ( <b>MILK</b> ), rapeseed oil.	1917	458	14.0	4.4	61.0	12.0	9.6	17	2.00
<b>Vegan Smoky Jackfruit and Grains</b>	Y	Y	Cooked spelt ( <b>WHEAT</b> ) [water, spelt ( <b>WHEAT</b> )], cooked wheatberries ( <b>WHEAT</b> ) [water, wheatberries ( <b>WHEAT</b> )], smoky roasted red pepper sauce [tomato, water, roasted 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], cooked long grain rice [water, long grain rice], tomato base [tomato paste, water, rapeseed oil, onion, tomato, white wine vinegar, cornflour, salt, garlic purée, lemon juice], black turtle beans, red kidney beans, pulled barbecue jackfruit [jackfruit, brown sugar, tomato purée, cumin powder, ancho chilli powder, cayenne pepper, apple cider vinegar, salt, garlic purée, dark molasses, paprika, lime juice, rapeseed oil, black pepper, coriander powder], roasted red pepper, three chilli sauce [tomato paste, sugar, water, spirit vinegar, olive oil, chilli flakes, lemon juice, coriander, cornflour, red chilli purée, smoked paprika, lemon zest, garlic purée, Dijon mustard (water, <b>MUSTARD</b> seeds, spirit vinegar, salt), salt, chilli powder, black pepper], rapeseed oil, coriander, spinach, dairy free alternative to German style cheese [water, coconut oil, modified potato starch, cornflour, <b>OAT</b> fibre, modified maize starch, thickeners: carrageenan, guar gum, salt, yeast extract, tricalcium citrate, flavouring, colour: carotenes], lime zest, crispy fried onions [onion, palm oil, <b>WHEAT</b> flour, salt], cooked spiced sweetcorn [sweetcorn, rapeseed oil, smoked paprika, ground cumin], garlic purée, black pepper.	1988	475	17.0	4	61	10.9	14.2	12	0.90
<b>Salad Bowls</b>												
<b>Chicken &amp; Avocado Protein Bowl</b>	N	N	Chicken breast (18%) [chicken breast, marinade (cornflour, salt, black pepper, garlic powder, sunflower oil)], free range hard-boiled <b>EGG</b> , cucumber, [chicken breast, marinade (cornflour, salt, black pepper, garlic powder, sunflower oil)], cooked wholewheat [water, <b>WHOLEWHEAT</b> ], cooked white quinoa [water, white quinoa], spinach, diced beetroot, dipped avocado [avocado, water, salt, preservatives: L-cysteine, calcium chloride; anti-oxidant: ascorbic acid; acidity regulator: citric acid], edamame <b>SOYA</b> beans, cooked spelt [water, spelt ( <b>WHEAT</b> )], diced apple, honey, reduced fat mayonnaise [water, rapeseed oil, spirit vinegar, cornflour, pasteurised free range <b>EGG</b> yolk, salt, sugar, citrus fibre, stabiliser: pectin, concentrated lemon juice], basil pesto [medium fat hard cheese ( <b>MILK</b> ), basil, sunflower oil, extra virgin olive oil, salt, garlic purée, acidity regulator: citric acid], crème fraîche ( <b>MILK</b> ), concentrated lemon juice, beetroot powder, parsley, extra virgin olive oil, cider vinegar, rapeseed oil, salt, cornflour.	1147	274	9.0	2.8	20	5.0	7.8	24	1.00
<b>Vegan Spiced Protein Bowl</b>	Y	Y	Peas, edamame <b>SOYA</b> beans, cooked bulgur wheat [water, durum <b>WHEAT</b> , rapeseed oil], chickpeas, green lentils, beetroot, red onion, roasted red pepper, spinach, pickled red onions [red onion, water, cider vinegar, sugar, salt], spicy tomato dressing [water, tomato paste, red pepper, onion, spirit vinegar, sugar, rapeseed oil, chilli purée, concentrated lemon juice, basil, garlic purée, salt, cornflour, oregano, dijon mustard (water, <b>MUSTARD</b> seeds, spirit vinegar, salt)], dried chilli, black pepper, harissa paste [water, red pepper, rapeseed oil, dried red pepper, tomato paste, concentrated lemon juice, spices (cumin seeds, chilli, paprika, cayenne pepper, ground coriander), sugar, garlic purée, salt, spirit vinegar, cornflour, garlic powder, oregano], marinated semi dried tomato [tomato, sunflower oil, salt, garlic, oregano], extra virgin olive oil, rapeseed oil, parsley, pickled chillies [chilli, spirit vinegar], cumin seeds, smoked paprika, black pepper, salt.	1055	252	8.8	1.0	25	7	12.0	12.0	1.30