

# STARBUCKS® Summer 2017

## Food Ingredients & Allergens

Allergen Information: Allergy data detailed below has been taken from the supplier of the products.

WE CANNOT GUARANTEE THAT ANY OF OUR PRODUCTS ARE FREE FROM ALLERGENS (INCLUDING MILK, EGGS, SOYA, NUTS, PEANUTS, GLUTEN AND OTHERS) AS WE USE SHARED EQUIPMENT TO STORE, PREPARE AND SERVE THEM  
If you have a food allergy please talk to a barista about your order.

For all packaged foods including impulse items please refer to the package label for allergen information.

### Bars / Biscuits / Shortbreads

Burnt Caramel Brownie	<p>Salted butter (butter (<b>MILK</b>), dark chocolate (16%) [sugar, cocoa mass, cocoa butter, emulsifier: <b>SOYA</b> lecithin, vanilla flavouring], sugar, pasteurised free range <b>EGG</b>, milk chocolate chunks (10%) [sugar, cocoa butter, whole <b>MILK</b> powder, cocoa mass, emulsifier: <b>SOYA</b> lecithin, vanilla flavouring], sweetened full cream condensed <b>MILK</b> [whole <b>MILK</b>, sugar, lactose (<b>MILK</b>)], milk chocolate (6%) [sugar, cocoa butter, whole <b>MILK</b> powder, cocoa mass, emulsifier: <b>SOYA</b> lecithin, vanilla flavouring], wheat flour (<b>WHEAT</b> flour, calcium, iron, niacin, thiamin), golden syrup, ground <b>ALMONDS</b>, palm oil, cocoa powder, icing sugar, double cream (<b>MILK</b>), milk chocolate coated butterscotch pieces (1%) [milk chocolate: sugar, cocoa butter, whole <b>MILK</b> powder, cocoa mass, <b>MILK</b> sugar, whey powder (<b>MILK</b>), fat reduced cocoa powder, skimmed <b>MILK</b> powder, emulsifier: vanillin, butter crocant: sugar, glucose syrup, unsalted butter (<b>MILK</b>), <b>MILK</b> skimmed &amp; condensed: (<b>MILK</b>, sugar), water, salt, glycerol monostearate, flavouring, glazing agent: gum arabic], whey powder (<b>MILK</b>), vanilla flavouring, glucose syrup, baking powder [raising agents: disodium diphosphate, potassium hydrogen carbonate, wheat flour (<b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin)], stabiliser: xanthan gum, emulsifier: E471.</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b>.</p>
Granola Bar	<p><b>OATS</b> (25%), salted butter [butter (<b>MILK</b>), salt], sugar, golden syrup, sultanas (7%) [sultanas, sunflower oil, cottonseed oil], full cream sweetened condensed <b>MILK</b> [whole <b>MILK</b>, sugar, lactose (<b>MILK</b>), dried sweetened cranberries (5%) [sugar, cranberries, sunflower oil], dried sweetened cherries [cherries, sugar, sunflower oil], natural dried apricots (5%) [apricots, rice flour], honey, pumpkin seeds (4%), roasted slivered <b>ALMONDS</b> (3%), linseed, <b>PECANS</b> (3%).</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b>. May also contain traces of eggs and soya.</p>
Chocolate Caramel Shortbread	<p>Caramel (23%) [sweetened condensed skimmed <b>MILK</b>, glucose syrup, partially inverted sugar syrup, palm oil, butter (<b>MILK</b>), sugar, water, emulsifier: E471, stabiliser: pectin, salt, natural flavouring], wheat flour (<b>WHEAT</b> flour, calcium, iron, niacin, thiamin), sweetened condensed <b>MILK</b> (whole <b>MILK</b>, sugar), butter oil (<b>MILK</b>), <b>MILK</b> chocolate (17%) (sugar, cocoa butter, whole <b>MILK</b> powder, cocoa mass 11%, emulsifier: <b>SOYA</b> lecithin, natural vanilla flavouring), sugar, butter (<b>MILK</b>), partially inverted sugar syrup, white chocolate (sugar, cocoa butter, whole <b>MILK</b> powder, emulsifier: <b>SOYA</b> lecithin, natural vanilla flavouring), desiccated coconut, salt.</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b>. May also contain traces of eggs, nuts and peanuts.</p>
Belgian Chocolate Brownie	<p>Dark chocolate (28%) [sugar, cocoa mass, cocoa butter, emulsifier: <b>SOYA</b> lecithin, natural vanilla flavouring], pasteurised free range <b>EGG</b>, salted butter [butter (<b>MILK</b>), salt], sugar, sorghum flour, <b>MILK</b> chocolate (5%) [sugar, cocoa butter, whole <b>MILK</b> powder, cocoa mass, emulsifier: <b>SOYA</b> lecithin, natural vanilla flavouring], tapioca starch, ground <b>ALMONDS</b>, cocoa powder, natural vanilla flavouring, baking powder [raising agents: disodium diphosphate, potassium hydrogen carbonate], stabiliser: xanthan gum.</p> <p>For allergens, see ingredients highlighted in <b>BOLD CAPITALS</b>.</p>
Chocolate Chunk Shortbread	<p>Wheat flour (<b>WHEAT</b> flour, calcium, iron, niacin, thiamin), butter (<b>MILK</b>), chocolate chunks (14%) [cocoa mass, sugar, emulsifier: <b>SOYA</b> lecithin, flavouring], sugar, pasteurised free range whole <b>EGG</b>.</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b>. May also contain traces of nuts.</p>
Marshmallow Twizzle	<p><b>CORE PRODUCTS</b>  <b>BELGIAN CHOCOLATE WITH MILK CHOCOLATE STARS:</b> Marshmallow (53%) [glucose syrup, sugar, water, maize starch, beef gelatine, natural flavourings, colour: beetroot red], dark chocolate (23%) [sugar, cocoa mass, cocoa butter, emulsifier: <b>SOYA</b> lecithin, natural vanilla flavouring], milk chocolate stars (20%) [sugar, cocoa mass, whole <b>MILK</b> powder, cocoa butter, emulsifier: ammonium phosphatides], rapeseed oil.</p> <p><b>WHITE CHOCOLATE WITH COLOURED SPRINKLES:</b> Marshmallow (51%) [glucose syrup, sugar, water, maize starch, beef gelatine, natural flavourings, colour: beetroot red], white chocolate (25%) [sugar, whole <b>MILK</b> powder, cocoa butter, skimmed <b>MILK</b> powder, emulsifier: <b>SOYA</b> lecithin, natural vanilla flavouring], sprinkles (22%) [sugar, <b>WHEAT</b> starch, water, glucose syrup, colours: beetroot red, anthocyanins, curcumin], coconut oil, glazing agent: beeswax, rapeseed oil.</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b>. May also contain traces of nuts and sesame.</p>

### Cookies

Salted Caramel Cookie	<p>Wheat flour (<b>WHEAT</b> flour, calcium, iron, niacin, thiamin), salted caramel fudge pieces (23%) [sugar, sweetened condensed <b>MILK</b>, glucose syrup, palm oil, butter oil (<b>MILK</b>), salt, flavouring], butter (<b>MILK</b>), brown sugar, sugar, pasteurised free range whole <b>EGG</b>, raising agents: sodium bicarbonate, disodium diphosphate, calcium dihydrogen diphosphate, monocalcium phosphate; <b>WHEAT</b> fibre, vegetarian whey powder (<b>MILK</b>), flavouring, sea salt, rapeseed oil.</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b>. May also contain traces of soya and nuts.</p>
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Nutella® and Oat Cookie	Nutella® (20%) [sugar, palm oil, <b>HAZELNUTS</b> , cocoa powder, skimmed <b>MILK</b> powder, emulsifier: <b>SOYA</b> lecithin], <b>OATS</b> , wheat flour ( <b>WHEAT</b> flour, calcium, iron, niacin, thiamin), sugar, butter ( <b>MILK</b> ), brown sugar, pasteurised free range <b>EGG</b> , palm oil, rapeseed oil, fructose – glucose syrup, raising agents: sodium bicarbonate, disodium diphosphate, calcium dihydrogen diphosphate, monocalcium phosphate; <b>WHEAT</b> fibre, vegetarian whey powder ( <b>MILK</b> ), salt, flavouring. For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> . May also contain traces of other nuts.
Milk Choc Chunk Cookie	<b>MILK</b> chocolate chunks (32%) [sugar, whole <b>MILK</b> powder, cocoa butter, cocoa mass, emulsifier: <b>SOYA</b> lecithin, flavouring], wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), butter ( <b>MILK</b> ), light brown soft sugar, sugar, free range pasteurised <b>EGG</b> , glucose-fructose syrup, water, raising agents: sodium bicarbonate, disodium diphosphate, calcium dihydrogen diphosphate, monocalcium phosphates; <b>WHEAT</b> fibre, flavouring, whey powder ( <b>MILK</b> ), salt, rapeseed oil. For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> . May also contain traces of nuts.

Cakes	
Peach & Raspberry Round Cake	Sugar, peach compote (15%) [peaches (7.5%), sugar, water, dextrose, glucose syrup, modified maize starch, acidity regulators: citric acid, sodium citrates; thickener: amidated pectin, flavouring, colour: xanthophylls lutein, stabiliser: xanthan gum, preservative: potassium sorbate], wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], free range whole <b>EGG</b> , butter ( <b>MILK</b> ), water, skimmed <b>MILK</b> powder, rapeseed oil, white chocolate & freeze dried raspberry decorations (3%) [sugar, cocoa butter, whole <b>MILK</b> powder, freeze dried raspberry pieces, emulsifier: <b>SOYA</b> lecithin, flavouring], glucose syrup, humectant: glycerol, palm oil, whey powder ( <b>MILK</b> ), raspberry sauce (1%) [raspberry puree, sugar, dried glucose syrup, water, modified maize starch, acidity regulator: citric acid, colour: anthocyanins, preservative: potassium sorbate, flavouring], raising agents: disodium diphosphate, sodium hydrogen carbonate; freeze dried raspberry pieces, emulsifiers: mono- and diglycerides of fatty acids, polyglycerol esters of fatty acids; flavouring, preservative: potassium sorbate, salt, colours: curcumin, beetroot red; concentrated lemon juice, acidity regulator: citric acid. For allergens, including cereals containing gluten, see ingredients in <b>BOLD CAPITALS</b> . May contain traces of peanuts, almonds, hazelnuts, walnuts, pecan nuts and pistachios.
Carrot Cake	Lemon flavour frosting (28%) [sugar, butter ( <b>MILK</b> ), skimmed <b>MILK</b> powder, margarine [palm oil, rapeseed oil, water, emulsifier: mono- and diglycerides of fatty acids], glucose syrup, rapeseed oil, concentrated lemon juice, water, flavouring, emulsifiers: mono- and diglycerides of fatty acids, polyglycerol esters of fatty acids], wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), carrot (16%), sugar, rapeseed oil, free range whole <b>EGG</b> , humectant: glycerol; <b>WALNUTS</b> (2%), raising agents: disodium diphosphate, potassium carbonate, sodium hydrogen carbonate; fat reduced cocoa powder, ground cinnamon, ground ginger, salt, water. For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> . May also contain traces of other nuts and peanuts.

Loaf Cakes	
Lemon Loaf Cake	Sugar, wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), pasteurised free range <b>EGG</b> , rapeseed oil, unsalted butter ( <b>MILK</b> ), pasteurised lemon juice (8%), humectant: glycerine, lemon peel (1%), natural lemon flavouring with other natural flavourings, glucose, glucose-fructose syrup, acidity regulators: citric acid, trisodium citrate; thickener pectin, preservative: potassium sorbate, raising agents: disodium diphosphate, sodium carbonates. For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> . May also contain traces of nuts and sesame.
Yoghurt & Berries Loaf Cake	Sugar, <b>WHEAT</b> flour, rapeseed oil, free range whole <b>EGG</b> powder, <b>WHEAT</b> starch, strawberry pieces (5%), butter ( <b>MILK</b> ), cranberry pieces (4.5%), vegetable fats (palm kernel stearin, coconut), maltodextrin, dried raspberry pieces (1%), dried strawberry pieces (1%), skimmed <b>MILK</b> powder, raising agents: diphosphates, sodium carbonates; stabiliser: glycerol, sweet whey ( <b>MILK</b> ) powder, natural flavourings, preservative: potassium sorbate, salt, modified starch, emulsifiers: lactic acid esters of mono- and diglycerides of fatty acids, cellulose gum, propane-1,2-diol esters of fatty acids, <b>SOYA</b> lecithins, sunflower lecithin, cornflour, glucose syrup, carrot extract, thickeners: guar gum, curcuma; dextrose. For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> . May also contain traces of nuts and sesame.
Chocolate Marble Loaf Cake	Sugar, <b>WHEAT</b> flour, rapeseed oil, <b>WHEAT</b> starch, free range pasteurised whole <b>EGG</b> powder, dark chocolate drops (5%) (cocoa mass, sugar, cocoa butter, fat reduced cocoa powder, emulsifier: <b>SOYA</b> lecithins), butter ( <b>MILK</b> ), vegetable fat (palm), fat reduced cocoa powder(3%), maltodextrin, lactose, raising agent: diphosphates, sodium carbonates; humectant: glycerol; natural vanilla flavouring (contains <b>MILK</b> ), salt, emulsifier: sodium stearyl-2- lactylate, sunflower lecithin; carrot extract, curcuma. For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> . May also contain traces of nuts and sesame.

Muffins	
Salted Caramel Muffin	Wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], soft dark brown sugar, free range pasteurised <b>EGG</b> , rapeseed oil, water, salted caramel filling (9%) [sugar, unsalted butter ( <b>MILK</b> ), inverted sugar syrup, glucose fructose syrup, water, cornflour, sea salt, gelling agent: pectin; colour: plain caramel; flavouring], humectant: glycerine; salted caramel fudge pieces (3%) [sugar, sweetened condensed <b>MILK</b> , glucose syrup, fondant sugar, glucose, palm oil, butter oil ( <b>MILK</b> ), salt, flavouring], unsalted butter ( <b>MILK</b> ), <b>WHEAT</b> starch, raising agents: calcium phosphates, potassium sodium di-phosphates, sodium carbonates, potassium carbonates; potato starch, <b>WHEAT</b> gluten, emulsifiers: E471, sodium stearyl lactate; flavouring, whey powder ( <b>MILK</b> ), thickener: xanthan gum; vanilla extract. For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> . May also contain traces of soya and nuts.

Raspberry Cheesecake Muffin	Wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], pasteurised free range <b>EGG</b> , rapeseed oil, sugar, raspberries (10.1%), water, humectant: vegetable glycerine, icing sugar, <b>WHEAT</b> starch, full fat soft cheese ( <b>MILK</b> ), raising agents: calcium orthophosphates, sodium diphosphate, potassium carbonate, sodium bicarbonate; <b>WHEAT</b> gluten, potato starch, glucose syrup, <b>EGG</b> white, raspberry granules, emulsifiers: mono and di-glycerides of fatty acids, sodium stearyl 2-lactylate; modified maize starch, preservative: potassium sorbate, flavouring, whey powder ( <b>MILK</b> ), thickener: xanthan gum, vanilla extract, thickeners: xanthan gum, microcrystalline cellulose, carboxy methyl cellulose; antioxidants: rosemary extract, tocopherol; salt, lactic acid. For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> . May also contain traces of soya and nuts.
Strawberry & Cream Muffin	Wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], free range pasteurised <b>EGG</b> , sugar, rapeseed oil, strawberry filling (9%) [sugar, strawberry puree, glucose syrup, water, gelling agent: pectin, acidity regulator: citric acid, colour: anthocyanins, antioxidant: tri sodium citrate, flavouring], water, humectant: glycerine, diced strawberries (3%), white chocolate chunks (3%) [sugar, whole <b>MILK</b> powder, cocoa butter, emulsifier: <b>SOYA</b> lecithin, flavouring], fruit pieces [concentrated apple puree, strawberry puree, fructose glucose syrup, sugar, humectant: glycerol, <b>WHEAT</b> fibre, palm fat, acidity regulator: malic acid, gelling agent: pectin, fruit and vegetable concentrates (carrot, pumpkin, blueberry), flavouring], whey powder ( <b>MILK</b> ), <b>WHEAT</b> starch, cream powder [dried cream ( <b>MILK</b> ), dried skimmed <b>MILK</b> ], raising agents: calcium phosphate, diphosphate, sodium bicarbonate, potassium hydrogen carbonate; potato starch, palm fat, emulsifiers: mono- and di-glycerides of fatty acids, sodium stearyl-2 lactylate, polysorbate 60; <b>WHEAT</b> gluten, freeze dried strawberries, skimmed <b>MILK</b> powder, flavourings, stabilisers: xanthan gum, guar gum; preservative: sorbic acid, enzymes ( <b>WHEAT</b> ). For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> . May also contain traces of nuts.
Cranberry & White Chocolate Cheesecake Muffin	Cheese cake filling [full fat soft cheese (cream ( <b>MILK</b> ), skimmed <b>MILK</b> , permeate, salt, modified starch, stabilisers: xanthan gum, locust bean gum), free range pasteurised <b>EGG</b> , icing sugar, cream cheese ( <b>MILK</b> ), water, sugar, glucose syrup, pasteurised whole <b>EGG</b> , pasteurised <b>EGG</b> white, modified starch, vanilla extract, thickeners: microcrystalline cellulose, carboxy methyl cellulose, xanthan gum; acid: lactic acid; flavouring, emulsifier: E471; preservative: potassium sorbate; salt, antioxidants: rosemary extract, tocopherol rich extract; wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], rapeseed oil, sugar, free range pasteurised <b>EGG</b> , sliced cranberries (8%), water, white chocolate chunks (4%) [sugar, cocoa butter, whole <b>MILK</b> powder, <b>SOYA</b> lecithin, flavouring], humectant: glycerine, <b>WHEAT</b> starch; raising agents: monocalcium phosphate, diphosphate, sodium bicarbonate, potassium hydrogen carbonate; <b>WHEAT</b> gluten, potato starch, emulsifiers: E471, sodium stearyl-2 lactylate; lemon zest, whey powder ( <b>MILK</b> ), stabiliser: xanthan gum; flavouring, vanilla extract, preservative: potassium sorbate. For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> . May also contain traces of nuts.
Classic Blueberry Muffin	Wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), blueberries (18%), pasteurised free range <b>EGG</b> , sugar, rapeseed oil, water, humectant: vegetable glycerine; unsalted butter ( <b>MILK</b> ), <b>WHEAT</b> starch, potato starch, Demerara sugar, <b>WHEAT</b> gluten, raising agents: calcium phosphates, potassium carbonate, sodium diphosphate, sodium bicarbonate; emulsifiers: E471, sodium stearyl lactylate; flavourings, preservative: potassium sorbate; whey powder ( <b>MILK</b> ), thickener: xanthan gum. For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> . May also contain traces of soya and nuts.
Skinny Blueberry Muffin	Wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), blueberries (18%), water, whey powder ( <b>MILK</b> ), sugar, free range <b>EGG</b> , wholegrain <b>OAT</b> flakes, polydextrose, vegetable glycerine, emulsifier: E471; honey, raising agents: sodium diphosphate, sodium carbonate; <b>MILK</b> protein, fructose, stabilisers: xanthan gum, guar gum, polysorbate; preservatives: potassium sorbate, sorbic acid; palm oil, flavouring, rapeseed oil, acidity regulator: citric acid. For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> . May also contain traces of Soya and Nuts.
Lemon Poppy Seed Muffin	Sugar, wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), pasteurised free range <b>EGG</b> , water, rapeseed oil, lemon curd filling [sugar, water, glucose syrup, butter ( <b>MILK</b> ), modified maize starch, lemon concentrate, pasteurised free range <b>EGG</b> , lemon juice, gelling agent: pectin; flavouring, acidity regulator: citric acid] humectant: vegetable glycerine, lemon fruit pieces (3%) [concentrated apple puree, concentrated lemon juice, fructose-glucose syrup, glucose syrup, sugar, <b>OAT</b> fibre, rice starch, palm fat, gelling agent: pectin, acidity regulator: citric acid, flavouring] poppy seeds (2%), <b>WHEAT</b> starch, whey powder ( <b>MILK</b> ), orange marmalade [seville oranges, water, acidity regulator: citric acid, gelling agent: pectin] potato starch, raising agents: calcium orthophosphates, potassium carbonate, sodium diphosphate, sodium bicarbonate; thickeners: agar, xanthan gum, locust bean gum; <b>WHEAT</b> gluten, emulsifiers: E471, sodium stearyl lactylate; lemon zest, acid stabilisers: guar gum, polysorbate; flavouring. For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> . May also contain traces of soya and nuts.
Decadent Chocolate Filled Muffin	Sugar, wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), pasteurised free range <b>EGG</b> , water, rapeseed oil, dark chocolate chunks (9%) [cocoa mass, sugar, cocoa powder, emulsifier: <b>SOYA</b> lecithin, flavouring], milk chocolate (4%) [sugar, dried whole <b>MILK</b> , cocoa butter, emulsifier: <b>SOYA</b> lecithin; flavouring], cocoa powder, vegetable glycerine, white chocolate (3%) [sugar, dried whole <b>MILK</b> , cocoa powder, cocoa mass, cocoa butter, emulsifiers: <b>SOYA</b> lecithin; flavouring], palm oil, rapeseed oil, humectants: sorbitol syrup, glycerol; <b>WHEAT</b> starch, sweetened condensed <b>MILK</b> , potato starch, raising agents: calcium phosphate, sodium diphosphate, potassium carbonate, sodium bicarbonate; dextrose, emulsifiers: E471, sodium stearyl-2-lactylate, <b>SOYA</b> lecithin, sorbitan tristearate, polysorbate 60; <b>WHEAT</b> gluten, bulking agent: glycerine; butter ( <b>MILK</b> ), sunflower oil, palm oil, palm kernel oil, cocoa mass, modified maize starch, vanilla extract, thickeners: xanthan gum, sodium alginate, microcrystalline cellulose, carboxymethylcellulose; whey powder ( <b>MILK</b> ), preservative: potassium sorbate; salt, tartaric acid, gelling agent: pectin. For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> . May also contain traces of nuts.

Pastries	
Butter Croissant	<b>WHEAT</b> flour, butter ( <b>MILK</b> ) 23%, water, sugar, yeast, whole <b>MILK</b> powder, <b>WHEAT GLUTEN</b> , salt, emulsifier: rape lecithin, flour treatment agent: ascorbic acid, <b>EGG</b> wash. For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> . May also contain traces of soya, nuts and sesame.

Pain Au Chocolat	<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 GLUTEN</b> , salt, emulsifier: rape lecithin, flour treatment agent: ascorbic acid, <b>EGG</b> wash. For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> . May also contain traces of nuts and sesame.
Pain Aux Raisins	Dough 61% ( <b>WHEAT</b> flour, butter ( <b>MILK</b> ) 22%, water, yeast, sugar, <b>EGGS</b> , salt, <b>WHEAT GLUTEN</b> , flour treatment agent: E300, pastry cream (water, sugar, corn starch, <b>EGGS</b> , powdered <b>WHEY</b> , whole <b>MILK</b> powder, thickener: sodium alginate, <b>EGG</b> albumin powder, skimmed <b>MILK</b> powder, fruit and plant extract (turmeric and carrot), salt, natural flavouring, acidity regulator: citric acid), raisins 12%, <b>EGG</b> wash. For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> . May also contain traces of soya, nuts and sesame.

### Buns, Swirls & Toast

Chocolate Swirl	Dough [wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, sugar, palm oil, rapeseed oil, yeast, pasteurised free range <b>EGG</b> , humectant: vegetable glycerine, dextrose, salt, emulsifier: E471, colour: carotenes, stabiliser: guar gum], filling [butter ( <b>MILK</b> ), sugar, pasteurised free range <b>EGG</b> , cocoa powder, wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), raising agents: disodium dihydrogenpyrophosphate, sodium hydrogen carbonate, monocalcium phosphate], plain chocolate chunks [sugar, cocoa mass, cocoa butter, emulsifier: <b>SOYA</b> lecithin; flavouring], sugar glaze [water, glucose syrup (from <b>WHEAT</b> ), sugar, gelling agent: pectin; citric acid, preservative: potassium sorbate; antioxidant: sodium metasilphite]. For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> . May also contain traces of nuts.
Cinnamon Swirl	Wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, sugar, yeast, free range pasteurised <b>EGG</b> , sultanas (5%), rapeseed oil, whey protein ( <b>MILK</b> ), palm oil, ground cinnamon, invert sugar, wheat starch, skimmed <b>MILK</b> powder, emulsifiers (E471, E472e, E481, sorbitan monostearate), dextrose, flavouring, salt, orange shreds, raising agents (sodium di-phosphates, sodium bicarbonate, calcium phosphates), crème fraiche ( <b>MILK</b> ), stabilisers (agar, locust bean gum, xanthan gum), acidity regulator: citric acid), glucose syrup, colour: carotenes), flour treatment agent: ascorbic acid), orange concentrate, butter ( <b>MILK</b> ), gelling agent: pectin. For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> . May also contain traces of soya and nuts.

Swedish Bun - Cinnamon	Wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), butter ( <b>MILK</b> ) (13%), water, sugar, liquid free range whole <b>EGG</b> , apricot glaze (4%) [water, sugar, apricot puree, glucose and fructose syrup, gelling agent: pectins; acidity regulators: citric acid, potassium citrates], yeast, marzipan (3%) [ <b>ALMONDS</b> , sugar, water, alcohol], biscuit crumb [liquid free range whole <b>EGG</b> , <b>WHEAT</b> flour, sugar, <b>WHEAT</b> starch, skimmed <b>MILK</b> powder, emulsifiers: lactic acid, E472b, E475; raising agents: sodium carbonates, diphosphates; iodised salt], iodised salt, cinnamon (0.5%), dough improver ( <b>WHEAT</b> gluten, <b>WHEAT</b> flour, <b>WHEAT</b> malt flour), cardomom. For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> . May also contain traces of soya, other nuts and sesame.
Swedish Bun - Almond	Wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), butter ( <b>MILK</b> ) (13%), water, sugar, liquid free range <b>EGG</b> , apricot glaze (4%) [water, sugar, apricot puree, glucose fructose syrup, gelling agent: pectins; acidity regulator: citric acid, potassium citrates] yeast; <b>ALMONDS</b> (3%), whole <b>MILK</b> , biscuit crumb [liquid free range <b>EGG</b> , <b>WHEAT</b> flour, sugar, <b>WHEAT</b> starch, skimmed <b>MILK</b> powder, emulsifier: lactic acid esters of mono- and diglycerides of fatty acids, polyglycerol esters of fatty acids; raising agents: sodium carbonates, diphosphates; iodised salt] marzipan (2%) [ <b>ALMONDS</b> , sugar, water, alcohol], vanilla cream [sugar, modified potato starch, sweet whey powder ( <b>MILK</b> ), sunflower oil, glucose syrup, <b>MILK</b> proteins, whole <b>MILK</b> powder, skimmed <b>MILK</b> powder, thickener: sodium alginate; stabiliser: diphosphates; salt, natural flavouring, vegetable extract (carrot, curcuma), iodised salt, improver ( <b>WHEAT</b> gluten, <b>WHEAT</b> flour, <b>WHEAT</b> malt flour), vanilla seeds. For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> . May also contain traces of soya, other nuts and sesame.
Luxury Fruit Toast	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: E471, esters of mono- and diglycerides, sodium stearoyl lactate), colour: carotenes, flour treatment agent: ascorbic acid. For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> . May also contain traces of milk, soya and nuts.
Brioche Toast	Wheat flour [ <b>WHEAT</b> flour, calcium, iron, niacin, thiamin], water, free range pasteurised <b>EGG</b> , butter ( <b>MILK</b> ), yeast, sugar, invert sugar, rapeseed oil, dextrose, dried <b>WHEAT</b> sourdough, stabiliser: hydroxypropylmethylcellulose, emulsifiers: E471, E472e, E481; colour: carotenes, inactive dried yeast, flavouring, flour treatment agent: ascorbic acid. For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> . May also contain traces of soya and nuts.

### Porridge

Porridge Dairy	<b>OATS</b> (77%), skimmed <b>MILK</b> powder. For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> .
Porridge Soy	<b>OATS</b> (73%), <b>SOYA</b> milk powder (27%). For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> .

PACKAGED ITEMS	
Yoghurts and Fruit	
Fruit Mix	Mango (38%) [mango, antioxidants: ascorbic acid, citric acid; firming agent: calcium chloride; salt], kiwi (38%), pomegranate (13%), blueberry (13%). Pears (53%), plums (34%), blueberries (11%), antioxidants: ascorbic acid, citric acid.
Yoghurt with Granola, Mango & Passion fruit	Half fat Greek style yogurt (62%) ( <b>MILK</b> ), tropical compote (25%) [mango, water, agave syrup, passion fruit juice, passion fruit seeds, corn flour, gelling agent: E 440], puffed rice granola (12.5%) ( <b>OATFLAKES</b> , honey, sunflower seeds, pumpkin seeds, puffed rice (5%), puffed quinoa, agave nectar, sunflower oil). For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> .
Berry Crunch	Half fat Greek style yogurt (62%) ( <b>MILK</b> ), mixed berry compote (27%) [sugar, strawberries (19%), water, blackberries (15%), blueberries (14%), redcurrants (12%), corn flour, lemon juice, natural flavouring, amidated pectin], oat granola (11%) ( <b>OATS</b> , sugar, water, rapeseed oil, desiccated coconut, glucose syrup, sunflower seeds, blossom honey, salt). For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> .
Berry Good Bircher	Greek style yoghurt ( <b>MILK</b> ) (42%), apple (19%), <b>OATS</b> (10%), apple juice (8%) (from concentrate), dried cranberries (7%) [cane sugar, sunflower oil], summer berry compote (5%) [blackberry, redcurrant, blackcurrant, black cherry, jam sugar (thickener: apple pectin; acidity regulator: citric acid; humectant: glycerol)], raspberries, water, corn flour), dried blueberries (4%) [sugar, sunflower oil], pomegranate kernels (3%), toasted pumpkin seeds (2%), dried raspberries. For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> .

Breakfast Sandwiches	
All day breakfast sandwich (Welcome Break)	White bread roll [wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, vegetable oils (palm, rapeseed), sugar, yeast, salt, sunflower oil, flour treatment agent: ascorbic acid, emulsifier: E471], Lincolnshire sausage (25%) [pork, water, rusk (wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), salt, raising agent: ammonium bicarbonate), <b>WHEAT</b> starch, salt, dextrose, rapeseed oil, beef collagen casing, sage, parsley, wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), stabiliser: triphosphates, <b>WHEAT</b> protein, spice and herb extracts (pepper, nutmeg, chilli, sage, parsley, pimento)], egg Béchamel sauce (19%) [free range hard boiled egg (free range hard boiled <b>EGG</b> , acidity regulators: citric acid, trisodium citrate), Béchamel sauce (whole <b>MILK</b> , water, whipped cream ( <b>MILK</b> ), starch, butter ( <b>MILK</b> ), salt, white pepper), black pepper], smoked streaky bacon (7%) [pork, salt, antioxidant: sodium ascorbate, preservative: sodium nitrite]. For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> .
Cheddar and Marmite® Sarnie	Ciabatta roll [wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, vegetable oils (palm, rapeseed), salt, emulsifier: E471, yeast, sunflower oil, flour treatment agent: ascorbic acid], Cheddar cheese ( <b>MILK</b> ) (31%), béchamel sauce (11%) [whole <b>MILK</b> , water, whipped cream ( <b>MILK</b> ), starch, butter ( <b>MILK</b> ), salt, white pepper], Marmite® yeast extract (5%) [yeast extract (contains <b>BARLEY</b> ), salt, vegetable juice concentrate, vitamins (thiamin, riboflavin, niacin, vitamin B12, folic acid), natural flavouring (contains <b>CELERY</b> )]. For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> .
Smoked Salmon Bagel	Seeded bagel [wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, thiamin, niacin), water, brown linseeds, sunflower seeds, <b>RYE</b> flour, <b>BARLEY</b> flakes, poppy seeds, sugar, <b>WHEAT</b> gluten, yeast, vegetable oil (rapeseed), salt, malted <b>BARLEY</b> flour, flour treatment agent: ascorbic acid, maize grits], soft cheese (21%) [soft cheese ( <b>MILK</b> ), corn flour], Oakwood smoked salmon (15%) [salmon ( <b>FISH</b> ), salt], spinach (5%). For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> .
Bacon Buttie (Welcome Break)	White roll [wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, vegetable oils (palm, rapeseed), sugar, yeast, salt, sunflower oil, flour treatment agent: ascorbic acid, emulsifier: E471], smoked streaky bacon (36%) [pork, salt, antioxidant: sodium ascorbate, preservative: sodium nitrite]. For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> .
Sausage Sarnie (Welcome Break)	White roll [wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, vegetable oils (palm, rapeseed), sugar, yeast, salt, sunflower oil, flour treatment agent: ascorbic acid, emulsifier: E471], Lincolnshire sausage (48%) [pork, water, rusk (wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), salt, raising agent: ammonium bicarbonate), <b>WHEAT</b> starch, salt, dextrose, rapeseed oil, beef collagen casing, sage, parsley, wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), stabiliser: triphosphate, <b>WHEAT</b> protein, spice and herb extracts (pepper, nutmeg, chilli, sage, parsley, pimento)]. For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> .
All Day Breakfast	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, dough conditioner ( <b>WHEAT</b> flour, emulsifier: E472e, vegetable oil (sunflower), flour treatment agent: ascorbic acid)], chipolata sausage (31%) [British pork, water, pork fat, wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, thiamin, niacin), salt, pea fibre, dextrose, seasoning (salt, onion powder, coriander, nutmeg, pepper, sage), preservative: E223 ( <b>SULPHITES</b> ), stabiliser: E451, yeast, antioxidant: ascorbic acid, <b>WHEAT</b> gluten, flour treatment agent: ascorbic acid, pork collagen casing], scrambled <b>EGG</b> (18%) [pasteurised free range whole <b>EGG</b> , water, sunflower oil, skimmed <b>MILK</b> powder, lemon juice, salt, white pepper], dry cured hickory smoked bacon (7%) [pork belly, salt, sugar, preservatives: sodium nitrite, sodium nitrate; antioxidant: sodium ascorbate], 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, nutmeg oleoresin], white pepper. For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> .

Butchers Choice Sausage Sandwich	Chipolata sausage (54%) [British pork, water, pork fat, wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, thiamin, niacin), salt, pea fibre, dextrose, seasoning (salt, onion powder, coriander, nutmeg, pepper, sage), preservative: E223 ( <b>SULPHITES</b> ), stabiliser: E451, yeast, antioxidant: ascorbic acid, <b>WHEAT</b> gluten, flour treatment agent: ascorbic acid, pork collagen casing], 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, dough conditioner ( <b>WHEAT</b> flour, emulsifier: E472e, sunflower oil, flour treatment agent: ascorbic acid)]. For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> .
Hickory Smoked Bacon Sandwich	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, dough conditioner ( <b>WHEAT</b> flour, emulsifier: E472(e), sunflower oil, flour treatment agent: ascorbic acid), dry cured back bacon (24%) [pork back, salt, sugar, preservatives: sodium nitrite, sodium nitrate; antioxidant: sodium ascorbate], dry cured hickory smoked bacon (12%) [pork belly, salt, sugar, preservatives: sodium nitrite, sodium nitrate; antioxidant: sodium ascorbate]. For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> .

Filled Croissants	
Cheddar and Mushroom Croissant	Twist croissant [wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, butter ( <b>MILK</b> ), yeast, free range <b>EGG</b> yolk, salt, <b>WHEAT</b> gluten, antioxidants: ascorbic acid, rosemary extract; sugar], mature Cheddar cheese ( <b>MILK</b> ) (13%), roasted mushrooms (13%), béchamel sauce (13%) [whole <b>MILK</b> , water, whipped cream ( <b>MILK</b> ), starch, butter ( <b>MILK</b> ), salt, white pepper], parsley, black pepper. For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> .
Ham and Cheese Croissant	Twist croissant [wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, butter ( <b>MILK</b> ), yeast, free range <b>EGG</b> yolk, salt, <b>WHEAT</b> gluten, antioxidants: ascorbic acid, rosemary extract; sugar], smoked dry cured formed ham (28%) [pork, salt, stabilisers: tri- and di- phosphates, antioxidant: sodium ascorbate, preservative: sodium nitrite], mature Cheddar cheese (12%) ( <b>MILK</b> ). For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> .

Toasties	
Ham and Cheese Toastie	Sourdough bread [wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, <b>RYE</b> flour, yeast, salt, vegetable oils (palm, rapeseed), <b>BARLEY</b> malt flour, flour treatment agent: ascorbic acid], smoked dry cured formed ham (20%) [pork, salt, stabilisers: tri- and di- phosphates; antioxidant: sodium ascorbate; preservative: sodium nitrite], mature Cheddar cheese ( <b>MILK</b> ) (11%), béchamel sauce (8%) [whole <b>MILK</b> , water, whipped cream ( <b>MILK</b> ), starch, butter ( <b>MILK</b> ), salt, white pepper], Mascarpone cheese ( <b>MILK</b> ) (7%) (contains acidity regulator: citric acid), mozzarella cheese ( <b>MILK</b> ) (6%), crème fraiche ( <b>MILK</b> ) (4%). For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> .
Triple Cheese Toastie	Sourdough bread [wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, <b>RYE</b> flour, yeast, salt, vegetable oils (palm, rapeseed), <b>BARLEY</b> malt flour, flour treatment agent: ascorbic acid], Cheddar cheese ( <b>MILK</b> ) (14%) (contains: potato starch), red Leicester cheese ( <b>MILK</b> ) (14%) (colour: annatto; potato starch), truffled Mascarpone cheese (13%) [Mascarpone cheese ( <b>MILK</b> ), whole <b>MILK</b> , truffle oil (sunflower oil, extra virgin olive oil, truffle extract), corn flour], mature Cheddar cheese ( <b>MILK</b> ) (6%). For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> .
Mini Cheese and Ham Toastie	Dry cured formed ham (32%) [pork, salt, brown sugar, stabiliser: sodium triphosphate; antioxidant: sodium ascorbate; preservative: sodium nitrite], mini white loaf [wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, vegetable oil (rapeseed), sugar, salt, yeast, <b>WHEAT</b> flour, emulsifier: E471, flour treatment agent: ascorbic acid], west country Cheddar cheese ( <b>MILK</b> ) (16%), béchamel sauce (8%) [ <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; flavouring: nutmeg oleoresin], Cheddar cheese ( <b>MILK</b> ) (8%), Mozzarella cheese ( <b>MILK</b> ) (8%). For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> .

Sandwiches / Baguettes / Wraps	
Sure as Eggs is Eggs	Seeded farmhouse bread [wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, seed blend (sunflower seeds, brown linseeds, golden linseeds, poppy seeds, millet), malted <b>WHEAT</b> flakes, yeast, salt, <b>BARLEY</b> malt flour, <b>WHEAT</b> gluten, sugar, <b>SOYA</b> flour, preservative: calcium propionate; emulsifier: E472e; vegetable oil (rapeseed), flour treatment agent: ascorbic acid], free range egg mayonnaise (36%) [free range boiled <b>EGG</b> , mayonnaise (rapeseed oil, water, pasteurised free range <b>EGG</b> yolk, spirit vinegar, salt, Dijon mustard (water, <b>MUSTARD</b> seeds, spirit vinegar, salt), sugar), salt, black pepper], free range boiled egg (22%) [free range boiled <b>EGG</b> , acidity regulators: citric acid, trisodium citrate], <b>MUSTARD</b> cress (3%). For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> .

Smoked Chicken & Maple Bacon Sandwich	<p>Seeded malted bread [wheat flour (<b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, malted <b>WHEAT</b> flakes, malted <b>BARLEY</b> flour, <b>WHEAT</b> bran, <b>WHEAT</b> protein, sugar, yeast, pearl <b>BARLEY</b> flakes, salt, cracked <b>WHEAT</b>, vegetable oils (rapeseed, palm), natural flavouring, spirit vinegar, emulsifiers: E471, E472e; brown linseeds, sunflower seeds, poppy seeds, palm fat, flour treatment agent: ascorbic acid], cooked smoked chicken (20%) [chicken, salt, cornflour], tomato (16%), slow roasted tomato and paprika mayonnaise (10%) [slow roasted tomatoes (slow roasted tomatoes, rapeseed oil, salt, garlic, oregano), mayonnaise (water, rapeseed oil, cornflour, whole free range <b>EGG</b>, spirit vinegar, skimmed <b>MILK</b> powder, salt, sugar, <b>MUSTARD</b> flour), paprika], maple cured smoked bacon (7%) [pork, maple syrup, salt, sugar, antioxidant: sodium ascorbate, preservative: sodium nitrite], lettuce leaves (6%).</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b>.</p>
Salt Beef Onion Bagel	<p>Onion bagel [wheat flour (<b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, onion, sugar, yeast, rapeseed oil, salt, <b>BARLEY</b> malt flour, emulsifier: E472e; flour treatment agent: ascorbic acid, maize grits], salt beef (17%) [beef, salt, antioxidant: sodium ascorbate; preservative: sodium nitrite], beef pastrami (15%) [beef, dextrose, salt, potato starch, stabilisers: diphosphates; triphosphates; black pepper, antioxidant: sodium ascorbate; preservative: sodium nitrite], Emmental cheese (<b>MILK</b>) (9%), horseradish sauce (4%) [water, single cream (<b>MILK</b>), spirit vinegar, sugar, rapeseed oil, corn flour, horseradish flakes, salt, skimmed <b>MILK</b> powder, free range whole <b>EGG</b>, <b>MUSTARD</b> flour, horseradish powder], gherkins (4%) [gherkins, water, spirit vinegar, salt].</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b>.</p>
Buttermilk Chicken & Chipotle Wrap	<p>Tomato tortilla [wheat flour (<b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, palm oil, rapeseed oil, tomato seasoning (tomato powder, red bell pepper, paprika, basil, sugar, salt, raising agents: sodium carbonates, malic acid, diphosphates), shredded buttermilk chicken (19%) [chicken breast, buttermilk marinade (sugar, buttermilk powder (buttermilk powder (<b>MILK</b>), <b>MILK</b> protein), spices (paprika, black pepper, chilli, coriander, cumin), glucose syrup, garlic powder, onion powder, yeast extract, salt, spice extract (black pepper, cayenne), herbs (rosemary, thyme)), cornflour, salt], carrot (7%), black bean &amp; chipotle houmous (7%) [chickpeas, black turtle beans, water, rapeseed oil, chipotle sauce (smoked red jalapeño, water, vinegar, sugar, salt, smoke flavouring, stabiliser: xanthan gum, garlic), salt, acidity regulator: citric acid, garlic], broccoli (6%), butternut squash (6%), spinach (6%), red pepper and chilli relish (4%) [red pepper, sugar, red onion, red chilli puree, water, concentrated lemon juice fire roasted chilli, thickener: pectin], red pepper tapenade (3%) [peppers, sunflower oil, tomato paste, olive oil, salt, concentrated lemon juice, garlic, sugar], dried apricots (2%) [apricots, rice flour, preservative: sulphur dioxide (<b>SULPHITES</b>)], toasted pumpkin seeds, red chilli, mayonnaise [water, rapeseed oil, cornflour, whole free range <b>EGG</b>, spirit vinegar, skimmed <b>MILK</b> powder, concentrated lemon juice, salt, sugar, <b>MUSTARD</b> flour], red chilli.</p> <p>For allergens, including cereals containing gluten, see ingredients in <b>BOLD CAPITALS</b>. May contain traces of nuts and sesame.</p>
Kale Jalapeno & Slaw Wrap	<p>Plain tortilla [wheat flour (<b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, palm oil, rapeseed oil, sugar, raising agents: sodium carbonates, diphosphates, malic acid; salt, flour treatment agent: sodium metabisulphite (<b>SULPHITES</b>)], jalapeño &amp; kale bites (15%) [chickpeas, red peppers, jalapeño (jalapeño pepper, water, vinegar, salt, acidity regulator: citric acid, colour: riboflavin), onion, rapeseed oil, kale, potato flakes, self raising flour (wheat flour (<b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), raising agent: diphosphates, sodium carbonates), bread crumbs (wheat flour (<b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), yeast, salt), coriander leaves, garlic, salt, ground cumin, black pepper], sweetcorn puree (8%), carrot (7%), broccoli (6%), butternut squash (6%), spinach (6%), chargrilled sweetcorn (4%), red pepper and chilli relish (4%) [red pepper, sugar, red onion, red chilli puree, water, concentrated lemon juice, fire roasted chilli, thickener: pectin], red pepper tapenade (3%) [red peppers, sunflower oil, tomato paste, olive oil, salt, concentrated lemon juice, garlic, sugar], dried apricots (2%) [apricots, rice flour, preservative: sulphur dioxide (<b>SULPHITES</b>)], toasted pumpkin seeds, pomace olive oil, coriander, cajun seasoning [salt, maltodextrin, red bell pepper, cayenne pepper, chilli powder, garlic powder, oregano, pimento, coriander, cardamom, ginger, cumin, white pepper, fennel, black pepper, yeast extract, <b>MUSTARD</b> powder, flavouring, rapeseed oil, thyme, sage, colour: paprika extract], red chilli.</p> <p>For allergens, including cereals containing gluten, see ingredients in <b>BOLD CAPITALS</b>. May contain traces of nuts and sesame.</p>
Croque Monsieur Panini	<p>Ciabatta [wheat flour (<b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, extra virgin olive oil, salt, yeast, malted <b>BARLEY</b> flour, ground black pepper], smoked dry cured formed ham (23%) [pork, water, salt, dextrose, stabilisers: diphosphates, triphosphates; antioxidant: sodium ascorbate, preservative: sodium nitrate], mature Cheddar cheese (<b>MILK</b>) (10%), Béchamel sauce (10%) [whole <b>MILK</b>, water, whipped cream (<b>MILK</b>), starch, butter (<b>MILK</b>), salt, white pepper], Mozzarella cheese (<b>MILK</b>) (5%), crème fraîche (2%) (<b>MILK</b>), Dijon mustard (2%) [water, <b>MUSTARD</b> seeds, spirit vinegar, salt], American-style mustard [distilled vinegar, water, <b>MUSTARD</b> seeds, salt, turmeric, paprika, spices, natural flavouring, garlic powder].</p> <p>For allergens, including cereals containing gluten, see ingredients in <b>BOLD CAPITALS</b>. May contain traces of nuts and sesame.</p>
Pesto & Tomato Mozzarella Panini	<p>Ciabatta [wheat flour (<b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, extra virgin olive oil, yeast, salt, malted <b>BARLEY</b> flour, ground black pepper], Mozzarella cheese (<b>MILK</b>) (21%), tomato (16%), red pesto (5%) [sundried tomatoes (sundried tomatoes, extra virgin olive oil, grape vinegar, wine vinegar, water, salt), semidried tomatoes (semidried tomatoes, sunflower oil, sugar, salt, garlic, oregano, acidity regulator: citric acid), sunflower oil, medium fat hard cheese (<b>MILK</b>), extra virgin olive oil, mixed herbs, garlic puree], slow roasted tomatoes (5%) [slow roasted tomatoes, rapeseed oil, salt, garlic, oregano], basil.</p> <p>For allergens, including cereals containing gluten, see ingredients in <b>BOLD CAPITALS</b>. May contain traces of nuts and sesame.</p>
Tuna Panini	<p>Ciabatta [wheat flour (<b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, extra virgin olive oil, yeast, salt, malted <b>BARLEY</b> flour, ground black pepper], tuna (20%) [tuna (<b>FISH</b>), salt], mature Cheddar cheese (<b>MILK</b>) (10%) (contains potato starch), mayonnaise (6%) [rapeseed oil, water, free range pasteurised whole <b>EGG</b>, spirit vinegar, cornflour, free range pasteurised <b>EGG</b> yolk, sugar, salt, concentrated lemon juice, <b>MUSTARD</b> flour], Béchamel sauce (5%) [whole <b>MILK</b>, water, whipped cream (<b>MILK</b>), starch, butter (<b>MILK</b>), salt, white pepper], sweetcorn (5%), Mozzarella cheese (<b>MILK</b>) (4%), spring onion, chives, black pepper.</p> <p>For allergens, including cereals containing gluten, see ingredients in <b>BOLD CAPITALS</b>. May contain traces of nuts and sesame.</p>

Hot Boxes	
Super Scrambled Eggs, Tomato & Spinach	Free range scrambled eggs (57%) [free range whole <b>EGG</b> , water, rapeseed oil, buttermilk powder ( <b>MILK</b> ), cornflour, salt, white pepper, acidity regulator: citric acid, stabiliser: xanthan gum, preservative: lactic acid], cherry tomato (21%), spinach (14%), marinated slow roasted tomato (6%) [slow roasted tomato, rapeseed oil, salt, garlic, oregano], mixed seeds [sunflower seeds, pumpkin seeds, brown linseed, golden linseed]. For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> .
Spicy Chorizo, Poached Egg & Potato	Roast potato (21%), free range poached egg (14%) [free range <b>EGG</b> , brine (water, salt, antioxidant: citric acid, preservative: lactic acid)], tomato sauce (11%) [tomato puree, salt, sunflower oil, sugar, marjoram, basil, pepper, onions, acidity regulator: citric acid], three bean (11%) [navy pea beans, borlotti beans, red kidney beans, water, salt], chargrilled peppers (11%) [red pepper, yellow pepper, sunflower oil], chorizo (7%) [pork, water, salt, paprika, <b>MILK</b> powder, dextrose, garlic, preservatives: sodium nitrite, potassium nitrate; acerola extract, nutmeg, oregano], red pepper (7%), red pepper tapenade (6%) [peppers, sunflower oil, tomato puree, olive oil, salt, acidity regulator: citric acid, garlic, sugar], Cheddar cheese (4%) [Cheddar cheese ( <b>MILK</b> ), potato starch], Red Leicester cheese (4%) [Red Leicester cheese ( <b>MILK</b> ), colour: annatto, potato starch], tomato ketchup (2%) [water, sugar, tomato puree, spirit vinegar, salt, cornflour, dried garlic, white pepper, paprika], coriander, paprika. For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> .
Firecracker Chicken & Giant Cous Cous	Cous cous & coriander mix (47%) [giant cous cous (water, giant cous cous ( <b>WHEAT</b> flour)), coriander], spicy bulgogi sauce (29%) [water, apple puree, brown sugar, onion, <b>SOY</b> sauce (water, <b>SOYBEANS</b> , <b>WHEAT</b> , salt, spirit vinegar, alcohol, sugar), mirin, gochujang paste (red pepper paste (glucose syrup, chilli powder (chilli, cumin, salt, oregano, garlic), water, salt, alcohol, garlic puree, onion puree, <b>WHEAT</b> flour, yeast extract, malt extract ( <b>BARLEY</b> )), water, spirit vinegar, corn starch), spring onion, ginger puree, <b>SESAME</b> oil, garlic, maize starch, rice vinegar, cane molasses, red <b>SOYABEAN</b> paste (water, <b>SOYBEANS</b> , rice, salt, yeast, acidity regulator: E270), tamarind paste (tamarind, water), lime juice, rapeseed oil, beef stock (concentrated beef juices (beef extract, beef, water, beef fat), corn starch, beet sugar, salt, tomato puree, onion concentrate), smoked water, crushed chilli], roasted chicken in firecracker style seasoning (13%) [chicken breast, firecracker marinade (sugar, dried glucose syrup, flavouring (natural garlic, chipotle), tomato powder, spices (jalapeno chilli, chilli, ancho chilli, cumin, black pepper), garlic powder, yeast extract, onion powder, carrot granules, sunflower oil, colour: E160(c), coriander), corn flour, salt], red pepper (7%), mange tout (3%), red chilli (1%). For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> .
Pulled Beef, Chilli & Rice	Rice & bean mix (50%) [blanched white rice (white rice, water), black turtle beans (black turtle beans, water, firming agent: E509), parsley, coriander], Texan mop sauce (33%) [passata, water, onion, cider vinegar, brown sugar, rapeseed oil, tomato puree, garlic puree, maize starch, ancho chilli paste (rapeseed oil, ancho chilli, paprika, water, acetic acid (E260), garlic powder, ginger), Worcestershire sauce (water, sugar, spirit vinegar, cane molasses, onion puree, salt, tamarind paste, cloves, ginger puree, garlic puree), fennel seed, cumin seed], pulled beef & Texan mop sauce mix (13%) [hot pulled beef (10%) (beef, salt), Texan mop sauce (passata, water, onion, cider vinegar, brown sugar, rapeseed oil, tomato puree, garlic puree, maize starch, ancho chilli paste (rapeseed oil, ancho chilli, paprika, water, acetic acid (E260), garlic powder, ginger), Worcestershire sauce (water, sugar, spirit vinegar, cane molasses, onion puree, salt, tamarind paste, cloves, ginger puree, garlic puree), fennel seed, cumin seed)], roast red & yellow pepper (3%) [red pepper, yellow pepper, rapeseed oil], sweetcorn (3%), coriander. For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> .
Courgetti, Broccoli & Halloumi Cous Cous	Cous cous quinoa and <b>BARLEY</b> mix (42%) [water, white quinoa, cous cous {duram <b>WHEAT</b> semolina}, pearl <b>BARLEY</b> , black <b>BARLEY</b> , turmeric], smoky tomato sauce (27%) [water, tomato puree, tomato, glucose syrup, sugar, maize starch, malt vinegar ( <b>BARLEY</b> ), rapeseed oil, salt, smoked water, paprika, garlic puree, yeast extract, cumin, turmeric], courgette (12%), halloumi ( <b>MILK</b> ) (8%), red pepper (7%), broccoli (5%). For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> .

Salads	
Caesar Salad	Salad leaves (27%), chargrilled shredded chicken (27%) [chicken, corn flour, salt, brown sugar], cherry tomato (15%), Caesar dressing (15%) [rapeseed oil, water, free range whole <b>EGG</b> , cheese ( <b>MILK</b> ), white wine vinegar, garlic puree, concentrated lemon juice, anchovy paste (anchovies ( <b>FISH</b> ), sunflower oil, salt), Dijon mustard (water, <b>MUSTARD</b> seeds, spirit vinegar, salt), sugar, salt, corn flour, chives, parsley, black pepper, <b>MUSTARD</b> flour], bacon (6%) [pork back, salt, antioxidant: sodium ascorbate; preservatives: sodium nitrite, potassium nitrate], croutons (5%) [wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), rapeseed oil, olive oil, sugar, yeast, sea salt], Grana Padano cheese ( <b>MILK</b> ) (4%) (contains salt, animal rennet, preservative: lysozyme protein ( <b>EGG</b> )), regato cheese ( <b>MILK</b> ) (anticaking agent: potato starch). For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> . May contain traces of nuts and sesame.
Buttermilk Chicken & Mango Salad	Grain and seed mix (32%) [water, brown rice, black rice, quinoa], shredded buttermilk chicken (13%) [chicken breast (89%), buttermilk marinade (sugar, buttermilk powder (buttermilk powder ( <b>MILK</b> ), <b>MILK</b> protein), spices (paprika, black pepper, chilli, coriander, cumin), glucose syrup, garlic powder, onion powder, yeast extract, salt, spice extract (black pepper, cayenne), herbs (rosemary, thyme)), cornflour, salt], chipotle buttermilk dressing (8%) [rapeseed oil, water, buttermilk ( <b>MILK</b> ), sugar, pasteurised free range <b>EGG</b> yolk, spirit vinegar, cornflour, salt, chipotle chilli powder, concentrated lemon juice, red chilli puree, <b>MUSTARD</b> flour], cucumber (8%), dried apricots (7%) [apricots, rice flour, preservative: sulphur dioxide ( <b>SULPHITES</b> )], edamame <b>SOYA</b> beans (5%), red pepper (6%), sugar snap peas (5%), spring onion (3%), carrot (3%), broccoli (3%), butternut squash (3%), mango (3%), leaf (3%), red pepper tapenade (2%) [red peppers, sunflower oil, tomato paste, olive oil, salt, concentrated lemon juice, garlic, sugar], toasted pumpkin seeds, red chilli. For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> . May contain traces of nuts and sesame.

Grilled Veg & Grain Salad Bowl	<p>Grain and seed mix (13%) [water, brown rice, black rice, quinoa], durum wheat cous cous (13%) [durum <b>WHEAT</b>, water], chargrilled red pepper (10%), chargrilled sweetcorn (9%), roasted butternut squash (9%) [butternut squash, sunflower oil], sugar snap peas (8%), chargrilled broccoli floret (8%), carrot (4%), broccoli (4%), butternut squash (4%), leaf (3%), red pepper tapenade (2%) [peppers, sunflower oil, tomato paste, pomace olive oil, salt, concentrated lemon juice, garlic, sugar], pomace oil (2%), chives, parsley, coriander, dried apricots [apricots, rice flour, preservative: sulphur dioxide (<b>SULPHITES</b>)], toasted pumpkin seeds, lime juice, water, lemon olive oil [extra virgin olive oil, lemon oil], red chilli, red onion, Cajun spice [salt, maltodextrin, red bell pepper, cayenne pepper, chilli powder, garlic powder, oregano, pimento, cardamom, ginger, cumin, white pepper, fennel, black pepper, yeast extract, <b>MUSTARD</b> powder, flavouring, rapeseed oil, thyme, sage, anticaking agent: silicon dioxide, colour: paprika extract], coriander, garlic puree, cornflour, chilli seasoning [salt, wheat flour (<b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), chilli powder, ground cumin, dextrose, ground paprika, onion powder, garlic powder, black pepper, cayenne pepper, acidity regulator: citric acid, colour: paprika extract, oregano, flavouring], white wine vinegar.</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b>. May contain traces of nuts and sesame.</p>
Beetroot & Goats Cheese Flatbread Salad	<p>Flatbread (20%) [fortified wheat flour (<b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin) water, yeast, sugar, salt], grain and seed mix (20%) [water, brown rice, black rice, quinoa], beetroot houmous (26%) [beetroot houmous (beetroot (cooked beetroot, water, white wine vinegar, salt, sugar, acidity regulator: citric acid) cooked chickpeas, rapeseed oil, mint, sugar, ginger, salt, acidity regulator: citric acid, garlic, black pepper), mayonnaise (water, rapeseed oil, cornflour, whole free range <b>EGG</b>, spirit vinegar, skimmed <b>MILK</b> powder, concentrated lemon juice, salt, sugar, <b>MUSTARD</b> flour), cornflour], goat cheese (from goats <b>MILK</b>) (15%), roasted beetroot (11%) [beetroot, water, sugar, vinegar, salt, acidity regulator: citric acid], leaf (2%), cucumber (2%), tomato (2%), red onion, coriander, pomace olive oil, white wine vinegar, cracked black pepper.</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b>. May contain traces of nuts and sesame.</p>
Blackened Chicken Snack Pot	<p>Quinoa style jambalaya (40%) [quinoa (21%) (quinoa, water), chargrilled peppers (red pepper, yellow pepper, sunflower oil), red pepper tapenade (peppers, sunflower oil, tomato paste, olive oil, salt, concentrated lemon juice, garlic, sugar), coriander, red chilli, paprika, chilli seasoning (salt, wheat flour (<b>WHEAT</b> flour, calcium carbonate, niacin, iron, thiamin), chilli powder, ground cumin, dextrose, ground paprika, onion powder, garlic powder, black pepper, cayenne pepper, acidity regulator: citric acid, colour: paprika extract, oregano, flavouring)], blackened chicken [chargrilled shredded chicken (36%) (chicken, cornflour, salt, brown sugar), chilli seasoning (salt, wheat flour (<b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), chilli powder, ground cumin, dextrose, ground paprika, onion powder, garlic powder, black pepper, cayenne pepper, acidity regulator: citric acid, colour: paprika extract, oregano, flavouring), cornflour, paprika], lime crème fraîche (16%) [crème fraîche (<b>MILK</b>), mayonnaise (rapeseed oil, water, free range pasteurised whole <b>EGG</b>, spirit vinegar, free range <b>EGG</b> yolk, cornflour, sugar, salt, <b>MUSTARD</b> flour, concentrated lemon juice), lime juice, coriander, water, cracked black pepper)], rocket (4%).</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b>. May contain traces of nuts and sesame.</p>
Peas & Carrots Snack Pot	<p>Pea houmous (46%) [crushed peas, houmous (chickpeas, water, sunflower oil, salt, garlic powder, acidity regulator: citric acid), spinach, mayonnaise (rapeseed oil, water, free range pasteurised whole <b>EGG</b>, spirit vinegar, free range <b>EGG</b> yolk, cornflour, sugar, salt, <b>MUSTARD</b> flour, concentrated lemon juice), cornflour, cracked black pepper], carrot (31%), sugar snap peas (23%).</p> <p>For allergens see ingredients highlighted in <b>BOLD CAPITALS</b>. May contain traces of nuts and sesame.</p>
Salmon & Prawn Salad Bowl (London Stores only)	<p>Grain and seed mix (18%) [water, brown rice, black rice, quinoa], cucumber (12%), mooli (10%), sugar snap peas (10%), salad leaves (10%), lime and buttermilk dressing (10%) [lime buttermilk dressing, rapeseed oil, water, buttermilk (<b>MILK</b>), sugar, pasteurised free range <b>EGG</b> yolk, spirit vinegar, cornflour, salt, lime juice concentrate, lime peel, lime juice, lime leaves, <b>MUSTARD</b> flour], smoked salmon (6%) [salmon (<b>FISH</b>), salt], king prawns (6%) [prawns (<b>CRUSTACEANS</b>), water, salt], radish (6%), crushed peas (5%), tomato (5%), chives, parsley, coriander.</p> <p>For allergens see ingredients highlighted in <b>BOLD CAPITALS</b>. May contain traces of nuts and sesame.</p>
Spiced Egg Snack Pot (London Stores only)	<p>Free range hard boiled <b>EGG</b> (63%), lime and crème fraîche dip (29%) [crème fraîche (<b>MILK</b>), lime juice, coriander, cornflour, cracked black pepper], leaf (9%), chilli seasoning [salt, wheat flour (<b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), chilli powder, ground cumin, dextrose, ground paprika, onion powder, garlic powder, black pepper, cayenne pepper, acidity regulator: citric acid, colour: paprika extract, oregano, flavouring].</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b>. May contain traces of nuts and sesame.</p>
Egg Snack Pot (some stores only)	<p>Whole boiled egg (76%) [free range hard boiled <b>EGG</b>, preserve solution: water, acidity regulators: citric acid, trisodium citrate], lime crème fraîche dip (18%) [crème fraîche (<b>MILK</b>), lime juice, coriander, cornflour, cracked black pepper], pea shoots (5%).</p> <p>For allergens see ingredients highlighted in <b>BOLD CAPITALS</b>. May contain traces of nuts and sesame.</p>
<b>Impulse Range</b>	
Starbucks Raw Raspberry & Nut Bar	<p>Dates (39%), <b>OATS</b> (25%), raisins (16%), <b>CASHEW NUTS</b> (11%), fruit juice concentrates [apple, grape, pear], freeze dried raspberry pieces (2%), natural flavourings, citric acid, rice flour.</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b>.</p>
Starbucks Peanut and Cashew Bar	<p><b>PEANUTS</b> (26%), <b>CASHEW NUTS</b> (12%), dried apricots (10%), oats (gluten free), golden syrup, oligofructose syrup, sunflower seeds, vegetable oil (palm oil, rapeseed oil), glucose syrup, raw cane sugar, <b>SOYA</b> protein crunchies (<b>SOYA</b>, tapioca starch, salt), freeze dried cranberries (2%), natural flavouring, rice flour, salt.</p> <p>For allergens, see ingredients highlighted in <b>BOLD CAPITALS</b>.</p>
Starbucks Dark Chocolate Bar	<p>Cocoa mass, sugar, cocoa butter, vanilla. cocoa Solids (70% Minimum), cocoa, sugar, vanilla: traded in compliance with Fairtrade standards, total 100%.</p>

Starbucks Milk Chocolate Bar	Sugar, cocoa butter, cream powder ( <b>MILK</b> ), cocoa mass, whole <b>MILK</b> powder, whey powder ( <b>MILK</b> ), emulsifier: sunflower lecithin; vanilla. cocoa solids (33% Minimum). <b>MILK</b> solids (21% Minimum), cocoa, sugar, vanilla: traded in compliance with Fairtrade standards, total 75%. For allergens, see ingredients highlighted in <b>BOLD CAPITALS</b> .
Starbucks Shortbread Biscuits	Wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), salted butter (37%) [butter ( <b>MILK</b> ) salt], sugar. For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> .
Starbucks Ginger Biscuits	Wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), invert sugar syrup, sugar, palm oil, rapeseed oil, stem ginger (5%) (ginger, sugar), <b>OATMEAL</b> , ground ginger, raising agents: sodium carbonates, ammonium carbonates; skimmed <b>MILK</b> powder, salt, colours: annatto, curcumin; natural flavouring). For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> .
Starbucks Almonds, Cashews, Cranberries & Raisins	<b>CASHEW NUTS</b> (25%), <b>ALMONDS</b> (25%), raisins (25%) [raisins, sulphur dioxide ( <b>SULPHITES</b> ), palm oil], juice infused cranberries (25%) (64% pineapple juice syrup, 16% dried cranberry, pineapple juice concentrate, sunflower oil). For allergens, see ingredients highlighted in <b>BOLD CAPITALS</b> .
Starbucks Smoked Almonds	<b>ALMONDS</b> (95%), <b>PEANUT</b> oil, seasoning (3%) [dextrose (maize), salt, sugar, <b>WHEAT</b> flour, yeast extract (yeast extract, salt), smoke flavouring, caramelised sugar (caramelised sugar syrup, potato maltodextrin), onion powder, acid: citric acid, paprika extract]. For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> .
Starbucks Almond Biscotti	<b>WHEAT</b> flour, sugar, <b>ALMONDS</b> (21%), free range <b>EGGS</b> , free range <b>EGG</b> yolk, butter ( <b>MILK</b> ), fresh <b>MILK</b> , honey, raising agent: ammonium hydrogen carbonate; salt, natural flavours. For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> .
Choco caramel, Choc, Caramel & Nuts Bar	Caramel (35%) [sweetened condensed skimmed <b>MILK</b> , glucose syrup, partially inverted sugar syrup, palm oil, butter ( <b>MILK</b> ), sugar, water, emulsifier: E471, stabiliser: E440, salt, flavouring], white chocolate (25%) [sugar, cocoa butter, whole <b>MILK</b> powder, emulsifier: <b>SOYA</b> lecithin, natural vanilla flavouring], dark chocolate [sugar, cocoa paste, cocoa butter, emulsifier: <b>SOYA</b> lecithin, natural vanilla flavouring], <b>PEANUTS</b> (14%), crisp rice [rice flour, sugar, malt blend (glucose syrup, <b>BARLEY</b> syrup, malt extract), skimmed <b>MILK</b> powder, salt, dextrose, rapeseed oil, emulsifier: E471; butter ( <b>MILK</b> ), partially inverted sugar syrup. For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> .
Starbucks Caramel Waffles	Syrup (34%) [glucose-fructose syrup, sugar syrup], <b>WHEAT</b> flour, butter ( <b>MILK</b> ) (14%), sugar, vegetable oil (palm oil, rapeseed oil), cane sugar, <b>SOYA</b> flour, salt, emulsifiers: <b>SOYA</b> lecithin, E471; raising agents: diphosphates, sodium hydrogen carbonates; cinnamon, natural bourbon vanilla, barn <b>EGG</b> , acid: citric acid. For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> .
Starbucks Mini Caramel Waffles	Syrup (34%) [glucose-fructose syrup, sugar syrup], <b>WHEAT</b> flour, butter ( <b>MILK</b> ) (14%), sugar, vegetable oil (palm oil, rapeseed oil), cane sugar, <b>SOYA</b> flour, salt, emulsifiers: <b>SOYA</b> lecithin, E471; raising agents: diphosphates, sodium hydrogen carbonates; cinnamon, natural bourbon vanilla, barn <b>EGG</b> , acid: citric acid. For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> .
Starbucks Chocolate Caramel Shortbread	Caramel (38%) [glucose syrup, sugar, palm oil, sweetened condensed milk ( <b>MILK</b> , sugar), brown sugar, water, rapeseed oil, salt, emulsifier: <b>SOYA</b> lecithin, flavouring, colour: carotenes] wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), milk chocolate (17%) [sugar, whole <b>MILK</b> powder, cocoa butter, cocoa mass, anhydrous <b>MILK</b> fat, emulsifier: <b>SOYA</b> lecithin, caramelised sugar], butter ( <b>MILK</b> ), sugar, white chocolate (2%) [sugar, whole <b>MILK</b> powder, cocoa butter, skimmed <b>MILK</b> powder, emulsifier: <b>SOYA</b> lecithin, natural vanilla flavouring]. For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> .
Starbucks Chocolate Coin	Sugar, whole <b>MILK</b> powder, cocoa butter, cocoa mass, whey powder ( <b>MILK</b> ), emulsifier: <b>SOYA</b> lecithin; natural vanilla, cocoa solids (28% minimum), <b>MILK</b> solids (16% minimum). For allergens, see ingredients highlighted in <b>BOLD CAPITALS</b> .