

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

Cookies

Salted Caramel Cookie	<p>Wheat flour (WHEAT flour, calcium, iron, niacin, thiamin), salted caramel fudge pieces (23%) [sugar, sweetened condensed MILK, glucose syrup, palm oil, butter oil (MILK), salt, flavouring], butter (MILK), brown sugar, sugar, pasteurised free range whole EGG, raising agents: sodium bicarbonate, disodium diphosphate, calcium dihydrogen diphosphate, monocalcium phosphate; WHEAT fibre, vegetarian whey powder (MILK), flavouring, sea salt, rapeseed oil.</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS. May also contain traces of soya and nuts.</p>
-----------------------	---

Nutella® and Oat Cookie	Nutella® (20%) [sugar, palm oil, HAZELNUTS , cocoa powder, skimmed MILK powder, emulsifier: SOYA lecithin], OATS , wheat flour (WHEAT flour, calcium, iron, niacin, thiamin), sugar, butter (MILK), brown sugar, pasteurised free range EGG , palm oil, rapeseed oil, fructose – glucose syrup, raising agents: sodium bicarbonate, disodium diphosphate, calcium dihydrogen diphosphate, monocalcium phosphate; WHEAT fibre, vegetarian whey powder (MILK), salt, flavouring. For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS . May also contain traces of other nuts.
Milk Choc Chunk Cookie	MILK chocolate chunks (32%) [sugar, whole MILK powder, cocoa butter, cocoa mass, emulsifier: SOYA lecithin, flavouring], wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), butter (MILK), light brown soft sugar, sugar, free range pasteurised EGG , glucose-fructose syrup, water, raising agents: sodium bicarbonate, disodium diphosphate, calcium dihydrogen diphosphate, monocalcium phosphates; WHEAT fibre, flavouring, whey powder (MILK), salt, rapeseed oil. For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS . 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 [WHEAT flour, calcium carbonate, iron, niacin, thiamin], free range whole EGG , butter (MILK), water, skimmed MILK powder, rapeseed oil, white chocolate & freeze dried raspberry decorations (3%) [sugar, cocoa butter, whole MILK powder, freeze dried raspberry pieces, emulsifier: SOYA lecithin, flavouring], glucose syrup, humectant: glycerol, palm oil, whey powder (MILK), 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 BOLD CAPITALS . May contain traces of peanuts, almonds, hazelnuts, walnuts, pecan nuts and pistachios.
Carrot Cake	Lemon flavour frosting (28%) [sugar, butter (MILK), skimmed MILK 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 (WHEAT flour, calcium carbonate, iron, niacin, thiamin), carrot (16%), sugar, rapeseed oil, free range whole EGG , humectant: glycerol; WALNUTS (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 BOLD CAPITALS . May also contain traces of other nuts and peanuts.

Loaf Cakes	
Lemon Loaf Cake	Sugar, wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), pasteurised free range EGG , rapeseed oil, unsalted butter (MILK), 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 BOLD CAPITALS . May also contain traces of nuts and sesame.
Yoghurt & Berries Loaf Cake	Sugar, WHEAT flour, rapeseed oil, free range whole EGG powder, WHEAT starch, strawberry pieces (5%), butter (MILK), cranberry pieces (4.5%), vegetable fats (palm kernel stearin, coconut), maltodextrin, dried raspberry pieces (1%), dried strawberry pieces (1%), skimmed MILK powder, raising agents: diphosphates, sodium carbonates; stabiliser: glycerol, sweet whey (MILK) 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, SOYA lecithins, sunflower lecithin, cornflour, glucose syrup, carrot extract, thickeners: guar gum, curcuma; dextrose. For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS . May also contain traces of nuts and sesame.
Chocolate Marble Loaf Cake	Sugar, WHEAT flour, rapeseed oil, WHEAT starch, free range pasteurised whole EGG powder, dark chocolate drops (5%) (cocoa mass, sugar, cocoa butter, fat reduced cocoa powder, emulsifier: SOYA lecithins), butter (MILK), vegetable fat (palm), fat reduced cocoa powder(3%), maltodextrin, lactose, raising agent: diphosphates, sodium carbonates; humectant: glycerol; natural vanilla flavouring (contains MILK), salt, emulsifier: sodium stearyl-2- lactylate, sunflower lecithin; carrot extract, curcuma. For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS . May also contain traces of nuts and sesame.

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

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

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

Pain Au Chocolat	WHEAT flour, butter (MILK) 21%, water, chocolate 10% (sugar, cocoa mass, cocoa butter, emulsifier: SOYA lecithin, natural vanilla flavouring), sugar, yeast, whole MILK powder, WHEAT GLUTEN , salt, emulsifier: rape lecithin, flour treatment agent: ascorbic acid, EGG wash. For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS . May also contain traces of nuts and sesame.
Pain Aux Raisins	Dough 61% (WHEAT flour, butter (MILK) 22%, water, yeast, sugar, EGGS , salt, WHEAT GLUTEN , flour treatment agent: E300, pastry cream (water, sugar, corn starch, EGGS , powdered WHEY , whole MILK powder, thickener: sodium alginate, EGG albumin powder, skimmed MILK powder, fruit and plant extract (turmeric and carrot), salt, natural flavouring, acidity regulator: citric acid), raisins 12%, EGG wash. For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS . May also contain traces of soya, nuts and sesame.

Buns, Swirls & Toast

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

Swedish Bun - Cinnamon	Wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), butter (MILK) (13%), water, sugar, liquid free range whole EGG , apricot glaze (4%) [water, sugar, apricot puree, glucose and fructose syrup, gelling agent: pectins; acidity regulators: citric acid, potassium citrates], yeast, marzipan (3%) [ALMONDS , sugar, water, alcohol], biscuit crumb [liquid free range whole EGG , WHEAT flour, sugar, WHEAT starch, skimmed MILK powder, emulsifiers: lactic acid, E472b, E475; raising agents: sodium carbonates, diphosphates; iodised salt], iodised salt, cinnamon (0.5%), dough improver (WHEAT gluten, WHEAT flour, WHEAT malt flour), cardomom. For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS . May also contain traces of soya, other nuts and sesame.
Swedish Bun - Almond	Wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), butter (MILK) (13%), water, sugar, liquid free range EGG , apricot glaze (4%) [water, sugar, apricot puree, glucose fructose syrup, gelling agent: pectins; acidity regulator: citric acid, potassium citrates] yeast; ALMONDS (3%), whole MILK , biscuit crumb [liquid free range EGG , WHEAT flour, sugar, WHEAT starch, skimmed MILK 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%) [ALMONDS , sugar, water, alcohol], vanilla cream [sugar, modified potato starch, sweet whey powder (MILK), sunflower oil, glucose syrup, MILK proteins, whole MILK powder, skimmed MILK powder, thickener: sodium alginate; stabiliser: diphosphates; salt, natural flavouring, vegetable extract (carrot, curcuma), iodised salt, improver (WHEAT gluten, WHEAT flour, WHEAT malt flour), vanilla seeds. For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS . May also contain traces of soya, other nuts and sesame.
Luxury Fruit Toast	Wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), raisins (22%) [raisins, sunflower oil], water, dried cranberries (4%) [cranberries, sugar, sunflower oil], palm oil, free range pasteurised EGG , 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 BOLD CAPITALS . May also contain traces of milk, soya and nuts.
Brioche Toast	Wheat flour [WHEAT flour, calcium, iron, niacin, thiamin], water, free range pasteurised EGG , butter (MILK), yeast, sugar, invert sugar, rapeseed oil, dextrose, dried WHEAT 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 BOLD CAPITALS . May also contain traces of soya and nuts.

Porridge

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

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%) (MILK), tropical compote (25%) [mango, water, agave syrup, passion fruit juice, passion fruit seeds, corn flour, gelling agent: E 440]), puffed rice granola (12.5%) (OATFLAKES , honey, sunflower seeds, pumpkin seeds, puffed rice (5%), puffed quinoa, agave nectar, sunflower oil). For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS .
Berry Crunch	Half fat Greek style yogurt (62%) (MILK), 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%) (OATS , sugar, water, rapeseed oil, desiccated coconut, glucose syrup, sunflower seeds, blossom honey, salt). For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS .
Berry Good Bircher	Greek style yoghurt (MILK) (42%), apple (19%), OATS (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 BOLD CAPITALS .

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

Butchers Choice Sausage Sandwich	Chipolata sausage (54%) [British pork, water, pork fat, wheat flour (WHEAT flour, calcium carbonate, iron, thiamin, niacin), salt, pea fibre, dextrose, seasoning (salt, onion powder, coriander, nutmeg, pepper, sage), preservative: E223 (SULPHITES), stabiliser: E451, yeast, antioxidant: ascorbic acid, WHEAT gluten, flour treatment agent: ascorbic acid, pork collagen casing], stone baked bread roll [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, RYE flour, yeast, salt, malted WHEAT flour, dough conditioner (WHEAT flour, emulsifier: E472e, sunflower oil, flour treatment agent: ascorbic acid)]. For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS .
Hickory Smoked Bacon Sandwich	Stone baked bread roll [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, RYE flour, yeast, salt, malted WHEAT flour, dough conditioner (WHEAT 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 BOLD CAPITALS .

Filled Croissants

Cheddar and Mushroom Croissant	Twist croissant [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, butter (MILK), yeast, free range EGG yolk, salt, WHEAT gluten, antioxidants: ascorbic acid, rosemary extract; sugar], mature Cheddar cheese (MILK) (13%), roasted mushrooms (13%), béchamel sauce (13%) [whole MILK , water, whipped cream (MILK), starch, butter (MILK), salt, white pepper], parsley, black pepper. For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS .
Ham and Cheese Croissant	Twist croissant [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, butter (MILK), yeast, free range EGG yolk, salt, WHEAT 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%) (MILK). For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS .

Toasties

Ham and Cheese Toastie	Sourdough bread [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, RYE flour, yeast, salt, vegetable oils (palm, rapeseed), BARLEY 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 (MILK) (11%), béchamel sauce (8%) [whole MILK , water, whipped cream (MILK), starch, butter (MILK), salt, white pepper], Mascarpone cheese (MILK) (7%) (contains acidity regulator: citric acid), mozzarella cheese (MILK) (6%), crème fraiche (MILK) (4%). For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS .
Triple Cheese Toastie	Sourdough bread [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, RYE flour, yeast, salt, vegetable oils (palm, rapeseed), BARLEY malt flour, flour treatment agent: ascorbic acid], Cheddar cheese (MILK) (14%) (contains: potato starch), red Leicester cheese (MILK) (14%) (colour: annatto; potato starch), truffled Mascarpone cheese (13%) [Mascarpone cheese (MILK), whole MILK , truffle oil (sunflower oil, extra virgin olive oil, truffle extract), corn flour], mature Cheddar cheese (MILK) (6%). For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS .
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 (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, vegetable oil (rapeseed), sugar, salt, yeast, WHEAT flour, emulsifier: E471, flour treatment agent: ascorbic acid], west country Cheddar cheese (MILK) (16%), béchamel sauce (8%) [MILK , single cream (MILK), water, wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), corn flour, salt, preservative: potassium sorbate; flavouring: nutmeg oleoresin], Cheddar cheese (MILK) (8%), Mozzarella cheese (MILK) (8%). For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS .

Sandwiches / Baguettes / Wraps

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

Smoked Chicken & Maple Bacon Sandwich	<p>Seeded malted bread [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, malted WHEAT flakes, malted BARLEY flour, WHEAT bran, WHEAT protein, sugar, yeast, pearl BARLEY flakes, salt, cracked WHEAT, 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 EGG, spirit vinegar, skimmed MILK powder, salt, sugar, MUSTARD 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 BOLD CAPITALS.</p>
Salt Beef Onion Bagel	<p>Onion bagel [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, onion, sugar, yeast, rapeseed oil, salt, BARLEY 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 (MILK) (9%), horseradish sauce (4%) [water, single cream (MILK), spirit vinegar, sugar, rapeseed oil, corn flour, horseradish flakes, salt, skimmed MILK powder, free range whole EGG, MUSTARD flour, horseradish powder], gherkins (4%) [gherkins, water, spirit vinegar, salt].</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS.</p>
Buttermilk Chicken & Chipotle Wrap	<p>Tomato tortilla [wheat flour (WHEAT 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 (MILK), MILK 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 & 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 (SULPHITES)], toasted pumpkin seeds, red chilli, mayonnaise [water, rapeseed oil, cornflour, whole free range EGG, spirit vinegar, skimmed MILK powder, concentrated lemon juice, salt, sugar, MUSTARD flour], red chilli.</p> <p>For allergens, including cereals containing gluten, see ingredients in BOLD CAPITALS. May contain traces of nuts and sesame.</p>
Kale Jalapeno & Slaw Wrap	<p>Plain tortilla [wheat flour (WHEAT 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 (SULPHITES)], jalapeño & 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 (WHEAT flour, calcium carbonate, iron, niacin, thiamin), raising agent: diphosphates, sodium carbonates), bread crumbs (wheat flour (WHEAT 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 (SULPHITES)], 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, MUSTARD powder, flavouring, rapeseed oil, thyme, sage, colour: paprika extract], red chilli.</p> <p>For allergens, including cereals containing gluten, see ingredients in BOLD CAPITALS. May contain traces of nuts and sesame.</p>
Croque Monsieur Panini	<p>Ciabatta [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, extra virgin olive oil, salt, yeast, malted BARLEY 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 (MILK) (10%), Béchamel sauce (10%) [whole MILK, water, whipped cream (MILK), starch, butter (MILK), salt, white pepper], Mozzarella cheese (MILK) (5%), crème fraîche (2%) (MILK), Dijon mustard (2%) [water, MUSTARD seeds, spirit vinegar, salt], American-style mustard [distilled vinegar, water, MUSTARD seeds, salt, turmeric, paprika, spices, natural flavouring, garlic powder].</p> <p>For allergens, including cereals containing gluten, see ingredients in BOLD CAPITALS. May contain traces of nuts and sesame.</p>
Pesto & Tomato Mozzarella Panini	<p>Ciabatta [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, extra virgin olive oil, yeast, salt, malted BARLEY flour, ground black pepper], Mozzarella cheese (MILK) (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 (MILK), 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 BOLD CAPITALS. May contain traces of nuts and sesame.</p>
Tuna Panini	<p>Ciabatta [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, extra virgin olive oil, yeast, salt, malted BARLEY flour, ground black pepper], tuna (20%) [tuna (FISH), salt], mature Cheddar cheese (MILK) (10%) (contains potato starch), mayonnaise (6%) [rapeseed oil, water, free range pasteurised whole EGG, spirit vinegar, cornflour, free range pasteurised EGG yolk, sugar, salt, concentrated lemon juice, MUSTARD flour], Béchamel sauce (5%) [whole MILK, water, whipped cream (MILK), starch, butter (MILK), salt, white pepper], sweetcorn (5%), Mozzarella cheese (MILK) (4%), spring onion, chives, black pepper.</p> <p>For allergens, including cereals containing gluten, see ingredients in BOLD CAPITALS. May contain traces of nuts and sesame.</p>

Hot Boxes	
Super Scrambled Eggs, Tomato & Spinach	Free range scrambled eggs (57%) [free range whole EGG , water, rapeseed oil, buttermilk powder (MILK), 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 BOLD CAPITALS .
Spicy Chorizo, Poached Egg & Potato	Roast potato (21%), free range poached egg (14%) [free range EGG , 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, MILK 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 (MILK), potato starch], Red Leicester cheese (4%) [Red Leicester cheese (MILK), 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 BOLD CAPITALS .
Firecracker Chicken & Giant Cous Cous	Cous cous & coriander mix (47%) [giant cous cous (water, giant cous cous (WHEAT flour)), coriander], spicy bulgogi sauce (29%) [water, apple puree, brown sugar, onion, SOY sauce (water, SOYBEANS , WHEAT , 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, WHEAT flour, yeast extract, malt extract (BARLEY)), water, spirit vinegar, corn starch), spring onion, ginger puree, SESAME oil, garlic, maize starch, rice vinegar, cane molasses, red SOYABEAN paste (water, SOYBEANS , 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 BOLD CAPITALS .
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 BOLD CAPITALS .
Courgetti, Broccoli & Halloumi Cous Cous	Cous cous quinoa and BARLEY mix (42%) [water, white quinoa, cous cous {duram WHEAT semolina}, pearl BARLEY , black BARLEY , turmeric], smoky tomato sauce (27%) [water, tomato puree, tomato, glucose syrup, sugar, maize starch, malt vinegar (BARLEY), rapeseed oil, salt, smoked water, paprika, garlic puree, yeast extract, cumin, turmeric], courgette (12%), halloumi (MILK) (8%), red pepper (7%), broccoli (5%). For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS .

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 EGG , cheese (MILK), white wine vinegar, garlic puree, concentrated lemon juice, anchovy paste (anchovies (FISH), sunflower oil, salt), Dijon mustard (water, MUSTARD seeds, spirit vinegar, salt), sugar, salt, corn flour, chives, parsley, black pepper, MUSTARD flour], bacon (6%) [pork back, salt, antioxidant: sodium ascorbate; preservatives: sodium nitrite, potassium nitrate], croutons (5%) [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), rapeseed oil, olive oil, sugar, yeast, sea salt], Grana Padano cheese (MILK) (4%) (contains salt, animal rennet, preservative: lysozyme protein (EGG)), regato cheese (MILK) (anticaking agent: potato starch). For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS . 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 (MILK), MILK 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 (MILK), sugar, pasteurised free range EGG yolk, spirit vinegar, cornflour, salt, chipotle chilli powder, concentrated lemon juice, red chilli puree, MUSTARD flour], cucumber (8%), dried apricots (7%) [apricots, rice flour, preservative: sulphur dioxide (SULPHITES)], edamame SOYA 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 BOLD CAPITALS . 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 WHEAT, 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 (SULPHITES)], 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, MUSTARD powder, flavouring, rapeseed oil, thyme, sage, anticaking agent: silicon dioxide, colour: paprika extract], coriander, garlic puree, cornflour, chilli seasoning [salt, wheat flour (WHEAT 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 BOLD CAPITALS. May contain traces of nuts and sesame.</p>
Beetroot & Goats Cheese Flatbread Salad	<p>Flatbread (20%) [fortified wheat flour (WHEAT 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 EGG, spirit vinegar, skimmed MILK powder, concentrated lemon juice, salt, sugar, MUSTARD flour), cornflour], goat cheese (from goats MILK) (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 BOLD CAPITALS. 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 (WHEAT 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 (WHEAT 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 (MILK), mayonnaise (rapeseed oil, water, free range pasteurised whole EGG, spirit vinegar, free range EGG yolk, cornflour, sugar, salt, MUSTARD 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 BOLD CAPITALS. 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 EGG, spirit vinegar, free range EGG yolk, cornflour, sugar, salt, MUSTARD flour, concentrated lemon juice), cornflour, cracked black pepper], carrot (31%), sugar snap peas (23%).</p> <p>For allergens see ingredients highlighted in BOLD CAPITALS. 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 (MILK), sugar, pasteurised free range EGG yolk, spirit vinegar, cornflour, salt, lime juice concentrate, lime peel, lime juice, lime leaves, MUSTARD flour], smoked salmon (6%) [salmon (FISH), salt], king prawns (6%) [prawns (CRUSTACEANS), water, salt], radish (6%), crushed peas (5%), tomato (5%), chives, parsley, coriander.</p> <p>For allergens see ingredients highlighted in BOLD CAPITALS. May contain traces of nuts and sesame.</p>
Spiced Egg Snack Pot (London Stores only)	<p>Free range hard boiled EGG (63%), lime and crème fraîche dip (29%) [crème fraîche (MILK), lime juice, coriander, cornflour, cracked black pepper], leaf (9%), chilli seasoning [salt, wheat flour (WHEAT 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 BOLD CAPITALS. May contain traces of nuts and sesame.</p>
Egg Snack Pot (some stores only)	<p>Whole boiled egg (76%) [free range hard boiled EGG, preserve solution: water, acidity regulators: citric acid, trisodium citrate], lime crème fraîche dip (18%) [crème fraîche (MILK), lime juice, coriander, cornflour, cracked black pepper], pea shoots (5%).</p> <p>For allergens see ingredients highlighted in BOLD CAPITALS. May contain traces of nuts and sesame.</p>
Impulse Range	
Starbucks Raw Raspberry & Nut Bar	<p>Dates (39%), OATS (25%), raisins (16%), CASHEW NUTS (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 BOLD CAPITALS.</p>
Starbucks Peanut and Cashew Bar	<p>PEANUTS (26%), CASHEW NUTS (12%), dried apricots (10%), oats (gluten free), golden syrup, oligofructose syrup, sunflower seeds, vegetable oil (palm oil, rapeseed oil), glucose syrup, raw cane sugar, SOYA protein crunchies (SOYA, tapioca starch, salt), freeze dried cranberries (2%), natural flavouring, rice flour, salt.</p> <p>For allergens, see ingredients highlighted in BOLD CAPITALS.</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 (MILK), cocoa mass, whole MILK powder, whey powder (MILK), emulsifier: sunflower lecithin; vanilla. cocoa solids (33% Minimum). MILK solids (21% Minimum), cocoa, sugar, vanilla: traded in compliance with Fairtrade standards, total 75%. For allergens, see ingredients highlighted in BOLD CAPITALS .
Starbucks Shortbread Biscuits	Wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), salted butter (37%) [butter (MILK) salt], sugar. For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS .
Starbucks Ginger Biscuits	Wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), invert sugar syrup, sugar, palm oil, rapeseed oil, stem ginger (5%) (ginger, sugar), OATMEAL , ground ginger, raising agents: sodium carbonates, ammonium carbonates; skimmed MILK powder, salt, colours: annatto, curcumin; natural flavouring). For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS .
Starbucks Almonds, Cashews, Cranberries & Raisins	CASHEW NUTS (25%), ALMONDS (25%), raisins (25%) [raisins, sulphur dioxide (SULPHITES), palm oil], juice infused cranberries (25%) (64% pineapple juice syrup, 16% dried cranberry, pineapple juice concentrate, sunflower oil). For allergens, see ingredients highlighted in BOLD CAPITALS .
Starbucks Smoked Almonds	ALMONDS (95%), PEANUT oil, seasoning (3%) [dextrose (maize), salt, sugar, WHEAT 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 BOLD CAPITALS .
Starbucks Almond Biscotti	WHEAT flour, sugar, ALMONDS (21%), free range EGGS , free range EGG yolk, butter (MILK), fresh MILK , honey, raising agent: ammonium hydrogen carbonate; salt, natural flavours. For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS .
Choco caramel, Choc, Caramel & Nuts Bar	Caramel (35%) [sweetened condensed skimmed MILK , glucose syrup, partially inverted sugar syrup, palm oil, butter (MILK), sugar, water, emulsifier: E471, stabiliser: E440, salt, flavouring], white chocolate (25%) [sugar, cocoa butter, whole MILK powder, emulsifier: SOYA lecithin, natural vanilla flavouring], dark chocolate [sugar, cocoa paste, cocoa butter, emulsifier: SOYA lecithin, natural vanilla flavouring], PEANUTS (14%), crisp rice [rice flour, sugar, malt blend (glucose syrup, BARLEY syrup, malt extract)], skimmed MILK powder, salt, dextrose, rapeseed oil, emulsifier: E471; butter (MILK), partially inverted sugar syrup. For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS .
Starbucks Caramel Waffles	Syrup (34%) [glucose-fructose syrup, sugar syrup], WHEAT flour, butter (MILK) (14%), sugar, vegetable oil (palm oil, rapeseed oil), cane sugar, SOYA flour, salt, emulsifiers: SOYA lecithin, E471; raising agents: diphosphates, sodium hydrogen carbonates; cinnamon, natural bourbon vanilla, barn EGG , acid: citric acid. For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS .
Starbucks Mini Caramel Waffles	Syrup (34%) [glucose-fructose syrup, sugar syrup], WHEAT flour, butter (MILK) (14%), sugar, vegetable oil (palm oil, rapeseed oil), cane sugar, SOYA flour, salt, emulsifiers: SOYA lecithin, E471; raising agents: diphosphates, sodium hydrogen carbonates; cinnamon, natural bourbon vanilla, barn EGG , acid: citric acid. For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS .
Starbucks Chocolate Caramel Shortbread	Caramel (38%) [glucose syrup, sugar, palm oil, sweetened condensed milk (MILK , sugar), brown sugar, water, rapeseed oil, salt, emulsifier: SOYA lecithin, flavouring, colour: carotenes] wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), milk chocolate (17%) [sugar, whole MILK powder, cocoa butter, cocoa mass, anhydrous MILK fat, emulsifier: SOYA lecithin, caramelised sugar], butter (MILK), sugar, white chocolate (2%) [sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier: SOYA lecithin, natural vanilla flavouring]. For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS .
Starbucks Chocolate Coin	Sugar, whole MILK powder, cocoa butter, cocoa mass, whey powder (MILK), emulsifier: SOYA lecithin; natural vanilla, cocoa solids (28% minimum), MILK solids (16% minimum). For allergens, see ingredients highlighted in BOLD CAPITALS .