

<b>STARBUCKS®</b> <b>Winter 2019</b> <b>Food Ingredients &amp; Allergens</b>	<p>Allergen Information: Allergy data detailed below has been taken from the supplier of the products.</p> <p>WE DO NOT GUARANTEE ANY OF OUR PRODUCTS ARE FREE FROM ANY PARTICULAR ALLERGENS DUE TO SHARED EQUIPMENT, UTENSILS AND OPEN PRODUCT HANDLING IN OUR STORES.</p> <p>If you have a food allergy, please talk to a barista about your order.</p> <p>For all packaged foods including impulse items please refer to the package label for allergen information.</p>
<b>Pastries (may vary in some stores)</b>	
Butter Croissant	<p><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, egg wash (<b>EGGS</b>, water).</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b>.</p>
Pain au Chocolat	<p><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, egg wash (<b>EGGS</b>, water).</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b>.</p>
Pain aux Raisins	<p>Water, <b>WHEAT</b> flour, butter (<b>MILK</b>) (14%), raisins (13%), sugar, <b>EGGS</b>, yeast, potato modified starch, whole <b>MILK</b> powder, salt, whey powder (<b>MILK</b>), <b>WHEAT GLUTEN</b>, skimmed <b>MILK</b> powder, stabilisers: calcium acetate, tetrasodium diphosphate, disodium phosphate; fruit and plant extract [carrot, paprika, turmeric], flour treatment agent: ascorbic acid, natural flavouring, egg wash (<b>EGGS</b>, water).</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b>.</p>
Danish Almond Star	<p>Pastry [flour (<b>WHEAT</b> flour, <b>WHEAT GLUTEN</b>, flour treatment agent: ascorbic acid)], water, butter (<b>MILK</b>), whole <b>MILK</b>, caster sugar, flaked <b>ALMONDS (NUTS)</b> (4%), free range <b>EGG</b> yolk, free range whole <b>EGG</b>, apricot glaze [sugar, glucose, water, apricot pulp, gelling agent: pectin, natural apricot flavour], cornflour, yeast, salt, natural almond extract, vanilla extract.</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b>.</p>
Cinnamon Swirl	<p>Wheat flour [<b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], sugar, free range pasteurised <b>EGG</b>, sultanas (5%), palm stearin, rapeseed oil, yeast, ground cinnamon, whey protein concentrate (<b>MILK</b>), water, dextrose, invert sugar, emulsifiers: mono and diglycerides of fatty acids, mono and diacetyl tartaric acid esters of mono and diglycerides of fatty acids, sodium stearoyl lactate, sorbitan monostearate; <b>WHEAT</b> starch, skimmed <b>MILK</b> powder, raising agents: sodium di-phosphates, sodium bicarbonate, calcium phosphates; orange shreds, salt, crème fraîche (<b>MILK</b>), flavourings, colour: carotenes, flour treatment agent: ascorbic acid, glucose syrup, stabilisers: agar, locust bean gum, xanthan gum; acidity regulator: citric acid, orange concentrate, butter (<b>MILK</b>), gelling agent: pectin.</p> <p>For allergens, including cereals containing gluten, see ingredients in <b>BOLD CAPITALS</b>.</p>
<b>Toast, Breads &amp; Pancakes</b>	
Luxury Fruit Toast	<p>Wheat flour [<b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], raisins (22%) [raisins, sunflower oil], water, dried cranberries (4%) [cranberries, sugar, sunflower oil], palm oil, free range pasteurised <b>EGG</b>, sugar, yeast, rapeseed oil, dextrose, invert sugar syrup, salt, lemon zest, emulsifiers: mono and diglycerides of fatty acids, esters of mono- and diglycerides, sodium stearoyl lactate; colour: carotenes, flour treatment agent: ascorbic acid.</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b>.</p>
Banana Bread	<p>Wheat flour [<b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], sugar, banana pulp (16%) [banana, antioxidant: ascorbic acid], pasteurised free range <b>EGG</b>, rapeseed oil, banana (9%), <b>PECAN NUTS</b> (5%), <b>WALNUTS</b> (5%), light soft brown sugar, dried banana slices (1%) [banana, coconut oil, sugar, natural banana flavouring], baking powder [raising agents: disodium diphosphate, potassium hydrogen carbonate], raising agent: sodium bicarbonate, salt, preservative: potassium sorbate.</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b>.</p>
Trio of Pancakes	<p><b>WHEAT</b> flour, water, <b>EGG</b>, sugar, rapeseed oil, skimmed <b>MILK</b> powder, coconut oil, buttermilk powder (<b>MILK</b>), raising agents: sodium bicarbonate, sodium pyrophosphate; vinegar, natural flavouring, acidity regulator: citric acid, salt, preservative: potassium sorbate, natural vanilla flavouring, emulsifier: sunflower lecithin.</p> <p>For allergens, including cereals containing gluten, see ingredients in <b>BOLD CAPITALS</b>.</p>
<b>Bars &amp; Brownies</b>	
Granola Bar	<p><b>OATS (GLUTEN)</b> (25%), salted butter [butter (<b>MILK</b>), salt], golden syrup, sultanas (7%) [sultanas, vegetable oil (sunflower, cottonseed)], evaporated milk (<b>MILK</b>), sugar, dried sweetened cranberries (5%) [cranberries, sugar, sunflower oil], dried sweetened cherries (5%) [cherries, sugar, sunflower oil], dried apricots (5%) [apricots, rice flour], honey, pumpkin seeds (4%), soluble vegetable fibre, <b>ALMONDS (NUTS)</b> (3%), linseeds, <b>PECAN NUTS</b> (3%).</p> <p>For allergens, including cereals containing gluten, see ingredients in <b>BOLD CAPITALS</b>.</p>
Vegan Dark Chocolate & Hazelnut Bar	<p>Pea protein crisps (17%) [pea protein, rice flour], <b>HAZELNUTS</b> (16%), dark chocolate (15%) [sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier: <b>SOYA</b> lecithin, natural vanilla extract], pumpkin seeds, chicory root fibre, apple juice concentrate, grape juice concentrate, sultanas [sultanas, cotton seed oil], organic edamame beans (<b>SOYA</b>), water, chia seeds, cocoa powder, agave syrup, salt, natural flavouring, gelling agent: pectin</p> <p>For allergens, see ingredients in <b>BOLD CAPITALS</b>.</p>
Chocolate Caramel Shortbread	<p>Wheat flour [<b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], salted butter [butter (<b>MILK</b>), salt], sweetened condensed milk [<b>MILK</b>, sugar], milk chocolate [sugar, cocoa butter, whole <b>MILK</b> powder, cocoa mass, emulsifier: <b>SOYA</b> lecithin, vanilla extract], vegetable margarine [vegetable oils (palm, rapeseed), water, salt, emulsifier: polyglycerol esters of fatty acids, natural colourings: annatto, curcumin; natural flavouring], partially inverted refiners syrup, white chocolate flavoured compound [sugar, palm oil, whey powder (<b>MILK</b>), wheat flour (<b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), emulsifier: <b>SOYA</b> lecithin, natural flavouring], icing sugar, soft light brown sugar, palm oil, corn flour, whey powder (<b>MILK</b>), cocoa butter, natural vanilla flavouring, emulsifier: mono- and diglycerides of fatty acids.</p> <p>For allergens, including cereals containing gluten, see ingredients in <b>BOLD CAPITALS</b>.</p>
Chocolate Caramel Shortbread	<p>Wheat flour [<b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], salted butter [butter (<b>MILK</b>), salt], sweetened condensed milk [<b>MILK</b>, sugar], milk chocolate [sugar, cocoa butter, whole <b>MILK</b> powder, cocoa mass, emulsifier: <b>SOYA</b> lecithin, vanilla extract], vegetable margarine [vegetable oils (palm, rapeseed), water, salt, emulsifier: polyglycerol esters of fatty acids, natural colourings: annatto, curcumin; natural flavouring], partially inverted refiners syrup, white chocolate flavoured compound [sugar, palm oil, whey powder (<b>MILK</b>), wheat flour (<b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), emulsifier: <b>SOYA</b> lecithin, natural flavouring], icing sugar, soft light brown sugar, palm oil, corn flour, whey powder (<b>MILK</b>), cocoa butter, natural vanilla flavouring, emulsifier: mono- and diglycerides of fatty acids.</p> <p>For allergens, including cereals containing gluten, see ingredients in <b>BOLD CAPITALS</b>.</p>
Chocolate Brownie	<p>Dark chocolate (28%) [sugar, cocoa mass, cocoa butter, emulsifier: <b>SOYA</b> lecithin, vanilla flavouring], pasteurised free range <b>EGG</b>, salted butter [butter (<b>MILK</b>), salt], sugar, sorghum flour, milk chocolate (5%) [sugar, cocoa butter, whole <b>MILK</b> powder, cocoa mass, emulsifier: <b>SOYA</b> lecithin, vanilla flavouring], tapioca starch, ground <b>ALMONDS (NUTS)</b>, vanilla flavouring, cocoa powder, baking powder [raising agents: disodium diphosphate, potassium hydrogen carbonate], stabiliser: xanthan gum.</p> <p>For allergens, including cereals containing gluten, see ingredients in <b>BOLD CAPITALS</b>.</p>
Choc Chunk Shortbread	<p>Wheat flour [<b>WHEAT</b> flour, calcium carbonate, 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>.</p>
Marshmallow Twizzle (all varieties)	<p><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>

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<b>Cookies</b>	
<b>Chocolate Chunk Cookie</b>	Wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], dark chocolate (24%) [cocoa mass, sugar, cocoa butter, emulsifier: <b>SOYA</b> lecithin, natural vanilla flavouring], sugar, butter ( <b>MILK</b> ), free range pasteurised <b>EGG</b> , raising agents: monocalcium phosphate, potassium hydrogen carbonate; <b>WHEAT</b> fibre, lactose powder ( <b>MILK</b> ), glucose fructose syrup, whey powder ( <b>MILK</b> ), flavouring, invert sugar, salt, rapeseed oil.  For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> .
<b>Salted Caramel Cookie</b>	Wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], sugar, salted caramel flavour fudge pieces (16%) [sugar, sweetened condensed <b>MILK</b> , glucose syrup, palm oil, butter oil ( <b>MILK</b> ), salt, flavouring], butter ( <b>MILK</b> ), milk chocolate (5%) [sugar, whole <b>MILK</b> powder, cocoa butter, cocoa mass, emulsifier: <b>SOYA</b> lecithin, natural vanilla flavouring], <b>PECAN NUTS</b> , free range pasteurised <b>EGG</b> , raising agents: monocalcium phosphate, potassium hydrogen carbonate; <b>WHEAT</b> fibre, water, glucose fructose syrup, lactose powder ( <b>MILK</b> ), glucose syrup, whey powder ( <b>MILK</b> ), flavouring, sweetened condensed <b>MILK</b> , salt, partly inverted refiners syrup, invert sugar, palm oil, rapeseed oil, emulsifiers: rapeseed lecithin, sorbitan monostearate, mono and diglycerides of fatty acids; gelling agent: agar, preservative: potassium sorbate, acid: citric acid, thickener: locust bean gum.  For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> .
<b>Oat &amp; Raisin Cookie</b>	<b>OATS</b> (21%), raisins (19%), sugar, wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], butter ( <b>MILK</b> ), palm oil, glucose fructose syrup, water, golden syrup, raising agents: monocalcium phosphate, potassium hydrogen carbonate; rapeseed oil, <b>WHEAT</b> fibre, lactose powder ( <b>MILK</b> ), invert sugar, whey powder ( <b>MILK</b> ), mixed spice, salt, cinnamon, flavouring.  For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> .
<b>Cakes</b>	
<b>Vegan Chocolate &amp; Raspberry Cake</b>	Almond drink [water, <b>ALMONDS (NUTS)</b> , calcium, sea salt, stabilisers: locust bean gum, gellan gum; emulsifier: sunflower lecithin, vitamins: B2 riboflavin, B12 folate, E alpha tocopherol, D2 ergocalciferol], wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], dairy free vegetable margarine [vegetable oils (palm, rapeseed), water, salt, emulsifier: polyglycerol esters of fatty acids, natural colourings: annatto, curcumin; natural flavouring], icing sugar, sugar, dark chocolate (6%) [sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier: <b>SOYA</b> lecithin, vanilla extract], golden syrup, cocoa powder, water, freeze dried raspberries (1%), lemon juice, baking powder [raising agents: disodium diphosphate, potassium hydrogen carbonate; wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin)], glucose syrup, malted <b>BARLEY</b> extract, raising agent: sodium bicarbonate, natural vanilla flavouring, coffee extract, thickening agent: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid.  For allergens, including cereals containing gluten, see ingredients in <b>BOLD CAPITALS</b> .
<b>Loaf Cakes</b>	
<b>Chocolate Truffle Loaf Cake</b>	Pasteurised free range <b>EGG</b> , water, sugar, rapeseed oil, soft light brown sugar, wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], dark chocolate chunks (8%) [cocoa mass, sugar, emulsifier: <b>SOYA</b> lecithin, vanilla extract], cocoa powder, icing sugar, ground <b>ALMONDS (NUTS)</b> , full fat soft cheese ( <b>MILK</b> ), salted butter [butter ( <b>MILK</b> ), salt], cream ( <b>MILK</b> ), milk chocolate (1%) [sugar, cocoa butter, whole <b>MILK</b> powder, cocoa mass, emulsifier: <b>SOYA</b> lecithin, vanilla extract], dark chocolate (1%) [sugar, cocoa mass, cocoa butter, emulsifier: <b>SOYA</b> lecithin, vanilla extract], emulsifiers [native starch, mono and diglycerides of fatty acids, polyglycerol ester of fatty acids], vanilla flavouring, glucose syrup, white chocolate stars (1%) [sugar, cocoa butter, whole <b>MILK</b> powder, emulsifier: sunflower lecithin], glycerine, raising agent: sodium bicarbonate, baking powder [raising agents: disodium diphosphate, potassium hydrogen carbonate], skimmed <b>MILK</b> powder, <b>MILK</b> , preservative: potassium sorbate, malt extract [malted <b>BARLEY</b> , water], salt, icing powder [dextrose, cornflour, palm oil], stabiliser: xanthan gum.  For allergens, including cereals containing gluten, see ingredients in <b>BOLD CAPITALS</b> .
<b>Carrot Loaf Cake</b>	Carrot (12%), sugar, soft light brown sugar, rapeseed oil, pasteurised free range <b>EGG</b> , wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], wholemeal <b>WHEAT</b> flour, icing sugar, pineapple, <b>WALNUTS (NUTS)</b> (5%), sultanas, full fat soft cheese ( <b>MILK</b> ), desiccated coconut, ground cinnamon, water, salted butter [butter ( <b>MILK</b> ), salt], golden syrup, raising agent: sodium bicarbonate, cornflour, baking powder [raising agents: disodium diphosphate, potassium hydrogen carbonate; wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin)], thickening agents: cellulose gum, guar gum; modified starch, preservative: potassium sorbate, salt, vanilla flavouring, ground spice mix, emulsifier: xanthan gum, preservative : potassium sorbate.  For allergens, including cereals containing gluten, see ingredients in <b>BOLD CAPITALS</b> .
<b>Lemon Loaf Cake</b>	Sugar, pasteurised free range <b>EGG</b> , wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), vegetable margarine [vegetable oils (palm oil, rapeseed oil), water, salt], salted butter [butter ( <b>MILK</b> ), salt], lemon juice (5%), ground <b>ALMONDS</b> , water, lemon curd (2%) [granulated sugar, free range whole <b>EGG</b> , salted butter [butter ( <b>MILK</b> ), salt], concentrated lemon juice, water, lemon oil], cream ( <b>MILK</b> ), emulsifiers: native starch, mono and diglycerides of fatty acids, polyglycerol ester of fatty acids; icing sugar, baking powder [raising agents: disodium diphosphate, potassium hydrogen carbonate; wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin)], caramelised lemon zest [sugar, lemon, water], lemon flavouring, preservative: potassium sorbate, invert sugar syrup, citric acid, thickening agents: cellulose, gum guar.  For allergens, including cereals containing gluten, see ingredients in <b>BOLD CAPITALS</b> .
<b>Muffins</b>	
<b>Raspberry Cheesecake Muffin</b>	Wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], free range <b>EGG</b> , sugar, rapeseed oil, full fat soft cheese ( <b>MILK</b> ), <b>WHEAT</b> flour, mascarpone cheese ( <b>MILK</b> ), raspberry (2.7%), <b>WHEAT</b> starch, cream cheese ( <b>MILK</b> ), raising agents: mono calcium phosphate, diphosphates, sodium hydrogen carbonate, potassium carbonate; potato starch, freeze dried raspberry pieces, free range <b>EGG</b> white, glucose syrup, emulsifier: mono and diglycerides of fatty acids, <b>WHEAT GLUTEN</b> , whey powder ( <b>MILK</b> ), flavouring, stabilisers: xanthan gum, locust bean gum; preservative: potassium sorbate, modified maize starch, salt, modified tapioca starch, acid: lactic acid ( <b>MILK</b> ), antioxidants: tocopherol-rich extract, rosemary extract.  For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> .
<b>Blueberry Muffin</b>	Wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], sugar, free range pasteurised <b>EGG</b> , rapeseed oil, blueberries (10%), wild blueberry filling (8%) [sugar, blueberry, water, glucose-fructose syrup, modified maize starch, acid: citric acid, gelling agent: pectin, thickener: cellulose, preservative: potassium sorbate, natural blueberry flavouring], humectant: glycerine, <b>WHEAT</b> starch, <b>WHEAT</b> flour, raising agents: sodium acid pyrophosphate, monocalcium phosphate, sodium bicarbonate, potassium carbonates; palm oil, lemon zest, potato starch, emulsifier: mono and diglycerides of fatty acids, <b>WHEAT</b> gluten, free range <b>EGG</b> white powder, whey powder ( <b>MILK</b> ), flavouring, thickener: xanthan gum, preservative: potassium sorbate.  For allergens, including cereals containing gluten, see ingredients in <b>BOLD CAPITALS</b> .
<b>Lemon Muffin</b>	Wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], sugar, free range pasteurised <b>EGG</b> , rapeseed oil, lemon curd filling (10%) [sugar, free range pasteurised <b>EGG</b> , salted butter ( <b>MILK</b> ), concentrated lemon juice (contains sodium potassium metabisulphite ( <b>SULPHITES</b> ), water, lemon oil, gelling agent: agar], humectant: glycerine, nibbed sugar, <b>WHEAT</b> starch, <b>WHEAT</b> flour, raising agents: sodium acid pyrophosphate, monocalcium phosphate, sodium bicarbonate, potassium carbonates; potato starch, emulsifier: mono and diglycerides of fatty acids, lemon zest, water, <b>WHEAT</b> gluten, free range <b>EGG</b> white powder, whey powder ( <b>MILK</b> ), lemon pulp, thickeners: xanthan gum, locust bean gum; natural lemon flavouring, colour: lutein extract, preservative: potassium sorbate, gelling agent: agar, acid: citric acid, flavouring.  For allergens, including cereals containing gluten, see ingredients in <b>BOLD CAPITALS</b> .

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<b>Triple Chocolate Muffin</b>	Wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], rapeseed oil, free range pasteurised <b>EGG</b> , sugar, chocolate filling (10%) [dark chocolate (cocoa mass, sugar, cocoa butter, fat reduced cocoa powder, emulsifier: <b>SOYA</b> lecithin), water, glucose syrup, invert sugar syrup, salted butter ( <b>MILK</b> ), sugar, whipping cream ( <b>MILK</b> ), golden syrup, cornflour, gelling agent: pectin, emulsifier: mono- and diglycerides of fatty acids, flavouring, salt], dark chocolate chips (6%) [cocoa mass, sugar, cocoa butter, cocoa powder, emulsifier: <b>SOYA</b> lecithin], dark chocolate chunks (6%) [cocoa mass, sugar, cocoa butter, cocoa powder, emulsifier: <b>SOYA</b> lecithin], humectant: glycerine, water, cocoa powder, milk chocolate chunks [sugar, whole <b>MILK</b> powder, cocoa butter, cocoa mass, emulsifier: <b>SOYA</b> lecithin, natural vanilla flavouring], white chocolate chunks [sugar, whole <b>MILK</b> powder, cocoa butter, emulsifier: <b>SOYA</b> lecithin, natural vanilla flavouring], <b>WHEAT</b> starch, raising agents: sodium acid pyrophosphate, monocalcium phosphate, sodium bicarbonate, potassium carbonates; potato starch, emulsifier: mono and diglycerides of fatty acids, <b>WHEAT</b> gluten, free range <b>EGG</b> white powder, whey powder ( <b>MILK</b> ), colour: vegetable carbon, thickener: xanthan gum.  For allergens, including cereals containing gluten, see ingredients in <b>BOLD CAPITALS</b> .	
<b>Toffee Popcorn Muffin</b>	Sugar, wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], vegetable oils [rapeseed, palm], caramel sauce drizzle (11%) [glucose syrup, sweetened condensed skimmed <b>MILK</b> , sugar, water, palm oil, modified starch, emulsifiers: mono and diglycerides of fatty acids, <b>SOYA</b> lecithin; acidity regulator: trisodium citrate, natural flavouring, acid: tartaric acid, gelling agent: pectin, preservative: potassium sorbate, salt], free range liquid <b>EGG</b> , caramel sauce filling (6%) [sugar, glucose syrup, sweetened condensed <b>MILK</b> , sugar, water, palm oil, natural flavouring, dextrose, colourings: plain caramel, paprika oleoresin; emulsifier: mono and diglycerides of fatty acids, salt, gelling agent: pectin, butter ( <b>MILK</b> )], toffee popcorn (5%) [popcorn, brown sugar, glucose syrup, coconut oil, raising agent: sodium bicarbonate, salt, rapeseed oil, natural flavouring, emulsifier: sunflower lecithin], chocolate chunks (5%) [sugar, cocoa mass, cocoa butter, natural vanilla flavouring, emulsifier: <b>SOYA</b> lecithin], dark chocolate compound drizzle (3%) [sugar, palm fat, fat reduced cocoa powder, rapeseed oil, natural flavouring, emulsifier: <b>SOYA</b> lecithin], palm oil, yoghurt powder ( <b>MILK</b> ), raising agents: calcium phosphate, potassium di phosphates, potassium carbonate; <b>MILK</b> protein, glucose syrup, <b>WHEAT</b> starch, emulsifiers: polyglycerol esters of fatty acids, mono and diglycerides of fatty acids; modified corn starch, stabiliser: xanthan gum, salt, buttermilk powder ( <b>MILK</b> ), natural flavouring, acidity regulator: citric acid, rapeseed oil, colouring: carotene.  For allergens, including cereals containing gluten, see ingredients in <b>BOLD CAPITALS</b> .	
<b>PACKAGED ITEMS</b>		
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<b>Yoghurts &amp; Fruit</b>		
<b>Mango &amp; Lime Fruit Pot</b>	Mango (89%), lime (11%).	
<b>Fruit Mix Pot</b>	Pineapple (31%), melon (28%), mango (19%), kiwi fruit (16%), blueberries (6%).	
<b>Berry Crunch Pot</b>	Greek style yogurt (74%) ( <b>MILK</b> ), mixed berry compote (17%) [sugar, strawberries, water, blackberries, blueberries, redcurrants, cornflour, lemon juice, natural flavouring, gelling agent: pectin], granola (9%) [ <b>OAT</b> flakes, honey, sunflower seeds, pumpkin seeds, puffed rice, puffed quinoa, agave nectar, sunflower oil].  For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> .	
<b>Berry Good Bircher</b>	Greek style yoghurt ( <b>MILK</b> ) (43%), apple (19%), <b>OATS</b> (11%), concentrated apple juice, dried cranberries (6%) [cranberries, cane sugar, sunflower oil], summer berry compote (5%) [blackberries, red currants, blackcurrants, black cherries, jam sugar (sugar, apple, thickener: pectin, acidity regulator: citric acid, humectant: glycerol), raspberries, water, cornflour], dried blueberries (4%) [blueberries, 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> . May contain traces of nuts and sesame.	
<b>Oatmeal Pots</b>		
<b>Classic Oatmeal</b>	<b>MILK</b> (66%), water, <b>OATS</b> (13%), salt.  For allergens, see ingredients highlighted in <b>BOLD CAPITALS</b> . May also contain traces of nuts.	
<b>Five Grain Oatmeal</b>	Water, fortified soya drink (26%) [water, <b>SOYA</b> bean, apple extract, calcium carbonate, sea salt, vitamins (riboflavin, vitamin B12, vitamin D)], <b>OATS</b> (11%), coconut cream [coconut extract, water], golden linseed (0.6%), red rice (0.6%), quinoa (0.5%), wild rice (0.1%), cinnamon powder.  For allergens, see ingredients highlighted in <b>BOLD CAPITALS</b> .	
<b>Breakfast Sandwiches</b>		
<b>Cheddar and Marmite® Sarnie</b>	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> . May contain traces of nuts and sesame.	
<b>Ultimate All Day Breakfast Roll</b>	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, improver ( <b>WHEAT</b> flour, flour treatment agent: ascorbic acid, rapeseed oil)], chipolata sausage (31%) [British pork (87%), pork fat, wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), salt, pea fibre, dextrose, spices, onion powder, dried sage, preservative: sodium metabisulphite ( <b>SULPHITES</b> ), stabiliser: sodium tripolyphosphate, yeast, antioxidant: ascorbic acid, <b>WHEAT</b> gluten, sunflower oil], scrambled egg & béchamel sauce mix (22%) [scrambled <b>EGG</b> (pasteurised whole <b>EGG</b> , water, sunflower oil, skimmed <b>MILK</b> powder, lemon juice, salt, white pepper), béchamel sauce ( <b>MILK</b> , single cream ( <b>MILK</b> ), water, wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), corn flour, salt, preservative: potassium sorbate, nutmeg oleoresin), white pepper], hickory smoked streaky bacon (7%) [pork belly (98%), salt, antioxidant: sodium ascorbate, preservative: sodium nitrite].  For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> . May contain traces of nuts and soya.	
<b>Butchers Choice Sausage Sandwich</b>	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> . May contain traces of milk, egg and soya.	
<b>Hickory Smoked Bacon Sandwich</b>	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, improver ( <b>WHEAT</b> flour, flour treatment agent: ascorbic acid, rapeseed oil)], hickory smoked back bacon (25%) [pork loin (97%), water, salt, antioxidant: sodium ascorbate, preservatives: potassium nitrate, sodium nitrate], hickory smoked streaky bacon (8%) [pork belly (98%), salt, antioxidant: sodium ascorbate, preservative: sodium nitrite].  For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> . May contain traces of nuts, egg, milk, soya and sesame.	
<b>Filled Croissants</b>		

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<b>Cheddar and Mushroom Croissant</b>	Twist croissant [wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, butter ( <b>MILK</b> ), yeast, salt, sugar, free range <b>EGG</b> yolk, antioxidant: rosemary extract], Cheddar cheese ( <b>MILK</b> ) (14%), roasted mushrooms (14%), parsley and béchamel (14%) [béchamel sauce (whole <b>MILK</b> , water, whipped cream ( <b>MILK</b> ), starch, butter ( <b>MILK</b> ), salt, white pepper), parsley, cracked black pepper].  For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> . May contain traces of nuts and peanuts.
<b>Ham and Cheese Croissant</b>	Twist croissant [wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, butter ( <b>MILK</b> ), yeast, salt, sugar, free range <b>EGG</b> yolk, antioxidant: rosemary extract], smoked dry cured formed ham (30%) [pork, salt, stabilisers: tri- and di- phosphates, antioxidant: sodium ascorbate, preservative: sodium nitrite], mature Cheddar cheese ( <b>MILK</b> ) (13%).  For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> . May contain traces of nuts and peanuts.
<b>Toasties</b>	
<b>Turkey, Ham &amp; Swiss Cheese Toastie</b>	Béchamel sauce and cheese topped sourdough bread [sourdough bloomer (wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, spelt <b>WHEAT</b> flour, <b>RYE</b> flour, salt, durum <b>WHEAT</b> flour, yeast, antioxidant: ascorbic acid), béchamel sauce ( <b>MILK</b> , single cream ( <b>MILK</b> ), water, wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), cornflour, salt, preservative: potassium sorbate, nutmeg oleoresin), Cheddar cheese ( <b>MILK</b> ) (4%), mozzarella cheese ( <b>MILK</b> ) (4%)], roasted formed turkey breast (9%) [turkey breast (97%), dextrose, salt, stabilisers: diphosphates, triphosphates] emmental cheese ( <b>MILK</b> ) (9%), béchamel and mustard sauce (9%) [béchamel sauce ( <b>MILK</b> , single cream ( <b>MILK</b> ), water, wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), cornflour, salt, preservative: potassium sorbate, nutmeg oleoresin), American mustard (water, spirit vinegar, <b>MUSTARD</b> flour, yellow <b>MUSTARD</b> bran, cornflour, salt, turmeric), black pepper], formed hickory smoked ham (7%) [pork (96%), salt, muscovado sugar, stabiliser: triphosphates, antioxidant: sodium ascorbate, preservative: sodium nitrite], gherkins [gherkins, water, sugar, spirit vinegar, salt, acidity regulator: acetic acid, firming agents: calcium chloride, calcium acetate; natural flavouring, preservative: potassium metabisulphite ( <b>SULPHITES</b> )].  For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> . May also contain traces of nuts and sesame.
<b>Five Cheese Toastie</b>	Sourdough bloomer [wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, <b>SPELT WHEAT</b> flour, <b>RYE</b> flour, salt, durum <b>WHEAT</b> flour, yeast, antioxidant: ascorbic acid], mustard béchamel sauce (22%) [cream ( <b>MILK</b> ), water, American style mustard (water, spirit vinegar, <b>MUSTARD</b> flour, <b>MUSTARD</b> bran, sea salt, turmeric, paprika, garlic powder), salted butter (butter ( <b>MILK</b> ), salt), lemon juice, cornflour, black pepper], three cheese blend [mozzarella cheese ( <b>MILK</b> ) (7%), Cheddar cheese ( <b>MILK</b> ) (7%), Emmental cheese ( <b>MILK</b> ) (3%), potato starch], smoke flavoured Cheddar cheese (5%) [Cheddar cheese ( <b>MILK</b> ), potato starch, smoke flavouring, paprika], medium hard ripened cheese ( <b>MILK</b> ) (3%).  For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> . May also contain traces of peanuts and nuts.
<b>Hickory Ham &amp; Cheese Toastie</b>	Sourdough bloomer [wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, <b>SPELT WHEAT</b> flour, <b>RYE</b> flour, salt, durum <b>WHEAT</b> flour, yeast, antioxidant: ascorbic acid], mustard béchamel sauce (22%) [cream ( <b>MILK</b> ), water, American style mustard (water, spirit vinegar, <b>MUSTARD</b> flour, <b>MUSTARD</b> bran, sea salt, turmeric, paprika, garlic powder), salted butter (butter ( <b>MILK</b> ), salt), lemon juice, cornflour, black pepper], three cheese blend [mozzarella cheese ( <b>MILK</b> ) (6%), Cheddar cheese ( <b>MILK</b> ) (6%), Emmental cheese ( <b>MILK</b> ) (3%), potato starch], hickory smoked formed ham (14%) [pork, salt, sugar, stabiliser: triphosphates, antioxidant: sodium ascorbate, preservative: sodium nitrite], smoke flavoured Cheddar cheese (5%) [Cheddar cheese ( <b>MILK</b> ), smoke flavouring, paprika], Parmigiano Reggiano cheese ( <b>MILK</b> ) (3%).  For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> . May also contain traces of peanuts and nuts.
<b>Mini Cheese and Ham Toastie</b>	Dry cured formed ham (32%) [pork, salt, dextrose, brown sugar, stabilisers: triphosphates, polyphosphates, diphosphates; antioxidant: sodium ascorbate; preservative: sodium nitrite], white loaf [wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, sugar, improver (emulsifier: E471, <b>WHEAT</b> flour, sunflower oil), 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, nutmeg oleoresin].  For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> . May contain traces of sesame, soya and egg.
<b>Bagels</b>	
<b>Smoked Salmon Bagel</b>	Multigrain bagel [flour ( <b>WHEAT</b> flour, calcium carbonate, iron, thiamin, niacin), water, sunflower seeds, linseeds, poppy seeds, sugar, roast <b>BARLEY</b> malt, <b>BARLEY</b> flakes, malted <b>WHEAT</b> flour, yeast, salt, <b>SOYA</b> flour, flour treatment agent, ascorbic acid, rapeseed oil, palm oil], 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> . May contain traces of nuts and sesame.
<b>Sandwiches, Paninis, Wraps, Rolls &amp; Focaccias</b>	
<b>Vegan Winter Sandwich</b>	Pumpkin bread [wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, chopped pumpkin seeds, yeast, pumpkin powder, <b>WHEAT</b> flour, salt, palm oil, emulsifiers: mono- and diglycerides of fatty acids, mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids; dried sage, rapeseed oil, flour treatment agent: ascorbic acid], roasted carrot & butternut squash (16%) [carrot, butternut squash, sunflower oil], smokey chipotle slaw (13%) [red cabbage, smokey chipotle dressing (rapeseed oil, water, chipotle sauce (chipotle peppers, water, tomato paste, salt, sugar, onion, acidity regulator: acetic acid), American style mustard (water, spirit vinegar, <b>MUSTARD</b> flour, <b>MUSTARD</b> bran, sea salt, turmeric, paprika, garlic powder), maple syrup, white wine vinegar, red pepper, sugar, broad bean protein, sundried tomato puree (water, sundried tomatoes (sundried tomatoes, salt), sunflower oil, white wine vinegar), Dijon mustard (water, <b>MUSTARD</b> seeds, spirit vinegar, salt), lemon juice, salt, black pepper, gelling agent: pectin, stabiliser: xanthan gum), carrot], spiced pumpkin stuffing (9%) [breadcrumbs (wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, yeast), water, pumpkin, rapeseed oil, kibbled onion, apple flakes, treacle, spices (nutmeg, ginger, cinnamon, black pepper, cloves), ginger puree, salt], cranberry & Brussels sprout pesto (7%) [rapeseed oil, cranberries, water, Brussels sprouts, cider vinegar, sugar, concentrated cranberry juice, cornflour, lemon juice, salt, garlic puree, concentrated lemon juice, gelling agent: pectin, black pepper], spiced pumpkin puree (5%) [pumpkin, sugar, sunflower oil, mixed spice, salt], salad leaves (5%) [baby kale, red chard, rocket], pomegranate kernels (3%), toasted pumpkin seeds (2%).  For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> . May also contain traces of nuts and sesame.
<b>California Chicken Wrap</b>	Spinach wheat flour tortilla [wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, palm oil, rapeseed oil, spinach, parsley, sugar, raising agents: sodium bicarbonate, disodium diphosphate, malic acid; salt], coleslaw [sweetcorn (sweetcorn, water, salt), red cabbage, carrot, seasoned mayonnaise (rapeseed oil, water, free range pasteurised whole <b>EGG</b> , free range pasteurised salted <b>EGG</b> yolk (free range <b>EGG</b> yolk, salt), spirit vinegar, sugar, white pepper], spring greens, spring onion, lemon juice, modified maize starch], chicken breast (28%) [chicken breast, salt, corn flour], red pepper aioli (rapeseed oil, low fat yoghurt ( <b>MILK</b> ), water, roasted red pepper puree, spirit vinegar, sugar, corn flour, concentrated lemon juice, free range pasteurised salted <b>EGG</b> yolk, garlic puree, salt, dried red pepper, <b>MUSTARD</b> flour], lettuce.  For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> . May contain traces of nuts and sesame.

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<b>Ham &amp; Cheese Brioche Roll</b>	<p>Brioche roll [wheat flour (<b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, buttermilk (skimmed <b>MILK</b> and skimmed <b>MILK</b> solids, <b>MILK</b> protein concentrate, starter culture), free range pasteurised <b>EGG</b>, unsalted butter (<b>MILK</b>), yeast, emulsifier: E471, salt, <b>WHEAT</b> flour, flour treatment agent: ascorbic acid, glazing (water, vegetable proteins (rice, potato, pea), sunflower oil, dextrose (<b>WHEAT</b>), maltodextrin, starch)], hickory smoked ham (25%) [pork (97%), salt, muscovado sugar, stabiliser: triphosphates, antioxidant: sodium ascorbate, preservative: sodium nitrite], emmental cheese (<b>MILK</b>) (12%), mustard mayonnaise [mayonnaise (rapeseed oil, water, non brewed condiment (water, acidity regulator: acetic acid), sugar, pasteurised <b>EGG</b> yolk powder, salt, modified maize starch, <b>MUSTARD</b> flour, stabilisers: guar gum, xanthan gum; preservative: potassium sorbate), American style mustard (water, spirit vinegar, <b>MUSTARD</b> flour, yellow <b>MUSTARD</b> bran, corn flour, salt, turmeric), English mustard (water, <b>MUSTARD</b> flour, salt, sugar, <b>WHEAT</b> starch, acidity regulator: citric acid, turmeric), modified maize starch], seasoned mayonnaise [rapeseed oil, water, free range pasteurised whole <b>EGG</b>, free range pasteurised salted egg yolk (free range <b>EGG</b> yolk, salt), spirit vinegar, sugar, white pepper, lettuce.</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b>. May contain traces of nuts and sesame.</p>
<b>Vegan Wrap with Falafel &amp; Slaw</b>	<p>Tomato wheat flour tortilla [wheat flour (<b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, palm oil, rapeseed oil, tomato seasoning (tomato powder, bell pepper, paprika, basil), sugar, raising agents: sodium carbonate, di sodium diphosphate, malic acid; salt], sweet potato falafel (23%) [sweet potato, chickpeas, red pepper, rapeseed oil, potato flake, tomato puree, onion, reconstituted garlic (water, dried garlic), coriander, cumin, concentrated lemon juice, paprika, salt, chilli flakes], rainbow slaw [carrot, butternut squash, beetroot], chargrilled veg [courgette, red pepper, yellow pepper, aubergine, sunflower oil], tomato salsa [tomatoes, water, onion, tomato paste, red pepper, red wine vinegar, red chilli puree, sugar, cornflour, parsley, salt, garlic puree, paprika], spinach, red 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>
<b>California Chicken Sandwich</b>	<p>Sourdough bread [wheat flour (<b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, <b>SPELT</b> flour, <b>RYE</b> flour, durum <b>WHEAT</b> semolina, rapeseed oil, salt, yeast, emulsifier: mono- and diglycerides of fatty acids, antioxidant: ascorbic acid], buttermilk chicken (24%) [chicken breast, buttermilk marinade (sugar, buttermilk powder (<b>MILK</b>), spices (paprika, black pepper, chilli, coriander, cumin), dried glucose syrup, garlic powder, onion powder, yeast extract, salt, spice extracts (black pepper, cayenne), herbs (rosemary, thyme)), salt, cornflour], mango and vegetable slaw (14%) [butternut squash, carrot, broccoli, shredded mango, coriander, pomace olive oil], guacamole (12%) [avocado pulp (avocado, stabiliser: xanthan gum, antioxidants: ascorbic acid, citric acid), red onion, red chilli, lime juice, coriander, salt, cracked black pepper], sour cream (<b>MILK</b>) (7%), red chard (5%).</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b>. May contain traces of nuts and sesame.</p>
<b>Eggs Sandwich</b>	<p>Seeded farmhouse white 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: mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids, rapeseed oil, flour treatment agent: ascorbic acid], free range egg mayonnaise [free range hardboiled <b>EGG</b> (23%), mayonnaise (10%) (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], boiled egg (23%) (free range hardboiled <b>EGGS</b>, preserve solution (water, citric acid, trisodium citrate)], cress (3%).</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b>. May contain traces of nuts and sesame.</p>
<b>Croque Monsieur Panini</b>	<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>
<b>Pesto &amp; Tomato Mozzarella Panini</b>	<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%) [sun-dried tomatoes (sun-dried 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 highlighted in <b>BOLD CAPITALS</b>. May contain traces of nuts and sesame.</p>
<b>Gluten Free Chicken Pesto Panini</b>	<p>Gluten free panini (61%) [water, seeds (sunflower seed, pumpkin seed, golden millet seed, brown linseed, poppy seed, quinoa), tapioca starch, yeast, rice flour, maize starch, psyllium husk powder, <b>EGG</b> white powder, wholegrain maize flour, sugar cane fibre, potato starch, buckwheat flour, thickeners: xanthan gum, guar gum; caramelised sugar, sugar, prune purée, rice starch, concentrated grape juice, iodised salt (salt, potassium iodate), rapeseed oil, cassava flour, preservative: sodium propionate; spirit vinegar, rice bran, acidity regulator: sodium carbonate], cooked chicken breast (17%) [chicken breast, salt, corn flour], crème fraîche &amp; green pesto sauce (8%) [crème fraîche (<b>MILK</b>), green pesto (basil paste (basil, sunflower oil, salt, antioxidant: E300), sunflower oil, medium fat hard cheese (<b>MILK</b>), garlic purée, acidity regulator: citric acid), modified maize starch], mozzarella cheese (<b>MILK</b>) (8%), seasoned puréed tomato (6%) [tomato, tomato concentrate, sunflower oil, olive oil, salt, oregano, sugar, garlic].</p> <p>For allergens, see ingredients highlighted in <b>BOLD CAPITALS</b>.</p>
<b>Tuna Panini</b>	<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 highlighted in <b>BOLD CAPITALS</b>. May contain traces of nuts and sesame.</p>
<b>Hot Boxes</b>	
<b>Butternut Squash &amp; Kale Risotto</b>	<p>Water, <b>MILK</b>, pearl <b>BARLEY</b> (8%), single cream (<b>MILK</b>), onion, bulgur <b>WHEAT</b> (5%), white quinoa (5%), butternut squash (4%), kale (3%), regato medium fat hard cheese (2%) (<b>MILK</b>), rapeseed oil, vegetable stock [water, yeast extract, salt, dried potato, potato starch, sugar, sunflower oil, dextrose, leek powder, onion powder, black pepper, concentrated carrot juice, flavouring, honey powder, lovage extract, white pepper], wild rice, cornflour, mushroom stock [mushroom concentrate, water, salt, onion concentrate, rapeseed oil, sugar, cornflour], lemon juice, sea salt, black pepper, smoked water, red rice.</p> <p>For allergens, including cereals containing gluten, see ingredients in <b>BOLD CAPITALS</b>. May contain traces of nuts.</p>

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<b>Mushroom &amp; Spinach Risotto</b>	<p>Water, pearl <b>BARLEY</b> (8%), <b>MILK</b>, chestnut mushrooms (5%), single cream (<b>MILK</b>) (5%), bulgur <b>WHEAT</b> (5%), white quinoa (5%), onion, spinach, shiitake mushroom, rapeseed oil, wild rice, vegetable stock [water, yeast extract, salt, dried potato, potato starch, sugar, sunflower oil, dextrose, leek powder, onion powder, black pepper, concentrated carrot juice, flavouring, honey powder, lovage extract, white pepper], cornflour, full fat hard cheese (<b>MILK</b>) (0.7%), soft cheese (<b>MILK</b>), regato medium fat hard cheese (<b>MILK</b>), lemon juice, mushroom powder, mushroom stock [mushroom concentrate, water, salt, onion concentrate, rapeseed oil, sugar, cornflour], sea salt, smoked water, red rice, black pepper, sugar, thyme.</p> <p>For allergens, including cereals containing gluten, see ingredients in <b>BOLD CAPITALS</b>. May contain traces of nuts.</p>
<b>Pulled Pork Pasta</b>	<p>Cooked gigli pasta [water, durum <b>WHEAT</b> semolina], water, cooked pulled pork (12%) [pork, water, maize starch, salt], <b>MILK</b>, red onion (4%), spinach (3%), tomato ketchup [water, sugar, tomato purée, cornflour, spirit vinegar, salt, cayenne pepper, cinnamon], full fat hard cheese (<b>MILK</b>), mature Cheddar cheese (2%) (<b>MILK</b>), soft cheese (<b>MILK</b>), demerara sugar, single cream (<b>MILK</b>), red wine vinegar, cider, cabernet sauvignon red wine, white wine vinegar, cornflour, worcester sauce [brown malt vinegar (<b>BARLEY</b>), black treacle, water, onion, salt, black pepper, clove, garlic, lemon oil, tamarind extract], tomato paste, wheat flour (<b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), regato medium fat hard cheese (<b>MILK</b>), ginger purée, chicken stock [water, flavouring, chicken extract, sugar, salt, cornflour], dijon mustard [water, <b>MUSTARD</b> seeds, spirit vinegar, salt], garlic purée, cheese stock [water, flavouring, cheese powder (<b>MILK</b>), sunflower oil, salt, yeast extract], rapeseed oil, salt, butter (<b>MILK</b>), smoked paprika, caramelised sugar syrup, cumin powder, chipotle chilli, colour: paprika extract, black pepper, turmeric powder.</p> <p>For allergens, including cereals containing gluten, see ingredients in <b>BOLD CAPITALS</b>. May contain traces of nuts.</p>
<b>Super Scrambled Eggs, Tomato &amp; Spinach</b>	<p>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].</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b>. May contain traces of nuts and sesame.</p>
<b>Salads</b>	
<b>House Chicken Salad</b>	<p>Quinoa and bulgar wheat mix (29%) [quinoa (quinoa, olive oil, dextrose, maltodextrin, <b>CELERY</b>, yeast extract, salt, pepper), bulgur wheat (bulgur <b>WHEAT</b>, water), tomato, sweetened dried cranberries (cranberries, sugar, sunflower oil), toasted pumpkin seeds, parsley, pomace olive oil], buttermilk chicken (14%) [chicken breast, buttermilk marinade (sugar, buttermilk powder (<b>MILK</b>), spices (paprika, black pepper, chilli, coriander, cumin), dried glucose syrup, garlic powder, onion powder, yeast extract, salt, spice extracts (black pepper, cayenne), herbs (rosemary, thyme)), salt, cornflour], vegetable slaw (14%) [carrot, butternut squash, beetroot], chargrilled sweetcorn (11%), sugar snap peas (9%), salad leaves (5%) [rocket, red chard, spinach], avocado dressing (18%) [avocado pulp (avocado, stabiliser: xanthan gum, antioxidants: ascorbic acid, citric acid), sour cream (<b>MILK</b>), semi-skimmed <b>MILK</b>, lime juice, chives, garlic puree, salt, cracked black pepper].</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b>. May also contain traces of nuts and sesame seeds.</p>
<b>Italian Pasta Salad with Grilled Veggies</b>	<p>Basil macaroni pasta (elbow macaroni (40%) (water, elbow macaroni (durum <b>WHEAT</b> semolina)), sunflower oil (sunflower oil, acidity regulator: citric acid)), nut free green pesto (17%) (basil paste (basil, sunflower oil, salt), vegetarian medium fat hard cheese (<b>MILK</b>), extra virgin olive oil, sunflower oil, garlic puree, acidity regulator: citric acid), spinach, pomace olive oil, cherry tomatoes (11%), chargrilled peppers (11%) [red peppers, yellow peppers, sunflower oil], mozzarella bocconcini (10%) [pasteurised <b>MILK</b>, salt, vegetarian rennet, acidity regulator: citric acid], rocket (9%).</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b>. May also contain traces of nuts and sesame seeds.</p>
<b>Impulse Range</b>	
<b>Starbucks Chocolate Bear Lolly</b>	<p>Sugar, cocoa butter, cream powder (<b>MILK</b>), cocoa mass, skimmed <b>MILK</b> powder, natural colours: beetroot red, carotene; emulsifier: sunflower lecithin, butterfat (<b>MILK</b>), vanilla extract.</p> <p>Cocoa Solids: 26% minimum, Milk Solids: 22% minimum .</p> <p>Cocoa, sugar, vanilla: traded in compliance with Fairtrade Standards, total 73%.</p> <p>For allergens see ingredients in <b>BOLD CAPITALS</b>. May contain traces of nuts, peanuts and soya.</p>
<b>Starbucks Peanut and Cashew Bar</b>	<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, rapeseed], 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>. May contain traces of milk, other nuts and sesame.</p>
<b>Starbucks Dark Chocolate Bar</b>	<p>Cocoa mass, sugar, cocoa butter, vanilla. Cocoa Solids: 70% Minimum. Cocoa, sugar, vanilla: traded in compliance with Fairtrade Standards, total 100%.</p> <p>May contain traces of soya, nuts, milk and cereals containing gluten.</p>
<b>Starbucks Milk Chocolate Bar</b>	<p>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%.</p> <p>For allergens, see ingredients highlighted in <b>BOLD CAPITALS</b>. May contain traces of soya, nuts and cereals containing gluten.</p>
<b>Starbucks Shortbread Biscuits</b>	<p>Wheat flour [<b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], salted butter (37%) [butter (<b>MILK</b>) salt], sugar.</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b>. May contain traces of nuts.</p>
<b>Starbucks Ginger Biscuits</b>	<p>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.</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b>. May contain traces of nuts.</p>
<b>Starbucks Almonds, Cashews, Cranberries &amp; Raisins</b>	<p><b>CASHEW NUTS</b> (25%), <b>ALMONDS (NUTS)</b> (25%), raisins (25%) [raisins, preservative: sulphur dioxide (<b>SULPHITES</b>), sunflower oil], juice infused cranberries (25%) [pineapple sugar, dried cranberries, pineapple juice concentrate, sunflower oil].</p> <p>For allergens, see ingredients highlighted in <b>BOLD CAPITALS</b>. May contain traces of other nuts, peanuts and sesame.</p>
<b>Starbucks Smoked Almonds</b>	<p><b>ALMONDS (NUTS)</b> (92%), <b>PEANUT</b> oil, seasoning [dextrose, salt, sugar, <b>WHEAT</b> flour, yeast extract, smoke flavouring, caramelised sugar, onion powder, acid: citric acid, paprika extract].</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b>. May contain traces of other nuts, peanuts and sesame.</p>
<b>Starbucks Almond Biscotti</b>	<p><b>WHEAT</b> flour, sugar, <b>ALMONDS</b> (21%), free range <b>EGGS</b>, free range <b>EGG</b> yolk, butter (<b>MILK</b>), <b>MILK</b>, honey, raising agent: ammonium hydrogen carbonate, salt, natural flavours.</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b>.</p>
<b>Starbucks Gingerbread Bearista</b>	<p>Wheat flour (<b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), sugar, vegetable oils (palm, rapeseed), partially inverted refiners syrup, black treacle [cane molasses, inverted sugar syrup], dried glucose syrup, raising agent: sodium carbonate, free range dried <b>EGG</b> white, humectant: vegetable glycerol, spices, cornflour, fruit and plant concentrates [safflower, lemon], spirulina, colour: vegetable carbon, stabiliser: xanthan gum.</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b>. May also contain traces of nuts and soya.</p>

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<b>Starbucks Caramel Waffles</b>	Syrup (34%) [glucose-fructose syrup, sugar syrup], <b>WHEAT</b> flour, butter ( <b>MILK</b> ) (14%), sugar, vegetable oil [palm, rapeseed], 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> .
<b>Starbucks Mini Caramel Waffles</b>	Syrup (34%) [glucose-fructose syrup, sugar syrup], <b>WHEAT</b> flour, butter ( <b>MILK</b> ) (14%), sugar, vegetable oil [palm, rapeseed], 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> .
<b>Starbucks Chocolate Caramel Shortbread</b>	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> .
<b>Starbucks Chocolate Coin</b>	Sugar, whole <b>MILK</b> powder, cocoa mass, cocoa butter, emulsifier: sunflower lecithin, natural vanilla flavouring. Cocoa solids: 28% minimum, milk solids: 15% minimum.  For allergens, see ingredients highlighted in <b>BOLD CAPITALS</b> . May contain traces of peanuts, nuts and soya.