

STARBUCKS® Winter 2019 Food Ingredients & Allergens	Allergen Information: Allergy data detailed below has been taken from the supplier of the products. 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. 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.
Pastries (may vary in some stores)	
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 (EGGS , water).
	For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS .
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 (EGGS , water).
	For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS .
Pain aux Raisins	Water, WHEAT flour, butter (MILK) (14%), raisins (13%), sugar, EGGS , yeast, potato modified starch, whole MILK powder, salt, whey powder (MILK), WHEAT GLUTEN , skimmed MILK powder, stabilisers: calcium acetate, tetrasodium diphosphate, disodium phosphate; fruit and plant extract [carrot, paprika, turmeric], flour treatment agent: ascorbic acid, natural flavouring, egg wash (EGGS , water).
	For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS .
Danish Almond Star	Pastry [flour (WHEAT flour, WHEAT GLUTEN , flour treatment agent: ascorbic acid)], water, butter (MILK), whole MILK , caster sugar, flaked ALMONDS (NUTS) (4%), free range EGG yolk, free range whole EGG , apricot glaze [sugar, glucose, water, apricot pulp, gelling agent: pectin, natural apricot flavour], cornflour, yeast, salt, natural almond extract, vanilla extract.
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Cinnamon Swirl	Wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], sugar, free range pasteurised EGG , sultanas (5%), palm stearin, rapeseed oil, yeast, ground cinnamon, whey protein concentrate (MILK), 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; WHEAT starch, skimmed MILK powder, raising agents: sodium di-phosphates, sodium bicarbonate, calcium phosphates; orange shreds, salt, crème fraîche (MILK), flavourings, colour: carotenes, flour treatment agent: ascorbic acid, glucose syrup, stabilisers: agar, locust bean gum, xanthan gum; acidity regulator: citric acid, orange concentrate, butter (MILK), gelling agent: pectin.
	For allergens, including cereals containing gluten, see ingredients in BOLD CAPITALS .
Toast, Breads & Pancakes	
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: mono and diglycerides of fatty acids, 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 .

Banana Bread	Wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], sugar, banana pulp (16%) [banana, antioxidant: ascorbic acid], pasteurised free range EGG , rapeseed oil, banana (9%), PECAN NUTS (5%), WALNUTS (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.
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Trio of Pancakes	WHEAT flour, water, EGG , sugar, rapeseed oil, skimmed MILK powder, coconut oil, buttermilk powder (MILK), raising agents: sodium bicarbonate, sodium pyrophosphate; vinegar, natural flavouring, acidity regulator: citric acid, salt, preservative: potassium sorbate, natural vanilla flavouring, emulsifier: sunflower lecithin.
	For allergens, including cereals containing gluten, see ingredients in BOLD CAPITALS .
Bars & Brownies	
Granola Bar	OATS (GLUTEN) (25%), salted butter [butter (MILK), salt], golden syrup, sultanas (7%) [sultanas, vegetable oil (sunflower, cottonseed)], evaporated milk (MILK), 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, ALMONDS (NUTS) (3%), linseeds, PECAN NUTS (3%).
	For allergens, including cereals containing gluten, see ingredients in BOLD CAPITALS .
Chocolate Caramel Shortbread	Wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], salted butter [butter (MILK), salt], sweetened condensed milk [MILK , sugar], milk chocolate [sugar, cocoa butter, whole MILK powder, cocoa mass, emulsifier: SOYA 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 (MILK), wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), emulsifier: SOYA lecithin, natural flavouring], icing sugar, soft light brown sugar, palm oil, corn flour, whey powder (MILK), cocoa butter, natural vanilla flavouring, emulsifier: mono- and diglycerides of fatty acids.
	For allergens, including cereals containing gluten, see ingredients in BOLD CAPITALS .
Chocolate Caramel Shortbread	Wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], salted butter [butter (MILK), salt], sweetened condensed milk [MILK , sugar], milk chocolate [sugar, cocoa butter, whole MILK powder, cocoa mass, emulsifier: SOYA 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 (MILK), wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), emulsifier: SOYA lecithin, natural flavouring], icing sugar, soft light brown sugar, palm oil, corn flour, whey powder (MILK), cocoa butter, natural vanilla flavouring, emulsifier: mono- and diglycerides of fatty acids.
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Chocolate Brownie	Dark chocolate (28%) [sugar, cocoa mass, cocoa butter, emulsifier: SOYA lecithin, 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, vanilla flavouring], tapioca starch, ground ALMONDS (NUTS) , vanilla flavouring, cocoa powder, baking powder [raising agents: disodium diphosphate, potassium hydrogen carbonate], stabiliser: xanthan gum.
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Choc Chunk Shortbread	Wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], butter (MILK), chocolate chunks (14%) [cocoa mass, sugar, emulsifier: SOYA lecithin, flavouring], sugar, pasteurised free range whole EGG .
	For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS .

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

<p>Lemon Muffin</p>	<p>Wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], sugar, free range pasteurised EGG, rapeseed oil, lemon curd filling (10%) [sugar, free range pasteurised EGG, salted butter (MILK), concentrated lemon juice (contains sodium potassium metabisulphite (SULPHITES), water, lemon oil, gelling agent: agar], humectant: glycerine, nibbed sugar, WHEAT starch, WHEAT flour, raising agents: sodium acid pyrophosphate, monocalcium phosphate, sodium bicarbonate, potassium carbonates; potato starch, emulsifier: mono and diglycerides of fatty acids, lemon zest, water, WHEAT gluten, free range EGG white powder, whey powder (MILK), lemon pulp, thickeners: xanthan gum, locust bean gum; natural lemon flavouring, colour: lutein extract, preservative: potassium sorbate, gelling agent: agar, acid: citric acid, flavouring.</p> <p>For allergens, including cereals containing gluten, see ingredients in BOLD CAPITALS.</p>
<p>Triple Chocolate Muffin</p>	<p>Wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], rapeseed oil, free range pasteurised EGG, sugar, chocolate filling (10%) [dark chocolate (cocoa mass, sugar, cocoa butter, fat reduced cocoa powder, emulsifier: SOYA lecithin), water, glucose syrup, invert sugar syrup, salted butter (MILK), sugar, whipping cream (MILK), 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: SOYA lecithin], dark chocolate chunks (6%) [cocoa mass, sugar, cocoa butter, cocoa powder, emulsifier: SOYA lecithin], humectant: glycerine, water, cocoa powder, milk chocolate chunks [sugar, whole MILK powder, cocoa butter, cocoa mass, emulsifier: SOYA lecithin, natural vanilla flavouring], white chocolate chunks [sugar, whole MILK powder, cocoa butter, emulsifier: SOYA lecithin, natural vanilla flavouring], WHEAT starch, WHEAT flour, raising agents: sodium acid pyrophosphate, monocalcium phosphate, sodium bicarbonate, potassium carbonates; potato starch, emulsifier: mono and diglycerides of fatty acids, WHEAT gluten, free range EGG white powder, whey powder (MILK), colour: vegetable carbon, thickener: xanthan gum.</p> <p>For allergens, including cereals containing gluten, see ingredients in BOLD CAPITALS.</p>
<p>Toffee Popcorn Muffin</p>	<p>Sugar, wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], vegetable oils [rapeseed, palm], caramel sauce drizzle (11%) [glucose syrup, sweetened condensed skimmed MILK, sugar, water, palm oil, modified starch, emulsifiers: mono and diglycerides of fatty acids, SOYA lecithin; acidity regulator: trisodium citrate, natural flavouring, acid: tartaric acid, gelling agent: pectin, preservative: potassium sorbate, salt], free range liquid EGG, caramel sauce filling (6%) [sugar, glucose syrup, sweetened condensed MILK, sugar, water, palm oil, natural flavouring, dextrose, colourings: plain caramel, paprika oleoresin; emulsifier: mono and diglycerides of fatty acids, salt, gelling agent: pectin, butter (MILK)], 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: SOYA lecithin], dark chocolate compound drizzle (3%) [sugar, palm fat, fat reduced cocoa powder, rapeseed oil, natural flavouring, emulsifier: SOYA lecithin], palm oil, yoghurt powder (MILK), raising agents: calcium phosphate, potassium di phosphates, potassium carbonate; MILK protein, glucose syrup, WHEAT starch, emulsifiers: polyglycerol esters of fatty acids, mono and diglycerides of fatty acids; modified corn starch, stabiliser: xanthan gum, salt, buttermilk powder (MILK), natural flavouring, acidity regulator: citric acid, rapeseed oil, colouring: carotene.</p> <p>For allergens, including cereals containing gluten, see ingredients in BOLD CAPITALS.</p>
<p>PACKAGED ITEMS For all packaged foods including impulse items please refer to the package label for allergen information. Once opened, we do not guarantee any of our products are free of any particular allergen.</p>	
<p>Yoghurts & Fruit</p>	
<p>Mango & Lime Fruit Pot</p>	<p>Mango (89%), lime (11%).</p>
<p>Fruit Mix Pot</p>	<p>Pineapple (31%), melon (28%), mango (19%), kiwi fruit (16%), blueberries (6%).</p>
<p>Berry Crunch Pot</p>	<p>Greek style yogurt (74%) (MILK), mixed berry compote (17%) [sugar, strawberries, water, blackberries, blueberries, redcurrants, cornflour, lemon juice, natural flavouring, gelling agent: pectin], granola (9%) [OAT flakes, honey, sunflower seeds, pumpkin seeds, puffed rice, puffed quinoa, agave nectar, sunflower oil].</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS.</p>

Berry Good Bircher	Greek style yoghurt (MILK) (43%), apple (19%), OATS (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 BOLD CAPITALS . May contain traces of nuts and sesame.
Oatmeal Pots	
Classic Oatmeal	MILK (66%), water, OATS (13%), salt.
	For allergens, see ingredients highlighted in BOLD CAPITALS . May also contain traces of nuts.
Five Grain Oatmeal	Water, fortified soya drink (26%) [water, SOYA bean, apple extract, calcium carbonate, sea salt, vitamins (riboflavin, vitamin B12, vitamin D)], OATS (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 BOLD CAPITALS .
Breakfast Sandwiches	
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 . May contain traces of nuts and sesame.
Ultimate All Day Breakfast Roll	Stone baked bread roll [wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], water, RYE flour, yeast, salt, malted WHEAT flour, improver (WHEAT flour, flour treatment agent: ascorbic acid, rapeseed oil)], chipolata sausage (31%) [British pork (87%), pork fat, wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), salt, pea fibre, dextrose, spices, onion powder, dried sage, preservative: sodium metabisulphite (SULPHITES), stabiliser: sodium tripolyphosphate, yeast, antioxidant: ascorbic acid, WHEAT gluten, sunflower oil], scrambled egg & béchamel sauce mix (22%) [scrambled EGG (pasteurised whole EGG , water, sunflower oil, skimmed MILK powder, lemon juice, salt, white pepper), 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], 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 BOLD CAPITALS . May contain traces of nuts and soya.

<p>Butchers Choice Sausage Sandwich</p>	<p>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)].</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS. May contain traces of milk, egg and soya.</p>
<p>Hickory Smoked Bacon Sandwich</p>	<p>Stone baked bread roll [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, RYE flour, yeast, salt, malted WHEAT flour, improver (WHEAT 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].</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS. May contain traces of nuts, egg, milk, soya and sesame.</p>
<p>Filled Croissants</p>	
<p>Cheddar and Mushroom Croissant</p>	<p>Twist croissant [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, butter (MILK), yeast, salt, sugar, free range EGG yolk, antioxidant: rosemary extract], Cheddar cheese (MILK) (14%), roasted mushrooms (14%), parsley and béchamel (14%) [béchamel sauce (whole MILK, water, whipped cream (MILK), starch, butter (MILK), salt, white pepper), parsley, cracked black pepper].</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS. May contain traces of nuts and peanuts.</p>
<p>Ham and Cheese Croissant</p>	<p>Twist croissant [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, butter (MILK), yeast, salt, sugar, free range EGG 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 (MILK) (13%).</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS. May contain traces of nuts and peanuts.</p>
<p>Toasties</p>	
<p>Turkey, Ham & Swiss Cheese Toastie</p>	<p>Béchamel sauce and cheese topped sourdough bread [sourdough bloomer (wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, spelt WHEAT flour, RYE flour, salt, durum WHEAT flour, yeast, antioxidant: ascorbic acid), béchamel sauce (MILK, single cream (MILK), water, wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), cornflour, salt, preservative: potassium sorbate, nutmeg oleoresin), Cheddar cheese (MILK) (4%), mozzarella cheese (MILK) (4%)], roasted formed turkey breast (9%) [turkey breast (97%), dextrose, salt, stabilisers: diphosphates, triphosphates] emmental cheese (MILK) (9%), béchamel and mustard sauce (9%) [béchamel sauce (MILK, single cream (MILK), water, wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), cornflour, salt, preservative: potassium sorbate, nutmeg oleoresin), American mustard (water, spirit vinegar, MUSTARD flour, yellow MUSTARD 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 (SULPHITES)].</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS. May also contain traces of nuts and sesame.</p>

<p>Five Cheese Toastie</p>	<p>Sourdough bloomer [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, SPELT WHEAT flour, RYE flour, salt, durum WHEAT flour, yeast, antioxidant: ascorbic acid], mustard béchamel sauce (25%) [cream (MILK), water, American style mustard (water, spirit vinegar, MUSTARD flour, MUSTARD bran, sea salt, turmeric, paprika, garlic powder), salted butter (butter (MILK), salt), lemon juice, cornflour, black pepper], three cheese blend [mozzarella cheese (MILK) (7%), Cheddar cheese (MILK) (7%), Emmental cheese (MILK) (3%), potato starch], smoke flavoured Cheddar cheese (5%) [Cheddar cheese (MILK), potato starch, smoke flavouring, paprika], medium hard ripened cheese (MILK) (3%).</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS. May also contain traces of peanuts and nuts.</p>
<p>Hickory Ham & Cheese Toastie</p>	<p>Sourdough bloomer [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, SPELT WHEAT flour, RYE flour, salt, durum WHEAT flour, yeast, antioxidant: ascorbic acid], mustard béchamel sauce (22%) [cream (MILK), water, American style mustard (water, spirit vinegar, MUSTARD flour, MUSTARD bran, sea salt, turmeric, paprika, garlic powder), salted butter (butter (MILK), salt), lemon juice, cornflour, black pepper], three cheese blend [mozzarella cheese (MILK) (6%), Cheddar cheese (MILK) (6%), Emmental cheese (MILK) (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 (MILK), smoke flavouring, paprika], Parmigiano Reggiano cheese (MILK) (3%).</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS. May also contain traces of peanuts and nuts.</p>
<p>Mini Cheese and Ham Toastie</p>	<p>Dry cured formed ham (32%) [pork, salt, dextrose, brown sugar, stabilisers: triphosphates, polyphosphates, diphosphates; antioxidant: sodium ascorbate; preservative: sodium nitrite], white loaf [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, sugar, improver (emulsifier: E471, WHEAT flour, sunflower oil), 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, nutmeg oleoresin].</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS. May contain traces of sesame, soya and egg.</p>
<p>Bagels</p>	
<p>Smoked Salmon Bagel</p>	<p>Multigrain bagel [flour (WHEAT flour, calcium carbonate, iron, thiamin, niacin), water, sunflower seeds, linseeds, poppy seeds, sugar, roast BARLEY malt, BARLEY flakes, malted WHEAT flour, yeast, salt, SOYA flour, flour treatment agent, ascorbic acid, rapeseed oil, palm oil], soft cheese (21%) [soft cheese (MILK), corn flour], Oakwood smoked salmon (15%) [salmon (FISH), salt], spinach (5%).</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS. May contain traces of nuts and sesame.</p>

Sandwiches, Paninis, Wraps, Rolls & Focaccias	
Vegan Winter Sandwich	<p>Pumpkin bread [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, chopped pumpkin seeds, yeast, pumpkin powder, WHEAT 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, MUSTARD flour, MUSTARD 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, MUSTARD seeds, spirit vinegar, salt), lemon juice, salt, black pepper, gelling agent: pectin, stabiliser: xanthan gum), carrot], spiced pumpkin stuffing (9%) [breadcrumbs (wheat flour (WHEAT 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%).</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS. May also contain traces of nuts and sesame.</p>
California Chicken Wrap	<p>Spinach wheat flour tortilla [wheat flour (WHEAT 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 EGG, free range pasteurised salted EGG yolk (free range EGG 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 (MILK), water, roasted red pepper puree, spirit vinegar, sugar, corn flour, concentrated lemon juice, free range pasteurised salted EGG yolk, garlic puree, salt, dried red pepper, MUSTARD flour], lettuce.</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS. May contain traces of nuts and sesame.</p>
Ham & Cheese Brioche Roll	<p>Brioche roll [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, buttermilk (skimmed MILK and skimmed MILK solids, MILK protein concentrate, starter culture), free range pasteurised EGG, unsalted butter (MILK), yeast, emulsifier: E471, salt, WHEAT flour, flour treatment agent: ascorbic acid, glazing (water, vegetable proteins (rice, potato, pea), sunflower oil, dextrose (WHEAT), maltodextrin, starch)], hickory smoked ham (25%) [pork (97%), salt, muscovado sugar, stabiliser: triphosphates, antioxidant: sodium ascorbate, preservative: sodium nitrite], emmental cheese (MILK) (12%), mustard mayonnaise [mayonnaise (rapeseed oil, water, non brewed condiment (water, acidity regulator: acetic acid), sugar, pasteurised EGG yolk powder, salt, modified maize starch, MUSTARD flour, stabilisers: guar gum, xanthan gum; preservative: potassium sorbate), American style mustard (water, spirit vinegar, MUSTARD flour, yellow MUSTARD bran, corn flour, salt, turmeric), English mustard (water, MUSTARD flour, salt, sugar, WHEAT starch, acidity regulator: citric acid, turmeric), modified maize starch], seasoned mayonnaise [rapeseed oil, water, free range pasteurised whole EGG, free range pasteurised salted egg yolk (free range EGG yolk, salt), spirit vinegar, sugar, white pepper, lettuce.</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS. May contain traces of nuts and sesame.</p>
Vegan Wrap with Falafel & Slaw	<p>Tomato wheat flour tortilla [wheat flour (WHEAT 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 BOLD CAPITALS. May contain traces of nuts and sesame.</p>

<p>California Chicken Sandwich</p>	<p>Sourdough bread [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, SPELT flour, RYE flour, durum WHEAT 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 (MILK), 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 (MILK) (7%), red chard (5%).</p>
	<p>For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS. May contain traces of nuts and sesame.</p>
<p>Eggs Sandwich</p>	<p>Seeded farmhouse white 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: 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 EGG (23%), mayonnaise (10%) (rapeseed oil, water, pasteurised free range EGG yolk, spirit vinegar, salt, Dijon mustard (water, MUSTARD seeds, spirit vinegar, salt), sugar), salt, black pepper], boiled egg (23%) (free range hardboiled EGGS, preserve solution (water, citric acid, trisodium citrate)], cress (3%).</p>
	<p>For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS. May contain traces of nuts and sesame.</p>
<p>Croque Monsieur Panini</p>	<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>

<p>Pesto & Tomato Mozzarella Panini</p>	<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 highlighted in BOLD CAPITALS. May contain traces of nuts and sesame.</p>
<p>Gluten Free Chicken Pesto Panini</p>	<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, EGG 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 fraiche & green pesto sauce (8%) [crème fraîche (MILK), green pesto (basil paste (basil, sunflower oil, salt, antioxidant: E300), sunflower oil, medium fat hard cheese (MILK), garlic purée, acidity regulator: citric acid), modified maize starch], mozzarella cheese (MILK) (8%), seasoned puréed tomato (6%) [tomato, tomato concentrate, sunflower oil, olive oil, salt, oregano, sugar, garlic].</p>
	<p>For allergens, see ingredients highlighted in BOLD CAPITALS.</p>
<p>Tuna Panini</p>	<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 highlighted in BOLD CAPITALS. May contain traces of nuts and sesame.</p>
<p>Hot Boxes</p>	
<p>Butternut Squash & Kale Risotto</p>	<p>Water, MILK, pearl BARLEY (8%), single cream (MILK), onion, bulgur WHEAT (5%), white quinoa (5%), butternut squash (4%), kale (3%), regato medium fat hard cheese (2%) (MILK), 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 BOLD CAPITALS. May contain traces of nuts.</p>
<p>Mushroom & Spinach Risotto</p>	<p>Water, pearl BARLEY (8%), MILK, chestnut mushrooms (5%), single cream (MILK) (5%), bulgur WHEAT (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 (MILK) (0.7%), soft cheese (MILK), regato medium fat hard cheese (MILK), 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 BOLD CAPITALS. May contain traces of nuts.</p>

<p>Pulled Pork Pasta</p>	<p>Cooked gigli pasta [water, durum WHEAT semolina], water, cooked pulled pork (12%) [pork, water, maize starch, salt], MILK, red onion (4%), spinach (3%), tomato ketchup [water, sugar, tomato purée, cornflour, spirit vinegar, salt, cayenne pepper, cinnamon], full fat hard cheese (MILK), mature Cheddar cheese (2%) (MILK), soft cheese (MILK), demerara sugar, single cream (MILK), red wine vinegar, cider, cabernet sauvignon red wine, white wine vinegar, cornflour, worcester sauce [brown malt vinegar (BARLEY), black treacle, water, onion, salt, black pepper, clove, garlic, lemon oil, tamarind extract], tomato paste, wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), regato medium fat hard cheese (MILK), ginger purée, chicken stock [water, flavouring, chicken extract, sugar, salt, cornflour], dijon mustard [water, MUSTARD seeds, spirit vinegar, salt], garlic purée, cheese stock [water, flavouring, cheese powder (MILK), sunflower oil, salt, yeast extract], rapeseed oil, salt, butter (MILK), 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 BOLD CAPITALS. May contain traces of nuts.</p>
<p>Super Scrambled Eggs, Tomato & Spinach</p>	<p>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].</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS. May contain traces of nuts and sesame.</p>
<p>Salads</p>	
<p>House Chicken Salad</p>	<p>Quinoa and bulgar wheat mix (29%) [quinoa (quinoa, olive oil, dextrose, maltodextrin, CELERY, yeast extract, salt, pepper), bulgur wheat (bulgur WHEAT, 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 (MILK), 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 (MILK), semi-skimmed MILK, lime juice, chives, garlic puree, salt, cracked black pepper].</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS. May also contain traces of nuts and sesame seeds.</p>
<p>Italian Pasta Salad with Grilled Veggies</p>	<p>Basil macaroni pasta [elbow macaroni (40%) (water, elbow macaroni (durum WHEAT 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 (MILK), 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 MILK, salt, vegetarian rennet, acidity regulator: citric acid], rocket (9%).</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS. May also contain traces of nuts and sesame seeds.</p>

Impulse Range	
Starbucks Chocolate Bear Lolly	<p>Sugar, cocoa butter, cream powder (MILK), cocoa mass, skimmed MILK powder, natural colours: beetroot red, carotene; emulsifier: sunflower lecithin, butterfat (MILK), vanilla extract. Cocoa Solids: 26% minimum, Milk Solids: 22% minimum . Cocoa, sugar, vanilla: traded in compliance with Fairtrade Standards, total 73%.</p> <p>For allergens see ingredients in BOLD CAPITALS. May contain traces of nuts, peanuts and soya.</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, rapeseed], 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. May contain traces of milk, other nuts and sesame.</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> <p>May contain traces of soya, nuts, milk and cereals containing gluten.</p>
Starbucks Milk Chocolate Bar	<p>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%.</p> <p>For allergens, see ingredients highlighted in BOLD CAPITALS. May contain traces of soya, nuts and cereals containing gluten.</p>
Starbucks Shortbread Biscuits	<p>Wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], salted butter (37%) [butter (MILK) salt], sugar.</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS. May contain traces of nuts.</p>
Starbucks Ginger Biscuits	<p>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.</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS. May contain traces of nuts.</p>
Starbucks Almonds, Cashews, Cranberries & Raisins	<p>CASHEW NUTS (25%), ALMONDS (NUTS) (25%), raisins (25%) [raisins, preservative: sulphur dioxide (SULPHITES), sunflower oil], juice infused cranberries (25%) [pineapple sugar, dried cranberries, pineapple juice concentrate, sunflower oil].</p> <p>For allergens, see ingredients highlighted in BOLD CAPITALS. May contain traces of other nuts, peanuts and sesame.</p>
Starbucks Smoked Almonds	<p>ALMONDS (NUTS) (92%), PEANUT oil, seasoning [dextrose, salt, sugar, WHEAT 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 BOLD CAPITALS. May contain traces of other nuts, peanuts and sesame.</p>
Starbucks Almond Biscotti	<p>WHEAT flour, sugar, ALMONDS (21%), free range EGGS, free range EGG yolk, butter (MILK), MILK, honey, raising agent: ammonium hydrogen carbonate, salt, natural flavours.</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS.</p>

<p>Starbucks Gingerbread Bearista</p>	<p>Wheat flour (WHEAT 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 EGG 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 BOLD CAPITALS. May also contain traces of nuts and soya.</p>
<p>Starbucks Caramel Waffles</p>	<p>Syrup (34%) [glucose-fructose syrup, sugar syrup], WHEAT flour, butter (MILK) (14%), sugar, vegetable oil [palm, rapeseed], cane sugar, SOYA flour, salt, emulsifiers: SOYA lecithin, E471; raising agents: diphosphates, sodium hydrogen carbonates; cinnamon, natural Bourbon vanilla, barn EGG, acid: citric acid.</p>
	<p>For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS.</p>
<p>Starbucks Mini Caramel Waffles</p>	<p>Syrup (34%) [glucose-fructose syrup, sugar syrup], WHEAT flour, butter (MILK) (14%), sugar, vegetable oil [palm, rapeseed], cane sugar, SOYA flour, salt, emulsifiers: SOYA lecithin, E471; raising agents: diphosphates, sodium hydrogen carbonates; cinnamon, natural Bourbon vanilla, barn EGG, acid: citric acid.</p>
	<p>For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS.</p>
<p>Starbucks Chocolate Caramel Shortbread</p>	<p>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].</p>
	<p>For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS.</p>
<p>Starbucks Chocolate Coin</p>	<p>Sugar, whole MILK powder, cocoa mass, cocoa butter, emulsifier: sunflower lecithin, natural vanilla flavouring. Cocoa solids: 28% minimum, milk solids: 15% minimum.</p>
	<p>For allergens, see ingredients highlighted in BOLD CAPITALS. May contain traces of peanuts, nuts and soya.</p>