

<b>STARBUCKS®</b> <b>Winter 2019</b> <b>Food Ingredients &amp; Allergens</b>	<b>Allergen Information: Allergy data detailed below has been taken from the supplier of the products.</b>  <b>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.</b> <b>If you have a food allergy, please talk to a barista about your order.</b>  <b>For all packaged foods including impulse items please refer to the package label for allergen information.</b>
<b>Pastries (may vary in some stores)</b>	
<b>Butter Croissant</b>	<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). For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> .
<b>Pain au Chocolat</b>	<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). For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> .
<b>Pain aux Raisins</b>	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). For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> .
<b>Danish Almond Star</b>	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. For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> .
<b>Cinnamon Swirl</b>	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. For allergens, including cereals containing gluten, see ingredients in <b>BOLD CAPITALS</b> .
<b>Toast, Breads &amp; Pancakes</b>	
<b>Luxury Fruit Toast</b>	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. For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> .

<p><b>Banana Bread</b></p>	<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>
<p><b>Trio of Pancakes</b></p>	<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>
<p><b>Bars &amp; Brownies</b></p>	
<p><b>Granola Bar</b></p>	<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>
<p><b>Chocolate Caramel Shortbread</b></p>	<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>
<p><b>Chocolate Caramel Shortbread</b></p>	<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>
<p><b>Chocolate Brownie</b></p>	<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>
<p><b>Choc Chunk Shortbread</b></p>	<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>

<b>Marshmallow Twizzle (all varieties)</b>	<b>BELGIAN CHOCOLATE WITH MILK CHOCOLATE STARS:</b> Marshmallow (53%) [glucose syrup, sugar, water, maize starch, beef gelatine, natural flavourings, colour: beetroot red], dark chocolate (23%) [sugar, cocoa mass, cocoa butter, emulsifier: <b>SOYA</b> lecithin, natural vanilla flavouring], milk chocolate stars (20%) [sugar, cocoa mass, whole <b>MILK</b> powder, cocoa butter, emulsifier: ammonium phosphatides], rapeseed oil.
	<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.
	For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> .
<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>	<p>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.</p> <p>For allergens, including cereals containing gluten, see ingredients in <b>BOLD CAPITALS</b>.</p>
<b>Carrot Loaf Cake</b>	<p>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.</p> <p>For allergens, including cereals containing gluten, see ingredients in <b>BOLD CAPITALS</b>.</p>
<b>Lemon Loaf Cake</b>	<p>Sugar, pasteurised free range <b>EGG</b>, wheat flour (<b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), vegetable margarine [vegetable oils (palm oil, rapeseed oil), water, salt], salted butter [butter (<b>MILK</b>), salt], lemon juice (5%), ground <b>ALMONDS</b>, water, lemon curd (2%) [granulated sugar, free range whole <b>EGG</b>, salted butter [butter (<b>MILK</b>), salt], concentrated lemon juice, water, lemon oil], lemon zest (2%), cream (<b>MILK</b>), emulsifiers: native starch, mono and diglycerides of fatty acids, polyglycerol ester of fatty acids; icing sugar, baking powder [raising agents: disodium diphosphate, potassium hydrogen carbonate; wheat flour (<b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin)], caramelised lemon zest [sugar, lemon, water], lemon flavouring, preservative: potassium sorbate, invert sugar syrup, citric acid, thickening agents: cellulose, gum guar.</p> <p>For allergens, including cereals containing gluten, see ingredients in <b>BOLD CAPITALS</b>.</p>
<b>Muffins</b>	
<b>Raspberry Cheesecake Muffin</b>	<p>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.</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b>.</p>
<b>Blueberry Muffin</b>	<p>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.</p> <p>For allergens, including cereals containing gluten, see ingredients in <b>BOLD CAPITALS</b>.</p>

<p><b>Lemon Muffin</b></p>	<p>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.</p> <p>For allergens, including cereals containing gluten, see ingredients in <b>BOLD CAPITALS</b>.</p>
<p><b>Triple Chocolate Muffin</b></p>	<p>Wheat flour [<b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], rapeseed oil, free range pasteurised <b>EGG</b>, sugar, chocolate filling (10%) [dark chocolate (cocoa mass, sugar, cocoa butter, fat reduced cocoa powder, emulsifier: <b>SOYA</b> lecithin), water, glucose syrup, invert sugar syrup, salted butter (<b>MILK</b>), sugar, whipping cream (<b>MILK</b>), golden syrup, cornflour, gelling agent: pectin, emulsifier: mono- and diglycerides of fatty acids, flavouring, salt], dark chocolate chips (6%) [cocoa mass, sugar, cocoa butter, cocoa powder, emulsifier: <b>SOYA</b> lecithin], dark chocolate chunks (6%) [cocoa mass, sugar, cocoa butter, cocoa powder, emulsifier: <b>SOYA</b> lecithin], humectant: glycerine, water, cocoa powder, milk chocolate chunks [sugar, whole <b>MILK</b> powder, cocoa butter, cocoa mass, emulsifier: <b>SOYA</b> lecithin, natural vanilla flavouring], white chocolate chunks [sugar, whole <b>MILK</b> powder, cocoa butter, emulsifier: <b>SOYA</b> lecithin, natural vanilla flavouring], <b>WHEAT</b> starch, <b>WHEAT</b> flour, raising agents: sodium acid pyrophosphate, monocalcium phosphate, sodium bicarbonate, potassium carbonates; potato starch, emulsifier: mono and diglycerides of fatty acids, <b>WHEAT</b> gluten, free range <b>EGG</b> white powder, whey powder (<b>MILK</b>), colour: vegetable carbon, thickener: xanthan gum.</p> <p>For allergens, including cereals containing gluten, see ingredients in <b>BOLD CAPITALS</b>.</p>
<p><b>Toffee Popcorn Muffin</b></p>	<p>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.</p> <p>For allergens, including cereals containing gluten, see ingredients in <b>BOLD CAPITALS</b>.</p>
<p><b>PACKAGED ITEMS</b> 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><b>Yoghurts &amp; Fruit</b></p>	
<p><b>Fruit Salad</b></p>	<p>Pineapple (31%), melon (28%), mango (19%), kiwi fruit (16%), blueberries (6%).</p>
<p><b>Berry Crunch</b></p>	<p>Greek style yoghurt (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].</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b>.</p>

<b>Berry Bircher</b>	Berry compote (26%) [sugar, strawberries, water, blackberries, blueberries, redcurrants, corn flour, lemon juice, natural flavouring, gelling agent: pectin], Greek style yoghurt ( <b>MILK</b> ) (26%), water, rolled <b>OATS</b> (16%), shredded apple (7%), dried berry mix (3%) [juice infused dried blueberry, (dried blueberry, apple juice from concentrate, sunflower oil), juice infused dried cranberries (pineapple juice from concentrate, dried cranberries, sunflower oil)], pomegranate seeds (1%), toasted pumpkin seeds (1%), apple juice concentrate.
	For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> . Not suitable for wheat or barley allergy sufferers due to the method used in the manufacture of rolled oats.
<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)], gluten free <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 &amp; Savoury Muffins</b>	
<b>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, <b>WHEAT</b> flour, flour treatment agent: ascorbic acid, rapeseed oil], chipolata sausages (31%) [British pork (87%), pork fat, wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), salt, pea fibre, dextrose, spices, onion powder, dried sage, preservative: sodium metabisulphite ( <b>SULPHITES</b> ), stabiliser: triphosphates, yeast, antioxidant: ascorbic acid, <b>WHEAT</b> gluten, flour treatment agent: ascorbic acid, pork collagen casings], scrambled egg & béchamel sauce mix (22%) [scrambled egg (pasteurised free-range whole <b>EGG</b> , water, sunflower oil, skimmed <b>MILK</b> powder, lemon juice, salt, white pepper), béchamel sauce ( <b>MILK</b> , single cream ( <b>MILK</b> ), water, wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), corn flour, salt, preservative: potassium sorbate, natural flavouring), black pepper], hickory smoked streaky bacon (7%) [pork belly (98%), salt, antioxidant: sodium ascorbate, preservative: sodium nitrite].
	For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> . May also contain traces of soya.
<b>Smoked Bacon Roll</b>	White roll [wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, sugar, vegetable oils (palm, rapeseed), yeast, salt, emulsifier: mono- and diglycerides of fatty acids, flour treatment agent: ascorbic acid], hickory smoked back bacon (25%) [pork loin (96%), water, salt, antioxidant: sodium ascorbate, preservatives: potassium nitrate, sodium nitrite], hickory smoked streaky bacon (8%) [pork belly (97%), salt, antioxidant: sodium ascorbate, preservative: sodium nitrite].
	For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> . May also contain traces of egg, milk and soya.
<b>Sausage Sandwich</b>	Pork chipolata sausages (53%) [British pork (87%), pork fat, wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, thiamin, niacin), salt, pea fibre, dextrose, spices, onion powder, dried sage, preservative: sodium metabisulphite ( <b>SULPHITES</b> ), stabiliser: triphosphates, yeast, antioxidant: ascorbic acid, <b>WHEAT</b> gluten, flour treatment agent: ascorbic acid, pork collagen casings], white roll [wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, sugar, vegetable oils (palm, rapeseed), yeast, salt, emulsifier: mono- and diglycerides of fatty acids, <b>WHEAT</b> flour, flour treatment agent: ascorbic acid].
	For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b> . May also contain traces of egg, milk and soya.

<p><b>Bacon &amp; Egg Muffin</b></p>	<p>Soft bran muffin [wheat flour (<b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, <b>WHEAT</b> bran, vegetable oil (palm, rapeseed), yeast, durum <b>WHEAT</b> semolina, skimmed <b>MILK</b> powder, salt, flour treatment agent: ascorbic acid], scrambled egg (27%) [free range <b>EGG</b>, water, rapeseed oil, skimmed <b>MILK</b>, lemon juice, salt, ground pepper], hickory smoked bacon (15%) [pork belly, water, salt, antioxidant: sodium ascorbate, preservative: sodium nitrate], tomato relish [water, tomatoes, sugar, tomato paste, red wine vinegar, slow roasted tomatoes (tomatoes, tomato concentrate, vegetable oils (sunflower, olive), salt, oregano, sugar, garlic), rapeseed oil, red chilli purée, cornflour, onion, lemon juice, garlic purée, ginger purée, salt, oregano, black pepper], béchamel sauce [whole <b>MILK</b>, water, single cream (<b>MILK</b>), salted butter (<b>MILK</b>), wheat flour (<b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), cornflour, salt, white pepper, ground bay leaf], white pepper.</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b>. May also contain traces of egg and soya.</p>
<p><b>Halloumi &amp; Avocado Muffin</b></p>	<p>Soft bran muffin [wheat flour (<b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, <b>WHEAT</b> bran, vegetable oil (palm, rapeseed), yeast, durum <b>WHEAT</b> semolina, skimmed <b>MILK</b> powder, salt], halloumi (30%) [<b>MILK</b>, salt], dipped avocado (18%) [avocado (70%), water, salt, preservatives: L-cysteine, calcium chloride; antioxidant: ascorbic acid, acidity regulator: citric acid], tomato relish [water, tomatoes, sugar, tomato paste, red wine vinegar, slow roasted tomatoes (tomatoes, tomato concentrate, sunflower oil, olive oil, salt, oregano, sugar, garlic), rapeseed oil, red chilli purée, cornflour, onion, lemon juice, garlic purée, ginger purée, salt, oregano, black pepper], spinach.</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b>. May also contain traces of egg and soya.</p>
<p><b>Vegan All Day Breakfast Burrito</b></p>	<p>Spinach wrap [wheat flour (<b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, vegetable oils (palm, rapeseed), humectant: glycerol, spinach (0.5%), parsley, sugar, raising agents: sodium bicarbonate, di-sodium diphosphate; acidity regulator: malic acid; salt], smoked tofu (14%) [water, <b>SOYA</b> beans, firming agent: magnesium chloride, sugar, black pepper, sea salt], tomato dressing [tomatoes, water, rapeseed oil, onion, white wine vinegar, cornflour, garlic, salt, lemon juice], cooked mushroom [mushroom, rapeseed oil], cannellini beans [cannellini beans, water, salt, firming agent: calcium chloride, antioxidant: ascorbic acid], spinach, black turtle beans, chipotle relish [roasted red pepper, tomatoes, sugar, water, onion, white wine vinegar (contains <b>SULPHITES</b>), glucose syrup, cornflour, cider (contains <b>SULPHITES</b>), tomato paste, rapeseed oil, salt, garlic purée, smoked paprika, coriander, chipotle chilli powder, gelling agent: pectin, ground cumin], cornflour.</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b>. May also contain traces of mustard and sesame.</p>
<p><b>Cheese &amp; Marmite™ Mini Ciabatta</b></p>	<p>Ciabatta roll [wheat flour (<b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, yeast, salt, vegetable oils (palm, rapeseed), emulsifier: mono and di-glycerides of fatty acids, sunflower oil], mature Cheddar cheese (<b>MILK</b>), béchamel sauce [whole <b>MILK</b>, water, single cream (<b>MILK</b>), salted butter (<b>MILK</b>), wheat flour (<b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), cornflour, salt, white pepper, ground bay leaf], Marmite™ yeast extract (5%) [yeast extract (contains <b>BARLEY</b>, <b>WHEAT</b>, <b>OATS</b>, <b>RYE</b>), salt, vegetable juice concentrate, vitamins (thiamin, riboflavin, niacin, vitamin b12, folic acid), natural flavouring (contains <b>CELERY</b>)], cornflour.</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b>. Marmite™ is a Trade Mark of Unilever and is used under licence.</p>

<b>Filled Croissants &amp; Toasties</b>	
<b>Ham &amp; Cheese Croissant</b>	<p>Twisted croissant [<b>WHEAT</b> flour, water, butter (<b>MILK</b>), yeast, sugar, <b>WHEAT</b> gluten, salt, antioxidant: ascorbic acid, glaze (free-range <b>EGG</b> yolk, water)], formed hickory smoked ham (28%) [pork (96%), salt, muscovado sugar, stabiliser: triphosphates, antioxidant: sodium ascorbate, preservative: sodium nitrite], medium mature Cheddar cheese (<b>MILK</b>) (14%).</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b>. May also contain traces of nuts, soya and sesame.</p>
<b>Mini Ham &amp; Cheese Toasties</b>	<p>Cheese topped bread (52%) [white bread (55%) (wheat flour (<b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, sugar, yeast, <b>WHEAT</b> flour, vegetable oils (rapeseed, sunflower), salt, emulsifier: E471, flour treatment agent: ascorbic acid), Cheddar cheese (<b>MILK</b>) (15%), mozzarella cheese (<b>MILK</b>) (15%), béchamel sauce (15%) (<b>MILK</b>, single cream (<b>MILK</b>), water, wheat flour (<b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), corn flour, salt, preservative: potassium sorbate, natural flavouring)], dry-cured formed ham (32%) [pork (98%), salt, dextrose, brown sugar, stabilisers: triphosphates, polyphosphates, diphosphates; antioxidant: sodium ascorbate, preservative: sodium nitrite], West Country mature Cheddar cheese (<b>MILK</b>) (16%).</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b>. May also contain traces of egg and soya.</p>
<b>Mini Chilli Cheese Toasties</b>	<p>Cheese topped bread (57%) [white bread (55%) (wheat flour (<b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, sugar, yeast, <b>WHEAT</b> flour, vegetable oils (rapeseed, sunflower), salt, emulsifier: E471, flour treatment agent: ascorbic acid), Cheddar cheese (<b>MILK</b>) (15%), mozzarella cheese (<b>MILK</b>) (15%), béchamel sauce (15%) (<b>MILK</b>, single cream (<b>MILK</b>), water, wheat flour (<b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), corn flour, salt, preservative: potassium sorbate, natural flavouring)], spicy cream cheese mix (26%) [full fat soft cheese (<b>MILK</b>), American mustard (water, spirit vinegar, <b>MUSTARD</b> flour, yellow <b>MUSTARD</b> bran, corn flour, salt, turmeric), tomato &amp; chilli relish (sugar, tomatoes, water, <b>BARLEY</b> malt vinegar, tomato paste, onions, corn flour, dried onions, salt, garlic puree, concentrated lime juice, ginger puree, molasses, dried chillies, cracked black pepper), green jalapeño peppers (jalapeño peppers, water, salt, acidity regulator: acetic acid, firming agent: calcium chloride), black pepper], West Country mature Cheddar cheese slice (<b>MILK</b>) (17%).</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b>. May also contain traces of egg and soya.</p>
<b>BBQ Chicken &amp; Bacon Toastie</b>	<p>White sourdough bloomer bread [wheat flour (<b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, <b>SPELT</b> (<b>WHEAT</b>) flour, <b>RYE</b> flour, salt, yeast, antioxidant: ascorbic acid], seasoned chicken breast (9%) [chicken breast, maize starch, salt, black pepper, garlic powder, sunflower oil], béchamel sauce [whole <b>MILK</b>, water, single cream (<b>MILK</b>), salted butter (<b>MILK</b>), wheat flour (<b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), cornflour, salt, white pepper, ground bay leaf], BBQ sauce [water, tomato paste, cider vinegar, dark brown sugar, glucose syrup, maple syrup, sugar, cornflour, honey, molasses, concentrated lemon juice, onion powder, smoked paprika, salt, <b>MUSTARD</b> flour, spirit vinegar, wheat flour (<b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), smoked salt, molasses, onion purée, cayenne pepper, ground black pepper, tamarind paste, ground cloves, cloves, ginger purée, garlic purée], mozzarella cheese (<b>MILK</b>), Cheddar cheese (<b>MILK</b>), cheese sauce [water, Cheddar cheese (<b>MILK</b>), maize starch, double cream (<b>MILK</b>), skimmed <b>MILK</b> powder, whey butter (<b>MILK</b>), rapeseed oil, onion purée, salt, Dijon mustard (water, <b>MUSTARD</b> seeds, spirit vinegar, salt), <b>MUSTARD</b> powder, white pepper, nutmeg], hickory smoked bacon (4%) [pork belly, water, salt, antioxidant: sodium ascorbate, preservative: sodium nitrite], Emmental cheese (<b>MILK</b>), American style mustard [water, spirit vinegar, <b>MUSTARD</b> flour, ground yellow <b>MUSTARD</b> bran, ground turmeric, cornflour, salt], potato starch, cornflour.</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b>. May also contain traces of egg.</p>



<p><b>Five Cheese Toastie</b></p>	<p>White sourdough bloomer bread [wheat flour (<b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, <b>SPELT (WHEAT)</b> flour, <b>RYE</b> flour, salt, yeast, antioxidant: ascorbic acid], béchamel sauce [whole <b>MILK</b>, water, single cream (<b>MILK</b>), salted butter (<b>MILK</b>), wheat flour (<b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), cornflour, salt, white pepper, ground bay leaf], mozzarella cheese (7%) (<b>MILK</b>), Cheddar cheese (7%) (<b>MILK</b>), smoke flavoured cheese (5%) [Cheese (<b>MILK</b>), smoke flavouring, paprika], Emmental cheese (3%) (<b>MILK</b>), medium fat hard cheese (<b>MILK</b>), American style mustard [water, spirit vinegar, <b>MUSTARD</b> flour, ground yellow <b>MUSTARD</b> bran, ground turmeric, cornflour, salt], cornflour, potato starch.</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b>. May also contain traces of egg.</p>
<p><b>Hickory Ham and Cheese Toastie</b></p>	<p>White sourdough bloomer bread [wheat flour (<b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, <b>SPELT (WHEAT)</b> flour, <b>RYE</b> flour, salt, yeast, antioxidant: ascorbic acid], béchamel sauce [whole <b>MILK</b>, water, single cream (<b>MILK</b>), salted butter (<b>MILK</b>), wheat flour (<b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), cornflour, salt, white pepper, ground bay leaf], hickory smoked formed ham (14%) [pork, salt, muscovado sugar, stabiliser: triphosphates, antioxidant: sodium ascorbate, preservative: sodium nitrite], mozzarella cheese (6%) (<b>MILK</b>), Cheddar cheese (6%) (<b>MILK</b>), smoke flavoured cheese (4%) [cheese, (<b>MILK</b>), smoke flavouring, paprika], Emmental cheese (3%) (<b>MILK</b>), medium fat hard cheese (<b>MILK</b>), American style mustard [water, spirit vinegar, <b>MUSTARD</b> flour, ground yellow <b>MUSTARD</b> bran, ground turmeric, cornflour, salt], cornflour, potato starch.</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b>. May also contain traces of egg.</p>
<p style="text-align: center;"><b>Sandwiches, Paninis, Wraps, Rolls &amp; Focaccias</b></p>	
<p><b>Tomato &amp; Mozzarella Panini</b></p>	<p>Ciabatta roll [wheat flour (<b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, salt, yeast, olive oil, sunflower oil], full fat mozzarella cheese (<b>MILK</b>) (20%), tomato, roasted tomato [tomato, sunflower oil, salt, garlic, oregano], red pesto [sunflower oil, sundried tomato purée (water, sundried tomatoes, sunflower oil, white wine vinegar, salt), medium fat hard cheese (<b>MILK</b>), tomato paste, basil, lemon juice, sea salt], basil.</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b>.</p>
<p><b>Tuna Melt Panini</b></p>	<p>Ciabatta roll [wheat flour (<b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, salt, yeast, olive oil, sunflower oil], tuna (20%) [tuna (<b>FISH</b>), water, salt], mature Cheddar cheese (<b>MILK</b>), reduced fat mayonnaise [water, rapeseed oil, spirit vinegar, cornflour, free range salted egg yolk (free range <b>EGG</b> yolk, salt), sugar, citrus fibre, salt, stabiliser: pectin, concentrated lemon juice], sweetcorn [sweetcorn, water, salt, preservative: citric acid], béchamel sauce [whole <b>MILK</b>, water, single cream (<b>MILK</b>), salted butter (<b>MILK</b>), wheat flour (<b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), cornflour, salt, white pepper, ground bay leaf], full fat mozzarella cheese (<b>MILK</b>), spring onions, chives, ground black pepper.</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b>.</p>
<p><b>Ham &amp; Cheese Panini</b></p>	<p>Ciabatta roll [wheat flour (<b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, salt, yeast, olive oil, sunflower oil], smoked formed ham (22%) [pork, salt, dextrose, preservative: triphosphates, antioxidant: sodium ascorbate, preservative: sodium nitrite], béchamel sauce [whole <b>MILK</b>, water, single cream (<b>MILK</b>), salted butter (<b>MILK</b>), wheat flour (<b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), cornflour, salt, white pepper, ground bay leaf], mature Cheddar cheese (<b>MILK</b>), full fat mozzarella cheese (<b>MILK</b>), crème fraîche (<b>MILK</b>), Dijon mustard [water, brown <b>MUSTARD</b> seeds, spirit vinegar, salt].</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b>.</p>

<p><b>Gluten Free Ham &amp; Cheese Panini</b></p>	<p>Gluten free ciabatta [water, rice flour, tapioca starch, thickeners: E460, E464, E466, E415; maize starch, psyllium husk powder, potato starch, yeast, wholegrain maize flour, free range <b>EGG</b> white powder, golden syrup, rapeseed oil, rice starch, spirit vinegar, iodised salt, preservatives: sodium propionate, sorbic acid; rice bran, acidity regulator: E500i], smoked formed ham (16%) [pork, salt, dextrose, stabiliser: pentasodium triphosphate, antioxidant: sodium ascorbate, preservative: sodium nitrite], gluten free cheese sauce [water, Cheddar cheese (<b>MILK</b>), maize starch, double cream (<b>MILK</b>), skimmed <b>MILK</b> powder, whey butter (<b>MILK</b>), rapeseed oil, onion purée, salt, Dijon mustard [water, <b>MUSTARD</b> seeds, spirit vinegar, salt], <b>MUSTARD</b> powder, pepper, nutmeg], Cheddar cheese (7%) (<b>MILK</b>), American style mustard [water, spirit vinegar, <b>MUSTARD</b> flour, <b>MUSTARD</b> bran, cornflour, salt, turmeric].</p> <p>For allergens, see ingredients highlighted in <b>BOLD CAPITALS</b>.</p>
<p><b>Free Range Egg &amp; Mayo Sandwich</b></p>	<p>Seeded farmhouse bread [wheat flour (<b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, sunflower seeds, linseeds, millet seeds, yeast, pumpkin seeds, <b>BARLEY</b> malt flour, salt, spirit vinegar, poppy seeds, sugar, <b>WHEAT GLUTEN</b>, preservative: calcium propionate, emulsifier: mono- and di-acetyltartaric esters of mono- and di-glycerides of fatty acids, vegetable oils (rapeseed, palm), flour treatment agent: ascorbic acid], free range hard boiled <b>EGG</b> (36%), mayonnaise [water, rapeseed oil, pasteurised salted egg yolk (<b>EGG</b> yolk, salt), cornflour, white wine vinegar, <b>MUSTARD</b> flour], salad cress, Dijon mustard [water, brown <b>MUSTARD</b> seeds, spirit vinegar, salt], salt, black pepper.</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b>.</p>
<p><b>Chicken &amp; Hickory Bacon Sandwich</b></p>	<p>Oatmeal bread [wheat flour (<b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, <b>OATMEAL</b>, <b>WHEAT</b> bran, <b>OATS</b>, <b>WHEAT GLUTEN</b>, yeast, salt, emulsifiers: E472e, E471; spirit vinegar, muscovado sugar, malted <b>BARLEY</b> flour, vegetable fat (rapeseed, palm), flour treatment agent: ascorbic acid], seasoned chicken breast (18%) [chicken breast, maize starch, salt, black pepper, garlic powder, sunflower oil], tomato, smokey tomato mayonnaise [water, rapeseed oil, tomato paste, roasted tomatoes (tomato concentrate, vegetable oils (sunflower, olive), salt, oregano, sugar, garlic), cornflour, spirit vinegar, free range salted egg yolk (free range <b>EGG</b> yolk, salt), sugar, Dijon mustard [water, <b>MUSTARD</b> seeds, spirit vinegar, salt], salt, smoked paprika, lemon juice, smoked water], hickory smoked bacon (6%) [pork belly, water, salt, antioxidant: sodium ascorbate, preservative: sodium nitrite], lettuce.</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b>.</p>
<p><b>Chicken &amp; Avocado Wrap</b></p>	<p>Spinach wrap [wheat flour (<b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, vegetable oils (palm, rapeseed), humectant: glycerol, spinach (0.5%), parsley, sugar, raising agents: sodium carbonates, diphosphates; acidity regulator: malic acid, salt], seasoned chicken breast (23%) [chicken breast (97%), cornflour, salt, black pepper, garlic powder, sunflower oil], spinach, lemon mayonnaise [water, rapeseed oil, spirit vinegar, cornflour, free range salted egg yolk (free range <b>EGG</b> yolk, salt), concentrated lemon juice, sugar, lemon zest, citrus fibre, salt, stabiliser: pectin, black pepper], dipped avocado (7%) [avocado (70%), water, salt, preservatives: L-cysteine, calcium chloride; antioxidant: ascorbic acid, acidity regulator: citric acid], edamame <b>SOYA</b> beans, nut free pesto [basil paste, medium fat hard cheese (<b>MILK</b>), sunflower oil, extra virgin olive oil, salt, garlic purée, acidity regulator: citric acid], reduced fat mayonnaise [water, rapeseed oil, spirit vinegar, cornflour, free range salted egg yolk (free range <b>EGG</b> yolk, salt), sugar, citrus fibre, salt, stabiliser: pectin, concentrated lemon juice], crème fraîche (<b>MILK</b>), lemon juice, cornflour.</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b>.</p>

<p><b>Vegan Beetroot Wrap</b></p>	<p>Beetroot wrap [wheat flour (<b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, vegetable oils (palm, rapeseed), beetroot powder, chia seeds, sugar, raising agents: sodium bicarbonate, diphosphates; acidity regulator: malic acid, salt, flour treatment agent: L-cysteine], smokey butternut squash crush (21%) [butternut squash, rapeseed oil, lemon juice, smoked paprika, salt], chipotle relish [roasted red pepper, tomatoes, sugar, water, onion, white wine vinegar, glucose syrup, cornflour, cider, tomato paste, rapeseed oil, salt, garlic purée, smoked paprika, coriander, chipotle chilli powder, gelling agent: pectin, ground cumin], spinach, roast red peppers [roasted red peppers, water, salt, acidity regulator: citric acid], black turtle beans, sweetcorn [sweetcorn, water, salt, acidity regulator: citric acid], coriander, roasted tomato [tomatoes, sunflower oil, salt, garlic, oregano], cornflour.</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b>.</p>
<p><b>Turkey &amp; Swiss Style Pretzel Sub</b></p>	<p>Pretzel baguette [<b>WHEAT</b> flour, water, rapeseed oil, salt, yeast, <b>WHEAT GLUTEN</b>, malted <b>WHEAT</b> flour, fermented <b>WHEAT</b> flour, flour treatment agent: ascorbic acid, acidity regulator: sodium hydroxide], smoked turkey (16%) [turkey, salt, stabilisers: disodium diphosphate, triphosphates], Emmental cheese (<b>MILK</b>), sliced gherkins [gherkins, water, malt vinegar, acidity regulator: acetic acid], reduced fat mayonnaise [water, rapeseed oil, spirit vinegar, cornflour, free range salted egg yolk (free-range <b>EGG</b> yolk, salt), sugar, citrus fibre, salt, stabiliser: pectin, concentrated lemon juice], American style mustard [water, spirit vinegar, <b>MUSTARD</b> flour, <b>MUSTARD</b> bran, cornflour, salt, ground turmeric], apollo, rocket.</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b>.</p>
<p style="text-align: center;"><b>Hot Boxes</b></p>	
<p><b>Scrambled Eggs Hot Box</b></p>	<p>Scrambled egg (64%) [free range <b>EGG</b>, water, rapeseed oil, skimmed <b>MILK</b>, lemon juice, salt, ground pepper], cherry tomatoes (15%), spinach, roasted tomato [tomato, sunflower oil, salt, garlic, oregano], pumpkin seeds, sunflower seeds.</p> <p>For allergens, see ingredients highlighted in <b>BOLD CAPITALS</b>.</p>
<p><b>Vegan Mac Hot Box</b></p>	<p>Vegan sauce [water, butternut squash, vegan block (water, coconut oil, <b>OAT</b> fibre, modified potato starch, salt, gram flour, maize starch, sugar, thickeners: carrageenan, guar gum; natural flavourings, acidity regulators: non dairy lactic acid, sodium lactate; modified maize starch, <b>SOYA</b> protein concentrate), <b>SOYA</b> bean extract, rapeseed oil, garlic purée, mustard (vinegar, water, <b>MUSTARD</b> seed, salt, turmeric, paprika, spice, natural flavouring, garlic powder), cornflour, yeast extract, salt], cooked macaroni (32%) [water, durum <b>WHEAT</b> semolina], vegan curd [water, coconut oil, modified potato starch, maize starch, <b>OAT</b> fibre, thickeners: carrageenan, guar gum; salt, natural flavourings, yeast extract, acidity regulators: non dairy lactic acid, sodium lactate; colour: mixed carotenes], vegan breadcrumbs [wheat flour (<b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), salt, dextrose], spinach, rapeseed oil, parsley.</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b>.</p>
<p style="text-align: center;"><b>Salads</b></p>	
<p><b>Chicken Salad</b></p>	<p>Seasoned chicken breast (15%) [chicken breast, maize starch, salt, black pepper, garlic powder, sunflower oil], chargrilled broccoli, avocado dressing [water, rapeseed oil, avocado, olive oil, spirit vinegar, parsley, lemon juice, faba bean protein, garlic purée, salt, cornflour, flavour enhancer: lactic acid, stabiliser: xanthan gum, antioxidant: ascorbic acid, acidity regulator: citric acid, onion powder], peas, edamame <b>SOYA</b> beans, cucumber, cooked wheatberries [water, <b>WHEAT</b> berries], spinach, broccoli cous cous, chickpeas, kale, cooked white quinoa [water, white quinoa], parsley.</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b>.</p>

<p><b>Vegan Roasted Vegetable Salad</b></p>	<p>Roasted sweet potato (18%) [sweet potato, rapeseed oil, cracked black pepper], spiced roasted cauliflower (18%) [cauliflower, rapeseed oil, water, onion, tomato paste, caraway seeds, sugar, white wine vinegar, cumin, ginger purée, ground turmeric, concentrated lemon juice, garlic purée, fennel seeds, coriander, salt, cornflour, ground paprika, cinnamon, black onion seeds, chilli powder, black pepper, ginger, cloves], roasted red cabbage [red cabbage, rapeseed oil, salt, black pepper], chipotle dressing [water, rapeseed oil, white wine vinegar, sugar, faba bean protein, cornflour, chipotle peppers, tapioca starch, water, salt, garlic purée, concentrated lemon juice, chipotle chilli, tomato paste, preservative: lactic acid, parsley, black pepper, onion, acidity regulator: acetic acid], cooked wheatberries [water, <b>WHEAT</b> berries], cooked white quinoa [water, white quinoa], green lentils [green lentils, water, salt, antioxidant: ascorbic acid], spinach, tomato and herb dressing [water, tomato paste, onion, rapeseed oil, tomato, sugar, parsley, garlic purée, concentrated lemon juice, white wine vinegar, Dijon mustard (water, black <b>MUSTARD</b> seeds, spirit vinegar, salt), basil, cornflour, salt, oregano, black pepper, white pepper, acidity regulator: citric acid].</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b>.</p>
<p><b>Impulse Range</b></p>	
<p><b>Starbucks Chocolate Bear Lolly</b></p>	<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. 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 <b>BOLD CAPITALS</b>. May contain traces of nuts, peanuts and soya.</p>
<p><b>Starbucks Peanut and Cashew Bar</b></p>	<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>
<p><b>Starbucks Dark Chocolate Bar</b></p>	<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>
<p><b>Starbucks Milk Chocolate Bar</b></p>	<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>
<p><b>Starbucks Shortbread Biscuits</b></p>	<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>
<p><b>Starbucks Ginger Biscuits</b></p>	<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>
<p><b>Starbucks Almonds, Cashews, Cranberries &amp; Raisins</b></p>	<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>
<b>Starbucks Caramel Waffles</b>	<p>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.</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b>.</p>
<b>Starbucks Mini Caramel Waffles</b>	<p>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.</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b>.</p>
<b>Starbucks Chocolate Caramel Shortbread</b>	<p>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].</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in <b>BOLD CAPITALS</b>.</p>
<b>Starbucks Chocolate Coin</b>	<p>Sugar, whole <b>MILK</b> 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 <b>BOLD CAPITALS</b>. May contain traces of peanuts, nuts and soya.</p>