

STARBUCKS® Spring 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 .
Chocolate Twist	Water, WHEAT flour, dark chocolate 16% [sugar, cocoa mass, cocoa butter, fat-reduced cocoa powder, emulsifier: SOYA lecithin, natural vanilla flavour], butter (MILK) 10%, sugar, yeast, modified starch, EGGS , salt, powdered whey (MILK), skimmed MILK powder, WHEAT GLUTEN , stabilisers: calcium acetate, tetrasodium diphosphate, disodium phosphate; flour treatment agent: ascorbic acid, carrot extract, turmeric extract, natural flavouring, paprika extract. 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. For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS .
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.
	For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS .
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 maragrine [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 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.
	For allergens, including cereals containing gluten, see ingredients in BOLD CAPITALS .

<p>Burnt Caramel Brownie</p>	<p>Salted butter [butter (MILK), salt], milk chocolate (15%) [sugar, cocoa butter, whole MILK powder, cocoa mass, emulsifier: SOYA lecithin, vanilla flavouring], dark chocolate (15%) [sugar, cocoa mass, cocoa butter, emulsifier: SOYA lecithin, vanilla flavouring], pasteurised free range EGG, sweetened full cream condensed milk [whole MILK, sugar, lactose (MILK)], sugar, wheat flour [WHEAT flour, calcium, iron, niacin, thiamin], ground ALMONDS (NUTS), dark soft brown sugar, palm oil, golden syrup, cocoa powder, glucose syrup, pasteurised double cream (MILK), whey powder (MILK), vanilla flavouring, milk chocolate coated butterscotch pieces (1%) [milk chocolate (sugar, cocoa butter, whole MILK powder, cocoa mass, MILK, sugar, whey powder (MILK), fat reduced cocoa powder, skimmed MILK powder, emulsifier: vanillin), butter crocant (sugar, glucose syrup, unsalted butter (MILK), skimmed MILK, condensed milk (MILK, sugar), water, salt, glycerol monostearate, flavouring, glazing agent: gum arabic)], icing sugar, baking powder [raising agents: disodium diphosphate, potassium hydrogen carbonate; wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin)], burnt sugar, emulsifier: mono and di glycerides of fatty acids.</p>
	<p>For allergens, including cereals containing gluten, see ingredients in BOLD CAPITALS.</p>
<p>Choc Chunk Shortbread</p>	<p>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.</p>
	<p>For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS.</p>
<p>Raspberry Crispy Stick</p>	<p>Raspberry flavour coating (32%) [sugar, palm oil, whey powder (MILK), natural colour: beetroot, emulsifier: sunflower lecithin, natural raspberry flavouring], puffed rice (15%) [rice, sugar, malt flour (BARLEY), skimmed MILK powder, salt, emulsifier: glycerol monostearate, rapeseed oil, emulsifier: SOYA lecithin], marshmallow (14%) [tapioca syrup, sugar, water, gelling agent: carrageenan blend (carrageenan, locust bean gum, xanthan gum, citrus fibre), hydrolysed pea protein, natural vanilla flavouring], non pareils (14%) [sugar, WHEAT starch, glucose syrup, natural colour: spinach powder, carthamus extract, beetroot juice concentrate, mixed carotenes], salted butter [butter (MILK), salt], golden syrup, honey, sugar.</p>
	<p>For allergens, including cereals containing gluten, see ingredients in BOLD CAPITALS.</p>
<p>Chocolate Crispy Stick</p>	<p>Milk chocolate (26%) [sugar, cocoa butter, whole MILK powder, cocoa mass, emulsifier: SOYA lecithin, vanilla extract], glazed dark flakes (16%) [sugar, vegetable fats (palm, shea), fat-reduced cocoa powder, emulsifier: rapeseed lecithin, glazing agent: shellac], puffed rice (14%) [rice, sugar, malt flour (BARLEY), skimmed MILK powder, salt, emulsifier: glycerol monostearate, rapeseed oil, emulsifier: SOYA lecithin], marshmallow (13%) [tapioca syrup, sugar, water, gelling agent: carrageenan blend (carrageenan, locust bean gum, xanthan gum, citrus fibre), hydrolysed pea protein, natural vanilla flavouring], salted butter [butter, (MILK), salt], golden syrup, cocoa butter, honey, sugar, cocoa powder.</p>
	<p>For allergens, including cereals containing gluten, see ingredients in BOLD CAPITALS.</p>
<p>Vegan Pistachio Bar</p>	<p>Vegetable margarine [vegetable oils (palm, rapeseed), water, salt, emulsifier: polyglycerol esters of fatty acid, natural colourings: annatto, curcumin; natural flavouring], icing sugar, biscuit crumb [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), vegetable oil (palm), sugar, wholemeal WHEAT flour, partially inverted sugar syrup, raising agents: sodium bicarbonate, ammonium bicarbonate; salt], dessicated coconut (8%), dark chocolate (7%) [sugar, cocoa mass, cocoa butter, fat-reduced cocoa powder, emulsifier: SOYA lecithin, vanilla extract], roasted pistachio paste [PISTACHIOS, rapeseed oil], ALMONDS (5%), caster sugar, almond butter (4%) [roasted ALMONDS, salt], cocoa powder, wheat flour [WHEAT flour, calcium sulphate, iron, niacin, thiamin], cornflour, PISTACHIOS (1%), water, glucose syrup, natural pistachio flavouring, natural vanilla flavouring, natural colouring [safflower, spirulina], salt, natural colouring [safflower, lemon].</p>
	<p>For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS.</p>

<p>Vegan Almond Bar</p>	<p>Vegetable margarine [vegetable oils (palm, rapeseed), water, salt, emulsifier: polyglycerol esters of fatty acid, natural colourings: annatto, curcumin; natural flavouring], almond butter (18%) [roasted ALMONDS, salt], icing sugar, biscuit crumb [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), vegetable oil (palm), sugar, wholemeal WHEAT flour, partially inverted sugar syrup, raising agents: sodium bicarbonate, ammonium bicarbonate; salt], desiccated coconut (8%), dark chocolate (7%) [sugar, cocoa mass, cocoa butter, fat-reduced cocoa powder, emulsifier: SOYA lecithin, vanilla extract], ALMONDS (6%), caster sugar, cocoa powder, wheat flour [WHEAT flour, calcium sulphate, iron, niacin, thiamin], coconut oil, cornflour, water, glucose syrup, natural vanilla flavouring, salt.</p>
<p>For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS.</p>	
<p style="text-align: center;">Cookies</p>	
<p>Chocolate Chunk Cookie</p>	<p>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.</p>
<p>For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS.</p>	
<p>Salted Caramel Cookie</p>	<p>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.</p>
<p>For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS.</p>	
<p>Oat & Raisin Cookie</p>	<p>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.</p>
<p>For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS.</p>	
<p style="text-align: center;">Muffins</p>	
<p>Raspberry Cheesecake Muffin</p>	<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>	

<p>Blueberry Muffin</p>	<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>Skinny Blueberry Muffin</p>	<p>Wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], blueberries (18%), water, whey powder (MILK), sugar, free range pasteurised EGG, OAT flakes, polydextrose, humectant: glycerine, WHEAT starch, emulsifier: mono and diglycerides of fatty acids, honey, raising agents: sodium acid pyrophosphate, potassium carbonate; MILK protein, fructose, stabilisers: xanthan gum, guar gum, polysorbate; preservatives: potassium sorbate, sorbic acid; palm oil, flavouring, rapeseed oil, acidity regulator: citric acid, enzymes (WHEAT).</p>
	<p>For allergens, including cereals containing gluten, see ingredients in BOLD CAPITALS.</p>
<p>Loaf Cakes</p>	
<p>Chocolate Truffle Loaf Cake</p>	<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>

<p>Carrot Loaf Cake</p>	<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>
<p>Lemon Loaf Cake</p>	<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>
<p style="text-align: center;">Cakes</p>	
<p>Vegan Chocolate & Raspberry Cake</p>	<p>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.</p>
	<p>For allergens, including cereals containing gluten, see ingredients in BOLD CAPITALS.</p>
<p>Prosecco & Cranberry Cake</p>	<p>Sugar, wheat flour [WHEAT flour, calcium carbonate, niacin, iron, thiamin], pasteurised free range EGG, rapeseed oil, butter (MILK), water, skimmed MILK powder, Marc de Champagne white chocolate filling (3.5%) [white chocolate (59%) (sugar, cocoa butter, whole MILK powder, emulsifier: SOYA lecithin, natural vanilla flavouring), cream (MILK), Marc de Champagne, sugar, whey concentrate (MILK), MILK proteins], humectant: vegetable glycerine, raising agents: potassium and sodium di-phosphates, potassium carbonate; chopped sweetened dried cranberries (0.6%) [sugar, cranberries, sunflower oil], prosecco (0.4%) (SULPHITES), white chocolate flakes (0.3%) [sugar, whole MILK powder, cocoa butter, emulsifier: SOYA lecithin, natural vanilla flavouring], cranberry flavouring (0.2%), colour: beetroot red, scarlet edible glitter [anti-caking agent: potassium aluminium silicate, colour: iron oxide].</p>
	<p>For allergens, including cereals containing gluten, see ingredients in BOLD CAPITALS.</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.

Yoghurts & Fruit

Fruit Salad	Pineapple (31%), melon (28%), mango (19%), kiwi fruit (16%), blueberries (6%).
Berry Crunch	Greek style yoghurt (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]. For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS .
Berry Bircher	Berry compote (26%) [sugar, strawberries, water, blackberries, blueberries, redcurrants, corn flour, lemon juice, natural flavouring, gelling agent: pectin], Greek style yoghurt (MILK) (26%), water, rolled OATS (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 BOLD CAPITALS . Not suitable for wheat or barley allergy sufferers due to the method used in the manufacture of rolled oats.

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)], gluten free 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 & Savoury Muffins

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, WHEAT flour, flour treatment agent: ascorbic acid, rapeseed oil], chipolata sausages (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: triphosphates, yeast, antioxidant: ascorbic acid, WHEAT gluten, flour treatment agent: ascorbic acid, pork collagen casings], scrambled egg & béchamel sauce mix (22%) [scrambled egg (pasteurised free-range 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, 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 BOLD CAPITALS . May also contain traces of soya.
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Smoked Bacon Roll	<p>White roll [wheat flour (WHEAT 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].</p>
	<p>For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS. May also contain traces of egg, milk and soya.</p>
Sausage Sandwich	<p>Pork chipolata sausages (53%) [British pork (87%), pork fat, wheat flour (WHEAT flour, calcium carbonate, iron, thiamin, niacin), salt, pea fibre, dextrose, spices, onion powder, dried sage, preservative: sodium metabisulphite (SULPHITES), stabiliser: triphosphates, yeast, antioxidant: ascorbic acid, WHEAT gluten, flour treatment agent: ascorbic acid, pork collagen casings], white roll [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, sugar, vegetable oils (palm, rapeseed), yeast, salt, emulsifier: mono- and diglycerides of fatty acids, WHEAT flour, flour treatment agent: ascorbic acid].</p>
	<p>For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS. May also contain traces of egg, milk and soya.</p>
Bacon & Egg Muffin	<p>Soft bran muffin [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, WHEAT bran, vegetable oil (palm, rapeseed), yeast, durum WHEAT semolina, skimmed MILK powder, salt, flour treatment agent: ascorbic acid], scrambled egg (27%) [free range EGG, water, rapeseed oil, skimmed MILK, 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 MILK, water, single cream (MILK), salted butter (MILK), wheat flour (WHEAT 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 BOLD CAPITALS. May also contain traces of egg and soya.</p>
Halloumi & Avocado Muffin	<p>Soft bran muffin [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, WHEAT bran, vegetable oil (palm, rapeseed), yeast, durum WHEAT semolina, skimmed MILK powder, salt], halloumi (30%) [MILK, 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 BOLD CAPITALS. May also contain traces of egg and soya.</p>

<p>Vegan All Day Breakfast Burrito</p>	<p>Spinach wrap [wheat flour (WHEAT 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, SOYA 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 SULPHITES), glucose syrup, cornflour, cider (contains SULPHITES), 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 BOLD CAPITALS. May also contain traces of mustard and sesame.</p>
<p>Cheese & Marmite™ Mini Ciabatta</p>	<p>Ciabatta roll [wheat flour (WHEAT 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 (MILK), béchamel sauce [whole MILK, water, single cream (MILK), salted butter (MILK), wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), cornflour, salt, white pepper, ground bay leaf], Marmite™ yeast extract (5%) [yeast extract (contains BARLEY, WHEAT, OATS, RYE), salt, vegetable juice concentrate, vitamins (thiamin, riboflavin, niacin, vitamin b12, folic acid), natural flavouring (contains CELERY)], cornflour.</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS. Marmite™ is a Trade Mark of Unilever and is used under licence.</p>
<p>Filled Croissants & Toasties</p>	
<p>Ham & Cheese Croissant</p>	<p>Twisted croissant [WHEAT flour, water, butter (MILK), yeast, sugar, WHEAT gluten, salt, antioxidant: ascorbic acid, glaze (free-range EGG yolk, water)], formed hickory smoked ham (28%) [pork (96%), salt, muscovado sugar, stabiliser: triphosphates, antioxidant: sodium ascorbate, preservative: sodium nitrite], medium mature Cheddar cheese (MILK) (14%).</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS. May also contain traces of nuts, soya and sesame.</p>
<p>Mini Ham & Cheese Toasties</p>	<p>Cheese topped bread (52%) [white bread (55%) (wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, sugar, yeast, WHEAT flour, vegetable oils (rapeseed, sunflower), salt, emulsifier: E471, flour treatment agent: ascorbic acid), Cheddar cheese (MILK) (15%), mozzarella cheese (MILK) (15%), béchamel sauce (15%) (MILK, single cream (MILK), water, wheat flour (WHEAT 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 (MILK) (16%).</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS. May also contain traces of egg and soya.</p>

<p>Mini Chilli Cheese Toasties</p>	<p>Cheese topped bread (57%) [white bread (55%) (wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, sugar, yeast, WHEAT flour, vegetable oils (rapeseed, sunflower), salt, emulsifier: E471, flour treatment agent: ascorbic acid), Cheddar cheese (MILK) (15%), mozzarella cheese (MILK) (15%), béchamel sauce (15%) (MILK, single cream (MILK), water, wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), corn flour, salt, preservative: potassium sorbate, natural flavouring)], spicy cream cheese mix (26%) [full fat soft cheese (MILK), American mustard (water, spirit vinegar, MUSTARD flour, yellow MUSTARD bran, corn flour, salt, turmeric), tomato & chilli relish (sugar, tomatoes, water, BARLEY 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 (MILK) (17%).</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS. May also contain traces of egg and soya.</p>
<p>BBQ Chicken & Bacon Toastie</p>	<p>White sourdough bloomer bread [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, SPELT (WHEAT) flour, RYE flour, salt, yeast, antioxidant: ascorbic acid], seasoned chicken breast (9%) [chicken breast, maize starch, salt, black pepper, garlic powder, sunflower oil], béchamel sauce [whole MILK, water, single cream (MILK), salted butter (MILK), wheat flour (WHEAT 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, MUSTARD flour, spirit vinegar, wheat flour (WHEAT 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 (MILK), Cheddar cheese (MILK), cheese sauce [water, Cheddar cheese (MILK), maize starch, double cream (MILK), skimmed MILK powder, whey butter (MILK), rapeseed oil, onion purée, salt, Dijon mustard (water, MUSTARD seeds, spirit vinegar, salt), MUSTARD powder, white pepper, nutmeg], hickory smoked bacon (4%) [pork belly, water, salt, antioxidant: sodium ascorbate, preservative: sodium nitrite], Emmental cheese (MILK), American style mustard [water, spirit vinegar, MUSTARD flour, ground yellow MUSTARD bran, ground turmeric, cornflour, salt], potato starch, cornflour.</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS. May also contain traces of egg.</p>
<p>Five Cheese Toastie</p>	<p>White sourdough bloomer bread [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, SPELT (WHEAT) flour, RYE flour, salt, yeast, antioxidant: ascorbic acid], béchamel sauce [whole MILK, water, single cream (MILK), salted butter (MILK), wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), cornflour, salt, white pepper, ground bay leaf], mozzarella cheese (7%) (MILK), Cheddar cheese (7%) (MILK), smoke flavoured cheese (5%) [Cheese (MILK), smoke flavouring, paprika], Emmental cheese (3%) (MILK), medium fat hard cheese (MILK), American style mustard [water, spirit vinegar, MUSTARD flour, ground yellow MUSTARD bran, ground turmeric, cornflour, salt], cornflour, potato starch.</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS. May also contain traces of egg.</p>
<p>Hickory Ham and Cheese Toastie</p>	<p>White sourdough bloomer bread [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, SPELT (WHEAT) flour, RYE flour, salt, yeast, antioxidant: ascorbic acid], béchamel sauce [whole MILK, water, single cream (MILK), salted butter (MILK), wheat flour (WHEAT 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%) (MILK), Cheddar cheese (6%) (MILK), smoke flavoured cheese (4%) [cheese, (MILK), smoke flavouring, paprika], Emmental cheese (3%) (MILK), medium fat hard cheese (MILK), American style mustard [water, spirit vinegar, MUSTARD flour, ground yellow MUSTARD bran, ground turmeric, cornflour, salt], cornflour, potato starch.</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS. May also contain traces of egg.</p>

Sandwiches, Paninis, Wraps, Rolls & Focaccias	
Tomato & Mozzarella Panini	<p>Ciabatta roll [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, salt, yeast, olive oil, sunflower oil], full fat mozzarella cheese (MILK) (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 (MILK), tomato paste, basil, lemon juice, sea salt], basil.</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS.</p>
Tuna Melt Panini	<p>Ciabatta roll [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, salt, yeast, olive oil, sunflower oil], tuna (20%) [tuna (FISH), water, salt], mature Cheddar cheese (MILK), reduced fat mayonnaise [water, rapeseed oil, spirit vinegar, cornflour, free range salted egg yolk (free range EGG yolk, salt), sugar, citrus fibre, salt, stabiliser: pectin, concentrated lemon juice], sweetcorn [sweetcorn, water, salt, preservative: citric acid], béchamel sauce [whole MILK, water, single cream (MILK), salted butter (MILK), wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), cornflour, salt, white pepper, ground bay leaf], full fat mozzarella cheese (MILK), spring onions, chives, ground black pepper.</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS.</p>
Ham & Cheese Panini	<p>Ciabatta roll [wheat flour (WHEAT 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 MILK, water, single cream (MILK), salted butter (MILK), wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), cornflour, salt, white pepper, ground bay leaf], mature Cheddar cheese (MILK), full fat mozzarella cheese (MILK), crème fraîche (MILK), Dijon mustard [water, brown MUSTARD seeds, spirit vinegar, salt].</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS.</p>
Gluten Free Ham & Cheese Panini	<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 EGG 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 (MILK), maize starch, double cream (MILK), skimmed MILK powder, whey butter (MILK), rapeseed oil, onion purée, salt, Dijon mustard [water, MUSTARD seeds, spirit vinegar, salt], MUSTARD powder, pepper, nutmeg], Cheddar cheese (7%) (MILK), American style mustard [water, spirit vinegar, MUSTARD flour, MUSTARD bran, cornflour, salt, turmeric].</p> <p>For allergens, see ingredients highlighted in BOLD CAPITALS.</p>
Free Range Egg & Mayo Sandwich	<p>Seeded farmhouse bread [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, sunflower seeds, linseeds, millet seeds, yeast, pumpkin seeds, BARLEY malt flour, salt, spirit vinegar, poppy seeds, sugar, WHEAT GLUTEN, 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 EGG (36%), mayonnaise [water, rapeseed oil, pasteurised salted egg yolk (EGG yolk, salt), cornflour, white wine vinegar, MUSTARD flour], salad cress, Dijon mustard [water, brown MUSTARD seeds, spirit vinegar, salt], salt, black pepper.</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS.</p>

<p>Chicken & Hickory Bacon Sandwich</p>	<p>Oatmeal bread [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, OATMEAL, WHEAT bran, OATS, WHEAT GLUTEN, yeast, salt, emulsifiers: E472e, E471; spirit vinegar, muscovado sugar, malted BARLEY 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 EGG yolk, salt), sugar, Dijon mustard [water, MUSTARD 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 BOLD CAPITALS.</p>
<p>Chicken & Avocado Wrap</p>	<p>Spinach wrap [wheat flour (WHEAT 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 EGG 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 SOYA beans, nut free pesto [basil paste, medium fat hard cheese (MILK), 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 EGG yolk, salt), sugar, citrus fibre, salt, stabiliser: pectin, concentrated lemon juice], crème fraîche (MILK), lemon juice, cornflour.</p>
	<p>For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS.</p>
<p>Vegan Beetroot Wrap</p>	<p>Beetroot wrap [wheat flour (WHEAT 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 BOLD CAPITALS.</p>
<p>Turkey & Swiss Style Pretzel Sub</p>	<p>Pretzel baguette [WHEAT flour, water, rapeseed oil, salt, yeast, WHEAT GLUTEN, malted WHEAT flour, fermented WHEAT flour, flour treatment agent: ascorbic acid, acidity regulator: sodium hydroxide], smoked turkey (16%) [turkey, salt, stabilisers: disodium diphosphate, triphosphates], Emmental cheese (MILK), 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 EGG yolk, salt), sugar, citrus fibre, salt, stabiliser: pectin, concentrated lemon juice], American style mustard [water, spirit vinegar, MUSTARD flour, MUSTARD bran, cornflour, salt, ground turmeric], apollo, rocket.</p>
	<p>For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS.</p>
<p>Hot Boxes</p>	
<p>Scrambled Eggs Hot Box</p>	<p>Scrambled egg (64%) [free range EGG, water, rapeseed oil, skimmed MILK, 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 BOLD CAPITALS.</p>

<p>Vegan Mac Hot Box</p>	<p>Vegan sauce [water, butternut squash, vegan block (water, coconut oil, OAT 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, SOYA protein concentrate), SOYA bean extract, rapeseed oil, garlic purée, mustard (vinegar, water, MUSTARD seed, salt, turmeric, paprika, spice, natural flavouring, garlic powder), cornflour, yeast extract, salt], cooked macaroni (32%) [water, durum WHEAT semolina], vegan curd [water, coconut oil, modified potato starch, maize starch, OAT 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 (WHEAT flour, calcium carbonate, iron, niacin, thiamin), salt, dextrose], spinach, rapeseed oil, parsley.</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS.</p>
<p>Salads</p>	
<p>Chicken Salad</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 SOYA beans, cucumber, cooked wheatberries [water, WHEAT 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 BOLD CAPITALS.</p>
<p>Vegan Roasted Vegetable Salad</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, WHEAT 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 MUSTARD 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 BOLD CAPITALS.</p>
<p>Impulse Range</p>	
<p>Starbucks Chocolate Bear Lolly</p>	<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>
<p>Starbucks Peanut and Cashew Bar</p>	<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	Cocoa mass, sugar, cocoa butter, vanilla. Cocoa Solids: 70% Minimum. Cocoa, sugar, vanilla: traded in compliance with Fairtrade Standards, total 100%.
	May contain traces of soya, nuts, milk and cereals containing gluten.
Starbucks Milk Chocolate Bar	Sugar, cocoa butter, cream powder (MILK), cocoa mass, whole MILK powder, whey powder (MILK), emulsifier: sunflower lecithin; vanilla. Cocoa solids: 33% Minimum. MILK solids: 21% Minimum. Cocoa, sugar, vanilla: traded in compliance with Fairtrade Standards, total 75%.
	For allergens, see ingredients highlighted in BOLD CAPITALS . May contain traces of soya, nuts and cereals containing gluten.
Starbucks Shortbread Biscuits	Wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], salted butter (37%) [butter (MILK) salt], sugar.
	For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS . May contain traces of nuts.
Starbucks Ginger Biscuits	Wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], invert sugar syrup, sugar, palm oil, rapeseed oil, stem ginger (5%) [ginger, sugar], OATMEAL , ground ginger, raising agents: sodium carbonates, ammonium carbonates; skimmed MILK powder, salt, colours: annatto, curcumin; natural flavouring.
	For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS . May contain traces of nuts.
Starbucks Almonds, Cashews, Cranberries & Raisins	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].
	For allergens, see ingredients highlighted in BOLD CAPITALS . May contain traces of other nuts, peanuts and sesame.
Starbucks Smoked Almonds	ALMONDS (NUTS) (92%), PEANUT oil, seasoning [dextrose, salt, sugar, WHEAT flour, yeast extract, smoke flavouring, caramelised sugar, onion powder, acid: citric acid, paprika extract].
	For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS . May contain traces of other nuts, peanuts and sesame.
Starbucks Almond Biscotti	WHEAT flour, sugar, ALMONDS (21%), free range EGGS , free range EGG yolk, butter (MILK), MILK , honey, raising agent: ammonium hydrogen carbonate, salt, natural flavours.
	For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS .
Starbucks Gingerbread Bearista	Wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), sugar, invert sugar syrup, black treacle, vegetable oils (palm, sunflower, rapeseed); spices, glucose syrup, raising agent: sodium carbonates, palm stearin, colours: vegetable carbon, curcumin; dried free range EGG white, plant concentrate: safflower, spirulina concentrate, cornflour, lemon juice from concentrate, stabiliser: disodium diphosphate, acidity regulator: acetic acid.
	For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS . May also contain traces of milk, nuts and soya.
Starbucks Caramel Waffles	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.
	For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS .
Starbucks Mini Caramel Waffles	Syrup (34%) [glucose-fructose syrup, sugar syrup], WHEAT flour, butter (MILK) (14%), sugar, vegetable oil [palm, 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.
	For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS .
Starbucks Chocolate Caramel Shortbread	Caramel (38%) [glucose syrup, sugar, palm oil, sweetened condensed milk (MILK , sugar), brown sugar, water, rapeseed oil, salt, emulsifier: SOYA lecithin, flavouring, colour: carotenes] wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), milk chocolate (17%) [sugar, whole MILK powder, cocoa butter, cocoa mass, anhydrous MILK fat, emulsifier: SOYA lecithin, caramelised sugar], butter (MILK), sugar, white chocolate (2%) [sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier: SOYA lecithin, natural vanilla flavouring].

	For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS .
Starbucks Chocolate Coin	Sugar, whole MILK powder, cocoa mass, cocoa butter, emulsifier: sunflower lecithin, natural vanilla flavouring. Cocoa solids: 28% minimum, milk solids: 15% minimum.
	For allergens, see ingredients highlighted in BOLD CAPITALS . May contain traces of peanuts, nuts and soya.