



NUTRITION & ALLERGEN GUIDE

Bakery Menu

Fresh Food Menu



This guide will provide nutritional and allergen information for all food. Allergens can be found within the ingredient declaration and summarised in the last column. Please ensure you take extra care to identify all the possible allergens present in our food, if you require support please ask one of our trained barista's.

Within this booklet it will provide information on the following 14 allergens:

- Cereals Containing **Gluten** (Wheat, Spelt, Kamut, Rye, Barley and Oats)
- **Treenuts** (Almond, Hazelnut, Walnut, Cashew, Pecan Nut, Brazil Nut, Pistachio Nut, Macadamia/Queensland Nut)
- **Egg** • **Milk** • **Soya** • **Fish** • **Crustaceans** • **Molluscs** • **Sesame** • **Lupin** • **Celery** • **Mustard** • **Peanuts**
- **Sulphur Dioxide and Sulphites**

Cross-Contact

Due to the nature of how our partners handle our food items, and share equipment and utensils there is a risk of allergen cross-contact. We cannot guarantee any item is allergen free. Please remember to check this information regularly as we're always working on our recipes. For more allergen information please ask your barista.

This information is updated regularly to reflect our procedures instore.



BAKERY MENU

Product	Suitable for Vegetarian	Suitable for Vegan	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Allergens
Savoury Cheese Twist	Y	N	Wheaten flour (Gluten), Water, Vegetable shortening (Palm fruit), Salt, Sugar, Raising agent (E336), Emulsifier (E481), Flour improver (E300, Enzyme). Cheese filling (Water, Cheese (Cow's milk), Milk solids (Cow's milk), Potato starch, Flavouring (Cow's milk), Vegetable shortening (Palm fruit), Whole egg, Dextrose, Wheaten flour (Gluten), Spice (Peri- peri), Colourant (E160a (i)).	880	210	7.0	1.6	37	1.1	0.8	7.0	0.48	WHEAT, GLUTEN, MILK, EGG.
Butter Croissant	Y	N	Wheat Flour (Gluten), Butter (Cow's Milk)(25.5%), Water, Sugar, Yeast, Wheat Gluten, Skimmed Milk (Cow's Milk), Salt, Malted Wheat Flour (Gluten), Egg Yolk, Flour Improvers (Acerola extract, Enzymes), Maltodextrin, Colour (E160a).	1222	292	17	11	27	3.9		6.2	0.28	WHEAT, GLUTEN, MILK, EGG.
Choc Hazelnut Croissant	Y	N	flour (WHEAT), butter (Cow's MILK) (17.5%), water, sugar, yeast, vegetable oils and fats (rapeseed, shea, coconut), HAZELNUTS (2%), EGG, low fat cocoa powder (1%), cocoa mass, skimmed MILK, WHEAT gluten, salt, emulsifier (lecithins), cocoa butter, MILK fat, flavourings, flour treatment agent (ascorbic acid), enzymes.	1397	334	18	9.5	36	11		5.6	0.25	WHEAT, GLUTEN, MILK, TREE NUTS, EGG.
Chocolate Brownies	Y	N	Sugar, Wheaten Flour (Gluten), Egg, Butter (Milk [Cow's Milk], Butter Cultures), Chocolate Chunks (Sugar, Cocoa mass, Cocoa Butter, Emulsifier [E322], Flavouring), Cocoa Powder, Powder, Whey Powder, Emulsifiers [E322, E476], Flavouring). Raising Agent (E450, E500, Starch), Milk Compound (Sugar, Hydrogenated Vegetable Fat, Full Cream Milk Powder, Skim Milk Powder, Low Fat Cocoa	1294	309	13.7	9.3	46	5	1.3	4.2	0.53	WHEAT, GLUTEN, EGG, MILK.
Cinno Sticky Bun	Y	N	–	1199	287	7.9	4.4	45.3	24.4	2.0	7.1	1.6	WHEAT, GLUTEN, EGG, MILK, SOYA, TREE NUTS.
Cinnamon Sugar Donut	Y	N	Wheaten flour (Gluten), Vegetable shortening (Palm)(Antioxidant (BHT (E321)), Water, Sugar, Yeast, Whole egg, Vegetable oil (Sunflower), Emulsifiers (E471, E481, E472e), Raising agent (E500, E450), Salt, Stabiliser (E461), Flavouring, Flour improvers (Wheat (Gluten), E300, Enzymes). Topping: Ground Cinnamon, Castor Sugar	-	-	-	-	-	-	-	-	-	WHEAT, GLUTEN, EGG.
Decadent Chocolate Muffin	Y	N	Sugar, Water, Wheaten flour (Gluten), Whole egg pulp, Vegetable oil (Sunflower), Chocolate paste (Sugar, Vegetable fat (Palm oil), Milk solids (Cow's milk, Whey), Emulsifier (Soya (E322)), Flavouring, Choc chunks (Sugar, Vegetable oil (Palm), Cocoa, Cocoa butter, Maltodextrin, Dextrose, Emulsifier (Soya (E322)), Cocoa powder, Modified corn starch, Raising agents (E500,E541,E341ii), Flavouring, Emulsifiers (E471, E475), Rice starch), Preservatives (Potassium Sorbate (E202), Potassium Hydroxide (E525)), Salt, Sodium Phosphate (E450a), Preservatives (Sorbic Acid (E200), Potassium Sorbate (E202)), Stabiliser (E466).	2024	484	26.4	5	58	36	1.8	6.5	0.19	WHEAT, GLUTEN, EGG, MILK, SOYA.
Blueberry Muffin (with Streusel topping)	Y	N	Wheaten flour (Gluten), Water, Whole egg pulp, Blueberries, Sugar, Invert syrup, Vegetable oil (Sunflower), Humectant, Modified corn starch (E1442), Fructose, Vegetable shortening (Palm fruit), Whey powder (Cow's milk), Raising agent (E500(i), E450(i), E341(i)), Emulsifiers (E471, E475), Rice starch), Preservatives (Potassium hydroxide (E525), Salt, Sodium phosphate (E450a)), Flavouring, Lemon juice (Water, Lemon concentrate, Acidifying agent (E330), Preservative (Sulphur dioxide (E220)), Salt, Preservatives (Potassium Sorbate (E202), Sorbic Acid (E200)), Stabiliser (E466)). Topping: Blueberries, Streusel (Wheaten flour (Gluten), Butter (Cow's milk), Sugar, Salt)	1291	309	12.1	2.8	46	11.4	1.0	4.8	0	WHEAT, GLUTEN, EGG, MILK.
Milktart Muffin	Y	N	Muffin (80%): Wheaten flour (Gluten), Water, Whole egg pulp, Sugar, Invert syrup, Vegetable oil (Sunflower), Humectant, Modified corn starch (E1442), Milk solids (Cow's milk), Fructose, Vegetable shortening (Palm fruit), Raising agent (E500(i), E450(i), E341(i)), Emulsifier (Emulsifiers ((E471, E475), Rice starch), Flavouring, Lemon juice (Water, Lemon concentrate, Acidifying agent (E330), Preservative (Sulphur Dioxide (E220)), Salt, Spice (Cinnamon), Preservatives (Potassium Sorbate (E202), Sorbic Acid (E200)), Stabiliser (E466)). Filling (20%): Water, Sugar, High fructose corn syrup OR Invert syrup, Modified corn starch (E1442), Salt, Spice (Cinnamon), Colourants (E161b,E171), Flavourings, Preservatives (Potassium Sorbate (E202); Sodium Benzoate (E211)), Acidifying Agent (E270).	1650	394	14.2	2.8	63	16.4	0.7	7.5	0.4	WHEAT, GLUTEN, EGG, MILK.
Banana Pecan Nut Muffin w/ caramel filling	Y	N	Muffin (86%): Wheaten flour (Gluten), Banana, Sugar, Pecan nuts, Vegetable shortening (Palm fruit), Water, Whole egg, Vegetable oil (Sunflower), Humectant, Invert syrup, Modified corn starch (E1442), Raising agent (E500(i), E450(i), E341(i)), Salt, Preservatives (Potassium Sorbate (E202), Sorbic Acid (E200)), Spice (Cinnamon). Filling (14%): Sugar, Cream, Butter (contains cream, salt), Starch (Tapioca), Salt, Agar-Agar.	1650	394	14.2	2.8	63	16.4	0.7	7.5	0.4	WHEAT, GLUTEN, EGG, MILK.
Vanilla Choc Chip Cookie	Y	N	Wheaten flour (Gluten), Choc chunks (Sugar, Cocoa butter, Full cream milk powder, Cocoa mass, Whey powder, Emulsifier (Soya (E322), Flavouring)), Vegetable shortening (Palm fruit), Sugar, Glucose, Water, Raising agents (E500 (i), E450 (ii)), Whole egg, Salt, Emulsifier (E471, Antioxidants (E306, E300, E330)), Flavouring.	1149	275	15.4	9.3	36	15.4	0.9	2.4	0.33	WHEAT, GLUTEN, MILK, SOYA, EGG.

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Product	Suitable for Vegetarian	Suitable for Vegan	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Allergens
Triple Chocolate Chip Cookie	Y	N	Chocolate chunks ((Sugar, Cocoa butter, Full cream milk powder, Emulsifier (Soya (E322), Flavouring), (Sugar, Cocoa mass, Cocoa butter, Emulsifier (Soya (E322), Flavouring), (Sugar, Cocoa butter, Full cream milk powder, Cocoa mass, Whey powder, Emulsifier (Soya (E322), Flavouring))), Wheaten flour (Gluten), Sugar, Vegetable shortening (Palm fruit), Water, Cocoa powder, Raising agents (E500(i), E450(i)), Whole egg, Salt, Emulsifier (E471, Antioxidants (E306, E300, E330)).	1149	275	15.9	8.8	37	17	1.1	2.8	0.3	MILK, SOYA, WHEAT, GLUTEN, EGG.
Carrot Cake	Y	N	Sponge: Carrots, Wheaten Flour (Gluten), Pie Apples (Apples, Acidity regulator [E330], Anti oxidant [E300]), Vegetable Fat (Sunflower), Egg, Spice (Cinnamon), Flavouring, Raising agent (E500), Salt. Filling / Topping: Sugar, Cream Cheese (Cream [Cow's Milk], Butter [Milk [Cow's Milk], Butter Cultures), Margarine (Vegetable fats [Palm fruit and/or palm kernel and/or coconut kernel and/or sunflower seed]; Water; Salt; Emulsifiers [E471]; Preservative [E211], Flavourants, Acidity Regulators [E330], Vitamins A & D)), Acidifying agent. Decoration: Pecan Nuts, Cranberries (Cranberries, Sugar, Glycerine, Natural strawberry flavours , Citric acid [E330], Sunflower oil, Colourant [Elderberry juice concentrate])	2057	492	20	5.6	75	24.3	2.5	4.2	0.19	WHEAT, GLUTEN, EGG, MILK, TREE NUTS.
Chocolate Cake	Y	N	Sponge: Sugar, Wheaten Flour (Gluten), Egg, Vegetable oil (Sunflower [(Antioxidants (E306), (E330)), Cocoa Powder, Modified Starch (E1422), Wheat Gluten, Raising agent (E450, E500, E170, E341, E551), Salt, Emulsifiers ((E471, E475), Rice Starch) , Stabiliser (Emulsifier [E468] , Salt). Filling: Sugar, Butter (Milk [Cow's Milk], Butter Cultures), Milk (Cow's Milk), Cocoa Powder (Cocoa Nibs, Preservative [E202]), Salt, Flavouring. Topping: Dark Chocolate (Sugar, Vegetable Fat and/or Oil, Cocoa Powder, Emulsifier [E322], Flavouring), Cream (Cow's Milk)' Decoration: White Chocolate (Sugar; Whole milk powder [Cow's Milk]; Cocoa butter; Whey powder [Cow's Milk], Lactose Powder, Emulsifiers (E322 [Soya])), Flavouring.	1625	388	35.6	14.6	75	36.9	2.4	5.1	0.39	WHEAT, GLUTEN, EGG, MILK, SOYA.
Vanilla Cake Pop	Y	N	Filling: Vanilla Sponge [Free range Egg, Wheaten Flour (Gluten), Sugar, Sorbitol (E420(i)), Raising agent ((E450, E500), Starch], Emulsifiers ((E471, E475), Rice Starch], Stabilizer (Emulsifier [E466], Thickener [E412]) Flavouring, Colourant, Preservative (E220)), Sugar, Glucose Syrup Coating: Sugar, White Compound [Sugar, Fully Hydrogenated Vegetable Fat (Palm Kernel), Skimmed Milk Powder (Cow's Milk), Whey powder (Cow's Milk), Stabilizer (E492), Emulsifiers (Soya Lecithin, E476), Flavouring], Vegetable fat (Coconut oil), Palm Kernel Oil [Hydrogenated Palm Kernel Oil, Citric acid (E330)], Skimmed Milk Powder (Cow's Milk), Emulsifier (E476, E471, Soya Lecithin, E476), Anticaking agent (E516), Colourant. Decoration: Dark Compound (Sugar, Vegetable Fat and/or Oil, Cocoa Powder, Emulsifier (E492, E322, E476), Flavouring), Vegetable fat (Coconut oil), Palm Kernel Oil [Hydrogenated Palm Kernel Oil, Citric acid (E330)], Emulsifier (E476, E471, Soya Lecithin, E476), Anticaking agent (E516).	593	142	5.7	4.4	22	13.2	0.2		0.80	EGG, WHEAT, GLUTEN, MILK, SOYA.
Chocolate Cake Pop	Y	N	Filling: hocolate Sponge (Free range Egg, Wheaten Flour, Sugar, Cocoa Powder [Cocoa nibs, potassium carbonate], Humectant, Raising agent ((E450, E500), Starch], Emulsifiers ((E471, E475), Rice Starch], Stabilizer (Emulsifier [E466]), Thickener [E412]), Preservative (E202). Coating: Dark Compound (Sugar, Vegetable Fat and/or Oil, Cocoa Powder, Emulsifier (E492, E322, E476), Flavouring), Vegetable fat (Coconut oil), Palm Kernel Oil [Hydrogenated Palm Kernel Oil, Citric acid (E330)], Emulsifier (E476, E471, Soya Lecithin, E476). Decoration: Sugar, White Compound [Sugar, Fully Hydrogenated Vegetable Fat (Palm Kernel), Skimmed Milk Powder (Cow's Milk), Whey powder (Cow's Milk), Stabilizer (E492), Emulsifiers (Soya Lecithin, E476), Flavouring], Vegetable fat (Coconut oil), Palm Kernel Oil [Hydrogenated Palm Kernel Oil, Citric acid (E330)], Skimmed Milk Powder (Cow's Milk), Emulsifier (E476, E471, Soya Lecithin, E476), Anticaking agent (E516)	545	130	5.6	3.9	19	9.6	0.5		0.90	WHEAT, GLUTEN, EGG, MILK, SOYA.
Lemon Drizzle Cake	Y	N	Sponge: Sugar, Egg, Butter (Milk [Cow's Milk], Butter Cultures), Wheaten Flour (Gluten), Maas (Cow's milk, Culture), Vegetable oil (Sunflower, Antioxidants [E306]. Filling / Topping: Sugar, Cream Cheese (Cream [Cow's Milk], Butter [Milk [Cow's Milk], Butter Cultures), Margarine (Vegetable fats [Palm fruit and/or palm kernel and/orcoconut kernel and/or sunflower seed], Water, Salt, Emulsifiers [E471], Preservative [E211], Flavourants, Acidity Regulators [E330], Vitamins A & D), Acidifying agent. Decoration: Sugar, Egg, Butter (Milk [Cow's Milk], Butter Cultures), Wheaten Flour (Gluten), Maas (Cow's milk, Culture), Vegetable oil (Sunflower, Antioxidants [E306], [E330]), Cocoa Powder, Colourant, Raising agent ((E450, E500), Starch), Salt.	2152	514	22.8	13.4	73	36	0.5	5.1	0.49	WHEAT, GLUTEN, MILK, EGG, SOYA.
Vanilla Choc-Chip Crookie (LTO)	Y	N	Croissant: 'Wheat Flour (Gluten), Butter (Cow's Milk)(25.5%), Water, Sugar, Yeast, Wheat Gluten, Skimmed Milk (Cow's Milk), Salt, Malted Wheat Flour (Gluten), Egg Yolk, Flour Improvers (Acerola extract, Enzymes), Maltodextrin, Colour (E160a). Cookie: Wheaten flour (Gluten), Choc chunks (Sugar, Cocoa butter, Full cream milk powder, Cocoa mass, Whey powder, Emulsifier (Soya (E322), Flavouring)), Vegetable shortening (Palm fruit), Sugar, Glucose, Water, Raising agents (E500 (i), E450 (i)), Whole egg, Salt, Emulsifier (E471, Antioxidants (E306, E300, E330)), Flavouring.	3520	841	47.8	29.6	99	34.7	1.8	11	0.54	WHEAT, GLUTEN, EGG, MILK, SOYA.

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FRESH FOOD MENU



Product	Suitable for Vegetarian	Suitable for Vegan	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Allergens
Breakfast Sandwiches													
----- per portion -----													
Breakfast English Muffin	N	N	English Muffin (35%)(wheat flour [gluten], water, maize flour, yeast, sugar, salt, vegetable oil [palm oil], raising agent, acidifier, enzyme, preservatives [calcium propionate, potassium sorbate], Chicken Sausage (25%) (chicken, water, irradiated spice mix [maize flour, cereal (wheat, gluten), calcium carbonate, salt, raising agent], salt, dextrose, emulsifiers, yeast extract, sugar, preservative [sodium metabisulphite], spices , herbs, sodium erythorbate, flavourings, casing [sheep]), Poached Egg (20%) (egg, vegetable oil [canola seed, sunflower seed, emulsifier (soya)]), Cheddar Cheese (10%) (milk, salt, calcium chloride, colourant, starter culture, non-animal rennet, preservative [sodium nitrate]), Tomato Chilli Chutney (8%) (tomato, sugar, water, spirit vinegar [preservative (sulphur dioxide)], chemically modified starch, balsamic vinegar, salt, chilli, irradiated herbs and spices, preservatives [sodium benzoate, sodium benzoate]).	2100	502	26	10.2	40,8	10,8	N/A	24.1	2.48	WHEAT, GLUTEN, EGG, SOYA, MILK.
Smashed Avo & Poached Egg English Muffin	Y	N	English Muffin (38%) (wheat flour [gluten], water, maize flour, yeast, sugar, salt, vegetable oil [palm fruit], raising agent, acidifier, enzyme, preservatives [calcium propionate, potassium sorbate]), Poached Egg (22%) (egg, vegetable oil [canola seed, sunflower seed, emulsifier (soya)]), Avo (22%) (avocado pulp, reconstituted lemon juice [preservative (sodium metabisulphite)], salt), Feta (8%) (pasteurised milk [milk], non-animal rennet, cheese cultures, salt, calcium chloride, acidity regulators), Tomato Chilli Chutney (tomato, sugar, water, spirit vinegar [preservative (sulphur dioxide)], chemically modified starch, balsamic vinegar, salt, chilli, irradiated herbs and spices, preservatives [sodium benzoate, potassium sorbate]).	1600	382	16,2	5,2	39,6	10,9	N/A	15,9	2,30	WHEAT, GLUTEN, EGG, SOYA, MILK.
Cream Cheese Bagel	Y	N	Bagel (71%)(wheat flour [gluten], water, sugar, salt, malt extract, yeast, flour improvers, emulsifier [soya], vegetable oil [sunflower seed]), Cream Cheese (29%) (milk, stabiliser, salt, lactic cultures, firming agent, non-animal rennet, preservative [natamycin]).	1470	351	6,5	3,6	61,8	4,1	N/A	10.3	1.66	WHEAT, GLUTEN, SOYA, MILK.
Smoked Trout & Cream Cheese Bagel	N	N	Bagel (56%)(wheat flour [gluten], water, sugar, salt, malt extract, yeast, flour improvers, emulsifier [soya], vegetable oil [sunflower seed]), Cream Cheese (22%) (milk, stabiliser, salt, lactic cultures, firming agent, non-animal rennet, preservative [natamycin]), Smoked Trout (22%) (trout [oncorhynchus mykiss] [fish], sugar, salt, oak smoke).	1720	411	8.3	4.2	61.6	4.1	N/A	21.4	3.18	WHEAT, GLUTEN, SOYA, MILK.
Chicken Mayo Seeded Bread Toastie	N	N	Sourdough Bread (45%)(flour [wheat, gluten, soya], water, salt, vegetable oil [sunflower seed], yeast) OR Seeded Bread (45%) (white bread flour [wheat, gluten], crushed wheat, linseeds, gluten, bran, sunflower seeds, oats, soya flour, salt, improving agent [emulsifiers, roasted barley flour, wheat malt flour, vegetable fat (palm), ascorbic acid, enzymes], sugar, colourant, acidity regulator, yeast), Chicken (28%) (chicken, phosphates, salt, free flowing agents, modified starch), Mayonnaise (17%) (vegetable oil [sunflower seed, TBHQ], water, sugar, vinegar, egg, stabilisers, spices, salt, mustard, acidity regulator, preservatives [potassium sorbate, sorbic acid], antioxidant [EDTA]), Butter (cream [milk], salt).	2740	655	40.9	14.6	32.7	8.0	N/A	34	1.96	WHEAT, GLUTEN, EGG, SOYA, MILK.
Chicken Mayo Sourdough Toastie	N	N	Sourdough Bread (45%)(flour [wheat, gluten, soya], water, salt, vegetable oil [sunflower seed], yeast) OR Seeded Bread (45%) (white bread flour [wheat, gluten], crushed wheat, linseeds, gluten, bran, sunflower seeds, oats, soya flour, salt, improving agent [emulsifiers, roasted barley flour, wheat malt flour, vegetable fat (palm), ascorbic acid, enzymes], sugar, colourant, acidity regulator, yeast), Chicken (28%) (chicken, phosphates, salt, free flowing agents, modified starch), Mayonnaise (17%) (vegetable oil [sunflower seed, TBHQ], water, sugar, vinegar, egg, stabilisers, spices, salt, mustard, acidity regulator, preservatives [potassium sorbate, sorbic acid], antioxidant [EDTA]), Butter (cream [milk], salt).	2620	626	38,9	14.1	42.4	2.9	N/A	26	1.83	WHEAT, GLUTEN, EGG, SOYA, MILK.
Chilli Cheese Sourdough Toastie	Y	N	Sourdough Bread (45%) (flour [wheat, gluten, soya], water, salt, vegetable oil [sunflower seed], yeast), Cheddar & Mozzarella Cheese (27%) (milk, calcium chloride, preservative [sodium nitrate], salt, starter culture, non-animal rennet, colorant), Mayonnaise (9%) (vegetable oil [sunflower seed, TBHQ], water, sugar, vinegar, egg, stabilisers, spices, salt, mustard, acidity regulator, preservatives [potassium sorbate, sorbic acid], antioxidant [EDTA]), Sriracha (9%) (water, red chilli, sugar, garlic, salt, stabiliser, thickener, acidity regulator, colourant), Butter (cream [milk], salt).	2860	684	45.4	21	45.9	5	N/A	21.4	3.45	WHEAT, GLUTEN, EGG, SOYA, MILK.

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Classic Cheese Seeded Bread Toastie	Y	N	Sourdough Bread (48%)(flour [wheat, gluten, soya], water, salt, vegetable oil [sunflower seed], yeast) OR Seeded Bread (48%) (white bread flour [wheat, gluten], crushed wheat, linseeds, gluten, bran, sunflower seeds, oats, soya flour, salt, improving agent [emulsifiers, roasted barley flour, wheat malt flour, vegetable fat (palm), ascorbic acid, enzymes], sugar, colourant, acidity regulator, yeast), Cheddar & Mozzarella Cheese (29%) (milk, calcium chloride, preservative [sodium nitrate], salt, starter culture, non-animal rennet, colourant), Mayonnaise (vegetable oil [sunflower seed, TBHQ], water, sugar, vinegar, egg, stabilisers, spices, salt, mustard, acidity regulator, preservatives [potassium sorbate, sorbic acid], antioxidant [EDTA]), Butter (cream [milk], salt).	3100	741	52.4	22.3	32.7	7.7	N/A	29.3	2.75	WHEAT, GLUTEN, EGG, SOYA, MILK.
Classic Cheese Sourdough Toastie	Y	N	Sourdough Bread (48%)(flour [wheat, gluten, soya], water, salt, vegetable oil [sunflower seed], yeast) OR Seeded Bread (48%) (white bread flour [wheat, gluten], crushed wheat, linseeds, gluten, bran, sunflower seeds, oats, soya flour, salt, improving agent [emulsifiers, roasted barley flour, wheat malt flour, vegetable fat (palm), ascorbic acid, enzymes], sugar, colourant, acidity regulator, yeast), Cheddar & Mozzarella Cheese (29%) (milk, calcium chloride, preservative [sodium nitrate], salt, starter culture, non-animal rennet, colourant), Mayonnaise (vegetable oil [sunflower seed, TBHQ], water, sugar, vinegar, egg, stabilisers, spices, salt, mustard, acidity regulator, preservatives [potassium sorbate, sorbic acid], antioxidant [EDTA]), Butter (cream [milk], salt).	2980	712	50.4	21.7	42.4	2.6	N/A	21.3	2.63	WHEAT, GLUTEN, EGG, SOYA, MILK.
Macon & Cheese Sourdough Toastie	N	N	Sourdough Bread (45%)(flour [wheat, gluten, soya], water, salt, vegetable oil [sunflower seed], yeast) OR Seeded Bread (45%) (white bread flour [wheat, gluten], crushed wheat, linseeds, gluten, bran, sunflower seeds, oats, soya flour, salt, improving agent [emulsifiers, roasted barley flour, wheat malt flour, vegetable fat (palm), ascorbic acid, enzymes], sugar, colourant, acidity regulator, yeast), Macon (19%) (beef, brine [water, salt, phosphates, dextrose, curing agent (salt, preservative [sodium nitrite], sodium carbonate, colourant), HVP, sodium erythorbate, flavouring, ascorbic acid, spice extract]), Cheddar Cheese (18%) (milk, calcium chloride, preservative [sodium nitrate], salt, starter culture, non-animal rennet, colourant), Mayonnaise (9%) (vegetable oil [sunflower seed, TBHQ], water, sugar, vinegar, egg, stabilisers, spices, salt, mustard, acidity regulator, preservatives [potassium sorbate, sorbic acid], antioxidant [EDTA]), Butter (cream [milk], salt).	2780	664	43.4	21.4	42.3	2.5	N/A	25.7	4.3	WHEAT, GLUTEN, EGG, SOYA, MILK.
Macon & Cheese Seeded Bread Toastie	N	N	Sourdough Bread (45%)(flour [wheat, gluten, soya], water, salt, vegetable oil [sunflower seed], yeast) OR Seeded Bread (45%) (white bread flour [wheat, gluten], crushed wheat, linseeds, gluten, bran, sunflower seeds, oats, soya flour, salt, improving agent [emulsifiers, roasted barley flour, wheat malt flour, vegetable fat (palm), ascorbic acid, enzymes], sugar, colourant, acidity regulator, yeast), Macon (19%) (beef, brine [water, salt, phosphates, dextrose, curing agent (salt, preservative [sodium nitrite], sodium carbonate, colourant), HVP, sodium erythorbate, flavouring, ascorbic acid, spice extract]), Cheddar Cheese (18%) (milk, calcium chloride, preservative [sodium nitrate], salt, starter culture, non-animal rennet, colourant), Mayonnaise (9%) (vegetable oil [sunflower seed, TBHQ], water, sugar, vinegar, egg, stabilisers, spices, salt, mustard, acidity regulator, preservatives [potassium sorbate, sorbic acid], antioxidant [EDTA]), Butter (cream [milk], salt).	2900	693	45.4	22	32,6	7.6	N/A	33.7	4.42	WHEAT, GLUTEN, EGG, SOYA, MILK.
Jalapeno Chicken Mayo Sourdough Toastie	N	N	Sourdough Bread (45%)(flour [wheat, gluten, soya], water, salt, vegetable oil [sunflower seed], yeast) OR Seeded Bread (45%) (white bread flour [wheat, gluten], crushed wheat, linseeds, gluten, bran, sunflower seeds, oats, soya flour, salt, improving agent [emulsifiers, roasted barley flour, wheat malt flour, vegetable fat (palm), ascorbic acid, enzymes], sugar, colourant, acidity regulator, yeast), Macon (19%) (beef, brine [water, salt, phosphates, dextrose, curing agent (salt, preservative [sodium nitrite], sodium carbonate, colourant), HVP, sodium erythorbate, flavouring, ascorbic acid, spice extract]), Cheddar Cheese (18%) (milk, calcium chloride, preservative [sodium nitrate], salt, starter culture, non-animal rennet, colourant), Mayonnaise (9%) (vegetable oil [sunflower seed, TBHQ], water, sugar, vinegar, egg, stabilisers, spices, salt, mustard, acidity regulator, preservatives [potassium sorbate, sorbic acid], antioxidant [EDTA]), Butter (cream [milk], salt).	2630	629	38.9	14.1	431	3	N/A	26	1.83	WHEAT, GLUTEN, EGG, SOYA, MILK.
Chicken Mayo, Avo & Pesto Ciabatta	N	N	Ciabatta (42%) (flour [wheat, gluten, soya], water, yeast, vegetable oil [sunflower seed], salt, flour improver [enzymes]), Chicken (24%) (chicken, phosphates, salt, free flowing agents, modified starch), Avo (15%) (avocado pulp, reconstituted lemon juice [preservative (sodium metabisulphite)], salt), Mayonnaise (vegetable oil [sunflower seed, TBHQ], water, sugar, vinegar, egg, stabilisers, spices, salt, mustard, acidity regulator, preservatives [potassium sorbate, sorbic acid], antioxidant [EDTA]), Basil Pesto (4%) (vegetable oil [canola seed and/or sunflower seed and/or olive oil], basil , pecorino cheese [milk, calcium chloride, microbial enzymes, preservative (lysozyme [egg]), non-animal rennet, starter cultures, salt], cashews and almonds [tree nuts], salt, garlic, ascorbic acid, acidity regulator).	2780	411	33.4	4.8	61.8	3.4	N/A	27.5	1.9	WHEAT, GLUTEN, SOYA, MILK, EGG, TREE NUTS.
Berry Yoghurt & Granola	Y	N	Full Cream Plain Yoghurt (68%) (pasteurised full cream milk and cream, stabilisers, yoghurt cultures, preservative [pimaricin]), Granola (16%) (rolled oats,vegetable oil, golden syrup, brown sugar, salt, almonds, Brazil nuts, pistachios kernels, pumpkin seeds, sunflower seeds, cranberries [cranberry, sugar, vegetable oil (sunflower seed)]), Blueberry Topping (16%) (invert sugar [sucrose, water, glucose, fructose, acidity regulators], water, fruit juice concentrates [blueberry, lemon], preservative [potassium Sorbate], flavouring).	-	-	-	-	-	-	-	-	-	MILK, WHEAT, GLUTEN, TREE NUTS

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Product	Suitable for Vegetarian	Suitable for Vegan	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Allergens
Berry Overnight Oats	Y	N	Full Cream Plain Yoghurt (pasteurised full cream milk and cream, stabilisers, yoghurt cultures, preservative [pimaricin]), Overnight Oats*, Berry Compote (invert sugar [sucrose, water, glucose, fructose, acidity regulators], water, fruit juice concentrates [blueberry, lemon], preservative [potassium Sorbate], flavouring), Coconut Flakes (2%), Cranberries (2%) (cranberries, sugar, vegetable oil [sunflower seed]).	-	-	-	-	-	-	-	-	-	MILK, WHEAT, GLUTEN.
Almond & Banana Overnight Oats	Y	N	Full Cream Plain Yoghurt (pasteurised full cream milk and cream, stabilisers, yoghurt cultures, preservative [pimaricin]), Overnight Oats*, Banana Chips (10%) (banana, Coconut oil, sugar, flavouring), Almond & Macadamia Nut Butter (7%) (tree nuts), Flaked Almonds (tree nuts).	-	-	-	-	-	-	-	-	-	MILK, WHEAT, GLUTEN, TREE NUTS.
Tiramisu Overnight Oats	Y	N	Full Cream Plain Yoghurt (pasteurised full cream milk and cream, stabilisers, yoghurt cultures, preservative [pimaricin]), Overnight Oats*, Starbucks® Cold Brew Coffee (11%), Caramel Drizzle (sugar, dextrose, glucose syrup, butter [milk], fructose, cream [milk], water, skimmed milk powder, emulsifiers [soya], salt, acidity regulator, flavouring), Choc Chips (sugar, vegetable fats [palm fat, palm kernel oil, shea butter], cocoa powder, starch, wheat flour [gluten], vegetable oils [palm fat, rapeseed oil], salt, emulsifier [soya], raising agent, acidity regulator), Mocha Powder (water, sugar, flavourings, acidity regulator, preservative [potassium sorbate]).	-	-	-	-	-	-	-	-	-	MILK, WHEAT, GLUTEN, SOYA.
Warm Classic Creamy Oats	Y	-	Milk*, Water, Oats (16%) (wheat, gluten), Chia Seeds.	-	-	-	-	-	-	-	-	-	MILK, WHEAT, GLUTEN.
Warm Berry & Coconut Oats	Y	-	Milk*, Water, Oats (14%) (wheat, gluten), Berry Compote (14%) (water, blueberry, sugar, modified starch, colourant, flavouring, acidity regulator, preservatives [benzoic acid, potassium sorbate], firming agent, salt), Chia Seeds, Coconut Flakes (2%), Cranberries (2%) (sugar, sunflower oil), Freeze Dried Strawberries.	-	-	-	-	-	-	-	-	-	MILK, WHEAT, GLUTEN.
Warm Almond & Banana Oats	Y	-	Milk*, Water, Oats (14%)(wheat, gluten), Almond & Macadamia Nut Butter (6%) (tree nuts), Banana Chips (3%) (banana, coconut oil, sugar, flavouring), Almond Flakes (2%)(tree nuts), Chia Seeds, Cinnamon.	-	-	-	-	-	-	-	-	-	MILK, WHEAT, GLUTEN, TREE NUTS.
Warm Chocolate Chip Cookie Oats	Y	-	Milk*, Water, Oats (14%) (wheat, gluten), Vanilla Flavoured Syrup (water, sugar, flavourings, acidity regulator, preservative [potassium sorbate]), Choc Chips (3%) (sugar, vegetable fats [palm fat, palm kernel oil, shea butter], cocoa powder, starch, wheat flour [gluten], vegetable oils [palm fat, rapeseed oil], salt, emulsifier [soya], raising agent, acidity regulator), Chia Seeds, Mocha Powder (sugar, cocoa powder, fat-reduced cocoa powder, vanilla extract).	-	-	-	-	-	-	-	-	-	MILK, WHEAT, GLUTEN, SOYA.
Breakfast Egg Bites	N	N	Egg Custard (egg (32%), milk, vegetable oil [canola seed, sunflower seed, emulsifier (soya)]),Macon (24%) (beef, brine [water, salt, phosphates, dextrose, curing agent (salt, preservative [sodium nitrite], sodium carbonate, colourant), HVP, sodium erythorbate, flavouring,ascorbic acid, spice extract]), Cheddar Cheese (17%) (milk, calcium chloride, sodium nitrate, salt, starter culture, non-animal rennet, colourant).	-	-	-	-	-	-	-	-	-	EGG, MILK, SOYA.
Chilli Popper Egg Bites	Y	N	Egg Custard (egg (31%), milk, vegetable oil [canola seed, sunflower seed, emulsifier (soya)]), Jalapeños (17%) (green jalapeno, water, vinegar, salt, ascorbic acid, preservatives [sodium benzoate, potassium sorbate, sodium metabisulphite]), Feta (17%) (milk, non-animal rennet, cheese cultures, salt, calcium chloride, acidity regulators), Cheddar Cheese (milk, calcium chloride, sodium nitrate, salt, starter culture, non-animal rennet, colorant).	-	-	-	-	-	-	-	-	-	EGG, MILK, SOYA.
The South African Egg Bites	N	N	Egg Custard (egg (35%), milk, vegetable oil [canola seed, sunflower seed, emulsifier (soya)]), Biltong (15%) (beef, seasoning [irradiated spices, sugar, hydrolysed vegetable protein (soya), salt, vinegar], curing agent [sodium nitrate/nitrite]), Cheddar Cheese (milk, calcium chloride, sodium nitrate, salt, starter culture, non-animal rennet, colorant), Tomato Chilli Chutney (9%) (tomato, sugar, water, spirit vinegar [preservative (sulphur dioxide)], chemically	-	-	-	-	-	-	-	-	-	EGG, MILK, SOYA.

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