



INGREDIENT & NUTRITION GUIDE

SUMMER FOOD - 1ST MAY 2025

Version 4: 15th August 2025

BAKERY MENU

Product	Vegetarian?	Vegan?	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturates (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Pastries				Nutritional information based on per portion basis								
Croissant	Y		Butter Croissant [WHEAT Flour, Charentes-Poitou PDO Butter (MILK) 23%, Water, Sugar, Yeast, Whole MILK Powder, Salt, WHEAT Gluten, EGGS , Flour Treatment Agents (Alpha-Amylases, Hemicellulases, Ascorbic Acid)]	1238.5	296	16	10.4	31.2	6	1.7	6	0.8
Pain Aux Raisins	Y		Pain Aux Raisins [WHEAT Flour, Custard Filling (Water, Custard Cream Powder [Sugar, Whey Powder (MILK), Modified Potato Starch, Skimmed MILK Powder, Thickener (Sodium Alginate), Dried Cream (MILK), Stabilisers (Calcium Sulphate, Disodium Diphosphate), Flavouring, Colour (Carrot Extract))), Palm Fat, Water, Raisins (8%), Glucose-Fructose Syrup, Rapeseed Oil, Yeast, Sugar, EGG , Salt, Cottonseed Oil, Flour Treatment Agents (Ascorbic Acid)]	1409.8	338	17.3	7.7	40.3	16.3	1.2	4.5	0.8
Almond Croissant	Y		Almond Croissant [WHEAT Flour, Almond (NUTS) Filling (Sugar, Almond (NUTS) (6%), EGG White, Invert Sugar Syrup, Water, Invertase), Butter (MILK) (16%), Water, Flaked Almond (NUTS), Yeast, Sugar, EGG , Salt, WHEAT Gluten, Flour Treatment Agent (Ascorbic Acid)]	1415	338.2	18.1	10.5	32.3	14.3	2.1	10.5	0.6
Pain Au Chocolat	Y		Pain Au Chocolat [White WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Unsalted Butter (MILK), Chocolate (9%) (Sugar, Cocoa Paste, Cocoa Butter, Emulsifier: Sunflower Lecithin, Natural Vanilla Flavour), Caster Sugar, Yeast, EGG , Salt, Flour Improver (WHEAT Flour, Ascorbic Acid)]	1374	328.4	16.7	9.9	40.6	9.9	0	5.4	0.8

Product	Vegetarian?	Vegan?	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturates (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Nutritional information based on per portion basis												
Raspberry Croissant	Y	Y	Raspberry Filled Vegan Croissant [WHEAT Flour, Water, Vegetable Fat (Non-Hydrogenated Palm Oil, Water, Non-Hydrogenated Coconut Oil, Non-Hydrogenated Rapeseed Oil, Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Acidity Regulator (Lactic Acid), Natural Flavouring)), Raspberry Filling (16%)(Glucose-Fructose Syrup, Raspberries 5%, Sugar, Gelling Agent (Pectin), Acid (Citric Acid), Hydrogenated Palm Oil, Radish, Blackcurrant and Apple Concentrate), Spelt (WHEAT) WHEAT Flour, WHEAT Gluten, Salt, Flour Treatment Agents (Alpha-Amylases, Hemicellulases, Ascorbic Acid)]	1257.7	300.6	12.6	6.6	40.5	15.3	2.2	5.1	0.4
Pistachio Croissant	Y		Butter Croissant [WHEAT Flour, Charentes-Poitou PDO Butter (MILK) 23%, Water, Sugar, Yeast, Whole MILK Powder, Salt, WHEAT Gluten, EGGS , Flour Treatment Agents (Alpha-Amylases, Hemicellulases, Ascorbic Acid), PISTACHIO Spread Sugar, Vegetable Fats and Oils (Sunflower Oil, Palm Oil), PISTACHIO (NUTS) Paste (15%), Skimmed MILK Powder, Whey (MILK), Lactose (MILK), Emulsifier: Sunflower Lecithin (E322), Natural Flavouring, Colouring: E141, Chopped Pistachio (NUTS) Nibs	2221.5	531	33.4	14.7	54.5	28.7	1.7	9.3	1
Chocolate Twist	Y		Chocolate Twist [Dough (WHEAT Flour, Butter (MILK), Water, Yeast, Sugar, EGG , Salt, WHEAT Gluten, Enzymes, Flour Treatment Agent (Ascorbic Acid)), Pastry Cream (Water, Sugar, Modified Potato Starch, Whey Powder (MILK), Skimmed MILK Powder, Stabilisers (Calcium Acetate, Tetrasodium Diphosphate, Disodium Phosphate), Colour (Beta-Carotene), Flavouring), Chocolate Drops (16%) (Sugar, Cocoa Mass, Cocoa Butter, Fat-Reduced Cocoa Powder (Cocoa Powder), Emulsifier (SOYA Lecithin), Natural Flavouring (Vanilla Extract)), EGG (EGG , Water)]	1137.2	271.8	11.7	8.1	35.1	15.3	2	4.8	0.6

Product	Vegetarian?	Vegan?	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturates (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Cakes			Nutritional information based on per portion basis									
Carrot Cake Slice	Y		WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Icing Sugar, Brown Sugar, Carrots 10%, Oranges 9%, Rapeseed Oil, SOYA Drink (Water, SOYA Beans, Apple Extract, Acidity Regulators (Monopotassium Phosphate, Dipotassium Phosphate), Calcium Carbonate, Sea Salt, Gellan Gum, Vitamins B2, B12, D2), Sultanas 4%, Violife Creamy (Water, Coconut Oil, Starch, Sea Salt, Acidity Regulator (Glucono-Delta-Lactone), Flavourings, Olive Extract, Vitamin B12), WALNUTS (NUTS) 3%, Plant Butter (Plant Oils (Sustainable Palm, Sunflower, Rapeseed), Water, Sea Salt, Fava Bean Preparation, Emulsifier (Sunflower Lecithin), Natural Flavourings), Lemon Juice, Flax Seeds, Coconut 1%, Raising Agent (Diphosphates, Sodium Carbonates, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin)), Mixed Spices 1%, Candied HAZELNUTS (Sugar, HAZELNUTS), Pumpkin Seeds, Sodium Bicarbonate, Salt, Madagascan Vanilla Paste, Cornflower Petals	2076	491	4.81	1.04	95.6	27.7	10.1	11.4	1.3
NEW Carrot Cake Square (July 2025)	Y		Carrot Mini Square Cake (Sugar, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Grated Carrot, Rapeseed Oil, Pasteurised Whole EGG , Margarine (Vegetable Oils (Palm, Rapeseed), Water, Emulsifier (Mono- and Diglycerides of Fatty Acids)), Full Fat Soft Cheese (MILK) (MILK) (Whipping Cream (MILK), Modified Waxy Maize Starch, Sea Salt, Preservative (Potassium Sorbate)), Sultanas (Sultanas, Sunflower Oil), Desiccated Coconut, Sweet Dusting (Dextrose, WHEAT Starch, Vegetable Oils (Palm, Rapeseed), Salt, Natural Flavouring), Nibbed WALNUTS (NUTS) , Raising Agent (Sodium Hydrogen Carbonate, Disodium Diphosphate), Butter (MILK), Ground Cinnamon, Ground Nutmeg, Preservative (Potassium Sorbate), Natural Flavourings, Dried Rose Petals, Lemon Juice	1673.6	400	20.8	3.6	48.3	32.8	1.6	0	0
Salted Caramel Pecan Brownie	Y		Salted Caramel Pecan Brownie [Caramel (19%)(Sugar, Glucose Syrup, Sweetened Condensed MILK , Water, Butter (MILK), Golden Syrup, Palm Oil, Salt, Emulsifiers (Rapeseed Lecithin, Sorbitane Monostearate), Natural Flavouring), Belgium Dark Chocolate (18%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring), Sugar, Dark Chocolate Flavoured Coating (Sugar, Palm Oil, Fat Reduced Cocoa Powder, Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Whey Powder (MILK), Emulsifiers (SOYA Lecithin), Natural Flavouring), Pasteurised Free Range EGG , Butter (MILK), Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier (Mono- and Diglycerides of Fatty Acids)), Fudge Pieces (Sugar, Full Cream Condensed MILK (MILK , Sugar), Fondant (Sugar, Glucose, Water), Glucose (SULPHITES), Palm Oil, Water, Salt), Fat Reduced Cocoa Powder, Pecan NUTS (1.4%), Salt]	2244.6	536.5	28.93	16.9	63.9	53.8	3.7	5.4	0.5
Chocolate Caramel Shortcake	Y		Chocolate Caramel Shortcake [Shortcake Base (43%)(WHEAT Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Sugar, Butter (MILK) (MILK), Vegetable Margarine [Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier (E471), Natural Flavouring], Cornflour, Salt], Caramel (42%)(Sweetened Condensed MILK , Salted Butter (MILK) [Butter (MILK) (MILK), Salt], Soft Brown Sugar, Golden Syrup], MILK Chocolate (15%)(Sugar, Cocoa Butter (MILK), Whole MILK Powder, Cocoa Mass, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring]	1687	403.2	22.9	13.4	46.2	33	0.7	3.7	0.5

Product	Vegetarian?	Vegan?	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturates (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Cakes				Nutritional information based on per portion basis								
Biscoff SOnut	Y		Crodot [WHEAT Flour, Margarine (Vegetable Fat (Palm), Vegetable Oils (Sunflower, Soya), Water, Emulsifier (E471), Acid (E330), Colour (E160a)), Vegetable Fat (Palm), Water, Sugar, Yeast, Salt, WHEAT GLUTEN , WHEAT Fibre, Flour Treatment Agent (E300)] Mactop [Water, Fully and Partially Hydrogenated Vegetable Oil (Palm Kernel), Dextrose, Sugar, Humectant (Glycerol), MILK Protein, Emulsifiers (Polysorbate 60, Mono and di-glycerides, SOYA Lecithin), Stabilisers (Cellulose, Carboxymethyl Cellulose, Methyl Cellulose, Hydroxypropyl Methyl Cellulose), Acidity Regulators (Tri sodium Citrate, DiSodium Phosphate), Salt, Flavouring (Vanilla), Colour (Beta-Carotene)] Biscoff Topping Sauce [Caramelised Biscuits 52% (WHEAT Flour, Sugar, Vegetable Oils (Palm*, Rapeseed), Candy Sugar Syrup, Raising Agent (Sodium Hydrogen Carbonate), SOYA Flour, Salt, Cinnamon, Rapeseed Oil, Sugar, Emulsifier (Lecithins (SOYA), Acid (Citric Acid). * palm oil from sustainable and certified plantations] Biscoff Crumble [WHEAT Flour, Sugar, Vegetable Oils (Palm*, Rapeseed), Candy Sugar Syrup, Raising Agent (Sodium Hydrogen Carbonate), Salt, Cinnamon.* from sustainable and certified plantations]	3097.2	743.9	52.2	25.2	60.5	27.2	0.2	6	0.9
Toasted Teacake with Butter	Y		Teacake [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Sultanas (19.9%), Free Range Whole EGG (9.7%), Butter (Milk) (9.5%), Diced Sweetened Dried Cranberries (5.2%) (Cranberry, Sugar, Rice Flour, Sunflower Oil), Sugar, Yeast, Water, Golden Syrup (Partially inverted sugar syrup), Palm Oil, Salt, Palm Kernel Oil, Rapeseed Oil, Emulsifiers (Mono and di-glycerides of fatty acids, Sodium Stearoyl-2 Lactylate, Mono and Di-Acetyltartaric Acid Esters of Mono and Diglycerides of Fatty Acids), Glaze (Water, Vegetable Proteins (Pea, Potato, Faba Bean), Vegetable Oils (Rapeseed Oil, Sunflower Oil), Dextrose, Maltodextrin, Starch), Nutmeg, Mixed Spice (Cinnamon, Coriander, Ginger, Allspice, Clove, Nutmeg), Cinnamon, Natural Flavouring, Turmeric, Colour [Beta-carotene], Flour treatment agent (Ascorbic Acid)], Butter (MILK)	2506.7	599.1	30.7	18.5	70.7	29.9	3.8	10.2	1.5
Victoria Sponge	Y	Y	Vegan Victoria Mini Cake {Sugar, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Raspberry Jam (Sugar, Water, Raspberry Purée, Citric Acid, Gelling Agent (Pectin), Acidity Regulator (Trisodium Citrate), Preservative (Potassium Sorbate), Margarine (Vegetable Oils (Palm, Rapeseed), Water, Emulsifier (Mono- and Diglycerides of Fatty Acids)), Humectant (Glycerol), Sweet Dusting (Dextrose, WHEAT Starch, Vegetable Oils (Palm, Rapeseed), Salt, Natural Flavouring), Pea Protein, Raising Agents (Disodium Diphosphate, Potassium Carbonate, Sodium Carbonate), White Wine Vinegar, Natural Flavouring, WHEAT Protein, Cornflour, Rice Starch, Dextrose, OAT Fibre, Stabiliser (Xanthan Gum), Emulsifiers (Mono- and Diglycerides of Fatty Acids, Polyglycerol Esters of Fatty Acids), Acidity Regulator (Citric Acid), Colour (Algal Carotenes, Beta-Carotene).	2037.6	487	23.4	3.4	64.3	40.9	1.1	4.2	0.1

Product	Vegetarian?	Vegan?	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturates (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Muffins				Nutritional information based on per portion basis								
Blueberry Muffin	Y		Mississippi Muffin Mix [Sugar, WHEAT Flour (Calcium, Iron, Niacin, Thiamin), Vegetable Oil, Dried Whole EGG , Modified Starch, WHEAT Starch, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate, Potassium Bicarbonate, Calcium Acid Pyrophosphate, Monocalcium Phosphate, Emulsifiers (E471, E477, E481), Dextrose, WHEAT GLUTEN , Stabiliser, Xanthan Gum] Water, Blueberries, Vegetable Oil [Rapeseed Oil, Antifoaming Agent (Dimethylpolysiloxane)], Soft Cookie Mix [WHEAT Flour (Calcium, Iron, Niacin, Thiamin), Sugar, Vegetable Oil, Dried EGG Yolk, Dried Glucose Syrup, Dried EGG White, Raising Agents: Disodium Diphosphate, Sodium Bicarbonate, Potassium Bicarbonate, Emulsifier: Mono and Diglycerides of Fatty Acids, Salt, Flavouring]	2925.4	702.7	37	4.2	83	46.7	0	7.9	0.7
Chocolate Chip Muffin	Y		Mississippi Muffin Mix [Sugar, WHEAT Flour (Calcium, Iron, Niacin, Thiamin), Vegetable Oil, Dried Whole EGG , Modified Starch, WHEAT Starch, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate, Potassium Bicarbonate, Calcium Acid Pyrophosphate, Monocalcium Phosphate, Emulsifiers (E471, E477, E481), Dextrose, WHEAT GLUTEN , Stabiliser, Xanthan Gum] Water, Chocolate Chips [Sugar, Vegetable Oil (Palm), Fat-Reduced Cocoa Powder, Emulsifiers (SOYA Lecithin, Sorbitan Tristearate), Natural Flavouring] Vegetable Oil [Rapeseed Oil, Antifoaming Agent (Dimethylpolysiloxane)]	3325.9	798.1	43.2	11	95.5	59.8	1.4	8	0.7
Biscuits												
Lennie the Llama	Y		Llama Shortbread Biscuit WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Rapeseed oil, Water, Coconut Oil, Hydrogenated Rapeseed Oil, Glucose Syrup, Salt, Emulsifier (E471), Acidity Regulator (E330), Flavouring, EGG White Powder, Colours (E160a, E163, E153), Stabilisers (E466, E412)	1018.2	243.4	9.9	4.2	36.1	15.7	0	2.4	0.2

BREAKFAST MENU

Product	Vegetarian?	Vegan?	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturates (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Breakfast Rolls				Nutritional information based on per portion basis								
The Big Breakfast Recipe Update			Smoked Rindless Back Bacon [Pork (87%), Water, Salt Preservatives; E252 (Potassium Nitrate), E250 (Sodium Nitrite), Anti-Oxidant; E301 (Sodium Ascorbate)], Breakfast Roll [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Beer (Water, BARLEY Malt, Rice, Hops), WHEAT Sourdough (Fermented WHEAT Flour, Water), WHEAT Semolina, Olive Oil, Yeast, Sugar, Salt, Inverted Sugar Syrup, WHEAT Malt Flour, Emulsifiers: Mono- And Diglycerides Of Fatty Acids (E471), Sodium Stearoyl-2-Lactylate (E481)), Vegetable Oils (Palm, Rapeseed), Inactive Dry Yeast, Flour Treatment Agent: Ascorbic Acid (E300)), Potato Flakes (Potato Flakes, Emulsifier Mono & Di Glycerides Of Fatty Acids (E471)), Yeast, Organic OAT Milk (Spring Water, Organic Gluten Free OATS, Sunflower Oil, Sea Salt), Rapeseed Oil, Preservative: Calcium Propionate (E282)], Lincolnshire Sausage [Pork, Water, Rusk (WHEAT Flour (Fortified with Calcium Carbonate, Iron, Niacin, Thiamin), Pork Fat, Herbs (Lovage, Sage, Thyme), Dextrose, Spices (Black Pepper, Ginger, Mace, White Pepper), Salt, Yeast Extract, Stabilisers (E450), Preservative (Sodium SULPHITE), Onion Powder, Antioxidant (E300), Herb Extract (Sage)] EGG , Hashbrown [Potatoes, Sunflower Oil, Salt, Onion Powder, Stabiliser (E450), White Pepper], Rapeseed Oil [Rapeseed Oil, Antifoaming Agent (E900)]	3406.4	814.3	46.1	13.8	57.5	2.8	3.3	41.4	4.3
Triple Bacon & Egg Recipe Update			Smoked Rindless Back Bacon [Pork (87%), Water, Salt Preservatives; E252 (Potassium Nitrate), E250 (Sodium Nitrite), Anti-Oxidant; E301 (Sodium Ascorbate)], Breakfast Roll [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Beer (Water, BARLEY Malt, Rice, Hops), WHEAT Sourdough (Fermented WHEAT Flour, Water), WHEAT Semolina, Olive Oil, Yeast, Sugar, Salt, Inverted Sugar Syrup, WHEAT Malt Flour, Emulsifiers: Mono- And Diglycerides Of Fatty Acids (E471), Sodium Stearoyl-2-Lactylate (E481)), Vegetable Oils (Palm, Rapeseed), Inactive Dry Yeast, Flour Treatment Agent: Ascorbic Acid (E300)), Potato Flakes (Potato Flakes, Emulsifier Mono & Di Glycerides Of Fatty Acids (E471)), Yeast, Organic OAT Milk (Spring Water, Organic Gluten Free OATS, Sunflower Oil, Sea Salt), Rapeseed Oil, Preservative: Calcium Propionate (E282)],	2673.4	639.4	36.9	11.2	38	2.8	1.2	38	5
Triple Bacon Recipe Update			Smoked Rindless Back Bacon [Pork (87%), Water, Salt Preservatives; E252 (Potassium Nitrate), E250 (Sodium Nitrite), Anti-Oxidant; E301 (Sodium Ascorbate)], Breakfast Roll [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Beer (Water, BARLEY Malt, Rice, Hops), WHEAT Sourdough (Fermented WHEAT Flour, Water), WHEAT Semolina, Olive Oil, Yeast, Sugar, Salt, Inverted Sugar Syrup, WHEAT Malt Flour, Emulsifiers: Mono- And Diglycerides Of Fatty Acids (E471), Sodium Stearoyl-2-Lactylate (E481)), Vegetable Oils (Palm, Rapeseed), Inactive Dry Yeast, Flour Treatment Agent: Ascorbic Acid (E300)), Potato Flakes (Potato Flakes, Emulsifier Mono & Di Glycerides Of Fatty Acids (E471)), Yeast, Organic OAT Milk (Spring Water, Organic Gluten Free OATS, Sunflower Oil, Sea Salt), Rapeseed Oil, Preservative: Calcium Propionate (E282)],	1966.5	468.8	21.7	9.1	37.1	2.8	1.1	30.5	5
Triple Sausage Recipe Update			Lincolnshire Sausage [Pork, Water, Rusk (WHEAT Flour (Fortified with Calcium Carbonate, Iron, Niacin, Thiamin), Pork Fat, Herbs (Lovage, Sage, Thyme), Dextrose, Spices (Black Pepper, Ginger, Mace, White Pepper), Salt, Yeast Extract, Stabilisers (E450), Preservative (Sodium SULPHITE), Onion Powder, Antioxidant (E300), Herb Extract (Sage)], Breakfast Roll [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Beer (Water, BARLEY Malt, Rice, Hops), WHEAT Sourdough (Fermented WHEAT Flour, Water), WHEAT Semolina, Olive Oil, Yeast, Sugar, Salt, Inverted Sugar Syrup, WHEAT Malt Flour, Emulsifiers: Mono- And Diglycerides Of Fatty Acids (E471), Sodium Stearoyl-2-Lactylate (E481)), Vegetable Oils (Palm, Rapeseed), Inactive Dry Yeast, Flour Treatment Agent: Ascorbic Acid (E300)), Potato Flakes (Potato Flakes, Emulsifier Mono & Di Glycerides Of Fatty Acids (E471)), Yeast, Organic OAT Milk (Spring Water, Organic Gluten Free OATS, Sunflower Oil, Sea Salt), Rapeseed Oil, Preservative: Calcium Propionate (E282)],	2930.5	699.9	35.3	12.6	61	2.1	3.4	34.7	1.0

Product	Vegetarian?	Vegan?	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturates (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Breakfast Rolls				Nutritional information based on per portion basis								
Halloumi, Harissa & Spinach Recipe Update	Y		Halloumi Cheese [Cow, Sheep and Goat's MILK , Salt, Rennet (Non-Animal)], Breakfast Roll [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Beer (Water, BARLEY Malt, Rice, Hops), WHEAT Sourdough (Fermented WHEAT Flour, Water), WHEAT Semolina, Olive Oil, Yeast, Sugar, Salt, Inverted Sugar Syrup, WHEAT Malt Flour, Emulsifiers: Mono- And Diglycerides Of Fatty Acids (E471), Sodium Stearoyl-2-Lactylate (E481)), Vegetable Oils (Palm, Rapeseed), Inactive Dry Yeast, Flour Treatment Agent: Ascorbic Acid (E300)), Potato Flakes (Potato Flakes, Emulsifier Mono & Di Glycerides Of Fatty Acids (E471)), Yeast, Organic OAT Milk (Spring Water, Organic Gluten Free OATS, Sunflower Oil, Sea Salt), Rapeseed Oil, Preservative: Calcium Propionate (E282)], Sundried Tomato Paste [Slow Roast Tomatoes, Tomato Concentrate, Sunflower Oil, Olive Oil, Salt, Oregano, Sugar, Garlic] Harissa Paste [Red Peppers, Tomato Puree, Rapeseed Oil, Salt, Chillies, Garlic, Cider Vinegar, Coriander, Spices, Paprika, Lemon Juice, Caraway Seeds, Spirit Vinegar, Paprika Oil] Spinach	2257.6	539.1	29	13.6	41.4	6.4	1.4	28.1	4.1
Breakfast Wraps				Nutritional information based on per portion basis								
Sausage, Bacon & Egg			Smoked Rindless Back Bacon [Pork (87%), Water, Salt Preservatives; E252 (Potassium Nitrate), E250 (Sodium Nitrite), Anti-Oxidant; E301 (Sodium Ascorbate)] Lincolnshire Sausage [Pork, Water, Rusk (WHEAT Flour (Fortified with Calcium Carbonate, Iron, Niacin, Thiamin), Pork Fat, Herbs (Lovage, Sage, Thyme), Dextrose, Spices (Black Pepper, Ginger, Mace, White Pepper), Salt, Yeast Extract, Stabilisers (E450), Preservative (Sodium SULPHITE), Onion Powder, Antioxidant (E300), Herb Extract (Sage)] Free Range EGGS , Mozzarella and Cheddar Mix [Pasteurised Cow's MILK , Salt, Starter Cultures, Vegetarian Microbial Rennet, Beta Carotene E160a] Flour Tortilla [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, WHEAT Fibre, Raising Agents (E500, E450) Salt, Acidity Regulator (E296), Dextrose, WHEAT GLUTEN , Preservative (E282)]	3423.3	818.5	43.5	17.5	57.7	3.2	4.4	47.1	4.9
Mushroom, Tomato & Egg	Y		Flour Tortilla [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, WHEAT Fibre, Raising Agents (E500, E450) Salt, Acidity Regulator (E296), Dextrose, WHEAT GLUTEN , Preservative (E282)], Free Range EGGS , Cherry Tomatoes, Mozzarella and Cheddar Mix [Pasteurised Cow's MILK , Salt, Starter Cultures, Vegetarian Microbial Rennet, Beta Carotene E160a], Mushrooms, Baby Leaf Spinach	1965.4	468.4	18.9	7.2	50.7	4.8	4.3	22.1	2.2

Product	Vegetarian?	Vegan?	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturates (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Breakfast				Nutritional information based on per portion basis								
Avocado on Toast	Y	Y	Sourdough [WHEAT Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Fermented WHEAT Flour, Rapeseed Oil, Salt] Guacamole [Avocado, Water, Red Bell Pepper, Jalapeno Puree, Salt, Sugar, Antioxidant (Ascorbic Acid), Onion Powder, Stabiliser (Xanthan Gum), Garlic Powder, Acidity Regulator (Citric Acid), Dehydrated Coriander], Cherry Tomatoes, Vegan Pesto Dressing [Extra Virgin Rapeseed Oil, Pesto (18%) (Basil, Sunflower Oil, Potato Flakes, Salt, Sugar, Extra Virgin Olive Oil, Garlic, Acidity Regulator: (Lactic Acid), Antioxidant: (Ascorbic Acid), Water, White Wine Vinegar (SULPHITES), Spirit Vinegar, Lemon Juice, Garlic Puree, Sugar, Salt, Black Pepper, Xanthan Gum, Guar Gum], Coriander	1678	403.5	20.5	2.5	43.4	5.5	2.7	7.8	1.7
Avocado & Egg on Toast	Y		EGG , Sourdough [WHEAT Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Fermented WHEAT Flour, Rapeseed Oil, Salt] Guacamole [Avocado, Water, Red Bell Pepper, Jalapeno Puree, Salt, Sugar, Antioxidant (Ascorbic Acid), Onion Powder, Stabiliser (Xanthan Gum), Garlic Powder, Acidity Regulator (Citric Acid), Dehydrated Coriander] Vegan Pesto Dressing [Extra Virgin Rapeseed Oil, Pesto (18%) (Basil, Sunflower Oil, Potato Flakes, Salt, Sugar, Extra Virgin Olive Oil, Garlic, Acidity Regulator: (Lactic Acid), Antioxidant: (Ascorbic Acid), Water, White Wine Vinegar (SULPHITES), Spirit Vinegar, Lemon Juice, Garlic Puree, Sugar, Salt, Black Pepper, Xanthan Gum, Guar Gum] Rapeseed Oil [Rapeseed Oil, Antifoaming Agent (E900)] Coriander	2622	631.3	40.6	6.1	41.1	3.2	1.9	21.7	1.7
The Full SOHO			Lincolnshire Sausage [Pork, Water, Rusk (WHEAT Flour (Fortified with Calcium Carbonate, Iron, Niacin, Thiamin), Pork Fat, Herbs (Lovage, Sage, Thyme), Dextrose, Spices (Black Pepper, Ginger, Mace, White Pepper), Salt, Yeast Extract, Stabilisers (E450), Preservative (Sodium SULPHITE), Onion Powder, Antioxidant (E300), Herb Extract (Sage)], Hashbrown [Potatoes, Sunflower Oil, Salt, Onion Powder, Stabiliser (E450), White Pepper], Baked Beans [Beans (49%), Tomatoes (30%), Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavours], Smoked Rindless Back Bacon [Pork (87%), Water, Salt Preservatives; E252 (Potassium Nitrate), E250 (Sodium Nitrite), Anti-Oxidant; E301 (Sodium Ascorbate)], EGG , Rapeseed Oil [Rapeseed Oil, Antifoaming Agent (E900)]	4032.1	965.7	58.8	17.1	57.5	7	8.3	48.8	4.4

Product	Vegetarian?	Vegan?	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturates (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Porridge				Nutritional information based on per portion basis								
Banana & Honey	Y		Water, Banana, Gluten Free OATS , Honey, Double Cream (MILK)	1609.7	379.9	8	3.6	71.7	48.5	5.6	6.5	0
Superseed & Peanut	Y	Y	Water, Coconut Yoghurt [Coconut Milk (71%) Coconut Water, Cornflour, Potato Starch, Stabiliser (Fruit Pectin), Corn Fibre, Cultures (S. thermophilus + L.bulgaricus, Lactobacillus acidophilus, Bifi dobacterium lactis)], Peanut Butter [Argentinian Hi-Oleic PEANUTS (NUTS) , Roasted PEANUTS , Brown Cane Sugar, Sea Salt, Salt, PEANUT Oil], Gluten Free OATS , Chopped Dates [Date, Rice Flour], Chia Seeds [Black Sachia Chia Seed (100%)], Maple Syrup, Super Seeds Mix [Sunflower Seeds, Pumpkin Seeds, Golden Linseed, Goji Berries (Preservative Sulphur Dioxide (SULPHITE), Sunflower Oil]	1883.9	451.9	25.3	5.7	26.4	17.7	8.8	15	0.1

Product	Vegetarian?	Vegan?	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturates (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Toast				Nutritional information based on per portion basis								
White Bloomer Bread with Butter	Y		White Bloomer Loaf [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Palm Oil, Emulsifiers [Mono and di-glycerides of fatty acids, Mono and di-acetyltartaric acid esters of mono and di-glycerides of fatty acids], Rapeseed Oil, BARLEY Malt Flour, SOYA Flour, Flour Treatment Agent [Ascorbic Acid]], Butter (MILK)	1167.1	280.8	13.9	8.4	32.9	0.8	2	6.3	0.9
Multigrain Bloomer Bread with Butter	Y		Multigrain Bloomer [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted WHEAT Flake, WHEAT GLUTEN , Yeast, Brown Linseed, Millet seed, Sunflower Seeds, Poppy seeds, BARLEY Malt Flour, Salt, Dried WHEAT Sour dough (WHEAT Flour), Palm Oil, Emulsifiers [Mono and di-glycerides of fatty acids, Mono and di-acetyltartaric acid esters of mono and di-glycerides of fatty acids], Rapeseed Oil, Flour treatment agent (Ascorbic Acid)], Butter (MILK)	1225.7	294.8	15.1	8.5	32.1	1.1	2.9	7.7	0.9
Sourdough Toast with Butter	Y		Sourdough [WHEAT Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Fermented WHEAT Flour, Rapeseed Oil, Salt], Butter (MILK)	2172.9	521.7	21.8	8.4	68.7	1.4	3.1	11.6	2
Toasted Crumpets with Butter	Y		Crumpet [Water, Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Yeast, Raising Agents (E450, E501(ii)), Sugar, Salt, Dextrose, Preservatives (E282, E200)], Butter (MILK)	1661.6	395.6	13.8	8.3	57.3	3.4	2.4	10.6	1.9

Product	Vegetarian?	Vegan?	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturates (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Condiments & Hot Food Add Ons				Nutritional information based on per portion basis								
Tomato Sauce	Y	Y	Water, Glucose-Fructose Syrup, Tomato Paste (16%), Modified Maize Starch, Sugar, Acidity Regulators (Acetic Acid, Citric Acid), Salt, Preservative (Potassium Sorbate), Tomato Spice (Salt, Natural Clove Flavourings, Natural Flavourings, Spice Extract).	93	22	0.1	0	5.1	3.8	0.1	0.4	0.3
Brown Sauce	Y	Y	HP Sauce [Tomatoes, Malt Vinegar (from BARLEY), Molasses, Glucose-Fructose Syrup, Spirit Vinegar, Sugar, Dates, Modified Cornflour, RYE Flour, Salt, Spices, Flavourings, Tamarind]	77.6	18.3	0	0	4.3	3.5	0.1	0.1	0.2
Salsa	Y	Y	Salsa [Glucose-Fructose Syrup, Diced Tomatoes, Tomato Paste, Water, Acidity Regulator (Acetic Acid), Rapeseed Oil, Green Jalapeno Peppers (Green Jalapeno Peppers, Water, Salt, Acidity Regulator (Acetic Acid), Firming Agent (Calcium Chloride), Preservatives (Sodium Benzoate, Sodium METABISULPHITE)), Salt, Minced Onion, Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate), Dried Garlic, Dried Onion, Black pepper, Chilli Powder, Dried Parsley]	138.6	32.7	0.4	0	7	5.6	0.2	0.2	0.2
Banana & Honey	Y		Banana, Honey	887.7	207.2	0.2	0.1	51.8	47.8	2.5	2.1	0
Banana	Y	Y	Banana	609	141.8	0.2	0	35.5	31.7	2.5	2.1	0
Breakfast Bacon			Smoked Rindless Back Bacon [Pork (87%), Water, Salt Preservatives; E252 (Potassium Nitrate), E250 (Sodium Nitrite), Anti-Oxidant; E301 (Sodium Ascorbate)]	412.5	99	7	3.1	0.4	0.3	0	8.5	1.4

Product	Vegetarian?	Vegan?	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturates (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Condiments & Add Ons			Nutritional information based on per portion basis									
Egg	Y		EGG, Rapeseed Oil [Rapeseed Oil, Antifoaming Agent (E900)]	686.9	165.9	15.2	2.1	0	0	0	7.3	0
Honey	Y		Honey	585.4	137.3	0.1	0.1	34.2	33.9	0	0	0
Jam	Y	Y	Tiptree Strawberry Preserve 72x28g Sugar, Strawberries, Gelling Agent: Citrus Pectin, Acidity Regulator: Citric Acid	320.6	75.6	0	0	18.5	18.5	0	0	0
Mushroom	Y	Y	Mushroom	41.25	9.8	0.4	0.1	0.3	0.2	0	1.4	0.1
Sausage			Lincolnshire Sausage [Pork, Water, Rusk (WHEAT Flour (Fortified with Calcium Carbonate, Iron, Niacin, Thiamin), Pork Fat, Herbs (Lovage, Sage, Thyme), Dextrose, Spices (Black Pepper, Ginger, Mace, White Pepper), Salt, Yeast Extract, Stabilisers (E450), Preservative (Sodium SULPHITE), Onion Powder, Antioxidant (E300), Herb Extract (Sage)]	709.1	170.1	11.1	4.1	8.3	0	0.8	9.4	1.1
Hash Browns	Y	Y	Hashbrown [Potatoes, Sunflower Oil, Salt, Onion Powder, Stabiliser (E450), White Pepper]	764.5	181.5	7.7	0.9	24.8	0.4	2.8	2.2	1
Baked Beans	Y	Y	Baked Beans [Beans (49%), Tomatoes (30%), Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavourings]	928.8	220.8	1.2	0.2	36.7	14.6	9.6	10.8	1.9

Product	Vegetarian?	Vegan?	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturates (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Condiments & Add Ons			Nutritional information based on per portion basis									
Cheese	Y		Mozzarella and Cheddar Mix [Pasteurised Cow's MILK , Salt, Starter Cultures, Vegetarian Microbial Rennet, Beta Carotene E160a]	807.6	193.8	14.4	9.5	1.4	0.1	0	14.4	0.9
Jacket Potato Bacon			Streaky Bacon [Pork Belly, Salt, Glucose, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nitrate]	498.3	120	9.3	3.6	0.2	0.2	0	9	1.1
Tuna Mayo			Tuna (FISH) [Tuna (FISH), Water, Salt, Stabiliser (Xanthan Gum)], Mayonnaise [Rapeseed Oil, Water, Spirit Vinegar, Sugar, Modified Maize Starch, Pasteurised Free Range EGG Yolk, Modified Potato Starch, Stabiliser (Guar Gum, Xanthan Gum), Salt, Preservatives: (Acetic Acid, Citric Acid), Potassium Sorbate, Colour: Lutein]	1171.6	281.1	20.3	1.5	1.7	0.3	0.1	23	0.9
SOHO Slaw	Y		Grated Carrots, White Cabbage, Mayonnaise [Rapeseed Oil, Water, Spirit Vinegar, Pasteurised Free Range EGG Yolk, Sugar, Salt, Modified Potato Starch, Stabiliser (Guar gum, Xanthan gum), Preservative (Potassium Sorbate), Acidity Regulator (Citric Acid), MUSTARD Flour, Lemon Juice Concentrate, Flavouring, Colour (Paprika, Carotene), Antioxidant: Calcium Disodium], Red Onion Set Sour Cream Cream (MILK), Skim MILK Powder, Modified Starch, Lactic Cultures, Preservative (Potassium Sorbate) MUSTARD [Water, MUSTARD Flour, Glucose-Fructose Syrup, Salt, MUSTARD Bran, Acidity Regulator (Acetic Acid), Turmeric, Stabiliser (Xanthan Gum)], Sugar Cane Sugar, Salt (Sodium Hexacyanoferrate)	599.1	143.5	14.8	1.6	2.2	1.7	0.2	0.4	0.5
Guacamole	Y	Y	Guacamole [Avocado, Water, Red Bell Pepper, Jalapeno Puree, Salt, Sugar, Antioxidant (Ascorbic Acid), Onion Powder, Stabiliser (Xanthan Gum), Garlic Powder, Acidity Regulator (Citric Acid), Dehydrated Coriander]	465.5	112.7	8.5	1.6	6	2	0.2	1.2	0.6
Halloumi	Y		Halloumi Cheese [Cow, Sheep and Goat's MILK , Salt, Rennet (Non-Animal)]	1162.6	279.7	21.1	12.7	2	2	0	20.5	2.5

HOT LUNCH MENU

Product	Vegetarian?	Vegan?	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturates (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Jacket Potatoes				Nutritional information based on per portion basis								
Tuna Mayo			Potato, Tuna (FISH) [Tuna (FISH), Water, Salt, Stabiliser (Xanthan Gum)], Mayonnaise [Rapeseed Oil, Water, Spirit Vinegar, Sugar, Modified Maize Starch, Pasteurised Free Range EGG Yolk, Modified Potato Starch, Stabiliser (Guar Gum, Xanthan Gum), Salt, Preservatives: (Acetic Acid, Citric Acid), Potassium Sorbate, Colour: Lutein], Butter (MILK)	3692	876.8	33.5	9.9	114.8	7.5	13.1	35.6	1.2
Cheese & Beans	Y		Potato, Baked Beans [Beans (49%), Tomatoes (30%), Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavourings], Mozzarella and Cheddar Mix [Pasteurised Cow's MILK , Salt, Starter Cultures, Vegetarian Microbial Rennet, Beta Carotene E160a], Butter (MILK)	4256.8	1010.3	28.8	18	151.3	21.8	22.6	37.8	3.1
Bacon & Cheese			Potato, Mozzarella and Cheddar Mix [Pasteurised Cow's MILK , Salt, Starter Cultures, Vegetarian Microbial Rennet, Beta Carotene E160a], Streaky Bacon [Pork Belly, Salt, Glucose, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nitrate], Butter (MILK)	3826.3	910	36.9	21.4	114.7	7.3	13	36	2.2
Cheese & Slaw	Y		Potato, Mozzarella and Cheddar Mix [Pasteurised Cow's MILK , Salt, Starter Cultures, Vegetarian Microbial Rennet, Beta Carotene E160a], Carrot, Cabbage, Mayonnaise [Rapeseed Oil, Water, Spirit Vinegar, Sugar, Modified Maize Starch, Pasteurised Free Range EGG Yolk, Modified Potato Starch, Stabiliser (Guar Gum, Xanthan Gum), Salt, Preservatives: (Acetic Acid, Citric Acid), Potassium Sorbate, Colour: Lutein], Butter (MILK), Red Onion, Set Sour Cream Cream @ 20% (MILK), Skim MILK Powder, Modified Starch, Lactic Cultures, Preservative (Potassium Sorbate), MUSTARD [Water, MUSTARD Flour, Glucose-Fructose Syrup, Salt, MUSTARD Bran, Acidity Regulator (Acetic Acid), Turmeric, Stabiliser (Xanthan Gum)], Sugar Cane Sugar, Salt, Sodium Hexacyanoferrate (II)	3975.5	946.5	41.6	19.3	121.6	12.7	13.2	28	1.6

Product	Vegetarian?	Vegan?	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturates (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Jacket Potatoes				Nutritional information based on per portion basis								
Chicken Caesar			Potato, Chicken [Chicken Breast, Salt], Mayonnaise [Rapeseed Oil, Water, Spirit Vinegar, Pasteurised Free Range EGG Yolk , Sugar, Salt, Modified Potato Starch, Stabiliser (Guar gum, Xanthan gum), Preservative (Potassium Sorbate), Acidity Regulator (Citric Acid), MUSTARD Flour, Lemon Juice Concentrate, Flavouring, Colour (Paprika, Carotene), Antioxidant: Calcium Disodium], Caesar Dressing [Rapeseed Oil, Water, Spirit Vinegar, Sugar, EGG Yolk, Cheese (MILK), Salt, Garlic Powder, Lemon Concentrate, Garlic Puree, Cheddar Cheese Powder (MILK), Xanthan gum, Cracked Black Pepper, Potassium Sorbate, Onion Powder, Garlic Powder, White Pepper, Clove], Butter (MILK), Vegetarian Parmesan [Whole Cow's MILK , Salt, Vegetarian Rennet], Panko Breadcrumbs [Unbleached WHEAT flour, Yeast, Salt, Bread Improver (Corn Starch, Calcium Carbonate, Calcium Sulfate, L-Ascorbic Acid, Alpha Amylase)], Extended Life Rapeseed Oil Rapeseed Oil, Anti-foaming Agent (Dimethyl Polysiloxane), Parsley, Chives, Salt, Sodium Hexacyanoferrate (II), Dried Mixed Herbs [Thyme (40%), Marjoram (27%), Oregano (10%), Parsley (9%), Sage (9%), Basil (5%)]	4301.5	1022.8	46	11.4	118.1	8.9	13.6	41	2.2
Smokey Red Pepper Chickpeas	Y	Y	Potato, Chickpeas [Chickpeas, Water, Ascorbic Acid], Roasted Red Peppers [Red Peppers, Water, Salt, Acidity Regulator: Citric Acid], Sunflower Seeds Sunflower Seeds, Garlic Puree [Garlic, Citric Acid], Sugar, Smoked Paprika, Chives, Salt	3409.5	805.9	16.7	2.2	138.3	12.3	22.8	25.7	1.9

Product	Vegetarian?	Vegan?	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturates (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Pies				Nutritional information based on per portion basis								
Steak & Ale Pie			Steak & Ale Pie (Mash & Gravy Served at Till) British Beef (28%), WHEAT Flour (WHEAT , Calcium, Niacin, Iron, Thiamine), Onion, Craft Ale (9%) (WHEAT & BARLEY), Water, Identity Preserved Palm Oil*, Carrot, Modified Corn Starch, Tomato Puree, Worcester Sauce (Water, Spirit Vinegar, Cane Molasses, Tamarind Paste, Salt, Onion Powder, Cayenne Powder, Garlic Powder, Clove Powder), Salt, WHEAT Maltodextrin, Garlic, Herbs, Dijon MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt), BARLEY Malt Extract, Yeast Extract Powder, WHEAT Protein, Green Peppercorn, Glavouring, Leek Powder, Mushroom Powder, Caramelised Sugar Powder, Black Pepper, Butter (MILK).	2519.1	602.1	30.2	14.6	59.1	5.9	3.8	21.3	1.5
Chicken & Ham Pie			Chicken & Ham Pie (Mash & Gravy Served at Till) WHEAT Flour (WHEAT , Calcium, Niacin, Iron, Thiamine), British Free Range Chicken (18%), Water, Identity Preserved Palm Oil, Leek (6%), Double Cream (MILK), Ham (5%) (British Free Range Pork Leg, Salt, Demerara Sugar, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrate, Potassium Nitrate)), Onion, Cheddar Cheese (MILK), White Wine, Modified Corn Starch, Garlic, Vegetable Fibre, Salt, Butter (MILK), Wholegrain MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt, White Wine Vinegar, Sugar, Spices), WHEAT Maltodextrin, Yeast, WHEAT Protein, Potato Starch, Black Pepper, Flavouring, Sugar, Thyme.	2559.6	612.9	30.5	15.9	54.8	1.6	3.8	26.2	1.6
Goats Cheese & Sweet Potato Pie	Y		Goats Cheese & Sweet Potato Pie (Mash & Gravy Served At Till) Sweet Potato (31%), WHEAT Flour (WHEAT , Calcium, Niacin, Iron, Thiamine), Goats' Cheese (MILK) (11%), Identity Preserved Palm Oil*, Red Onion (7%), Water, Spinach (5%), Garlic, Modified Corn Starch, Demerara Sugar, Salt, SESAME Seed, Rapeseed Oil, Basil, Tapioca Starch, WHEAT Protein, Black Pepper, Crushed Chilli, White Wine Vinegar, Raising Agent (Sodium Bicarbonate).	2524.5	604.8	31.6	14.9	59.4	7	5.9	15.9	1.9
Sides				Nutritional information based on per portion basis								
Gravy	Y	Y	Gravy [Water, Concentrated Gravy Paste (7%) (Yeast Extract (Yeast Extract, Salt), Vegetable Oil, (Rapeseed Oil and Sunflower Oil In Variable Proportions), Water, Onion Extract, Toasted Onion Powder, Maize Starch, Tomato Puree, Gluten-Free BARLEY Malt Extract, Onion Concentrate, Natural Caramel, Kelp Powder, Ground Pimento, Ground Black Pepper, Modified Maize Starch, Red Currant Jam (Sugar, Redcurrant Juice Concentrate, Water, Lemon Juice Concentrate, Gelling Agent (Pectin), Natural Flavouring), Vegetable Oil, (Rapeseed Oil and Sunflower Oil In Variable Proportions), Balsamic Vinegar, Gluten-free BARLEY Malt Extract, Onion]	292.5	70	2.4	0.3	10.1	2	0	1.9	0.8
Mash	Y		Mash Potato (73%), Whey Permeate (MILK), Cream (MILK) (8.8%), Skimmed MILK , Salt, Spice, Pepper Extract.	472.8	112.8	4.6	3.2	14.4	2.2	0	2.3	0.6

Product	Vegetarian?	Vegan?	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturates (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Hot Pastries				Nutritional information based on per portion basis								
Swiss Cheese & Ham Croissant			All Butter Croissant [WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamine), Pasteurised Whole MILK (100% MILK), Double Cream(100% Cream)(MILK), Flour (WHEAT Flour), Caster Sugar, Laminated Sheet (Vegetable Oils (Palm, Rapeseed), Water, Emulsifier (Sunflower Lecithin, Mono- and Diglycerides of Fatty Acids), Salt, Flavouring, Antioxidant (Ascorbyl Palmitate, Tocopherol-Rich Extract), Preservative (Potassium Sorbate), Citric Acid), Colour (Beta Carotene), Fermented WHEAT Flour), Glaze (Vegetable Protein, Rapeseed Oil, Maltodextrin, Dextrose (WHEAT , Maize), Starch, Water), Baker's Yeast, Salt], Gammon Ham [Pork, Water, Cure (Modified Waxy Maize Starch, Salt, Stabiliser (Triphosphates), Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)), Salt, Preservatives (Sodium Lactate, Sodium Acetate)], Bechamel Sauce [Vegetable Stock (Water, Salt, Yeast Extract, Maltodextrin, Sugar, Onion, Carrot, Tomato, Herbs), Skimmed MILK , Vegetable Oil (Palm - Segregated), Reconstituted Whole MILK , Cheddar Cheese (MILK), Modified Starch (Waxy Maize), Cheese Powder (MILK), Butter(MILK), Whey(MILK) Protein Concentrate, Salt, Acidity Regulator (Trisodium Citrate), Emulsifier (SOYA Lecithin E322), Colour (Beta- Carotene)], Emmental Swiss Cheese MILK , Starter Culture, Salt, Rennet	2519.8	607.3	36.1	19.7	48.3	8	1.3	18.4	0.9
Swiss Cheese & Mushroom Croissant	Y		All Butter Croissant [WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamine), Pasteurised Whole MILK (100% MILK), Double Cream(100% Cream)(MILK), Flour (WHEAT Flour), Caster Sugar, Laminated Sheet (Vegetable Oils (Palm, Rapeseed), Water, Emulsifier (Sunflower Lecithin, Mono- and Diglycerides of Fatty Acids), Salt, Flavouring, Antioxidant (Ascorbyl Palmitate, Tocopherol-Rich Extract), Preservative (Potassium Sorbate), Citric Acid), Colour (Beta Carotene), Fermented WHEAT Flour), Glaze (Vegetable Protein, Rapeseed Oil, Maltodextrin, Dextrose (WHEAT , Maize), Starch, Water), Baker's Yeast, Salt], Bechamel Sauce [Vegetable Stock (Water, Salt, Yeast Extract, Maltodextrin, Sugar, Onion, Carrot, Tomato, Herbs), Skimmed MILK , Vegetable Oil (Palm - Segregated), Reconstituted Whole MILK , Cheddar Cheese (MILK), Modified Starch (Waxy Maize), Cheese Powder (MILK), Butter(MILK), Whey(MILK) Protein Concentrate, Salt, Acidity Regulator (Trisodium Citrate), Emulsifier (SOYA Lecithin E322), Colour (Beta- Carotene)], Mushrooms, Emmental Swiss Cheese MILK , Starter Culture, Salt, Rennet, Rapeseed Oil [Rapeseed Oil,, Antifoaming Agent (E900)], Cracked Black Pepper	2501.5	598.4	37.4	19.9	48.5	8.2	1.4	14.7	0.4
Swiss Cheese & Tomato Croissant	Y		All Butter Croissant [WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamine), Pasteurised Whole MILK (100% MILK), Double Cream(100% Cream)(MILK), Flour (WHEAT Flour), Caster Sugar, Laminated Sheet (Vegetable Oils (Palm, Rapeseed), Water, Emulsifier (Sunflower Lecithin, Mono- and Diglycerides of Fatty Acids), Salt, Flavouring, Antioxidant (Ascorbyl Palmitate, Tocopherol-Rich Extract), Preservative (Potassium Sorbate), Citric Acid), Colour (Beta Carotene), Fermented WHEAT Flour), Glaze (Vegetable Protein, Rapeseed Oil, Maltodextrin, Dextrose (WHEAT , Maize), Starch, Water), Baker's Yeast, Salt], Tomatoes, Bechamel Sauce [Vegetable Stock (Water, Salt, Yeast Extract, Maltodextrin, Sugar, Onion, Carrot, Tomato, Herbs),, Skimmed MILK , Vegetable Oil (Palm - Segregated), Reconstituted Whole MILK , Cheddar Cheese (MILK), Modified Starch (Waxy Maize), Cheese Powder (MILK), Butter(MILK), Whey(MILK) Protein Concentrate, Salt, Acidity Regulator (Trisodium Citrate), Emulsifier (SOYA Lecithin E322), Colour (Beta- Carotene)], Emmental Swiss Cheese MILK , Starter Culture, Salt, Rennet	2446.5	585	35.7	19.5	49.1	9.2	1.3	14.5	0.4

For allergens including cereals containing gluten see ingredients in **BOLD CAPITALS**. Some of our food range is handled by our baristas and whilst we try to keep things separate there is no guarantee that any of these items are allergen free. The allergen information for all our packaged and loose bakery products are detailed within the booklet. Please remember to check this information regularly as we're always working on our products. For more allergen information, please ask your barista. Adults need around 2000kcal a day

Product	Vegetarian?	Vegan?	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturates (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Hot Pastries				Nutritional information based on per portion basis								
Chicken Tikka Pasty			Chicken Tikka Pasty WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Unsalted Butter (MILK), Chicken Breast (16%), Diced Onion, Chopped Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator: Citric Acid), Water, Natural Yoghurt (MILK), Breadcrumb (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Salt, Yeast), Mango Chutney (Sugar, Mango Slices, Sugar Cane, Vinegar, Salt, Chilli Powder, Ginger Powder, Garlic Powder, Turmeric Powder), Tikka Powder (Garlic Powder, Paprika, Salt, Coriander Powder, Sugar, Cumin, Ginger, Turmeric Powder, Black Pepper, CELERY Seed, Clove, Fennel, Ground Nutmeg, Chilli Powder), White Wine Vinegar 6% Acidity, Chicken Stock (Water, Chicken Carcass, Yeast Extract, Salt), Liquid EGG , Salt, Kalonji Seeds (Nigella Sativa), Garlic, Lemon Juice (SULPHITES), Tomato Puree (Tomatoes), IQF Coriander, Sweet Paprika Powder Steam Treated, Chilli Powder (Spices, Salt, Garlic, Herbs), Ground Coriander Seeds, Ground Cumin, Garam Masala (Coriander Seed, Cumin Seed, Fennel Seed, Ginger, Dill Seed, Clove, CELERY Seed), Ground Black Pepper	2940	703.2	43.2	26.4	62.4	10.3	0	19	1.6
Cheese & Onion Roll	Y		Cheese & Onion Roll WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Onion (17%), Unsalted Butter (MILK), Potato, Mature Cheese (9%) (Anti-caking Agent: Potato Starch) (MILK), Water, Regato (Anti-caking Agent: Potato Starch) (MILK), Breadcrumb (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Salt, Yeast), Liquid EGG , White Wine Vinegar 6% Acidity, Novation Starch, Salt, White Pepper	1804.6	431.2	28	18.2	33.6	2.8	0	11.6	1
BBQ Pulled Pork Pasty			BBQ Pulled Pork Pasty WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Unsalted Butter (MILK), 85v1 Pork Shoulder (16%), Pork Shoulder Heart Muscle (13%), Water, Smoked Bacon (7%) (Pork, Salt, Sugar, Preservatives (Sodium Nitrite, Sodium Nitrate), Antioxidant (Sodium Ascorbate)), Diced Onion, Potato, Tomato Ketchup (Water, Sugar, Tomato Paste, Spirit Vinegar, Modified Maize Starch, Salt, Acetic Acid, Potassium Sorbate, Black Carrot Extract, Sweeteners (Sodium Saccharin, Aspartame), Natural Clove Flavourings), Liquid EGG , Mature Cheese (MILK) (Anti-caking Agent: Potato Starch) (MILK), Red Cooking Wine (SULPHITES), Pineapple Juice, Demerara Sugar, White Wine Vinegar 6% Acidity, Paprika Flakes, Malt Vinegar (GLUTEN), Dark SOY Sauce (Water, Salt, Colour (E150a), Sugar, SOYA beans, WHEAT), Worcester Sauce (Malt Vinegar (from BARLEY), Spirit Vinegar, Molasses, Sugar, Salt, Anchovies (FISH), Tamarind Extract, Onions, Garlic, Spice, Flavourings), Breadcrumb (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Salt, Yeast), Salt, Garlic, Cracked Black Pepper, Caster Sugar, Rapeseed Oil (Anti-foaming Agent (Polydimethylsiloxane)), Ground White Pepper	2985.6	712.8	45.6	26.4	50.4	7	0	26.4	1.7

Product	Vegetarian?	Vegan?	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturates (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Hot Pastries				Nutritional information based on per portion basis								
Vegan Pasty	Y	Y	Vegan Pasty WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Potato, Pastry Margarine (Vegetable Oil (Palm, Rape), Water, Emulsifier (E471), Salt, Natural Flavouring, Colour (E160a)), Swede (12%), Caramelised Red Onion (Red Onion, White Sugar, Apple Vinegar, Balsamic Vinegar, Cinnamon, Cloves), Water, Carrot (6%), Mushroom (4%), Breadcrumb (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Salt, Yeast), Shortening (Vegetable Oils (Palm Oil, Palm Stearin, Rapeseed Oil)), White Wine Vinegar 6% Acidity, Salt, SOYA Milk (SOYA Base (Water, Hulled SOYA Beans (8.7%)), Apple Extract, Acidity Regulators (Potassium Phosphates), Calcium Carbonate, Sea Salt, Stabiliser (Gellan Gum), Potassium Iodide, Vitamins (B2, B12, D2)), Rapeseed Oil (Anti-foaming Agent (Polydimethylsiloxane)), Molasses Sugar, Yeast Extract, Browning (Colour (Ammonia Caramel)), Apple (Ascorbic Acid, Citric Acid, Salt), Cracked Black Pepper, Onion, Parsley, Balsamic Vinegar (Wine Vinegar, Concentrated Grape Must, Potassium METABISULPHITE (E224)), Ground White Pepper, IQF Thyme, Smoked Paprika, Caramel Colour (Ammonia Caramel E150c), Apricots (Apricots, Rice Flour, Preservative: SULPHUR DIOXIDE), Sultanas (Sultanas, Sunflower Oil), Malt Vinegar (GLUTEN), Granulated Sugar, Garlic, IQF Ginger Puree, Cinnamon	2599.5	619.9	36.8	15.7	66.2	13.5	0	8.3	1.4
Sausage Roll			Pork Sausage Roll [Pork Shoulder (31%), WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Unsalted Butter (MILK), Water, Diced Onion, Potato, Breadcrumb (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Salt, Yeast), Liquid EGG , White Wine Vinegar 6% Acidity, Salt, Ground Black Pepper, Rubbed Sage, Parsley, Ground White Pepper, Ground Coriander Seeds, Ground Nutmeg, Dried Thyme]	1628.2	389.2	23.8	13.9	32.2	1.8	0	14	0.7

WESTFIELD SPECIFIC MENU

Product	Vegetarian?	Vegan?	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturates (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Deli Sandwiches				Nutritional information based on per portion basis								
Tuna & Jalapeno			Focaccia [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin & Thiamin), Water, Blended Oil (Sunflower 65% & Olive Oil 35%), Salt, Yeast, Rosemary], Tuna (FISH) [Tuna (FISH), Water, Salt, Stabiliser (Xanthan Gum)], Mayonnaise [Rapeseed Oil, Water, Spirit Vinegar, Sugar, Modified Maize Starch, Pasteurised Free Range EGG Yolk, Modified Potato Starch, Stabiliser (Guar Gum, Xanthan Gum), Salt, Preservatives: (Acetic Acid, Citric Acid), Potassium Sorbate, Colour: Lutein] Jalapenos [Jalapenos, Water, Spirit Vinegar, Salt, Firming Agent: Calcium Chloride], Mature Cheddar Slices (MILK), Baby Leaf Spinach, Sriracha Sauce [Water, Red Chillies, Sugar, Minced Garlic, Salt, Glucose-Fructose Syrup, Modified Maize Starch, Acid (Acetic Acid), Stabiliser (Xanthan Gum), Preservative (Sodium Benzoate), Colour (Paprika Extract), Chilli Extract]	2512.4	598.9	26.7	6	53.4	2.5	0.8	35.5	2.7
Spicy Chicken			Focaccia [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin & Thiamin), Water, Blended Oil (Sunflower 65% & Olive Oil 35%), Salt, Yeast, Rosemary], Chicken [Chicken Breast, Salt], Red Cabbage, Mayonnaise [Rapeseed Oil, Water, Spirit Vinegar, Sugar, Modified Maize Starch, Pasteurised Free Range EGG Yolk, Modified Potato Starch, Stabiliser (Guar Gum, Xanthan Gum), Salt, Preservatives: (Acetic Acid, Citric Acid), Potassium Sorbate, Colour: Lutein], Rocket, Water, Red Onion, Gochujang Paste [Miso Paste (Water, SOYABEANS , Rice, Salt), Golden Syrup, Soy Sauce (Water, SOYABEANS , WHEAT , Salt), Water, Korean Red Pepper (10%), Garlic, Rice Vinegar (Water, Rice, Salt), Preservative: Potassium Sorbate], White wine vinegar [White Wine, Water, Antioxidant (Sodium Metabisulphite (SULPHITE))], Icing Sugar [Icing Sugar, Maize Starch], Salt	2310.9	555	20.5	2.4	57.6	5.1	0.7	33.6	2.5
Roasted Red Pepper, Mozzarella & Pesto	Y		Focaccia [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin & Thiamin), Water, Blended Oil (Sunflower 65% & Olive Oil 35%), Salt, Yeast, Rosemary], Roasted Red Peppers [Red Peppers, Water, Salt, Acidity Regulator: Citric Acid], Fresh Mozzarella Cheese [MILK , Salt, Rennet, Starter Cultures], Rocket, Spinach, Vegetable Oil [Rapeseed Oil, Antifoaming Agent (Dimethylpolysiloxane)], Basil, Vegetarian Parmesan [Whole Cow's MILK , Salt, Vegetarian Rennet], Lemon Juice [Lemon Juice from Concentrate, Preservative: Potassium Metabisulphite (SULPHITE)], Salt, Garlic Puree [Garlic, Citric Acid], Black Pepper	1983.1	472.1	18.5	7.7	53.4	4.3	0	22.7	2.9
Side Salad				Nutritional information based on per portion basis								
Panzanella Side Salad	Y	Y	Tomatoes, Red Onion, Rapeseed Oil [Rapeseed Oil, Antifoaming Agent (E900)], Garlic Puree [Garlic, Citric Acid], Salt, Black Pepper	84.6	20.3	1.6	0.1	1.3	0.9	0.1	0.3	0.1

Product	Vegetarian?	Vegan?	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturates (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Baguettes				Nutritional information based on per portion basis								
Egg Mayo & Avocado	Y		Malted Wheat Seeded Baguette [WHEAT Flour, Water, Sourdough Culture, SESAME Seed, Linseed, Malted WHEAT Flakes, Salt, Yeast, WHEAT GERM, WHEAT GLUTEN , Deactivated Yeast, Malted WHEAT Flour], Hard Boiled EGG [EGG, Water, Salt, Citric Acid (E330), Acetic Acid (E260), Potassium Sorbate (E202)], Avocado Slices [Hass Avocado, Water, Salt, Antioxidant (Ascorbic Acid), Acidity Regulator (Citric Acid)], Mayonnaise [Rapeseed Oil, Water, Spirit Vinegar, Sugar, Modified Maize Starch, Pasteurised Free Range EGG Yolk, Modified Potato Starch, Stabiliser (Guar Gum, Xanthan Gum), Salt, Preservatives: (Acetic Acid, Citric Acid), Potassium Sorbate, Colour: Lutein], Soured Cream (MILK), Salt, Cracked Black Pepper	2852.7	684.3	33.9	5.9	68.9	3.9	0.6	23.3	3.2
Chicken & Bacon Caesar			Malted Wheat Seeded Baguette [WHEAT Flour, Water, Sourdough Culture, SESAME Seed, Linseed, Malted WHEAT Flakes, Salt, Yeast, WHEAT GERM, WHEAT GLUTEN , Deactivated Yeast, Malted WHEAT Flour], Chicken [Chicken Breast, Salt], Mayonnaise [Rapeseed Oil, Water, Spirit Vinegar, Pasteurised Free Range EGG Yolk, Sugar, Salt, Modified Potato Starch, Stabiliser (Guar gum, Xanthan gum), Preservative (Potassium Sorbate), Acidity Regulator (Citric Acid), MUSTARD Flour, Lemon Juice Concentrate, Flavouring, Colour (Paprika, Carotene), Antioxidant: Calcium Disodium], Streaky Bacon [Pork Belly, Salt, Glucose, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nitrate], Caesar Dressing [Rapeseed Oil, Water, Spirit Vinegar, Sugar, EGG Yolk, Cheese (MILK), Salt, Garlic Powder, Lemon Concentrate, Garlic Puree, Cheddar Cheese Powder (MILK), Xanthan gum, Cracked Black Pepper, Potassium Sorbate, Onion Powder, Garlic Powder, White Pepper, Clove], Vegetarian Parmesan [Whole Cow's MILK , Salt, Vegetarian Rennet], Parsley	3429.6	821	43	5.9	66.5	5.1	0.5	37.9	3.7
Ham, Cheese & Mustard Mayo			Malted Wheat Seeded Baguette [WHEAT Flour, Water, Sourdough Culture, SESAME Seed, Linseed, Malted WHEAT Flakes, Salt, Yeast, WHEAT GERM, WHEAT GLUTEN , Deactivated Yeast, Malted WHEAT Flour], Mayonnaise [Rapeseed Oil, Water, Spirit Vinegar, Pasteurised Free Range EGG Yolk, Sugar, Salt, Modified Potato Starch, Stabiliser (Guar gum, Xanthan gum), Preservative (Potassium Sorbate), Acidity Regulator (Citric Acid), MUSTARD Flour, Lemon Juice Concentrate, Flavouring, Colour (Paprika, Carotene), Antioxidant: Calcium Disodium], Gammon Ham [Pork, Water, Cure (Modified Waxy Maize Starch, Salt, Stabiliser (Triphosphates), Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)), Salt, Preservatives (Sodium Lactate, Sodium Acetate)], Mature Cheddar [Pasteurised Cow's MILK , Non-Animal Rennet (Sodium Benzoate Free), Salt (Contains Anti Caking Agent E535), Starter Culture], Baby Leaf Mix, MUSTARD [Water, MUSTARD Flour, Glucose-Fructose Syrup, Salt, MUSTARD Bran, Acidity Regulator (Acetic Acid), Turmeric, Stabiliser (Xanthan Gum)], Wholegrain Mustard [Water, MUSTARD Seed, White Wine Vinegar, Glucose-Fructose Syrup, MUSTARD Flour, Salt, Acidity Regulator (Acetic Acid), Cinnamon, Pimento, Turmeric]	3533.3	852.9	48	9.8	68.6	5.5	0.4	29.6	3.7
Sun-Blushed Tomato Ploughman's	Y	Y	Malted Wheat Seeded Baguette [WHEAT Flour, Water, Sourdough Culture, SESAME Seed, Linseed, Malted WHEAT Flakes, Salt, Yeast, WHEAT GERM, WHEAT GLUTEN , Deactivated Yeast, Malted WHEAT Flour], Caramelised Red Onion Chutney [Rehydrated Onions (Water, Red Wine Vinegar [Red Wine Vinegar, Preservative (Sulphur Dioxide (SULPHITES))), Kibbled Onion, Red Onion, Demerara Sugar, Muscovado Sugar, Modified Tapioca Starch, Red Wine Vinegar (Red Wine Vinegar, Preservative (Sulphur Dioxide (SULPHITES))), Salt, Black Pepper], Semi Dried Tomato Quarters Semi Dried Tomatoes, Sunflower Oil, Salt, Sugar, Herbs, Acidity Regulator, Citric Acid, Antioxidant: Ascorbic Acid, Mature Cheddar [Pasteurised Cow's MILK , Non-Animal Rennet (Sodium Benzoate Free), Salt (Contains Anti Caking Agent E535), Starter Culture], Black Pepper, Baby Leaf Mix, Sundried Tomato Paste [Slow Roast Tomatoes, Tomato Concentrate, Sunflower Oil, Olive Oil, Salt, Oregano, Sugar, Garlic], [Rapeseed Oil, Water, Sugar, Modified Maize Starch, English MUSTARD (Water, MUSTARD flour [40%], Salt, Turmeric), Salt, Stabiliser (Xanthan Gum), Preservatives (Acetic Acid, Potassium Sorbate)], Roasted Red Peppers [Red Peppers, Water, Salt, Acidity Regulator: Citric Acid], Lemon Juice Concentrate, Flavouring, Colour (Paprika, Carotene), Antioxidant: Calcium Disodium]	2590	620.2	17.5	7.4	87.8	21.8	2.0	25.2	2.9

Product	Vegetarian?	Vegan?	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturates (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Baguettes				Nutritional information based on per portion basis								
Avocado, Sun-Blushed Tomato & Rocket	Y	Y	Malted Wheat Seeded Baguette [WHEAT Flour, Water, Sourdough Culture, SESAME Seed, Linseed, Malted WHEAT Flakes, Salt, Yeast, WHEAT GERM, WHEAT GLUTEN , Deactivated Yeast, Malted WHEAT Flour], Semi Dried Tomato Quarters Semi Dried Tomatoes, Sunflower Oil, Salt, Sugar, Herbs, Acidity Regulator, Citric Acid, Antioxidant: Ascorbic Acid, Roasted Red Peppers [Red Peppers, Water, Salt, Acidity Regulator: Citric Acid], Vegan Mayo Rapeseed Oil, Water, Modified Maize Starch, Sugar, Acidity Regulator (Acetic Acid), Salt, Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate), Rocket, Sunflower Seeds Sunflower Seeds, Basil, Avocado Slices [Hass Avocado, Water, Salt, Antioxidant (Ascorbic Acid), Acidity Regulator (Citric Acid)], Garlic Puree [Garlic, Citric Acid]. Lemon Juice [Lemon Juice from Concentrate, Preservative: Potassium Metabisulphite (SULPHITE)], Sugar, Smoked Paprika Salt	2310.3	552	19.1	2.2	72.3	5.6	2	17.6	2.9

Product	Vegetarian?	Vegan?	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturates (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Salads				Nutritional information based on per portion basis								
Teriyaki Chicken Noodle Salad			Noodles [WHEAT Flour (Vitamin B1, Niacin, Calcium, Iron), Water, EGG Powder, Salt, Natural Colour (Mixed Carotenes and Paprika), Acidity Regulator (Sodium Carbonate, Potassium Carbonate, Citric Acid)], Roasted Chicken Skewer [Chicken Breast Fillets (95%), Water, Potato Starch, Salt, SOYBEAN Oil, Palm Oil, Xylose, Acidity Regulators (Sodium Carbonates, Sodium Citrates), Bulking Agents: (Trisodium Diphosphate, Pentasodium Triphosphate)], Chinese Cabbage, Red Onion, Teriyaki Sauce [Water, Sugar, Japanese SOYA sauce (Water, Defatted SOYA Beans, Roasted WHEAT , Salt, Alcohol), Modified Maize Starch, Soybean (SOYA) paste, [Water, SOYA Beans (SOYA), Rice, Salt], Ginger Puree, Yeast extract paste [Yeast Extract, Salt], Acidity Regulator (Citric Acid), Colour (Plain Caramel)], Carrot, Spring Onion, Gochujang Paste [Miso Paste (Water, SOYABEANS , Rice, Salt), Golden Syrup, Soy Sauce (Water, SOYABEANS , WHEAT , Salt), Water, Korean Red Pepper (10%), Garlic, Rice Vinegar (Water, Rice, Salt), Preservative: Potassium Sorbate], Red Chilli, Coriander, Garlic Puree [Garlic, Citric Acid], Ginger Puree Ginger, SESAME Seeds, Nigella Seeds	2042.9	486.6	7.1	2.3	69.2	22.5	3.2	35.6	3.4
Halloumi Panzanella Salad	Y		Tomatoes, Halloumi Cheese [Cow, Sheep and Goat's MILK , Salt, Rennet (Non-Animal)], Sourdough [WHEAT Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Fermented WHEAT Flour, Rapeseed Oil, Salt], Red Onion, Rapeseed Oil [Rapeseed Oil, Antifoaming Agent (E900)], Garlic Puree [Garlic, Citric Acid], Rocket, Basil, Salt, Black Pepper, Vegetable Oil [Rapeseed Oil, Antifoaming Agent (Dimethylpolysiloxane)]	3297.1	792.9	54.4	18.9	41.1	18.8	2.5	35.2	5
Chicken Caesar Salad			Cos Lettuce, Roasted Chicken Skewer [Chicken Breast Fillets (95%), Water, Potato Starch, Salt, SOYBEAN Oil, Palm Oil, Xylose, Acidity Regulators (Sodium Carbonates, Sodium Citrates), Bulking Agents: (Trisodium Diphosphate, Pentasodium Triphosphate)] Sourdough [WHEAT Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Fermented WHEAT Flour, Rapeseed Oil, Salt] Caesar Dressing [Rapeseed Oil, Water, Spirit Vinegar, Sugar, EGG Yolk, Cheese (MILK), Salt, Garlic Powder, Lemon Concentrate, Garlic Puree, Cheddar Cheese Powder (MILK), Xanthan gum, Cracked Black Pepper, Potassium Sorbate, Onion Powder, Garlic Powder, White Pepper, Clove], Chives, Vegetarian Parmesan [Whole Cow's MILK , Salt, Vegetarian Rennet], Vegetable Oil [Rapeseed Oil, Antifoaming Agent (Dimethylpolysiloxane)]	2884.3	693.3	37.3	4	51.9	5.7	2.3	36.3	3.9
Mozzarella & Pesto Pasta Salad	Y		Farfalle Pasta [Durum WHEAT Semolina], Fresh Mozzarella Cheese [MILK , Salt, Rennet, Starter Cultures], Spinach Balsamic Glaze [Aceto Balsamico di Modena IGP (40%)(Wine Vinegar (Wine, Water, Antioxidant: SULPHITES), Concentrated Grape Must and Juice, Colouring: Caramel E150d (Contains SULPHITES)), Thickener (Modified Starch)], Vegetable Oil [Rapeseed Oil, Antifoaming Agent (Dimethylpolysiloxane)], Basil, Vegetarian Parmesan [Whole Cow's MILK , Salt, Vegetarian Rennet], Cherry, Tomatoes, Rocket, Lemon Juice [Lemon Juice from Concentrate, Preservative: Potassium Metabisulphite (SULPHITE)], Salt, Garlic Puree [Garlic, Citric Acid], Black Pepper	3416.6	815.4	37.9	14.5	80.3	13.7	2.5	37.4	2.3

Product	Vegetarian?	Vegan?	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturates (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Hot Breakfast				Nutritional information based on per portion basis								
The Full SOHO			Hashbrown [Potatoes, Sunflower Oil, Salt, Onion Powder, Stabiliser (E450), White Pepper], Baked Beans [Beans (49%), Tomatoes (30%), Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavourings], Sourdough [WHEAT Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Fermented WHEAT Flour, Rapeseed Oil, Salt], Lincolnshire Sausage [Pork, Water, Rusk (WHEAT Flour (Fortified with Calcium Carbonate, Iron, Niacin, Thiamin), Pork Fat, Herbs (Lovage, Sage, Thyme), Dextrose, Spices (Black Pepper, Ginger, Mace, White Pepper), Salt, Yeast Extract, Stabilisers (E450), Preservative (Sodium SULPHITE), Onion Powder, Antioxidant (E300), Herb Extract (Sage)], EGG , Smoked Rindless Back Bacon [Pork (87%), Water, Salt, Preservatives; E252 (Potassium Nitrate), E250 (Sodium Nitrite), Anti-Oxidant; E301 (Sodium Ascorbate)], Butter (MILK), Rapeseed Oil [Rapeseed Oil, Antifoaming Agent (E900)], Streaky Bacon [Pork Belly, Salt, Glucose, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nitrate]	4440.2	1064.7	61.6	19.6	83.2	7.6	9.1	40.7	5.7
The Full Veggie SOHO	Y		Hashbrown [Potatoes, Sunflower Oil, Salt, Onion Powder, Stabiliser (E450), White Pepper], Baked Beans [Beans (49%), Tomatoes (30%), Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavourings], Halloumi Cheese [Cow, Sheep and Goat's MILK , Salt, Rennet (Non-Animal)], Sourdough [WHEAT Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Fermented WHEAT Flour, Rapeseed Oil, Salt], Guacamole [Avocado, Water, Red Bell Pepper, Jalapeno Puree, Salt, Sugar, Antioxidant (Ascorbic Acid), Onion Powder, Stabiliser (Xanthan Gum), Garlic Powder, Acidity Regulator (Citric Acid), Dehydrated Coriander], EGG , Tomatoes, Rapeseed Oil [Rapeseed Oil, Antifoaming Agent (E900)], Chives	4349.8	1043	57.8	17.7	83.3	12.2	8.5	41.7	5.8

Product	Vegetarian?	Vegan?	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturates (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Hot Lunch				Nutritional information based on per portion basis								
Croque Madame			Sourdough Bread [WHEAT Flour (fortified with Calcium, Iron, Niacin & Thiamin), Sourdough, Water, Salt, Malt Extract (BARLEY)] EGG , Gammon Ham [Pork, Water, Cure (Modified Waxy Maize Starch, Salt, Stabiliser (Triphosphates), Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)), Salt, Preservatives (Sodium Lactate, Sodium Acetate)], Mature Cheddar [Pasteurised Cow's MILK , Non Animal Rennet (Sodium Benzoate Free), Salt (Contains Anti Caking Agent E535), Starter Culture], Mozzarella and Cheddar Mix [Pasteurised Cow's MILK , Salt, Starter Cultures, Vegetarian Microbial Rennet, Beta Carotene E160a], Bechamel Sauce [Vegetable Stock (Water, Salt, Yeast Extract, Maltodextrin, Sugar, Onion, Carrot, Tomato, Herbs), Skimmed MILK , Vegetable Oil (Palm - Segregated), Reconstituted Whole MILK , Cheddar Cheese (MILK), Modified Starch (Waxy Maize), Cheese Powder (MILK), Butter(MILK), Whey(MILK) Protein Concentrate, Salt, Acidity Regulator (Trisodium Citrate), Emulsifier (SOYA Lecithin E322), Colour (Beta- Carotene)], Cheddar and Mozzarella Analogue [Mozzarella (MILK), Pasteurised Full Fat Milk, Cheddar (MILK), Standard Analogue (Water, Palm Oil, Modified Potato Starch, Salt, Skimmed MILK Powder, Starter Culture, Vegetarian Rennet, Acidity Regulator (E270), Colour: Beta Carotene (E160a), Potato Starch (anti-caking agent), Annatto], Rapeseed Oil [Rapeseed Oil, Antifoaming Agent (E900)], Onions, Sriracha Sauce [Water, Red Chillies, Sugar, Minced Garlic, Salt, Glucose-Fructose Syrup, Modified Maize Starch, Acid (Acetic Acid), Stabiliser (Xanthan Gum), Preservative (Sodium Benzoate), Colour (Paprika Extract), Chilli Extract] Spring Onion, MUSTARD [Water, MUSTARD Flour, Glucose-Fructose Syrup, Salt, MUSTARD Bran, Acidity Regulator (Acetic Acid), Turmeric, Stabiliser (Xanthan Gum)], Smoked Paprika, White wine vinegar [White Wine, Water, Antioxidant (Sodium Metabisulphite (SULPHITE)), Salt, Black Pepper, Sugar, Salt, Cracked Black Pepper	3603.3	867.7	43.9	18.5	70.8	3	2.4	44.8	5.1
Chicken & Bacon Stack			Soft White Bread [WHEAT Flour (with Calcium, Iron, niacin (B3) and Thiamin (B1)), Water, Yeast, Salt, Vegetable Oils (Rapeseed, Sustainable Palm), Sustainable SOYA Flour, Vinegar, Preservative: Calcium Propionate, Emulsifier: E472e, Flour Treatment Agent: Ascorbic Acid (Vitamin C)], Roasted Chicken Skewer [Chicken Breast Fillets (95%), Water, Potato Starch, Salt, SOYBEAN Oil, Palm Oil, Xylose, Acidity Regulators (Sodium Carbonates,, Sodium Citrates), Bulking Agents: (Trisodium Diphosphate, Pentasodium Triphosphate)], Tomatoes, Mayonnaise [Rapeseed Oil, Water, Spirit Vinegar, Pasteurised Free Range EGG Yolk , Sugar, Salt, Modified Potato Starch, Stabiliser (Guar gum, Xanthan gum), Preservative (Potassium Sorbate), Acidity Regulator (Citric Acid), MUSTARD Flour, Lemon Juice Concentrate, Flavouring, Colour (Paprika, Carotene), Antioxidant: Calcium Disodium], Cos Lettuce, Streaky Bacon [Pork Belly, Salt, Glucose, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nitrate]	3427.7	816	42.4	6.9	64.5	8.5	3.7	42.3	3.7
Chunky Fish Finger Bap			Chunky Fish Fingers [Alaska Pollock (FISH) (56%), Breadcrumb Coating (WHEAT Flour, Water, Starch (Potato, WHEAT), Salt, Yeast, EGG White Powder, Dextrose, Sugar, Paprika,, Calcium Carbonate, Iron, Niacin, Thiamin), Rapeseed Oil], Lemon Juice [Lemon Juice from Concentrate, Preservative: Potassium Metabisulphite (SULPHITE)], Cos Lettuce, Mayonnaise [Rapeseed Oil, Water, Spirit Vinegar, Pasteurised Free Range EGG Yolk , Sugar, Salt, Modified Potato Starch, Stabiliser (Guar gum, Xanthan gum), Preservative (Potassium Sorbate), Acidity Regulator (Citric Acid), MUSTARD Flour, Lemon Juice Concentrate, Flavouring, Colour (Paprika, Carotene), Antioxidant: Calcium Disodium, Gherkins [Gherkins, Spirit Vinegar, Sugar, Salt, Natural Flavouring, Sweetener (Saccharine), Colouring: Riboflavin], Red Onion, Capers, Water, Spirit Vinegar, Salt, Parsley, Breakfast Roll [WHEAT Flour, Water, Beer (Water, BARLEY Malt, Rice, Hops), WHEAT Sourdough (Fermented WHEAT Flour, Water), WHEAT Semolina, Olive Oil, Yeast, Sugar, Salt, Inverted Sugar Syrup, WHEAT Malt Flour], Salt, Black Pepper	3458.9	836.3	38.7	3	72.7	4.8	0.6	47.9	4.6

Product	Vegetarian?	Vegan?	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturates (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Side Salad				Nutritional information based on per portion basis								
SOHO Slaw Side	Y		Carrot, Cabbage, Mayonnaise [Rapeseed Oil, Water, Spirit Vinegar, Sugar, Modified Maize Starch, Pasteurised Free Range EGG Yolk, Modified Potato Starch, Stabiliser (Guar Gum, Xanthan Gum), Salt, Preservatives: (Acetic Acid, Citric Acid), Potassium Sorbate, Colour: Lutein], Red Onion, Set Sour Cream Cream (MILK), Skim MILK Powder, Modified Starch, Lactic Cultures, Preservative (Potassium Sorbate), MUSTARD [Water, MUSTARD Flour, Glucose-Fructose Syrup, Salt, MUSTARD Bran, Acidity Regulator (Acetic Acid), Turmeric, Stabiliser (Xanthan Gum)], Sugar Cane Sugar, Salt, Sodium Hexacyanoferrate (II)	259.1	62.8	5.6	0.6	2.8	2.2	0.1	0.4	0.2

AIRPORT SPECIFIC MENU

Product	Vegetarian?	Vegan?	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturates (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Pastries				Nutritional information based on per portion basis								
All Butter Croissant	Y		All Butter Croissant [WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamine), Pasteurised Whole MILK (100% MILK), Double Cream(100% Cream)(MILK), Flour (WHEAT Flour), Caster Sugar, Laminated Sheet (Vegetable Oils (Palm, Rapeseed), Water, Emulsifier (Sunflower Lecithin, Mono- and Diglycerides of Fatty Acids), Salt, Flavouring, Antioxidant (Ascorbyl Palmitate, Tocopherol-Rich Extract), Preservative (Potassium Sorbate), Citric Acid), Colour (Beta Carotene), Fermented WHEAT Flour), Glaze (Vegetable Protein, Rapeseed Oil, Maltodextrin, Dextrose (WHEAT , Maize), Starch, Water), Baker's Yeast, Salt]	1974.1	472	27.1	14.2	46	7.1	1.2	8.3	0
Almond Croissant	Y		Almond Croissant WHEAT Flour (WHEAT GLUTEN , Calcium Carbonate, Niacin, Iron, Thiamine), Water, Laminated Sheet (Vegetable Oils (Palm, Rapeseed), Water, Emulsifier (Sunflower Lecithin, Mono- and Diglycerides of Fatty Acids), Salt, Flavouring, Antioxidant (Ascorbyl Palmitate, Tocopherol-Rich Extract), Preservative (Potassium Sorbate), Acid (Citric Acid), Colour (Beta Carotene), Fermented WHEAT Flour), Caster Sugar, ALMOND (NUTS) , Margarine (Vegetable Oils (Palm, Rapeseed), Water, Salt, Acid (Citric Acid), Emulsifier (Mono- and Diglycerides of Fatty Acids), Antioxidant (Tocopherolrich Extract, Ascorbyl Palmitate), Flavouring, Colour (Beta Carotene)), Ground Almonds (NUTS), Flour (WHEAT Flour), Creme Patisserie (Sugar, Modified Starch, Whey (MILK) Powder, Skimmed MILK Powder, Dextrose, Vegetable Oil, Vegatable Fat, Stabilizer, Starch, Thickener, Lactose (MILK), MILK Protein, Glucose Syrup, Salt, Emulsifier, Flavour, Color), Whole EGG (EGG , Acidity Regulator(E330), Preservatives(E202)), Raftsnow (Sugar, WHEAT Starch, Vegetable Fat(Palm)), Baker's Yeast, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Nicotinamide, Thiamine), Dextrose, Emulsifier (Mono-and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids (E472e)), Flour Treatment Agent (Ascorbic Acid (E300)), Rapeseed Oil, Enzymes, Salt, ALMOND (NUTS) Flavour (Water, Vegetable Oil, Xanthan WHEAT Gum, Citric Acid, Potassium Sorbate)]	1810.3	433.2	25.1	2.3	45.6	14.8	2.3	8	0
Pain Aux Raisins	Y		Pain Aux Raisin WHEAT Flour (WHEAT GLUTEN , Calcium Carbonate, Niacin, Iron, Thiamine), Water, Laminated Sheet [Vegetable Oils (Palm, Rapeseed), Water, Emulsifier (Sunflower Lecithin, Mono - and Diglycerides of Fatty Acids), Salt, Flavouring, Antioxidant (Ascorbyl Palmitate, Tocopherol-Rich Extract), Preservative (Potassium Sorbate), Acid (Citric Acid), Colour (Beta Carotene), Fermented WHEAT Flour], Creme Patisserie (Sugar, Modified Starch, Whey (MILK) Powder, Skimmed MILK Powder, Dextrose, Vegetable Oil, Vegetable Fat, Stabiliser, Starch, Thickener, Lactose (MILK), MILK Protein, Glucose Syrup, Salt, Emulsifier, Flavour, Colour), Caster Sugar, Sultanas (Turkish Sultanas, Vegetable Oil), Glaze (Water, Sugar, Glucose-Fructose Syrup, Pectin, Citric Acid, Potassium Citrate, Calcium Citrate, Potassium Sorbate, Natural Flavour), Glaze [Vegetable Protein, Rapeseed Oil, Maltodextrin, Dextrose (WHEAT , Maize), Starch, Water], Currants (Currants, Sunflower Oil), Baker's Yeast, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Nicotinamide, Thiamine), Dextrose, Emulsifier (Mono- and Diacetyl Tartaric Acid Esters of Mono-and Diglycerides of Fatty Acids (E472E), Flour Treatment Agent (Ascorbic Acid (E300)), Rapeseed Oil, Enzymes), Salt	1337	319.8	16	8	41	10	13.3	6	0

Product	Vegetarian?	Vegan?	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturates (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Pastries				Nutritional information based on per portion basis								
Swiss Cheese & Ham Croissant			All Butter Croissant [WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamine), Pasteurised Whole MILK (100% MILK), Double Cream(100% Cream)(MILK), Flour (WHEAT Flour), Caster Sugar, Laminated Sheet (Vegetable Oils (Palm, Rapeseed), Water, Emulsifier (Sunflower Lecithin, Mono- and Diglycerides of Fatty Acids), Salt, Flavouring, Antioxidant (Ascorbyl Palmitate, Tocopherol-Rich Extract), Preservative (Potassium Sorbate), Citric Acid), Colour (Beta Carotene), Fermented WHEAT Flour), Glaze (Vegetable Protein, Rapeseed Oil, Maltodextrin, Dextrose (WHEAT , Maize), Starch, Water), Baker's Yeast, Salt] Gammon Ham [Pork, Water, Cure (Modified Waxy Maize Starch, Salt, Stabiliser (Triphosphates), Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)), Salt, Preservatives (Sodium Lactate, Sodium Acetate)], Bechamel Sauce [Vegetable Stock (Water, Salt, Yeast Extract, Maltodextrin, Sugar, Onion, Carrot, Tomato, Herbs), Skimmed MILK , Vegetable Oil (Palm - Segregated), Reconstituted Whole MILK , Cheddar Cheese (MILK), Modified Starch (Waxy Maize), Cheese Powder (MILK), Butter(MILK), Whey(MILK) Protein Concentrate, Salt, Acidity Regulator (Trisodium Citrate), Emulsifier (SOYA Lecithin E322), Colour (Beta-Carotene)], Emmental Swiss Cheese MILK , Starter Culture, Salt, Rennet	2519.8	607.3	36.1	19.7	48.3	8	1.3	18.4	0.9
Swiss Cheese & Tomato Croissant	Y		All Butter Croissant [WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamine), Pasteurised Whole MILK (100% MILK), Double Cream(100% Cream)(MILK), Flour (WHEAT Flour), Caster Sugar, Laminated Sheet (Vegetable Oils (Palm, Rapeseed), Water, Emulsifier (Sunflower Lecithin, Mono- and Diglycerides of Fatty Acids), Salt, Flavouring, Antioxidant (Ascorbyl Palmitate, Tocopherol-Rich Extract), Preservative (Potassium Sorbate), Citric Acid), Colour (Beta Carotene), Fermented WHEAT Flour), Glaze (Vegetable Protein, Rapeseed Oil, Maltodextrin, Dextrose (WHEAT , Maize), Starch, Water), Baker's Yeast, Salt], Tomatoes, Bechamel Sauce [Vegetable Stock (Water, Salt, Yeast Extract, Maltodextrin, Sugar, Onion, Carrot, Tomato, Herbs), Skimmed MILK , Vegetable Oil (Palm - Segregated), Reconstituted Whole MILK , Cheddar Cheese (MILK), Modified Starch (Waxy Maize), Cheese Powder (MILK), Butter(MILK), Whey(MILK) Protein Concentrate, Salt, Acidity Regulator (Trisodium Citrate), Emulsifier (SOYA Lecithin E322), Colour (Beta- Carotene)], Emmental Swiss Cheese MILK , Starter Culture, Salt, Rennet	2446.5	585	35.7	19.5	49.1	9.2	1.3	14.5	0.4
Swiss Cheese & Mushroom Croissant	Y		All Butter Croissant [WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamine), Pasteurised Whole MILK (100% MILK), Double Cream(100% Cream)(MILK), Flour (WHEAT Flour), Caster Sugar, Laminated Sheet (Vegetable Oils (Palm, Rapeseed), Water, Emulsifier (Sunflower Lecithin, Mono- and Diglycerides of Fatty Acids), Salt, Flavouring, Antioxidant (Ascorbyl Palmitate, Tocopherol-Rich Extract), Preservative (Potassium Sorbate), Citric Acid), Colour (Beta Carotene), Fermented WHEAT Flour), Glaze (Vegetable Protein, Rapeseed Oil, Maltodextrin, Dextrose (WHEAT , Maize), Starch, Water), Baker's Yeast, Salt], Bechamel Sauce [Vegetable Stock (Water, Salt, Yeast Extract, Maltodextrin, Sugar, Onion, Carrot, Tomato, Herbs), Skimmed MILK , Vegetable Oil (Palm - Segregated), Reconstituted Whole MILK , Cheddar Cheese (MILK), Modified Starch (Waxy Maize), Cheese Powder (MILK), Butter(MILK), Whey(MILK) Protein Concentrate, Salt, Acidity Regulator (Trisodium Citrate), Emulsifier (SOYA Lecithin E322), Colour (Beta- Carotene)], Mushrooms, Emmental Swiss Cheese MILK , Starter Culture, Salt, Rennet Rapeseed Oil [Rapeseed Oil, Antifoaming Agent (E900)], Cracked Black Pepper	2501.5	598.4	37.4	19.9	48.9	8.2	1.4	14.7	0.4

Product	Vegetarian?	Vegan?	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturates (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Breakfast Rolls				Nutritional information based on per portion basis								
The Big Breakfast Recipe Update			Smoked Rindless Back Bacon [Pork (87%), Water, Salt Preservatives; E252 (Potassium Nitrate), E250 (Sodium Nitrite), Anti-Oxidant; E301 (Sodium Ascorbate)], Breakfast Roll [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Beer (Water, BARLEY Malt, Rice, Hops), WHEAT Sourdough (Fermented WHEAT Flour, Water), WHEAT Semolina, Olive Oil, Yeast, Sugar, Salt, Inverted Sugar Syrup, WHEAT Malt Flour, Emulsifiers: Mono- And Diglycerides Of Fatty Acids (E471), Sodium Stearoyl-2-Lactylate (E481)), Vegetable Oils (Palm, Rapeseed), Inactive Dry Yeast, Flour Treatment Agent: Ascorbic Acid (E300)], Potato Flakes (Potato Flakes, Emulsifier Mono & Di Glycerides Of Fatty Acids (E471)), Yeast, Organic OAT Milk (Spring Water, Organic Gluten Free OATS, Sunflower Oil, Sea Salt), Rapeseed Oil, Preservative: Calcium Propionate (E282)], Lincolnshire Sausage [Pork, Water, Rusk (WHEAT Flour (Fortified with Calcium Carbonate, Iron, Niacin, Thiamin), Pork Fat, Herbs (Lovage, Sage, Thyme), Dextrose, Spices (Black Pepper, Ginger, Mace, White Pepper), Salt, Yeast Extract, Stabilisers (E450), Preservative (Sodium SULPHITE), Onion Powder, Antioxidant (E300), Herb Extract (Sage))] EGG , Hashbrown [Potatoes, Sunflower Oil, Salt, Onion Powder, Stabiliser (E450), White Pepper], Rapeseed Oil [Rapeseed Oil, Antifoaming Agent (E900)]	2747	655	29	9.7	65	2.8	4	31	3.6
Bacon & Egg Recipe Update			Smoked Rindless Back Bacon [Pork (87%), Water, Salt Preservatives; E252 (Potassium Nitrate), E250 (Sodium Nitrite), Anti-Oxidant; E301 (Sodium Ascorbate)], Breakfast Roll [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Beer (Water, BARLEY Malt, Rice, Hops), WHEAT Sourdough (Fermented WHEAT Flour, Water), WHEAT Semolina, Olive Oil, Yeast, Sugar, Salt, Inverted Sugar Syrup, WHEAT Malt Flour, Emulsifiers: Mono- And Diglycerides Of Fatty Acids (E471), Sodium Stearoyl-2-Lactylate (E481)), Vegetable Oils (Palm, Rapeseed), Inactive Dry Yeast, Flour Treatment Agent: Ascorbic Acid (E300)], Potato Flakes (Potato Flakes, Emulsifier Mono & Di Glycerides Of Fatty Acids (E471)), Yeast, Organic OAT Milk (Spring Water, Organic Gluten Free OATS, Sunflower Oil, Sea Salt), Rapeseed Oil, Preservative: Calcium Propionate (E282)],	2068	493	21.4	8	44.5	1.8	1.9	29.3	3.5
Bacon Recipe Update			Smoked Rindless Back Bacon [Pork (87%), Water, Salt Preservatives; E252 (Potassium Nitrate), E250 (Sodium Nitrite), Anti-Oxidant; E301 (Sodium Ascorbate)], Breakfast Roll [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Beer (Water, BARLEY Malt, Rice, Hops), WHEAT Sourdough (Fermented WHEAT Flour, Water), WHEAT Semolina, Olive Oil, Yeast, Sugar, Salt, Inverted Sugar Syrup, WHEAT Malt Flour, Emulsifiers: Mono- And Diglycerides Of Fatty Acids (E471), Sodium Stearoyl-2-Lactylate (E481)), Vegetable Oils (Palm, Rapeseed), Inactive Dry Yeast, Flour Treatment Agent: Ascorbic Acid (E300)], Potato Flakes (Potato Flakes, Emulsifier Mono & Di Glycerides Of Fatty Acids (E471)), Yeast, Organic OAT Milk (Spring Water, Organic Gluten Free OATS, Sunflower Oil, Sea Salt), Rapeseed Oil, Preservative: Calcium Propionate (E282)],	1751	417	16	6.8	44.5	1.8	1.9	22	3.5
Lincolnshire Sausage Recipe Update			Lincolnshire Sausage [Pork, Water, Rusk (WHEAT Flour (Fortified with Calcium Carbonate, Iron, Niacin, Thiamin), Pork Fat, Herbs (Lovage, Sage, Thyme), Dextrose, Spices (Black Pepper, Ginger, Mace, White Pepper), Salt, Yeast Extract, Stabilisers (E450), Preservative (Sodium SULPHITE), Onion Powder, Antioxidant (E300), Herb Extract (Sage))], Breakfast Roll [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Beer (Water, BARLEY Malt, Rice, Hops), WHEAT Sourdough (Fermented WHEAT Flour, Water), WHEAT Semolina, Olive Oil, Yeast, Sugar, Salt, Inverted Sugar Syrup, WHEAT Malt Flour, Emulsifiers: Mono- And Diglycerides Of Fatty Acids (E471), Sodium Stearoyl-2-Lactylate (E481)), Vegetable Oils (Palm, Rapeseed), Inactive Dry Yeast, Flour Treatment Agent: Ascorbic Acid (E300)], Potato Flakes (Potato Flakes, Emulsifier Mono & Di Glycerides Of Fatty Acids (E471)), Yeast, Organic OAT Milk (Spring Water, Organic Gluten Free OATS, Sunflower Oil, Sea Salt), Rapeseed Oil, Preservative: Calcium Propionate (E282)],	2344.6	559	24.4	8.8	60.4	1.4	3.5	23.7	2.8

For allergens including cereals containing gluten see ingredients in **BOLD CAPITALS**. Some of our food range is handled by our baristas and whilst we try to keep things separate there is no guarantee that any of these items are allergen free. The allergen information for all our packaged and loose bakery products are detailed within the booklet. Please remember to check this information regularly as we're always working on our products. For more allergen information, please ask your barista. Adults need around 2000kcal a day

Product	Vegetarian?	Vegan?	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturates (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Breakfast Rolls				Nutritional information based on per portion basis								
Halloumi, Harissa & Spinach Recipe Update	Y		Halloumi Cheese [Cow, Sheep and Goat's MILK , Salt, Rennet (Non-Animal)], Breakfast Roll [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Beer (Water, BARLEY Malt, Rice, Hops), WHEAT Sourdough (Fermented WHEAT Flour, Water), WHEAT Semolina, Olive Oil, Yeast, Sugar, Salt, Inverted Sugar Syrup, WHEAT Malt Flour, Emulsifiers: Mono- And Diglycerides Of Fatty Acids (E471), Sodium Stearoyl-2-Lactylate (E481)), Vegetable Oils (Palm, Rapeseed), Inactive Dry Yeast, Flour Treatment Agent: Ascorbic Acid (E300)), Potato Flakes (Potato Flakes, Emulsifier Mono & Di Glycerides Of Fatty Acids (E471)), Yeast, Organic OAT Milk (Spring Water, Organic Gluten Free OATS, Sunflower Oil, Sea Salt), Rapeseed Oil, Preservative: Calcium Propionate (E282)], Sundried Tomato Paste [Slow Roast Tomatoes, Tomato Concentrate, Sunflower Oil, Olive Oil, Salt, Oregano, Sugar, Garlic] Harissa Paste [Red Peppers, Tomato Puree, Rapeseed Oil, Salt, Chillies, Garlic, Cider Vinegar, Coriander, Spices, Paprika, Lemon Juice, Caraway Seeds, Spirit Vinegar, Paprika Oil] Spinach	2257.6	539.1	29	13.6	41.4	6.4	1.4	28.1	4.1

PICCOLO SPECIFIC MENU

Product	Vegetarian?	Vegan?	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturates (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Pastries				Nutritional information based on per portion basis								
Swiss Cheese & Ham Croissant			Butter Croissant [WHEAT Flour, Charentes-Poitou PDO Butter (MILK) 23%, Water, Sugar, Yeast, Whole MILK Powder, Salt, WHEAT Gluten, EGGS , Flour Treatment Agents (Alpha-Amylases, Hemicellulases, Ascorbic Acid), Gammon Ham [Pork, Water, Cure (Modified Waxy Maize Starch, Salt, Stabiliser (Triphosphates), Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)), Salt, Preservatives (Sodium Lactate, Sodium Acetate)], Bechamel Sauce [Vegetable Stock (Water, Salt, Yeast Extract, Maltodextrin, Sugar, Onion, Carrot, Tomato, Herbs), Skimmed MILK , Vegetable Oil (Palm - Segregated), Reconstituted Whole MILK , Cheddar Cheese (MILK), Modified Starch (Waxy Maize), Cheese Powder (MILK), Butter(MILK), Whey(MILK) Protein Concentrate, Salt, Acidity Regulator (Trisodium Citrate), Emulsifier (SOYA Lecithin E322), Colour (Beta- Carotene)], Emmental Swiss Cheese MILK , Starter Culture, Salt, Rennet	1784.1	431.3	25	16	33.5	7	1.8	16.1	1.7
Swiss Cheese & Tomato Croissant	Y		Butter Croissant [WHEAT Flour, Charentes-Poitou PDO Butter (MILK) 23%, Water, Sugar, Yeast, Whole MILK Powder, Salt, WHEAT Gluten, EGGS , Flour Treatment Agents (Alpha-Amylases, Hemicellulases, Ascorbic Acid), Tomatoes, Bechamel Sauce [Vegetable Stock (Water, Salt, Yeast Extract, Maltodextrin, Sugar, Onion, Carrot, Tomato, Herbs), Skimmed MILK ., Vegetable Oil (Palm - Segregated), Reconstituted Whole MILK , Cheddar Cheese (MILK), Modified Starch (Waxy Maize), Cheese Powder (MILK), Butter(MILK), Whey(MILK) Protein Concentrate, Salt, Acidity Regulator (Trisodium Citrate), Emulsifier (SOYA Lecithin E322), Colour (Beta- Carotene)], Emmental Swiss Cheese MILK , Starter Culture, Salt, Rennet	1710.8	409	24.6	15.7	34.3	8.2	1.8	12.2	1.2

COOP SPECIFIC MENU

Product	Vegetarian?	Vegan?	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturates (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Pastries				Nutritional information based on per portion basis								
All Butter Croissant	Y		All Butter Croissant [WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamine), Pasteurised Whole MILK (100% MILK), Double Cream(100% Cream)(MILK), Flour (WHEAT Flour), Caster Sugar, Laminated Sheet (Vegetable Oils (Palm, Rapeseed), Water, Emulsifier (Sunflower Lecithin, Mono- and Diglycerides of Fatty Acids), Salt, Flavouring, Antioxidant (Ascorbyl Palmitate, Tocopherol-Rich Extract), Preservative (Potassium Sorbate), Citric Acid), Colour (Beta Carotene), Fermented WHEAT Flour), Glaze (Vegetable Protein, Rapeseed Oil, Maltodextrin, Dextrose (WHEAT , Maize), Starch, Water), Baker's Yeast, Salt]	1974.1	472	27.1	14.2	46	7.1	1.2	8.3	0
Almond Croissant	Y		Almond Croissant WHEAT Flour (WHEAT GLUTEN , Calcium Carbonate, Niacin, Iron, Thiamine), Water, Laminated Sheet (Vegetable Oils (Palm, Rapeseed), Water, Emulsifier (Sunflower Lecithin, Mono- and Diglycerides of Fatty Acids), Salt, Flavouring, Antioxidant (Ascorbyl Palmitate, Tocopherol-Rich Extract), Preservative (Potassium Sorbate), Acid (Citric Acid), Colour (Beta Carotene), Fermented WHEAT Flour), Caster Sugar, ALMOND (NUTS) , Margarine (Vegetable Oils (Palm, Rapeseed), Water, Salt, Acid (Citric Acid), Emulsifier (Mono- and Diglycerides of Fatty Acids), Antioxidant (Tocopherolrich Extract, Ascorbyl Palmitate), Flavouring, Colour (Beta Carotene)), Ground Almonds (NUTS), Flour (WHEAT Flour), Creme Patisserie (Sugar, Modified Starch, Whey (MILK) Powder, Skimmed MILK Powder, Dextrose, Vegetable Oil, Vegatable Fat, Stabilizer, Starch, Thickener, Lactose (MILK), MILK Protein, Glucose Syrup, Salt, Emulsifier, Flavour, Color), Whole EGG (EGG , Acidity Regulator(E330), Preservatives(E202)), Raftsnow (Sugar, WHEAT Starch, Vegetable Fat(Palm)), Baker's Yeast, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Nicotinamide, Thiamine), Dextrose, Emulsifier (Mono-and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids (E472e)), Flour Treatment Agent (Ascorbic Acid (E300)), Rapeseed Oil, Enzymes, Salt, ALMOND (NUTS) Flavour (Water, Vegetable Oil, Xanthan WHEAT Gum, Citric Acid, Potassium Sorbate)]	1810.3	433.2	25.1	2.3	45.6	14.8	2.3	8	0
Pain Aux Raisins	Y		Pain Aux Raisin WHEAT Flour (WHEAT GLUTEN , Calcium Carbonate, Niacin, Iron, Thiamine), Water, Laminated Sheet [Vegetable Oils (Palm, Rapeseed), Water, Emulsifier (Sunflower Lecithin, Mono - and Diglycerides of Fatty Acids), Salt, Flavouring, Antioxidant (Ascorbyl Palmitate, Tocopherol-Rich Extract), Preservative (Potassium Sorbate), Acid (Citric Acid), Colour (Beta Carotene), Fermented WHEAT Flour], Creme Patisserie (Sugar, Modified Starch, Whey (MILK) Powder, Skimmed MILK Powder, Dextrose, Vegetable Oil, Vegetable Fat, Stabiliser, Starch, Thickener, Lactose (MILK), MILK Protein, Glucose Syrup, Salt, Emulsifier, Flavour, Colour), Caster Sugar, Sultanas (Turkish Sultanas, Vegetable Oil), Glaze (Water, Sugar, Glucose-Fructose Syrup, Pectin, Citric Acid, Potassium Citrate, Calcium Citrate, Potassium Sorbate, Natural Flavour), Glaze [Vegetable Protein, Rapeseed Oil, Maltodextrin, Dextrose (WHEAT , Maize), Starch, Water], Currants (Currants, Sunflower Oil), Baker's Yeast, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Nicotinamide, Thiamine), Dextrose, Emulsifier (Mono- and Diacetyl Tartaric Acid Esters of Mono-and Diglycerides of Fatty Acids (E472E), Flour Treatment Agent (Ascorbic Acid (E300)), Rapeseed Oil, Enzymes), Salt	1337	319.8	16	8	41	10	13.3	6	0