



INGREDIENT & NUTRITION GUIDE

2025

Version 8: 24th October 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
Biscoff Crunch 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), 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), Butter (MILK), Dark Brown Sugar [Cane Sugar], Biscoff Crumb [WHEAT Flour, Sugar, Vegetable Oils (Palm*, Rapeseed), Candy Sugar Syrup, Raising Agent (Sodium Hydrogen Carbonate), Salt, Cinnamon. * from sustainable and certified plantations]	2263	542	34.1	16.9	51.3	20.9	1.9	6.8	1.1

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)
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
Cinnamon Knot	Y		WHEAT Flour, Butter (MILK), Sugar, Water, Pasteurized EGG , Yeast, Cinnamon, Whole MILK Powder, Modified Starch, Rapeseed Oil, Salt, Vegetable Pea Protein, Vegetable Emulsifiers (E472e), Stabilizers (E412), Flour Treatment Agents (Xylanase (WHEAT), Amylase (WHEAT), E300), Modified Corn Starch, Dextrose	1861.7	445	25.9	16.2	45.5	20.5	2	6	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								
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)(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
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			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			Smoked Rindless Back Bacon [Pork (87%), Water, Salt Preservatives; E252 (Potassium Nitrate), E250 (Sodium Nitrite), Anti-Oxidant; E301 (Sodium Ascorbate)], 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, Emulsifiers (Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids), Flour Treatment Agents (Ascorbic Acid, L-Cysteine Hydrochloride), EGG , Rapeseed Oil [Rapeseed Oil, Antifoaming Agent (E900)]	2673.4	639.4	36.9	11.2	38	2.8	1.2	38	5
Triple Bacon			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			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, Tomatade & Spinach	Y		Halloumi Cheese [Cow, Sheep and Goat's MILK , Salt, Rennet(Non-Animal)], 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], Sundried Tomato Paste [Slow Roast Tomatoes, Tomato Concentrate, Sunflower Oil, Olive Oil, Salt, Oregano, Sugar, Garlic], Spinach	2252	538	28.6	13.7	42	6.8	1.1	28.1	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)
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

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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

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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
Honey	Y		Honey	193	46	0	0	11.4	11.3	0	0.1	0
Banana (Porridge Topping)	Y	Y	Banana	304.5	71	0.09	0.04	17.8	15.8	1.2	1	0
Strawberry Jam (Porridge Topping)	Y	Y	Strawberry Jam Strawberries, Sugar, Brown Cane Sugar, Concentrated Lemon Juice, Gelling Agent : Fruit Pectins	152	36.4	0	0	9	9	0	0.1	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

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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
Strawberry Jam Jar	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)
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 & 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

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								
NEW Pork Sausage Roll			Flour (WHEAT Flour, Calcium Carbonate (E170), Iron, Niacin, Thiamine), Butter (MILK) (Butter Fat, Water, MILK Solids), Water, Salt, Outdoor Bred British Pork, Rusk (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin) Salt (contains E535 anticaking agent) Ammonium Bicarbonate (E503ii) (process aid), Black Pepper, Red Onion Chutney (Re-hydrated Red Onions, Sugar , Red Grape Vinegar , Re-hydrated Onions, Thickening Agent (Modified Maize Starch), Colouring (Plain Caramel) (1%), Sea Salt , Ginger, Preservative (Potassium Sorbate), Cinnamon, Nutmeg, Potato Starch, Sage, White Pepper, Nutmeg	1677	400	25.2	14.5	27.2	1.3	2.4	12.5	1.9
NEW Ham & Cheese Crown			Puff Pastry (WHEAT Flour, WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Margarine (Vegetable Oils (Palm, Rapeseed), Water, Salt, Emulsifier (Mono - and diglycerides of Fatty Acids)), Water, Colour (Natural Carotene), Ham and Cheese (Milk) Filling (Water, Diced Ham with Added Water, Pork (Water, Potato Starch, Salt, Glucose Syrup, Stabilisers (Triphosphates, Diphosphates), Antioxidant (Sodium Ascorbate), Dextrose, Spice Extract, Preservative (Sodium Nitrite), Cheese (MILK) Powder (Modified Starch, Palm Oil, Whey (MILK Powder (MILK), Skimmed MILK Powder, Natural Flavourings (Contains WHEAT , MILK), Glucose Syrup, WHEAT Starch, Salt, Whole EGG Powder, WHEAT Fibre, MILK proteins, Yeast Extract, Spices), Emmental Cheese (MILK), Glaze (Water, Rapeseed Oil, Sugar, Cornflour, Pea Protein, Tapioca Starch)	1315	314	20.5	10.3	23.7	1.6	1	7.8	1

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)
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)]	4686.6	1123.7	65.6	21.5	83.6	7.8	9.1	46.2	6.7
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
Classic Mac & Cheese	Y		Macaroni Durum Wheat Semolina, Whole MILK , Cheese Sauce Mix [Cheese (Milk) Powder [Cheddar Cheese (Milk) (11%), Cheese (MILK), Whey Solids (MILK)], WHEAT Flour, Skimmed MILK Powder, Maltodextrin, Palm Fat, Modified Starch, Salt, Sweet Corn Powder, Spices (MUSTARD Flour, Turmeric), Flavoursings, Sugar, Yeast Extract, Anti-Caking Agent (Silicon Dioxide), Starch] Mozzarella and Cheddar Mix [Pasteurised Cow's MILK , Salt, Starter Cultures, Vegetarian Microbial Rennet, Beta Carotene E160a] Parmesan Flakes [Thermized MILK , Salt, Rennet (Veg Culture), Preservative: Lysozyme Protein (from EGG)], Panko Breadcrumbs [Unbleached WHEAT flour, Yeast, Salt, Bread Improver (Corn Starch, Calcium Carbonate, Calcium Sulfate, L-Ascorbic Acid, Alpha Amylase)], Vegetarian Parmesan [Whole Cow's MILK , Salt, Vegetarian Rennet], Vegetable Oil [Rapeseed Oil, Antifoaming Agent (Dimethyl Polysiloxane)], Extended Life Rapeseed Oil Rapeseed Oil, Anti-foaming Agent (Dimethyl Polysiloxane), Chives, Salt Salt, Sodium Hexacyanoferrate (II), Dried Mixed Herbs [Thyme (40%), Marjoram (27%), Oregano (10%), Parsley (9%), Sage (9%), Basil (5%)]	3733	893	23	10	135	8.26	5.4	29.9	1.8
BBQ Bacon Mac & Cheese			Macaroni Durum Wheat Semolina, Whole MILK , Streaky Bacon [Pork, Salt, Smoke flavouring, Preservative (Sodium Triphosphate, Sodium Nitrite, Potassium Nitrate), Acidity Regulator (Sodium Bicarbonate), Antioxidant (Sodium Ascorbate), Sugar], Mozzarella and Cheddar Mix [Pasteurised Cow's MILK , Salt, Starter Cultures, Vegetarian Microbial Rennet, Beta Carotene E160a], Cheese Sauce Mix [Cheese (Milk) Powder [Cheddar Cheese (Milk) (11%), Cheese (MILK), Whey Solids (MILK)], WHEAT Flour, Skimmed MILK Powder, Maltodextrin, Palm Fat, Modified Starch, Salt, Sweet Corn Powder, Spices (MUSTARD Flour, Turmeric), Flavoursings, Sugar, Yeast Extract, Anti-Caking Agent (Silicon Dioxide), Starch], BBQ Sauce [Water, Sugar, Tomato Paste (19%)(Tomato Paste, Acidity Regulator: Citric Acid), Spirit Vinegar, Cane Molasses (2.5%), Salt, MUSTARD Bran, Modified Maize Starch, Spices, Smoked Maltodextrin, Preservative (Potassium Sorbate), Caramelised Sugar Syrup], Parmesan Flakes [Thermized MILK , Salt, Rennet (Veg Culture), Preservative: Lysozyme Protein (from EGG)], Vegetable Oil [Rapeseed Oil, Antifoaming Agent (Dimethyl Polysiloxane)]	4245	1016	34.2	14.5	135	11.3	5.3	44	4.6

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