



# INGREDIENT & NUTRITION GUIDE

## (FOOD)

2026

Version 1: 7<sup>th</sup> January 2026



**Our food is handmade in our own busy kitchen, where they handle many ingredients. Our drinks are made using shared equipment.**

**Whilst we do our best to manage allergens we cannot guarantee that any of our food or drinks are allergen-free or suitable for those with allergies, due to the risk of cross-contamination.**

**Our vegan food is made to a vegan recipe but is not suitable for those with milk or egg allergies. Please check this information regularly as we're always working on our products.**

**Adults need around 2000kcal a day.**

**This information is updated regularly to reflect our procedures instore.**

The Food Standards Agency regards the following ingredients and their derivatives as allergens:

- Peanuts
- Sesame
- Crustaceans
- Egg
- Lupin
- Mustard
- Soya
- Tree Nuts
- Celery & Celeriac
- Fish
- Milk
- Mollusc
- Sulphites
- Cereals containing gluten

This guide will provide allergen information for UK based SOHO Coffee branded stores.

Please ensure you take extra care to identify all the possible allergens present in our food.

# SEASONAL 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)
Bakery				Nutritional information based on per portion basis								
Berry & Chia Muffin	Y		Mississippi Muffin Mix [Sugar, <b>WHEAT</b> Flour (Calcium, Iron, Niacin, Thiamin), Vegetable Oil, Dried Whole <b>EGG</b> , Modified Starch, <b>WHEAT</b> Starch, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate, Potassium Bicarbonate, Calcium Acid Pyrophosphate, Monocalcium Phosphate, Emulsifiers (E471, E477, E481), Dextrose, <b>WHEAT GLUTEN</b> , Stabiliser, Xanthan Gum], Water, Rapeseed Oil, Rapeseed Oil, Anti-foaming Agent (Dimethyl Polysiloxane), Blueberries, Raspberries, Icing Sugar (Icing Sugar, Maize Starch), Super Seeds Mix (Sunflower Seeds, Pumpkin Seeds, Golden Linseed, Goji Berries (Preservative Sulphur Dioxide ( <b>SULPHITE</b> ), Sunflower Oil), Chia Seeds [Black Sachia Chia Seed (100%)], Apple Juice	2100	502	14.9	2.6	81.8	48.3	0.8	8.6	0.6

# 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 [ <b>WHEAT</b> Flour, Charentes-Poitou PDO Butter ( <b>MILK</b> ) 23%, Water, Sugar, Yeast, Whole <b>MILK</b> Powder, Salt, <b>WHEAT</b> Gluten, <b>EGGS</b> , 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 [ <b>WHEAT</b> Flour, Custard Filling (Water, Custard Cream Powder [Sugar, Whey Powder ( <b>MILK</b> ), Modified Potato Starch, Skimmed <b>MILK</b> Powder, Thickener (Sodium Alginate), Dried Cream ( <b>MILK</b> ), Stabilisers (Calcium Sulphate, Disodium Diphosphate), Flavouring, Colour (Carrot Extract)]), Palm Fat, Water, Raisins (8%), Glucose-Fructose Syrup, Rapeseed Oil, Yeast, Sugar, <b>EGG</b> , 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 [ <b>WHEAT</b> Flour, Almond ( <b>NUTS</b> ) Filling (Sugar, Almond ( <b>NUTS</b> ) (6%), <b>EGG</b> White, Invert Sugar Syrup, Water, Invertase), Butter ( <b>MILK</b> ) (16%), Water, Flaked Almond ( <b>NUTS</b> ), Yeast, Sugar, <b>EGG</b> , Salt, <b>WHEAT</b> Gluten, Flour Treatment Agent (Ascorbic Acid)]	1415	338.2	18.1	10.5	32.3	14.3	2.1	10.5	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)
Pastries				Nutritional information based on per portion basis								
Raspberry Croissant	Y	Y	Raspberry Filled Vegan Croissant [ <b>WHEAT</b> 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 ( <b>WHEAT</b> ) <b>WHEAT</b> Flour, <b>WHEAT</b> 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 [ <b>WHEAT</b> Flour, Charentes-Poitou PDO Butter ( <b>MILK</b> ) 23%, Water, Sugar, Yeast, Whole <b>MILK</b> Powder, Salt, <b>WHEAT</b> Gluten, <b>EGGS</b> , Flour Treatment Agents (Alpha-Amylases, Hemicellulases, Ascorbic Acid), <b>PISTACHIO</b> Spread Sugar, Vegetable Fats and Oils (Sunflower Oil, Palm Oil), <b>PISTACHIO (NUTS)</b> Paste (15%), Skimmed <b>MILK</b> Powder, Whey ( <b>MILK</b> ), Lactose ( <b>MILK</b> ), Emulsifier: Sunflower Lecithin (E322), Natural Flavouring, Colouring: E141, Chopped <b>PISTACHIO (NUTS)</b> Nibs	2221.5	531	33.4	14.7	54.5	28.7	1.7	9.3	1
Chocolate Twist	Y		Chocolate Twist [Dough ( <b>WHEAT</b> Flour, Butter ( <b>MILK</b> ), Water, Yeast, Sugar, <b>EGG</b> , Salt, <b>WHEAT</b> Gluten, Enzymes, Flour Treatment Agent (Ascorbic Acid)), Pastry Cream (Water, Sugar, Modified Potato Starch, Whey Powder ( <b>MILK</b> ), Skimmed <b>MILK</b> 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 ( <b>SOYA</b> Lecithin), Natural Flavouring (Vanilla Extract)), <b>EGG</b> ( <b>EGG</b> , Water)]	1137.2	271.8	11.7	8.1	35.1	15.3	2	4.8	0.6
Cinnamon Knot	Y		<b>WHEAT</b> Flour, Butter ( <b>MILK</b> ), Sugar, Water, Pasteurized <b>EGG</b> , Yeast, Cinnamon, Whole <b>MILK</b> Powder, Modified Starch, Rapeseed Oil, Salt, Vegetable Pea Protein, Vegetable Emulsifiers (E472e), Stabilizers (E412), Flour Treatment Agents (Xylanase ( <b>WHEAT</b> ), Amylase ( <b>WHEAT</b> ), 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 <b>MILK</b> , Water, Butter( <b>MILK</b> ), Golden Syrup, Palm Oil, Salt, Emulsifiers(Rapeseed Lecithin, Sorbitane Monostearate), Natural Flavouring), Belgium Dark Chocolate (18%)(Sugar, Cocoa Mass, Cocoa Butter, Emulsifier( <b>SOYA</b> Lecithin), Natural Vanilla Flavouring), Sugar, Dark Chocolate Flavoured Coating (Sugar, Palm Oil, Fat Reduced Cocoa Powder, Fortified Wheat Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Whey Powder( <b>MILK</b> ), Emulsifiers( <b>SOYA</b> Lecithin), Natural Flavouring), Pasteurised Free Range <b>EGG</b> , Butter( <b>MILK</b> ), Fortified Wheat Flour ( <b>WHEAT</b> 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 <b>MILK</b> ( <b>MILK</b> , Sugar), Fondant (Sugar, Glucose, Water), Glucose( <b>SULPHITES</b> ), Palm Oil, Water, Salt), Fat Reduced Cocoa Powder, Pecan <b>NUTS</b> (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%)( <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Sugar, Butter ( <b>MILK</b> )( <b>MILK</b> ), Vegetable Margarine [Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier (E471), Natural Flavouring], Cornflour, Salt], Caramel (42%)[Sweetened Condensed <b>MILK</b> , Salted Butter ( <b>MILK</b> )( <b>MILK</b> ), Salt], Soft Brown Sugar, Golden Syrup], <b>MILK</b> Chocolate (15%)[Sugar, Cocoa Butter ( <b>MILK</b> ), Whole <b>MILK</b> Powder, Cocoa Mass, Emulsifier ( <b>SOYA</b> 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 [ <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Sultanas (19.9%), Free Range Whole <b>EGG</b> (9.7%), Butter ( <b>MILK</b> )(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 ( <b>MILK</b> )	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, <b>WHEAT</b> Flour ( <b>WHEAT</b> 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, <b>WHEAT</b> Starch, Vegetable Oils (Palm, Rapeseed), Salt, Natural Flavouring), Pea Protein, Raising Agents (Disodium Diphosphate, Potassium Carbonate, Sodium Carbonate), White Wine Vinegar, Natural Flavouring, <b>WHEAT</b> Protein, Cornflour, Rice Starch, Dextrose, <b>OAT</b> 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, <b>WHEAT</b> Flour (Calcium, Iron, Niacin, Thiamin), Vegetable Oil, Dried Whole <b>EGG</b> , Modified Starch, <b>WHEAT</b> Starch, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate, Potassium Bicarbonate, Calcium Acid Pyrophosphate, Monocalcium Phosphate, Emulsifiers (E471, E477, E481), Dextrose, <b>WHEAT GLUTEN</b> , Stabiliser, Xanthan Gum] Water, Blueberries, Vegetable Oil [Rapeseed Oil, Antifoaming Agent (Dimethylpolysiloxane)], Soft Cookie Mix [ <b>WHEAT</b> Flour (Calcium, Iron, Niacin, Thiamin), Sugar, Vegetable Oil, Dried <b>EGG</b> Yolk, Dried Glucose Syrup, Dried <b>EGG</b> 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, <b>WHEAT</b> Flour (Calcium, Iron, Niacin, Thiamin), Vegetable Oil, Dried Whole <b>EGG</b> , Modified Starch, <b>WHEAT</b> Starch, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate, Potassium Bicarbonate, Calcium Acid Pyrophosphate, Monocalcium Phosphate, Emulsifiers (E471, E477, E481), Dextrose, <b>WHEAT GLUTEN</b> , Stabiliser, Xanthan Gum] Water, Chocolate Chips [Sugar, Vegetable Oil (Palm), Fat-Reduced Cocoa Powder, Emulsifiers ( <b>SOYA</b> 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 <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Rapeseed oil, Water, Coconut Oil, Hydrogenated Rapeseed Oil, Glucose Syrup, Salt, Emulsifier (E471), Acidity Regulator (E330), Flavouring, <b>EGG</b> 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 <b>MILK</b> , Salt, Rennet(Non-Animal)], Breakfast Roll [ <b>WHEAT</b> Flour, Water, Beer (Water, <b>BARLEY</b> Malt, Rice, Hops), <b>WHEAT</b> Sourdough (Fermented <b>WHEAT</b> Flour, Water), <b>WHEAT</b> Semolina, Olive Oil, Yeast, Sugar, Salt, Inverted Sugar Syrup, <b>WHEAT</b> 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

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 [ <b>WHEAT</b> Flour ( <b>WHEAT</b> 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, <b>BARLEY</b> Malt Flour, <b>SOYA</b> Flour, Flour Treatment Agent [Ascorbic Acid]], Butter ( <b>MILK</b> )	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 [ <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted <b>WHEAT</b> Flake, <b>WHEAT GLUTEN</b> , Yeast, Brown Linseed, Millet seed, Sunflower Seeds, Poppy seeds, <b>BARLEY</b> Malt Flour, Salt, Dried <b>WHEAT</b> Sour dough ( <b>WHEAT</b> 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 ( <b>MILK</b> )	1225.7	294.8	15.1	8.5	32.1	1.1	2.9	7.7	0.9
Sourdough Toast with Butter	Y		Sourdough [ <b>WHEAT</b> Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Fermented <b>WHEAT</b> Flour, Rapeseed Oil, Salt], Butter ( <b>MILK</b> )	2172.9	521.7	21.8	8.4	68.7	1.4	3.1	11.6	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)
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 <b>BARLEY</b> ), Molasses, Glucose-Fructose Syrup, Spirit Vinegar, Sugar, Dates, Modified Cornflour, <b>RYE</b> 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

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
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 ( <b>WHEAT</b> 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 <b>SULPHITE</b> ), 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 <b>MILK</b> , 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 ( <b>FISH</b> ) [Tuna ( <b>FISH</b> ), Water, Salt, Stabiliser (Xanthan Gum)], Mayonnaise [Rapeseed Oil, Water, Spirit Vinegar, Sugar, Modified Maize Starch, Pasteurised Free Range <b>EGG</b> 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 <b>EGG</b> Yolk, Sugar, Salt, Modified Potato Starch, Stabiliser (Guar gum, Xanthan gum), Preservative (Potassium Sorbate), Acidity Regulator (Citric Acid), <b>MUSTARD</b> Flour, Lemon Juice Concentrate, Flavouring, Colour (Paprika, Carotene), Antioxidant: Calcium Disodium], Red Onion Set Sour Cream Cream ( <b>MILK</b> ), Skim <b>MILK</b> Powder, Modified Starch, Lactic Cultures, Preservative (Potassium Sorbate) <b>MUSTARD</b> [Water, <b>MUSTARD</b> Flour, Glucose-Fructose Syrup, Salt, <b>MUSTARD</b> 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 <b>MILK</b> , 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 ( <b>FISH</b> ) [Tuna ( <b>FISH</b> ), Water, Salt, Stabiliser (Xanthan Gum)], Mayonnaise [Rapeseed Oil, Water, Spirit Vinegar, Sugar, Modified Maize Starch, Pasteurised Free Range <b>EGG</b> Yolk, Modified Potato Starch, Stabiliser (Guar Gum, Xanthan Gum), Salt, Preservatives: (Acetic Acid, Citric Acid), Potassium Sorbate, Colour: Lutein], Butter ( <b>MILK</b> )	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 <b>MILK</b> , Salt, Starter Cultures, Vegetarian Microbial Rennet, Beta Carotene E160a], Butter ( <b>MILK</b> )	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 <b>MILK</b> , Salt, Starter Cultures, Vegetarian Microbial Rennet, Beta Carotene E160a], Streaky Bacon [Pork Belly, Salt, Glucose, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nitrate], Butter ( <b>MILK</b> )	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 <b>MILK</b> , Salt, Starter Cultures, Vegetarian Microbial Rennet, Beta Carotene E160a], Carrot, Cabbage, Mayonnaise [Rapeseed Oil, Water, Spirit Vinegar, Sugar, Modified Maize Starch, Pasteurised Free Range <b>EGG</b> Yolk, Modified Potato Starch, Stabiliser (Guar Gum, Xanthan Gum), Salt, Preservatives: (Acetic Acid, Citric Acid), Potassium Sorbate, Colour: Lutein], Butter ( <b>MILK</b> ), Red Onion, Set Sour Cream Cream @ 20% ( <b>MILK</b> ), Skim <b>MILK</b> Powder, Modified Starch, Lactic Cultures, Preservative (Potassium Sorbate), <b>MUSTARD</b> [Water, <b>MUSTARD</b> Flour, Glucose-Fructose Syrup, Salt, <b>MUSTARD</b> 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%), <b>WHEAT</b> Flour ( <b>WHEAT</b> , Calcium, Niacin, Iron, Thiamine), Onion, Craft Ale (9%) ( <b>WHEAT &amp; BARLEY</b> ), 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, <b>WHEAT</b> Maltodextrin, Garlic, Herbs, Dijon <b>MUSTARD</b> (Water, <b>MUSTARD</b> Seeds, Spirit Vinegar, Salt), <b>BARLEY</b> Malt Extract, Yeast Extract Powder, <b>WHEAT</b> Protein, Green Peppercorn, Glavouring, Leek Powder, Mushroom Powder, Caramelised Sugar Powder, Black Pepper, Butter ( <b>MILK</b> ).	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) <b>WHEAT</b> Flour ( <b>WHEAT</b> , Calcium, Niacin, Iron, Thiamine), British Free Range Chicken (18%), Water, Identity Preserved Palm Oil, Leek (6%), Double Cream ( <b>MILK</b> ), Ham (5%) (British Free Range Pork Leg, Salt, Demerara Sugar, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrate, Potassium Nitrate)), Onion, Cheddar Cheese ( <b>MILK</b> ), White Wine, Modified Corn Starch, Garlic, Vegetable Fibre, Salt, Butter ( <b>MILK</b> ), Wholegrain <b>MUSTARD</b> (Water, <b>MUSTARD</b> Seeds, Spirit Vinegar, Salt, White Wine Vinegar, Sugar, Spices), <b>WHEAT</b> Maltodextrin, Yeast, <b>WHEAT</b> 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%), <b>WHEAT</b> Flour ( <b>WHEAT</b> , Calcium, Niacin, Iron, Thiamine), Goats' Cheese ( <b>MILK</b> ) (11%), Identity Preserved Palm Oil*, Red Onion (7%), Water, Spinach (5%), Garlic, Modified Corn Starch, Demerara Sugar, Salt, <b>SESAME</b> Seed, Rapeseed Oil, Basil, Tapioca Starch, <b>WHEAT</b> 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 <b>BARLEY</b> 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 <b>BARLEY</b> 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 ( <b>MILK</b> ), Cream ( <b>MILK</b> ) (8.8%), Skimmed <b>MILK</b> , 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 [ <b>WHEAT</b> Flour, Calcium Carbonate, Niacin, Iron, Thiamine), Pasteurised Whole <b>MILK</b> (100% <b>MILK</b> ), Double Cream(100% Cream)( <b>MILK</b> ), Flour ( <b>WHEAT</b> 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 <b>WHEAT</b> Flour), Glaze (Vegetable Protein, Rapeseed Oil, Maltodextrin, Dextrose ( <b>WHEAT</b> , 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 <b>MILK</b> , Vegetable Oil (Palm - Segregated), Reconstituted Whole <b>MILK</b> , Cheddar Cheese ( <b>MILK</b> ), Modified Starch (Waxy Maize), Cheese Powder ( <b>MILK</b> ), Butter( <b>MILK</b> ), Whey( <b>MILK</b> ) Protein Concentrate, Salt, Acidity Regulator (Trisodium Citrate), Emulsifier ( <b>SOYA</b> Lecithin E322), Colour (Beta- Carotene)], Emmental Swiss Cheese <b>MILK</b> , 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 [ <b>WHEAT</b> Flour, Calcium Carbonate, Niacin, Iron, Thiamine), Pasteurised Whole <b>MILK</b> (100% <b>MILK</b> ), Double Cream(100% Cream)( <b>MILK</b> ), Flour ( <b>WHEAT</b> 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 <b>WHEAT</b> Flour), Glaze (Vegetable Protein, Rapeseed Oil, Maltodextrin, Dextrose ( <b>WHEAT</b> , Maize), Starch, Water), Baker's Yeast, Salt], Tomatoes, Bechamel Sauce [Vegetable Stock (Water, Salt, Yeast Extract, Maltodextrin, Sugar, Onion, Carrot, Tomato, Herbs),, Skimmed <b>MILK</b> , Vegetable Oil (Palm - Segregated), Reconstituted Whole <b>MILK</b> , Cheddar Cheese ( <b>MILK</b> ), Modified Starch (Waxy Maize), Cheese Powder ( <b>MILK</b> ), Butter( <b>MILK</b> ), Whey( <b>MILK</b> ) Protein Concentrate, Salt, Acidity Regulator (Trisodium Citrate), Emulsifier ( <b>SOYA</b> Lecithin E322), Colour (Beta- Carotene)], Emmental Swiss Cheese <b>MILK</b> , 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								
British Pork Sausage Roll			Flour ( <b>WHEAT</b> Flour, Calcium Carbonate (E170), Iron, Niacin, Thiamine), Butter ( <b>MILK</b> ) (Butter Fat, Water, <b>MILK</b> Solids), Water, Salt, Outdoor Bred British Pork, Rusk ( <b>WHEAT</b> 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
Ham & Cheese Crown			Puff Pastry ( <b>WHEAT</b> Flour, <b>WHEAT</b> 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 ( <b>Milk</b> ) 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 ( <b>MILK</b> ) Powder (Modified Starch, Palm Oil, Whey ( <b>MILK</b> Powder ( <b>MILK</b> ), Skimmed <b>MILK</b> Powder, Natural Flavourings (Contains <b>WHEAT</b> , <b>MILK</b> ), Glucose Syrup, <b>WHEAT</b> Starch, Salt, Whole <b>EGG</b> Powder, <b>WHEAT</b> Fibre, <b>MILK</b> proteins, Yeast Extract, Spices), Emmental Cheese ( <b>MILK</b> ), 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								
SOHO Slaw Side	Y		Carrot, Cabbage, Mayonnaise [Rapeseed Oil, Water, Spirit Vinegar, Sugar, Modified Maize Starch, Pasteurised Free Range <b>EGG</b> 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 ( <b>MILK</b> ), Skim <b>MILK</b> Powder, Modified Starch, Lactic Cultures, Preservative (Potassium Sorbate), <b>MUSTARD</b> [Water, <b>MUSTARD</b> Flour, Glucose-Fructose Syrup, Salt, <b>MUSTARD</b> 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 <b>MILK</b> , Cheese Sauce Mix [Cheese ( <b>Milk</b> ) Powder [Cheddar Cheese ( <b>Milk</b> ) (11%), Cheese ( <b>MILK</b> ), Whey Solids ( <b>MILK</b> )], <b>WHEAT</b> Flour, Skimmed <b>MILK</b> Powder, Maltodextrin, Palm Fat, Modified Starch, Salt, Sweet Corn Powder, Spices ( <b>MUSTARD</b> Flour, Turmeric), Flavours, Sugar, Yeast Extract, Anti-Caking Agent (Silicon Dioxide), Starch] Mozzarella and Cheddar Mix [Pasteurised Cow's <b>MILK</b> , Salt, Starter Cultures, Vegetarian Microbial Rennet, Beta Carotene E160a] Parmesan Flakes [Thermized <b>MILK</b> , Salt, Rennet (Veg Culture), Preservative: Lysozyme Protein (from <b>EGG</b> )], Panko Breadcrumbs [Unbleached <b>WHEAT</b> flour, Yeast, Salt, Bread Improver (Corn Starch, Calcium Carbonate, Calcium Sulfate, L-Ascorbic Acid, Alpha Amylase)], Vegetarian Parmesan [Whole Cow's <b>MILK</b> , 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 <b>MILK</b> , 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 <b>MILK</b> , Salt, Starter Cultures, Vegetarian Microbial Rennet, Beta Carotene E160a], Cheese Sauce Mix [Cheese ( <b>Milk</b> ) Powder [Cheddar Cheese ( <b>Milk</b> ) (11%), Cheese ( <b>MILK</b> ), Whey Solids ( <b>MILK</b> )], <b>WHEAT</b> Flour, Skimmed <b>MILK</b> Powder, Maltodextrin, Palm Fat, Modified Starch, Salt, Sweet Corn Powder, Spices ( <b>MUSTARD</b> Flour, Turmeric), Flavours, 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, <b>MUSTARD</b> Bran, Modified Maize Starch, Spices, Smoked Maltodextrin, Preservative (Potassium Sorbate), Caramelised Sugar Syrup], Parmesan Flakes [Thermized <b>MILK</b> , Salt, Rennet (Veg Culture), Preservative: Lysozyme Protein (from <b>EGG</b> )], Vegetable Oil [Rapeseed Oil, Antifoaming Agent (Dimethyl Polysiloxane)]	4245	1016	34.2	14.5	135	11.3	5.3	44	4.6

# WIGMORE STREET 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 Lunch				Nutritional information based on per portion basis								
Egg & Chive Toasted Rye Ciabatta	Y		Rye Ciabatta <b>WHEAT</b> Flour, Water, Salt, Whole <b>SPELT (WHEAT)</b> Flour, Whole <b>RYE (CEREALS)</b> Flour, Whole <b>WHEAT</b> Flour, Linseed, Broken <b>RYE (CEREALS)</b> , Roasted Malt Flour ( <b>RYE (CEREALS)</b> , <b>BARLEY</b> ), Broken <b>SOYA</b> , Sourdough ( <b>RYE (CEREALS)</b> , Bran ( <b>WHEAT</b> ), Extra Virgin Olive Oil, Malt Flour ( <b>BARLEY</b> ), Yeast, <b>Gluten (WHEAT)</b> , <b>OAT (CEREALS)</b> Flakes, Sugar, Sunflower Seeds, Fibre (Sugar Beet), <b>BARLEY</b> Malt Extract, Rapeseed Oil, Maize Flour, Spices, Sourdough ( <b>SPELT (WHEAT)</b> ), Hard Boiled <b>EGG</b> [EGG, Water, Salt, Citric Acid (E330), Acetic Aid(E260), Potassium Sorbate (E202)], Mayonnaise [Rapeseed Oil, Water, Sugar, Spirit Vinegar, Modified Maize Starch, Pasteurised Free Range <b>EGG</b> Yolk Powder, Stabiliser: Xanthan Gum, Salt, Preservatives: Acetic Acid, Potassium Sorbate, Colour: Lutein],Garlic Mayo Water, Rapeseed Oil, Sugar, Spirit Vinegar, Modified Maize Starch, <b>EGG</b> Yolk Powder( <b>EGG</b> Yolk Powder, Salt, Maltodextrin), Salt, Stabiliser(Xanthan Gum), Acidity Regulator(Acetic Acid), Lactic Acid, Garlic Extract, Preservative(Potassium Sorbate), Colour(Mixed Carotenoids), Spicy Mayo Water, Rapeseed Oil (24%), Spirit Vinegar, Fermented Cayenne Peppers (4%), Modified Maize Starch, Free Range <b>EGG</b> Yolk (3.3%), Sugar, Chilli Pepper, Salt, Stabiliser (Xanthan Gum), Acidity Regulators (Lactic Acid, Citric Acid), Preservative (Potassium Sorbate), Birdseye Chilli, Cayenne Pepper, Sunflower Oil, Thickener (Guar Gum), White Wine Vinegar, Colour (Paprika Extract), Antioxidant (Calcium Disodium EDTA), Paprika, Garlic Powder Vegetarian Parmesan [Whole Cow's <b>MILK</b> , Salt, Vegetarian Rennet], Chives, 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], Salt, Black Pepper	1769	423	17.9	2.4	46.3	3.0	4.5	18.9	3.6
Sriracha Chicken Toasted Rye Ciabatta			Rye Ciabatta <b>WHEAT</b> Flour, Water, Salt, Whole <b>SPELT (WHEAT)</b> Flour, Whole <b>RYE (CEREALS)</b> Flour, Whole <b>WHEAT</b> Flour, Linseed, Broken <b>RYE (CEREALS)</b> , Roasted Malt Flour ( <b>RYE (CEREALS)</b> , <b>BARLEY</b> ), Broken <b>SOYA</b> , Sourdough ( <b>RYE (CEREALS)</b> , Bran ( <b>WHEAT</b> ), Extra Virgin Olive Oil, Malt Flour ( <b>BARLEY</b> ), Yeast, <b>Gluten (WHEAT)</b> , <b>OAT (CEREALS)</b> Flakes, Sugar, Sunflower Seeds, Fibre (Sugar Beet), <b>BARLEY</b> Malt Extract, Rapeseed Oil, Maize Flour, Spices, Sourdough ( <b>SPELT (WHEAT)</b> ), Chicken [Chicken Breast, Salt, Stabiliser(Pentasodium Triphosphate)], Mayonnaise [Rapeseed Oil, Water, Sugar, Spirit Vinegar, Modified Maize Starch, Pasteurised Free Range <b>EGG</b> Yolk Powder, Stabiliser: Xanthan Gum, Salt, Preservatives: Acetic Acid, Potassium Sorbate, Colour: Lutein] Garlic Mayo Water, Rapeseed Oil, Sugar, Spirit Vinegar, Modified Maize Starch, <b>EGG</b> Yolk Powder( <b>EGG</b> Yolk Powder, Salt, Maltodextrin), Salt, Stabiliser(Xanthan Gum), Acidity Regulator(Acetic Acid), Lactic Acid, Garlic Extract, Preservative(Potassium Sorbate), Colour(Mixed Carotenoids), Spicy Mayo Water, Rapeseed Oil (24%), Spirit Vinegar, Fermented Cayenne Peppers (4%), Modified Maize Starch, Free Range <b>EGG</b> Yolk (3.3%), Sugar, Chilli Pepper, Salt, Stabiliser (Xanthan Gum), Acidity Regulators (Lactic Acid, Citric Acid), Preservative (Potassium Sorbate), Birdseye Chilli, Cayenne Pepper, Sunflower Oil, Thickener (Guar Gum), White Wine Vinegar, Colour (Paprika Extract), Antioxidant (Calcium Disodium EDTA), Paprika, Garlic Powder, Vegetarian Parmesan [Whole Cow's <b>MILK</b> , Salt, Vegetarian Rennet], 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], Salt, Black Pepper	1745	417	13.9	1.4	44.1	3.0	4.5	26.6	3.8
Spicy Tuna Toasted Rye Ciabatta			Rye Ciabatta <b>WHEAT</b> Flour, Water, Salt, Whole <b>SPELT (WHEAT)</b> Flour, Whole <b>RYE (CEREALS)</b> Flour, Whole <b>WHEAT</b> Flour, Linseed, Broken <b>RYE (CEREALS)</b> , Roasted Malt Flour ( <b>RYE (CEREALS)</b> , <b>BARLEY</b> ), Broken <b>SOYA</b> , Sourdough ( <b>RYE (CEREALS)</b> , Bran ( <b>WHEAT</b> ), Extra Virgin Olive Oil, Malt Flour ( <b>BARLEY</b> ), Yeast, <b>Gluten (WHEAT)</b> , <b>OAT (CEREALS)</b> Flakes, Sugar, Sunflower Seeds, Fibre (Sugar Beet), <b>BARLEY</b> Malt Extract, Rapeseed Oil, Maize Flour, Spices, Sourdough ( <b>SPELT (WHEAT)</b> ), Tuna ( <b>FISH</b> ) [Tuna ( <b>FISH</b> ), Water, Salt], Mayonnaise [Rapeseed Oil, Water, Sugar, Spirit Vinegar, Modified Maize Starch, Pasteurised Free Range <b>EGG</b> Yolk Powder, Stabiliser: Xanthan Gum, Salt, Preservatives: Acetic Acid, Potassium Sorbate, Colour: Lutein], Tomatoes, Jalapeños [Jalapeños, Water, Spirit, Vinegar, Salt, Firming Agent: Calcium Chloride], Chives, Dijon <b>MUSTARD</b> Water, <b>MUSTARD</b> Seeds (30%), Spirit Vinegar, Sea Salt, Preservative (Sodium Hydrogen <b>SULPHITE</b> ), Black Pepper, Salt Spring Onion	1777	427	18.0	1.5	45.3	3.5	4.4	19.2	3.5