



INGREDIENT & NUTRITION GUIDE

(FOOD)

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.

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)]	1239	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)]	1410	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	339	18.1	10.5	32.3	14.3	2.1	10.5	0.6
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	272	11.7	8.1	35.1	15.3	2	4.8	0.6
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)]	1258	301	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	2222	531	33.4	14.7	54.5	28.7	1.7	9.3	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)
Cakes				Nutritional information based on per portion basis								
SOHO Handmade Brownie	Y		Sugar, Country Range Extended Life Rapeseed Oil 15 ltr BiB Rapeseed Oil, Anti-foaming Agent (Dimethyl Polysiloxane). Plain Flour Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Liquid Whole Egg Free Range EGG , Light Brown Sugar Cane Sugar, Cocoa Powder [Fat Reduced Cocoa Powder, Cocoa Butter], Dark Chocolate Chips [Cocoa, Sugar, Cocoa Butter, SOYA Lecithin as Emulsifier, Natural Vanilla]	2002	479	22.7	3.7	60.4	46.3	1.1	6.5	0.1
Chocolate Caramel Shortcake	Y		Chocolate Caramel Shortcake [Shortcake Base (43%) [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Sugar, Butter (MILK) (MILK), Vegetable Margarine [Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier (E471), Natural Flavouring], Cornflour, Salt], Caramel (42%) [Sweetened Condensed MILK , Salted Butter (MILK) [Butter (MILK) (MILK), Salt], Soft Brown Sugar, Golden Syrup], MILK Chocolate (15%) [Sugar, Cocoa Butter (MILK), Whole MILK Powder, Cocoa Mass, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring]	1687	403	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)	2507	599	30.7	18.5	70.7	29.9	3.8	10.2	1.5
Toasted Coconut & Dark Chocolate Flapjack	Y	Y	Toasted Coconut & Dark Chocolate Flapjack Gluten Free OATS , Golden Syrup, Dark Chocolate (Cocoa Mass, Sugar, Fat-Reduced Cocoa Powder, Emulsifier (Sunflower Lecithin), Natural Vanilla Flavouring, Cocoa Solids), Coconut, Brown Sugar, Coconut Oil, Margarine (Vegetable Oil (Sustainable Palm & Rapeseed), Water, Salt, Emulsifier (Mono and Diglycerides of Fatty Acids), Colours (Annatto Bixin, Curcumin), Natural Flavouring), Toasted Coconut Flakes	2004	479	30.8	20.8	44.4	26.3	4.4	5.2	0.3
Cheese & Chive Bubble Bread	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), Mozzarella and Cheddar Mix [Mozzarella Cheese (MILK), Cheddar Cheese (MILK), Anti-Caking Agent (Potato Starch)], Chives	2112	505	28.4	18.5	47.3	9.2	2.5	13.5	1.6
Sticky Cinnamon Bubble Bread	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), Toffee Sauce (Glucose Syrup, Water, Sugar, Humectant (Glycerol), Sweetened Condensed MILK (MILK , Sugar), Dextrose, Modified Starch, Butter (MILK), Salt, Devonshire Clotted Cream (0.5%) (MILK), Colour (Plain Caramel), Natural Flavourings, Emulsifier (E435)], Sugar, Ground Cinnamon	2209	527	24.4	15.6	67.1	25.6	2.8	9.1	1.3

Product	Vegetarian?	Vegan?	Ingredients	Energy (kcal)	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		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 (Dimethyl Polysiloxane)], Crumble mix Wheat Flour (Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Sugar, Palm Oil, Rapeseed Oil, Soft Brown Sugar, Dextrose, Glucose Syrup, Yeast, Modified Maize Starch, Emulsifier (Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids)	2925.4	702	37	4.2	83	46.7	0	7.9	0.7
Chocolate Chip Muffin	Y		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
Banana Bread Muffin	Y		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, Banana Banana, Rapeseed Oil Rapeseed Oil, Anti-foaming Agent (Dimethyl Polysiloxane), Crumble mix Wheat Flour (Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Sugar, Palm Oil, Rapeseed Oil, Soft Brown Sugar, Dextrose, Glucose Syrup, Yeast, Modified Maize Starch, Emulsifier (Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids), Icing Sugar (Icing Sugar, Maize Starch), Banana Chips Banana (55%), Coconut Oil, Sugar, Flavouring., Dark Brown Sugar Cane sugar, Cane Molasses	2194	523	13.3	3.1	92.7	57.1	0.9	7.4	0.6

Product	Vegetarian?	Vegan?	Ingredients	Energy (ku)	Energy (kcal)	Fat (g)	Of which saturates (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Cookies												
Double Choc Chunk Cookie	Y		WHEAT Flour (WHEAT Flour, Calcium, Iron, Niacin, Folic Acid, Thiamin), Dark Brown Sugar (Sugar, Cane Molasses), Soft Light Brown Sugar, Vegetable Fat (Shea Butter (MILK), Water, Coconut Oil, Rapeseed Oil, Salt, Carrot Juice, Emulsifier (Lecithins (Rapeseed, Sunflower)), Lemon Juice, Natural Flavouring), MILK Chocolate (8%) (Sugar, Cocoa Butter (MILK), Whole MILK Powder, Cocoa Mass, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring), Dark Chocolate (8%) (Sugar, Cocoa Mass, Cocoa Butter (MILK), Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring), Butter (MILK) (Butter (MILK), Salt) [MILK], Whole MILK , Chocolate (3%) (Sugar, Cocoa Mass, Cocoa Butter (MILK), Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring), Cornflour, Raising Agents (Diphosphates, Sodium Bicarbonates), Raising Agent (Sodium Hydrogen Carbonate), Sea Salt, Salt	1933	462	22.2	12.5	62.5	26.7	2.1	4.3	0.9
Billionaire's Stuffed Cookie	Y		WHEAT Flour (WHEAT Flour, Calcium, Iron, Niacin, Folic Acid, Thiamin), Caramel With Salted Butter (MILK) (20%) (Sweetened Condensed MILK , Salted Butter (MILK), Glucose Syrup, Water, Sugar, Stabiliser (Pectin)), Dark Brown Sugar (Sugar, Cane Molasses), Soft Light Brown Sugar, Vegetable Fat (Shea Butter (Milk), Water, Coconut Oil, Rapeseed Oil, Salt, Carrot Juice, Emulsifier (Lecithins (Rapeseed, Sunflower)), Lemon Juice, Natural Flavouring), Butter (MILK) (Butter (MILK), Salt) [MILK], Whole MILK , Biscuit Crumb (4%) (WHEAT Flour (WHEAT Flour, Calcium, Iron, Niacin, Thiamine), Vegetable Fat (Palm, Rapeseed), Sugar, Invert Sugar Syrup, Salt, Raising Agent (Sodium Bicarbonate)), Dark Chocolate (3%) (Sugar, Cocoa Mass, Cocoa Butter (MILK), Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring), Fat Reduced Cocoa Powder (Cocoa Cake, Acidity Regulator (Potassium Carbonate)), Fat-Reduced Cocoa Power (Fat-Reduced Cocoa Powder, Acidity Regulators (Sodium Hydroxide, Ammonium Hydroxide)), Cornflour, Raising Agents (Diphosphates, Sodium Bicarbonates), Sea Salt, Raising Agent (Sodium Hydrogen Carbonate)	1849	442	20.5	11.8	60.2	34.6	2.4	4.9	1.0
Carrot Cake Stuffed Cookie	Y		WHEAT Flour (WHEAT Flour, Calcium, Iron, Niacin, Folic Acid, Thiamin), White Compound Filling (Sugar, Vegetable Fat (Palm, Sunflower, Shea, Rapeseed), Whole MILK Powder, Skimmed MILK Powder, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring), Dark Brown Sugar (Sugar, Cane Molasses), Yogurt Flavour Coating (Sugar, Vegetable Fat (Palm Kernel), MILK Sugar, Yoghurt (MILK) Powder (MILK), Emulsifier (SOYA Lecithin)), Vegetable Fat (Shea Butter (MILK), Water, Coconut Oil, Rapeseed Oil, Salt, Carrot Juice, Emulsifier (Lecithins (Rapeseed, Sunflower)), Lemon Juice, Natural Flavouring), Butter (MILK) (Butter (MILK), Salt) [MILK], Carrot (6%), Sugar, Whole MILK , Cornflour, Rapeseed Oil (Rapeseed Oil, Antifoaming Agent (Dimethylpolysiloxane)), Raising Agent (Sodium Hydrogen Carbonate), Cinnamon, Mixed Spice (Coriander, Cassia (Cinnamon), Ginger, Fennel, Nut (Nuts)mge, Cloves, Cardamom), Salt, Blue Cornflower Petals, Colour (Paprika Extract)	2146	513	26.2	13.6	66.9	42.1	1.8	5.6	1.0
Almond Croissant Stuffed Cookie	Y	Y	WHEAT Flour, Calcium, Iron, Niacin, Folic Acid, Thiamin), Soft Light Brown Sugar, Vegetable Fat (Shea Butter, Water, Coconut Oil, Rapeseed Oil, Salt, Carrot Juice, Emulsifier (Lecithins (Rapeseed, Sunflower)), Lemon Juice, Natural Flavouring), Ground ALMONDS (NUTS) (6%), Sugar, Flaked ALMONDS (NUTS) (5%), SOYA Drink (Water, Dehulled SOYA , Sugar, Natural Flavouring, Stabiliser (Gellan Gum)), Cornflour, White Miso (Water, SOYA Bean, Rice, Salt), Rapeseed Oil (Rapeseed Oil, Antifoaming Agent (Dimethylpolysiloxane)), Raising Agents (Diphosphates, Sodium Bicarbonates), Natural Flavouring, Raising Agent (SodiumHydrogen Carbonate), Sea Salt, Salt, Vanilla Pod Powder	1993	476	25.9	10	57.1	30.8	2.1	5.4	1.0

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 Rustic Roll Ingredient Update			Bread Roll [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Vegetable Fat (Water, Vegetable Oil (Palm, Rapeseed), Salt, Emulsifier: Mono- And Diglycerides Of Fatty Acids (E471)), Rye (CEREALS) Flour, Salt, Yeast, Bread Improver (Emulsifier: Mono And Diglycerides Of Fatty Acids, Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin)), WHEAT Malt Flour, WHEAT Semolina, Bread Improver (Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Folic Acid, Thiamin), Flour Treatment Agent: Ascorbic Acid (E300), Malt Concentrate (Malted WHEAT , Malted BARLEY Flour, Malted WHEAT Flour), Potato Flakes, Cornflour, BARLEY Malt Flour, 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)], Smoked Back Bacon Pork Loin, Salt, Glucose, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nitrite, EGG , Hashbrown [Potatoes, Sunflower Oil, Salt, Onion Powder, Stabiliser (E450), White Pepper], Rapeseed Oil [Rapeseed Oil, Antifoaming Agent (E900)]	3529	845	47.0	14.0	64.9	0.9	4.2	39.6	4.0
Triple Bacon Ingredient Update			Smoked Back Bacon Pork Loin, Salt, Glucose, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nitrite, Bread Roll [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Vegetable Fat (Water, Vegetable Oil (Palm, Rapeseed), Salt, Emulsifier: Mono- And Diglycerides Of Fatty Acids (E471)), Rye (CEREALS) Flour, Salt, Yeast, Bread Improver (Emulsifier: Mono And Diglycerides Of Fatty Acids, Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin)), WHEAT Malt Flour, WHEAT Semolina, Bread Improver (Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Folic Acid, Thiamin), Flour Treatment Agent: Ascorbic Acid (E300), Malt Concentrate (Malted WHEAT , Malted BARLEY Flour, Malted WHEAT Flour), Potato Flakes, Cornflour, BARLEY Malt Flour, Preservative: Calcium Propionate (E282)]	2177	520	24.3	10.6	44.4	0.9	2.0	30.3	3.3
Triple Sausage Ingredient Update			Lincolnshire Sausage [Pork, Water, Rusk (WHEAT Flour (Fortified with Calcium Carbonate, Iron, Niacin, Thiamin), Pork Fat, Herbs (Lovage, Sage, Thyme), Dextrose, Spices (Black Pepper, Ginger, Mace, White Pepper), Salt, Yeast Extract, Stabilisers (E450), Preservative (Sodium SULPHITE), Onion Powder, Antioxidant (E300), Herb Extract (Sage)], Bread Roll [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Vegetable Fat (Water, Vegetable Oil (Palm, Rapeseed), Salt, Emulsifier: Mono- And Diglycerides Of Fatty Acids (E471)), Rye (CEREALS) Flour, Salt, Yeast, Bread Improver (Emulsifier: Mono And Diglycerides Of Fatty Acids, Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin)), WHEAT Malt Flour, WHEAT Semolina, Bread Improver (Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Folic Acid, Thiamin), Flour Treatment Agent: Ascorbic Acid (E300), Malt Concentrate (Malted WHEAT , Malted BARLEY Flour, Malted WHEAT Flour), Potato Flakes, Cornflour, BARLEY Malt Flour, Preservative: Calcium Propionate (E282)]	3028	725	35.2	13.0	68.9	0.4	4.3	33.2	3.9

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)
Breakfast Rolls				Nutritional information based on per portion basis								
Smashed Avo & Cheesy Omelette Rustic Roll Ingredient Update	Y		Cheesy Omelette (Pasteurised Whole Free Range EGG , Pasteurised Whole MILK , Extra Mature Cheddar Cheese (MILK), Potato Starch, Rapeseed Oil, Thickener: Xanthan Gum, Salt, Ground White Pepper), Bread Roll [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Vegetable Fat (Water, Vegetable Oil (Palm, Rapeseed), Salt, Emulsifier: Mono- And Diglycerides Of Fatty Acids (E471)), Rye (CEREALS) Flour, Salt, Yeast, Bread Improver (Emulsifier: Mono And Diglycerides Of Fatty Acids, Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin)), WHEAT Malt Flour, WHEAT Semolina, Bread Improver (Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Folic Acid, Thiamin), Flour Treatment Agent: Ascorbic Acid (E300), Malt Concentrate (Malted WHEAT , Malted BARLEY Flour, Malted WHEAT Flour), Potato Flakes, Cornflour, BARLEY Malt Flour, Preservative: Calcium Propionate (E282)], Smashed Avocado Hass Avocado, Lime Juice, Salt, Ground Black Pepper, 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	1999	478	22.9	6.7	48.6	4.0	5.8	17.8	2.1

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)
Breakfast				Nutritional information based on per portion basis								
Avocado on Toas	Y	Y	Sourdough [WHEAT Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Fermented WHEAT Flour, Rapeseed Oil, Salt] Smashed Avocado [Hass Avocado, Lime Juice, Salt, Ground Black Pepper], 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]	1334	319	14.9	1.8	38.1	2.9	8.5	7.2	1.6
Avocado & Eggs on Toast	Y		EGG , Sourdough [WHEAT Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Fermented WHEAT Flour, Rapeseed Oil, Salt] Smashed Avocado [Hass Avocado, Lime Juice, Salt, Ground Black Pepper], 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]	1911	457	25.1	4.7	35.8	2.9	8.4	21.5	1.5
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, Flavourings], Smoked Back Bacon Pork Loin, Salt, Glucose, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nitrite, EGG , Rapeseed Oil [Rapeseed Oil, Antifoaming Agent (E900)]	4108	983	60.7	17.9	57.-	6.8	8.3	49.6	5.6

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)
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

Product	Vegetarian?	Vegan?	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturates (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Condiments & Hot Food Add Ons				Nutritional information based on per portion basis								
Tomato Sauce	Y	Y	Water, Glucose-Fructose Syrup, Tomato Paste (16%), Modified Maize Starch, Sugar, Acidity Regulators (Acetic Acid, Citric Acid), Salt, Preservative (Potassium Sorbate), Tomato Spice (Salt, Natural Clove Flavourings, Natural Flavourings, Spice Extract).	93	22	0.1	0	5.1	3.8	0.1	0.4	0.3
Brown Sauce	Y	Y	HP Sauce [Tomatoes, Malt Vinegar (from BARLEY), Molasses, Glucose-Fructose Syrup, Spirit Vinegar, Sugar, Dates, Modified Cornflour, RYE Flour, Salt, Spices, Flavourings, Tamarind]	77.6	18.3	0	0	4.3	3.5	0.1	0.1	0.2
Honey	Y		Honey	193	46	0	0	11.4	11.3	0	0.1	0
Breakfast Bacon			Smoked Back Bacon Pork Loin, Salt, Glucose, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nitrite	426	102	7.5	3.3	0.2	0.2	0.0	8.4	0.8

Product	Vegetarian?	Vegan?	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturates (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
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
Tuna Mayo			Tuna (FISH) (Tuna (FISH), Water, Salt); Free Range Real Mayonnaise (Rapeseed Oil, Water, Sugar, Modified Maize Starch, Free Range EGG Yolk Powder, Stabiliser (Xanthan Gum), Salt, Preservatives (Potassium Sorbate, Acetic Acid), Colour (Lutein)	1410	337	27.4	2.0	2.3	0.4	0.2	20.5	0.8
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

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 Jacket Potato			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)	3930	933	40.6	10.4	115.4	7.6	13.2	33.1	1.1
Cheese & Beans Jacket Potato	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	1010	28.8	18	151.3	21.8	22.6	37.8	3.1
Coronation Chicken Jacket Potato			Potato, Coronation Chicken [Cooked Chicken 45% (Chicken, Salt), Free Range Real Mayonnaise 45% (Rapeseed Oil, Water, Sugar, Modified Maize Starch, Free Range EGG Yolk Powder (EGGS), Stabiliser: Xanthan Gum, Salt, Preservatives (Acetic Acid, Potassium Sorbate), Colour (Lutein)), Sultanas 5% (Sultanas, Vegetable Oil); Coronation Seasoning 5% (Sugar, Mild Curry Powder Blend (ALLERGENS: MUSTARD , WHEAT , BARLEY (GLUTEN) , CELERY), Modified Starch, Salt, Paprika, Tomato Powder, Garam Masala, Rusk (ALLERGEN: WHEAT GLUTEN , Raising Agent: E503), Garlic Powder, Potato Starch, Cayenne, Coconut Milk Powder; (Coconut Milk Powder, Tapioca Maltodextrin), Parsley Flakes, Ginger, Turmeric, Fenugreek Extract; (Anticaking Agent: E552), Cumin, Oregano)], Butter [Cream (MILK), Salt]	4308	1023	48.4	11.0	124.8	14.4	14.5	29.0	1.5
Cheese & Slaw Jacket Potato	Y		Potato, Mozzarella and Cheddar Mix [Pasteurised Cow's MILK , Salt, Starter Cultures, Vegetarian Microbial Rennet, Beta Carotene E160a], Carrot, Cabbage, Mayonnaise [Rapeseed Oil, Water, Spirit Vinegar, Sugar, Modified Maize Starch, Pasteurised Free Range EGG Yolk, Modified Potato Starch, Stabiliser (Guar Gum, Xanthan Gum), Salt, Preservatives: (Acetic Acid, Citric Acid), Potassium Sorbate, Colour: Lutein], Butter (MILK), Red Onion, Set Sour Cream Cream @ 20% (MILK), Skim MILK Powder, Modified Starch, Lactic Cultures, Preservative (Potassium Sorbate), MUSTARD [Water, MUSTARD Flour, Glucose-Fructose Syrup, Salt, MUSTARD Bran, Acidity Regulator (Acetic Acid), Turmeric, Stabiliser (Xanthan Gum)], Sugar Cane Sugar, Salt, Sodium Hexacyanoferrate (II)	3975.5	946.5	41.6	19.3	121.6	12.7	13.2	28	1.6

Product	Vegetarian?	Vegan?	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturates (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Jacket Potatoes				Nutritional information based on per portion basis								
Cheese Jacket Potato	Y		Potato, Mozzarella and Cheddar Mix [Mozzarella Cheese (MILK), Cheddar Cheese (MILK), Anti-Caking Agent (Potato Starch)] Butter [Cream (MILK), Salt]	3339	791	27.6	17.79	114.5	7.5	13	27	1.2

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)
Hot Pastries				Nutritional information based on per portion basis								
Cheddar & Ham Croissant			Butter Croissant [WHEAT Flour, Charentes-Poitou PDO Butter (MILK) 23%, Water, Sugar, Yeast, Whole MILK Powder, Salt, WHEAT Gluten, EGGS, Flour Treatment Agents (Alpha-Amylases, Hemicellulases, Ascorbic Acid), Ham [Pork, Water, Salt, Potato Starch, Stabilisers (Carrageenan, Diphosphates, Triphosphates), Dextrose, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)] Bechamel Sauce [Reconstituted Skimmed MILK, Reconstituted Vegetable Stock [Water, Salt, Yeast Extract, Maltodextrin, Sugar, Dried Onion, Dried Carrot, Sunflower Oil, Dried Lovage], Vegetable Oil (Palm), Butter (MILK), Modified Starch, Salt, Emulsifier (SOYA Lecithin)], Mature Cheddar Cheese (MILK)	1898	454	26.5	16.7	34.8	7.2	1.9	16.9	2.3
Tomato & Cheddar Croissant	Y		Butter Croissant [WHEAT Flour, Charentes-Poitou PDO Butter (MILK) 23%, Water, Sugar, Yeast, Whole MILK Powder, Salt, WHEAT Gluten, EGGS, Flour Treatment Agents (Alpha-Amylases, Hemicellulases, Ascorbic Acid), Tomatoes, Bechamel Sauce [Reconstituted Skimmed MILK, Reconstituted Vegetable Stock [Water, Salt, Yeast Extract, Maltodextrin, Sugar, Dried Onion, Dried Carrot, Sunflower Oil, Dried Lovage], Vegetable Oil (Palm), Butter (MILK), Modified Starch, Salt, Emulsifier (SOYA Lecithin)], Mature Cheddar Cheese (MILK)	1781	426	26.6	16.8	34.7	8.12	1.7	11.8	1.4
Swiss Cheese & Ham Croissant			Butter Croissant [WHEAT Flour, Charentes-Poitou PDO Butter (MILK) 23%, Water, Sugar, Yeast, Whole MILK Powder, Salt, WHEAT Gluten, EGGS, Flour Treatment Agents (Alpha-Amylases, Hemicellulases, Ascorbic Acid), Bechamel Sauce [Reconstituted Skimmed MILK, Reconstituted Vegetable Stock [Water, Salt, Yeast Extract, Maltodextrin, Sugar, Dried Onion, Dried Carrot, Sunflower Oil, Dried Lovage], Vegetable Oil (Palm), Butter (MILK), Modified Starch, Salt, Emulsifier (SOYA Lecithin)], Wiltshire Cured Ham [Pork, Salt, Brown Sugar, Potato Starch, Antioxidant(Sodium Ascorbate),(Carrageenan, Diphosphates, Triphosphates), Dextrose, Preservative(Sodium Nitrite)], Emmental Swiss Cheese Whole MILK, Salt, Starter Culture, Non-Animal Rennet	1855	444	26.4	16.4	33.9	7.0	1.9	17.5	1.8
Swiss Cheese & Tomato Croissant	Y		Butter Croissant [WHEAT Flour, Charentes-Poitou PDO Butter (MILK) 23%, Water, Sugar, Yeast, Whole MILK Powder, Salt, WHEAT Gluten, EGGS, Flour Treatment Agents (Alpha-Amylases, Hemicellulases, Ascorbic Acid), Tomatoes, Bechamel Sauce [Reconstituted Skimmed MILK, Reconstituted Vegetable Stock [Water, Salt, Yeast Extract, Maltodextrin, Sugar, Dried Onion, Dried Carrot, Sunflower Oil, Dried Lovage], Vegetable Oil (Palm), Butter (MILK), Modified Starch, Salt, Emulsifier (SOYA Lecithin)], Emmental Swiss Cheese Whole MILK, Salt, Starter Culture, Non-Animal Rennet	1744	417	25.4	16.2	34.8	8.2	1.8	12.3	1.2

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)
Hot Pastries				Nutritional information based on per portion basis								
British 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
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

SEASONAL COLD LUNCH

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)
Big SOHO Shaker Salads				Nutritional information based on per portion basis								
Big Chicken SOHO Shaker Salad			Sweetcorn Sweetcorn, Water, Roasted Chicken Breast Strips Chicken Breast (93%), Water, Rice Starch, Salt, Dextrose, D-xylose, Maltodextrin, Stabilisers (Sodium Bicarbonate), Acidity Regulators (Trisodium Citrate)., Mexican Style Salad Mix Vegetables (Tomatoes, Azuki Beans (Water, Azuki Beans), SOYBEANS , Spring Onion), Black Rice (Water, Black Rice), Avocado (Avocado, Salt, Acidity Regulator: Citric Acid, Antioxidant: Ascorbic Acid), Sauce (Sunflower Oil, Garlic, Vinegar, Parsley, Olive Oil, Salt, Molasses, Dried Tomatoes, Water, Shallot, Red Chilli, Green Chilli, Herbs and Spices, Black Garlic, Natural Basil Flavour, Rosemary Extract), White Quinoa, Cos Lettuce, Garlic Aioli Mayonnaise (Rapeseed Oil, Water, Spirit Vinegar, EGG Yolk Powder, Sugar, Salt, Modified Potato Starch, Stabilisers [Guar Gum, Xanthan Gum], MUSTARD Powder), Extra Virgin Olive Oil, Garlic Puree (2.5%), Roasted Garlic Puree (1.5%)(Garlic Puree), Concentrated Lemon Juice, Salt., Chipotle Paste (Chipotle Chilli, Tomato Purée, Onion, Water, Spirit Vinegar, Garlic Puree, Salt, Sugar, Coriander, Acidity Regulator (Acetic Acid), Corn Flour), Pickled Sweet and Sour Red Onions Red Onion (50%), Spirit Vinegar, Sugar, Water, Sea Salt, Black, Pepper Corns, MUSTARD Seeds, Coriander Seeds, Spinach, Freshly Squeezed Lime Juice	2473	591	30.2	3.2	45.7	15.1	9.5	24.6	2.7
Big Tuna SOHO Shaker Salad			Cucumber, Tuna (FISH) [Tuna (FISH), Water, Salt], Avocado Slices [Hass Avocado, Water, Salt, Antioxidant (Ascorbic Acid), Acidity Regulator (Citric Acid)], White Quinoa, Carrot, Bulgogi Sauce Gluten Free SOY Sauce [Water, SOY bean, Salt, Spirit Vinegar], Demerara Sugar, Apple, Garlic, Ginger, Water, Maize Starch, SOYA Beans, Pickled Sweet and Sour Red Onions Red Onion, Spirit Vinegar, Sugar, Water, Sea Salt, Black Pepper Corns, MUSTARD Seeds, Coriander Seeds, 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, Gluten Free Crispy Fried Onions Onions, Sunflower Oil, Corn Starch, Salt	2087	499	17.6	3.6	51.5	28.9	5.3	29.4	4.1
Big Olive SOHO Shaker Salad	Y	Y	Roasted Red Peppers [Red Peppers, Water, Salt, Acidity Regulator: Citric Acid], Chickpeas [Chickpeas, Water], White Quinoa Smoked Houmous with Harissa Chickpeas (53%)(Water, Chickpeas), Rapeseed Oil, Tahini (SESAME Seeds) (12%), Water, Smoked Water, Harissa Paste (Chilli Pepper, Garlic, Coriander Powder, Salt, Caraway, Acidity Regulator(Citric Acid)), Concentrated Lemon Juice, Salt, Garlic Powder, Red Chilli, Preservative(Potassium Sorbate), Cumin, Fennel, Coriander Powder, Paprika. Chargrilled Portobello Mushrooms [Portobello Mushrooms (Agaricus bisporus), Sunflower Oil, Salt, Garlic, Parsley, Acidity Regulator: Lactic Acid, Antioxidant: Ascorbic Acid], Sun Blushed Tomatoes [Semi Dried Tomatoes, Sunflower Oil, Salt, Sugar, Herbs, Acidity Regulator, Citric Acid, Antioxidant: Ascorbic Acid], Grilled Olives Green Pitted Grilled Olives, (Sun Dried Tomato, Garlic, Herbs), Salt, Rapeseed Oil, Olive Oil, Acidity Regulators: Citric Acid., Kale, Shawarma Paste Water, Rapeseed Oil, Soft Dark Brown Sugar (Sugar, Molasses), Lemon Juice, Garlic Puree, Ground Cumin, Ground Smoked Paprika, Ginger Powder, Ground Cinnamon, Ground Turmeric, Salt, Cornflour, Ground Black Pepper, Oregano, Stabiliser (Xanthan Gum), Ground Cloves Pomegranate Seeds	2046	489	23.9	2.6	43.7	5.8	14.3	16.2	3.7

Product	Vegetarian?	Vegan?	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturates (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Little SOHO Shaker Salads				Nutritional information based on per portion basis								
Little Tuna & Egg SOHO Shaker Salad			Tuna (FISH) [Tuna (FISH), Water, Salt], Tomatoes. Free Range Hard Boiled EGG [EGG , Brine(Water, Acidity Regulator(Citric Acid, Trisodium Citrate), Salt)], Cucumber, White Quinoa, SOYA Beans, Vinaigrette Dressing [Water, Rapeseed Oil, White Wine Vinegar, MUSTARD (Water, MUSTARD Seeds, Spirit Vinegar, Salt, Flavourings, Spices), Sugar, Spirit Vinegar, Spices (Onion Powder, Garlic Powder, Pepper), Salt, Extra Virgin Olive Oil, Modified Starch, Herbs) (Marjoram, Oregano, Basil, Rosemary), Lemon Juice Concentrate, Thickener (Xanthan Gum), Invert Sugar Syrup, Carrot Juice Concentrate, Safflower Extract, Natural Flavourings, Antioxidant (Calcium Disodium EDTA)], Baby Leaf Mix, Parsley	1348	322	14.9	2.7	14.8	3.7	3.1	30.8	1.1
Little Chicken & Feta SOHO Shaker Salad			Cucumber, Roasted Chicken Breast Strips Chicken Breast (93%), Water, Rice Starch, Salt, Dextrose, D-xylose, Maltodextrin, Stabilisers (Sodium Bicarbonate), Acidity Regulators (Trisodium Citrate)., Chickpeas [Chickpeas, Water], Smoked Houmous with Harissa [Chickpeas (Water, Chickpeas), Rapeseed Oil, Tahini (SESAME Seeds) , Water, Smoked Water, Harissa Paste (Chilli Pepper, Garlic, Coriander Powder, Salt, Caraway, Acidity Regulator(Citric Acid)), Concentrated Lemon Juice, Salt, Garlic Powder, Red Chilli, Preservative(Potassium Sorbate), Cumin, Fennel, Coriander Powder, Paprika], White Quinoa, Sun Blushed Tomatoes [Semi Dried Tomatoes, Sunflower Oil, Salt, Sugar, Herbs, Acidity Regulator, Citric Acid, Antioxidant: Ascorbic Acid], Feta Cheese [Pasteurized Sheep's MILK , Pasteurized Goat's MILK , Salt, Microbial Rennet, Starter Culture]	1779	430	20.2	5.7	27	2.4	9.1	24.5	2.5

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 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], Smashed Avocado [Hass Avocado, Lime Juice, Salt, Ground Black Pepper] EGG, Rapeseed Oil [Rapeseed Oil, Antifoaming Agent (E900)]	3955	945.9	50.4	17.0	77.7	9.7	15.0	41.7	5.4
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
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

CO-OP 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)
Breakfast			Nutritional information based on per portion basis									
Triple Bacon Breakfast Roll			Smoked Rindless Back Bacon [Pork (87%), Water, Salt Preservatives; E252 (Potassium Nitrate), E250 (Sodium Nitrite), Anti-Oxidant; E301 (Sodium Ascorbate)], Breakfast Roll [WHEAT Flour (Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Beer 6,6% (Water, BARLEY Malt, Rice, Maize, Hops), WHEAT Sourdough 3,8% (Fermented WHEAT Flour, Water), WHEAT Semolina, Vegetable Fat (Water, Vegetable Oil (Palm, Rapeseed), Salt, Emulsifier: Mono- And Diglycerides Of Fatty Acids (E471)), Rye Flour, Salt, Yeast, Bread Improver (Emulsifier: Mono And Diglycerides Of Fatty Acids, Extra-Virgin Olive Oil, Yeast, Icing Sugar (Sugar, Caramel, Inverted Sugar Syrup), Salt, Inverted Sugar Syrup, Malted WHEAT Flour, Flour Treatment Agent: Ascorbic Acid (E300)]	1966	469	21.9	9.1	37.1	2.8	1.1	30.5	5.0
Triple Sausage Breakfast Roll			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 (Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Beer 6,6% (Water, BARLEY Malt, Rice, Maize, Hops), WHEAT Sourdough 3,8% (Fermented WHEAT Flour, Water), WHEAT Semolina, Vegetable Fat (Water, Vegetable Oil (Palm, Rapeseed), Salt, Emulsifier: Mono- And Diglycerides Of Fatty Acids (E471)), Rye Flour, Salt, Yeast, Bread Improver (Emulsifier: Mono And Diglycerides Of Fatty Acids, Extra-Virgin Olive Oil, Yeast, Icing Sugar (Sugar, Caramel, Inverted Sugar Syrup), Salt, Inverted Sugar Syrup, Malted WHEAT Flour, Flour Treatment Agent: Ascorbic Acid (E300)]	2931	700	12.6	61.0	2.1	3.4	34.7	34.7	4.2
Halloumi, Tomatade & Spinach Breakfast Roll	Y		Halloumi Cheese [Cow, Sheep and Goat's MILK , Salt, Rennet (Non-Animal)], Breakfast Roll [WHEAT Flour (Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Beer 6,6% (Water, BARLEY Malt, Rice, Maize, Hops), WHEAT Sourdough 3,8% (Fermented WHEAT Flour, Water), WHEAT Semolina, Vegetable Fat (Water, Vegetable Oil (Palm, Rapeseed), Salt, Emulsifier: Mono- And Diglycerides Of Fatty Acids (E471)), Rye Flour, Salt, Yeast, Bread Improver (Emulsifier: Mono And Diglycerides Of Fatty Acids, Extra-Virgin Olive Oil, Yeast, Icing Sugar (Sugar, Caramel, Inverted Sugar Syrup), Salt, Inverted Sugar Syrup, Malted WHEAT Flour, Flour Treatment Agent: Ascorbic Acid (E300)], Sundried Tomato Tapenade [Sundried Tomatoes, Rapeseed Oil, Garlic Powder, Salt, Dried, Oregano, Chilli Flakes, Vinegar, Preservative: Potassium Sorbate], Spinach	2451	585	33.7	13.7	41.9	6.9	1.2	28.0	4.0
The Big Breakfast Roll			Smoked Rindless Back Bacon [Pork (87%), Water, Salt Preservatives; E252 (Potassium Nitrate), E250 (Sodium Nitrite), Anti-Oxidant; E301 (Sodium Ascorbate)], Breakfast Roll [WHEAT Flour (Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Beer 6,6% (Water, BARLEY Malt, Rice, Maize, Hops), WHEAT Sourdough 3,8% (Fermented WHEAT Flour, Water), WHEAT Semolina, Vegetable Fat (Water, Vegetable Oil (Palm, Rapeseed), Salt, Emulsifier: Mono- And Diglycerides Of Fatty Acids (E471)), Rye Flour, Salt, Yeast, Bread Improver (Emulsifier: Mono And Diglycerides Of Fatty Acids, Extra-Virgin Olive Oil, Yeast, Icing Sugar (Sugar, Caramel, Inverted Sugar Syrup), Salt, Inverted Sugar Syrup, Malted WHEAT Flour, Flour Treatment Agent: Ascorbic Acid (E300)], 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	814	46.4	13.2	57.5	2.8	3.3	41.4	5.4

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									
Triple Bacon & Egg Breakfast Roll			Smoked Rindless Back Bacon [Pork (87%), Water, Salt Preservatives; E252 (Potassium Nitrate), E250 (Sodium Nitrite), Anti-Oxidant; E301 (Sodium Ascorbate)], Breakfast Roll [WHEAT Flour (Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Beer 6,6% (Water, BARLEY Malt, Rice, Maize, Hops), WHEAT Sourdough 3,8% (Fermented WHEAT Flour, Water), WHEAT Semolina, Vegetable Fat (Water, Vegetable Oil (Palm, Rapeseed), Salt, Emulsifier: Mono- And Diglycerides Of Fatty Acids (E471)), Rye Flour, Salt, Yeast, Bread Improver (Emulsifier: Mono And Diglycerides Of Fatty Acids, Extra-Virgin Olive Oil, Yeast, Icing Sugar (Sugar, Caramel, Inverted Sugar Syrup), Salt, Inverted Sugar Syrup, Malted WHEAT Flour, Flour Treatment Agent: Ascorbic Acid (E300)], EGG , Rapeseed Oil [Rapeseed Oil, Antifoaming Agent (E900)]	2673	639	37.2	11.2	38.0	2.8	1.2	38.0	5.0
Avocado on Toast		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	404	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	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, Flavourings], 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)]	4033	966	58.8	17.1	57.5	7.0	8.3	48.8	6.5