



INGREDIENT & NUTRITION GUIDE

(FOOD)

2026

Version 8: 14th September 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)	Sugars (g)	Salt (g)
Pastries				Nutritional information based on per portion basis					
Croissant	Y		Butter Croissant [WHEAT Flour, Charentes-Poitou PDO Butter (MILK) 23%, Water, Sugar, Yeast, Whole MILK Powder, Salt, WHEAT Gluten, EGGS , Flour Treatment Agents (Alpha-Amylases, Hemicellulases, Ascorbic Acid)]	1238	296	16	10	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	337	17	7.7	16	0.8
Almond Croissant	Y		Almond Croissant [WHEAT Flour, Almond Filling (Sugar, ALMOND (6%), EGG White, Invert Sugar Syrup, Water, Invertase), Butter (MILK) (16%), Water, Flaked ALMOND , Yeast, Sugar, EGG , Salt, WHEAT Gluten, Flour Treatment Agent (Ascorbic Acid)]	1415	339	18	10	14	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	12	8.1	15	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 Flour, WHEAT Gluten, Salt, Flour Treatment Agents (Alpha-Amylases, Hemicellulases, Ascorbic Acid)]	1258	301	13	6.6	15	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 Paste (15%), Skimmed MILK Powder, Whey (MILK), Lactose (MILK), Emulsifier: Sunflower Lecithin (E322), Natural Flavouring, Colouring: E141, Chopped PISTACHIO Nibs	2222	531	33	15	29	1

Product	Vegetarian?	Vegan?	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturates (g)	Sugars (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	23	3.7	46	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	23	13	33	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)	2519	600	31	19	30	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	31	21	26	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), Mature Cheddar Cheese [Cheddar Cheese (MILK), Anti-caking Agent (Potato Starch)], Chives	1956	468	26	17	9.1	1.4
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	16	26	1.3

Product	Vegetarian?	Vegan?	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturates (g)	Sugars (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)	2922	702	37	4.2	47	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)]	3326	798	43	11	60	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	3046	727	36	4.7	57	0.6

Product	Vegetarian?	Vegan?	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturates (g)	Sugars (g)	Salt (g)
Cookies				Nutritional information based on per portion basis					
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	13	27	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	21	12	35	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)meg, Cloves, Cardamom), Salt, Blue Cornflower Petals, Colour (Paprika Extract)	2146	513	26	14	42	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 (6%), Sugar, Flaked ALMONDS (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	26	10	31	1.0

BREAKFAST MENU

Product	Vegetarian?	Vegan?	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturates (g)	Sugars (g)	Salt (g)
Breakfast Rolls				Nutritional information based on per portion basis					
The Big Breakfast Rustic Roll			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)]	3197	764	38	14	0.9	4.1
Triple Bacon Rustic Roll			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	11	0.9	3.3
Triple Sausage Rustic 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)], 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	726	35	13	<0.5	3.9
Smashed Avo & Cheesy Omelette Rustic Roll	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	23	6.7	4	2.1

Product	Vegetarian?	Vegan?	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturates (g)	Sugars (g)	Salt (g)
Breakfast				Nutritional information based on per portion basis					
Avocado on Toast Ingredient Update	Y	Y	Smashed Avocado [Hass Avocado, Lime Juice, Salt, Ground Black Pepper], Sourdough Bread [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, RYE Flour, Wholemeal WHEAT Flour, WHEAT Ferment (4.1%) (Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water), Salt, Yeast], 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].	1155	276	11	1.5	2.9	0.72
Avocado & Eggs on Toast Ingredient Update	Y		EGG , Smashed Avocado [Hass Avocado, Lime Juice, Salt, Ground Black Pepper], Sourdough Bread [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, RYE Flour, Wholemeal WHEAT Flour, WHEAT Ferment (4.1%) (Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water), Salt, Yeast], 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], Rapeseed Oil.	1828	437	22	4.5	2.9	0.72
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)]	3891	930	52	17	8.7	5.8

Product	Vegetarian?	Vegan?	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturates (g)	Sugars (g)	Salt (g)
French Toast				Nutritional information based on per portion basis					
Banoffee French Toast New	Y		Brioche French Toast [WHEAT Flour, EGGS, Sugar, Water, Pastry Butter (MILK), Sourdough (WHEAT Flour, Water, Salt), Salt, Yeast, Natural Vanilla Flavour, WHEAT GLUTEN, MILK, EGGS, Cream, (Cream (MILK), Stabilizer (Carrghenans)), Sugar, Orange Blossom Water, Vanilla Extract], Banana, Maple Syrup, Double Cream (MILK), 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)], Vanilla Syrup [Sugar, Water, Natural Flavouring, Colour (Plain Caramel), Acidity Regulator (Citric Acid)], Icing Sugar [Icing Sugar, Maize Starch]	3432	820	33	20	80	1.2
Chocolate and Hazelnut French Toast New	Y		Brioche French Toast [WHEAT Flour, EGGS, Sugar, Water, Pastry Butter (MILK), Sourdough (WHEAT Flour, Water, Salt), Salt, Yeast, Natural Vanilla Flavour, WHEAT GLUTEN, MILK, EGGS, Cream, (Cream (MILK), Stabilizer (Carrghenans)), Sugar, Orange Blossom Water, Vanilla Extract], Maple Syrup, Double Cream (MILK), Chocolate and Hazelnut Spread [HAZELNUTS, Sugar, Cocoa Powder, Emulsifier (Sunflower Lecithin), Candy Syrup, Salt, Vanilla Pod], Vanilla Syrup [Sugar, Water, Natural Flavouring, Colour (Plain Caramel), Acidity Regulator (Citric Acid)], Icing Sugar [Icing Sugar, Maize Starch]	3527	845	42	20	67	1.1

Product	Vegetarian?	Vegan?	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturates (g)	Sugars (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)	1179	282	14	8.4	0.8	0.89
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)	1238	296	15	8.5	1.1	0.86
Sourdough Toast with Butter INGREDIENT UPDATE	Y		Sourdough Bread [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, RYE Flour, Wholemeal WHEAT Flour, WHEAT Ferment (4.1%) (Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water), Salt, Yeast], Salted Butter [MILK , Salt]	2087	499	14	8.3	1.7	0.24

Product	Vegetarian?	Vegan?	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturates (g)	Sugars (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	<0.5	0	3.8	0.34
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]	78	18	<0.5	0	3.5	0.2
Honey	Y		Honey	193	46	0	0	11.3	0
Breakfast Bacon			Smoked Back Bacon Pork Loin, Salt, Glucose, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nitrite	426	102	7.5	3.3	<0.5	0.84
Egg	Y		EGG , Rapeseed Oil	687	166	15	2.1	0	0
Omelette	Y		Pasteurised Whole Free Range EGG , Pasteurised Whole MILK , Extra Mature Cheddar Cheese (MILK), Potato Starch, Rapeseed Oil, Thickener: Xanthan Gum, Salt, Ground White Pepper	837	200	16	5.2	1.5	0.75
Strawberry Jam Jar	Y	Y	Sugar, Strawberries, Gelling Agent: Citrus Pectin, Acidity Regulator: Citric Acid	321	76	0	0	18	0
Mushroom	Y	Y	Mushroom	41	9.8	<0.5	<0.1	<0.5	0.01
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	170	11	4.1	0	1.1
Hash Browns	Y	Y	Hashbrown [Potatoes, Sunflower Oil, Salt, Onion Powder, Stabiliser (E450), White Pepper]	765	182	7.7	0.9	<0.5	0.99
Baked Beans	Y	Y	Baked Beans [Beans (49%), Tomatoes (30%), Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavourings]	503	120	0.7	0.1	7.9	1.1
½ Banana	Y	Y	Banana	609	142	0.2	<0.1	32	0

Product	Vegetarian?	Vegan?	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturates (g)	Sugars (g)	Salt (g)
Condiments & Add Ons				Nutritional information based on per portion basis					
Cheese	Y		Mature Cheddar Cheese [Cheddar Cheese (MILK), Anti-caking Agent(Potato Starch)]	311	74	6	3.6	0	0.34
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	2.0	<0.5	0.81

HOT LUNCH MENU

Product	Vegetarian?	Vegan?	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturates (g)	Sugars (g)	Salt (g)
Jacket Potatoes				Nutritional information based on per portion basis					
Tuna Mayo Loaded Spud NEW			Potato, Tuna Mayo [Tuna (Tuna (FISH), Water, Salt), Free Range Real Mayonnaise (35%) (Rapeseed Oil, Water, Sugar, Modified Maize Starch, Free Range EGG Yolk Powder, Stabiliser (Xanthan Gum), Salt, Preservatives (Potassium Sorbate, Acetic Acid), Colour (Lutein (EGGS))), Salted Butter [MILK , Salt], Crispy Fried Onions [Onions, Sunflower Oil, Corn Starch, Salt], 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], Watercress	4020	954	50	11	7.6	1.3
Cheddar & Beans Loaded Spud NEW	Y		Potato, Baked Beans [Beans (49%), Tomatoes (30%), Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavourings], Mature Cheddar Cheese [Cheddar Cheese (MILK), Anti-caking Agent(Potato Starch)], 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], Crispy Fried Onions [Onions, Sunflower Oil, Corn Starch, Salt], Watercress	2849	674	16	4.9	14	1.6
Cheddar & Spring Onion Loaded Spud NEW	Y		Potato, Cheese and Spring Onion Mayonnaise [Mayonnaise (Rapeseed Oil, Water, Spirit Vinegar, Sugar, EGG Yolk Powder (1%), Stabiliser (Xanthan Gum), Salt, Acidity Regulator (Acetic Acid), Preservative (Potassium Sorbate), Colour (Mixed Carotenoids)], Mature Cheddar Cheese (Cheddar Cheese (MILK), Anti-caking Agent (Potato Starch)), Spring Onion, Onion], Salted Butter [MILK , Salt], 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], Crispy Fried Onions [Onions, Sunflower Oil, Corn Starch, Salt], Watercress	4026	960	57	14	8.7	1.0
BBQ Chicken & Cheddar Loaded Spud NEW			Potato, BBQ Chicken [Cooked Chicken (Chicken, Salt), BBQ Sauce (Water, Glucose Syrup, Tomato Paste, Spirit Vinegar, Thickener (Modified Starch), Molasses, Salt, BARLEY Malt Extract (GLUTEN), Caramel, Flavouring, Garlic, Spice (Cayenne)], Mature Cheddar Cheese [Cheddar Cheese (MILK), Anti-caking Agent(Potato Starch)], Salted Butter [MILK , Salt], 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], Crispy Fried Onions [Onions, Sunflower Oil, Corn Starch, Salt], Watercress	3451	818	29	13	21	2.2
Pulled Beef Chilli & Avocado Loaded Spud NEW			Potato, Pulled Beef Chilli [Passata, Beef, Onion, Cannellini Beans, Kidney Beans, Water, Tomato Puree, Rapeseed Oil, Brown Sugar, Garlic Puree, Beef Bouillon (Salt, Maltodextrin, Yeast Extract, Beef Extract, Sugar, Sunflower Oil, Parsnip, Potato Starch, Spices [Lovage, Garlic, Nutmeg], Caramelised Sugar, Onion, Flavouring), Coriander, Cumin, Paprika, Cocoa Powder, Salt, Modified Maize Starch, Smoked Paprika, Red Chilli, Chipotle Chilli Pepper, Oregano, Thyme, Chilli Powder, Black Pepper], Smashed Avocado [Hass Avocado, Lime Juice, Salt, Ground Black Pepper], Salted Butter [MILK , Salt], 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], 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], Crispy Fried Onions [Onions, Sunflower Oil, Corn Starch, Salt], Watercress	3242	768	30	11	12	1.6

Product	Vegetarian?	Vegan?	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturates (g)	Sugars (g)	Salt (g)
Rosti Bites (London Only)				Nutritional information based on per portion basis					
Cheddar & Beans Topped Rosti Bites NEW	Y		Rosti Bites [Potatoes, Sunflower Oil, Onion Powder, Salt, Stabiliser (E450), White Pepper], Baked Beans [Beans (49%), Tomatoes (30%), Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavourings], Mature Cheddar Cheese [Cheddar Cheese (MILK), Anti-caking Agent(Potato Starch)], 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], Crispy Fried Onions [Onions, Sunflower Oil, Corn Starch, Salt], Watercress	2308	551	27	6.1	9.3	3.0
BBQ Chicken & Cheddar Topped Rosti Bites NEW			Rosti Bites [Potatoes, Sunflower Oil, Onion Powder, Salt, Stabiliser (E450), White Pepper], BBQ Chicken [Cooked Chicken (Chicken, Salt), BBQ Sauce (Water, Glucose Syrup, Tomato Paste, Spirit Vinegar, Thickener (Modified Starch), Molasses, Salt, BARLEY Malt Extract (GLUTEN), Caramel, Flavouring, Garlic, Spice (Cayenne)], Mature Cheddar Cheese [Cheddar Cheese (MILK), Anti-caking Agent(Potato Starch)], 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], Crispy Fried Onions [Onions, Sunflower Oil, Corn Starch, Salt], Watercress	2334	558	27	6	15	3.3
Pulled Beef Chilli & Avo Topped Rosti Bites NEW			Rosti Bites [Potatoes, Sunflower Oil, Onion Powder, Salt, Stabiliser (E450), White Pepper], Pulled Beef Chilli [Passata, Beef, Onion, Cannellini Beans, Kidney Beans, Water, Tomato Puree, Rapeseed Oil, Brown Sugar, Garlic Puree, Beef Bouillon (Salt, Maltodextrin, Yeast Extract, Beef Extract, Sugar, Sunflower Oil, Parsnip, Potato Starch, Spices [Lovage, Garlic, Nutmeg], Caramelised Sugar, Onion, Flavouring), Coriander, Cumin, Paprika, Cocoa Powder, Salt, Modified Maize Starch, Smoked Paprika, Red Chilli, Chipotle Chilli Pepper, Oregano, Thyme, Chilli Powder, Black Pepper], 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], 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], Crispy Fried Onions [Onions, Sunflower Oil, Corn Starch, Salt], Watercress	2175	520	28	3.8	6.7	2.7

Product	Vegetarian?	Vegan?	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturates (g)	Sugars (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)	1899	454	26	17	7.2	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	27	17	8.1	1.4
British Pork Sausage Roll			Outdoor Bred Pork Shoulder (35%), WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Unsalted Butter (MILK), Water, Breadcrumbs (WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Salt, Yeast), Free Range Liquid EGG, Salt, White Wine Vinegar, Red Onion (1%), Bramley Apple (Ascorbic Acid, Citric Acid, Salt), Onion, Rubbed Sage, Ground Black Pepper, Ground White Pepper, Molasses Sugar, Sherry Vinegar (Sherry Vinegar 7% Acidity, Preservative (Potassium METABISULPHITE)), Apricots (Apricots, Rice Flour, Preservative (SULPHUR DIOXIDE)), Sultanas (Sultanas, Sunflower Oil), Malt Vinegar (BARLEY), Granulated Sugar, Rapeseed Oil (Anti-foaming Agent (Polydimethylsiloxane)), Balsamic Vinegar (Wine Vinegar, Concentrated Grape Must, Potassium METABISULPHITE (E224)), Ground Nutmeg, Garlic, Ginger Puree, Cracked Black Pepper, Cinnamon	1426	341	20	12	1.4	0.8
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	21	10	1.6	1.1

WESTFIELD SPECIFIC MENU

Product	Vegetarian?	Vegan?	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturates (g)	Sugars (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)], Smashed Avocado [Hass Avocado, Lime Juice, Salt, Ground Black Pepper], Sourdough Bread [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, RYE Flour, Wholemeal WHEAT Flour, WHEAT Ferment (4.1%) (Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water), Salt, Yeast], EGG, Rapeseed Oil	3776	903	46	17	9.7	4.5
Halloumi	Y		Halloumi Cheese [Cow, Sheep and Goat's MILK, Salt, Rennet (Non-Animal)]	775	186	14	8.5	1.3	1.7

CO-OP SPECIFIC MENU

Product	Vegetarian?	Vegan?	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturates (g)	Of which sugars (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	22	9.1	2.8	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	13	61	3.4	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	34	14	6.9	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	13	2.8	5.4

Product	Vegetarian?	Vegan?	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturates (g)	Of which sugars (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	11	2.8	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	21	2.5	5.5	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	41	6.1	3.2	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	59	17	7.0	6.5