SOHO

SINCE 1999

COFFEE

# INGREDIENT & NUTRITION GUIDE (FOOD)

2026

Version 16: 9th November 2026

**Please speak to a member of our team before ordering if you have any allergies or dietary requirements. All products stored in our chillers have a back of pack label with a full ingredients list with allergens highlighted.**

**Our food is handmade in our own busy kitchen and behind the counter in stores, where we handle many ingredients including nuts. If you have a severe allergy, our food may not be suitable for you.**

**Whilst we do our best to manage allergens we cannot guarantee that any of our food or drinks are 100% 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, so our recipes may change from time to time. If you have any dietary requirements or allergies, please check product labels and our allergen guide every time you order to ensure you have the most up-to-date information on the ingredients and allergens in our products.**

**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.

If you are interested in an ingredient that is not one of the allergens we list, check the label on the individual product, or look in our Nutritional Matrix.

SOHO
SINCE 1999
COFFEE

# Contents Page


| | |
|---|---|
| Bakery | Page 4 - 8 |
| Breakfast (not including travel locations) | Page 9 - 15 |
| Hot Lunch (not including travel locations) | Page 16 - 19 |
| Westfield Specific | Page 20 - 21 |
| Co-Op Specific | Page 22 - 24 |


Version 16: 9th November 2026

# 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 |
| Viennese Mince Pie NEW | Y | | Viennese Mince Pie [Mincemeat (50%) (Sugar, Apple Puree (Apple Puree, Acidity Regulator (Acetic Acid)), Raisins (Raisin, Sunflower Oil), Sultanas (Sultanas, Sunflower Oil), Currants (Currants, Sunflower Oil), Glucose-Fructose Syrup, Mixed Peel (Mixed Peel, Orange Peel, Glucose-Fructose Syrup, Lemon Peel, Sugar, Acidity Regulator (Citric Acid)), Vegetable Suet (Palm Oil, Rice Flour, Sunflower Oil), Modified Maize Starch, Ground Mixed Spice, Acidity Regulator (Citric Acid), Colour (Plain Caramel), Flavouring (Orange Oil, Lemon Oil)), Butter Pastry (Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Butter (**MILK**), Sugar, Free Range Whole **EGG**, Salt), Viennese Topping (14%) (Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Palm Oil, Rapeseed Oil, Icing Sugar, Water, Pasteurised Liquid Whole **EGG**, Salt), Sweet Snow Dusting (Dextrose, Sugar, Cornflour, Vegetable Oil). | 1540 | 368 | 15 | 7.7 | 33 | 0.3 |

**Key: Y** = Suitable for

SOHO COFFEE SINCE 1999

| 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**, Salt], Soft Brown Sugar, Golden Syrup], **MILK** Chocolate (15%) [Sugar, Cocoa Butter, 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], Sauce (Glucose Syrup, Sugar, Water, Humectant (Glycerol), Sweetened Condensed **MILK** (**MILK**, Sugar), Reconstituted Skimmed **MILK**, Light Brown Sugar, Dextrose, Modified Starch, Dark Muscovado Sugar, Salt, Butter (**MILK**), Devonshire Clotted Cream (0.5%) (**MILK**), Vegetable Oil (Rapeseed), Stablisers (Guar Gum, Xanthan Gum), Preservative (Potassium Sorbate), Colour (Plain Caramel), Flavourings, Natural Flavourings, Emulsifier (E435)), Sugar, Ground Cinnamon | 2209 | 527 | 24 | 16 | 26 | 1.3 |
| Chocolate Hazelnut Bauble Bread New | 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], Dark Chocolate Sauce [Sugar, Water, Glucose Syrup, Fat Reduced Cocoa Power, Dextrose, Humectant (Glycerol), Cocoa Butter, Flavour, Salt, Emulsifier (Rapeseed Lecithins), Acidity Regulator (Citric Acid), Preservative (Potassium Sorbate)], **HAZELNUTS** (**NUTS**), Gold Star Sprinkles [Sugar, Rice Flour, Glucose Syrup, Palm Oil, Stabilisers (Xanthan Gum, Gum Arabic), Vegetable Oil (Palm Oil, Rapeseed), Colours (Iron Oxides), Humectant (Glycerol), Dextrose, Fructose, Thickeners (E462 Ethyl Cellulose), Emulsifier (Mono - and Diglycerides of Fatty Acids)], | 2668 | 638 | 32 | 17 | 30 | 1.3 |

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.

| 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 |
| 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 |
| Cranberry & Orange Muffin New | Y | | Cranberry Muffin Mix [Muffin Mix [Sugar, **WHEAT** Flour (**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)], Orange Juice from Concentrate [Mandarin Orange Juice from Concentrate (70%), Orange Juice from Concentrate (30%)], Cranberries, Orange Syrup [Sugar, Water, Orange Juice From Concentrate (20%), Orange Flavouring, Acid (Citric Acid), Fruit & Vegetable Concentrates (Black Carrot & Elderberry)], Rapeseed Oil [Rapeseed Oil, Anti-foaming Agent (Dimethyl Polysiloxane)], Ground Cinnamon], 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)], Orange Glaze [Orange Juice from Concentrate [Mandarin Orange Juice from Concentrate (70%), Orange Juice from Concentrate (30%)], Icing Sugar (Icing Sugar, Maize Starch)], Candied Orange Peel (Orange Peel, Glucose-Fructose Syrup, Lemon Juice), Gold Stars [Sugar, Glucose Syrup, Palm Oil, Water, Emulsifiers (E414, E322, E464, E471), Stabiliser (E415), Humectant (E422), Colours (E104, E172, E104)] Warning: E104 in gold star may have an adverse effect on activity and attention in children. | 3062 | 730 | 33 | 4.0 | 65 | 0.64 |

**Key:** **Y** = Suitable for

SOHO COFFEE SINCE 1999

| 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, Emulsifier (**SOYA** Lecithin), Natural Vanilla Flavouring), Butter (**MILK**, Salt), Whole **MILK**, Chocolate (3%) (Sugar, Cocoa Mass, Cocoa Butter, 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 |
| 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 Powder (**MILK**), Emulsifier (**SOYA** Lecithin)), Vegetable Fat (Shea Butter, Water, Coconut Oil, Rapeseed Oil, Salt, Carrot Juice, Emulsifier (Lecithins (Rapeseed, Sunflower)), Lemon Juice, Natural Flavouring), Butter (**MILK**, Salt), 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, Nutmeg, 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

**Not including travel locations**

| 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 | | | | | |
| 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 |
| Bacon Sourdough Sandwich NEW | | | 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], Smoked Back Bacon [Pork Loin, Salt, Glucose, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nitrite] | 2877 | 688 | 24 | 10 | 2.0 | 2.5 |
| Triple Sausage Rustic Roll | | | Lincolnshire Sausage [Pork, Water, Rusk (**WHEAT** Flour (**WHEAT** Flour, 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 |
| Sausage Sourdough Sandwich NEW | | | Lincolnshire Sausage [Pork, Water, Rusk (**WHEAT** Flour (**WHEAT** Flour, 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)], 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] | 3728 | 893 | 35 | 12 | 1.5 | 3.2 |
| 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 |

**Key:** **Y** = Suitable for

SOHO COFFEE SINCE 1999

| 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 | 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 | 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 |
| 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 |

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.

**Key:** **Y** = Suitable for

SOHO COFFEE SINCE 1999

| 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 | 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**), Sauce (Glucose Syrup, Sugar, Water, Humectant (Glycerol), Sweetened Condensed **MILK** (**MILK**, Sugar), Reconstituted Skimmed **MILK**, Light Brown Sugar, Dextrose, Modified Starch, Dark Muscovado Sugar, Salt, Butter (**MILK**), Devonshire Clotted Cream (0.5%) (**MILK**), Vegetable Oil (Rapeseed), Stablisers (Guar Gum, Xanthan Gum), Preservative (Potassium Sorbate), Colour (Plain Caramel), Flavourings, 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 | 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 |

**Key:** **Y** = Suitable for

SOHO COFFEE SINCE 1999

| 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 | 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 |

**Key:** **Y** = Suitable for

SOHO COFFEE SINCE 1999

| 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 |
| Cheesy 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 |
| 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 |

**Key: Y** = Suitable for

| 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

**Not including travel locations**

**Key:** **Y** = Suitable for

SOHO COFFEE SINCE 1999

| 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 | | | 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] | 4017 | 953 | 50 | 11 | 7.6 | 1.3 |
| Cheddar & Beans Loaded Spud | 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] | 2846 | 673 | 16 | 4.9 | 14 | 1.5 |
| Cheddar & Spring Onion Loaded Spud | 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] | 4026 | 960 | 57 | 14 | 8.7 | 1.0 |
| BBQ Chicken & Cheddar Loaded Spud | | | Potato, BBQ Chicken Mix [Roasted Chicken Breast Strips (Chicken Breast (93%), Water, Rice Starch, Salt, Dextrose, D-xylose, Maltodextrin, Stabilisers (Sodium Bicarbonate), Acidity Regulators (Trisodium Citrate)), Water, Glucose Syrup, Tomato Paste, Chipotle Chilli, Tomato Purée, Onion, Spirit Vinegar, Garlic Puree, Salt, Sugar, Molasses, **BARLEY** Malt Extract, Coriander, Acidity Regulator (Acetic Acid), Thickener (Modified Starch, Corn Flour), Colour (Caramel), Flavouring, 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] | 3431 | 813 | 29 | 13 | 10 | 2.4 |
| Pulled Beef Chilli & Avocado Loaded Spud | | | 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] | 3239 | 767 | 30 | 11 | 12 | 1.6 |
| Turkey and Trimmings Loaded Spud New | | | Potato, Turkey Filling Mix [Mayonnaise (35%) [Rapeseed Oil, Water, Sugar, Modified Maize Starch, Free Range **EGG** Yolk Powder (0.8%), Stabiliser (Xanthan Gum), Salt, Preservatives (Acetic Acid, Potassium Sorbate) , Colour (Lutein)], Turkey (30%) [Turkey, Salt, Dextrose, Stabilisers (E450, E451), Pepper], Cranberry Sauce (15%) [Cranberries (42%), Sugar, Water, Cornflour], Ham (10%) [Pork, Salt, Dextrose, Stabilisers (E450, E451) Antioxidant (E301), Preservative (E250)], Bacon (10%) [Pork Bacon, Salt, Glucose, Antioxidant (Sodium Ascorbate), Preservative ( Sodium Nitrite)]] Cranberry Sauce (Sugar, Cranberries, Water, Gelling Agent (Pectin), Acidity Regulator (Trisodium Citrate), Preservative (Potassium Sorbate)), Salted Butter [**MILK**, Salt], Crispy Fried Onions [Onions, Sunflower Oil, Corn Starch, Salt], Orange Juice [Orange Juice From Concentrate (100%)], Ground Mixed Spice (Cinnamon (Cassia), Coriander, Clove, Pimento, Ginger, Nutmeg) | 4209 | 999 | 48 | 13 | 20 | 1.9 |

| 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 | 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] | 2304 | 550 | 27 | 6.1 | 9.3 | 3.0 |
| BBQ Chicken & Cheddar Topped Rosti Bites | | | Rosti Bites [Potatoes, Sunflower Oil, Onion Powder, Salt, Stabiliser (E450), White Pepper], BBQ Chicken Mix [Roasted Chicken Breast Strips (Chicken Breast (93%), Water, Rice Starch, Salt, Dextrose, D-xylose, Maltodextrin, Stabilisers (Sodium Bicarbonate), Acidity Regulators (Trisodium Citrate)), Water, Glucose Syrup, Tomato Paste, Chipotle Chilli, Tomato Purée, Onion, Spirit Vinegar, Garlic Puree, Salt, Sugar, Molasses, **BARLEY** Malt Extract, Coriander, Acidity Regulator (Acetic Acid), Thickener (Modified Starch, Corn Flour), Colour (Caramel), Flavouring, 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] | 2314 | 553 | 27 | 6 | 4.6 | 3.5 |
| Pulled Beef Chilli & Avo Topped Rosti Bites | | | 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] | 2171 | 519 | 28 | 3.8 | 6.7 | 2.7 |
| Turkey & Trimmings Topped Rosti Bites New | | | Rosti Bites [Potatoes, Sunflower Oil, Onion Powder, Salt, Stabiliser (E450), White Pepper], Turkey Filling Mix [Mayonnaise (35%) [Rapeseed Oil, Water, Sugar, Modified Maize Starch, Free Range **EGG** Yolk Powder (0.8%), Stabiliser (Xanthan Gum), Salt, Preservatives (Acetic Acid, Potassium Sorbate), Colour (Lutein)], Turkey (30%) [Turkey, Salt, Dextrose, Stabilisers (E450, E451), Pepper], Cranberry Sauce (15%) [Cranberries (42%), Sugar, Water, Cornflour], Ham (10%) [Pork, Salt, Dextrose, Stabilisers (E450, E451) Antioxidant (E301), Preservative (E250)], Bacon (10%) [Pork Bacon, Salt, Glucose, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)]], Cranberry Sauce (Sugar, Cranberries, Water, Gelling Agent (Pectin), Acidity Regulator (Trisodium Citrate), Preservative (Potassium Sorbate)), Crispy Fried Onions [Onions, Sunflower Oil, Corn Starch, Salt], Orange Juice [Orange Juice From Concentrate (100%)], Ground Mixed Spice (Cinnamon (Cassia), Coriander, Clove, Pimento, Ginger, Nutmeg) | 3142 | 751 | 47 | 5.7 | 15 | 3.0 |

**Key:** **Y** = Suitable for

SOHO COFFEE SINCE 1999

| 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, Breadcrumb (**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 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 Powder (Modified Starch, Palm Oil, Whey (**MILK** Powder, 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

**Key: Y** = Suitable for

SOHO COFFEE SINCE 1999

| 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 |