

NUTRITION & ALLERGEN GUIDE

SPRING TO SUMMER
(MARCH TO MAY 2022)

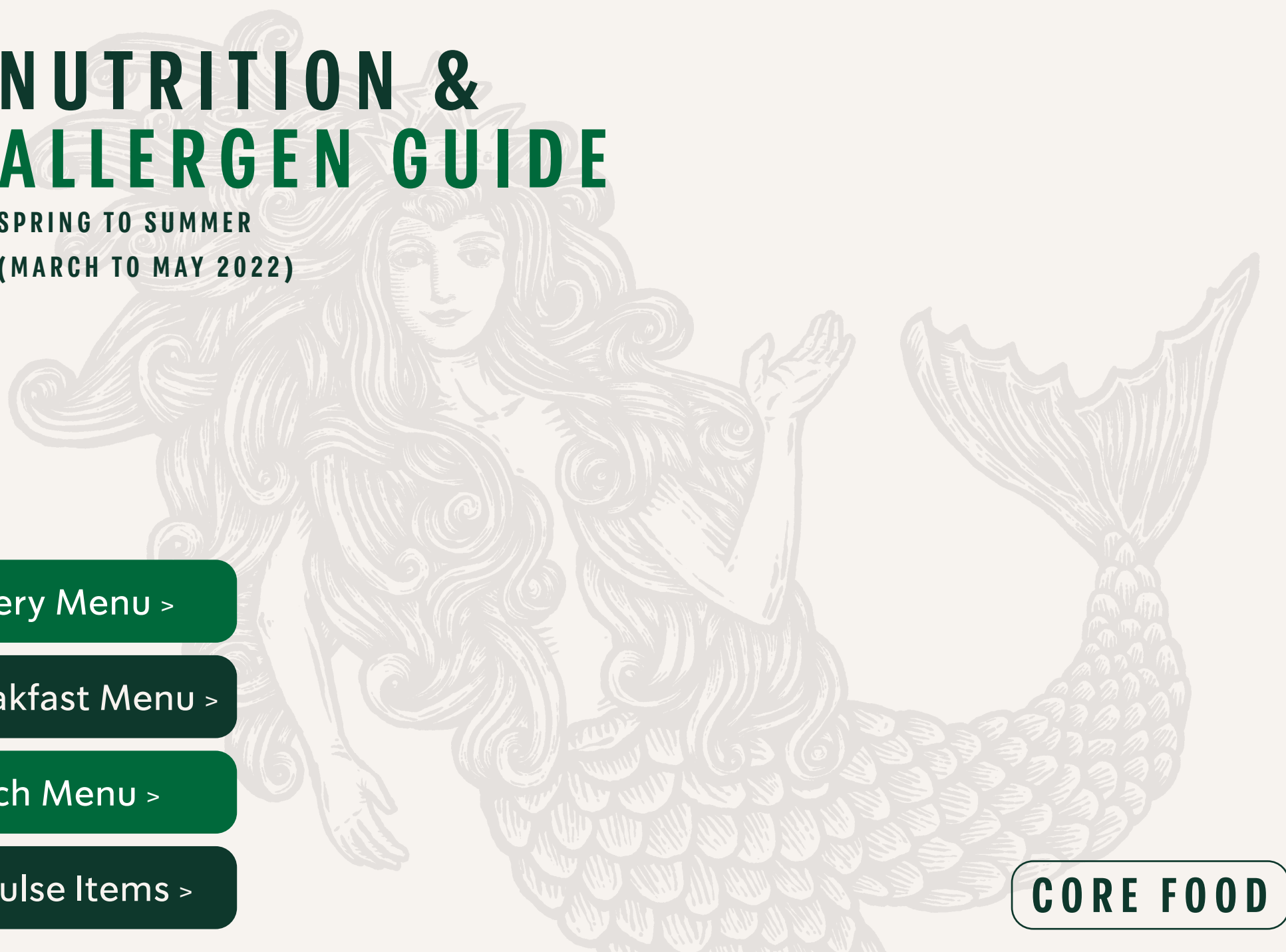
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CORE FOOD



This guide will provide nutritional and allergen information for core food. Allergens can be found in **BOLD CAPITALS** within the ingredient declaration. Please ensure you take extra care to identify all the possible allergens present in our food, if you require support please ask one of our trained baristas.

Within this booklet it will provide information on the following 14 allergens:

- **Cereals Containing Gluten**
(Wheat, Rye, Barley, Oats, Spelt, Kamut)
- **Nuts**
(Almond, Hazelnut, Walnut, Cashew, Pecan Nut, Brazil Nut, Pistachio Nut, Macadamia Nut, Queensland Nut)
- **Egg**
- **Milk**
- **Soya**
- **Fish**
- **Crustaceans**
- **Sesame**
- **Celery**
- **Mustard**
- **Peanuts**
- **Sulphur Dioxide and Sulphites**

Cross Contamination

Due to the nature of how our partners handle our bakery and heated food items equipment and utensils there is a risk of cross-contamination of other allergens. Whilst our partners try to keep things separate there is no guarantee any item is allergen free. Please remember to check this information regularly as we're always working on our recipes. For more allergen information please ask your barista.

This information is updated regularly to reflect our procedures instore. Please check www.starbucks.co.uk for the most up to date information.

Bakery Menu

Product	Suitable for Vegetarian	Suitable for Vegan	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Croissants and Morning Pastries												
Almond Croissant	Y	N	WHEAT flour, butter (17%) (MILK), water, ALMOND paste (11%) [sugar, ALMOND , glucose syrup, humectant: glycerol, ALMOND , stabiliser: sorbitol, natural ALMOND flavouring], slivered ALMONDS (6%), sugar, yeast, icing sugar [dextrose, maize flour, palm oil], EGG , WHEAT gluten, salt, modified maize starch, emulsifier: rapeseed lecithin, acidity regulator: ascorbic acid.	1425	341	19	11	35	10	1.9	6.6	0.62
Banana Bread	Y	N	Wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], sugar, banana pulp [banana, antioxidant: ascorbic acid], sugar, pasteurised free range EGG , rapeseed oil, banana, PECANS , WALNUTS , light soft brown sugar, sweetened dried banana coins [banana, coconut oil, sugar, natural banana flavouring], baking powder [raising agents: disodium diphosphate, potassium hydrogen carbonate], raising agent: sodium bicarbonate, salt, preservative: potassium sorbate	1564	374	20	2.3	42	19	1.9	5.6	0.53
Chocolate Twist	Y	N	Water, WHEAT flour, sugar, chocolate (13%) [sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier: SOYA lecithin, natural vanilla flavouring], butter (8.4%) (MILK), modified starch, yeast, sugar, free range EGG , whey powder (MILK), skimmed MILK powder, salt, WHEAT gluten, stabilisers: calcium acetate, tetrapotassium diphosphate, disodium phosphate; carrot extract, flour treatment agent: ascorbic acid, natural flavouring, paprika extract, turmeric extract.	1147	274	12	7.3	36	16	2.2	4.3	0.55
Cinnamon Swirl	Y	N	Fortified wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], water, sugar, free range pasteurised EGG , sultanas (5%), palm stearin, rapeseed oil, yeast, ground cinnamon, dextrose, invert sugar, emulsifiers: mono and diglycerides of fatty acids, mono and diacetyl tartaric acid esters of mono and diglycerides of fatty acids, sodium stearoyl lactate, sorbitan monostearate; WHEAT starch, skimmed MILK powder, salt, orange zest, raising agents: monocalcium phosphate, disodium phosphate, sodium bicarbonate; natural flavouring, colour: carotenes; flour treatment agent: ascorbic acid; glucose syrup, whey protein concentrate (MILK), creme fraiche powder (MILK), acidity regulators: citric acid, acetic acid, potassium hydroxide; stabilisers: agar, locust bean gum, xanthan gum; sunflower oil, WHEAT flour, skimmed MILK powder, orange concentrate, natural flavouring, butter (MILK), gelling agent: pectin.	2016	479	13	3.9	78	28	2.8	11.0	0.70
Pain au Chocolat	Y	N	WHEAT flour, butter (21%) (MILK), water, chocolate (10%) [sugar, cocoa mass, cocoa butter, emulsifier: SOYA lecithin, natural vanilla flavouring], sugar, yeast, MILK powder, WHEAT gluten, EGG wash [EGG], salt, emulsifier: rapeseed lecithin, flour treatment agent: ascorbic acid.	1311	314	17	11	33	9.8	2.0	6.2	0.37
Pain Au Chocolat (at selected stores)	Y	N	WHEAT flour, butter (21%) (MILK), water, chocolate (11%) (sugar, cocoa mass, cocoa butter, emulsifier (E322 (SOYA))), sugar, yeast, wheat gluten, EGGS , salt, flour treatment agent (E300), enzyme.	1225	293	17	10	29	8.2	2.1	5.8	0.5
Butter Croissant	Y	N	WHEAT flour, butter (23%) (MILK), water, sugar, yeast, MILK powder, WHEAT gluten, EGG wash [EGG], salt, emulsifier: rapeseed lecithin, flour treatment agent: ascorbic acid.	1083	259	14	9	27	5.4	1.4	5.6	0.36
Butter Croissant (at selected stores)	Y	N	WHEAT flour, water, butter (18%) (MILK), sugar, yeast, WHEAT gluten, EGGS , salt, natural flavouring (MILK), emulsifier: E 472e, flour treatment agent: E 300, colour: carotene from natural origin, enzyme.	1397	334	39	5.5	2.0	16	9.9	6.9	0.96
Luxury Fruit Toast	Y	N	Fortified wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], raisins (22%) [raisins, sunflower oil], water, dried cranberries (5%) [cranberries, sugar, sunflower oil], palm oil, free range pasteurised EGG , sugar, yeast, rapeseed oil, dextrose, invert sugar syrup, salt, lemon zest, emulsifiers: mono and diglycerides of fatty acids, esters of mono- and diglycerides, sodium stearoyl lactate; colour: carotenes, flour treatment agent: ascorbic acid.	1901	452	10	3.8	80	39	11	4.9	0.55

Bakery Menu

Product	Suitable for Vegetarian	Suitable for Vegan	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Croissants and Morning Pastries (Welcome Break)												
Almond Croissants	Y	N	Almond filling (32%) (sugar, ALMOND , water, honey), WHEAT flour, butter (MILK) (16%), flaked ALMONDS , EGG , sugar, icing sugar (dextrose, corn flour, palm oil), yeast, WHEAT gluten, salt, flour treatment agent: ascorbic acid.	1635	392	22	9.7	40	22	2.6	8	0.56
Butter Croissant	Y	N	WHEAT flour, butter (28%) (MILK), water, sugar, yeast, EGGS , WHEAT gluten, salt, emulsifier : E 471, flour treatment agent E 300.	870	209	12	8	20	3	1.3	4.4	0.56
Pain au Chocolat	Y	N	WHEAT flour, butter (22%) (MILK), water, chocolate (11%) [sugar, cocoa mass, cocoa butter, emulsifier: soya lecithin], sugar, yeast, EGG , wheat gluten, salt, emulsifier: E 471, flour treatment agent: E 300.	1165	279	16	10	28	7.7	2.1	5.8	0.7
Pain aux Raisins	Y	N	Creme patissiere (31.6%) (whole MILK , sugar, EGGS , water, modified starches, whey powder (MILK), whole MILK powder, maltodextrin, natural flavourings, carrot concentrate, thickener (E415)), WHEAT flour, fine butter (15.3%) (MILK), sultanas (10.8%), water, cane sugar (3.6%), yeast, WHEAT gluten, EGGS , salt, whole MILK powder, sugar, wheat sourdough (water, fermented WHEAT flour), colour (carotenes from natural origin), flour treatment agent (E300)	1477	352	16	10	45	21	1.8	6.5	0.73
Cakes												
Lemon Loaf Cake	Y	N	Sugar, pasteurised free range EGG , wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], vegetable margarine [vegetable oils (palm, rapeseed), salt, emulsifier: polyglycerol esters of fatty acids, natural flavouring, colours: annatto bixin, curcumin], salted butter [butter (MILK), salt], ALMONDS , lemon juice (4%), lemon zest (2%), cream (MILK), lemon curd (2%) [sugar, free range EGG , salted butter (butter (MILK), salt), concentrated lemon juice, lemon oil, gelling agent: agar], icing sugar, emulsifiers: native starch, mono and di glycerides of fatty acids, polyglycerol esters of fatty acids; natural lemon flavouring, baking powder [raising agents: disodium diphosphate, potassium hydrogen carbonate], caramelised lemon zest (0.5%) [sugar, lemon zest], preservative: potassium sorbate, invert sugar syrup, acidity regulator: citric acid, thickeners: cellulose, guar gum.	1660	397	23	11	41	18	1.4	5.9	0.54
Sea Salted Caramel & Pecan Swirl	Y	N	Wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], salted caramel icing (13%) [sweetened condensed MILK (MILK , sugar, lactose (MILK)), partially inverted refiners syrup, glucose syrup, palm kernel oil, unsalted butter (MILK), sugar, palm oil, gelling agent: pectin; emulsifiers: rapeseed lecithin (E322), sorbitan tristearate (E492); dried glucose syrup, salt, sea salt, colour: beta carotene (E160a); preservative: potassium sorbate (E202)], free range EGG , sugar, unsalted butter (MILK), PECANS (3%), palm oil, partially inverted sugar syrup, yeast, dextrose, salt, rapeseed oil, natural flavouring, emulsifier: mono and diglycerides of fatty acids (E471); caramelised sugar [caramelised sugar syrup, maltodextrin], colour: carotenes, stabiliser: guar gum (E412); raising agents: disodium diphosphate (E450), potassium hydrogen carbonate (E501); acid: ascorbic acid.	1692	403	14	6	58	19	2.3	10	0.75
Cookies												
Chocolate Chunk Cookie	Y	N	Fortified wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], dark chocolate (24%) [cocoa mass, sugar, cocoa butter, emulsifier: SOYA lecithin, natural vanilla flavouring], sugar, butter (MILK), free range pasteurised EGG , raising agents: monocalcium phosphate, potassium hydrogen carbonate; WHEAT fibre, lactose powder (MILK), glucose fructose syrup, whey powder (MILK), flavouring, invert sugar, salt, rapeseed oil.	1509	361	18	11	44	25	2.3	4.5	0.08
Chocolate Chunk Shortbread	Y	N	Fortified wheat flour [WHEAT flour, calcium, iron, niacin, thiamin], butter (MILK), chocolate chunks [cocoa mass, sugar, emulsifier: SOYA lecithin, flavouring], sugar, pasteurised free range EGG .	1861	445	25	16	48	18	1.8	6.2	0.03

Bakery Menu

Product	Suitable for Vegetarian	Suitable for Vegan	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Muffins												
Blueberry Muffin	Y	N	Fortified wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], sugar, free range pasteurised EGG , rapeseed oil, blueberries (10%), wild blueberry filling (8%) [sugar, blueberry, water, glucose-fructose syrup, modified maize starch, acid: citric acid, gelling agent: pectin, thickener: cellulose, preservative: potassium sorbate, natural blueberry flavouring], humectant: vegetable glycerine, WHEAT starch, WHEAT flour, palm oil, raising agents: sodium acid pyrophosphate, monocalcium phosphate, sodium bicarbonate, potassium carbonates; lemon zest, potato starch, emulsifier: mono and diglycerides of fatty acids, WHEAT gluten, rapeseed oil, free range EGG white powder, whey powder (MILK), flavouring, stabiliser: xanthan gum, preservative: potassium sorbate, rapeseed oil.	1733	414	20	3.1	52	23	1.3	5.8	0.38
Cookies & Cream Cheesecake Muffin	Y	N	Cheesecake filling (MILK) [full fat soft cheese (MILK) (skimmed MILK , cream (MILK), permeate, salt, modified tapioca starch, stabilisers: locust bean gum, xanthan gum; starter culture, icing sugar, free range EGG , fortified wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), preservative: potassium sorbate; anti-caking agent: tricalcium phosphate; natural flavouring], rapeseed oil, free range EGG , sugar, water, white chocolate chunks [sugar, whole MILK powder, cocoa butter, emulsifier: SOYA lecithin; natural vanilla flavouring], fortified WHEAT flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], humectant: vegetable glycerine; cookie crumble topping [fortified WHEAT flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), sugar, vegetable fat (shea kernel oil, palm oil, emulsifier: sunflower lecithin; citric acid), cocoa powder, salt, raising agent: sodium bicarbonate], cocoa powder, WHEAT starch, WHEAT flour, raising agents: mono calcium phosphate, diphosphates, sodium hydrogen carbonate, potassium carbonates; potato starch, emulsifier: mono and di glycerides of fatty acids; WHEAT GLUTEN , colour: carbon black; free range EGG white powder, whey powder (MILK), stabiliser: xanthan gum.	1898	454	24	7.3	52	27	0.9	7	0.55
Lemon Muffin	Y	N	Fortified wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], sugar, free range pasteurised EGG , rapeseed oil, lemon curd filling (10%) [sugar, free range pasteurised EGG , salted butter (MILK), concentrated lemon juice (contains sodium potassium metabisulphite (SULPHITES), water, lemon oil, gelling agent: agar], humectant: vegetable glycerine, nibbed sugar, WHEAT starch, WHEAT flour, raising agents: sodium acid pyrophosphate, monocalcium phosphate, sodium bicarbonate, potassium carbonates; potato starch, emulsifier: mono and diglycerides of fatty acids, lemon zest, water, WHEAT gluten, free range EGG white powder, whey powder (MILK), lemon pulp, thickeners: xanthan gum, locust bean gum; natural lemon flavouring, colour: lutein extract, preservative: potassium sorbate, gelling agent: agar, acid: citric acid, natural flavouring.	1795	428	20	3.2	56	29	0.7	5.7	0.39
Bars & Traybakes												
Chocolate Caramel Shortbread	Y	N	Wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], salted butter [butter (MILK), salt], sweetened condensed milk [MILK , sugar], milk chocolate (15%) [sugar, cocoa butter, whole MILK powder, cocoa mass, emulsifier: SOYA lecithin, vanilla extract], vegetable margarine [vegetable oils (palm, rapeseed), salt, emulsifier: mono and diglycerides of fatty acids, natural colourings: annatto, bixin, curcumin; natural flavouring], partially inverted refiners syrup, white chocolate flavoured compound [sugar, palm oil, whey powder (MILK), wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), emulsifier: SOYA lecithin, natural flavouring], icing sugar, soft light brown sugar, palm oil, corn flour, whey powder (MILK), cocoa butter, natural vanilla flavouring, emulsifier: mono- and diglycerides of fatty acids.	1628	390	23	14	41	23	0.9	4.3	0.45
Cookies & Cream Brownie	Y	N	Sugar, dark chocolate [sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, Emulsifier: SOYA lecithin, vanilla extract], pasteurised free range EGG , white chocolate [sugar, cocoa butter, whole MILK powder, emulsifier: SOYA lecithin, vanilla extract], milk chocolate [sugar, cocoa butter, whole MILK powder, cocoa mass, emulsifier: SOYA lecithin, vanilla extract], salted butter [butter (MILK), salt], ground ALMONDS , mini cookies [WHEAT flour, sugar, palm oil, rapeseed oil, fat reduced cocoa powder, WHEAT starch, glucose fructose syrup, salt, raising agents: potassium hydrogen carbonate, sodium hydrogen carbonate, ammonium hydrogen carbonate; emulsifiers: SOYA lecithin, sunflower lecithin; vanilla flavouring], wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], full fat cream cheese (MILK), cocoa powder, cocoa mass, natural vanilla flavouring, double cream (MILK), black cocoa powder, baking powder [raising agents: disodium diphosphate, potassium hydrogen carbonate; wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin)], salt.	1524	366	23	13	33	26	2.9	5.2	0.61

Breakfast Menu

Product	Suitable for Vegetarian	Suitable for Vegan	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Breakfast Sandwiches & Savoury Muffins												
Beyond Meat® Breakfast Sandwich	Y	Y	Breakfast roll [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, RYE flour, yeast, durum WHEAT semolina, malted WHEAT flour, salt, flour treatment agent: ascorbic acid], Beyond Meat® patty (28%) [water, pea protein, rapeseed oil, refined coconut oil, flavouring, yeast, rice protein, stabiliser: methylcellulose, apple fibre, smoke flavouring, salt, spices, apple extract, pomegranate extract, maize vinegar, concentrated lemon juice, yeast extract, garlic powder, emulsifier: sunflower lecithin, onion powder, carrot powder], coconut oil alternative to cheese (11%) [water, coconut oil, modified starch, potato starch, sea salt, flavouring, olive extract, colour: beta carotene, vitamin B12], tofu (8%) [water, SOYA beans, sea salt, nigari], signature tomato relish [tomatoes, sugar, tomato paste, red wine vinegar, roasted tomatoes (roasted tomatoes, tomato concentrate, sunflower oil, olive oil, salt, oregano, sugar, garlic), rapeseed oil, red chilli purée, cornflour, onion, lemon juice, garlic purée, ginger purée, salt, oregano, black pepper], Sheese® coconut oil alternative to cheese (3%) [coconut oil, SOYA protein concentrate, salt, acidity regulator: lactic acid, sugar, tricalcium citrate, thickener: carrageenan, flavouring], ground turmeric.	1784	425	17	9	46	3.1	5.3	20	2.1
Cheese & Marmite® Mini Ciabatta	Y	N	Ciabatta roll [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, yeast, salt, vegetable oils (palm, rapeseed), emulsifier: mono- and diglycerides of fatty acids, sunflower oil], mature Cheddar cheese (32%) (MILK), béchamel sauce [whole MILK , water, single cream (MILK), salted butter (butter (MILK), salt), wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), cornflour, salt, white pepper, ground bay leaf], Marmite® yeast extract (5%) [yeast extract (contains BARLEY , WHEAT , OATS , RYE), salt, vegetable juice concentrate, vitamins (thiamine, riboflavin, niacin, vitamin b12, folic acid), natural flavouring (contains CELERY)], cornflour.	1479	352	12	7.2	41	3	1.9	19	1.6
Ham & Cheese Croissant	N	N	All butter croissant [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), unsalted butter (MILK) (13%), water, sugar, yeast, salt, pasteurised free range whole EGG , flour treatment agent (ascorbic acid)], formed hickory smoked ham (28%) [pork, salt, muscovado sugar, stabiliser: triphosphates, antioxidant: sodium ascorbate, preservative: sodium nitrite], medium mature Cheddar cheese (MILK) (14%).	1934	463	25	14	36	5.5	4.1	21	1.7
Signature Breakfast Sandwich	N	N	Pretzel roll [WHEAT flour, water, rapeseed oil, yeast, fermented WHEAT flour, salt, malted WHEAT flour, WHEAT gluten, flour treatment agent: ascorbic acid, acidity regulator: sodium hydroxide], beechwood smoked bacon (13%) [pork belly, sugar, salt, emulsifier (sodium triphosphate), honey, preservative (sodium nitrite)], scrambled egg (11%) [pasteurised free range EGG , water, rapeseed oil, tapioca starch, skimmed MILK powder, lemon juice, salt, white pepper], mature Cheddar cheese (10%) (MILK), signature tomato relish [water, tomato, sugar, tomato paste, red wine vinegar, roasted tomato (roasted tomato, tomato concentrate, sunflower oil, olive oil, salt, oregano, sugar, garlic), rapeseed oil, red chilli purée, cornflour, onion, lemon juice, garlic purée, ginger purée, salt, oregano, black pepper], béchamel sauce [whole MILK , water, single cream (MILK), butter (cream (MILK), salt), wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), cornflour, salt, white pepper, ground bay leaf].	1665	396	14	5.3	46	5.4	1	21	2.6
Sausage Sandwich	N	N	British pork chipolata sausage (53%) [pork (87%), water, rusk (WHEAT flour (calcium carbonate, iron, niacin, thiamin), salt), dextrose, pea fibre, salt, spices (coriander, ground black pepper, mace, nutmeg, onion powder, white pepper), pork collagen casing, dried sage, yeast], white roll [WHEAT flour (calcium carbonate, iron, niacin, thiamin), water, sugar, vegetable fats (palm, rapeseed), yeast, salt, WHEAT flour, emulsifier: mono- and diglycerides of fatty acids, flour treatment agent: ascorbic acid].	2146	513	26	8.8	50	5.3	2.8	19	2.27
Smoked Bacon Roll	N	N	White roll [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, sugar, vegetable oils (palm, rapeseed), yeast, salt, emulsifier: mono- and diglycerides of fatty acids, flour treatment agent: ascorbic acid], hickory smoked back bacon (25%) [pork loin (96%), water, salt, antioxidant: sodium ascorbate, preservatives: potassium nitrate, sodium nitrite], hickory smoked streaky bacon (8%) [pork belly (97%), salt, antioxidant: sodium ascorbate, preservative: sodium nitrite]. May also contain traces of egg, milk and soya.	1404	334	11	4.0	39	3.4	2.4	19	1.89
Porridge, Fruit & Yoghurt												
5 Grain Oatmeal	Y	Y	Water, soya drink (26%) (water, hulled SOYA beans (9%), apple extract, acidity regulator (monopotassium phosphate, dipotassium phosphate), calcium carbonate, sea salt, stabiliser (gellan gum), vitamins [riboflavin (B2), B12, D2]), gluten free OATS (11%), coconut cream (coconut, water), red rice (1%), linseed (0.7%), quinoa (0.5%), wild rice (0.3%), cinnamon powder	934	223	10	6	24	2.4	3.6	7.5	0.09
Berry Crunch	Y	N	Greek style yoghurt (45%) (MILK), summer berry compote (23%) [sugar, strawberries, blackberries, water, blueberries, redcurrants, cornflour, lemon juice, natural flavouring, gelling agent: pectin], low fat natural yogurt (18%) (MILK), puffed rice granola and seed blend (11%) [OAT flakes, honey, quinoa, pumpkin seeds, sunflower seeds, brown rice flour, agave syrup, sunflower oil], cornflour.	1099	262	11	5.1	31	16	4.1	7.8	0.14
Banana (per unit =whole)	Y	Y	Banana	448	109	0.5	0.1	28	15	3.2	1.3	0.00
Mango	Y	Y	Mango	356	84	<0.5	0.1	18	17	1.9	1	0

Lunch Menu

Product	Suitable for Vegetarian	Suitable for Vegan	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Hot Sandwiches												
Five Cheese Toastie	Y	N	White sourdough bloomer [water, wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), SPELT (WHEAT) flour, RYE flour, WHEAT flour, salt, durum WHEAT flour, durum WHEAT semolina, yeast, antioxidant: ascorbic acid], béchamel sauce [whole MILK , water, single cream (MILK), American style mustard (water, spirit vinegar, MUSTARD flour, ground yellow MUSTARD bran, cornflour, ground turmeric, salt), cornflour, salted butter (butter (MILK), salt), wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), salt, white pepper, ground bay leaf], mozzarella full fat soft cheese (6%) (MILK), Cheddar cheese (6%) (MILK), Eatlean™ low fat cheese (4%) (MILK), smoke flavoured cheese (4%) [Cheddar cheese (MILK), smoke flavouring, paprika powder], Emmental cheese (3%) (MILK), cornflour, potato starch.	1621	386	13	8	49	3.5	2.3	17	1.7
Gluten Free Ham & Cheese Panini	N	N	Gluten free ciabatta roll [water, thickeners: cellulose, hydroxypropyl methyl cellulose, sodium carboxymethylcellulose, xanthan gum, rice flour, tapioca starch, maize starch, psyllium husk powder, potato starch, wholegrain maize flour, free range EGG white powder, golden syrup, yeast, rapeseed oil, rice starch, preservatives: sodium propionate, sorbic acid, iodised salt, rice bran, acidity regulator: sodium carbonate], smoked formed ham (16%) [pork, salt, dextrose, stabiliser: pentapotassium triphosphate, antioxidant: sodium ascorbate, preservative: sodium nitrite], gluten free cheese sauce [water, mature Cheddar cheese (MILK), cornflour, double cream (MILK), skimmed MILK powder, whey butter (MILK), rapeseed oil, onion purée, salt, emulsifier: disodium phosphate, Dijon mustard (water, MUSTARD seeds, spirit vinegar, salt), MUSTARD powder, white pepper, nutmeg], mature Cheddar cheese (7%) (MILK), American style mustard [water, spirit vinegar, MUSTARD flour, yellow MUSTARD bran, cornflour, ground turmeric, salt].	1464	349	9.9	4.7	41	1.1	14	17	2.5
Hickory Ham & Cheese Toastie	N	N	White sourdough bloomer [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), SPELT (WHEAT) flour, water, RYE flour, durum WHEAT semolina, salt, durum WHEAT flour, yeast, antioxidant: ascorbic acid], béchamel sauce [whole MILK , single cream (MILK), cornflour, wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), butter (MILK), salt, white pepper, ground bay leaf], hickory smoked formed ham (15%) [pork, salt, light muscovado sugar, stabiliser: triphosphates, antioxidant: sodium ascorbate, preservative: sodium nitrite], mozzarella cheese (5%) (MILK), Cheddar cheese (5%) (MILK), low fat cheese (3%) (MILK), smoke flavoured Cheddar cheese (3%) [Cheddar cheese (MILK), smoke flavouring, paprika powder], Emmental cheese (2%) (MILK), American style mustard [spirit vinegar, MUSTARD flour, MUSTARD bran, cornflour, ground turmeric, salt], cornflour, potato starch.	1762	419	13	7.7	46	4	2.9	28	2.2
Tomato & Mozzarella Panini	Y	N	Ciabatta roll [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, salt, yeast, olive oil, sunflower oil], full fat mozzarella cheese (21%) (MILK), tomato, semi-dried tomato [tomato, sunflower oil, salt, garlic, oregano], red pesto [sunflower oil, sundried tomato purée (water, sundried tomatoes, sunflower oil, white wine vinegar, salt), medium fat hard cheese (MILK), tomato paste, basil, lemon juice, sea salt], basil.	1857	442	14	6.3	56	8.1	3.8	21	2.3
Tuna Melt Panini	N	N	Ciabatta roll [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, salt, yeast, olive oil, sunflower oil], tuna (20%) [tuna (FISH), water, salt], mature Cheddar cheese (MILK), reduced fat mayonnaise [water, rapeseed oil, spirit vinegar, cornflour, free range salted egg yolk (free range EGG yolk, salt), sugar, citrus fibre, salt, stabiliser: pectin, concentrated lemon juice], sweetcorn [sweetcorn, water, salt, preservative: citric acid], béchamel sauce [whole MILK , water, single cream (MILK), salted butter (butter (MILK), salt), wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), cornflour, salt, white pepper, ground bay leaf], full fat mozzarella cheese (MILK), spring onions, chives, ground black pepper.	1898	450	12	5.4	56	5.2	3.2	28	2.4
Hot Box												
Mac & Cheese with Petit Pois & Kale	Y	N	Béchamel sauce (35%) [whole MILK , single cream (MILK), water, cornflour, wheat flour (WHEAT flour, calcium carbonate, niacin, iron, thiamin), salt, preservative: potassium sorbate], cooked macaroni pasta (35%) [water, durum WHEAT semolina, sunflower oil], cheese (8%) (MILK), blanched petit pois (6%), West Country Cheddar cheese (6%) (MILK), blanched kale (3%), mozzarella cheese (2%) (MILK), Dijon mustard [MUSTARD seeds, spirit vinegar, salt], salt.	2011	480	20	11	49	4.1	3.8	24	1.7

Lunch Menu

Product	Suitable for Vegetarian	Suitable for Vegan	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Cold Sandwiches												
BLT Sandwich	N	N	Malted bread [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, malted WHEAT flakes, WHEAT bran, malted BARLEY flour, salt, yeast, WHEAT gluten, spirit vinegar, emulsifiers: mono- and di-glycerides of fatty acids, mono- and di-acetyl tartaric acid esters of mono- and di-glycerides of fatty acids), malted WHEAT flour, vegetable oils (rapeseed, palm), flour treatment agent: ascorbic acid], beechwood smoked bacon (17%) [pork belly, sugar, salt, emulsifier: sodium triphosphate, honey, preservative: sodium nitrite], tomato (15%), mayonnaise [water, rapeseed oil, free range pasteurised salted egg yolk (EGG yolk, salt), cornflour, white wine vinegar, MUSTARD flour], lettuce.	2025	482	18	4.1	51	6.4	4.1	27	1.8
Free Range Egg & Mayo Sandwich	Y	N	Seeded farmhouse bread [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, linseed, sunflower seeds, millet seeds, yeast, BARLEY malt flour, salt, WHEAT gluten, poppy seeds, spirit vinegar, pumpkin seeds, preservative: calcium propionate, emulsifier: mono- and diacetyl tartaric esters of mono- and diglycerides of fatty acids, sugar, rapeseed oil, flour treatment agent: ascorbic acid], free-range hard boiled EGG (36%), mayonnaise [water, rapeseed oil, EGG yolk, cornflour, white wine vinegar, salt, MUSTARD flour], salad cress, Dijon mustard [water, brown MUSTARD seeds, spirit vinegar, salt], salt, black pepper.	2088	499	26	4.1	45	2.8	4.7	19	1.8

Impulse

Product	Suitable for Vegetarian	Suitable for Vegan	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Almond Biscotti	Y	N	WHEAT flour, sugar, ALMONDS (21%) free range EGGS , free range EGG yolk, butter (MILK), MILK , honey, raising agent: ammonium hydrogen carbonate, salt, natural flavours	842	201	7.9	1.8	28	15	2	4.6	0.1
Almonds, Cashews, Cranberries & Raisins	Y	Y	CASHEW NUTS (25%), ALMONDS (25%), raisins 25% [raisins, SULPHUR DIOXIDE , sunflower oil] juice infused cranberries (25%) [pineapple sugar, dried cranberries, pineapple juice concentrate, sunflower oil].	975	233	12	1.5	25	17	3	5.4	0.01
Caramel Waffle Duos	Y	N	WHEAT flour, glucose-fructose syrup, sugar, concentrated butter (MILK), palm fat, sugar syrup, SOYA flour, rapeseed oil, salt, dextrin (WHEAT), emulsifiers: SOYA lecithin, mono- and diglycerides of fatty acids; raising agent: sodium bicarbonate; cinnamon, Bourbon vanilla pods, acid: citric acid.	737	176	8.2	4.7	24	14	0.6	1.2	0.23
Chocolate Gold Coin	Y	N	Sugar, whole MILK powder, cocoa mass, cocoa butter, emulsifier: sunflower lecithin, natural vanilla flavouring	504	121	6.4	3.9	14	14	0.7	1.4	0.03
Cookie Straw	Y	N	Sugar, WHEAT flour, vegetable oils [palm oil, shea butter], skimmed MILK powder, defatted cocoa powder, whey powder (MILK), coconut oil, whole EGG powder, emulsifier: sunflower lecithin, vanilla extract, salt, natural chocolate flavouring.	377	90	2.6	1.5	15	9.4	<0.5	1.4	0.08
Dark Chocolate Bar 40g	Y	Y	Cocoa mass, sugar, cocoa butter, emulsifier: sunflower lecithin, natural vanilla flavouring	920	221	15	9.2	17	16	3.6	2.8	<0.01
Fruit & Nut Mix	Y	Y	CASHEW NUTS , ALMONDS , caramelised almonds (20%) [ALMOND , sugar, maple flavour seasoning (molasses powder, natural flavouring, rice flour, sugar, salt)], jumbo raisin [raisin, sunflower oil], pineapple infused cranberries [pineapple juice, cranberries, sunflower oil], PISTACHIO NUTS	843	200	13	1.4	13	8.1	3.1	6.3	0.02
Ginger Biscuit	Y	N	Wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), invert sugar syrup, sugar, margarine (palm oil, rapeseed oil, salt, colours: annatto, curcumin; natural flavouring), ground ginger (1%), raising agents: sodium bicarbonate, ammonium bicarbonate, skimmed MILK powder.	561	133	4.6	2.3	22	12	1	1.4	0.25
Iced Gingerbread Cookie - Latte	Y	N	WHEAT flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), icing (17%) [sugar, glucose syrup, water, free-range dried EGG white, cornflour, stabiliser: diphosphates, acidity regulator: acetic acid], brown sugar, vegetable margarine [vegetable oils (palm, rapeseed, sunflower, palm stearine), lemon juice], black treacle, water, partially inverted refiner syrup, sugarpaste [sugar, glucose syrup, vegetable fats (palm kernel, palm), invert sugar syrup, thickeners: gum arabic (acacia gum), xanthan gum; emulsifiers: mono- and diglycerides of fatty acids, sunflower lecithin; humectant: glycerol, water, glazing agent: shellac, maize starch, spirulina, colour: riboflavins, stabiliser: hydroxypropyl methyl cellulose], spices, raising agent: sodium carbonates, ginger, fruit and plant concentrates [safflower, apple, hibiscus], tumeric, spirulina, colour: vegetable carbon.	986	234	4.9	1.8	44	21	1.1	3.1	0.5
Iced Gingerbread Cookie - Bearista	Y	N	Wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), icing (17%) [sugar, glucose syrup, water, free-range dried EGG white, cornflour, stabiliser: diphosphates, acidity regulator: acetic acid], brown sugar, vegetable margarine [vegetable oils (palm, rapeseed, sunflower, palm stearine), lemon juice], black treacle, water, partially inverted refiner syrup, sugarpaste [sugar, glucose syrup, vegetable fats (palm kernel, palm), invert sugar syrup, thickeners: gum arabic (acacia gum), xanthan gum; emulsifiers: mono- and diglycerides of fatty acids, sunflower lecithin; humectant: glycerol, water, glazing agent: shellac, maize starch, spirulina, colour: riboflavins, stabiliser: hydroxypropyl methyl cellulose], spices, raising agent: sodium carbonates, ginger, fruit and plant concentrates [safflower, apple, hibiscus], tumeric, spirulina, colour: vegetable carbon.	774	183	3.9	1.4	34	17	0.8	2.4	0.4
Kettle Mature Cheddar and Red Onion Crisps	Y	N	Potatoes, sunflower oil, mature Cheddar and red onion seasoning [dried butter MILK], dried mature Cheddar cheese (MILK), sea salt, dried red onion, dried onion, dried yeast, yeast extract, dried chives, paprika extract).	842	202	12	1.3	20	1	2.5	2.8	0.4
Kettle Lightly Salted Crisps	Y	Y	Potatoes, sunflower oil, sea salt.	856	205	12	1.4	21	0.2	2.6	2.3	0.36
Kettle Sea Salt and Balsamic Vinegar Crisps	Y	N	Potatoes, sunflower oil, sea salt and balsamic vinegar seasoning (sea salt, dried balsamic vinegar, potato maltodextrin, sugar, dried BARLEY malt vinegar, acidity regulator: citric acid)	838	201	11	1.3	21	0.5	2.4	2.2	0.8
Kettle Sweet Chilli and Sour Crisps	Y	N	Potatoes, sunflower oil, sweet chilli and sour cream seasoning (sugar, dried sour cream (MILK), dried skimmed MILK , dried yogurt (MILK), sea salt, dried onion, yeast extract, dried chilli, dried red pepper, ground paprika, acidity regulator: citric acid, natural flavouring, dried garlic, dried lemon).	842	202	11	1.4	21	1.7	2.5	2.5	0.4
Milk Chocolate Bar 40g	Y	N	Sugar, cocoa butter, whole MILK powder, cocoa mass, caramelised sugar, emulsifier: sunflower lecithin; natural vanilla flavouring, sea salt.	928	223	14	8.4	21	20	0.7	2.8	0.1
Mini Caramel Waffles	Y	N	WHEAT flour, glucose-fructose syrup, sugar, concentrated butter (MILK), palm fat, sugar syrup, SOYA flour, rapeseed oil, salt, dextrin (WHEAT), emulsifiers: SOYA lecithin, E471; raising agent: E500, cinnamon, natural Bourbon vanilla, acid: citric acid.	604	144	6.7	3.8	20	10	0.5	11	0.19

Impulse

Product	Suitable for Vegetarian	Suitable for Vegan	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Peanut Butter Cups	Y	Y	Dark Chocolate (53%) [cocoa mass, sugar, cocoa butter, reduced fat cocoa powder, emulsifier: SOYA lecithin, natural vanilla flavouring, PEANUT paste (39%), vegetable fat [shea oil, coconut oil], agave syrup, sea salt. Dark Chocolate contains cocoa solids 62% minimum.	813	196	15	7.1	9.2	7.5	2.5	4.8	0.1
Peanut & Cashew Bar	Y	N	PEANUT (26%), CASHEW nuts (12%), dried apricots (10%), OATS , golden syrup, oligofructose syrup, sunflower seeds, vegetable (palm, rapeseed), glucose syrup, raw cane sugar, SOYA protein crunchies (SOYA , tapioca starch, salt), freeze dried cranberries (2%), natural flavouring, rice flour, salt	875	209	12.4	2.9	16.2	10.3	3.7	7.1	0.15
Roasted & Salted Mixed Nuts	Y	Y	Roasted salted almonds [Roasted ALMONDS , salt], roasted CASHEWS , roasted salted peanuts [roasted PEANUTS , salt], HAZELNUTS	940	227	18	1.6	7.7	1.6	2.2	7.4	0.18
Shortbread Biscuits	Y	N	Wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), salted butter (37%) [butter (MILK), salt], sugar, cane molasses.	1130	271	16	10	29	9.5	1.0	2.7	0.4
Smoked Almonds	Y	Y	ALMONDS (92%), PEANUTS Oil, seasoning (dextrose, salt, sugar, WHEAT flour, yeast extract, smoke flavouring, caramelised sugar, onion powder, citric acid (E330), paprika extract).	1260	305	26	2.2	3.5	2.7	5	13	0.1
Starbucks® Bearista Gingerbread Cookie	Y	N	Wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), sugar, invert sugar syrup, black treacle, vegetable oils (palm, sunflower, rapeseed); spices, glucose syrup, raising agent: sodium carbonates, palm stearin, colours: vegetable carbon, curcumin; dried free range EGG white, plant concentrate: safflower, spirulina concentrate, cornflour, lemon juice from concentrate, stabiliser: disodium diphosphate, acidity regulator: acetic acid.	798	182	3.7	1.6	34	14	1	2.7	0.35

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