

# INFORMATION FOR CUSTOMERS

**We cannot guarantee that our food or drinks are allergen free.**

Due to the use of shared equipment in the display, preparation and service of our products there is a risk of cross contamination.

**This guide is designed to provide customers who suffer from an allergy or intolerance with accurate information about our food and drinks, so that they can make an informed choice about the suitability of our products for them:**

- For drinks made in store and unwrapped products (e.g. cakes and pastries) allergen information is contained in this guide
- For pre-packed food and drinks, allergen information is provided on the packaging labels
- All open/opened food and drink products may unavoidably be exposed to other allergens in store

**Please see next page for more details about the information contained in this guide.**

# INFORMATION CONTAINED IN THIS GUIDE





Product Description	Dietary Choices		Allergens														Tree Nur. Source (if present)	kJ	kcal			
	Suitable for Vegetarians	Suitable for Vegans	Cereals Containing Gluten				Soya	Egg	Milk	Fish	Crustacean	Mollusc	Sulphite	Sesame	Celery	Mustard				Lupin	Peanut	Tree Nuts
			Wheat	Rye	Barley	Oat																
<b>CAKES</b>																						
BAKEWELL TART	YES	NO	YES	N	N	N	C	YES	YES	N	N	N	YES	N	N	N	N	N	YES	ALMOND	1901	45
BANANA AND PECAN LOAF CAKE	YES	NO	YES	C	C	C	C	YES	YES	N	N	N	N	C	N	N	N	N	YES	PECAN	1699	40
BLUEBERRY MUFFIN	YES	NO	YES	N	C	YES	C	YES	C	N	N	N	N	N	N	N	N	N	C		1552	37
CARROT & WALNUT CAKE	YES	NO	YES	N	N	N	C	YES	YES	N	N	N	N	N	N	N	N	N	YES	WALNUT	1631	38
CHOCOLATE TIFFIN	YES	NO	YES	N	N	N	YES	N	YES	N	N	N	N	N	N	N	N	N	C		2099	50
LEMON CURD TART	YES	NO	YES	N	N	N	YES	YES	YES	N	N	N	N	N	N	N	N	N	C		1974	47

## NOTES

- If you wish to customise your drink by adding a different milk or dairy alternative, adding syrups, changing a topping, etc, please use the 'Drinks Extras and Ingredients' section at the end of the guide
- If you require additional information please ask a member of the team
- The drinks in the document show the allergy and nutrition for the drink as served, made to the standard recipe, using semi-skimmed milk, unless otherwise stated

## NUTRITION INFORMATION

- Please note that all our drinks nutrition information has been calculated using published nutrition data and that dairy-based drinks may be subject to some natural seasonal variation
- Nutrition is calculated for Signature Roast Blend (caffeinated) made to brand standard. Information for decaffeinated coffee will be the same

CONTENTS KEY	
	The allergen is present in the product
	Although this allergen is not an ingredient of the product, it is present in the manufacturing site / factory / supply-chain and therefore there is a risk of cross-contamination
	The allergen is not an ingredient of this product
	The column entitled 'Dietary Choices' details information supplied by the product manufacturer. It does not take into account the in-store storage / preparation methods where there is a risk of cross-contamination
<b>The allergens listed in this guide are those we are required to declare in accordance with EU Food Information Regulations</b>	

Product Description	Dietary Choices		Allergens														Nutrition Per 100g/ml							Nutrition Per Portion														
	Suitable for Vegetarians	Suitable for Vegans	Cereals containing gluten							Egg	Milk	Fish	Crustacean	Mollusc	Sulphite	Sesame	Celery	Mustard	Lupin	Peanut	Tree Nuts	Tree Nut Source (if present)	Energy - kJ per 100g	Energy - kcal per 100g	Fat per 100g	Sats per 100g	Carb per 100g	Sugar per 100g	Protein per 100g	Salt per 100g	Portion Weight (g/ml)	Energy - kJ per portion	Energy - kcal per portion	Fat per portion	Sats per portion	Carb per portion	Sugar per portion	Protein per portion
<b>CAKES</b>																																						
PORTUGUESE CUSTARD TART	YES	NO	YES	N	N	N	YES	YES	YES	N	N	N	N	N	N	N	N	N	N	N		1455	348	18.4	10.0	39.4	21.6	5.5	0.7	60.0	873	209	11.0	6.0	23.7	13.0	3.3	0.4
SULTANA SCONE	YES	NO	YES	N	N	N	YES	YES	YES	N	N	N	N	N	N	C	N	N	C		1323	313	5.2	3.1	58.6	20.4	6.9	1.3	110.0	1452	343	5.7	3.4	64.5	22.4	7.6	1.4	
CHOCOLATE TIFFIN	YES	NO	YES	N	YES	N	YES	C	YES	N	N	N	N	N	N	N	N	N	C		2120	508	31.0	17.0	52.0	35.0	4.9	0.5	90	1908	457	28.0	15.0	47.0	32.0	4.4	0.5	
RASPBERRY AND ALMOND BAKE	YES	NO	YES	N	N	N	C	YES	YES	N	N	N	N	N	N	N	N	N	YES	Almond	1988	477	31.0	11.0	43.0	29.0	5.5	0.52	85	1690	405	26.0	9.4	36.0	24.4	4.7	0.4	
CARAMEL CRISP	YES	NO	YES	N	YES	N	YES	C	YES	N	N	N	N	N	N	N	N	N	C		2214	531	34.5	17.3	49.5	38.6	5.5	0.63	75	1660	398	25.9	13.0	37.1	28.9	4.1	0.5	
CARAMEL SHORTBREAD	YES	NO	YES	N	N	N	YES	C	YES	N	N	N	N	N	N	N	N	N	C		2054	492	29.0	18.0	54	36.0	5.3	0.68	80	1643	393	23.0	15.0	43	28.0	4.2	0.5	
BELGIAN CHOCOLATE BROWNIE	YES	NO	YES	N	N	N	YES	YES	YES	N	N	N	N	N	N	N	N	N	C		1922	460	27.0	17.0	50.0	41.0	4.7	0.37	80	1537	368	21.0	13.0	40.0	33.0	3.8	0.3	
BANANA AND PECAN LOAF CAKE	YES	NO	YES	C	C	C	C	YES	YES	N	N	N	N	C	N	N	N	N	YES	Pecan	1699	407	23.0	4.9	44.0	22.0	5.2	0.51	80	1360	325	18.0	3.9	35.0	18.0	4.2	0.41	
ROCKY ROAD	YES	YES	YES	N	YES	N	YES	N	C	N	N	N	YES	N	N	N	N	N	C		1960	468	21.0	9.0	64.0	43.0	3.9	0.11	80	1568	374	17.0	7.2	51.0	34.0	3.1	0.09	
GRANOLA SLICE	YES	NO	NO	N	N	YES	YES	C	YES	N	N	N	YES	N	N	N	N	YES	Hazelnut	1790	427	19.0	7.3	56.0	36.0	6.9	0.14	75	1342	320	14.0	5.5	42.0	27.0	5.2	0.11		
BAKEWELL TART	YES	NO	YES	N	N	N	C	YES	YES	N	N	N	YES	N	N	N	N	YES	Almond	1901	453	18.7	7.8	65.7	37.5	4.7	0.10	86	1635	389	16.0	6.7	57.0	32.0	4.0	0.10		
CARROT & WALNUT CAKE	YES	NO	YES	N	N	N	C	YES	YES	N	N	N	N	N	N	N	N	N	YES	Walnut	1609	385	19.0	4.8	48.0	35.0	4.7	0.51	130	2092	500	24.0	6.2	62.0	45.0	6.1	0.66	

Product Description	Suitable for Vegetarians	Suitable for Vegans	Wheat	Rye	Barley	Oat	Soya	Egg	Milk	Fish	Crustacean	Mollusc	Sulphite	Sesame	Celery	Mustard	Lupin	Peanut	Tree Nuts	Tree Nut Source (if present)	Energy - kJ per 100g	Energy - kCal per 100g	Fat per 100g	Sats per 100g	Carb per 100g	Sugar per 100g	Protein per 100g	Salt per 100g	Portion Weight (g/ml)	Energy - kJ per portion	Energy - kCal per portion	Fat per portion	Sats per portion	Carb per portion	Sugar per portion	Protein per portion	Salt per portion
FRUITED TEACAKE	YES	YES	YES	N	N	N	YES	C	C	N	N	N	N	N	N	N	N	N	C		1191	281	2.1	0.6	56.0	20.0	8.0	0.63	100	1191	281	2.1	0.6	56.0	20.0	8.0	0.63
LEMON CURD TART	YES	NO	YES	N	N	N	YES	YES	YES	N	N	N	N	N	N	N	N	N	C		1974	472	26.5	14.4	52.6	27.0	5.4	0.20	70	1382	331	18.6	10.1	36.8	18.9	3.8	0.20
CHOCOLATE & SALTED CARAMEL CAKE	YES	NO	YES	N	N	N	YES	YES	YES	N	N	N	YES	N	N	N	N	N	C		1804	431	23.0	6.8	50.0	35.0	5.4	0.38	132	2381	569	30.0	9.0	66.0	47.0	7.1	0.50
LEMON DRIZZLE LOAF CAKE	YES	NO	YES	N	N	N	C	YES	YES	N	N	N	N	N	N	N	N	N	C		1613	385	16.6	1.5	53.9	26.1	4.4	0.60	95	1533	365	16.0	1.4	51.0	25.0	4.2	0.57
BLUEBERRY MUFFIN	YES	NO	YES	N	C	YES	C	YES	C	N	N	N	N	N	N	N	N	N	C		1552	370	17.0	1.5	48.0	24.0	4.4	0.50	110	1707	407	19.0	1.6	53.0	27.0	4.8	0.55
SICILIAN LEMON MUFFIN	YES	NO	YES	N	C	C	C	YES	YES	N	N	N	YES	N	N	N	N	N	C		1607	383	17.0	2.6	50.0	33.0	4.6	0.46	101	1623	387	18.0	2.6	51.0	33.0	4.6	0.46
VICTORIA SPONGE MUFFIN	YES	NO	YES	N	C	C	C	YES	YES	N	N	N	N	N	N	N	N	N	C		1720	410	19.0	3.6	57.0	34.0	3.5	0.33	98	1686	402	18.0	3.5	55.0	33.0	3.5	0.33
CHOCOLATE & CARAMEL MUFFIN MADE WITH ROLO®	YES	NO	YES	N	C	C	C	YES	YES	N	N	N	N	N	N	N	N	N	C		1598	381	15.0	3.5	56.0	35.0	5.3	0.45	99	1582	377	15.0	3.4	55.0	35.0	5.3	0.45
RASPBERRY & WHITE CHOCOLATE MUFFIN	YES	NO	YES	N	C	C	YES	YES	YES	N	N	N	N	N	N	N	N	N	C		1677	401	20.0	3.8	51.0	29.0	4.4	0.34	100	1677	401	20.0	3.8	51.0	29.0	4.4	0.34
CINNAMON BRIOCHE BUN	YES	NO	YES	N	N	N	N	YES	YES	N	N	N	N	N	N	N	N	N	N		1526	364	16.0	6.5	48.0	14.0	6.7	0.57	108	1649	393	17.0	7.1	52.0	16.0	7.2	0.62
SALTED CARAMEL BROWNIE	YES	NO	YES	N	C	C	YES	YES	YES	N	N	N	N	N	N	N	N	N	C		1952	468	27.9	15.4	47.6	44.2	5.4	0.30	85	1659	398	23.7	13.1	40.4	37.6	4.6	0.20
CHOCOLATE CORNFLAKE NEST	YES	NO	C	N	YES	C	YES	C	YES	N	N	N	N	N	N	N	N	N	C		2175	521	29.0	14.0	59.0	31.0	5.0	0.57	59	1283	307	17.0	8.5	35.0	18.0	2.9	0.34
MINI EGG COOKIE	YES	NO	YES	N	C	C	YES	C	YES	N	N	N	N	N	N	N	N	N	C		1843	439	16.0	8.0	67.0	41.0	4.3	0.60	78	1437	342	13.0	6.2	53.0	32.0	3.4	0.47

Product Description	Suitable for Vegetarians	Suitable for Vegans	Wheat	Rye	Barley	Oat	Soya	Egg	Milk	Fish	Crustacean	Mollusc	Sulphite	Sesame	Celery	Mustard	Lupin	Peanut	Tree Nuts	Tree Nut Source (if present)	Energy - kJ per 100g	Energy - kCal per 100g	Fat per 100g	Sats per 100g	Carb per 100g	Sugar per 100g	Protein per 100g	Salt per 100g	Portion Weight (g/ml)	Energy - kJ per portion	Energy - kCal per portion	Fat per portion	Sats per portion	Carb per portion	Sugar per portion	Protein per portion	Salt per portion
	ST CLEMENTS CHOCOLATE DRIZZLE LOAF CAKE	YES	NO	Y	N	N	N	Y	Y	Y	N	N	N	Y	N	N	N	N	N	C		1695	405	19.0	2.6	53.0	33.0	5.2	0.42	101	1712	409	19.0	2.6	53.0	33.0	5.3
CHOCOLATE HOT CROSS BUN	YES	YES	YES	N	N	N	Y	C	C	N	N	N	N	N	N	N	N	N	C		1218	289	6.4	3.2	46.0	9.8	9.4	0.56	95	1157	275	6.1	3.1	44.0	9.3	8.9	0.5
HOT CROSS SPICED LOAF CAKE	YES	YES	YES	C	C	C	C	C	C	N	N	N	N	C	N	N	N	N	C		1484	354	14.0	1.4	52	30.0	3.6	0.55	80	1187	283	11.0	1.1	41	24.0	2.9	0.4
CLASSIC HOT CROSS BUN	YES	YES	YES	N	N	N	YES	C	C	N	N	N	N	N	N	N	N	N	C		1095	259	2.0	0.4	50.0	20.0	7.8	0.39	113	1237	292	2.2	0.5	57.0	23.0	8.8	0.44
CHOCOLATE ORANGE CAKE	YES	NO	YES	N	N	N	YES	YES	YES	N	N	N	N	N	N	N	N	N	C		1727	413	22.0	5.0	49.0	28.0	5.3	0.34	104	1796	429	22.0	5.2	51.0	29.0	5.5	0.35
CHOCOLATE MUFFIN MADE WITH KITKAT® BUNNY	YES	NO	YES	N	YES	C	C	YES	YES	N	N	N	N	N	N	N	N	N	C		1677	400	17.0	5.2	55.0	37.0	5.6	0.37	96	1610	384	17.0	5.0	52.0	35.0	5.4	0.35
CINNAMON BUN (NEW)	YES	NO	YES	C	C	C	C	YES	YES	N	N	N	N	N	N	N	N	N	N		1531	365	14.0	5.7	53.0	25.0	5.9	0.42	122.5	1875	447	17.0	7.0	65.0	30.0	7.2	0.51
IMPULSE																																					
DARK CHOCOLATE BAR	YES	NO	C	N	N	N	YES	N	C	N	N	N	N	N	N	N	N	N	C		2272	521	30.2	18.4	50.3	41.3	7.2	0.18	35.0	759	182	10.6	6.44	17.6	14.4	2.5	0.03
MILK CHOCOLATE BAR	YES	NO	C	N	N	N	YES	N	YES	N	N	N	N	N	N	N	N	N	C		2270	544	32.2	19.5	55.2	52.2	6.8	0.18	35.0	795	190	11.3	6.84	19.3	18.3	2.4	0.1
MILK CHOCOLATE HONEYCOMB BAR	YES	NO	C	N	N	N	YES	N	YES	N	N	N	N	N	N	N	N	N	C		2226	533	30.1	18.4	57.5	55.7	6.5	0.24	30.0	668	160	9.0	5.5	17.3	16.7	1.9	0.07
ROCKY ROAD BITES	NO	NO	YES	N	N	N	YES	C	YES	N	N	N	N	N	N	N	N	N	C		2132	511	31.0	18.0	54.0	39.0	2.4	0.73	100	2132	511	31.0	18.0	54.0	39.0	2.4	0.7
BELGIAN CHOCOLATE BROWNIE (GLUTEN FREE)	YES	NO	NO	N	N	N	YES	YES	YES	N	N	N	N	N	N	N	N	N	YES	Almond	2145	515	35.0	18.0	42.0	37.0	7.8	0.41	60	1287	309	21.0	11.0	25.0	22.0	4.7	0.25

Product Description	Suitable for Vegetarians	Suitable for Vegans	Wheat	Rye	Barley	Oat	Soya	Egg	Milk	Fish	Crustacean	Mollusc	Sulphite	Sesame	Celery	Mustard	Lupin	Peanut	Tree Nuts	Tree Nut Source (if present)	Energy - kJ per 100g	Energy - kCal per 100g	Fat per 100g	Sats per 100g	Carb per 100g	Sugar per 100g	Protein per 100g	Salt per 100g	Portion Weight (g/ml)	Energy - kJ per portion	Energy - kCal per portion	Fat per portion	Sats per portion	Carb per portion	Sugar per portion	Protein per portion	Salt per portion	
FRUITY FLAPJACK*	YES	YES	NO	N	N	YES	N	N	N	N	N	N	YES	N	N	N	N	N	N	C		1780	424	16.0	5.6	62.0	35.0	5.3	0.19	58	1032	246	9.2	3.2	36.0	20.0	3.1	0.11
FRUIT & OAT BISCUITS	YES	NO	YES	N	N	YES	N	N	YES	N	N	N	N	N	N	N	N	N	N		1989	475	19.9	6.8	65.5	27.2	5.5	0.80	48	955	228	9.6	3.3	31.4	13.1	2.6	0.40	
JAMMY SHORTBREAD	YES	NO	YES	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N		1995	475	21.0	13.0	69.0	28.0	3.5	0.53	50	997	238	10.0	6.6	35.0	14.0	1.8	0.27	
STEM GINGER BISCUITS	YES	NO	YES	N	N	YES	N	N	YES	N	N	N	N	N	N	N	N	N	N		2047	488	20.5	6.6	68.0	27.9	5.4	0.50	48	983	234	9.8	3.2	32.6	13.4	2.6	0.20	
MINI MUFFINS	YES	NO	YES	N	C	C	YES	YES	YES	N	N	N	N	N	N	N	N	N	C		1661	396	18.0	3.3	53.0	30.0	5.5	0.32	19	316	75	3.4	0.6	10.0	5.7	1.0	0.06	
CARAMEL WAFFLES	YES	NO	YES	N	N	N	YES	N	YES	N	N	N	N	N	N	N	N	N	N		1953	465	17.4	8.8	72.4	36.5	3.9	0.70	78	1523	363	13.6	6.9	56.5	28.5	3.0	0.60	
HEART EMOJI GINGERBREAD BISCUIT	YES	YES	YES	N	N	N	C	C	C	N	N	N	N	C	N	N	N	N	C		1708	405	9.8	3.5	73.0	44.0	5.5	0.24	59	1008	239	5.8	2.1	43.0	26.0	3.2	0.14	
ICED SHORTCAKE BISCUIT	YES	YES	YES	N	N	N	C	C	C	N	N	N	N	C	N	N	N	N	C		1900	453	18.0	6.2	67.0	39.0	4.7	0.39	59	1121	267	11.0	3.7	40.0	23.0	2.8	0.23	
ICED BUNNY GINGERBREAD BISCUIT	YES	NO	YES	N	N	N	C	YES	C	N	N	N	N	N	N	N	N	N	C		1819	432	13.0	6.0	72.0	32.0	5.5	0.47	43	782	186	5.7	2.6	31.0	14.0	2.3	0.20	
ICED EASTER EGG SHORTCAKE BISCUIT	YES	NO	YES	N	N	N	C	YES	YES	N	N	N	N	N	N	N	N	N	C		1778	422	12.0	5.7	73.0	39.0	4.9	0.27	54	960	228	6.4	3.1	40.0	21.0	2.7	0.15	
LINDOR MILK TRUFFLE	YES	NO	N	N	YES	N	YES	N	YES	N	N	N	N	N	N	N	N	N	C		2587	623	47.0	34.0	44.0	42.0	5.0	0.17	12.5	323	78	5.6	4.1	5.3	5.0	0.6	0.0	

\*The oats in this product are gluten free. Oats contain a protein called avenin which is similar to gluten. It is recommended to add gluten free oats to your diet slowly, especially if newly diagnosed.

Product Description	Suitable for Vegetarians	Suitable for Vegans	Wheat	Rye	Barley	Oat	Soya	Egg	Milk	Fish	Crustacean	Mollusc	Sulphite	Sesame	Celery	Mustard	Lupin	Peanut	Tree Nuts	Tree Nut Source (if present)	Energy - kJ per 100g	Energy - kCal per 100g	Fat per 100g	Sats per 100g	Carb per 100g	Sugar per 100g	Protein per 100g	Salt per 100g	Portion Weight (g/ml)	Energy - kJ per portion	Energy - kCal per portion	Fat per portion	Sats per portion	Carb per portion	Sugar per portion	Protein per portion	Salt per portion
<b>PASTRIES</b>																																					
PAIN AU RAISIN	YES	NO	YES	N	N	C	C	YES	YES	N	N	N	N	C	N	N	N	N	C		1396	332	12.0	7.6	45.0	18.0	6.3	0.65	91	1276	303	11.0	6.9	45.0	18.0	5.7	0.6
CHOCOLATE TWIST	YES	NO	YES	N	N	C	YES	YES	YES	N	N	N	N	C	N	N	N	N	C		1514	361	15.0	9.1	50.0	22.0	6.2	0.6	101	1526	364	15.0	9.2	51.0	22.0	6.3	0.6
ALL BUTTER CROISSANT	YES	NO	YES	N	N	C	C	YES	YES	N	N	N	N	C	N	N	N	N	C		1865	446	23.0	15.0	47	7.6	9.1	1.1	67	1253	300	16.0	10.0	32	5.1	6.1	0.75
<b>BREAKFAST</b>																																					
COSTA PORRIDGE POT (INSTANT OAT)	YES	NO	YES	YES	YES	YES	N	N	YES	N	N	N	N	N	N	N	N	N	C		1551	367	4.9	0.8	61.7	20.9	16.4	0.25	80	1240	294	3.9	0.6	49.4	16.7	13.1	0.2
GREEK STYLE YOGURT WITH MIXED BERRIES AND TOASTED GRANOLA	YES	NO	YES	N	YES	YES	N	N	YES	N	N	N	N	N	N	N	N	N	N		771	184	8.3	4.4	21.5	16.1	4.8	0.2	170.0	1311	313	14.1	7.5	36.6	27.4	8.2	0.3
VANILLA GREEK STYLE WITH CRANBERRY & COCONUT GRANOLA	YES	NO	YES	N	YES	YES	N	N	YES	N	N	N	N	N	N	N	N	N	N		812	194	11.0	5.7	18.4	11.6	4.9	0.2	170.0	1380	330	18.7	9.7	31.3	19.8	8.3	0.3
BREAKFAST WRAP	NO	NO	YES	N	N	N	N	N	N	N	N	N	N	N	N	YES	N	N	N		1117	267	10.4	3.4	33.8	5	8.3	1.3	192	2144	512	20	6.5	64.9	9.6	15.9	2.5
SMOKED BACON ROLL	NO	NO	YES	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N		1328	317	13.2	4.1	32.9	3.3	16.9	1.5	120	1594	381	15.9	4.9	39.5	3.9	19.4	1.9
PORK SAUSAGE BAP	NO	NO	YES	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N		1302	311	15	5.4	31.2	2.3	10.6	1.26	158	2057	491	23.7	8.5	49.3	3.6	16.7	1.99
BROWN SEEDED TOAST X2 SLICES (WITHOUT BUTTER)	YES	NO	YES	N	YES	N	C	C	C	N	N	N	N	N	N	N	N	N	N		978	233	1.7	0.6	44.5	1.7	9.9	0.89	102	998	248	1.73	0.61	45.4	1.73	10.1	0.9

Product Description	Suitable for Vegetarians	Suitable for Vegans	Wheat	Rye	Barley	Oat	Soya	Egg	Milk	Fish	Crustacean	Mollusc	Sulphite	Sesame	Celery	Mustard	Lupin	Peanut	Tree Nuts	Tree Nut Source (if present)	Energy - kJ per 100g	Energy - kCal per 100g	Fat per 100g	Sats per 100g	Carb per 100g	Sugar per 100g	Protein per 100g	Salt per 100g	Portion Weight (g/ml)	Energy - kJ per portion	Energy - kCal per portion	Fat per portion	Sats per portion	Carb per portion	Sugar per portion	Protein per portion	Salt per portion
<b>SANDWICHES</b>																																					
CHICKEN SALAD SANDWICH	NO	NO	YES	N	YES	N	YES	YES	N	N	N	N	N	N	N	YES	N	N	N		685	164	4.1	0.5	20.1	3.0	10.6	0.7	190.0	1301	311	7.9	0.9	38.2	5.7	20.1	1.3
FREE RANGE EGG MAYO SANDWICH	YES	NO	YES	N	YES	YES	N	YES	N	N	N	N	N	N	N	YES	N	N	N		1064	254	14.6	2.4	22.7	2.4	9.0	0.4	176.0	1872	421	25.6	4.2	39.9	4.3	15.8	0.70
CHICKEN & BACON ON MALTED BREAD	NO	NO	YES	N	YES	N	YES	YES	N	N	N	N	N	N	N	YES	N	N	N		1289	310	19.1	2.2	21.0	3.0	13.0	0.9	176.0	2268	546	33.7	3.8	36.9	5.2	22.8	1.6
LOW FAT CHICKEN FLATBREAD	NO	NO	YES	YES	N	N	N	YES	YES	N	N	N	N	N	N	YES	N	N	C		761	182	2.7	1.4	27.7	8.0	10.7	0.7	171.0	1302	311	4.6	1.2	47.3	13.7	18.3	1.2
CHICKEN & CHORIZO FLATBREAD	NO	NO	YES	YES	N	N	N	YES	YES	N	N	N	N	N	N	YES	N	N	C		1153	256	12	2.2	27.3	5.1	12.5	1.35	150	1739	413	18.1	3.3	40.9	7.6	18.8	2.0
<b>WRAP</b>																																					
CHICKEN & BACON CAESAR WRAP	NO	NO	YES	N	N	N	N	YES	YES	YES	N	N	YES	N	YES	YES	N	N	N		1085	260	12.9	3.1	24.4	4.1	11.5	1.1	220	2400	574	28.6	7.0	53.9	9.2	25.4	2.5
CAJUN CHICKEN PIZZA WRAP	NO	NO	YES	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N		912	218	8.2	2.7	24.8	3	10.4	1.3	199	1815	434	16.3	5.4	49.4	6	20.7	2.6
<b>TOASTIE</b>																																					
HAM AND CHEESE TOASTIE	NO	NO	YES	N	N	N	YES	N	YES	N	N	N	N	N	N	N	N	N	N		894	214	6	2.4	28.4	3.3	10.8	1.3	171	1529	365	10.3	4.1	48.4	5.6	18.5	2.2
CHEESE AND SLOW ROASTED TOMATO TOASTIE	YES	NO	YES	N	N	N	YES	N	YES	N	N	N	N	N	N	YES	N	N	N		1083	259	10	4	31.4	5.1	10.5	1.18	165	1787	427	16.5	6.7	51.7	8.5	17.3	1.96
CHICKEN & BACON TOASTIE	NO	NO	YES	N	N	N	YES	YES	YES	N	N	N	N	N	N	YES	N	N	N		1050	252	11.9	2.0	24.0	2.9	11.8	1.15	192	2014	484	22.8	3.8	46.0	5.6	22.7	2.21



Product Description	Suitable for Vegetarians	Suitable for Vegans	Wheat	Rye	Barley	Oat	Soya	Egg	Milk	Fish	Crustacean	Mollusc	Sulphite	Sesame	Celery	Mustard	Lupin	Peanut	Tree Nuts	Tree Nut Source (if present)	Energy - kJ per 100g	Energy - kCal per 100g	Fat per 100g	Sats per 100g	Carb per 100g	Sugar per 100g	Protein per 100g	Salt per 100g	Portion Weight (g/ml)	Energy - kJ per portion	Energy - kCal per portion	Fat per portion	Sats per portion	Carb per portion	Sugar per portion	Protein per portion	Salt per portion
HONEY ROAST HAM & MATURE CHEESE TOASTIE	NO	NO	YES	N	N	N	YES	N	YES	N	N	N	YES	N	N	YES	N	N	N		1018	243	9.0	4.4	27.7	3.2	12.1	1.22	179	1822	436	16.2	7.7	49.5	5.8	21.7	2.18
VEGAN HAM & CHEEZE TOASTIE	YES	YES	YES	N	N	N	YES	N	N	N	N	N	N	C	N	YES	N	N	C		948	227	7.8	3.3	31.5	3.6	6.4	1.3	155	1470	351	12.1	5.1	48.8	5.6	9.9	1.9
PANINI																																					
HAM & CHEESE PANINI	NO	NO	YES	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N		1049	251	8.1	4.5	31.9	1	14.2	1.5	171	1793	429	13.9	7.7	54.6	1.6	24.3	2.6
MOZZARELLA TOMATO & BASIL PANINI	YES	NO	YES	N	N	N	YES	N	YES	N	N	N	N	N	N	N	N	N	N		1069	256	9.1	3.9	31.5	3.5	11.5	1.2	175	1871	447	15.9	6.9	55.2	6.2	20.1	2.2
MEAL BOX																																					
MAC N CHEESE	YES	NO	YES	N	YES	N	YES	N	YES	N	N	N	N	N	N	N	N	N	N		606	145	11.7	6.6	16.9	2.4	6.8	0.63	267	1618	387	31.4	17.6	45	6.3	18.1	1.7