

# 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		Cereals Containing Gluten																	Allergens Present																	Nutrition Per 100g/ml							Nutrition Per Portion						
	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>																																																		
PORTUGUESE CUSTARD TART (POSH CUSTARD TART)	YES	NO	YES	NO	NO	NO	YES	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		1371	328	17.5	8.9	36.3	21.8	5.8	0.3	60	823	197	10.5	5.3	21.8	13.1	3.5	0.2													
CHOCOLATE TIFFIN	YES	NO	YES	NO	YES	NO	YES	C	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	C		2303	551	31	14	62	41	5.9	0.50	90	2188	523	30	13	59	39	5.6	0.45													
RASPBERRY & ALMOND BAKE	YES	NO	YES	NO	NO	NO	C	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	ALMOND	1988	477	31	11	43	29	5.5	0.52	85	1690	405	26	9	36	24	4.7	0.44													
CARAMEL CRISP	YES	NO	YES	NO	YES	NO	YES	C	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	C		2214	531	35	17	50	39	5.5	0.63	75	1660	398	26	13	37	29	4.1	0.47													
CARAMEL SHORTBREAD	YES	NO	YES	NO	NO	NO	YES	C	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	C		2054	492	29	18	54	36	5.3	0.68	80	1643	393	23	15	43	28	4.2	0.54													
BELGIAN CHOCOLATE BROWNIE	YES	NO	YES	NO	NO	NO	YES	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	C		1922	460	27	17	50	41	4.7	0.37	80	1537	368	21	13	40	33	3.8	0.30													
SULTANA SCONE	YES	NO	YES	NO	NO	NO	YES	YES	YES	NO	NO	NO	NO	NO	NO	C	NO	NO	C		1323	313	5.2	3.1	58.6	20.4	6.9	1.3	110	1452	343	5.7	3.4	64.5	22.4	7.6	1.4													
BANANA AND PECAN LOAF CAKE	YES	NO	YES	C	C	C	C	YES	YES	NO	NO	NO	NO	C	NO	NO	NO	NO	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													
HOT CROSS SPICED LOAF CAKE	YES	YES	YES	C	C	C	C	C	C	NO	NO	NO	NO	C	NO	NO	NO	NO	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	0.44													
ROCKY ROAD	YES	YES	YES	NO	YES	NO	YES	NO	C	NO	NO	NO	YES	NO	NO	NO	NO	NO	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													
BAKEWELL TART	YES	NO	YES	NO	NO	NO	C	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	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	NO	NO	NO	C	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	WALNUT	1631	389	17.3	3.4	52.9	30.6	4.27	0.50	148	2414	576	26.0	5.0	78.0	45.0	6.3	0.74													
CHOCOLATE & ORANGE CAKE WITH MINI EGGS	YES	NO	YES	NO	NO	NO	YES	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	C		1687	403	20.0	5.0	50	33.0	4.9	0.33	111	1873	447	22.0	5.6	56	36.0	5.5	0.37													
FRUITED TEACAKE	YES	YES	YES	NO	NO	NO	YES	C	C	NO	NO	NO	NO	NO	NO	NO	NO	NO	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													
HOT CROSS CHOCOLATE BUN	YES	YES	YES	NO	NO	NO	YES	C	C	NO	NO	NO	NO	NO	NO	NO	NO	NO	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	0.53													
LEMON CURD TART	YES	NO	YES	NO	NO	NO	YES	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	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													
BLUEBERRY MUFFIN	YES	NO	YES	NO	C	YES	C	YES	C	NO	NO	NO	NO	NO	NO	NO	NO	NO	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													
CARAMEL MUFFIN MADE WITH MUNCHIES ®	YES	NO	YES	NO	YES	C	YES	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	C		1576	375	14.0	2.7	57.0	33.0	4.6	0.40	104	1611	383	14.0	2.8	59.0	35.0	4.7	0.42													
CHOCOLATE MUFFIN MADE WITH KITKAT BUNNY ®	YES	NO	YES	NO	YES	C	C	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	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													
RASPBERRY & WHITE CHOCOLATE MUFFIN	YES	NO	YES	NO	C	C	YES	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	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													
SICILIAN LEMON MUFFIN	YES	NO	YES	NO	C	C	YES	YES	YES	NO	NO	NO	YES	NO	NO	NO	NO	NO	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													
CINNAMON BRIOCHE BUN	YES	NO	YES	NO	NO	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		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													

Product Description	Dietary Choices		Cereals Containing Gluten																	Allergens Present																	Nutrition Per 100g/ml							Nutrition Per Portion						
	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													
BOSHI ULTIMATE CHOCOLATE SLICE	YES	YES	YES	NO	C	C	YES	C	C	NO	NO	NO	NO	NO	NO	NO	NO	NO	C		2269	545	35.1	17.8	50.5	32.9	4.4	0.5	78	1770	425	27.4	13.9	39.4	25.7	3.4	0.4													
CHOCOLATE CORNFLAKE NESTS	YES	NO	C	NO	YES	C	YES	C	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	C		1975	472	24.2	12.1	57.8	45.4	4.7	0.42	59	1165	278	14.0	7.1	34.0	27.0	2.8	0.248													
SALTED CARAMEL BROWNIE	YES	NO	YES	NO	C	C	YES	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	C		1952	468	27.9	15.4	47.6	44.2	5.4	0.27	85	1659	398	23.7	13.1	40.4	37.6	4.6	0.23													
ALL BUTTER BELGIAN CHOCOLATE COOKIE	YES	NO	YES	NO	C	C	YES	C	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	C		1899	453	19.4	11.9	62.8	37.0	5.2	0.70	77	1462	349	14.9	9.2	48.4	28.5	4.0	0.50													
JAMAICAN GINGER LOAF CAKE	YES	YES	YES	NO	NO	NO	YES	C	C	NO	NO	NO	YES	NO	NO	NO	NO	NO	YES	PECAN	1409	335	10.3	3.3	57.3	27.9	2.2	0.6	123	1733	412	12.7	4.0	70.5	34.3	2.7	0.7													
LIME & COCONUT LOAF CAKE	YES	NO	YES	NO	NO	NO	C	YES	YES	NO	NO	NO	YES	NO	NO	NO	NO	NO	YES	PISTACHIO NUT	1697	406	20.0	2.7	50.2	30.0	4.4	0.50	121	2053	491	24.2	3.3	60.7	36.3	5.3	0.60													
LEMON & BLUEBERRY CAKE	YES	NO	YES	NO	NO	NO	YES	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	C		1602	382	16.9	3.3	52.0	27.3	3.5	0.40	137	2194	524	23.2	4.5	71.2	37.4	4.8	0.50													
CHOCOLATE & CARAMELISED BISCUIT VEGAN LOAF CAKE	YES	YES	YES	NO	YES	NO	YES	C	C	NO	NO	NO	NO	NO	NO	NO	NO	NO	C		1738	415	22.0	4.2	49.0	29.0	5.2	0.25	116	2016	482	25.0	4.8	57.0	33.0	6.0	0.29													
TROPICAL MUFFIN	YES	NO	YES	NO	C	C	YES	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	C		1659	396	20.0	4.4	48.0	32.0	4	0.41	108	1792	428	22.0	4.7	52.0	34.0	4.4	0.44													
LOTUS BISCOFF ROCKY ROAD	YES	NO	YES	NO	C	C	YES	C	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	C		2109	505	28.0	13.0	58.0	45.0	3.8	0.44	60	1265	303	17.0	7.7	35.0	27.0	2.3	0.26													
<b>IMPULSE</b>																																																		
DARK CHOCOLATE BAR	YES	NO	C	NO	NO	NO	YES	NO	C	NO	NO	NO	NO	NO	NO	NO	NO	NO	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	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	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	0.06													
MILK CHOCOLATE & HONEYCOMB BAR	YES	NO	C	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	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													
CARAMEL WAFFLES	YES	NO	YES	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		1803	429	16.0	9.0	67.0	38.0	3.5	0.6	39.0	703	167	6.2	3.5	26.1	14.8	1.4	0.2													
ROCKY ROAD BITES	NO	NO	YES	NO	NO	NO	YES	C	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	C		2132	511	31	18	54	39	2.4	0.73	100	2132	511	31	18	54	39	2.4	0.73													
BELGIAN CHOCOLATE BROWNIE	YES	NO	NO	NO	NO	NO	YES	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	ALMOND	2145	515	34.7	18.3	41.6	36.6	7.8	0.40	60	1287	309	21.0	11.0	25.0	22.0	4.7	0.20													
CARAMEL MILLIONAIRE'S WITH KITKAT ®	YES	NO	YES	NO	NO	NO	YES	C	YES	NO	NO	NO	YES	NO	NO	NO	NO	NO	C		2214	531	32.0	19.0	54	44.0	5.3	0.23	27.5	609	146	8.9	5.3	15	12.0	1.4	0.06													
FRUITY FLAPJACK*	YES	YES	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	C		1780	424	15.9	5.6	62.3	35.2	5.3	0.20	58	1032	246	9.2	3.2	36.1	20.4	3.1	0.10													
HOT CROSS TREAACLE TART*	YES	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	ALMOND	1784	425	16.0	4.1	64	35.0	4.6	0.22	85	1517	361	14.0	3.5	54	30.0	3.9	0.19													
FRUIT & OAT BISCUITS	YES	NO	YES	NO	NO	YES	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		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	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		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	NO	NO	YES	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		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													
TRIPLE CHOCOLATE BISCUITS	YES	NO	YES	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		2119	507	26.5	16.1	58.4	32.6	6.6	0.80	50	1059	253	13.3	8.1	29.2	16.3	3.3	0.40													

Product Description	Dietary Choices		Cereals Containing Gluten																	Allergens Present	Tree Nut Source (if present)	Nutrition Per 100g/ml								Nutrition Per Portion							
	Suitable for Vegetarians	Suitable for Vegans	Wheat	Rye	Barley	Oat	Soya	Egg	Milk	Fish	Crustacean	Mollusc	Sulphite	Sesame	Celery	Mustard	Lupin	Peanut	Tree Nuts			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
MINI MUFFINS	YES	NO	YES	NO	C	C	YES	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	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
HOPPING BUNNY GINGERBREAD	YES	YES	YES	NO	NO	NO	C	C	C	NO	NO	NO	NO	C	NO	NO	NO	NO	C		1707	405	8.8	3.0	73	38.0	6.7	0.42	58	990	235	5.1	1.7	42	22.0	3.9	0.24
CHEDDAR & BLACK PEPPER FLATBREADS	YES	NO	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	C	NO	NO	NO	NO	NO		1823	433	12.0	3.1	67.0	6.4	13	1.10	45	820	195	5.2	1.4	30.0	2.9	5.7	0.50
MINI CARAMEL WAFFLES	YES	NO	YES	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		1967	469	18.0	8.9	70.0	36.0	4.6	0.65	32	629	150	5.9	2.8	22.0	11.0	1.5	0.21
SWEET CHILLI RICE SNACKS	YES	YES	NO	NO	NO	NO	C	NO	C	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		1880	448	16.0	1.7	64.0	4.9	8.9	1.30	23	432	103	3.7	0.4	15.0	1.1	2.0	0.29
GIANT BOURBON CREAM	YES	NO	YES	NO	NO	NO	C	C	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	C		2072	495	23.7	11.7	63.2	35.5	5.8	0.40	65	1347	322	15.4	7.6	41.1	23.1	3.8	0.20
GIANT CUSTARD CREAM	YES	NO	YES	NO	NO	NO	C	C	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	C		2105	503	25.4	12.6	62.9	31.1	5.1	0.60	65	1369	327	16.5	8.2	40.9	20.2	3.3	0.40
GINGERBREAD MONKEY	YES	YES	YES	NO	NO	NO	C	C	C	NO	NO	NO	NO	C	NO	NO	NO	NO	C		1692	401	8.2	2.7	74.0	40.0	6.1	0.30	57	964	228	4.7	1.5	42.0	23.0	3.5	0.17
FLAMINGO SHORTCAKE	YES	YES	YES	NO	NO	NO	C	C	C	NO	NO	NO	NO	C	NO	NO	NO	NO	C		1901	453	18.0	5.6	67.0	34.0	5.6	0.42	48	913	217	8.4	2.7	32.0	16.0	2.7	0.20
LINDOR TRUFFLE	YES	NO	NO	NO	YES	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	C		2587	623	47.0	34.0	44.0	42.0	5.0	0.17	12.5	323	78	5.9	4.3	5.5	5.3	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	Dietary Choices		Cereals Containing Gluten														Allergens Present														Nutrition Per 100g/ml							Nutrition Per Portion						
	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>BREAKFAST</b>																																												
BACON ROLL	NO	NO	YES	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	C	NO	NO	NO	NO	C		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							
SAUSAGE BAP	NO	NO	YES	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		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							
HAM & EMMENTAL CROISSANT	NO	NO	YES	NO	NO	NO	C	YES	YES	NO	NO	NO	NO	C	NO	NO	NO	NO	C		1658	396	25.7	15.9	27.3	5.3	13.6	1	100	1658	396	25.7	15.9	27.3	5.3	13.6	1							
BROWN SEEDED TOAST X 2 SLICES (WITHOUT BUTTER)	YES	NO	YES	NO	YES	NO	C	C	C	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		978	233	1.7	0.6	44.5	1.7	9.9	0.89	102	998	248	1.734	0.612	45.39	1.734	10.1	0.91							
COSTA PORRIDGE POT (INSTANT OAT)	YES	NO	C	C	C	YES	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	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							
<b>SANDWICHES AND FLATBREADS</b>																																												
CHICKEN SALAD SANDWICH	NO	NO	YES	NO	YES	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO		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	NO	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO		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	0.72							
CHICKEN & BACON ON MALTED BREAD	NO	NO	YES	NO	YES	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO		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							
CHICKEN & STUFFING	NO	NO	YES	NO	YES	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO		1209	291	15.2	1.4	27.2	3.3	10.4	0.9	227.0	2745	661	34.5	3.1	61.7	7.6	23.6	2.0							
LOW FAT CHICKEN FLATBREAD	NO	NO	YES	YES	NO	NO	YES	YES	YES	NO	NO	NO	NO	NO	NO	YES	NO	NO	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	NO	NO	YES	YES	YES	NO	NO	NO	NO	NO	NO	YES	NO	NO	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	NO	NO	NO	NO	YES	YES	YES	NO	NO	YES	NO	YES	YES	NO	NO	NO		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							
CHICKEN FAJITA HOT WRAP	NO	NO	YES	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	C	NO	YES	NO	NO	C		901	215	7.8	3.8	22.9	2.9	13.2	0.8	220	1982	473	17.2	8.4	50.4	6.4	29	1.8							
<b>TOASTIE</b>																																												
HAM, CHEESE & BECHAMEL TOASTIE	NO	NO	YES	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		892	213	6.1	3.1	28.3	3.4	10.9	1.3	165	1472	351	10.1	5.1	46.7	5.6	18	2.1							
ULTIMATE CHEESE & TOMATO TOASTIE	YES	NO	YES	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	C	NO	YES	NO	NO	C		1089	260	11.8	5.8	28.1	4.6	10.9	1.1	165	1797	429	19.5	9.6	46.4	7.6	18	1.8							
CHICKEN & BACON TOASTIE	NO	NO	YES	NO	NO	NO	YES	YES	YES	NO	NO	NO	NO	C	NO	YES	NO	NO	C		931	221	7.6	3.9	25.1	3.5	12.5	0.9	206	1918	455	15.7	8	51.7	7.2	25.8	1.9							
HONEY HAM & CHEESE TOASTIE	NO	NO	YES	NO	NO	NO	YES	NO	YES	NO	NO	NO	YES	NO	NO	YES	NO	NO	NO		986	236	9.7	4.7	25.2	3.1	11.6	1.1	182	1882	450	18.5	9	46.8	5.9	22.7	2.1							
VEGAN HAM & CHEEZE TOASTIE	YES	YES	YES	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	C	NO	YES	NO	NO	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							
TUNA MELT TOASTIE	NO	NO	YES	NO	YES	NO	C	YES	YES	YES	NO	NO	NO	NO	NO	YES	NO	NO	NO		973	233	9.8	2.9	22.9	1.4	12.4	1.4	203	1976	472	20	5.9	46.6	2.8	25.1	2.9							

Product Description	Dietary Choices		Cereals Containing Gluten															Allergens Present															Nutrition Per 100g/ml										Nutrition Per Portion					
	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>PANINIS AND BAGUETTES</b>																																																
HAM & CHEESE PANINI	NO	NO	YES	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	C	NO	NO	NO	NO	C		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	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	C	NO	NO	NO	NO	C		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											
CHICKEN GOUJON BAGUETTE	NO	NO	YES	NO	NO	NO	NO	YES	YES	NO	NO	NO	NO	NO	YES	NO	NO	NO	C		1181	283	11.9	2.7	30.3	2.7	12.3	1.13	240	2834	680	28.5	6.5	72.8	6.4	29.6	2.71											
<b>PASTRIES</b>																																																
ALL BUTTER CROISSANT	YES	NO	YES	NO	NO	NO	C	YES	YES	NO	NO	NO	NO	C	NO	NO	NO	NO	C		2202	526	27.1	17.8	55.5	9.0	10.8	1.3	67.0	1494	357	19	12.0	38	6.0	7.3	0.8											
CHOCOLATE TWIST	YES	NO	YES	NO	NO	NO	YES	C	YES	NO	NO	NO	NO	C	NO	NO	NO	NO	C		1514	361	15.0	9.1	50.0	22.0	6.2	0.6	101.0	1526	364	15	9.2	51	22	6.3	0.6											
PAIN AU RAISIN	YES	NO	YES	NO	NO	NO	C	YES	YES	NO	NO	NO	NO	C	NO	NO	NO	NO	C		1396	332	12.0	7.6	49.0	20.0	6.3	0.7	91.0	1276	303	11	6.9	45	18	5.7	0.6											
<b>YOGURTS</b>																																																
GREEK STYLE YOGURT, MIXED BERRY COMPOTE & TOASTED GRANOLA	YES	NO	YES	NO	YES	YES	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		771	184	8.3	4.4	21.5	16.1	4.8	0.2	170	1311	313	14.4	7.8	36.6	27.4	8.2	0.3											
VANILLA GREEK STYLE YOGURT WITH CRANBERRY & COCONUT GRANOLA	YES	NO	YES	NO	YES	YES	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		812	194	11.0	5.7	18.4	11.6	4.9	0.2	170	1380	330	18.7	9.7	31.3	19.8	8.3	0.3											