

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 Nut 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																
CAKES																						
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
The allergens listed in this guide are those we are required to declare in accordance with EU Food Information Regulations	

COSTA INFORMATION ON CAFFEINE AUTUMN 2023

INFORMATION FOR CUSTOMERS

- Caffeine naturally occurs in coffee beans and as with any natural products, levels can vary depending on origin, variety, climactic and growing conditions
- The caffeine content in the finished coffee varies widely depending on the type of coffee bean in the blend and the method of preparation used
- Our Signature Blend is a blend of several origins. The level of caffeine variation driven by beans alone would be more significant than in a single origin coffee
- In addition, grind size, water temperature, length of extraction will all have an impact on caffeine level in the final drink. The longer the extraction, the more caffeine is extracted from the beans
- Character Roast, being 100% Arabica, has approximately 25% less caffeine than Signature Blend Mocha Italia

TYPE OF COFFEE	NO. OF SHOTS	CAFFEINE PER DRINK WITH SIGNATURE BLEND (MG)	CAFFEINE PER DRINK WITH HALF-CAFFEINE BLEND* (MG)	CAFFEINE PER DRINK WITH CHARACTER ROAST (MG)
ESPRESSO	1 SHOT	100	50	75
	2 SHOTS	200	100	150
	3 SHOTS	325	150	225
	4 SHOTS	400	200	300
CORTISSIMO	3 SHOTS	241	119	179
CORTO	2 SHOTS	141	70	106
RISTRETTO	1 SHOT	90	45	68
	2 SHOTS	180	90	135

*Half-Caffeine Blend: Half of the blend is made using decaffeinated coffee beans, the other half is made using caffeinated coffee beans. Trial (Only available in selected stores).

TYPE OF COFFEE	SIZE OF DRINK	CAFFEINE PER DRINK (MG)
FILTER COFFEE	SMALL	192
	MEDIUM	256
	LARGE	320
COLD BREW	SMALL	160
	MEDIUM	210
DECAF	2 SHOTS (1 POD)	2

TYPE OF COFFEE	MINI		SMALL		MEDIUM		LARGE	
	DRINK IN	TAKE AWAY	DRINK IN	TAKE AWAY	DRINK IN	TAKE AWAY	DRINK IN	TAKE AWAY
LATTE	1 (ESPRESSO)	1 (ESPRESSO)	1 (ESPRESSO)	2 (ESPRESSO)	2 (ESPRESSO)	2 (ESPRESSO)	3 (ESPRESSO)	3 (ESPRESSO)
CAPPUCCINO	1 (ESPRESSO)	1 (ESPRESSO)	2 (ESPRESSO)	2 (ESPRESSO)	3 (ESPRESSO)	3 (ESPRESSO)	4 (ESPRESSO)	4 (ESPRESSO)
MOCHA	1 (ESPRESSO)	1 (ESPRESSO)	2 (ESPRESSO)	2 (ESPRESSO)	3 (ESPRESSO)	3 (ESPRESSO)	4 (ESPRESSO)	4 (ESPRESSO)
AMERICANO	1 (ESPRESSO)	1 (ESPRESSO)	2 (ESPRESSO)	2 (ESPRESSO)	3 (ESPRESSO)	3 (ESPRESSO)	4 (ESPRESSO)	4 (ESPRESSO)
FLAT WHITE	2 (CORTISSIMO)	2 (CORTISSIMO)	3 (CORTISSIMO)	3 (CORTISSIMO)	N/A	N/A	N/A	N/A
FLAT BLACK	2 (CORTISSIMO)	2 (CORTISSIMO)	3 (CORTISSIMO)	3 (CORTISSIMO)	N/A	N/A	N/A	N/A

TYPE OF COFFEE	DRINK IN	TAKE AWAY
CORTADO	2 (CORTO)	2 (CORTO)

Product Description	Allergens Present																		Nutrition Per 100g/ml								Nutrition Per Portion										
	Dietary Choices		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	Salt per portion
	Suitable for Vegetarians	Suitable for Vegans	Wheat	Rye	Barley	Oat	Soya																														
CAKES																																					
PORTUGUESE CUSTARD TART	YES	NO	YES	N	N	N	YES	YES	YES	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	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	0.5	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	50	38.6	5.5	0.6	75	1660	398	25.9	13.0	37	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	0.7	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	0.4	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	N	N	N	YES	YES	C	YES	N	N	N	YES	N	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	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
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
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
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
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
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

Product Description	Dietary Choices		Allergens Present																	Nutrition Per 100g/ml								Nutrition Per Portion																							
	Suitable for Vegetarians	Suitable for Vegans	Cereals containing Gluten														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																	
			Wheat	Rye	Barley	Oat	Soya	Egg	Milk	Fish	Crustacean	Mollusc	Sulphite	Sesame	Celery	Mustard																			Lupin	Peanut	Tree Nuts														
CINNAMON BUN	YES	NO	YES	C	C	C	C	YES	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	1531	365	14.0	5.7	53.0	25.0	5.9	0.42	123	1875	447	17.0	7.0	65.0	30.0	7.2	0.51
LEMON & BLUEBERRY CAKE	YES	NO	YES	N	N	N	YES	YES	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	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		
SALTED CARAMEL POPCORN BROWNIE	YES	NO	YES	N	YES	N	YES	YES	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	C		1848	441	22.0	6.6	54.0	37.0	6.5	0.02	75	1386	331	16.0	5.0	41.0	28.0	4.9	0.02			
TRIPLE CHOCOLATE MUFFIN	YES	NO	YES	N	YES	C	YES	YES	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	C		1720	411	21.0	4.2	50.0	30.0	4.8	0.27	96	1651	395	20.0	4.0	48.0	28.0	4.6	0.26				
NEAPOLITAN MUFFIN	YES	NO	YES	N	YES	C	YES	YES	C	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	C		1537	366	15.0	2.1	53.0	33.0	3.3	0.29	103	1583	377	16.0	2.2	55.0	34.0	3.4	0.30				
BELGIAN CHOCOLATE CHUNK COOKIE	YES	NO	YES	N	C	C	YES	C	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	C		1906	455	20.0	11.0	63.0	35.0	5.4	0.50	76	1449	345	15.0	8.3	48.0	26.0	4.1	0.38				
APPLE & BLACKBERRY LOAF CAKE	YES	NO	YES	N	N	N	C	YES	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	YES	Almond	1487	355	17.0	2.5	46.0	25.0	4.5	0.30	97	1442	344	16.0	2.4	45.0	24.0	4.4	0.29					
CHOCOLATE & SALTED CARAMEL CAKE	YES	NO	YES	N	N	N	YES	YES	YES	YES	N	N	N	YES	N	N	N	N	N	N	N	N	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					
ALL BUTTER MINCE PIE	YES	NO	YES	N	N	N	C	YES	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	C		1611	383	12.9	7.7	61.9	37.0	4.1	0.20	86	1386	329	11.0	6.6	53.0	32.0	3.5	0.17					
MAPLE HAZELNUT BLONDIE	YES	NO	YES	N	C	C	YES	YES	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	YES	Hazelnut	1897	454	25.0	8.5	51.0	32.0	5.2	0.24	79	1499	359	19.0	6.7	41.0	25.0	4.1	0.19					
LOADED FLAPJACK	YES	NO	YES	N	C	YES	YES	C	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	YES	Almond	1947	466	24.0	8.4	51.0	36.0	7.4	0.15	77	1499	359	19.0	6.4	40.0	27.0	5.7	0.12					
MAPLE HAZELNUT MUFFIN	YES	NO	YES	N	C	C	YES	YES	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	YES	Hazelnut	1653	394	17.0	2.8	57.0	35.0	3.3	0.29	99	1636	390	17.0	2.8	56.0	35.0	3.3	0.29					
TERRY'S CHOCOLATE ORANGE MUFFIN	YES	NO	YES	N	C	C	YES	YES	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	C		1765	422	20.0	6.4	54.0	31.0	5.1	0.37	105	1836	438	21.0	6.7	56.0	33.0	5.4	0.39					
Impulse																																																			
DARK CHOCOLATE BAR	YES	NO	C	N	N	N	YES	N	C	YES	N	N	N	N	N	N	N	N	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	YES	N	N	N	N	N	N	N	N	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	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	C		2226	533	30.1	18.4	58	55.7	6.5	0.24	30.0	668	160	9.0	5.5	17	16.7	1.9	0.07					
ROCKY ROAD BITES	NO	NO	YES	N	N	N	YES	C	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	C		2132	511	31.0	18.0	54.0	39.0	2.4	0.7	100	2132	511	31.0	18.0	54.0	39.0	2.4	0.7					
BELGIAN CHOCOLATE BROWNIE (GLUTEN FREE)	YES	NO	N	N	N	N	YES	YES	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	YES	Almond	2148	516	35.0	19.0	42.0	37.0	8.1	0.36	60	1289	310	21.0	11.0	25.0	22.0	4.9	0.22						
FRUITY FLAPJACK*	YES	YES	N	N	N	YES	N	N	N	YES	N	N	N	YES	N	N	N	N	N	N	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						

Product Description	Dietary Choices		Allergens Present																	Nutrition Per 100g/ml							Nutrition Per Portion										
	Suitable for Vegetarians	Suitable for Vegans	Cereals containing Gluten														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			
			Wheat	Rye	Barley	Oat	Soya	Egg	Milk	Fish	Crustacean	Mollusc	Sulphite	Sesame	Celery	Mustard																			Lupin	Peanut	Tree Nuts
FRUIT & OAT BISCUITS	YES	NO	YES	N	N	YES	N	N	YES	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		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		2047	488	21.0	6.6	68.0	28.0	5.4	0.50	48	983	234	9.8	3.2	33.0	13.0	2.6	0.24	
CARAMEL WAFFLES	YES	NO	YES	N	N	N	YES	N	YES	N	N	N	N	N	N	N	N	N		1953	465	17.0	8.8	72.0	37.0	3.9	0.73	78	1523	363	14.0	6.9	56.0	28.0	3.0	0.57	
CHOCOLATE FILLED MINI MUFFINS	YES	NO	YES	N	C	C	YES	YES	YES	N	N	N	N	N	N	N	N	N	C	1656	395	19.0	3.3	51.0	30.0	5.2	0.26	19	315	75	3.5	0.6	9.7	5.8	1.0	0.05	
BEACH BALL SHORTCAKE BISCUIT	YES	NO	YES	N	N	N	C	YES	YES	N	N	N	N	N	N	N	N	N	C	1797	427	13.0	6.6	70.0	33.0	5.8	0.34	49	880	209	6.6	3.2	34.0	16.0	2.9	0.17	
GLUTEN FREE VEGAN MINCE TART	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	YES	Almond	1690	402	14.0	4.7	65.0	34.0	3.2	0.24	85	1436	342	12.0	4.0	55.0	29.0	2.7	0.20
ICED PUMPKIN 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	789	188	5.8	2.6	31.0	14.0	2.4	0.20	
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.																																					
PASTRIES																																					
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	
BREAKFAST																																					
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	0.3	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	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	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	3.4	34	5	8.3	1.3	192	2144	512	20	6.5	65	9.6	16	2.5	
SMOKED BACON BAP	NO	NO	YES	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	1328	317	13	4.1	33	3.3	17	1.5	120	1594	381	16	4.9	40	3.9	19	1.9	

Product Description	Dietary Choices		Allergens Present																Nutrition Per 100g/ml								Nutrition Per Portion													
	Suitable for Vegetarians	Suitable for Vegans	Cereals containing Gluten													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							
			Wheat	Rye	Barley	Oat	Soya	Egg	Milk	Fish	Crustacean	Mollusc	Sulphite	Sesame	Celery																			Mustard	Lupin	Peanut	Tree Nuts			
PORK SAUSAGE BAP	NO	NO	YES	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	1302	311	15	5.4	31	2.3	11	1.3	158	2057	491	24	8.5	49	3.6	17	2
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	N	N	N	978	233	1.7	0.6	45	1.7	9.9	0.9	102	998	248	1.7	0.6	45	1.7	10	0.9	
SANDWICHES																																								
CHICKEN SALAD SANDWICH	NO	NO	YES	N	YES	N	YES	YES	N	N	N	N	N	N	N	N	N	YES	N	N	N	N	685	164	4.1	0.5	20.1	3.0	10.6	0.7	190	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	N	N	YES	N	N	N	N	1064	254	14.6	2.4	22.7	2.4	9.0	0.4	176	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	N	N	YES	N	N	N	N	1289	310	19.1	2.2	21.0	3.0	13.0	0.9	176	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	N	N	YES	N	N	C	N	761	182	2.7	1.4	27.7	8.0	10.7	0.7	171	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	N	N	YES	N	N	C	N	1153	256	12	2.2	27	5.1	13	1.4	150	1739	413	18	3.3	41	7.6	19	2.0	
WRAP																																								
CHICKEN & BACON CAESAR WRAP	NO	NO	YES	N	N	N	N	YES	YES	YES	N	N	YES	N	YES	YES	N	N	N	N	N	N	1085	260	13	3.1	24	4.1	12	1.1	220	2400	574	29	7.0	54	9.2	25	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	N	N	N	912	218	8.2	2.7	25	3	10	1.3	199	1815	434	16	5.4	49	6	21	2.6	
TOASTIE																																								
CHICKEN BALTI TOASTIE	NO	NO	YES	N	YES	N	YES	C	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	947	226	8.6	3.6	27	3.9	10	1.3	210	1984	474	18	7.5	57	8.1	21	2.7	
HAM AND CHEESE TOASTIE	NO	NO	YES	N	N	N	YES	N	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	894	214	6	2.4	28	3.3	11	1.3	171	1529	365	10	4.1	48	5.6	19	2.2	
CHEESE AND SLOW ROASTED TOMATO TOASTIE	YES	NO	YES	N	N	N	YES	N	YES	N	N	N	N	N	N	N	N	YES	N	N	N	N	1083	259	10	4	31	5.1	11	1.2	165	1787	427	17	6.7	52	8.5	17	2	
CHICKEN & BACON TOASTIE	NO	NO	YES	N	N	N	YES	YES	YES	N	N	N	N	N	N	N	N	YES	N	N	N	N	1050	252	12	2.0	24.0	2.9	12	1.2	192	2014	484	23	3.8	46.0	5.6	23	2.2	
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	N	N	N	1018	243	9.0	4.4	28	3.2	12	1.2	179	1822	436	16	7.7	50	5.8	22	2.2	
VEGAN HAM & CHEEZE TOASTIE	YES	YES	YES	N	N	N	YES	N	N	N	N	N	N	C	N	YES	N	N	N	C	N	N	948	227	7.8	3.3	32	3.6	6.4	1.3	155	1470	351	12	5.1	49	5.6	9.9	1.9	

Product Description	Dietary Choices		Allergens Present																Nutrition Per 100g/ml								Nutrition Per Portion										
	Suitable for Vegetarians	Suitable for Vegans	Cereals containing Gluten													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				
			Wheat	Rye	Barley	Oat	Soya	Egg	Milk	Fish	Crustacean	Mollusc	Sulphite	Sesame	Celery																			Mustard	Lupin	Peanut	Tree Nuts
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	32	1	14	1.5	171	1793	429	14	7.7	55	1.6	24	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	32	3.5	12	1.2	175	1871	447	16	6.9	55	6.2	20	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	12	6.6	17	2.4	6.8	0.6	267	1618	387	31	18	45	6.3	18	1.7
ARRABIATTA PASTA	YES	NO	YES	N	N	N	YES	N	YES	N	N	N	YES	N	N	N	N	N	N		492	118	2.7	1.2	18	3.7	4.4	0.7	240	1182	282	6.4	2.9	43	8.8	11	1.8

NO