





Product Description	Dietary Choices		Cereals Containing Gluten			Allergens Present														Nutrition Per 100g/ml							Portion weight (g)	Nutrition Per Portion									
	Suitable for Vegetarians	Suitable for Vegans	Wheat Products	Rye Products	Barley Products	Oat Products	Soya products	Egg products	Milk products	Fish Products	Crustacean Products	Mollusc Products	Sulphite Products	Sesame Products	Celery Products	Mustard Products	Peanut Products	Lupin Products	Tree Nuts Products	Tree Nut Source (if present)	Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)		Protein (g)	Salt (g)	Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
<b>Cold Sandwiches</b>																																					
Chicken and Bacon Sandwich	NO	NO	YES	N	YES	N	YES	YES	N	N	N	N	N	C	N	YES	C	N	C		1373	328	19.3	2.8	22.9	2.7	15	1.2	180	2471	590	34.7	5	41.2	4.9	27	2.2
Chicken Salad Sandwich	NO	NO	YES	N	YES	N	YES	YES	N	N	N	N	N	C	N	YES	C	N	C		699	167	3.6	0.6	21.1	2.3	11.5	0.7	189	1321	316	6.8	1.1	39.9	4.3	22	1.3
Free Range Egg Mayo Sandwich	YES	NO	YES	N	N	YES	YES	YES	N	N	N	N	N	C	N	YES	C	N	C		1114	266	15.4	2.5	21.5	2.4	9.4	0.7	167	1860	444	25.7	4.2	35.9	4	16	1.2
Tuna & Red Onion Sandwich	NO	NO	YES	N	YES	N	N	YES	N	YES	N	N	N	C	N	YES	C	N	C		861	206	6.7	0.7	24.2	1.7	11.5	1.3	187	1610	385	12.5	1.4	45.3	3.1	22	2.4
Chicken Flat Bread	NO	NO	YES	YES	YES	N	N	YES	N	N	N	N	N	C	N	YES	C	N	C		711	170	2.8	0.9	24.7	8.2	10.8	0.6	165	1173	280	4.6	1.5	40.8	13.6	18	1
Chicken and Bacon Caesar Wrap	NO	NO	YES	N	N	N	N	YES	YES	YES	N	N	N	C	YES	YES	C	N	C		1085	260	12.9	3.1	24.4	4.1	11.5	1.1	220	2400	574	28.6	7	53.9	9.2	25	2.5
<b>Soups, Paninis, Toasties, Hot Wraps and Toasted Products</b>																																					
Tomato & Basil Soup (Gluten Free)	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	YES	N	N	N	N		210	51	3.2	1.7	5.0	3.8	1.0	0.6	330	693	168	11.0	5.6	17.0	13.0	3.3	1.9
Chicken & Vegetable Soup (Gluten Free)	NO	NO	N	N	N	N	N	N	YES	N	N	N	N	N	YES	N	N	N	N		171	41	1.0	0.4	6.2	1.8	2.4	0.6	330	561	135	3.3	1.3	21.0	5.9	7.9	1.9
Ham & Cheese Panini	NO	NO	YES	N	N	N	N	N	YES	N	N	N	N	C	N	N	C	N	C		1665	247	6.5	3.2	21.2	2.2	14.8	1.4	171	1035	398	10.5	5.2	50.2	3.5	24	2.2
Mozzarella, Tomato & Basil Panini	YES	NO	YES	N	N	N	YES	N	YES	N	N	N	N	C	N	N	C	N	C		1069	256	9.1	3.9	31.5	3.5	11.5	1.2	175	1871	447	15.9	6.9	55.2	0.2	20	2.2
Bacon Roll	NO	NO	YES	N	N	N	N	N	YES	N	N	N	N	C	N	N	C	N	C		1328	317	13.2	4.1	32.9	3.3	16.2	1.5	120	1594	381	15.9	4.9	39.5	3.9	19	1.9
Chicken & Chorizo Panini	NO	NO	YES	N	N	N	N	YES	YES	N	N	N	N	C	N	YES	C	N	C		1111	265	12.1	3.9	24.4	0.4	14	1.3	210	2328	555	25.3	8.2	51.1	0.8	29	2.7
Ham & Cheese Toastie	NO	NO	YES	N	N	N	YES	N	YES	N	N	N	N	C	N	N	C	N	C		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
Cheese & Tomato Toastie	YES	NO	YES	N	N	N	YES	N	YES	N	N	N	N	C	N	N	C	N	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	N	N	N	YES	YES	YES	N	N	N	N	C	N	YES	C	N	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	26	1.9
Honey Roast Ham and Mature Cheddar Toastie	NO	NO	YES	N	N	N	YES	N	YES	N	N	N	N	C	N	YES	C	N	C		979	234	9.8	5.3	25.2	3.1	11.6	1.2	182	1782	426	17.8	9.6	45.9	5.6	21	2.2
Chipotle Chicken Toasite	NO	NO	YES	N	YES	N	YES	N	YES	N	N	N	YES	C	N	YES	C	N	C		931	221	7.6	3.9	25.1	3.5	12.5	0.9	209	1946	462	15.9	8.2	52.5	7.3	26	1.9
Chicken Fajita Hot Wrap	NO	NO	YES	N	N	N	N	N	YES	N	N	N	YES	C	N	YES	C	N	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

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<b>Breakfast</b>																																						
Brown Seeded Toast x 2 slices (without butter)	YES	YES	YES	N	YES	N	N	N	N	N	N	N	N	N	C	N	N	N	N	C		1057	252	3.7	0.9	42.6	1.1	11.9	0.9	100	1057	252	3.7	0.9	42.6	1.1	11.9	0.9
Greek Style Yoghurt, Granola & Berry Compote	YES	NO	YES	YES	YES	YES	N	YES	YES	N	N	N	N	N	N	N	N	N	N	YES	Hazelnut	673	160	7.4	3.5	19.1	12.1	4.3	0.2	195	1312	312	14.4	6.8	37.2	23.6	8.4	0.4
Fresh Wholegrain Porridge (Gluten Free)	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N	C		355	84	2.8	1.4	11.7	3.1	3.5	0.6	300	1066	253	8.5	4.2	35.0	9.3	10.5	1.8
Instant Oat Porridge Pot	YES	NO	C	C	C	YES	N	N	YES	N	N	N	N	N	N	N	N	N	N	C		1551	367	4.9	0.8	61.7	20.9	16.4	0.3	80.0	1240	294	3.9	0.6	49.4	16.7	13.1	0.2
Fruit Teacake (without butter)	YES	NO	YES	N	N	N	C	C	YES	N	N	N	N	C	N	C	N	N	C		1258	297	5.2	1.8	53.6	23.8	7.8	0.5	105	1320	311	5.4	1.9	56.2	24.9	8.1	0.5	
Sausage Sourdough Roll	NO	NO	YES	N	N	N	N	N	YES	N	N	N	YES	C	N	N	C	N	C		1237	296	14.6	5	30.7	2.1	10.5	1.3	148	1831	438	21.6	7.4	45.4	3.1	16	1.9	
Ham & Emmental Croissant	NO	NO	YES	N	N	N	N	YES	YES	N	N	N	N	C	N	N	C	N	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	14	1	
<b>Pastries</b>																																						
Chocolate Twist	YES	NO	YES	N	N	N	YES	YES	YES	N	N	N	N	C	N	N	N	N	C		1260	300	12.4	7.6	41.8	18.2	4.8	0.5	120	1512	360	14.9	9.1	50.2	21.8	5.8	0.6	
Pain au Raisin	YES	NO	YES	N	N	N	C	YES	YES	N	N	N	N	C	N	N	N	N	C		1195	285	10.4	6.6	42.7	17.2	5	0.6	105	1255	299	10.9	6.9	44.8	18.1	5.3	0.6	
Croissant	YES	NO	YES	N	N	N	C	YES	YES	N	N	N	N	C	N	N	N	N	C		1505	360	19.8	12.6	38	6.1	7.8	0.9	80	1204	288	15.8	10.1	30.4	4.9	6.2	0.8	
Nutella Cup Croissant	YES	NO	YES	N	N	N	YES	YES	YES	N	N	N	N	N	N	N	N	N	YES	Hazelnut	1938	464	27.7	12.3	43.9	18.2	8.7	0.8	70	1347	323	19.0	8.6	31.0	13.0	6.1	0.5	
<b>Food Extras</b>																																						
Salted Butter Portion (Avonmore)	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N		3036	738	81.4	52.3	0.8	0.8	0.6	1.9	6	192	47	5.2	3.3	0.1	0.1	0.0	0.1	
Lifestyle Sptead (Avonmore)	YES	NO	N	N	N	N	N	N	YES	N	N	N	N	N	N	N	N	N	N		2198	535	59.0	17.0	0.6	0.6	0.4	1.3	10	220	54	5.9	1.7	0.1	0.1	0.0	0.1	
Tiptree Strawberry Jam Portion	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N		1139	268	0.0	0.0	67.0	67.0	0.0	0.0	28.0	319	75	0.0	0.0	18.8	18.8	0.0	0.0	
Salt Sachets	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N		0	0	0.0	0.0	0.0	0.0	0.0	100	0.8	0	0	0.0	0.0	0.0	0.0	0.0	0.8	
Black Pepper Sachets	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N		1603	381	3.3	0.0	64.0	0.0	10.9	0.1	0.2	2	1	0.0	0.0	0.1	0.0	0.0	0.0	
Nutella Portion	YES	NO	N	N	N	N	YES	N	YES	N	N	N	N	N	N	N	N	N	YES	Hazelnut	2243	537	31.0	10.3	56.4	55.2	6.4	0.1	15.0	336	81	5.0	1.6	8.5	8.3	1.0	0.0	
Hp Brown Sauce Sachet	YES	NO	N	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N		495	117	0.1	0.0	28.0	23.0	0.9	1.3	10.0	49	12	0.0	0.0	2.8	2.3	0.1	0.1	
Tomato Ketchup Sachet	YES	NO	N	N	N	N	N	N	N	N	N	N	N	N	YES	N	N	N	N		424	100	0.1	0.0	23.2	22.8	1.2	1.8	7.0	30	7	0	0	1.6	0.4	0.1	0.1	
Tiptree Honey Portion	YES	NO	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N		1229	228	0.0	0.0	76.4	76.4	0.4	0.0	28.0	344	64	0.0	0.0	21.4	21.4	0.1	0.0	
Lyles Maple Syrup Sachets	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N		1326	312	0.0	0.0	77.5	77.5	0.5	0.8	20.0	265	62	0.0	0.0	15.5	15.5	0.1	0.2	
Peanut Butter	YES	YES	N	N	N	N	N	N	N	N	N	N	N	N	N	N	YES	N	C	Peanut	2528	610	48.8	9.6	14.7	7.0	24.4	1.3	15.0	379	92	7.3	1.4	2.2	1.1	3.7	0.2	