



Wild Bean Café UK Food Nutritional and Allergen Information

Product	Suitable For				Allergens													Energy (Kcal)		Energy (KJ)		Protein		Carbohydrate		of which Sugars		Fat		of which Saturates		Fibre		Salt		
	Vegetarians	Vegans	Peanuts	Other Nuts	Sesame	Wheat	Gluten	Egg	Milk	Soya	Mustard	Shellfish	Fish	Sulphites	Celery	Molluscs	Lupin	Per 100g	Per Pack	Per 100g	Per Pack	Per 100g	Per Pack	Per 100g	Per Pack	Per 100g	Per Pack	Per 100g	Per Pack	Per 100g	Per Pack					
Heat to Eat																																				
Sausage Bap	No	No	No	No	No	Yes	Yes	No	Yes	No	No	No	No	No	No	No	No	265	487	1109	2041	12.5	22.9	26.6	49	2	3.6	11.7	21.5	4.4	8.1	1.4	2.6	1.2	2.2	
Bacon Bap	No	No	No	No	No	Yes	Yes	No	Yes	No	No	No	No	No	No	No	No	287	390	1206	1640	14.8	20.2	36.5	48.3	3.1	4.3	9.2	12.6	3.6	4.8	1	1.4	1.61	2.19	
Bacon and Egg Bap	No	No	No	No	No	Yes	Yes	Yes	Yes	No	No	No	No	No	No	No	No	240	391	1011	1643	14.2	23	27.6	44.9	2.4	3.8	7.8	12.7	2.9	4.7	1.6	2.5	1.3	2.1	
All Day Breakfast Baguette	No	No	No	No	No	Yes	Yes	Yes	Yes	Yes	No	No	No	No	No	No	No	272	658	1139	2756	12.9	31.2	26.7	64.5	2.6	6.2	12.3	29.8	3.5	8.4	1.4	3.4	1.4	3.3	
Bacon Baguette	No	No	No	No	No	Yes	Yes	No	Yes	No	No	No	No	No	No	No	No	274	456	1156	1920	15.2	25.2	36.1	60	3.5	5.8	7.2	12	2.8	4.6	2.2	3.6	1.8	3	
Steak Melt Baguette	No	No	No	No	No	Yes	Yes	No	Yes	No	Yes	No	No	No	No	No	No	225	489	950	2062	12.2	26.4	32.6	70.7	5.7	12.3	4.7	10.3	2.5	5.4	1.8	3.9	1.1	2.3	
Cheese and Onion Toastie	Yes	No	No	No	No	Yes	Yes	No	Yes	No	Yes	No	No	No	No	No	No	291	511	1217	2143	14.4	25.3	27.8	48.9	2.6	4.6	13.2	23.3	9.2	16.1	1.3	2.3	1.1	1.9	
Chicken and Bacon Toastie	No	No	No	No	No	Yes	Yes	Yes	Yes	No	Yes	No	No	No	No	No	No	283	563	1186	2361	16	31.8	25.4	50.5	2.3	4.6	12.9	25.7	6.2	12.3	0.7	1.5	1.3	2.6	
Ham and Cheese Toastie	No	No	No	No	No	Yes	Yes	No	Yes	No	Yes	No	No	No	No	No	No	267	495	1123	2077	16.3	30.2	26.3	48.7	1.8	3.3	10.6	19.5	7	13	0.8	1.5	1.3	2.5	
Tuna Melt Panini	No	No	No	No	No	Yes	Yes	Yes	Yes	No	Yes	No	Yes	No	No	No	No	237	492	993	2066	14.1	29.3	24.2	50.4	2.4	4.9	9	18.7	3.9	8.1	1.2	2.4	0.9	1.8	
Ham and Cheese Panini	No	No	No	No	No	Yes	Yes	No	Yes	No	Yes	No	No	No	No	No	No	243	463	1021	1950	14.1	27	28.8	53.9	2.2	4.3	7.8	14.9	5.1	9.8	-	-	1.6	3	
Mozzarella and Pepporoni Panini	No	No	No	No	No	Yes	Yes	No	Yes	No	Yes	No	No	No	No	No	No	264	423	1111	1777	12.4	19.9	33.4	53.5	3.8	6.1	8.5	13.5	4.3	6.9	2.2	3.6	1.5	2.4	
Porridge	Yes	No	No	No	No	Yes	Yes	No	Yes	No	No	No	No	No	No	No	No	369	203	1557	855	14.2	7.8	59.7	32.8	17.4	9.6	6.4	3.5	1.4	0.8	-	-	4.4	0.25	0.5
Hot Savouries																																				
British Assured Pork Sausage Roll	No	No	No	No	No	Yes	Yes	Yes	Yes	No	No	No	No	No	No	No	No	307	639	1279	2260	8.3	17.3	24.1	50.1	1.5	3.1	19.2	40	9.48	19.8	2.2	4.6	1.4	2.9	
Cornish Pastry	No	No	No	No	No	Yes	Yes	Yes	No	No	No	No	No	No	No	No	No	289	723	1207	3020	9	20.1	28.9	72.2	1.8	4.4	15.4	38.5	7.7	19.3	-	-	1.1	2.9	
Chicken Slice	No	No	No	No	No	Yes	Yes	Yes	Yes	No	Yes	No	No	No	No	No	No	263	459.2	1101	2047.9	9.1	16.9	26	48.4	1.6	3	13	24.2	6.9	12.8	2.9	5.4	0.55	1.02	
Steak Slice	No	No	No	No	No	Yes	Yes	Yes	Yes	No	No	No	No	No	No	No	No	268	498.5	1120	2083	10.5	19.5	25.9	48.2	1.4	2.6	13.1	24.4	6.25	12.1	2.1	3.9	0.81	1.5	
West Country Cheese and Onion	Yes	No	No	No	No	Yes	Yes	Yes	Yes	No	No	No	No	No	No	No	No	307	571	1284	2389.2	9.3	17.3	26.9	50	1.4	2.6	17.5	32.5	9.65	17.9	2.6	4.83	0.73	1.4	
Bacon and Cheese Turnover	No	No	No	No	No	Yes	Yes	Yes	Yes	No	No	No	No	No	No	No	No	332	491.36	1385	2050	10.5	15.5	28.8	42.6	1.4	2.07	19	28.1	9.81	14.5	1.7	2.5	1.44	2.1	
Sweet Treats																																				
Chocolate Hazelnut Muffin	Yes	No	No	Yes	No	Yes	Yes	Yes	Yes	Yes	No	No	No	No	No	No	No	423	571.1	1766	2384.1	4.4	5.9	46.3	62.5	28.6	38.6	23.8	32.1	2.9	3.9	1.8	2.4	0.5625	0.76	
Double Chocolate Muffin	Yes	No	No	No	No	Yes	Yes	Yes	Yes	Yes	No	No	No	No	No	No	No	476	642.6	1995	2693.3	5.8	7.8	51.3	69.3	34.5	46.6	27.6	37.3	6.5	8.8	2.4	3.2	5	0.68	
Blueberry Muffin	Yes	No	No	No	No	Yes	Yes	Yes	Yes	No	No	No	No	No	No	No	No	386	501.8	1613	2096.9	4.6	6	44.4	57.7	27.7	36	20.9	27.2	2.5	3.3	1	1.3	0.1	0.03	
Lemon Drizzle Muffin	Yes	No	No	No	No	Yes	Yes	Yes	Yes	No	No	No	No	No	No	No	No	375	555	1573	2328	4	5.9	50.2	74.3	29.1	43.1	17.5	25.9	3	4.4	0.3	0.4	0.575	0.85	
Ring Doughnut	Yes	No	No	No	No	Yes	Yes	Yes	No	Yes	No	No	No	No	No	No	No	362	217.2	1513	907.8	6.1	3.7	37.2	22.3	4.8	2.9	21	12.6	7.6	4.6	2.6	1.6	0.5175	0.31	
Jam Doughnut	Yes	No	No	No	No	Yes	Yes	No	No	Yes	No	No	No	No	No	No	No	298	208.6	1254	877.8	5.9	4.1	48.3	33.8	19.5	13.7	8.5	6	3	2.1	2.3	1.6	0.9275	0.65	
Chocolate Doughnut	Yes	No	No	No	No	Yes	Yes	No	Yes	Yes	No	No	No	No	No	No	No	332	232.4	1391	973.7	5.7	4	45.7	32	14.3	10	13.5	9.5	3.6	2.5	2.2	1.5	0.925	0.65	
Milk Chocolate Chip Cookie	Yes	No	No	No	No	Yes	Yes	Yes	Yes	Yes	No	No	No	No	No	No	No	450	360	1887	1509.6	5.5	4.4	65.8	52.6	40.4	32.3	18.3	14.6	8.2	6.6	1.5	1.2	0.0325	0.03	
Double Chocolate Chip Cookie	Yes	No	No	No	No	Yes	Yes	Yes	Yes	Yes	No	No	No	No	No	No	No	423	338.4	1778	1422.4	5.9	4.7	66.6	53.3	49.9	39.9	14.2	11.4	7.4	5.9	2.4	1.9	0.25	0.2	
White Chocolate Chip Cookie	Yes	No	No	No	No	Yes	Yes	Yes	Yes	Yes	No	No	No	No	No	No	No	450	405	1887	1698.3	5.5	5	65.8	59.2	40.4	36.4	18.3	16.5	8.2	7.4	1.5	1.4	0.0325	0.3	
Croissant	Yes	No	No	Traces	No	Yes	Yes	Yes	Yes	Traces	No	No	No	No	No	No	No	365	255.5	1530	1071	7.8	5.5	37.5	26.3	5.5	3.9	19.9	13.9	12.6	8.8	1.6	1.1	1.02	0.71	
Almond Croissant	Yes	No	No	Yes	No	Yes	Yes	Yes	Yes	Traces	No	No	No	No	No	No	No	375	356.3	1565	1486.8	8.9	8.5	40.2	38.2	15.4	14.6	19	18.1	8.3	7.9	2.5	2.4	0.8025	0.76	
Pain aux Raisins	Yes	No	No	Traces	No	Yes	Yes	Yes	Yes	Traces	No	No	No	No	No	No	No	290	319	1215	1336.5	5.4	5.9	38.9	42.8	16.5	18.2	12.4	13.6	7.8	8.6	1.7	1.9	0.6925	0.76	
Pain au Chocolat	Yes	No	No	Traces	No	Yes	Yes	Yes	Yes	Yes	No	No	No	No	No	No	No	380	285	1580	1185	7.6	5.7	39.9	29.9	10.1	7.6	20.3	15.2	12.8	9.6	2.1	1.6	0.925	0.69	
Maple and Pecan Plat	Yes	No	No	Yes	No	Yes	Yes	Yes	No	No	No	No	No	No	No	No	No	465	395.3	1950	1657.5	5	4.3	42	35.7	14.7	12.5	29.5	25.1	9.8	8.3	1.7	1.4	0.425	0.4	
Part Baked Fruit Scone	Yes	No	No	No	No	Yes	Yes	Yes	Yes	No	No	No	No	No	No	No	No	323	290.7	1384	1245.6	6.5	5.9	54.4	49	24.2	21.8	10.1	9.1	6.4	5.8	1.7	1.5	1.2	1.08	
Cinnamon Whirl with Cream Cheese Icing	Yes	No	No	No	No	Yes	Yes	Yes	Yes	No	No	No	No	No	No	No	No	373	429	1570	185.5	5.4	6.2	58.4	67.2	17	19.6	12.8	14.7	4.3	4.9	0.8	0.9	0.5875	0.68	
Mini Chocolate Shortbread Star	Yes	No	No	No	No	Yes	Yes	No	Yes	Yes	No	No	No	No	No	No	No	514	87.4	2172	369.2	5.3	0.9	61.5	10.5	28.6	4.9	28.3	4.8	18.6	3.2	1.6	0.3	0.03	0.01	
Large Chocolate Shortbread Star	Yes	No	No	No	No	Yes	Yes	No	Yes	Yes	No	No	No	No	No	No	No	514	400.9	2172	1694.2	5.3	4.1	61.5	48	28.6	22.3	28.3	22.1	18.6	14.5	1.6	1.2	0.03	0.02	
In Store Bakery																																				
Stone Baked Baguette	Yes	Yes	No	No	No	Yes	Yes	No	No	No	No	No	No	No	No	No	No	273	1206.7	1150	5083	10.5	46.4	46.3	204.6	3	13.3	4.1	18.1	0.59	2.6	4.4	19.4	0.83	3.7	
Demi Baguette	Yes	Yes	No	No	Traces	Yes	Yes	No	No	No	No	No	No	No	No	No	No	210	294	880	1232	6.4	9	43.3	60.6	0.7	1	0.7	1	0.1	0.1	2.4	3.4	1.1975	1.68	
Parisien	Yes	Yes	No	No	No	Yes	Yes	No	No	No	No	No	No	No	No	No	No	266	133	1129	564.5	8.7	4.4	54	27	1.1	0.6	1	0.5	0.1	0.1	3.1	1.6	1.35	0.67	
Muesli Bread	Yes	Yes	No	No	No	Yes	Yes	No	No	No	No	No	Yes	No	No	No	No	255	714	1070	2996	7.4	20.7	45	126	11.2	31.4	5.3	14.8	0.6	1.7	3.7	10.4	0.815	2.28	
Tiger Bloomer	Yes	Yes	No	No	No	Yes	Yes	No	No	No	No	No	No	No	No	No	No	242	121	1030	515	8.3	4.2	53.1	26.6	1	0.5	1.1	0.6	0.14	0.1	2.2	1.1	0.95	0.48	
White Bloomer	Yes	No	No	No	No	Yes	Yes	No	No	Yes	No	No	No	No	No	No	No	299	150	1263	632	10.1	5.1	47.3	23.7	1.1	0.6	7.4	3.7	1.1	0.6	2.1	1.1	0.1	0.48	
Brown Boule	Yes	No	No	No	No	Yes	Yes	No	No	No	No	No	No	No	No	No	No	236	118	1005	502.5	8.35	4.2	51.42	25.7	1.										