



# Caffeinated Coffee



The information on this page indicates the presence of allergens that are present as ingredients. Our drinks are made using shared equipment so we cannot guarantee that they are suitable for customers with allergies.

ALLERGEN INFORMATION	Cappuccino					Latte					Macchiato				
	SOYA	WHOLE	SEMI	SKIMMED	OAT	SOYA	WHOLE	SEMI	SKIMMED	OAT	SOYA	WHOLE	SEMI	SKIMMED	OAT
SUITABLE FOR VEGETARIANS	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES
SUITABLE FOR VEGANS	YES	NO	NO	NO	YES	YES	NO	NO	NO	YES	YES	NO	NO	NO	YES
<b>CONTAINS</b>															
Peanuts	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Other Nuts	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Sesame	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Cereals cont. Gluten	X	X	X	X	✓ Oat	X	X	X	X	✓ Oat	X	X	X	X	✓ Oat
Egg	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Milk	X	✓	✓	✓	X	X	✓	✓	✓	X	X	✓	✓	✓	X
Soya	✓	X	X	X	X	✓	X	X	X	X	✓	X	X	X	X
Mustard	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Crustaceans	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Fish	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Sulphur Dioxide	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Celery / Celeriac	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Molluscs	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Lupin	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X

## NUTRITIONAL INFORMATION

		Per Serving					Per Serving					Per Serving				
Regular Energy	kcal	92	137	98	67	118	127	189	135	93	148	14	21	15	11	18
	kJ	385	573	410	280	498	531	791	565	389	619	59	88	63	46	75
Large Energy	kcal	112	167	119	82	148	151	226	162	111	178	15	21	16	11	19
	kJ	469	699	498	343	623	632	946	678	465	745	63	88	67	46	80

## INGREDIENTS

All these coffee types contain the same ingredients. However, listed below are the ingredients for different milk types:

Whole Milk: Coffee, Water, Whole **MILK**

Semi-skimmed Milk: Coffee, Water, Semi-skimmed **MILK**

Skimmed Milk: Coffee, Water, Skimmed **MILK**

Soya Milk: Coffee, Water, **SOYA** Milk [Water, Hulled **SOYA** beans, Apple extract, Acidity regulators (Monopotassium phosphate, Dipotassium phosphate), Calcium (Calcium carbonate), Sea salt, Stabiliser (Gellan gum), Vitamins (Riboflavin (B2), B12, D2)]

Oat Milk: Coffee, Water, **OAT** Milk [**OAT** Base (Water, **OAT** (10%)), Sunflower Oil, Chicory Root Fibre, Pea Protein, Acidity Regulator: E340, Sea Salt, Vitamins (B2, B12, D2)]



# Caffeinated Coffee



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ALLERGEN INFORMATION	Americano	Espresso	Mocha					Flat White				
	BLACK	BLACK	SOYA	WHOLE	SEMI	SKIMMED	OAT	SOYA	WHOLE	SEMI	SKIMMED	OAT
<b>MILK TYPE</b>	BLACK	BLACK	SOYA	WHOLE	SEMI	SKIMMED	OAT	SOYA	WHOLE	SEMI	SKIMMED	OAT
SUITABLE FOR VEGETARIANS	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES
SUITABLE FOR VEGANS	YES	YES	NO	NO	NO	NO	NO	YES	NO	NO	NO	YES
<b>CONTAINS</b>												
Peanuts	X	X	X	X	X	X	X	X	X	X	X	X
Other Nuts	X	X	X	X	X	X	X	X	X	X	X	X
Sesame	X	X	X	X	X	X	X	X	X	X	X	X
Cereals cont. Gluten	X	X	X	X	X	X	✓ Oat	X	X	X	X	✓ Oat
Egg	X	X	X	X	X	X	X	X	X	X	X	X
Milk	X	X	✓	✓	✓	✓	✓	X	✓	✓	✓	X
Soya	X	X	✓	X	X	X	X	✓	X	X	X	X
Mustard	X	X	X	X	X	X	X	X	X	X	X	X
Crustaceans	X	X	X	X	X	X	X	X	X	X	X	X
Fish	X	X	X	X	X	X	X	X	X	X	X	X
Sulphur Dioxide	X	X	X	X	X	X	X	X	X	X	X	X
Celery / Celeriac	X	X	X	X	X	X	X	X	X	X	X	X
Molluscs	X	X	X	X	X	X	X	X	X	X	X	X
Lupin	X	X	X	X	X	X	X	X	X	X	X	X

## NUTRITIONAL INFORMATION

		Per Serving	Per Serving	Per Serving					Per Serving 8oz				
Regular Energy	Kcal	1	1	176	185	177	171	176	63	98	75	56	89
	kJ	4	4	737	775	741	716	737	267	408	315	236	374
Large Energy	kcal	2	2	177	185	185	172	179					
	kJ	8	8	741	775	775	720	749					

## INGREDIENTS

### Americano

Coffee, Water

### Espresso

Coffee, Water

### Mocha

#### All Mocha drinks contain:

Coffee, Water, Instant Chocolate Powder (Sugar, Skimmed MILK Powder, Fat Reduced Cocoa Powder (15%), Whey Powder (MILK), Glucose Syrup, Fully Hydrogenated Coconut Oil, Anti-Caking Agent (E341), Stabiliser (E340), Salt, MILK Proteins)

### Flat White

#### All Flat White drinks contain:

Coffee, Milk, Water

#### For Milk Types Chosen, add the below:

Whole Milk: Whole MILK

Semi-skimmed Milk: Semi-skimmed MILK

Skimmed Milk: Skimmed MILK


Soya Milk: SOYA Milk [Water, Hulled SOYA beans, Apple extract, Acidity regulators (Monopotassium phosphate, Dipotassium phosphate), Calcium (Calcium carbonate), Sea salt, Stabiliser (Gellan gum), Vitamins (Riboflavin (B2), B12, D2)]

Oat Milk: Coffee, Water, OAT Milk [OAT Base (Water, OAT (10%)), Sunflower Oil, Chicory Root Fibre, Pea Protein, Acidity Regulator: E340, Sea Salt, Vitamins (B2, B12, D2)]

\*Note: As the hot chocolate powder contains MILK, a mocha made using soya or oat milk will contain MILK



# Decaffeinated Coffee



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ALLERGEN INFORMATION	Decaffeinated Americano	Decaffeinated Espresso	Decaffeinated Flat White	Decaffeinated Cappuccino					Decaffeinated Latte				
	BLACK	BLACK	WHOLE	SOYA	WHOLE	SEMI	SKIMMED	OAT	SOYA	WHOLE	SEMI	SKIMMED	OAT
<b>MILK TYPE</b>													
SUITABLE FOR VEGETARIANS	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES
SUITABLE FOR VEGANS	YES	YES	NO	YES	NO	NO	NO	YES	YES	NO	NO	NO	YES
<b>CONTAINS</b>													
Peanuts	X	X	X	X	X	X	X	X	X	X	X	X	X
Other Nuts	X	X	X	X	X	X	X	X	X	X	X	X	X
Sesame	X	X	X	X	X	X	X	X	X	X	X	X	X
Cereals cont. Gluten	X	X	X	X	X	X	X	✓ Oat	X	X	X	X	✓ Oat
Egg	X	X	X	X	X	X	X	X	X	X	X	X	X
Milk	X	X	✓	X	✓	✓	✓	X	X	✓	✓	✓	X
Soya	X	X	X	✓	X	X	X	X	✓	X	X	X	X
Mustard	X	X	X	X	X	X	X	X	X	X	X	X	X
Crustaceans	X	X	X	X	X	X	X	X	X	X	X	X	X
Fish	X	X	X	X	X	X	X	X	X	X	X	X	X
Sulphur Dioxide	X	X	X	X	X	X	X	X	X	X	X	X	X
Celery/Celeryiac	X	X	X	X	X	X	X	X	X	X	X	X	X
Molluscs	X	X	X	X	X	X	X	X	X	X	X	X	X
Lupin	X	X	X	X	X	X	X	X	X	X	X	X	X

**INGREDIENTS**

**Decaffeinated Americano**  
Coffee, Water

**Decaffeinated Espresso**  
Coffee, Water

**Decaffeinated Flat White**  
Coffee, Water

All these coffee types contain the same ingredients. However, listed below are the ingredients for different milk types:

Whole Milk: Coffee, Water, Whole **MILK**  
Semi-skimmed Milk: Coffee, Water, Semi-skimmed **MILK**  
Skimmed Milk: Coffee, Water, Skimmed **MILK**

Soya Milk: Coffee, Water, **SOYA** Milk [Water, Hulled **SOYA** beans, Apple extract, Acidity regulators (Monopotassium phosphate, Dipotassium phosphate), Calcium (Calcium carbonate), Sea salt, Stabiliser (Gellan gum), Vitamins (Riboflavin (B2), B12, D2)]

Oat Milk: Coffee, Water, **OAT** Milk [**OAT** Base (Water, **OAT** (10%)), Sunflower Oil, Chicory Root Fibre, Pea Protein, Acidity Regulator: E340, Sea Salt, Vitamins (B2, B12, D2)]

**NUTRITIONAL INFORMATION**

		Per Serving	Per Serving	Per Serving	Per Serving					Per Serving				
Regular Energy	kcal	1	1	101	92	137	98	67	69	127	189	135	93	81
	kJ	4	4	423	385	574	410	281	289	532	791	565	389	339
Large Energy	kcal	2	2		112	167	119	82	87	151	226	162	111	93
	kJ	8	8		469	699	498	343	364	632	946	678	465	389



# Decaffeinated Coffee



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## ALLERGEN INFORMATION

MILK TYPE	Decaffeinated Macchiato					Decaffeinated Mocha				
	SOYA	WHOLE	SEMI	SKIMMED	OAT	SOYA	WHOLE	SEMI	SKIMMED	OAT
SUITABLE FOR VEGETARIANS	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES
SUITABLE FOR VEGANS	YES	NO	NO	NO	YES	NO	NO	NO	NO	NO
<b>CONTAINS</b>										
Peanuts	X	X	X	X	X	X	X	X	X	X
Other Nuts	X	X	X	X	X	X	X	X	X	X
Sesame	X	X	X	X	X	X	X	X	X	X
Cereals cont. Gluten	X	X	X	X	✓ Oat	X	X	X	X	✓ Oat
Egg	X	X	X	X	X	X	X	X	X	X
Milk	X	✓	✓	✓	X	✓	✓	✓	✓	✓
Soya	✓	X	X	X	X	✓	X	X	X	X
Mustard	X	X	X	X	X	X	X	X	X	X
Crustaceans	X	X	X	X	X	X	X	X	X	X
Fish	X	X	X	X	X	X	X	X	X	X
Sulphur Dioxide	X	X	X	X	X	X	X	X	X	X
Celery / Celeriac	X	X	X	X	X	X	X	X	X	X
Molluscs	X	X	X	X	X	X	X	X	X	X
Lupin	X	X	X	X	X	X	X	X	X	X

## NUTRITIONAL INFORMATION

		Per Serving					Per Serving				
Regular Energy	kcal	14	21	15	11	10	176	185	177	171	176
	kJ	59	88	63	46	42	737	775	741	716	737
Large Energy	kcal	15	21	16	11	10	177	185	185	172	179
	kJ	63	88	67	46	42	741	775	775	720	749

## INGREDIENTS

### Decaffeinated Macchiato

Whole Milk: Coffee, Water, Whole **MILK**

Semi-skimmed Milk: Coffee, Water, Semi-skimmed **MILK**

Skimmed Milk: Coffee, Water, Skimmed **MILK**

Soya Milk: Coffee, Water, **SOYA** Milk [Water, Hulled **SOYA** beans, Apple extract, Acidity regulators (Monopotassium phosphate, Dipotassium phosphate), Calcium (Calcium carbonate), Sea salt, Stabiliser (Gellan gum), Vitamins (Riboflavin (B2), B12, D2)]

Oat Milk: Coffee, Water, **OAT** Milk [**OAT** Base (Water, **OAT** (10%)), Sunflower Oil, Chicory Root Fibre, Pea Protein, Acidity Regulator: E340, Sea Salt, Vitamins (B2, B12, D2)]

### Decaffeinated Mocha

#### All Mocha drinks contain:

Coffee, Water, Instant Chocolate Powder (Sugar, Skimmed **MILK** Powder, Fat Reduced Cocoa Powder (15%), Whey Powder (**MILK**), Glucose Syrup, Fully Hydrogenated Coconut Oil, Anti-Caking Agent (E341), Stabiliser (E340), Salt, **MILK** Proteins)

#### For Milk Types Chosen, add the below:

Whole Milk: Whole **MILK**

Semi-skimmed Milk: Semi-skimmed **MILK**

Skimmed Milk: Skimmed **MILK**

Soya Milk: **SOYA** Milk [Water, Hulled **SOYA** beans, Apple extract, Acidity regulators (Monopotassium phosphate, Dipotassium phosphate), Calcium (Calcium carbonate), Sea salt, Stabiliser (Gellan gum), Vitamins (Riboflavin (B2), B12, D2)]

Oat Milk: Coffee, Water, **OAT** Milk [**OAT** Base (Water, **OAT** (10%)), Sunflower Oil, Chicory Root Fibre, Pea Protein, Acidity Regulator: E340, Sea Salt, Vitamins (B2, B12, D2)]

\* **Note:** As the hot chocolate powder contains **MILK**, a mocha made using soya or oat milk will contain **MILK**



# Tea

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## ALLERGEN INFORMATION

MILK TYPE	Yorkshire Tea						Teapigs Everyday Brew						Teapigs Earl Grey					
	BLACK	SOYA	WHOLE	SEMI	SKIMMED	OAT	BLACK	SOYA	WHOLE	SEMI	SKIMMED	OAT	BLACK	SOYA	WHOLE	SEMI	SKIMMED	OAT
SUITABLE FOR VEGETARIANS	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES
SUITABLE FOR VEGANS	YES	YES	NO	NO	NO	YES	YES	YES	NO	NO	NO	YES	YES	YES	NO	NO	NO	YES
CONTAINS																		
Peanuts	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Other Nuts	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Sesame	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Cereals cont. Gluten	X	X	X	X	X	✓ Oat	X	X	X	X	X	✓ Oat	X	X	X	X	X	✓ Oat
Egg	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Milk	X	X	✓	✓	✓	X	X	X	✓	✓	✓	X	X	X	✓	✓	✓	X
Soya	X	✓	X	X	X	X	X	✓	X	X	X	X	X	✓	X	X	X	X
Mustard	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Crustaceans	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Fish	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Sulphur Dioxide	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Celery/Celeric	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Molluscs	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Lupin	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X

## NUTRITIONAL INFORMATION

		Per Serving						Per Serving						Per Serving					
Regular Energy	kcal	1	23	32	21	17	16	1	23	32	21	17	16	1	23	37	32	17	16
	kJ	4	96	134	88	71	67	4	96	134	88	71	67	4	96	155	134	71	67
Large Energy	kcal	2	26	37	34	19	18	2	26	37	34	19	18	2	26	43	37	19	18
	kJ	8	109	155	142	80	75	8	109	155	142	80	75	8	109	180	155	80	75

## INGREDIENTS

**Yorkshire Tea**  
Black Tea

**Teapigs Everyday Brew**  
Black Tea

**Teapigs Earl Grey**  
Black Tea (98%), cornflowers, natural bergamot flavour, natural flavourings

**For Milk Types Chosen, add**  
Whole Milk: Whole **MILK**

Semi-skimmed: Semi-skimmed **MILK**

Skimmed Milk: Skimmed **MILK**

Soya Milk: **SOYA** Milk [Water, Hulled **SOYA** beans, Apple extract, Acidity Regulators (Monopotassium Phosphate, Dipotassium Phosphate), Calcium (Calcium Carbonate), Sea Salt, Stabiliser (Gellan gum), Vitamins (Riboflavin (B2), B12, D2)]

Oat Milk: Coffee, Water, **OAT** Milk [**OAT** Base (Water, **OAT** (10%)), Sunflower Oil, Chicory Root Fibre, Pea Protein, Acidity Regulator: E340, Sea Salt, Vitamins (B2, B12, D2)]



# Decaffeinated Tea

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## ALLERGEN INFORMATION

Decaffeinated Yorkshire Tea						
MILK TYPE	BLACK	SOYA	WHOLE	SEMI	SKIMMED	OAT
SUITABLE FOR VEGETARIANS	YES	YES	YES	YES	YES	YES
SUITABLE FOR VEGANS	YES	YES	NO	NO	NO	YES
CONTAINS						
Peanuts	X	X	X	X	X	X
Other Nuts	X	X	X	X	X	X
Sesame	X	X	X	X	X	X
Cereals cont. Gluten	X	X	X	X	X	✓ Oat
Egg	X	X	X	X	X	X
Milk	X	X	✓	✓	✓	X
Soya	X	✓	X	X	X	X
Mustard	X	X	X	X	X	X
Crustaceans	X	X	X	X	X	X
Fish	X	X	X	X	X	X
Sulphites	X	X	X	X	X	X
Celery/Celeriac	X	X	X	X	X	X
Molluscs	X	X	X	X	X	X
Lupin	X	X	X	X	X	X

## NUTRITIONAL INFORMATION

		Per Serving					
Regular Energy	kcal	1	23	32	21	17	16
	kJ	4	96	134	88	71	67
Large Energy	kcal	2	26	37	34	19	18
	kJ	8	109	155	142	80	75

## INGREDIENTS

### Decaffeinated Yorkshire Tea

Black Tea

Semi-skimmed: Semi-skimmed MILK

Skimmed Milk: Skimmed MILK

Soya Milk: SOYA Milk [Water, Hulled SOYA beans, Apple extract, Acidity Regulators (Monopotassium Phosphate, Dipotassium Phosphate), Calcium (Calcium Carbonate), Sea Salt, Stabiliser (Gellan gum), Vitamins (Riboflavin (B2), B12, D2)]

Oat Milk: Coffee, Water, OAT Milk [OAT Base (Water, OAT (10%)), Sunflower Oil, Chicory Root Fibre, Pea Protein, Acidity Regulator: E340, Sea Salt, Vitamins (B2, B12, D2)]



# Teapigs Flavoured Tea

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## ALLERGEN INFORMATION

	Peppermint	Mao Feng Green Tea	Lemon & Ginger	Super Fruit
<b>MILK TYPE</b>	BLACK	BLACK	BLACK	BLACK
SUITABLE FOR VEGETARIANS	YES	YES	YES	YES
SUITABLE FOR VEGANS	YES	YES	YES	YES
<b>CONTAINS</b>				
Peanuts	X	X	X	X
Other Nuts	X	X	X	X
Sesame	X	X	X	X
Cereals containing Gluten	X	X	X	X
Egg	X	X	X	X
Milk	X	X	X	X
Soya	X	X	X	X
Mustard	X	X	X	X
Crustaceans	X	X	X	X
Fish	X	X	X	X
Sulphur Dioxide	X	X	X	X
Celery / Celeriac	X	X	X	X
Molluscs	X	X	X	X
Lupin	X	X	X	X

## NUTRITIONAL INFORMATION

		Per Serving	Per Serving	Per Serving	Per Serving
Regular Energy	kcal	2	1	2	2
	kJ	8	4	8	8
Large Energy	kcal	4	2	4	4
	kJ	17	8	17	17

## INGREDIENTS

### Lemon & Ginger

Ginger (65%), lemongrass, lemon peel (5%), liquorice root

### Peppermint

Peppermint

### Mao Feng Green Tea

Green Tea

### Super Fruit

Hibiscus (49%), elderberries (28%), blackcurrants (10%), currants (10%), natural flavouring, cranberries (1%), blueberries (1%)



# Syrups

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ALLERGEN INFORMATION	Vanilla	Roasted Hazelnut	Caramel	Sugar-Free Caramel	Cinnamon Roll Syrup
SUITABLE FOR VEGETARIANS	YES	YES	YES	YES	YES
SUITABLE FOR VEGANS	YES	YES	YES	YES	YES
<b>CONTAINS</b>					
Peanuts	X	X	X	X	X
Other Nuts	X	✓ Hazelnut	X	X	X
Sesame	X	X	X	X	X
Gluten	X	X	X	X	X
Egg	X	X	X	X	X
Milk	X	X	X	X	X
Soya	X	X	X	X	X
Mustard	X	X	X	X	X
Crustaceans	X	X	X	X	X
Fish	X	X	X	X	X
Sulphur Dioxide	X	X	X	X	X
Celery / Celeriac	X	X	X	X	X
Molluscs	X	X	X	X	X
Lupin	X	X	X	X	X

**NUTRITIONAL INFORMATION**

	Per Shot (20ml)	Per Shot (20ml)	Per Shot (20ml)	Per Shot (20ml)	Per Shot (20ml)
Energy kJ	271	262	270	16	271
Energy kcal	65	63	65	4	65
Carbohydrates (g)	16.8	15.7	15.9	0.1	16
Of which sugars (g)	16.7	15.6	15.9	0	16

**INGREDIENTS**

**Vanilla Syrup**  
 Sugar, water, natural flavouring, vanilla extract, concentrated lemon juice, preservative agent: (E202).

**Roasted Hazelnut Syrup**  
 Sugar, Water, Natural **HAZELNUT (NUTS)** Flavouring with other natural flavourings, Concentrated Lemon Juice, Preservative: E202, Colour: E150a.

**Caramel Syrup**  
 Sugar, Water, Natural Flavouring, Acidity Regulator: Citric Acid, Colour: Caramel (Plain).

**Sugar – Free Caramel Syrup**  
 Water, Bulking Agent: Polydextrose, Flavouring, Thickener: Cellulose Gum, Sweeteners: Sucralose, Acesulfame K, Acid: Tartaric Acid (L(+)-), Colour: E150b, Preservatives: Potassium Sorbate, Sodium Benzoate.

**Cinnamon Roll Syrup**  
 Sugar, water, natural cinnamon flavouring with other natural flavourings, natural flavouring, acid: citric acid, colour: E150a.





# Speciality Drinks



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## ALLERGEN INFORMATION

SUITABLE FOR VEGETARIANS	YES
SUITABLE FOR VEGANS	NO
<b>CONTAINS</b>	
Peanuts	May contain
Other Nuts	May contain
Sesame	X
Cereals containing Gluten	✓ If using oat milk
Egg	May contain
Milk	✓
Soya	✓ If using soya milk / ✓ May contain (where Soya milk is not used)
Mustard	May contain
Crustaceans	X
Fish	May contain
Sulphur Dioxide	X
Celery / Celeriac	X
Molluscs	X
Lupin	X

## NUTRITIONAL INFORMATION

		Per Drink	Per Drink
Energy	kJ	1633	962
	kcal	390	230
Fat (g)		14.0	5.4
	Of which saturates (g)	5.3	3.3
Carbohydrates (g)		57.6	29.6
	Of which sugars (g)	48.1	29.5

	Caramel Fudge Latte	Iced Caramel Latte
SUITABLE FOR VEGETARIANS	YES	YES
SUITABLE FOR VEGANS	NO	NO
<b>CONTAINS</b>		
Peanuts	May contain	X
Other Nuts	May contain	X
Sesame	X	X
Cereals containing Gluten	✓ If using oat milk	✓ If using oat milk
Egg	May contain	X
Milk	✓	✓ If using whole, semi or skimmed milk
Soya	✓ If using soya milk / ✓ May contain (where Soya milk is not used)	✓ If using soya milk
Mustard	May contain	X
Crustaceans	X	X
Fish	May contain	X
Sulphur Dioxide	X	X
Celery / Celeriac	X	X
Molluscs	X	X
Lupin	X	X

## INGREDIENTS

### Caramel Fudge Latte (For milk types chosen, add the below)

#### All Caramel Fudge Latte drinks contain:

Coffee, Water, Cream: (Cream (**MILK**) (95%), Sugar (4%), Emulsifier (Mono- and Diglycerides of Fatty Acids), Stabiliser (Carrageenan), Propellant Gas (Nitrous Oxide). Caramel Syrup [Sugar, Water, Natural Flavouring, Acidity Regulator: Citric Acid, Colour: Caramel (Plain)],

Caramel Sauce [Skimmed Sweetened Condensed **MILK** (26.7%), Sugar, Water, Glucose-Fructose Syrup, Caramel, Butter (**MILK**) (4.2%), Modified Starch: E1442, Flavourings, Colour: E150a, Salt, Emulsifier: E471, Preservative: E202, Acidity Regulator: E330], Vanilla Fudge (Sugar, Skimmed sweetened condensed milk (**MILK**), Glucose syrup, Fondant (Sugar, glucose syrup), Vegetable fat (palm oil), Stabiliser: pectin, Thickening agent: sodium alginate, natural vanilla flavouring).

May contain **SOYA, FISH, PEANUTS, NUTS, MUSTARD & EGG**

### Iced Caramel Latte

Whole **MILK**, Coffee, Water, Caramel Syrup (Sugar, Water, Natural Flavouring, Acidity Regulator: Citric Acid, Colour: Caramel (Plain)).

#### For Milk Types Chosen, see the below:

Semi-skimmed Milk: Semi-skimmed **MILK**

Skimmed Milk: Skimmed **MILK**

Soya Milk: **SOYA** Milk [Water, Hulled **SOYA** beans, Apple extract, Acidity regulators (Monopotassium phosphate, Dipotassium phosphate), Calcium (Calcium carbonate), Sea salt, Stabiliser (Gellan gum), Vitamins (Riboflavin (B2), B12, D2)]

Oat Milk: Coffee, Water, **OAT** Milk [**OAT** Base (Water, **OAT** (10%)), Sunflower Oil, Chicory Root Fibre, Pea Protein, Acidity Regulator: E340, Sea Salt, Vitamins (B2, B12, D2)]



# Speciality Drinks

**A** The information on this page indicates the presence of allergens that are present as ingredients. Our drinks are made using shared equipment so we cannot guarantee that they are suitable for customers with allergies.

## ALLERGEN INFORMATION

MILK TYPE	SOYA	WHOLE	SEMI	SKIMMED	OAT
SUITABLE FOR VEGETARIANS	YES	YES	YES	YES	YES
SUITABLE FOR VEGANS	NO	NO	NO	NO	NO
<b>CONTAINS</b>					
Peanuts	May Contain				
Other Nuts	May Contain				
Sesame	X	X	X	X	X
Cereals cont. Gluten	X	X	X	X	✓ Oat
Egg	May Contain				
Milk	✓	✓	✓	✓	✓
Soya	✓	May Contain			
Mustard	X	X	X	X	X
Crustaceans	X	X	X	X	X
Fish	May Contain				
Sulphites	X	X	X	X	X
Celery/Celериac	X	X	X	X	X
Molluscs	X	X	X	X	X
Lupin	X	X	X	X	X

## NUTRITIONAL INFORMATION

		Per Serving				
Regular	kcal	235	292	201	232	277
Energy	kJ	982	1217	838	930	1160

## Cookies and Cream Latte

SOYA	WHOLE	SEMI	SKIMMED	OAT
YES	YES	YES	YES	YES
NO	NO	NO	NO	NO
X	X	X	X	X
X	X	X	X	X
X	X	X	X	X
✓	✓	✓	✓	✓ Oat
X	X	X	X	X
✓	✓	✓	✓	✓
✓	✓	✓	✓	✓
X	X	X	X	X
X	X	X	X	X
X	X	X	X	X
X	X	X	X	X
X	X	X	X	X
X	X	X	X	X
X	X	X	X	X
X	X	X	X	X

Per Serving				
217	274	237	204	259
908	1143	988	856	1086

## INGREDIENTS

### Cinnamon Swirl Latte (For milk types chosen, add the below)

Coffee, Water, Cream: (Cream (**MILK**) (95%), Sugar (4%), Emulsifier (Mono- and Diglycerides of Fatty Acids), Stabiliser (Carrageenan), Propellant Gas (Nitrous Oxide). Cinnamon Roll Syrup [Sugar, Water, Natural Flavouring, Acidity Regulator: Citric Acid, Colour: Caramel (Plain)], Cinnamon Crunch [Sugar, cinnamon, burnt sugar, vegetable fat; palm oil].

May contain **SOYA, FISH, PEANUTS, NUTS** and **EGG**

### Cookie and Cream Latte (For milk types chosen, add the below)

Semi-skimmed **MILK**, Espresso Coffee (Water, Roasted Ground Coffee), Cookies and Cream Syrup (6%) (Sugar, Water, Colour: Plain Caramel; Natural Flavouring), Sweetened Whipped Cream (Cream (**MILK**), Sugar, Emulsifier: Mono and Diglycerides of Fatty Acids; Stabiliser: Carageenan), Crushed Cocoa Biscuits with Vanilla Flavour Filling (3%) (**WHEAT** Flour, Sugar, Palm Oil, Rapeseed Oil, Fat Reduced Cocoa Powder (4%), **WHEAT** Starch, Glucose-Fructose Syrup, Raising Agents: Ammonium Carbonates, Potassium Carbonates, Sodium Carbonates; Salt, Emulsifier: **SOYA** Lecithins; Acidity Regulator: Sodium Hydroxide; Flavouring).

### For Milk Types Chosen, see the below:

Semi-skimmed Milk: Semi-skimmed **MILK**

Skimmed Milk: Skimmed **MILK**

Soya Milk: **SOYA** Milk [Water, Hulled **SOYA** beans, Apple extract, Acidity regulators (Monopotassium phosphate, Dipotassium phosphate), Calcium (Calcium carbonate), Sea salt, Stabiliser (Gellan gum), Vitamins (Riboflavin (B2), B12, D2)]

Oat Milk: Coffee, Water, **OAT** Milk [**OAT** Base (Water, **OAT** (10%)), Sunflower Oil, Chicory Root Fibre, Pea Protein, Acidity Regulator: E340, Sea Salt, Vitamins (B2, B12, D2)]



# Hot Chocolate



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## ALLERGEN INFORMATION

MILK TYPE	Hot Chocolate					Luxury Hot Chocolate				
	SOYA	WHOLE	SEMI	SKIMMED	OAT	SOYA	WHOLE	SEMI	SKIMMED	OAT
SUITABLE FOR VEGETARIANS	YES	YES	YES	YES	YES	NO	NO	NO	NO	NO
SUITABLE FOR VEGANS	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
CONTAINS										
Peanuts	X	X	X	X	X	May contain				
Other Nuts	X	X	X	X	X	May contain				
Sesame	X	X	X	X	X	X	X	X	X	X
Cereals containing Gluten	X	X	X	X	✓ Oat	X	X	X	X	✓ Oat
Egg	X	X	X	X	X	May contain				
Milk	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Soya	✓	X	X	X	X	✓	May contain			
Mustard	X	X	X	X	X	X	X	X	X	X
Crustaceans	X	X	X	X	X	X	X	X	X	X
Fish	X	X	X	X	X	May contain				
Sulphur Dioxide	X	X	X	X	X	X	X	X	X	X
Celery / Celeriac	X	X	X	X	X	X	X	X	X	X
Molluscs	X	X	X	X	X	X	X	X	X	X
Lupin	X	X	X	X	X	X	X	X	X	X

## NUTRITIONAL INFORMATION

		Per Serving					Per Serving				
Regular Energy	kcal	271	289	273	261	260	347	350	366	338	336
	kJ	1134	1210	1143	1093	1089	1453	1465	1532	1415	1407
Large Energy	kcal	362	380	364	352	356					
	kJ	1516	1591	1524	1474	1491					

## INGREDIENTS

### Hot Chocolate

#### All Hot Chocolate drinks contain:

Water, Instant Chocolate Powder (Sugar, Skimmed **MILK** Powder, Fat Reduced Cocoa Powder (15%), Whey Powder (**MILK**), Glucose Syrup, Fully Hydrogenated Coconut Oil, Anti-Caking Agent (E341), Stabiliser (E340), Salt, **MILK** Proteins)

#### For Milk Types Chosen, add the below:

Whole Milk: Whole **MILK**

Semi-skimmed Milk: Semi-skimmed **MILK**

Skimmed Milk: Skimmed **MILK**

Soya Milk: **SOYA** Milk [Water, Hulled **SOYA** beans, Apple extract, Acidity regulators (Monopotassium phosphate, Dipotassium phosphate), Calcium (Calcium carbonate), Sea salt, Stabiliser (Gellan gum), Vitamins (Riboflavin (B2), B12, D2)]

Oat Milk: Coffee, Water, **OAT** Milk [**OAT** Base (Water, **OAT** (10%)), Sunflower Oil, Chicory Root Fibre, Pea Protein, Acidity Regulator: E340, Sea Salt, Vitamins (B2, B12, D2)]

\* Note: As the hot chocolate powder contains **MILK**, a hot chocolate made using soya or oat milk will contain **MILK**

### Luxury Hot Chocolate

#### All Luxury Hot Chocolate drinks contain:

Water, Instant Chocolate Powder (Sugar, Skimmed **MILK** Powder, Fat Reduced Cocoa Powder (15%), Whey Powder (**MILK**), Glucose Syrup, Fully Hydrogenated Coconut Oil, Anti-Caking Agent (E341), Stabiliser (E340), Salt, **MILK** Proteins), Whipping Cream (Cream (96%) (**MILK**), Sugar, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Stabiliser (Carrageenan), Propellant Gas (Nitrous Oxide, Nitrogen)), Marshmallows (Glucose – Fructose Syrup, Sugar, Water, Gelatine (Pork), Anti – Caking Agent: Maize starch, Colour (E162), Natural Flavouring.

May contain **SOYA, FISH, PEANUTS, NUTS** and **EGG**

#### For Milk Types Chosen, see the above:

\* Note: As the hot chocolate powder and cream contain **MILK**, a luxury hot chocolate made using soya or oat milk will contain **MILK**



# Breakfast – Baps



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## ALLERGEN INFORMATION

SUITABLE FOR VEGETARIANS	NO
SUITABLE FOR VEGANS	NO
<b>CONTAINS</b>	
Peanuts	X
Other Nuts	X
Sesame	X
Cereals containing Gluten	✓ <b>Wheat</b>
Egg	X
Milk	✓
Soya	X
Mustard	X
Crustaceans	X
Fish	X
Sulphur Dioxide	X
Celery / Celeriac	X
Molluscs	X
Lupin	X

## NUTRITIONAL INFORMATION

Energy	kJ
	kcal
Fat (g)	
of which saturates (g)	
Carbohydrates (g)	
of which sugars (g)	
Protein (g)	
Salt (g)	

Bacon Bap	
SUITABLE FOR VEGETARIANS	NO
SUITABLE FOR VEGANS	NO
<b>CONTAINS</b>	
Peanuts	X
Other Nuts	X
Sesame	X
Cereals containing Gluten	✓ <b>Wheat</b>
Egg	X
Milk	✓
Soya	X
Mustard	X
Crustaceans	X
Fish	X
Sulphur Dioxide	X
Celery / Celeriac	X
Molluscs	X
Lupin	X

Per Portion	
Energy	1628
	388
Fat (g)	15.0
of which saturates (g)	7.0
Carbohydrates (g)	41.8
of which sugars (g)	4.1
Protein (g)	20.1
Salt (g)	2.27

Sausage Bap	
SUITABLE FOR VEGETARIANS	NO
SUITABLE FOR VEGANS	NO
<b>CONTAINS</b>	
Peanuts	X
Other Nuts	X
Sesame	X
Cereals containing Gluten	✓ <b>Wheat</b>
Egg	✓
Milk	✓
Soya	X
Mustard	X
Crustaceans	X
Fish	X
Sulphur Dioxide	✓
Celery / Celeriac	X
Molluscs	X
Lupin	X

Per Portion	
Energy	2041
	488
Fat (g)	25.2
of which saturates (g)	9.7
Carbohydrates (g)	44.6
of which sugars (g)	5.2
Protein (g)	19.0
Salt (g)	2.17

## INGREDIENTS

### Bacon Bap

Soft White Bread Roll [**WHEAT** Flour, (Calcium Carbonate, Niacin, Iron, Thiamin), Water, Sugar, Salt, Yeast, Palm Oil, **WHEAT** Flour, Rapeseed Oil, Emulsifier: E471, Flour Treatment Agent: E300], Beechwood Smoked Back Bacon (33%) [Pork, Salt, Antioxidant: E301, Preservatives: E252, E250], Butter (**MILK**).

### Sausage Bap

Soft White Bread Roll [**WHEAT** Flour, (Calcium Carbonate, Niacin, Iron, Thiamin), Water, Sugar, Salt, Yeast, Palm Oil, **WHEAT** Flour, Rapeseed Oil, Emulsifier: E471, Flour Treatment Agent: E300], Pork Cumberland Sausage (46%) [Pork, Water, Pasteurised **EGG** White, Rice Flour, Salt, Chickpea Flour, Spices (Black Pepper, White Pepper, Nutmeg, Mace), Dextrose, Dried Herbs (Sage, Parsley), Preservative: E223 (**SULPHITES**), Cornflour, Onion Powder, Alginate Casing, Stabiliser: E450, Antioxidant: E301], Butter (**MILK**).



# Breakfast – Baps



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## ALLERGEN INFORMATION

SUITABLE FOR VEGETARIANS	YES
SUITABLE FOR VEGANS	NO
<b>CONTAINS</b>	
Peanuts	X
Other Nuts	X
Sesame	X
Cereals containing Gluten	✓ <b>Wheat</b>
Egg	✓
Milk	✓
Soya	X
Mustard	X
Crustaceans	X
Fish	X
Sulphur Dioxide	X
Celery / Celeriac	X
Molluscs	X
Lupin	X

## Omelette Breakfast Bap

YES
NO
X
X
X
✓ <b>Wheat</b>
✓
✓
X
X
X
X
X
X
X
X

## NUTRITIONAL INFORMATION

		Per Portion
Energy	kJ	1120
	kcal	268
Fat (g)		11.2
of which saturates (g)		5.5
Carbohydrates (g)		31.2
of which sugars (g)		1.9
Protein (g)		7.3
Salt (g)		1.17

## INGREDIENTS

### Omelette Breakfast Bap

White Bread Roll [Fortified **WHEAT** Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Palm Oil, Rapeseed Oil, Salt, Emulsifier: Mono- and Diglycerides of Fatty Acids, Yeast, Flour Treatment Agent: Ascorbic Acid], Omelette (31%) [Free Range **EGG**, **MILK**, Rapeseed Oil, Salt, Stabiliser: Xanthan Gum; White Pepper], Gouda Cheese (12%) (**MILK**), Unsalted Butter (**MILK**), Sea Salt, Black Pepper.

May also contain **SOYA**.



# Breakfast – Baguette & Wrap



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## ALLERGEN INFORMATION

SUITABLE FOR VEGETARIANS	NO
SUITABLE FOR VEGANS	NO
<b>CONTAINS</b>	
Peanuts	X
Other Nuts	X
Sesame	X
Cereals containing Gluten	✓ Wheat, Rye
Egg	✓
Milk	✓
Soya	X
Mustard	X
Crustaceans	X
Fish	X
Sulphur Dioxide	✓
Celery / Celeriac	X
Molluscs	X
Lupin	X

Big Eat Breakfast Baguette	
SUITABLE FOR VEGETARIANS	NO
SUITABLE FOR VEGANS	NO
<b>CONTAINS</b>	
Peanuts	X
Other Nuts	X
Sesame	X
Cereals containing Gluten	✓ Wheat, Rye
Egg	✓
Milk	✓
Soya	X
Mustard	X
Crustaceans	X
Fish	X
Sulphur Dioxide	✓
Celery / Celeriac	X
Molluscs	X
Lupin	X

Breakfast Wrap	
SUITABLE FOR VEGETARIANS	NO
SUITABLE FOR VEGANS	NO
<b>CONTAINS</b>	
Peanuts	X
Other Nuts	X
Sesame	X
Cereals containing Gluten	✓ Wheat, Barley
Egg	✓
Milk	✓
Soya	X
Mustard	X
Crustaceans	X
Fish	X
Sulphur Dioxide	✓
Celery / Celeriac	X
Molluscs	X
Lupin	X

## NUTRITIONAL INFORMATION

Energy	kJ
	kcal
Fat (g)	
of which saturates (g)	
Carbohydrates (g)	
of which sugars (g)	
Protein (g)	
Salt (g)	

Per Portion	
Energy	2819
	673
Fat (g)	33.7
of which saturates (g)	13.4
Carbohydrates (g)	62.4
of which sugars (g)	4.2
Protein (g)	28.6
Salt (g)	3.16

Per Portion	
Energy	2633
	628
Fat (g)	29.3
of which saturates (g)	12.4
Carbohydrates (g)	62.7
of which sugars (g)	5.3
Protein (g)	26.6
Salt (g)	2.59

## INGREDIENTS

### Big Eat Breakfast Baguette

Rustic White Baguette [**WHEAT** Flour (Calcium Carbonate, Niacin, Iron, Thiamin), Water, Fermented **RYE** Flour, Salt, Yeast, Bean Flour, **WHEAT** Flour, Inactive Dry Yeast, **WHEAT** Gluten, Flour Treatment Agent: E300], Pork Cumberland Sausage (33%) [Pork, Water, Pasteurised **EGG** White, Rice Flour, Salt, Chickpea Flour, Spices (Black Pepper, White Pepper, Nutmeg, Mace), Dextrose, Dried Herbs (Sage, Parsley), Preservative: E223 (**SULPHITES**), Cornflour, Onion Powder, Alginate Casing, Stabiliser: E450, Antioxidant: E301], Beechwood Smoked Back Bacon (12%) [Pork, Salt, Antioxidant: E301, Preservatives: E252, E250], Butter (**MILK**).

### Breakfast Wrap

**WHEAT** Tortilla Wrap [**WHEAT** Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Palm Oil, Rapeseed Oil, Raising Agents: E500, E450, Sugar, Acidity Regulator: E296, **WHEAT** Starch], Pork Cumberland Sausage (22%) [Pork, Water, Pasteurised **EGG** White, Rice Flour, Salt, Chickpea Flour, Spices (Black Pepper, White Pepper, Nutmeg, Mace), Dextrose, Dried Herbs (Sage, Parsley), Preservative: E223 (**SULPHITES**), Cornflour, Onion Powder, Alginate Casing, Stabiliser: E450, Antioxidant: E301], Baked Beans (22%) [Haricot Beans, Water, Tomato Purée, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Ground Paprika, Flavours], Cheddar Cheese (**MILK**) (10%), Beechwood Smoked Streaky Bacon (3%) [Pork Belly, Salt, Antioxidant: E301, Preservatives: E252, E250], Water, Cornflour.



# Hot Lunch - Ciabattas



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## ALLERGEN INFORMATION

SUITABLE FOR VEGETARIANS	NO
SUITABLE FOR VEGANS	NO
<b>CONTAINS</b>	
Peanuts	X
Other Nuts	X
Sesame	X
Cereals containing Gluten	✓ <b>Wheat</b>
Egg	X
Milk	✓
Soya	X
Mustard	✓
Crustaceans	X
Fish	X
Sulphur Dioxide	X
Celery / Celeriac	X
Molluscs	X
Lupin	X

## Pepperoni & Mozzarella Ciabatta

SUITABLE FOR VEGETARIANS	NO
SUITABLE FOR VEGANS	NO
<b>CONTAINS</b>	
Peanuts	X
Other Nuts	X
Sesame	X
Cereals containing Gluten	✓ <b>Wheat</b>
Egg	X
Milk	✓
Soya	X
Mustard	✓
Crustaceans	X
Fish	X
Sulphur Dioxide	X
Celery / Celeriac	X
Molluscs	X
Lupin	X

## NUTRITIONAL INFORMATION

Energy	kJ
	kcal
Fat (g)	
of which saturates (g)	
Carbohydrates (g)	
of which sugars (g)	
Protein (g)	
Salt (g)	

Per Portion	
Energy	2045
	486
Fat (g)	15
of which saturates (g)	5.4
Carbohydrates (g)	62.3
of which sugars (g)	8.4
Protein (g)	23.3
Salt (g)	2.03

## INGREDIENTS

### Pepperoni & Mozzarella Ciabatta

Ciabatta [**WHEAT** Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Extra Virgin Olive Oil, Vegetable Oils (Palm & Rapeseed), Emulsifier: E471, Salt, **WHEAT** Flour], Mozzarella Cheese (**MILK**) (16%), Pepperoni (15%) [Pork, Pasta (Durum **WHEAT** Semolina, Water), Pork Fat, Salt, Dextrose, Rosemary Extract, Garlic Powder, Paprika Extract, Acidity Regulator: E330, Antioxidant: E301, Paprika Powder, Black Pepper Extract, Lactic Acid Starter Culture, Preservative: E250], Tomato & Basil Sauce [Water, Tomato Paste, Sugar, Rapeseed Oil, Tomatoes, Onion, White Wine Vinegar, Spirit Vinegar, Cornflour, Basil, Garlic Purée, Lemon Juice, Oregano, Salt, Dijon **MUSTARD** (Water, Brown **MUSTARD** Seeds, Spirit Vinegar, Salt), Ground Black Pepper].









# Hot Lunch - Toasties



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## ALLERGEN INFORMATION

	3 Cheese Toastie	Ham & Cheese Toastie
SUITABLE FOR VEGETARIANS	YES	NO
SUITABLE FOR VEGANS	NO	NO
<b>CONTAINS</b>		
Peanuts	X	X
Other Nuts	X	X
Sesame	X	X
Cereals containing Gluten	✓ Wheat	✓ Wheat
Egg	X	X
Milk	✓	✓
Soya	X	X
Mustard	X	X
Crustaceans	X	X
Fish	X	X
Sulphur Dioxide	X	X
Celery / Celeriac	X	X
Molluscs	X	X
Lupin	X	X

## NUTRITIONAL INFORMATION

		Per Portion	Per Portion
Energy	kJ	2135	1913
	kcal	510	457
Fat (g)		23.3	18.2
of which saturates (g)		13.8	10.1
Carbohydrates (g)		47.8	44.3
of which sugars (g)		1.7	4.7
Protein (g)		26.4	27.1
Salt (g)		1.83	2.33

## INGREDIENTS

### 3 Cheese Toastie

White Bread [**WHEAT** Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, **WHEAT** Protein, Spirit Vinegar, Emulsifiers: E471, E472(e), Rapeseed Oil, Palm Oil, Palm Fat, Flour Treatment Agent: E300, **WHEAT** Flour], Béchamel Sauce [Water, Butter (**MILK**), Skimmed **MILK** Powder, **WHEAT** Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Double Cream (**MILK**)], Cheddar Cheese (**MILK**) (16%), Mozzarella Cheese (**MILK**) (12%), Red Leicester Cheese (**MILK**) (4%) [Colour: E160b(ii)].

### Ham & Cheese Toastie

White Bread [**WHEAT** Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, **WHEAT** Protein, Spirit Vinegar, Emulsifiers: E471, E472(e), Rapeseed Oil, Palm Oil, Palm Fat, Flour Treatment Agent: E300, **WHEAT** Flour], Béchamel Sauce [Water, Butter (**MILK**), Skimmed **MILK** Powder, **WHEAT** Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Double Cream (**MILK**)], Formed Cooked Honey Roast Ham [Pork, Honey, Salt, Brown Sugar, Antioxidant: E301, Preservative: E250], Mozzarella Cheese (**MILK**) (13%), Cheddar Cheese (**MILK**) (11%).



# Hot Savouries – Sausage Roll



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## ALLERGEN INFORMATION

SUITABLE FOR VEGETARIANS	NO
SUITABLE FOR VEGANS	NO
<b>CONTAINS</b>	
Peanuts	X
Other Nuts	X
Sesame	X
Cereals containing Gluten	✓ Wheat
Egg	X
Milk	✓
Soya	✓
Mustard	X
Crustaceans	X
Fish	X
Sulphur Dioxide	X
Celery / Celeriac	X
Molluscs	X
Lupin	X

Sausage Roll	
SUITABLE FOR VEGETARIANS	NO
SUITABLE FOR VEGANS	NO
<b>CONTAINS</b>	
Peanuts	X
Other Nuts	X
Sesame	X
Cereals containing Gluten	✓ Wheat
Egg	X
Milk	✓
Soya	✓
Mustard	X
Crustaceans	X
Fish	X
Sulphur Dioxide	X
Celery / Celeriac	X
Molluscs	X
Lupin	X

## NUTRITIONAL INFORMATION

		Per Portion
Energy	kJ	2579
	kcal	621
Fat	(g)	44.3
	of which saturates (g)	18.5
Carbohydrates	(g)	36.5
	of which sugars (g)	1.4
Protein	(g)	18
Salt	(g)	2.12

## INGREDIENTS

### Sausage Roll

Ingredients: Pork (44%), **WHEAT** Flour [**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Water, Margarine [Palm Oil, Palm Stearin, Water, Salt, Emulsifier (E471), Acidity Regulator (E330)], Onions, Butter (**MILK**) (3%), Rusk [**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salt], Pork Fat, Potato Starch, Glaze [Water, Modified Starch (Potato, Tapioca), Rapeseed Oil, **MILK** Proteins, Emulsifiers (**SOYA** Lecithin, E471), Acidity Regulator (E339iii), Colour (E160a)], Seasoning [Salt, Spices (Black Pepper, White Pepper, Nutmeg), Thyme], Dextrose, Salt.



# Hot Savouries - Turnovers



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## ALLERGEN INFORMATION

SUITABLE FOR VEGETARIANS	NO
SUITABLE FOR VEGANS	NO
<b>CONTAINS</b>	
Peanuts	X
Other Nuts	X
Sesame	X
Cereals containing Gluten	✓ <b>Wheat</b>
Egg	✓
Milk	✓
Soya	May contain traces
Mustard	✓
Crustaceans	X
Fish	X
Sulphur Dioxide	X
Celery / Celeriac	X
Molluscs	X
Lupin	X

Bacon & Cheese Turnover	
SUITABLE FOR VEGETARIANS	NO
SUITABLE FOR VEGANS	NO
<b>CONTAINS</b>	
Peanuts	X
Other Nuts	X
Sesame	X
Cereals containing Gluten	✓ <b>Wheat</b>
Egg	✓
Milk	✓
Soya	May contain traces
Mustard	✓
Crustaceans	X
Fish	X
Sulphur Dioxide	X
Celery / Celeriac	X
Molluscs	X
Lupin	X

## NUTRITIONAL INFORMATION

		Per Portion
Energy	kJ	2238
	kcal	536
Fat (g)		39.5
	of which saturates (g)	21.3
Carbohydrates (g)		28.2
	of which sugars (g)	0.4
Protein (g)		16.3
Salt (g)		1.6

## INGREDIENTS

### Bacon & Cheese Turnover

**Wheat** Flour [**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Vegetable Margarine [Palm Oil, Water, Salt, Emulsifier: Mono And Di-Glycerides Of Fatty Acids (E471)], Water, Cheddar Cheese [**MILK**] (17.9%), Smoked Bacon (17.2%) [Pork, Water, Salt, Preservatives: Sodium Nitrite (E250), Potassium Nitrate (E252)], Cream Cheese [**MILK**], **EGG**, Creme Fraiche [**MILK**], Whipping Cream [**MILK**], Cornflour, Maize Starch, Stabiliser: Hydroxypropyl Methylcellulose (E464), Salt, Cheese Powder [**MILK**], **MUSTARD** Powder, White Pepper.

May contain **SOYA**.



# Hot Savouries – Slices & Pasties



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## ALLERGEN INFORMATION

SUITABLE FOR VEGETARIANS	YES
SUITABLE FOR VEGANS	NO
<b>CONTAINS</b>	
Peanuts	X
Other Nuts	May contain traces
Sesame	X
Cereals containing Gluten	✓ Wheat
Egg	X
Milk	✓
Soya	✓
Mustard	✓
Crustaceans	X
Fish	X
Sulphur Dioxide	X
Celery / Celeriac	X
Molluscs	X
Lupin	X

Cheese & Onion Slice	
SUITABLE FOR VEGETARIANS	YES
SUITABLE FOR VEGANS	NO
<b>CONTAINS</b>	
Peanuts	X
Other Nuts	May contain traces
Sesame	X
Cereals containing Gluten	✓ Wheat
Egg	X
Milk	✓
Soya	✓
Mustard	✓
Crustaceans	X
Fish	X
Sulphur Dioxide	X
Celery / Celeriac	X
Molluscs	X
Lupin	X

Chicken Slice	
SUITABLE FOR VEGETARIANS	NO
SUITABLE FOR VEGANS	NO
<b>CONTAINS</b>	
Peanuts	X
Other Nuts	X
Sesame	X
Cereals containing Gluten	✓ Wheat
Egg	✓
Milk	✓
Soya	May contain traces
Mustard	May contain traces
Crustaceans	X
Fish	X
Sulphur Dioxide	X
Celery / Celeriac	X
Molluscs	X
Lupin	X

## INGREDIENTS

### Cheese & Onion Slice

**WHEAT** Flour (contains Calcium Carbonate, Iron, Niacin, Thiamin), Water, Margarine [Palm Oil, Palm Stearin, Water, Rapeseed Oil, Salt, Emulsifier (E471), Acidity Regulator (E330), Lemon Juice], Potato, Mature Cheddar Cheese (**MILK**) (6%), Onions (4%), Red Leicester Cheese (3%) [Leicester Cheese (**MILK**), Colour (Annatto)], Whipping Cream (**MILK**), Regato Cheese (**MILK**) (2%), Glaze [Water, Modified Starch (Potato, Tapioca), Rapeseed Oil, **MILK** Proteins, Emulsifiers (**SOYA** Lecithin, E471), Acidity Regulator (E339iii), Colour (E160a)], Thickener (E1422), Dehydrated Potato Flake, Dijon **MUSTARD** (Water, **MUSTARD** Seeds, Vinegar, Salt), Salt, Yeast Extract, Emulsifier (E464), Ground White Pepper  
May contain traces of **NUTS**.

### Chicken Slice

**Wheat** Flour [**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Vegetable Margarine [Palm Oil, Water, Salt, Emulsifier: Mono And Di-Glycerides Of Fatty Acids (E471)], Water, Chicken (17.8%), Double Cream (**MILK**), Cream Cheese (**MILK**), Onion, **EGG**, Modified Waxy Maize Starch, Chicken Stock [Water, Chicken Stock, Sugar, Salt, Onion Concentrate, Cornstarch], Leeks, Yeast Extract [Yeast Extract, Salt, Maltodextrin, Vegetable Oil], Cream Powder (**MILK**), Onion Powder, Salt, Garlic Puree, White Pepper.  
May contain **SOYA** and **MUSTARD**.

## NUTRITIONAL INFORMATION

Energy	kJ
	kcal
Fat (g)	
of which saturates (g)	
Carbohydrates (g)	
of which sugars (g)	
Protein (g)	
Salt (g)	

Per Portion	
Energy	2137
Energy	514
Fat (g)	33.7
of which saturates (g)	19.0
Carbohydrates (g)	41.0
of which sugars (g)	1.5
Protein (g)	10.2
Salt (g)	1.8

Per Portion	
Energy	2105
Energy	506
Fat (g)	32.92
of which saturates (g)	18.59
Carbohydrates (g)	36.86
of which sugars (g)	1.26
Protein (g)	14.18
Salt (g)	1.7



# Hot Savouries – Slices & Pasties



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## ALLERGEN INFORMATION

SUITABLE FOR VEGETARIANS	NO
SUITABLE FOR VEGANS	NO
<b>CONTAINS</b>	
Peanuts	X
Other Nuts	X
Sesame	X
Cereals containing Gluten	✓ Wheat, Barley
Egg	✓
Milk	May contain
Soya	May contain
Mustard	May contain
Crustaceans	X
Fish	X
Sulphur Dioxide	X
Celery / Celeriac	X
Molluscs	X
Lupin	X

Steak Slice	
SUITABLE FOR VEGETARIANS	NO
SUITABLE FOR VEGANS	NO
<b>CONTAINS</b>	
Peanuts	X
Other Nuts	X
Sesame	X
Cereals containing Gluten	✓ Wheat, Barley
Egg	✓
Milk	May contain
Soya	May contain
Mustard	May contain
Crustaceans	X
Fish	X
Sulphur Dioxide	X
Celery / Celeriac	X
Molluscs	X
Lupin	X

## NUTRITIONAL INFORMATION

		Per Portion
Energy	kJ	2042
	kcal	490
Fat (g)		30.7
of which saturates (g)		16.7
Carbohydrates (g)		37.6
of which sugars (g)		1.1
Protein (g)		16.1
Salt (g)		1.5

## INGREDIENTS

### Steak Slice

**WHEAT** Flour [**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Beef (26.1%), Vegetable Margarine [Palm Oil, Water, Salt, Emulsifier: Mono And Di-Glycerides Of Fatty Acids (E471)], Water, Onion, **EGG**, Rusk [**WHEAT** Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt], Modified Waxy Maize Starch, Beef Stock [Beef, Yeast Extract, Natural Flavouring, Salt, Tomato Puree, Molasses, Lemon Juice Concentrate, Onion Powder], Natural Flavouring, Tomato Puree, Black Pepper, Salt, Demerara Sugar, Yeast Extract [Yeast Extract, Salt, Maltodextrin, Vegetable Oil], **BARLEY** Malt Extract, Onion Powder, Stabiliser: Hydroxypropyl Methylcellulose (E464), Paprika, Turmeric.

May also contain Milk, Mustard and Soya.

Although every care has been taken to remove bones, small bones may remain.



# Hot Savouries – Slices & Pasties



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## ALLERGEN INFORMATION

SUITABLE FOR VEGETARIANS	NO
SUITABLE FOR VEGANS	NO
<b>CONTAINS</b>	
Peanuts	X
Other Nuts	May contain
Sesame	X
Cereals containing Gluten	✓ Wheat
Egg	X
Milk	⊖
Soya	⊖
Mustard	X
Crustaceans	X
Fish	X
Sulphur Dioxide	⊖
Celery / Celeriac	X
Molluscs	X
Lupin	X

## Sausage & Bean Slice

NO
NO
X
May contain
X
✓ Wheat
X
⊖
⊖
X
X
X
X
X
X
X
X
X

## Cornish Pasty

NO
NO
X
X
X
✓ Wheat
✓
May contain
X
X
X
X
X
X
X
X
X
X
X

## NUTRITIONAL INFORMATION

		Per Portion	Per Portion
Energy	kJ	2244	3230
	kcal	539	772
Fat (g)		36.6	41.0
of which saturates (g)		18.9	19.8
Carbohydrates (g)		38.4	81.2
of which sugars (g)		3	7.4
Protein (g)		11.9	17.8
Salt (g)		2.33	2.8

## INGREDIENTS

### Sausage & Bean Slice

**WHEAT** Flour (contains Calcium Carbonate, Iron, Niacin, Thiamin), Water, Margarine [Palm Oil, Palm Stearin, Water, Rapeseed Oil, Salt, Emulsifer (E471), Acidity Regulator (E330), Lemon Juice], Pork & Herb Sausage Meatballs (9%) [Pork, Water, Rusk (**WHEAT** Flour (contains Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Raising Agent (E503ii), Pork Fat, Potato Starch, Salt, Black Pepper, Herbs (Sage, Parsley), Dextrose, Stabilisers (Disodium Diphosphate (E450(i)), Sodium Triphosphate (E451)), Preservative (Sodium **SULPHITE**), Antioxidant (Ascorbic Acid (E300)), Spice Extracts (Nutmeg Extract, Coriander Extract), Sage Extract], Cannellini Beans (4.5%), Haricot Beans (4.5%), Mature Cheddar Cheese (**MILK**)(4%), Tomato Paste, Red Leicester Cheese (2%) [Cheese (**MILK**), Colour (E160bii)], Glaze [Water, Modified Starch, Rapeseed Oil, **MILK** Proteins, Emulsifiers (**SOYA** Lecithin, E471), Acidity Regulator (E339iii), Colour (E160a)], Smoked Pancetta Lardon (1.5%) [Pork, Salt, Dextrose, Glucose Syrup, Preservatives (E252, E250), Antioxidant (E301), Natural Flavourings, Spice (Garlic)], Onions, Thickener (E1422), Rapeseed Oil, Salt, Sugar, Vegetable Stock [Dried Vegetables (Onion, Leek), Salt, Sugar, Sunflower Oil, Turmeric, Natural Flavour], Yeast Extract, Smoked Paprika, Ground White Pepper.

May contain **NUTS**.

Although every care has been taken to remove bones, some may remain

### Cornish Pasty

**WHEAT** Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Potato, Beef (14%), Water, Swede, Palm Oil, Onion, Rapeseed Oil, **EGG**, Modified Corn Starch, Salt, Palm Stearin, Pepper, Lemon Juice (from concentrate).

May contain traces of **MILK**.

Although every care has been taken to remove bones, some may remain



# Hot Savoury Snacking



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## ALLERGEN INFORMATION

SUITABLE FOR VEGETARIANS
SUITABLE FOR VEGANS
<b>CONTAINS</b>
Peanuts
Other Nuts
Sesame
Cereals containing Gluten
Egg
Milk
Soya
Mustard
Crustaceans
Fish
Sulphur Dioxide
Celery / Celeriac
Molluscs
Lupin

## NUTRITIONAL INFORMATION

Energy		
		kJ
		kcal
Fat (g)		
Of which saturates (g)		
Carbohydrates (g)		
Of which sugars (g)		
Protein (g)		
Salt (g)		



## Mini Hash Browns

YES
YES*
X
X
X
X
X
X
X
X
X
X
X
X
X
X
X

Per Portion	
	968
	232
	11
	0.8
	25.0
	0.5
	2.5
	0.96

## INGREDIENTS

### Mini Hash Browns

Potatoes, Vegetable Oils (Rapeseed, Sunflower Oil), Dehydrated Potatoes, Salt, Black Pepper.

**\* Made to a vegan recipe but not suitable for those with milk or egg allergies.**



# Pastries



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## ALLERGEN INFORMATION

SUITABLE FOR VEGETARIANS	YES
SUITABLE FOR VEGANS	NO
<b>CONTAINS</b>	
Peanuts	X
Other Nuts	May Contain Traces
Sesame	X
Cereals containing Gluten	✓ Wheat
Egg	✓
Milk	✓
Soya	May Contain Traces
Mustard	X
Crustaceans	X
Fish	X
Sulphur Dioxide	X
Celery / Celeriac	X
Molluscs	X
Lupin	X

## NUTRITIONAL INFORMATION

		Per Portion
Energy	kJ	1231
	kcal	294
Fat (g)		14.1
of which saturates (g)		9.0
Carbohydrates (g)		33.5
of which sugars (g)		5.9
Protein (g)		7.3
Salt (g)		0.9

	Butter Croissant	Almond Croissant	Pain au Chocolat	Pain aux Raisins
SUITABLE FOR VEGETARIANS	YES	YES	YES	YES
SUITABLE FOR VEGANS	NO	NO	NO	NO
<b>CONTAINS</b>				
Peanuts	X	X	X	X
Other Nuts	May Contain Traces	✓ Almonds ✓ May contain other nuts	May Contain Traces	May Contain Traces
Sesame	X	X	X	May Contain Traces
Cereals containing Gluten	✓ Wheat	✓ Wheat	✓ Wheat	✓ Wheat
Egg	✓	✓	✓	✓
Milk	✓	✓	✓	✓
Soya	May Contain Traces	May Contain Traces	✓	May Contain Traces
Mustard	X	X	X	X
Crustaceans	X	X	X	X
Fish	X	X	X	X
Sulphur Dioxide	X	X	X	X
Celery / Celeriac	X	X	X	X
Molluscs	X	X	X	X
Lupin	X	X	X	X

	Per Portion	Per Portion	Per Portion	Per Portion
Energy	1231	1315	1250	1124
	294	314	299	268
Fat (g)	14.1	15.6	17.0	11.1
of which saturates (g)	9.0	7.5	10.9	6.2
Carbohydrates (g)	33.5	34.7	29.6	36.5
of which sugars (g)	5.9	10.3	8.3	16.9
Protein (g)	7.3	7.7	5.9	4.8
Salt (g)	0.9	0.7	0.5	0.6

## INGREDIENTS

### Butter Croissant

**WHEAT** Flour, Water, Butter (**MILK**) (18%), Sugar, Yeast, **WHEAT** Gluten, Salt, **EGG**, Natural Flavouring (**MILK**), Colour (carotenes from natural origin), Flour Treatment Agent: E300, Enzyme.  
May contain traces of nuts and soya.

### Almond Croissant

**WHEAT** Flour, Filling (17%) (Sugar, **ALMOND** Powder (35%), **WHEAT** Flour, Water, Natural Flavouring), Unsalted Butter (**MILK**) (16%), Water, Sugar, Yeast, **ALMONDS** (3%), **WHEAT** Gluten, Whole **EGG**, Salt, Flour Treatment Agent : Ascorbic Acid.  
May also contain soya and other nuts.

### Pain au Chocolat

**WHEAT** Flour, Non-Hydrogenated Vegetable Oils and Fats (Palm, Palm Kernel, Coconut), Water, Butter (**MILK**), Natural Flavourings (**MILK**), Emulsifier: E471, Salt, Acidity Regulator: E330, Colour (carotenes from natural origin), Water, Chocolate (11%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: E322 (**SOYA**)), Sugar, Yeast, **WHEAT** Gluten, **EGG**, Salt, Natural Flavouring (**MILK**), Colour (carotenes from natural origin), Flour Treatment Agent: E300, Enzyme.  
May contain traces of nuts.

### Pain aux Raisins

Water, **WHEAT** Flour, Blend (Non-Hydrogenated Vegetable Oils and Fats (Palm, Palm Kernel, Coconut), Water, Concentrated Butter (**MILK**), Emulsifier: E471, Salt, Acidity Regulator: E330, Natural Flavouring (**MILK**), Colour (Carotenes from Natural Origin)), Sultanas (9.5%), Sugar, Modified Starches, Yeast, Whey Powder (**MILK**), **WHEAT** Gluten, Whole **MILK** Powder, **EGG**, Salt, Maltodextrin, Carrot Concentrate, Thickeners: E415, Natural Flavouring, Flour Treatment Agent: E300, Enzyme.  
May contain traces of sesame, nuts and soya.





# Pastries



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## ALLERGEN INFORMATION

SUITABLE FOR VEGETARIANS	YES
SUITABLE FOR VEGANS	NO
<b>CONTAINS</b>	
Peanuts	X
Other Nuts	May contain
Sesame	May contain
Cereals containing Gluten	✓ Wheat May also contain traces of oat, rye & spelt
Egg	✓
Milk	✓
Soya	✓
Mustard	X
Crustaceans	X
Fish	X
Sulphur Dioxide	X
Celery / Celeriac	X
Molluscs	X
Lupin	X

## NUTRITIONAL INFORMATION

Energy	kJ
	kcal
Fat (g)	
Of which saturates (g)	
Carbohydrates (g)	
Of which sugars (g)	
Protein (g)	
Salt (g)	

Chocolate Twist
YES
NO
X
May contain
May contain
✓ Wheat May also contain traces of oat, rye & spelt
✓
✓
✓
X
X
X
X
X
X
X
X

Custard Danish (Hazelnut & Almond)
YES
NO
X
✓ Hazelnut, Almond
X
✓ Wheat
✓
✓
X
X
X
X
X
X
X
X

Per Portion
1355
324
16.0
11
38.0
14.0
6
0.8

Per Portion
1597
383
23.0
9.2
38.0
15.0
5.1
0.4

## INGREDIENTS

### Chocolate Twist

**WHEAT** Flour, Custard Cream (19%) (Water, Sugar, Whole **EGG**, Modified Potato Starch, Whole **MILK** Powder, Skimmed **MILK** Powder, Thickeners: Sodium Alginate; Stabiliser: Diphosphates; Flavouring, Colours: Carotenes, Riboflavins), Water, Unsalted Butter (**MILK**) (15%), Chocolate (10%) (Cocoa Mass, Sugar, Emulsifier: **SOYA** Lecithins; Flavouring), Sugar, Yeast, Skimmed **MILK** Powder, Iodised Salt (Salt, Potassium Iodate), Whole **EGG**, **EGG** Yolk, **WHEAT** Gluten, Malted **WHEAT** Flour, Emulsifier: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids; Thickeners: Guar Gum; **SOYA** Flour, Dextrose, Lactose (**MILK**), Acidity Regulators: Calcium Phosphates, Sodium Acetate; Flour Treatment Agent: Ascorbic Acid.

May also contain nuts, sesame, barley, oats, rye and spelt.

### Custard Danish (with Hazelnut & Almond)

Water, **WHEAT** Flour, Margarine (Palm Oil, Rapeseed Oil, Water, Coconut Oil, Salt, Emulsifier: E471, Acidity Regulator: E330, Natural Flavouring), Sugar, Custard Powder (Sugar, Modified Potato Starch, Whey Powder (**MILK**), Skimmed **MILK** Powder, Coconut Oil, Stabilisers (E401, E516, E450), Glucose Syrup, **MILK** Protein, Colour: E160a, **EGG** Yolk, Yeast, Whole **MILK** Powder, **HAZELNUT** Flakes (1.0%), Modified Potato Starch, Glazing Agent: E953, Stabilisers (E440, E401, E406), Emulsifier: E472e, Salt, Dextrose, Natural Vanilla Extract, Natural Flavouring, **ALMOND** Flour, Flour Treatment Agents (E300, Amylase, Xylanase).



# Pastries



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## ALLERGEN INFORMATION

SUITABLE FOR VEGETARIANS	YES
SUITABLE FOR VEGANS	NO
<b>CONTAINS</b>	
Peanuts	X
Other Nuts	✓ Pecan
Sesame	X
Cereals containing Gluten	✓ Wheat
Egg	✓
Milk	✓
Soya	X
Mustard	X
Crustaceans	X
Fish	X
Sulphur Dioxide	X
Celery / Celeriac	X
Molluscs	X
Lupin	X

## NUTRITIONAL INFORMATION

Energy	kJ
	kcal
Fat (g)	
Of which saturates (g)	
Carbohydrates (g)	
Of which sugars (g)	
Protein (g)	
Salt (g)	

	Maple Pecan Plait	Cinnamon Swirl
	YES	YES
	NO	NO
	X	X
	✓ Pecan	✓ Almond
	X	X
	✓ Wheat	✓ Wheat
	✓	✓
	✓	✓
	X	X
	X	X
	X	X
	X	X
	X	X
	X	X
	X	X
	X	X

	Per Portion	Per Portion
	2029	1300
	485	302
	33.0	21
	12.0	8.4
	42.1	34
	16.0	15
	4.7	3.4
	0.3	0.29

## INGREDIENTS

### Maple Pecan Plait

**WHEAT** Flour, Vegetable Margarine [Palm Oil, Rapeseed Oil, Water, Coconut Oil, Salt, Emulsifier (E471), Acidity Regulator (E330), Natural Flavouring], Water, Sugar, **PECAN** Nuts (3%), **EGG** Yolk, Yeast, Maple Syrup (1%), Cane Sugar Syrup, Glazing Agent (E953), Stabilisers (E401, E440, E406), Salt, Emulsifier (E472e), Dextrose, Natural Flavouring, Whole **MILK** Powder, Flour Treatment Agents (E300, Amylase, Xylanase).

May contain traces of almonds and hazelnuts.

### Cinnamon Swirl (with almonds)

**WHEAT** flour, vegetable margarine [palm oil, rapeseed oil, water, salt, emulsifier(E471), acidity regulator (E330), natural flavouring], water, sugar, yeast, **EGG** yolk, cane sugar syrup, modified potato starch, 1% cinnamon, whole **MILK** powder, glazing agent (isomalt), salt, **ALMOND** flour, emulsifier (E472e), stabilisers (E440, E401, E406), dextrose, flour treatment agents (E300, amylase (from **WHEAT**), xylanase (from **WHEAT**)). \*Free Range.

May contain traces of hazelnuts and pecan nuts.



# Cookies



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## ALLERGEN INFORMATION

SUITABLE FOR VEGETARIANS	YES
SUITABLE FOR VEGANS	NO
<b>CONTAINS</b>	
Peanuts	X
Other Nuts	May Contain Traces
Sesame	X
Cereals containing Gluten	✓ Wheat
Egg	✓
Milk	May Contain Traces
Soya	✓
Mustard	X
Crustaceans	X
Fish	X
Sulphur Dioxide	X
Celery / Celeriac	X
Molluscs	X
Lupin	X

## NUTRITIONAL INFORMATION

		Per Portion
Energy	kJ	1851
	kcal	442
Fat (g)		19.9
Of which saturates (g)		9.5
Carbohydrates (g)		58.9
Of which sugars (g)		35.2
Protein (g)		4.8
Salt (g)		0.8

Chocolate Chunk Cookie
YES
NO
X
May Contain Traces
X
✓ Wheat
✓
May Contain Traces
✓
X
X
X
X
X
X
X
X

Double Chocolate Chip Cookie
YES
NO
X
May Contain Traces
X
✓ Wheat
✓
✓
✓
X
X
X
X
X
X
X
X

Oatmeal & Raisin Cookie
YES
NO
X
May Contain Traces
X
✓ Wheat. Oat
✓
✓
May Contain Traces
X
X
X
X
X
X
X
X

Per Portion
1851
442
19.9
9.5
58.9
35.2
4.8
0.8

Per Portion
1860
443
19.9
11.4
58.9
39.9
4.8
0.86

Per Portion
1639
390
16.2
7.6
54.2
32.3
5.0
0.89

## INGREDIENTS

### Chocolate Chunk Cookie

**WHEAT** Flour, Chocolate Chunks (26%) (Sugar, Cocoa Mass, Cocoa Butter, Dextrose, Emulsifier: E322 (**SOYA**), Natural Vanilla Flavouring), Sugar, Palm Oil, Water, Pasteurised Whole **EGG**, Invert Sugar Syrup, Salt, Raising Agent: E500, Natural Flavouring, Cane Sugar Molasses, Rapeseed Oil, Sugar Beet Syrup, Emulsifier: E471, Acidity Regulator: E330, Colour E160a. May contain traces of nuts and milk.

### Double Chocolate Chip Cookie

**WHEAT** Flour, Sugar, White Confectionery Chunks (19%) (Sugar, Palm Kernel Fat, Skimmed **MILK** Powder, Emulsifier: E322 (**SOYA**), Natural Vanilla Flavouring), Margarine (Palm Oil, Water, Salt, Rapeseed Oil, Emulsifier: E471, Acidity Regulator: E330, Colour: E160a), Dark Chocolate Chips (8%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: E322 (**SOYA**), Natural Vanilla Flavouring), Pasteurised Whole **EGG**, Fat Reduced Cocoa Powder (3%), Invert Sugar Syrup, Water, Modified Maize Starch, Flavouring, Raising Agent: E500ii, Salt. May contain traces of nuts.

### Oatmeal & Raisin Cookie

Sugar, **WHEAT** Flour, Palm Oil, Raisins (15%), **OAT** Flakes (13%), Pasteurised Whole **EGG**, Water, Salt, **MILK** Whey Powder, Raising Agent: E500, Cane Sugar Molasses, Sugar Beet Syrup, Invert Sugar Syrup, Cinnamon, Colour: Fruit and Plant Extract (Pumpkin, Apple). May contain traces of nuts and soya.



# Cookies



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## ALLERGEN INFORMATION

SUITABLE FOR VEGETARIANS

SUITABLE FOR VEGANS

### CONTAINS

Peanuts

Other Nuts

Sesame

Cereals containing Gluten

Egg

Milk

Soya

Mustard

Crustaceans

Fish

Sulphur Dioxide

Celery / Celeriac

Molluscs

Lupin

## Cinnamon Crunch Cookie

YES

NO

May Contain Traces

May Contain Traces

X

✓ Wheat  
May Contain Traces Oats

✓

✓

✓

X

X

May contain traces

X

X

X

X

## NUTRITIONAL INFORMATION

Energy	kJ
	kcal
Fat (g)	
Of which saturates (g)	
Carbohydrates (g)	
Of which sugars (g)	
Protein (g)	
Salt (g)	

### Per Cookie

948
226
10.65
6.72
29.96
18.33
2.42
0.34

## INGREDIENTS

### Cinnamon Crunch Cookie

**WHEAT** flour, white confectionery chunks (26%) (sugar, palm kernel fat, skimmed **MILK** powder, emulsifier E322 (**SOYA**), natural vanilla flavouring), sugar, palm oil, water, pasteurised whole **EGG**, grated coconut, invert sugar syrup, raising agent E500ii, flavouring, salt, cane sugar black treacle, sugar beet syrup, rapeseed oil, natural flavouring (**MILK**), emulsifier E471, acid E330, colouring agent E160a, Sugar crunch (Sugar, cinnamon, burnt sugar, vegetable fat; palm)

May also contain fish, peanuts, nuts and other sources of gluten.



# Filled Ring Doughnuts



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## ALLERGEN INFORMATION

SUITABLE FOR VEGETARIANS
SUITABLE FOR VEGANS
<b>CONTAINS</b>
Peanuts
Other Nuts
Sesame
Cereals containing Gluten
Egg
Milk
Soya
Mustard
Crustaceans
Fish
Sulphur Dioxide
Celery / Celeriac
Molluscs
Lupin

	Caramelised Biscuit Filled Doughnut	Triple Chocolate Filled Doughnut
	YES	YES
	NO	NO
	X	X
	May contain	May contain
	X	X
	✓ Wheat	✓ Wheat
	May contain	May contain
	✓	✓
	✓	✓
	X	X
	X	X
	X	X
	X	X
	X	X
	X	X
	X	X

## NUTRITIONAL INFORMATION

Energy	kJ
	kcal
Fat (g)	
Of which saturates (g)	
Carbohydrates (g)	
Of which sugars (g)	
Protein (g)	
Salt (g)	

	Per Portion	Per Portion
	1401	1358
	336	326
	21	20
	9.5	9.5
	31	30
	14	16
	4.4	4.8
	0.63	0.52

## INGREDIENTS

### Caramelised Biscuit Filled Ring Doughnut

Flour (**WHEAT**, rice), vegetable fats (palm, coconut), sugar, water, vegetable oil (rapeseed), yeast, invert sugar syrup, dextrose, sweet whey powder (**MILK**), skimmed **MILK** powder, lactose (**MILK**), **SOYA** flour, salt, emulsifier (E471, **SOYA** lecithins, E481, lecithins), raising agent (E500, E450), **WHEAT** gluten, cinnamon, acid (citric acid), natural flavour, inactivated yeast.

May contain **NUTS** and **EGG**

### Triple Chocolate Filled Doughnut

Flour (**WHEAT**), vegetable oils and fats (palm, sunflower, rapeseed), sugar, water, cocoa mass, low fat cocoa powder (2.5%), cocoa butter, skimmed **MILK** powder, yeast, dextrose, **MILK** fat, whole **MILK** powder, **SOYA** flour, salt, sweet whey powder (**MILK**), emulsifier (E471, E481, lecithins, E476, **SOYA** lecithins), **WHEAT** gluten, raising agent (E450, E500), lactose (**MILK**), natural vanilla flavouring, inactivated yeast.

May contain **NUTS** and **EGG**



# Doughnuts



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## ALLERGEN INFORMATION

SUITABLE FOR VEGETARIANS	YES
SUITABLE FOR VEGANS	NO
<b>CONTAINS</b>	
Peanuts	X
Other Nuts	X
Sesame	May contain
Cereals containing Gluten	✓ Wheat
Egg	May contain
Milk	May contain
Soya	May contain
Mustard	X
Crustaceans	X
Fish	X
Sulphur Dioxide	X
Celery / Celeriac	X
Molluscs	X
Lupin	X

## NUTRITIONAL INFORMATION

		Per Portion	Per Portion
Energy	kJ	765	832
	kcal	182	199
Fat (g)		5.76	8.3
Of which saturates (g)		2.0	2.2
Carbohydrates (g)		28.4	25.9
Of which sugars (g)		9.2	8.5
Protein (g)		3.5	4.0
Salt (g)		0.31	0.25

	Jam Doughnut	Chocolate Doughnut
SUITABLE FOR VEGETARIANS	YES	YES
SUITABLE FOR VEGANS	NO	NO
<b>CONTAINS</b>		
Peanuts	X	X
Other Nuts	X	X
Sesame	May contain	X
Cereals containing Gluten	✓ Wheat	✓ Wheat
Egg	May contain	X
Milk	May contain	✓
Soya	May contain	✓
Mustard	X	X
Crustaceans	X	X
Fish	X	X
Sulphur Dioxide	X	X
Celery / Celeriac	X	X
Molluscs	X	X
Lupin	X	X

## INGREDIENTS

### Jam Doughnut

**Wheat** Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Apple & Raspberry Jam Filling (23%) (Glucose-Fructose Syrup, Apple Purée, Sugar, Raspberry Purée, Acidity Regulators: E330, E331(iii); Colour: E163; Gelling Agent: E440(a); Flavouring), Palm Oil, Rapeseed Oil, Sugar, Raising Agents: E501, E450, E341; Yeast, **WHEAT** Gluten, Emulsifiers: E481, E471; Potassium Chloride, Salt, Stabiliser: E466; Flour Treatment Agent: E300. Sugar.

May contain **EGG, MILK, SESAME** and **SOYA**

### Chocolate Doughnut

**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Chocolate Filling (23%) (Sugar, Sunflower Oil, Rapeseed Oil, Skimmed **MILK** Powder, Fat Reduced Cocoa Powder, Emulsifier: E322 (**SOYA**); Cocoa Mass), Palm Oil, Rapeseed Oil, Sugar, Fat Reduced Cocoa Powder, Raising Agents: E501, E450, E341; Yeast, **WHEAT** Gluten, Emulsifiers: E481, E471; Potassium Chloride, Salt, Stabiliser: E466; Flour Treatment Agent: E300, Sugar.



# Doughnuts



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## ALLERGEN INFORMATION

SUITABLE FOR VEGETARIANS	YES
SUITABLE FOR VEGANS	NO
<b>CONTAINS</b>	
Peanuts	X
Other Nuts	X
Sesame	X
Cereals containing Gluten	X
Egg	X
Milk	X
Soya	X
Mustard	X
Crustaceans	X
Fish	X
Sulphur Dioxide	X
Celery / Celeriac	X
Molluscs	X
Lupin	X

## NUTRITIONAL INFORMATION

		Per Beignet (25g)
Energy	kJ	107
	kcal	447
Fat (g)		7.5
	of which saturates (g)	2.8
Carbohydrates (g)		10.8
	of which sugars (g)	5.3
Protein (g)		1.9
Salt (g)		0.16

## Mini Chocolate Hazelnut Beignets

		Per Beignet (25g)
		107
		447
		7.5
		2.8
		10.8
		5.3
		1.9
		0.16

## INGREDIENTS

### Mini Chocolate Hazelnut Beignets

**WHEAT** Flour, Sugar, Vegetable Fats (Palm, Rapeseed), Water, Unsalted Butter (**MILK**), **EGG** White, Whole **EGG**, Dextrose, **HAZELNUT** Paste (3%), Skimmed **MILK** Powder, Fat Reduced Cocoa Powder (1.5%), **WHEAT** Gluten, Yeast, Emulsifiers: Mono and Di-glycerides of Fatty Acids, **SOYA** Lecithins; Salt, Cocoa Paste, **WHEAT** Starch, Colour: Carotenes; Antioxidant: Ascorbic Acid; Malted **WHEAT** Flour.

May also contain other nuts.



# Bread



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## ALLERGEN INFORMATION

SUITABLE FOR VEGETARIANS	YES
SUITABLE FOR VEGANS	YES
<b>CONTAINS</b>	
Peanuts	X
Other Nuts	X
Sesame	X
Cereals containing Gluten	✓ Wheat
Egg	X
Milk	X
Soya	X
Mustard	X
Crustaceans	X
Fish	X
Sulphur Dioxide	X
Celery / Celeriac	X
Molluscs	X
Lupin	X

## NUTRITIONAL INFORMATION

		Per 100g
Energy	kJ	1017
	kcal	240
Fat (g)		0.9
	of which saturates (g)	0.1
Carbohydrates (g)		48.6
	of which sugars (g)	1.1
Protein (g)		7.8
Salt (g)		1.2

Parisienne	
	YES
	YES
	X
	X
	X
	✓ Wheat
	X
	X
	X
	X
	X
	X
	X
	X
	X
	X

## INGREDIENTS

### Parisienne

WHEAT Flour, Water, Yeast, Salt, WHEAT Gluten, Flour Treatment Agent, Ascorbic Acid (E300), Anti-caking Agent (E535).