



Ingredient List

Due to the nature of our business, **we cannot guarantee that our food and drink products are allergen-free** as cross contamination may occur.

Our **Vegan Friendly** products do not intentionally contain animal-based ingredients, but there may be a risk of cross-contamination as they are not made in a vegan environment. Therefore, they are not suitable for those with **dairy** and **egg** allergies.

BAGEL BUNS

Plain Bagel Bun* **V, VG, H**

WHEAT Flour (**WHEAT** Flour Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Maize, Yeast, Rapeseed Oil, Salt, **WHEAT GLUTEN**, Malted **BARLEY** Flour, Flour Treatment Agent (Ascorbic Acid).

Nutrition Facts	Per portion (115g)	Per 100g
Energy (Kcal)	295Kcal	257kcal
Energy (Kj)	1236kj	1075kj
Fat	1.8g	1.6g
of which Saturates	0.2g	0.2g
Carbohydrates	57.5g	50g
of which Sugars	5.7g	5g
Fibre	3.5g	3.1g
Protein	10.4g	9.1g
Salt	0.73g	0.64g

Multigrain Bagel Bun* **V, VG, H**

WHEAT Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Brown Linseed (5%), Sunflower Seeds (3%), **BARLEY** Flakes (2%), Poppy Seed (2%), Sugar, Malted **BARLEY** Flour, **WHEAT GLUTEN**, Yeast, Rapeseed Oil, Maize Grits, Salt, Flour Treatment Agent (Ascorbic Acid).

Nutrition Facts	Per portion (115g)	Per 100g
Energy (Kcal)	326kcal	284kcal
Energy (Kj)	1366kj	1188kj
Fat	6.4g	5.6g
of which Saturates	1.2g	1.1g
Carbohydrates	58.6g	51g
of which Sugars	5.1g	4.5g
Fibre	7.8g	6.8g
Protein	12.2g	10.6g
Salt	0.67g	0.59 g

Poppy Seed Bagel Bun* **V, VG, H**

WHEAT Flour (**WHEAT** Flour Calcium Carbonate, Iron, Niacin, Thiamin), Water, Poppy Seeds (2%), Sugar, Maize, Yeast, Rapeseed Oil, Salt, **WHEAT GLUTEN**, Malted **BARLEY** Flour, Flour Treatment Agent (Ascorbic Acid).

Nutrition Facts	Per portion (115g)	Per 100g
Energy (Kcal)	305kcal	266Kcal
Energy (Kj)	1292kj	1124Kj
Fat	2.8g	2.4 g
of which Saturates	0.3g	0.3g
Carbohydrates	57.5g	50g
of which Sugars	5.8g	5g
Fibre	3.9g	3.4g
Protein	10.8g	9.4g
Salt	0.72g	0.63g

Sesame Seed Bagel Bun* **V, VG, H**

WHEAT Flour (Contains Calcium Carbonate, Iron, Niacin, Thiamin), Water, **SESAME** Seeds (3%), Sugar, Maize Grits, Yeast, Rapeseed Oil, Salt, **WHEAT GLUTEN**, Malted **BARLEY** Flour, Flour Treatment Agent (Ascorbic Acid).

* Received frozen. **Refer to a bagel prepared with a plain bun.

V=Vegetarian, VG=Vegan Friendly, H=Halal Friendly

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Nutrition Facts	Per portion (115g)	Per 100g
Energy (Kcal)	299kcal	260Kcal
Energy (Kj)	1265kj	1088Kj
Fat	2.3g	2.0g
of which Saturates	0.3g	0.3g
Carbohydrates	57.1g	49.7g
of which Sugars	5.7g	5.0g
Fibre	3.2g	2.8g
Protein	10.5g	9.2g
Salt	0.71g	0.63g

Raisin & Cinnamon Bagel Bun* **V, VG, H**

WHEAT Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Raisins (6%), Sugar, Yeast, Maize Grits, Rapeseed Oil, Salt, Cinnamon (Cassia) (0.6%), **WHEAT GLUTEN**, Flour Treatment Agent (Ascorbic Acid).

Nutrition Facts	Per portion (115g)	Per 100g
Energy (Kcal)	299kcal	260kcal
Energy (Kj)	1251kj	1088kj
Fat	1.6g	1.4g
of which Saturates	0.2g	0.2g
Carbohydrates	59.3g	51.6g
of which Sugars	10.9g	9.5g
Fibre	3.5g	3.1g
Protein	9.7g	8.5g
Salt	0.69g	0.6g

Cheese and Jalapeño Bagel Bun* **V, H**

White **WHEAT** Flour, Sugar, Salt, Malt Flour (**BARLEY**), Yeast, Water, Dextrose, Flour Treatment Agent (E300), Emulsifier (E472e), Grated Cheese (**MILK**), Jalapeño

Nutrition Facts	Per portion (105g)	Per 100g
Energy (Kcal)	281kcal	268kcal
Energy (Kj)	1304kj	1242kj
Fat	3.6g	3.4g
of which Saturates	0.4g	0.4g
Carbohydrates	57.4g	54.7g
of which Sugars	4.3g	4.1g
Fibre	2.4g	2.3g
Protein	9.6g	9.2g
Salt	0.63g	0.6g

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SPREAD BAGELS

Cream Cheese Bagel **V, H**

BAGEL BUN OF CLIENT CHOICE*. FULL FAT SOFT CHEESE: Cream (**MILK**), Skimmed **MILK**, **MILK** solids, Modified starch, Salt, Preservative: Potassium sorbate, Culture.

Nutrition Facts**	Per portion (165g)	Per 100g
Energy (Kcal)	434Kcal	263kcal
Energy (Kj)	1810kj	1096kj
Fat	14.3g	8.6g
of which Saturates	8.1g	4.9g
Carbohydrates	59.9g	36.3g
of which Sugars	7.7g	4.6g
Fibre	3.5g	2.1g
Protein	14.4g	8.7g
Salt	1.02g	0.61g

Marmite Bagel **V, VG, H**

BAGEL BUN OF CLIENT CHOICE*. MARMITE: Yeast Extract (contains **BARLEY, WHEAT, OATS, RYE**), Salt, Vegetable Juice Concentrate, Vitamins (Thiamin, Riboflavin, Niacin, Vitamin B12 and Folic Acid), Natural Flavouring (contains **CELERY**).

Nutrition Facts**	Per portion (145g)	Per 100g
Energy (Kcal)	373kcal	257kcal
Energy (Kj)	1562kj	1077kj
Fat	1.8g	1.2g
of which Saturates	0.2g	0.1g
Carbohydrates	66.5g	45.8g
of which Sugars	6.0g	4.1g
Fibre	3.8g	2.6g
Protein	20.6g	14.2g
Salt	3.98g	2.74g

Peanut Butter Bagel **V, VG, H**

BAGEL BUN OF CLIENT CHOICE*. **PEANUT BUTTER**: **PEANUTS** (95%), Stabiliser: E471, Cane Sugar, **PEANUT** Oil (1%), Sea Salt.

Nutrition Facts**	Per portion (155g)	Per 100g
Energy (Kcal)	533kcal	343Kcal
Energy (Kj)	2233kj	1440Kj
Fat	20.2g	13g
of which Saturates	4.1g	2.6g
Carbohydrates	62.3g	40.2g
of which Sugars	8.4g	5.4g
Fibre	6.7g	4.3g
Protein	22.7g	14.6g
Salt	1.74g	1.12g

Strawberry Jam Bagel **V, VG, H**

BAGEL BUN OF CLIENT CHOICE*. STRAWBERRY JAM: Sweetener Sorbitol 54.0%, Strawberries 45.0%, Citric Acid 0.7%, Pectin 0.3%

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Nutrition Facts**	Per portion (175g)	Per 100g
Energy (Kcal)	388kcal	222kcal
Energy (Kj)	1623kj	972kj
Fat	2.0g	1.1g
of which Saturates	0.3g	0.2g
Carbohydrates	92.9g	53.1g
of which Sugars	7.2g	4.1g
Fibre	3.6g	2.0g
Protein	10.7g	6.1g
Salt	0.8g	0.4g

Peanut Butter and Toffee Banana **V, H**

BAGEL BUN OF CLIENT CHOICE*. **PEANUT BUTTER: PEANUTS** (95%), Stabiliser: E471, Cane Sugar, **PEANUT** Oil (1%), Sea Salt. **BANANA. TOFFEE SAUCE:** Glucose Syrup, Water, Sugar, Humectant (Glycerol), Sweetened Condensed **MILK (MILK, Sugar)**, Dextrose, Modified Starch, Butter (**MILK**), Salt, Devonshire Clotted Cream (0.5%) (**MILK**), Colour (Plain Caramel), Natural Flavourings, Emulsifier (E435).

Nutrition Facts**	Per portion (205g)	Per 100g
Energy (Kcal)	601kcal	293kcal
Energy (Kj)	2515kj	1228kj
Fat	20.6g	10.1g
of which Saturates	4.4g	2.1g
Carbohydrates	78.2g	38.1g
of which Sugars	21.3g	10.4g
Fibre	7.2g	3.5g
Protein	22.2g	10.8g
Salt	1.8g	0.9g

Raspberry Cream Cheese and Blueberry **V, H**

BAGEL BUN OF CLIENT CHOICE*. **FULL FAT SOFT CHEESE:** Cream (**MILK**), Skimmed **MILK, MILK** solids, Modified starch, Salt, Preservative: Potassium sorbate, Culture. **BLUEBERRIES. RASPBERRY SAUCE:** Glucose Syrup, Water, Seedless Raspberry Puree from Concentrate (9.6%), Sugar, Dextrose, Modified Starch, Acidity Regulators (Citric Acid, Trisodium Citrate), Colour (Anthocyanin), Thickener (Pectin), Preservative (Potassium Sorbate), Natural Flavouring, Natural Raspberry Flavouring with Other Natural Flavourings.

Nutrition Facts**	Per portion (200g)	Per 100g
Energy (Kcal)	469kcal	234kcal
Energy (Kj)	1953kj	978kj
Fat	14.4g	7.2g
of which Saturates	8.1g	4.1g
Carbohydrates	68.3g	34.1g
of which Sugars	14.4g	7.2g
Fibre	4.3g	2.2g
Protein	14.7g	7.4g
Salt	1.0g	0.5g

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BREAKFAST BAGELS

Bacon Bagel

BAGEL BUN OF CLIENT CHOICE*. BACON: Pork Meat (98%), Salt Anti-oxidant: Sodium Ascorbate (E301), Preservative: Sodium-Nitrit (E250), Beechwood Smoke. BROWN SAUCE: Water, Glucose-Fructose Syrup, Modified Maize Starch, Acidity Regulator (Acetic Acid), Molasses, Spirit Vinegar, Concentrated Apple Juice, Salt, Tomato Paste, **RYE** Flour, Caramelised Sugar Syrup, Spices (Coriander, Ginger, Clove, Cinnamon, Black Pepper), Preservative (Potassium Sorbate), Sweetener (Sodium Saccharin).

Nutrition Facts**	Per portion (175g)	Per 100g
Energy (Kcal)	508kcal	290kcal
Energy (Kj)	2130kj	1217kj
Fat	19.3g	11.0g
of which Saturates	7.2g	4.1g
Carbohydrates	59.3g	33.8g
of which Sugars	5.8g	3.3g
Fibre	3.5g	2.0g
Protein	22.4g	12.8g
Salt	1.84g	1.05g

Bacon and Egg Bagel

BAGEL OF CLIENT CHOICE*. OMELETTE*: Free Range **EGG** (62%), **MILK**, Rapeseed Oil, Salt, Thickener (Xanthan Gum), White Pepper. BACON: Pork Meat (98%), Salt. Anti-oxidant: Sodium Ascorbate (E301), Preservative: Sodium-Nitrit (E250), Beechwood Smoke. BROWN SAUCE: Water, Glucose-Fructose Syrup, Modified Maize Starch, Acidity Regulator (Acetic Acid), Molasses, Spirit Vinegar, Concentrated Apple Juice, Salt, Tomato Paste, **RYE** Flour, Caramelised Sugar Syrup, Spices (Coriander, Ginger, Clove, Cinnamon, Black Pepper), Preservative (Potassium Sorbate), Sweetener (Sodium Saccharin).

Nutrition Facts**	Per portion (255g)	Per 100g
Energy (Kcal)	594kcal	232kcal
Energy (Kj)	2481kj	972kj
Fat	25.6g	10.0g
of which Saturates	8.6g	3.3g
Carbohydrates	61.1g	23.9g
of which Sugars	8.6g	3.3g
Fibre	4.2g	1.6g
Protein	27.4g	10.7g
Salt	1.94g	0.76g

Sausage Bagel

BAGEL OF CLIENT CHOICE*. SAUSAGE*: Pork (73%), Rusk (**WHEAT** Flour (with Calcium, Iron, Niacin, Thiamine) & Salt), Water, Pork Fat, Salt, Rapeseed Oil, Dextrose, **WHEAT** Starch, Natural Hog Casing, Flavour enhancer (E621), **WHEAT** Protein, Rubbed Parsley, Stabiliser (E451), **WHEAT** Flour (with Calcium, Iron, Niacin, Thiamine), Spice & Herb extracts (Chilli, Coriander, Ginger, Marjoram, Nutmeg, Parsley, Pepper, Pimento, Sage). BROWN SAUCE: Water, Glucose-Fructose Syrup, Modified Maize Starch, Acidity Regulator (Acetic Acid), Molasses, Spirit Vinegar, Concentrated Apple Juice, Salt, Tomato Paste, **RYE** Flour, Caramelised Sugar Syrup, Spices (Coriander, Ginger, Clove, Cinnamon, Black Pepper), Preservative (Potassium Sorbate), Sweetener (Sodium Saccharin).

Nutrition Facts**	Per portion (190g)	Per 100g
Energy (Kcal)	471kcal	247kcal

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Energy (Kj)	1975kj	1039kj
Fat	13.3g	7.0g
of which Saturates	4.2g	2.2g
Carbohydrates	67.1g	35.3g
of which Sugars	7.4g	3.8g
Fibre	4.1g	2.1g
Protein	19.1g	10.0g
Salt	2.24g	1.17g

Vegan Sausage Bagel **V, VG, H**

BAGEL BUN OF CLIENT CHOICE*. VEGAN SAUSAGE*: Rehydrated Textured Pea Protein (36%), Water, Olive Oil, Thickeners (Methylcellulose, Konjac, Xanthan Gum, Carrageenan), Pea Protein Isolate (2%), Natural Flavouring, Dried Onion, Pea Starch, Dextrin, Salt, Sage, Black Pepper, White Pepper, Ground Mace, Dextrose, Colour (Beetroot Red), Acidity Regulators (Calcium Hydroxide), Sausages filled into Sodium Alginate Casings. BROWN SAUCE: Water, Glucose-Fructose Syrup, Modified Maize Starch, Acidity Regulator (Acetic Acid), Molasses, Spirit Vinegar, Concentrated Apple Juice, Salt, Tomato Paste, **RYE** Flour, Caramelised Sugar Syrup, Spices (Coriander, Ginger, Clove, Cinnamon, Black Pepper), Preservative (Potassium Sorbate), Sweetener (Sodium Saccharin).

Nutrition Facts**	Per portion (215g)	Per 100g
Energy (Kcal)	474kcal	220kcal
Energy (Kj)	1983kj	922kj
Fat	13.4g	6.2g
of which Saturates	1.9g	0.9g
Carbohydrates	61.0g	28.4g
of which Sugars	7.0g	3.2g
Fibre	7.8g	3.6g
Protein	23.1g	10.8g
Salt	2.1g	1.0g

Sausage and Egg Bagel

BAGEL OF CLIENT CHOICE*. OMELETTE*: Free Range **EGG** (62%), **MILK**, Rapeseed Oil, Salt, Thickener (Xanthan Gum), White Pepper. SAUSAGE*: Pork (73%), Rusk (**WHEAT** Flour (with Calcium, Iron, Niacin, Thiamine) & Salt), Water, Pork Fat, Salt, Rapeseed Oil, Dextrose, **WHEAT** Starch, Natural Hog Casing, Flavour enhancer (E621), **WHEAT** Protein, Rubbed Parsley, Stabiliser (E451), **WHEAT** Flour (with Calcium, Iron, Niacin, Thiamine), Spice & Herb extracts (Chilli, Coriander, Ginger, Marjoram, Nutmeg, Parsley, Pepper, Pimento, Sage). BROWN SAUCE: Water, Glucose-Fructose Syrup, Modified Maize Starch, Acidity Regulator (Acetic Acid), Molasses, Spirit Vinegar, Concentrated Apple Juice, Salt, Tomato Paste, **RYE** Flour, Caramelised Sugar Syrup, Spices (Coriander, Ginger, Clove, Cinnamon, Black Pepper), Preservative (Potassium Sorbate), Sweetener (Sodium Saccharin).

Nutrition Facts**	Per portion (290g)	Per 100g
Energy (Kcal)	585kcal	201kcal
Energy (Kj)	2670kj	920kj
Fat	26.6g	9.1g
of which Saturates	8.4g	2.8g
Carbohydrates	68.9g	23.7g
of which Sugars	9.2g	3.1g
Fibre	4.8g	1.6g
Protein	28.9g	9.9g
Salt	2.74g	0.94g

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Breakfast Melt Bagel

BAGEL OF CLIENT CHOICE*. OMELETTE*: Free Range **EGG** (62%), **MILK**, Rapeseed Oil, Salt, Thickener (Xanthan Gum), White Pepper. TOMATOES. BACON: Pork Meat (98%), Salt. Anti-oxidant: Sodium Ascorbate (E301), Preservative: Sodium-Nitrite (E250), Beechwood Smoke. CHEDDAR: Cheddar Cheese (**MILK**). BROWN SAUCE: Water, Glucose-Fructose Syrup, Modified Maize Starch, Acidity Regulator (Acetic Acid), Molasses, Spirit Vinegar, Concentrated Apple Juice, Salt, Tomato Paste, **RYE** Flour, Caramelised Sugar Syrup, Spices (Coriander, Ginger, Clove, Cinnamon, Black Pepper), Preservative (Potassium Sorbate), Sweetener (Sodium Saccharin).

Nutrition Facts**	Per portion (330g)	Per 100g
Energy (Kcal)	668kcal	202kcal
Energy (Kj)	2783kj	843kj
Fat	31.1g	9.4g
of which Saturates	12.3g	3.7g
Carbohydrates	63.1g	19.1g
of which Sugars	9.6g	2.9g
Fibre	4.9g	1.5g
Protein	31.8g	9.6g
Salt	2.24g	0.7g

Veggie Breakfast V, H

BAGEL OF CLIENT CHOICE*. OMELETTE*: Free Range **EGG** (62%), **MILK**, Rapeseed Oil, Salt, Thickener (Xanthan Gum), White Pepper. AVOCADO*: Avocado Slices (99%), Salt, Acidity Regulator: Citric Acid; Antioxidant: Ascorbic Acid. CHEDDAR: Cheddar Cheese (**MILK**). KETCHUP: Tomatoes (148g per 100g tomato ketchup), vinegar, sugar, salt, spice and herb extracts (contain **CELERY**), spice.

Nutrition Facts**	Per portion (285g)	Per 100g
Energy (Kcal)	625kcal	219kcal
Energy (Kj)	2601kj	912kj
Fat	29.1g	10.2g
of which Saturates	10.5g	3.7g
Carbohydrates	62.4g	21.9g
of which Sugars	10.0g	3.5g
Fibre	4.3g	1.5g
Protein	26.2g	9.2g
Salt	1.8g	0.6g

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VEGGIE BAGELS

Vegan BBQ Banger **V, VG, H**

BAGEL BUN OF CLIENT CHOICE*. VEGAN SAUSAGE*: Rehydrated Textured Pea Protein (36%), Water, Olive Oil, Thickeners (Methylcellulose, Konjac, Xanthan Gum, Carrageenan), Pea Protein Isolate (2%), Natural Flavouring, Dried Onion, Pea Starch, Dextrin, Salt, Sage, Black Pepper, White Pepper, Ground Mace, Dextrose, Colour (Beetroot Red), Acidity Regulators (Calcium Hydroxide), Sausages filled into Sodium Alginate Casings. TOMATOES. PICKLED ONION: Red Onion (50%), Spirit Vinegar, Sugar, Water, Sea Salt, Black Peppercorns, Fennel Seeds, Coriander Seeds. LETTUCE. BBQ SAUCE: Water, Glucose-Fructose Syrup, Tomato Paste, Sugar, Modified Maize Starch, Salt, Acidity Regulators (Acetic Acid, Citric Acid), Smoked Water, Colour (Ammonia Caramel), Preservative (Potassium Sorbate), Dried Onion, Dried Garlic, Paprika, Cayenne Pepper, Black Pepper, Sweetener (Sodium Saccharin).

Nutrition Facts**	Per portion (305g)	Per 100g
Energy (Kcal)	500kcal	164kcal
Energy (Kj)	2093kj	686kj
Fat	13.7g	4.5g
of which Saturates	2.0g	0.7g
Carbohydrates	66.1g	21.7g
of which Sugars	10.6g	3.5g
Fibre	9.1g	3.0g
Protein	23.9g	7.8g
Salt	2.6g	0.9g

Halloumi Melt Bagel **V, H**

BAGEL BUN OF CLIENT CHOICE*. HALLOUMI: Fresh Pasteurised **MILK** (Blend of Cow's, Goat's and Sheep's **MILK**), Salt, Mint, Non-Animal Rennet. TOMATOES. MINT YOGHURT: Rapeseed Oil, Water, Spirit Vinegar, Pasteurised **EGG** Yolk, Sugar, Salt, Yoghurt Powder (**MILK**), Stabiliser (Xanthan Gum), Dried Mint, Preservative (Potassium Sorbate), Black Pepper, Natural Flavouring. ROCKET.

Nutrition Facts**	Per portion (318g)	Per 100g
Energy (Kcal)	646kcal	203kcal
Energy (Kj)	2708kj	851kj
Fat	27.7g	8.7g
of which Saturates	14.0g	4.4g
Carbohydrates	62.3g	19.5g
of which Sugars	9.4g	2.9g
Fibre	4.2g	1.3g
Protein	31.8g	10.0g
Salt	2.99g	0.94g

Vegan Cream Cheese Stack Bagel **V, H**

BAGEL BUN OF CLIENT CHOICE*. VEGAN CREAMY SPREAD: Water, Coconut Oil (24%), **SOYA** Protein Concentrate (9%), Salt, Sugar Tricalcium Citrate, Acidity Regulator (Lactic Acid (Dairy Free)), Thickener (Carrageenan), Natural Flavourings. AVOCADO*: Avocado Slices (99%), Salt, Acidity Regulator: Citric Acid; Antioxidant: Ascorbic Acid. CUCUMBER. VEGAN ALTERNATIVE TO MAYO: Rapeseed Oil (65%), Water, Spirit Vinegar, Sugar, Salt, Modified Starch, Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate), Lemon Juice Concentrate, Natural Flavouring, Colours (Turmeric, Paprika Extract).

Nutrition Facts**	Per portion (255g)	Per 100g
Energy (Kcal)	563kcal	220kcal

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Energy (Kj)	2354kj	923kj
Fat	28.7g	11.2g
of which Saturates	13.8g	5.4g
Carbohydrates	59.5g	23.3g
of which Sugars	11.7g	4.5g
Fibre	4.7g	1.8g
Protein	14.2g	5.5g
Salt	1.46g	0.57g

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SEAFOOD BAGELS

The Classic Bagel **H**

BAGEL BUN OF CLIENT CHOICE*. FULL FAT SOFT CHEESE: Cream (**MILK**), Skimmed **MILK**, **MILK** Solids, Modified Starch, Salt, Preservative: Potassium Sorbate, Culture. SALMON: Salmon (Salmo Salar) (**FISH**) (98%), Salt, Demerara Sugar. LEMON JUICE: Lemon Juice from Concentrate 60%, Water, Acidity Regulator: Citric Acid, Preservative: Potassium **METABISULPHITE**. BLACK PEPPER.

Nutrition Facts**	Per portion (205g)	Per 100g
Energy (Kcal)	474kcal	231kcal
Energy (Kj)	1980kj	965kj
Fat	17.7g	8.6g
of which Saturates	9.6g	4.6g
Carbohydrates	60.1g	29.3g
of which Sugars	8.2g	4.0g
Fibre	3.7g	1.8g
Protein	24.4g	11.9g
Salt	1.94g	0.94g

Salmon & Avo Bagel **H**

BAGEL BUN OF CLIENT CHOICE*. SALMON: Salmon (Salmo Salar) (**FISH**) (98%), Salt, Demerara Sugar. AVOCADO*: Avocado Slices (99%), Salt, Acidity Regulator: Citric Acid; Antioxidant: Ascorbic Acid. MAYO: Rapeseed Oil (78%), Water, Free Range Pasteurised **EGG** and **EGG** Yolk (8.9%), Spirit Vinegar, Salt, Sugar, Lemon Juice Concentrate, Antioxidant (Calcium Disodium EDTA), Flavourings, Natural Paprika Extract, Sunflower Oil. LEMON JUICE: Lemon Juice from Concentrate 60%, Water, Acidity Regulator: Citric Acid, Preservative: Potassium **METABISULPHITE**. BLACK PEPPER.

Nutrition Facts**	Per portion (210g)	Per 100g
Energy (Kcal)	478Kcal	233kcal
Energy (Kj)	1993kj	972kj
Fat	20.2g	9.9g
of which Saturates	4.1g	2.0g
Carbohydrates	58.6g	28.6g
of which Sugars	6.1g	3.0g
Fibre	3.8g	1.9g
Protein	21.3g	10.4g
Salt	1.8g	0.9g

Tuna Mayo Bagel **H**

BAGEL BUN OF CLIENT CHOICE*. TUNA MAYO MIX: Tuna 70% (**FISH**), Rapeseed Oil, Water, Pasteurised **EGG** Yolk, Spirit Vinegar, Sugar, Thickener (Modified Starch), Salt, Acidity Regulator (Acetic Acid), Stabilisers (Guar Gum, Xanthan Gum), Preservative (Potassium Sorbate), Flavourings, Colour (Beta Carotene), Lemon Juice Concentrate, Black Pepper. TOMATOES. PICKLED RED ONION: Red Onion (50%), Spirit Vinegar, Sugar, Water, Sea Salt, Black Peppercorns, Fennel Seeds, Coriander Seeds. LETTUCE.

Nutrition Facts**	Per portion (280g)	Per 100g
Energy (Kcal)	514kcal	186kcal
Energy (Kj)	2150kj	768kj
Fat	17.7g	6.3g
of which Saturates	1.6g	0.6g
Carbohydrates	63.1g	22.5g
of which Sugars	9.0g	3.2g

* Received frozen. **Refer to a bagel prepared with a plain bun.

V=Vegetarian, VG=Vegan Friendly, H=Halal Friendly

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Fibre	5.0g	1.8g
Protein	23.7g	8.5g
Salt	1.8g	0.6g

Seafood Club Bagel **H**

BAGEL BUN OF CLIENT CHOICE*. PRAWN AND CRAB MAYO: Surimi Crab 40% [Surimi (**FISH** Meat (Nemipterus Spp), Sugar, Polyphosphate (Triphosphates, Diphosphates)), Water, Tapioca Starch, Corn Starch, Salt, Sugar, Sorbitol, Crab (**CRUSTACEANS**) Extract, Crab (**CRUSTACEANS**) Flavour, Soybean (**SOYA**) Oil, Colour (Carmine, Paprika Extract)], Rapeseed Oil, Prawns 20% (**CRUSTACEANS**), Water, Pasteurised **EGG** Yolk, Sugar, Salt, Thickener (Modified Starch), Spirit Vinegar, Acidity Regulator (Acetic Acid, Potassium Lactate), Stabilisers (Guar Gum, Xanthan Gum), Flavourings, Preservative (Potassium Sorbate, Sodium Benzoate), Colour (Beta Carotene). ROCKET. LEMON JUICE: Lemon Juice from Concentrate 60%, Water, Acidity Regulator: Citric Acid, Preservative: Potassium **METABISULPHITE**. BLACK PEPPER.

Nutrition Facts**	Per portion (203g)	Per 100g
Energy (Kcal)	510kcal	256kcal
Energy (Kj)	2133kj	1077kj
Fat	21.1g	10.6g
of which Saturates	1.8g	0.9g
Carbohydrates	63.5g	32.1g
of which Sugars	8.0g	4.0g
Fibre	3.7g	1.9g
Protein	14.7g	7.4g
Salt	2.1g	1.1g

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DELI BAGELS

Chicken Club Bagel

BAGEL BUN OF CLIENT CHOICE*. CHICKEN*: Chicken (98%), Salt. TOMATOES. BACON: Pork Meat 98%, Salt, Anti-Oxidant: Sodium Ascorbate (E301), Preservative: Sodium-Nitrit (E250), Beechwood Smoke. CHEESE: Cheddar Cheese (**MILK**). MAYO: Rapeseed Oil (78%), Water, Free Range Pasteurised **Egg** and **Egg** Yolk (8.9%), Spirit Vinegar, Salt, Sugar, Lemon Juice Concentrate, Antioxidant (Calcium Disodium EDTA), Flavourings, Natural Paprika Extract, Sunflower Oil. LETTUCE.

Nutrition Facts**	Per portion (280g)	Per 100g
Energy (Kcal)	648kcal	231kcal
Energy (Kj)	2862kj	1022kj
Fat	32.8g	11.7g
of which Saturates	8.9g	3.1g
Carbohydrates	59.5g	21.2g
of which Sugars	6.8g	2.4g
Fibre	4.2g	1.5g
Protein	36.0g	12.8g
Salt	2.18g	0.77g

Spicy Chicken H

BAGEL BUN OF CLIENT CHOICE*. CHICKEN*: Chicken (98%), Salt. CHEESE: Cheddar Cheese (**MILK**). GREEN JALAPEÑOS: Water, Jalapeno Peppers, Salt, Spirit Vinegar, Acetic Acid, Firming Agent: Calcium Chloride; Preservative: Potassium Sorbate; Colour: Riboflavin. PICKLED RED ONION: Red Onion (50%), Spirit Vinegar, Sugar, Water, Sea Salt, Black Peppercorns, Fennel Seeds, Coriander Seeds. HOT CHILLI SAUCE: Water, Red Chillies (20%), Sugar, Glucose-Fructose Syrup, Ground Garlic (6%), Pickled Garlic (5%) [Garlic, Water, Salt, Acid (Acetic Acid)], Modified Tapioca Starch, Acid (Acetic Acid), Salt.

Nutrition Facts**	Per portion (255g)	Per 100g
Energy (Kcal)	571kcal	224kcal
Energy (Kj)	2382kj	934kj
Fat	16.9g	6.6g
of which Saturates	9.2g	3.6g
Carbohydrates	66.5g	26.1g
of which Sugars	13.9g	5.5g
Fibre	4.2g	1.6g
Protein	36.1g	14.1g
Salt	3.7g	1.4g

Reuben Pastrami Bagel

BAGEL OF CUSTOMER CHOICE*. PASTRAMI: Beef brisket (79%), Brine (20%) (Water, Salt, Cure (Salt, Dextrose, Stabilisers (E451, E450), Acidity Regulators:(E500, E331), Antioxidant:(E301), Preservative(E250), Black Pepper, Sugar, Coriander, Onion, Garlic. SAUER KRAUT: White Cabbage, Salt. EMMENTHAL CHEESE: Emmental Cheese (**MILK**). **MUSTARD** (Spirit Vinegar, Water, **MUSTARD** Seed, Salt, Turmeric, Paprika, Spice Flavouring, Garlic Powder).

Nutrition Facts**	Per portion (285g)	Per 100g
Energy (Kcal)	632kcal	221Kcal
Energy (Kj)	2640kj	926kj
Fat	22.3g	7.8g
of which Saturates	11.5g	4g
Carbohydrates	60.7g	21.3g

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of which Sugars	6.5g	2.3g
Fibre	5.5g	1.9g
Protein	34g	11.9g
Salt	5.2g	1.8g

Salt Beef Melt Bagel

BAGEL OF CLIENT CHOICE*. SALT BEEF: Beef Brisket (75%), Water (22%), Salt (1.5%), Cure (1.5%) (Salt, Dextrose, Stabilisers (E451, E450), Acidity Regulators (E500, E331), Antioxidant (E301), Preservative (E250). EMMENTHAL CHEESE: Emmental Cheese (**MILK**). GHERKINS: Sliced Gherkins (51%), Water, Sugar, Acidity Regulator (Acetic acid), Spirit vinegar, Salt, Firming Agent (Calcium Chloride), Dill Flavouring. **MUSTARD**: Spirit Vinegar, Water, **MUSTARD** Seed, Salt, Turmeric, Paprika, Spice Flavouring, Garlic Powder.

Nutrition Facts**	Per portion (255g)	Per 100g
Energy (Kcal)	620kcal	243kcal
Energy (Kj)	2594kj	1017kj
Fat	26.3g	10.3g
of which Saturates	12.8g	5.0g
Carbohydrates	59.3g	23.2g
of which Sugars	7.3g	2.8g
Fibre	4.3g	1.6g
Protein	33.3g	13.0g
Salt	4.84g	1.89g

Smoky Pulled Pork

BAGEL BUN OF CLIENT CHOICE*. PULLED PORK: Pork Shoulder (75%), Water (22%), Salt (1.5%), Dehydrated Vegetables 0.6%, **CELERY**, Onion, Carrot, Tomato, Yeast Extract, Smoked Paprika, Ginger, Garlic, Cumin, Chilli, Sage. COLESLAW: Cabbage, Mayonnaise (Water, Rapeseed Oil, Sugar Syrup (Sugar, Water), Spirit Vinegar, Salt, Whole **EGG** Unsalted, Stabilisers: Guar Gum, Xanthan Gum; Yellow **MUSTARD** Powder, Acidity Regulator: Lactic Acid), Carrot, Onion, Single Cream (**MILK**), Spirit Vinegar, Preservative: Potassium Sorbate. PICKLED RED ONION: Red Onion (50%), Spirit Vinegar, Sugar, Water, Sea Salt, Black Peppercorns, Fennel Seeds, Coriander Seeds. BBQ SAUCE: Water, Glucose-Fructose Syrup, Tomato Paste, Sugar, Modified Maize Starch, Salt, Acidity Regulators (Acetic Acid, Citric Acid), Smoked Water, Colour (Ammonia Caramel), Preservative (Potassium Sorbate), Dried Onion, Dried Garlic, Paprika, Cayenne Pepper, Black Pepper, Sweetener (Sodium Saccharin).

Nutrition Facts**	Per portion (270g)	Per 100g
Energy (Kcal)	593kcal	220kcal
Energy (Kj)	2478kj	917kj
Fat	29.8g	11.0g
of which Saturates	8.2g	3.0g
Carbohydrates	66.0g	24.4g
of which Sugars	13.2g	4.9g
Fibre	5.1g	1.9g
Protein	23.1g	8.5g
Salt	2.0g	0.7g

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MINI BAGELS

Mini Vegan Cream Cheese Stack Bagels **V, VG, H**

PLAIN MINI BAGEL BUN*: **WHEAT** Flour, Water, Sugar, Salt, Vegetable Oil (**SOYA**), Yeast. VEGAN CREAMY SPREAD: Water, Coconut Oil (24%), **SOYA** Protein Concentrate (9%), Salt, Sugar Tricalcium Citrate, Acidity Regulator (Lactic Acid (Dairy Free)), Thickener (Carrageenan), Natural Flavourings. AVOCADO*: Avocado Slices (99%), Salt, Acidity Regulator: Citric Acid; Antioxidant: Ascorbic Acid. CUCUMBER. VEGAN ALTERNATIVE TO MAYO: Rapeseed Oil (65%), Water, Spirit Vinegar, Sugar, Salt, Modified Starch, Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate), Lemon Juice Concentrate, Natural Flavouring, Colours (Turmeric, Paprika Extract).

Nutrition Facts**	Per portion (90g)
Energy (Kcal)	219kcal
Energy (Kj)	959kj
Fat	13.8g
of which Saturates	6.7g
Carbohydrates	18.7g
of which Sugars	2.0g
Fibre	1.4g
Protein	5.1g
Salt	0.50g

Mini Cream Cheese Bagels **V, H**

PLAIN MINI BAGEL BUN*: **WHEAT** Flour, Water, Sugar, Salt, Vegetable Oil (**SOYA**), Yeast. FULL FAT SOFT CHEESE: Cream (**MILK**), Skimmed **MILK**, **MILK** Solids, Modified Starch, Salt, Preservative: Potassium Sorbate, Culture.

Nutrition Facts**	Per portion (60g)
Energy (Kcal)	163kcal
Energy (Kj)	722kj
Fat	7.5g
of which Saturates	4.1g
Carbohydrates	19.0g
of which Sugars	2.5g
Fibre	0.8g
Protein	5.2g
Salt	0.3g

Mini Bacon Bagel

PLAIN MINI BAGEL BUN*: **WHEAT** Flour, Water, Sugar, Salt, Vegetable Oil (**SOYA**), Yeast. BACON: Pork Meat (98%), Salt, Anti-oxidant: Sodium Ascorbate (E301), Preservative: Sodium-Nitrit (E250), Beechwood Smoke. BROWN SAUCE: Water, Glucose-Fructose Syrup, Modified Maize Starch, Acidity Regulator (Acetic Acid), Molasses, Spirit Vinegar, Concentrated Apple Juice, Salt, Tomato Paste, **RYE** Flour, Caramelised Sugar Syrup, Spices (Coriander, Ginger, Clove, Cinnamon, Black Pepper), Preservative (Potassium Sorbate), Sweetener (Sodium Saccharin).

Nutrition Facts**	Per portion (60g)
Energy (Kcal)	180kcal
Energy (Kj)	796kj
Fat	8.2g
of which Saturates	2.9g
Carbohydrates	18.7g

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of which Sugars	2.0g
Fibre	0.8g
Protein	8.1g
Salt	0.6g

Mini The Classic Bagel **H**

PLAIN MINI BAGEL BUN*: **WHEAT** Flour, Water, Sugar, Salt, Vegetable Oil (**SOYA**), Yeast. FULL FAT SOFT CHEESE: Cream (**MILK**), Skimmed **MILK**, **MILK** Solids, Modified Starch, Salt, Preservative: Potassium Sorbate, Culture. SALMON: Salmon (Salmo Salar) (**FISH**) (98%), Salt, Demerara Sugar. LEMON JUICE: Lemon Juice from Concentrate 60%, Water, Acidity Regulator: Citric Acid, Preservative: Potassium **METABISULPHITE**. BLACK PEPPER.

Nutrition Facts**	Per portion (80g)
Energy (Kcal)	184kcal
Energy (Kj)	807kj
Fat	9.2g
of which Saturates	4.9g
Carbohydrates	19.1g
of which Sugars	2.5g
Fibre	0.9g
Protein	10.2g
Salt	0.8g

Mini Raspberry Cream Cheese & Blueberries Bagels **V, H**

PLAIN MINI BAGEL BUN*: **WHEAT** Flour, Water, Sugar, Salt, Vegetable Oil (**SOYA**), Yeast. FULL FAT SOFT CHEESE: Cream (**MILK**), Skimmed **MILK**, **MILK** Solids, Modified Starch, Salt, Preservative: Potassium Sorbate, Culture. BLUEBERRIES. RASPBERRY SAUCE: Glucose Syrup, Water, Seedless Raspberry Puree from Concentrate (9.6%), Sugar, Dextrose, Modified Starch, Acidity Regulators (Citric Acid, Trisodium Citrate), Colour (Anthocyanin), Thickener (Pectin), Preservative (Potassium Sorbate), Natural Flavouring, Natural Raspberry Flavouring with Other Natural Flavourings.

Nutrition Facts**	Per portion (75g)
Energy (Kcal)	179kcal
Energy (Kj)	789kj
Fat	7.5g
of which Saturates	4.1g
Carbohydrates	22.9g
of which Sugars	5.5g
Fibre	1.1g
Protein	5.3g
Salt	0.3g

Mini Peanut Butter & Toffee Banana Bagels **V, H**

PLAIN MINI BAGEL BUN*: **WHEAT** Flour, Water, Sugar, Salt, Vegetable Oil (**SOYA**), Yeast. **PEANUT BUTTER**: **PEANUTS** (95%), Stabiliser: E471, Cane Sugar, **PEANUT** Oil (1%), Sea Salt. BANANA. TOFFEE SAUCE: Glucose Syrup, Water, Sugar, Humectant (Glycerol), Sweetened Condensed **MILK** (**MILK**, Sugar), Dextrose, Modified Starch, Butter (**MILK**), Salt, Devonshire Clotted Cream (0.5%) (**MILK**), Colour (Plain Caramel), Natural Flavourings, Emulsifier (E435).

Nutrition Facts**	Per portion (75g)
Energy (Kcal)	242kcal

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Energy (Kj)	1054kj
Fat	10.6g
of which Saturates	2.2g
Carbohydrates	26.9g
of which Sugars	8.2g
Fibre	2.6g
Protein	9.0g
Salt	0.7g

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EXTRAS

Avocado* **V, VG, H**

Avocado Slices (99%), Salt, Acidity Regulator: Citric Acid; Antioxidant: Ascorbic Acid.

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	171kcal	703kj	17.4g	4.2g	1.8g	0.4g	0g	1.8g	0.01g

Bacon

Pork Meat 98%, Salt, Anti-Oxidant: Sodium Ascorbate (E301), Preservative: Sodium-Nitrit (E250), Beechwood Smoke.

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	401kcal	1720kj	35g	14g	0g	0g	0g	24g	2g

Banana **V, VG, H**

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	95kcal	397kj	0.3g	0.1g	23.2g	20.9g	1.1g	1.2g	0g

BBQ Sauce **V, VG, H**

Water, Glucose-Fructose Syrup, Tomato Paste, Sugar, Modified Maize Starch, Salt, Acidity Regulators (Acetic Acid, Citric Acid), Smoked Water, Colour (Ammonia Caramel), Preservative (Potassium Sorbate), Dried Onion, Dried Garlic, Paprika, Cayenne Pepper, Black Pepper, Sweetener (Sodium Saccharin).

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	113kcal	473kj	0.1g	0g	25.4g	19.7g	0.5g	0.8g	3.025g

Blueberries **V, VG, H**

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	40kcal	167kj	0.2g	0.01g	9.1g	9.1g	3g	0.9g	0.005g

Brown Sauce **V, VG, H**

Water, Glucose-Fructose Syrup, Modified Maize Starch, Acidity Regulator (Acetic Acid), Molasses, Spirit Vinegar, Concentrated Apple Juice, Salt, Tomato Paste, **RYE** Flour, Caramelised Sugar Syrup, Spices (Coriander, Ginger, Clove, Cinnamon, Black Pepper), Preservative (Potassium Sorbate), Sweetener (Sodium Saccharin).

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	81kcal	345kj	0.2g	0g	18.8g	11.1g	0.4g	0.7g	1.06g

Butter **V, H**

Butter (**MILK**), Salt (1.7%).

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Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	745kcal	3117kj	82g	52g	0.6g	0.6g	0g	0.6g	1.5g

Coleslaw **V, H**

Cabbage, Mayonnaise (Water, Rapeseed Oil, Sugar Syrup (Sugar, Water), Spirit Vinegar, Salt, Unsalted Whole **EGG**, Stabilisers: Guar Gum, Xanthan Gum; Yellow **MUSTARD** Powder, Acidity Regulator: Lactic Acid), Carrot, Onion, Single Cream (**MILK**), Spirit Vinegar, Preservative: Potassium Sorbate.

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	185kcal	774kj	17.3g	1.5g	6.1g	5.3g	1.2g	0.8g	0.77g

Caesar Dressing **V, H**

Rapeseed Oil, Water, Caesar Dressing Premix (Spirit Vinegar, Water, Garlic Puree (Water, Dried Garlic, Acidity Regulator (Citric Acid)), Medium Fat Hard Cheese (**MILK**) (contains Preservative (Lysozyme (from **EGG**))), Salt, Concentrated Lemon Juice, Dried Garlic, Dried Onion, Stabiliser (Xanthan Gum)), Sugar, Pasteurised **EGG** Yolk, Worcester Sauce (Water, Malt Vinegar (**BARLEY**), Sugar, Molasses, Salt, **SOY** Sauce (Water, **SOYA** Beans, Wheat, Salt), Tamarind Concentrate, Onion Powder, Concentrated Lemon Juice, Ground White Pepper, Ground Chillies, Garlic Powder, Ground Ginger, Ground Cloves, Acidity Regulator (Acetic Acid), Malt Extract (**BARLEY**)), Salt, Cracked Black Pepper, Preservative (Potassium Sorbate), Stabiliser (Xanthan Gum), Natural Flavouring (contains **MILK**).

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	484kcal	1996kj	49.5g	4.7g	7.4g	3.1g	0.7g	1.9g	1.26g

Cheddar **V, H**

Cheddar Cheese (**MILK**).

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	416kcal	1725kj	34.9g	21.7g	0.1g	0.1g	0g	25.4g	1.90g

Chicken* **H**

Chicken (98%), Salt.

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	138kcal	577kj	1.9g	0.5g	0g	0g	0g	30.2g	0.7g

Cream Cheese **V, H**

Cream (**MILK**), Skimmed **MILK**, **MILK** Solid, Modified Starch, Salt, Potassium Sorbatum, Culture.

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	278kcal	1148kj	25.1g	15.8g	7.9g	4.1g	0g	8.0g	0.54g

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Cucumber **V, VG, H**

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	10kcal	42kj	0.1g	0g	1.5g	1.4g	0.6g	0.7g	0.008g

Emmenthal **V, H**Emmenthal Cheese (**MILK**).

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	368kcal	1540kj	28.5g	19.8g	0g	0g	0g	26.7	1.19g

Gherkins **V, VG, H**

Sliced Gherkins (51%), Water, Sugar, Acidity Regulator (Acetic acid), Spirit vinegar, Salt, Firming Agent (Calcium Chloride), Dill Flavouring.

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	30kcal	126kj	0.3g	0g	4.4g	4.4g	1.2g	0.4g	1.7g

Greek-style Yoghurt **V, H**Cream (**MILK**), Skimmed **MILK**, **MILK** Solids, Potassium Sorbate, Culture.

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	133kcal	554kj	10g	6.3g	6.3g	6.3g	0g	4.5g	0.15g

Green Jalapeños **V, VG, H**

Water, Jalapeno Peppers, Salt, Spirit Vinegar, Acetic Acid, Firming Agent: Calcium Chloride; Preservative: Potassium Sorbate; Colour: Riboflavin.

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	11kcal	47kj	0.23g	0.04g	1.48g	0.17g	0.28g	0.66g	5.0g

Halloumi **V, H**Fresh Pasteurised **MILK** (Blend of Cow's, Goat's and Sheep's **Milk**), Salt, Mint, Non-Animal Rennet.

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	357kcal	1494kj	25g	16.1g	2.9g	2.9g	0g	25.9g	2.3g

Hash Browns* **V, VG, H**

Potatoes, Sunflower Oil, Dextrose, Salt, Onion Powder, Stabiliser (E450), White Pepper.

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	179kcal	749kj	9.5g	1.1g	20.0g	1.5g	2.2g	2.1g	1.0g

* Received frozen. **Refer to a bagel prepared with a plain bun.

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Hot Chilli Sauce V, VG, H

Water, Red Chillies (20%), Sugar, Glucose-Fructose Syrup, Ground Garlic (6%), Pickled Garlic (5%) [Garlic, Water, Salt, Acid (Acetic Acid)], Modified Tapioca Starch, Acid (Acetic Acid), Salt.

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	184kcal	770kj	0.6g	0.1g	44g	43g	1.3g	0.5g	3.3g

Ketchup V, VG, H

Tomatoes (148g per 100g Tomato Ketchup), Vinegar, Sugar, Salt, Spice and Herb Extracts (contain **CELERY**), Spice.

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	102kcal	435kj	0.1g	0g	23.2g	22.8g	0g	1.2g	1.8g

Lemon Juice V, VG, H

Lemon Juice from Concentrate 60%, Water, Acidity Regulator: Citric Acid, Preservative: Potassium **METABISULPHITE**.

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	12kcal	51kj	0.14g	0g	2.3g	1.1g	0.2g	0.3g	0.003g

Lettuce V, VG, H

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	20kcal	84kj	0.3g	0.039g	3.29g	1.9g	2.1g	1.23g	0.02g

Marmite V, VG, H

Yeast Extract (contains **BARLEY, WHEAT, OATS, RYE**), Salt, Vegetable Juice Concentrate, Vitamins (Thiamin, Riboflavin, Niacin, Vitamin B12 and Folic Acid), Natural Flavouring (contains **CELERY**).

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	260kcal	1088kj	0.1g	0.05g	30.0g	1.2g	1.1g	34.0g	10.8g

Mayo V, H

Rapeseed Oil (78%), Water, Free Range Pasteurised **EGG & EGG** Yolk (8.9%), Spirit Vinegar, Salt, Sugar, Lemon Juice Concentrate, Antioxidant (Calcium Disodium EDTA), Flavourings, Natural Paprika Extract, Sunflower Oil.

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	727kcal	3042kj	80g	6.7g	1.4g	1.3g	0g	1.2g	1.5g

Mustard V, VG, H

Spirit Vinegar, Water, **MUSTARD** Seed, Salt, Turmeric, Paprika, Spice Flavouring, Garlic Powder.

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Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	82kcal	343kj	4.4g	0.3g	1.2g	0g	3.5g	4.3g	3.1g

Omelette* V, H

Free Range **EGG** (62%), **MILK**, Rapeseed Oil, Salt, Thickener (Xanthan Gum), White Pepper.

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	168kcal	697kj	12.4g	2.8g	3.8g	1.7g	0.4g	10.2g	0.45g

Pastrami

Beef brisket (79%), Brine (20%) (Water, Salt, Cure (Salt, Dextrose, Stabilisers (E451, E450), Acidity Regulators:(E500, E331), Antioxidant:(E301), Preservative(E250), Black Pepper, Sugar, Coriander, Onion, Garlic.

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	236kcal	981kj	12.2g	4.6g	1.3g	0.9g	0g	16.8g	4.3g

Peanut Butter V, VG, H

Roast **PEANUTS**, Stabiliser (E471), Cane Sugar, **PEANUT** Oil, Sea Salt.

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	631kcal	2640kj	51.0g	6.8g	14.0g	5.8g	6.9g	25.0g	0.78g

Pickled Red Onion V, VG, H

Red Onion (50%), Spirit Vinegar, Sugar, Water, Sea Salt, Black Peppercorns, Fennel Seeds, Coriander Seeds.

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	67kcal	280kj	0.4g	0.14g	14g	11g	2.5g	0.97g	2.1g

Prawn and Crab Mayo H

Surimi Crab 40% [Surimi (**FISH** Meat (Nemipterus Spp), Sugar, Polyphosphate (Triphosphates, Diphosphates)), Water, Tapioca Starch, Corn Starch, Salt, Sugar, Sorbitol, Crab Extract (**CRUSTACEANS**), Crab Flavour (**CRUSTACEANS**), Soybean (**SOYA**) Oil, Colour (Carmine, Paprika Extract)], Rapeseed Oil, Prawns (**CRUSTACEANS**) 20%, Water, Pasteurised **EGG** Yolk, Sugar, Salt, Thickener (Modified Starch), Spirit Vinegar, Acidity Regulator (Acetic Acid, Potassium Lactate), Stabilisers (Guar Gum, Xanthan Gum), Flavourings, Preservative (Potassium Sorbate, Sodium Benzoate), Colour (Beta Carotene).

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	284kca	1188	25.6g	2.1g	7.7g	2.9g	1.1g	5.5g	1.78g

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Pulled Pork

Pork Shoulder (75%), Water (22%), Salt (1.5%), Dehydrated Vegetables 0.6%, **CELERY**, Onion, Carrot, Tomato, Yeast Extract, Smoked Paprika, Ginger, Garlic, Cumin, Chilli, Sage.

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	236kcal	981kj	25g	10g	0.9g	0.3g	0g	17g	0.20g

Raspberry Sauce **V, VG, H**

Glucose Syrup, Water, Seedless Raspberry Puree from Concentrate (9.6%), Sugar, Dextrose, Modified Starch, Acidity Regulators (Citric Acid, Trisodium Citrate), Colour (Anthocyanin), Thickener (Pectin), Preservative (Potassium Sorbate), Natural Flavouring, Natural raspberry flavouring with other natural flavourings.

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	242.7kcal	1015kj	0g	0g	60.5g	43.3g	0.1g	0.1g	0.05g

Rocket **V, VG, H**

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	16.5kcal	69kj	0.15g	0.2g	2.8g	0.78g	1.3g	1.36g	0.07g

Salt Beef

Beef Brisket (75%), Water (22%), Salt (1.5%), Cure (1.5%) (Salt, Dextrose, Stabilisers (E451, E450), Acidity Regulators (E500, E331), Antioxidant (E301), Preservative (E250).

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	286kcal	981kj	18.2g	6.6g	1.3g	0.9g	0g	16.8g	4.3g

Sausage*

Pork (73%), Rusk (**WHEAT** Flour (with Calcium, Iron, Niacin, Thiamine) & Salt), Water, Pork Fat, Salt, Rapeseed Oil, Dextrose, **WHEAT** Starch, Natural Hog Casing, Flavour enhancer (E621), **WHEAT** Protein, Rubbed Parsley, Stabiliser (E451), **WHEAT** Flour (with Calcium, Iron, Niacin, Thiamine), Spice & Herb extracts (Chilli, Coriander, Ginger, Marjoram, Nutmeg, Parsley, Pepper, Pimento, Sage).

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	259kcal	1084kj	17.7g	6.2g	11.9g	1.0g	0.9g	13.3g	2.15g

Sauer Krauti **V, VG, H**

White Cabbage, Salt.

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	34kcal	142kj	0.3g	0.1g	4.3g	0g	2.6g	1.3g	1.3g

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Smoked Salmon H

Salmon (*Salmo Salar*) (**FISH**) (98%), Salt, Demerara Sugar.

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	102kcal	427kj	0.3g	0.1g	4.3g	0g	2.6g	1.3g	1.3g

Strawberry Jam V, VG, H

Sweetener Sorbitol 54.0%, Strawberries 45.0%, Citric Acid 0.7%, Pectin 0.3%

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	144kcal	644kj	0.2g	0.1g	59.0g	2.4g	0g	0.4g	0.02g

Toffee Sauce V, H

Glucose Syrup, Water, Sugar, Humectant (Glycerol), Sweetened Condensed **MILK** (**MILK**, Sugar), Dextrose, Modified Starch, Butter (**MILK**), Salt, Devonshire Clotted Cream (0.5%) (**MILK**), Colour (Plain Caramel), Natural Flavourings, Emulsifier (E435).

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	289kcal	1209kj	2.5g	1.6g	66g	44g	0g	0.77g	0.62g

Tomato V, VG, H

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	17kcal	71kj	0.3g	0.1g	3.1g	1.5g	1g	0.7g	0.023g

Tuna Mayo Mix H

Tuna 70% (**FISH**), Rapeseed Oil, Water, Pasteurised **EGG** Yolk, Spirit Vinegar, Sugar, Thickener (Modified Starch), Salt, Acidity Regulator (Acetic Acid), Stabilisers (Guar Gum, Xanthan Gum), Preservative (Potassium Sorbate), Flavourings, Colour (Beta Carotene), Lemon Juice Concentrate, Black Pepper.

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	260kcal	1088kj	20.7g	1.7g	1.5g	0.6g	0.2g	16.6g	0.98g

Vegan Cream Cheese V, VG, H

Water, Coconut Oil (24%), **SOYA** Protein Concentrate (9%), Salt, Sugar Tricalcium Citrate, Acidity Regulator (Lactic Acid (Dairy Free)), Thickener (Carrageenan), Natural Flavourings.

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	286kcal	1197kj	28g	23g	1.3g	1.1g	2.2g	6.0g	1.2g

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Vegan Mayo **V, VG, H**

Rapeseed Oil (65%), Water, Spirit Vinegar, Sugar, Salt, Modified Starch, Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate), Lemon Juice Concentrate, Natural Flavouring, Colours (Turmeric, Paprika Extract).

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	550kcal	2301kj	60g	4.2g	3.3g	1.5g	0g	0g	1.17g

Vegan Sausage* **V, VG, H**

Rehydrated Textured Pea Protein (36%), Water, Olive Oil, Thickeners (Methylcellulose, Konjac, Xanthan Gum, Carrageenan), Pea Protein Isolate (2%), Natural Flavouring, Dried Onion, Pea Starch, Dextrin, Salt, Sage, Black Pepper, White Pepper, Ground Mace, Dextrose, Colour (Beetroot Red), Acidity Regulators (Calcium Hydroxide), Sausages filled into Sodium Alginate Casings

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	189kcal	791kj	12.8g	1.9g	1.8g	0.1g	4.7g	14g	1.4g

Yoghurt and Mint Dressing **V, H**

Rapeseed Oil, Water, Spirit Vinegar, Pasteurised **EGG** Yolk, Sugar, Salt, Yoghurt Powder (**MILK**), Stabiliser (Xanthan Gum), Dried Mint, Preservative (Potassium Sorbate), Black Pepper, Natural Flavouring.

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	545kcal	2280kj	57.5g	4.6g	4.3g	4.3g	0.3g	1.5g	2.05g

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GLUTEN-FREE BOXES

Gluten-Free Salmon & Cream Cheese Box **H**

GLUTEN-FREE PLAIN BAGEL*: Maize Starch, Water, Rice flour, **SOYA** protein, Humectant (Glycerine), Fermented Rice Flour, Sunflower Oil, Sugar, Stabiliser (Xanthan Gum, Hydroxypropyl Methyl Cellulose), Psyllium Fibre, Roasted Corn Flour, Yeast, Salt, Dextrose, Sugar, Spirit Vinegar, Preservatives (Calcium Propionate, Lactic Acid), Yeast Extract. FULL FAT SOFT CHEESE: Cream (**MILK**), Skimmed **MILK**, **MILK** Solids, Modified Starch, Salt, Preservative: Potassium Sorbate, Culture. SALMON: Salmon (Salmo Salar) (**FISH**) (98%), Salt, Demerara Sugar.

Nutrition Facts	Per portion (162g)	Per 100g
Energy (Kcal)	395kcal	221kcal
Energy (Kj)	1500kj	926kj
Fat	17.9g	11.0g
of which Saturates	9.7g	5.9g
Carbohydrates	35.3g	21.7g
of which Sugars	5.5g	3.3g
Fibre	4.9g	3.0g
Protein	17.2g	10.6g
Salt	2.00g	1.23g

Gluten-Free Avo & Vegan Cream Cheese Box **V, VG, H**

GLUTEN-FREE PLAIN BAGEL*: Maize Starch, Water, Rice flour, **SOYA** protein, Humectant (Glycerine), Fermented Rice Flour, Sunflower Oil, Sugar, Stabiliser (Xanthan Gum, Hydroxypropyl Methyl Cellulose), Psyllium Fibre, Roasted Corn Flour, Yeast, Salt, Dextrose, Sugar, Spirit Vinegar, Preservatives (Calcium Propionate, Lactic Acid), Yeast Extract. VEGAN CREAMY SPREAD: Water, Coconut Oil (24%), **SOYA** Protein Concentrate (9%), Salt, Sugar Tricalcium Citrate, Acidity Regulator (Lactic Acid (Dairy Free)), Thickener (Carrageenan), Natural Flavourings. AVOCADO*: Avocado Slices (99%), Salt, Acidity Regulator: Citric Acid; Antioxidant: Ascorbic Acid. LEMON JUICE: Lemon Juice from Concentrate 60%, Water, Acidity Regulator: Citric Acid, Preservative: Potassium **METABISULPHITE**.

Nutrition Facts	Per portion (174g)	Per 100g
Energy (Kcal)	407kcal	233kcal
Energy (Kj)	1706kj	980kj
Fat	24.7g	14.1g
of which Saturates	13.9g	7.9g
Carbohydrates	36.2g	20.8g
of which Sugars	4.2g	2.4g
Fibre	5.8g	3.3g
Protein	7.1g	4.0g
Salt	1.40g	0.80g

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SOUPS

Leek and Potato Soup **V, VG, H**

Water, Leeks (18%), Potato (18%), Onion, Cornflour, Rapeseed Oil, Vegetable Stock (Vegetable Stock (Water, Onion, Carrot Extract, Tomato, Herbs, Garlic, Spice), Salt, Glucose Syrup, Maltodextrin, Yeast Extract, Sugar, Flavourings, Rapeseed Oil), Yeast Extract, Chives, Black Pepper.

Nutrition Facts	Per portion (380g)	Per 100g
Energy (Kcal)	148kcal	39kcal
Energy (Kj)	619kj	163kj
Fat	5.3g	1.4g
of which Saturates	0.4g	0.1g
Carbohydrates	20.5g	5.4g
of which Sugars	4.5g	1.2g
Fibre	3.4g	0.9g
Protein	3.4g	0.9g
Salt	1.55g	0.41g

Tomato and Basil Soup **V, H**

Water, Tomatoes (20%), Tomato Puree, Whipping Cream (**MILK**), Onion, Cornflour, Vegetable Stock (Vegetable Stock (Water, Onion, Carrot Extract, Tomato, Herbs, Garlic, Spice), Salt, Glucose Syrup, Maltodextrin, Yeast Extracts, Sugar, Flavourings, Rapeseed Oil), Basil (0.8%), Spirit Vinegar, Sugar, Garlic Puree, Yeast Extract, Black Pepper.

Nutrition Facts	Per portion (380g)	Per 100g
Energy (Kcal)	205kcal	54kcal
Energy (Kj)	858kj	226kj
Fat	11.0g	2.9g
of which Saturates	6.4g	1.7g
Carbohydrates	20.1g	5.3g
of which Sugars	12.1g	3.2g
Fibre	3.8g	1.0g
Protein	4.5g	1.2g
Salt	1.67	0.44g

Chicken Thai Soup

Water, Red Pepper, Creamed Coconut (7%), Chicken With Added Water (6%) (Chicken Breast (80%), Water, Salt), Onion, Cornflour, Coriander, Chicken Fat, Garlic Puree, Ginger Puree, Lemon Grass, Chicken Stock (Chicken Stock (Water, Chicken Stock, Onion, Carrot Juice, Tomato, Herb Extract), Glucose Syrup, Flavourings, Salt, Yeast Extracts, Maltodextrin, Sugar, Rapeseed Oil), Tomato Puree, Sugar, Red Chilli, Yeast Extract, Black Pepper, Turmeric.

Nutrition Facts	Per portion (380g)	Per 100g
Energy (Kcal)	243kcal	64kcal
Energy (Kj)	1018kj	268kj
Fat	12.5g	3.3g
of which Saturates	10.6g	2.8g
Carbohydrates	20.9g	5.5g
of which Sugars	7.9g	2.1g
Fibre	5.7g	1.5g
Protein	9.5g	2.5g
Salt	1.63g	0.43g

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Carrot & Coriander Soup **V, H**

Water, Carrot (38%), Onion (10%), Whipping Cream (**MILK**), Rapeseed Oil, Vegetable Stock (Vegetable Stock (Water, Onion, Carrot Extract, Tomato, Herbs, Garlic, Spice), Salt, Glucose Syrup, Maltodextrin, Yeast Extracts, Sugar, Flavourings, Rapeseed Oil), Cornflour, Coriander (0.4%), Sugar, Yeast Extract, Concentrated Orange Juice, White Pepper.

Nutrition Facts	Per portion (380g)	Per 100g
Energy (Kcal)	205kcal	54kcal
Energy (Kj)	859kj	226kj
Fat	11.0g	2.9g
of which Saturates	6.4g	1.7g
Carbohydrates	20.1g	5.3g
of which Sugars	12.1g	3.2g
Fibre	3.8g	1.0g
Protein	4.5g	1.2g
Salt	1,67g	0.44g

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GRAB & GO

Granola and Honey Pot **V, H**

GREEK STYLE YOGHURT: Cream (**MILK**), Skimmed **MILK**, **MILK** Solids, Potassium Sorbate, Culture. HONEY: Blend of Non-EU Honeys. GRANOLA: Rolled **OATS** (54%), Sugar, Glucose Syrup, Raisins (10%), Sunflower Oil, Cereal Crisps (Rice Flour, **WHEAT** Flour), Humectant: Glycerol, **OAT** Bran, Honey, Colour: Plain Caramel, Natural Raisin Flavouring, Anti-oxidant: Tocopherol.

Nutrition Facts	Per portion (260g)	Per 100g
Energy (Kcal)	577kcal	222kcal
Energy (Kj)	2428kj	934kj
Fat	19.8g	7.6g
of which Saturates	10.7g	4.1g
Carbohydrates	87.3g	33.6g
of which Sugars	67.6g	26.0g
Fibre	3.0g	1.2g
Protein	10.4g	4.0g
Salt	0.6g	0.2g

Berry Pot **V, H**

GREEK STYLE YOGHURT: Cream (**MILK**), Skimmed **MILK**, **MILK** Solids, Potassium Sorbate, Culture. GRANOLA: Rolled **OATS** (54%), Sugar, Glucose Syrup, Raisins (10%), Sunflower Oil, Cereal Crisps (Rice Flour, **WHEAT** Flour), Humectant: Glycerol, **OAT** Bran, Honey, Colour (Plain Caramel), Natural Raisin Flavouring, Antioxidant (Tocopherol). STRAWBERRIES. BLUEBERRIES.

Nutrition Facts	Per portion (225g)	Per 100g
Energy (Kcal)	388kcal	172kcal
Energy (Kj)	1623kj	721kj
Fat	19.7g	8.8g
of which Saturates	10.6g	4.7g
Carbohydrates	40.3g	17.9g
of which Sugars	20.9g	9.3g
Fibre	3.2g	1.4g
Protein	10.6g	4.7g
Salt	0.6g	0.3g

Chicken Caesar Salad

MIXED SALAD LEAF: Batavia 40% Frisee 30% Red Oakleaf 15% Lollo Rosso 10% Red Chard 5%. CHICKEN*: Chicken (98%), Salt. CAESAR DRESSING: Rapeseed Oil, Water, Caesar Dressing Premix (Water, Garlic Puree (Water, Dried Garlic, Acidity Regulator (Citric Acid)), Medium Fat Hard Cheese (**MILK**), Acidity Regulator (Acetic Acid), Lemon Juice Concentrate, Salt, Dried Garlic, Dried Onion, Stabiliser (Xanthan Gum)), Glucose-Fructose Syrup, Pasteurised **EGG** Yolk, Cracked Black Pepper, Preservative (Potassium Sorbate), Stabiliser (Xanthan Gum), Tamarind Concentrate. GRANA PADANO SHAVINGS: **MILK**, Salt, Rennet. Preservative: Lysozyme from **EGG**. CROUTONS: Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Niacin (B3), Iron, Thiamine (B1)), Rapeseed Oil, Sea salt, Sugar, Yeast.

Nutrition Facts	Per portion (190g)	Per 100g
Energy (Kcal)	415kcal	218kcal
Energy (Kj)	1724kj	907kj
Fat	27.4g	14.4g
of which Saturates	5.4g	2.9g
Carbohydrates	15.8g	8.3g

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of which Sugars	3.3g	1.8g
Fibre	2.0g	1.1g
Protein	24.9g	13.1g
Salt	1.7g	0.9g

Salmon and Avo Salad **H**

MIXED SALAD LEAF: Batavia 40% Frisee 30% Red Oakleaf 15% Lollo Rosso 10% Red Chard 5%. AVOCADO*: Avocado Slices (99%), Salt, Acidity Regulator: Citric Acid; Antioxidant: Ascorbic Acid. SMOKED SALMON: Salmon (Salmo Salar) (**FISH**) (98%), Salt, Demerara Sugar. CAESAR DRESSING: CAESAR DRESSING: Rapeseed Oil, Water, Caesar Dressing Premix (Water, Garlic Puree (Water, Dried Garlic, Acidity Regulator (Citric Acid))), Medium Fat Hard Cheese (**MILK**), Acidity Regulator (Acetic Acid), Lemon Juice Concentrate, Salt, Dried Garlic, Dried Onion, Stabiliser (Xanthan Gum)), Glucose-Fructose Syrup, Pasteurised **EGG** Yolk, Cracked Black Pepper, Preservative (Potassium Sorbate), Stabiliser (Xanthan Gum), Tamarind Concentrate. MIXED SEEDS: Sunflower Seeds (51%), Pumpkin Seeds (20%), Hulled Hemp Seeds (6%), **SESAME** Seeds (6%), Rapeseeds (6%), Savoury Sauce (**SOYA** Beans, Water, Sea Salt, Koji (Aspergillus oryzae)), Golden Linseeds (3%), Brown Linseeds (3%).

Nutrition Facts	Per portion (205g)	Per 100g
Energy (Kcal)	346kcal	169kcal
Energy (Kj)	1430kj	698kj
Fat	33.2g	16.2g
of which Saturates	5.7g	2.8g
Carbohydrates	5.3g	2.6g
of which Sugars	2.9g	1.4g
Fibre	1.7g	0.8g
Protein	13.3g	6.5g
Salt	1.8g	0.9g

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SWEETS

Belgian Chocolate Cake* **V, H**

Chocolate Buttercream (23%) [Icing Sugar, Butter (**MILK**), Fat Reduced Cocoa Powder (9%), Water], Sugar, **WHEAT** Flour (with Calcium Carbonate, Niacin, Iron, Thiamin), Pasteurised Free Range **EGG**, Rapeseed Oil, Water, Fat Reduced Cocoa Powder (3.6%), Skimmed **MILK** Powder, **MILK** Chocolate Flakes (0.8%) [Sugar, Cocoa Mass, Cocoa Butter, Whole **MILK** Powder, Skimmed **MILK** Powder, Emulsifier (**SOYA** Lecithin), Natural Vanilla Flavouring], White Chocolate Flakes (0.8%) [Sugar, Whole **MILK** Powder, Cocoa Butter, Emulsifier (**SOYA** Lecithin), Natural Vanilla Flavouring], Raising Agents (Bicarbonate of Soda, E450, E501).

Nutrition Facts	Per portion (120g)	Per 100g
Energy (Kcal)	523kcal	436kcal
Energy (Kj)	2188kj	1824kj
Fat	28.2g	23.5g
of which Saturates	12.2g	10.2g
Carbohydrates	60.1g	50.1g
of which Sugars	45.6g	38.0g
Fibre	3.3g	2.8g
Protein	6.3g	5.3g
Salt	0.63g	0.53g

Carrot Cake* **V, H**

Brown Sugar, Gluten-Free Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat), Raising Agents (Mono-Calcium Phosphate, Sodium Bicarbonate), Stabiliser (Xanthan Gum)), **Egg**, Rapeseed Oil, Reduced Fat Soft Cheese (Skimmed **MILK**, Cream (**MILK**), Maize Starch, Salt, Stabilisers (Xanthan Gum, Locust Bean Gum)), Icing Sugar, Carrot (6%), Pineapple, Shortening (Palm Oil, Rapeseed Oil), Salted Butter (Butter (**MILK**), Salt), Desiccated Coconut, **HAZELNUTS**, Water, Humectant (Glycerol), Cinnamon, Mixed Spice, Raising Agent (Sodium Hydrogen Carbonate), Modified Maize Starch, Stabiliser (Xanthan Gum), Natural Flavouring, Colours (Curcumin, Annatto Norbixin).

Nutrition Facts	Per portion (120g)	Per 100g
Energy (Kcal)	488kcal	407kcal
Energy (Kj)	2044kj	1704kj
Fat	27.3g	22.8g
of which Saturates	6.0g	5.0g
Carbohydrates	55.2g	46.0g
of which Sugars	38.4g	32.0g
Fibre	1.4g	1.2g
Protein	4.7g	3.9g
Salt	0.63g	0.53g

Lemon Drizzle Cake* **V, H**

Lemon Sponge (85%): **WHEAT** Flour, Rapeseed Oil, Pasteurised Whole **EGG**, Sugar, Water, Humectant: Glycerol; Lemon Juice (2%), Baking Powder [Raising Agents: Disodium Diphosphate, Sodium Bicarbonate; **WHEAT** Flour], Emulsifier Blend [Water, Sugar, Emulsifiers: Polyglycerol Esters of Fatty Acids, Mono and Di-glycerides of Fatty Acids; Propylene Glycol, Stearic Acid, Acidity Regulator: Potassium Hydroxide], Whole **MILK** Powder, Natural Lemon Flavouring with Other Natural Flavouring. Lemon Soak (7%): Water, Lemon Juice (35%), Sugar. Lemon Drizzle (3%): Powdered Fondant [Sugar, Dried Glucose Syrup], Icing Sugar [Sugar, Potato Starch], Lemon Juice (7%), Water, Natural Lemon Flavouring with Other Natural Flavourings. Nibbed Sugar (3%).

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Nutrition Facts	Per portion (75g)	Per 100g
Energy (Kcal)	314kcal	419kcal
Energy (Kj)	1313kj	1751kj
Fat	16.8g	22.4g
of which Saturates	1.8g	2.4g
Carbohydrates	36.5g	48.7g
of which Sugars	21.4g	28.6g
Fibre	0.4g	0.5g
Protein	3.9g	5.3g
Salt	0.42g	0.56g

Blueberry Muffin* **V, H**

WHEAT Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Rapeseed Oil, **EGG**, Sugar, Blueberries (9%), Blueberry Filling (7%) [Glucose Syrup, Sugar, Blueberry Puree, Blueberry Juice Concentrate, Water, Thickener (Pectins), Acidity Regulators (Citric Acid, Sodium Citrates, Calcium Citrates), Flavouring] Cornflour, **WHEAT** Starch, Whey Powder (**MILK**), Raising Agents (Disodium Diphosphate, Potassium Bicarbonate), Flavouring.

Nutrition Facts	Per portion (105g)	Per 100g
Energy (Kcal)	390kcal	372kcal
Energy (Kj)	1633kj	1556kj
Fat	20.6g	19.6g
of which Saturates	1.7g	1.6g
Carbohydrates	45.4g	43.3g
of which Sugars	22.5g	21.5g
Fibre	1.7g	1.6g
Protein	5.0g	4.8g
Salt	0.32g	0.31g

Triple Chocolate Muffin* **V, H**

Rapeseed Oil, **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), **EGG**, Sugar, Belgian Chocolate Sauce (7%) (Sugar, Water, Belgian Dark Chocolate (Cocoa Mass, Sugar, Fat Reduced Cocoa Powder, Emulsifier (**SOYA** Lecithin), Humectant: Glycerine; Sweetend Condensed **MILK** (**MILK**, Sugar, Lactose (**MILK**)), Cream (**MILK**), Unsalted Butter (**MILK**), Cocoa Mass, Cornflour, Salt], Dark Chocolate Chunks (4%) [Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (**SOYA** Lecithin), Flavouring], Fat Reduced Cocoa Powder, White Chocolate Chunks (3.5%) [Sugar, Whole **MILK** Powder, Cocoa Butter, Skimmed **MILK** Powder, Emulsifier (**SOYA** Lecithin), Flavouring], **MILK** Chocolate Chunks (3.5%) (Sugar, Cocoa Butter, Cocoa Mass, Whole **MILK** Powder, Whey Powder (**MILK**), Emulsifier (**SOYA** Lecithin)), Whey Powder (**MILK**), Cornflour, Raising Agents (Potassium Hydrogen Carbonate, Disodium Diphosphate), Emulsifier (Polyglycerol Esters of Fatty Acids).

Nutrition Facts	Per portion (105g)	Per 100g
Energy (Kcal)	473kcal	451kcal
Energy (Kj)	1981kj	1887kj
Fat	28.3g	27g
of which Saturates	5.3g	5.1g
Carbohydrates	46.2g	44g
of which Sugars	28.3g	27g
Fibre	3.1g	3g
Protein	6.7g	6.4g
Salt	0.29g	0.28g

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Vanilla Donut* V, H

WHEAT Flour; Water; Vegetable Fats: Palm, Coconut; Sugar; Vegetable Oils: Sunflower, Rapeseed, Palm; Cream (**MILK**); Skimmed **MILK** Powder; Modified Starch; Emulsifier: Mono- and Diglycerides of Fatty Acids, Lecithins, Sodium Stearoyl-2- Lactylate, Polyglycerol Polyricinoleate; Dextrose; **RYE** Flour; Yeast; Cocoa Mass; Whole **MILK** Powder; Salt; Sweet Whey (**MILK**) Powder; Fat Reduced Cocoa Powder; Glucose Syrup; Raising Agent: Diphosphates, Sodium carbonates; Stabiliser: Xanthan gum, Carrageenan, Diphosphates, Calcium sulphate; Flavouring (contains **MILK**); **EGG** Yolk Powder; Thickener: Sodium Alginate; Free Range **EGG** White Powder; Carrot Concentrate; Maltodextrin; Flour Treatment Agent: Ascorbic Acid; Extracted Vanilla Bean; Natural Vanilla Flavouring.

Nutrition Facts	Per portion (70g)	Per 100g
Energy (Kcal)	291kcal	416kcal
Energy (Kj)	1218kj	1741kj
Fat	17.8g	25.5g
of which Saturates	9.3g	13.3g
Carbohydrates	29.0g	41.5g
of which Sugars	12.4g	17.8g
Fibre	1.0g	1.5g
Protein	3.1g	4.5g
Salt	0.38g	0.55g

Cocoa Creme Donut* V, H

WHEAT Flour; Sugar; Vegetable Fats: Palm, Coconut Oil, (in varying proportions); Vegetable Oils: Rapeseed, Palm; Water; Fat Reduced Cocoa Powder; Yeast; Cocoa Mass; Emulsifier: Lecithins, Mono- and Diglycerides of Fatty Acids, Sodium Stearoyl-2- Lactylate, Polyglycerol Polyricinoleate; **RYE** Flour; Dextrose; Skimmed **MILK** Powder; Glucose Syrup; Salt; Raising Agent: Sodium Carbonates, Diphosphates; Thickener: Xanthan Gum; Acidity Regulator: Potassium Carbonates; Flour Treatment Agent: Ascorbic Acid; Natural Flavouring; Natural Vanilla Flavouring (contains **MILK**).

Nutrition Facts	Per portion (70g)	Per 100g
Energy (Kcal)	348kcal	497kcal
Energy (Kj)	1455kj	2079kj
Fat	21.4g	30.7g
of which Saturates	11.2g	16.0g
Carbohydrates	33.6g	48.1g
of which Sugars	17.2g	24.6g
Fibre	2.3g	3.3g
Protein	3.6g	5.2g
Salt	0.32g	0.46g

Chocolate Brownie* V, H

Brown Sugar; Unsalted Butter (**MILK**); Free Range Pasteurized **Egg**; Belgian Dark Chocolate (15%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: **SOYA** Lecithin, Natural Vanilla Flavouring), **WHEAT** Flour (**WHEAT** Flour; Calcium Carbonate; Iron; Niacin; Thiamin), Dark Chocolate (7%) (Sugar; Cocoa Mass; Cocoa Powder; Cocoa Butter; Emulsifier: **SOYA** Lecithin, Natural Vanilla Flavour) Fat Reduced Cocoa Powder.

Nutrition Facts	Per portion (60g)	Per 100g
Energy (Kcal)	273kcal	455kcal
Energy (Kj)	1140kj	1900kj
Fat	14.4g	24.1g
of which Saturates	8.7g	14.5g
Carbohydrates	31.0g	51.7g

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of which Sugars	24.0g	40g
Fibre	2.4g	4g
Protein	3.4g	5.7g
Salt	0.069g	0.115g

Caramel Shortbread* **V, H**

WHEAT Flour (**WHEAT** Flour; Calcium Carbonate; Iron; Niacin; Thiamine); Caramel Filling (25%) (Sugar; Glucose Syrup, Palm Fat, Sweetened condensed **MILK** (**MILK**; Sugar); Rapeseed Oil, Salt, Emulsifier: **SOYA** Lecithin, Flavouring, Colour: Curcumin, Annatto Bixin) Unsalted Butter (**MILK**) (18%), **MILK** Chocolate (18%) (Sugar, Cocoa Butter, Whole **MILK** Powder, Cocoa Mass, Emulsifier: **SOYA** Lecithin, Natural Vanilla Flavouring, Sugar.

Nutrition Facts	Per portion (55g)	Per 100g
Energy (Kcal)	282kcal	514kcal
Energy (Kj)	1180kj	2147kj
Fat	15.4g	28.1g
of which Saturates	9.0g	16.5g
Carbohydrates	33.1g	60.2g
of which Sugars	18.2g	33.1g
Fibre	0.7g	1.4g
Protein	2.3g	4.2g
Salt	0.15g	0.29g

Fruity Oat Cookie **V, H**

WHEAT Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Rolled **OATS** (23%), Sugar, Raisins (15%), Butter (**MILK**), Rapeseed Oil, Invert Sugar Syrup, Raising Agents (Sodium Carbonates Potassium Carbonates), Salt, Flavouring.

Nutrition Facts	Per portion (60g)	Per 100g
Energy (Kcal)	281kcal	468kcal
Energy (Kj)	1176kj	1960kj
Fat	12.8g	21.3g
of which Saturates	4.3g	7.1g
Carbohydrates	37.0g	61.7g
of which Sugars	19.0g	31.6g
Fibre	2.1g	3.5g
Protein	3.4g	5.7g
Salt	0.41g	0.75g

Triple Chocolate Cookie **V, H**

WHEAT Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Rapeseed Oil, Rolled **OATS**, Invert Sugar Syrup, Milk Chocolate Chunks (8%)(Sugar, Whole **Milk** Powder, Cocoa Butter, Cocoa Mass, Emulsifier (**SOYA** Lecithin), Natural Vanilla Flavouring), White Chocolate Chunks (8%)(Sugar, Whole **MILK** Powder, Cocoa Butter, Skimmed **MILK** Powder, Emulsifier (**SOYA** Lecithin), Natural Vanilla Flavouring), Butter (**MILK**), Fat Reduced Cocoa Powder, Raising Agents (Sodium Carbonates, Potassium Carbonates), Salt, Colour (Ammonia Caramel), Natural Flavouring.

Nutrition Facts	Per portion (60g)	Per 100g
Energy (Kcal)	265kcal	441kcal
Energy (Kj)	1109kj	1848kj
Fat	12.0g	20g
of which Saturates	2.6g	4.3g
Carbohydrates	35.0g	59g

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of which Sugars	16.0g	27g
Fibre	1.6g	2.6g
Protein	3.4g	5.7g
Salt	0.47g	0.79g

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HOT DRINKS

Double-Espresso

Water, Arabica Coffee Beans.

Nutrition Facts	Per serving
Energy (Kcal)	0.3kj
Energy (Kj)	0.1kcal
Fat	0g
of which Saturates	0g
Carbohydrates	0g
of which Sugars	0g
Fibre	0g
Protein	0g
Salt	0.006g

Black Americano

Water, Arabica Coffee Beans.

Nutrition Facts	Regular (12oz)	Large (16oz)
Energy (Kcal)	0.3kj	2kj
Energy (Kj)	0.1kcal	1kcal
Fat	0g	0g
of which Saturates	0g	0g
Carbohydrates	0g	0g
of which Sugars	0g	0g
Fibre	0g	0g
Protein	0g	0g
Salt	0.006g	0.04g

Latte

Semi-Skimmed **MILK**, Water, Arabica Coffee beans.

Nutrition Facts	Regular (12oz)	Large (16oz)
Energy (Kcal)	98kcal	138kcal
Energy (Kj)	411kj	579kj
Fat	3.1g	4.5g
of which Saturates	1.9g	2.7g
Carbohydrates	9.8g	13.8g
of which Sugars	9.8g	13.8g
Fibre	0	0g
Protein	8.1g	10.5g
Salt	0.23g	0.33g

Chai Latte

Semi-Skimmed **MILK**, Chai Powder (Sugar, Maltodextrin, Potato Starch, Caramelised Sugar, Dried Glucose Syrup, Black Tea Extract (2%), Natural Flavourings, Thickener: Cellulose Gum, Spices, Cinnamon (0.6%))

Nutrition Facts	Regular (12oz)	Large (16oz)
Energy (Kcal)	233kcal	321kcal
Energy (Kj)	976kj	1348kj
Fat	5.1g	6.7g
of which Saturates	3.0g	4.0g
Carbohydrates	34.5g	49.0g
of which Sugars	25.2g	34.4g
Fibre	0g	0g
Protein	12g	15.8g

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Salt	0.56g	0.78g
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Cappuccino

Semi-Skimmed **MILK**, Water, Arabica Coffee beans.

Nutrition Facts	Regular (12oz)	Large (16oz)
Energy (Kcal)	233kcal	321kcal
Energy (Kj)	976kj	1348kj
Fat	5.1g	6.7g
of which Saturates	3.0g	4.0g
Carbohydrates	34.5g	49.0g
of which Sugars	25.2g	34.4g
Fibre	0g	0g
Protein	12g	15.8g
Salt	0.56g	0.78g

Flat White

Semi-Skimmed **MILK**, Water, Arabica Coffee beans.

Nutrition Facts	Per serving (8oz)
Energy (Kcal)	328kj
Energy (Kj)	78kcal
Fat	2.5g
of which Saturates	1.5g
Carbohydrates	7.8g
of which Sugars	7.8g
Fibre	0g
Protein	5.9g
Salt	0.19g

Mocha

Semi-Skimmed **MILK**, Chocolate Powder (Sugar, Fat Reduced Cocoa (Cocoa Solids (25%) Minimum, Cocoa Butter (2.5%)), Anti-Caking Agent (Silicon Dioxide), Water, Arabica Coffee beans.

Nutrition Facts	Regular (12oz)	Large (16oz)
Energy (Kcal)	163kcal	219kcal
Energy (Kj)	821kj	920kj
Fat	4.8g	5.0g
of which Saturates	2.6g	3.0g
Carbohydrates	28.2g	30.5g
of which Sugars	27.7g	30.0g
Fibre	1.7g	1.7g
Protein	9.9g	11.7g
Salt	0.28g	0.34g

Hot Chocolate

Semi-Skimmed **MILK**, Chocolate Powder (Sugar, Fat Reduced Cocoa (Cocoa Solids (25%) Minimum, Cocoa Butter (2.5%)), Anti-Caking Agent (Silicon Dioxide).

Nutrition Facts	Regular (12oz)	Large (16oz)
Energy (Kcal)	163kcal	219kcal
Energy (Kj)	821kj	920kj
Fat	4.8g	5.0g
of which Saturates	2.6g	3.0g
Carbohydrates	28.2g	30.5g
of which Sugars	27.7g	30.0g
Fibre	1.7g	1.7g

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Protein	9.9g	11.7g
Salt	0.28g	0.34g

Breakfast Tea

Water, Black Tea (100%)

Nutrition Facts	Regular (12oz)
Energy (Kcal)	0.9kcal
Energy (Kj)	4kj
Fat	0g
of which Saturates	0g
Carbohydrates	0.1g
of which Sugars	0g
Fibre	0g
Protein	0.1g
Salt	0.003g

Earl Grey Tea

Water, Black Tea, Bergamot flavouring (4%), Natural Lemon Flavouring with Other Natural Flavourings (1%).

Nutrition Facts	Regular (12oz)
Energy (Kcal)	1kcal
Energy (Kj)	4kj
Fat	0g
of which Saturates	0g
Carbohydrates	0g
of which Sugars	0g
Fibre	0g
Protein	0g
Salt	0g

Green Tea

Water, Green Tea (100%).

Nutrition Facts	Regular (12oz)
Energy (Kcal)	1kcal
Energy (Kj)	4kj
Fat	0g
of which Saturates	0g
Carbohydrates	0g
of which Sugars	0g
Fibre	0g
Protein	0g
Salt	0g

Peppermint Infusion

Water, Peppermint (100%)

Nutrition Facts	Regular (12oz)
Energy (Kcal)	2kcal
Energy (Kj)	8kj
Fat	0g
of which Saturates	0g
Carbohydrates	0g
of which Sugars	0g
Fibre	0g
Protein	0g

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Salt	0g
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Camomile Infusion

Water, 100% Pure Camomile Flowers.

Nutrition Facts	Regular (12oz)
Energy (Kcal)	2kcal
Energy (Kj)	8kj
Fat	0g
of which Saturates	0g
Carbohydrates	0g
of which Sugars	0g
Fibre	0g
Protein	0g
Salt	0g

Cranberry & Raspberry Infusion

Water, Hibiscus, Rosehips, Apple Pieces, Elderflowers (8%), Natural Flavouring, Liquorice Root, Natural Raspberry Flavouring with Other Natural Flavourings (4%).

Nutrition Facts	Regular (12oz)
Energy (Kcal)	2kcal
Energy (Kj)	8kj
Fat	0g
of which Saturates	0g
Carbohydrates	0g
of which Sugars	0g
Fibre	0g
Protein	0g
Salt	0g

Lemon & Ginger Infusion

Water, Ginger Root (37%), Natural Lemon Flavouring with Other Natural Flavourings (25%), Lemon Grass, Blackberry Leaves, Lemon Peel, Sweet Fennel, Natural Ginger Flavouring with other Natural Flavourings (3.5%).

Nutrition Facts	Regular (12oz)
Energy (Kcal)	2kcal
Energy (Kj)	8kj
Fat	0g
of which Saturates	0g
Carbohydrates	0g
of which Sugars	0g
Fibre	0g
Protein	0g

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SMOOTHIES and FRAPPÉ

Berries Smoothies

APPLE JUICE: Water, Apple Juice from Concentrate (25%), Sugar, Acidity Regulator-Citric Acid, Flavouring, Antioxidant - Ascorbic Acid, Sweetener- Sucralose. ORANGE JUICE: Water, Orange Juice from Concentrate (25% Sugar, Acidity Regulator-Citric Acid, Flavourings, Antioxidant - Ascorbic Acid, Sweetener- Sucralose, Colour - Beta Carotene SMOOTHIE MIXED FRUIT*: Strawberry, Raspberry, Blackberry.

Nutrition Facts	Large (16oz)
Energy (Kcal)	113kcal
Energy (Kj)	474kj
Fat	1.1g
of which Saturates	0.1g
Carbohydrates	21.8g
of which Sugars	21.3g
Fibre	7.9g
Protein	2.8g
Salt	0g

Green Smoothie

APPLE JUICE: Water, Apple Juice from Concentrate (25%), Sugar, Acidity Regulator-Citric Acid, Flavouring, Antioxidant - Ascorbic Acid, Sweetener- Sucralose. ORANGE JUICE: Water, Orange Juice from Concentrate (25% Sugar, Acidity Regulator-Citric Acid, Flavourings, Antioxidant - Ascorbic Acid, Sweetener- Sucralose, Colour - Beta Carotene SMOOTHIE MIX*: Kale, Spinach, Mango.

Nutrition Facts	Large (16oz)
Energy (Kcal)	119kcal
Energy (Kj)	498kj
Fat	1.2g
of which Saturates	0.2g
Carbohydrates	23.9g
of which Sugars	23.0g
Fibre	3.2g
Protein	26.3g
Salt	0.1g

Tropical Smoothie

APPLE JUICE: Water, Apple Juice from Concentrate (25%), Sugar, Acidity Regulator-Citric Acid, Flavouring, Antioxidant - Ascorbic Acid, Sweetener- Sucralose. ORANGE JUICE: Water, Orange Juice from Concentrate (25% Sugar, Acidity Regulator-Citric Acid, Flavourings, Antioxidant - Ascorbic Acid, Sweetener- Sucralose, Colour - Beta Carotene SMOOTHIE MIXED FRUIT*: Pineapple, Mango, Seedless Passion Fruit.

Nutrition Facts	Large (16oz)
Energy (Kcal)	134kcal
Energy (Kj)	563kj
Fat	0.8g
of which Saturates	0.1g
Carbohydrates	30.6g
of which Sugars	29.8g
Fibre	3.2g
Protein	2.8g
Salt	0g

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Chocolate Shake

Semi-Skimmed **MILK**, Cocoa Milkshake Powder* (Frappe Pellets (**MILK**), Chocolate Pellets (**SOYA**), Sugar Cubes).

Nutrition Facts	Large (16oz)
Energy (Kcal)	326kcal
Energy (Kj)	1365kj
Fat	13.5g
of which Saturates	8.5g
Carbohydrates	38.8g
of which Sugars	37.4g
Fibre	0.2g
Protein	10.9g
Salt	0.2g

Vanilla Shake

Semi-Skimmed **MILK**, Ice Cubes, Frappe Powder (Sugar, Whey Powder (**MILK**), Coconut Oil, Maltodextrin, Flavouring, **MILK** Proteins, Thickener: Guar Gum), Vanilla Syrup (Sugar Solution (51%), Water, Invert Sugar Syrup (20%), Natural Flavourings, Preservative: Potassium Sorbate, Acidity Regulator: Citric Acid, Colour: Plain Caramel).

Nutrition Facts	Large (16oz)
Energy (Kcal)	231kcal
Energy (Kj)	971kj
Fat	5.1g
of which Saturates	3.7g
Carbohydrates	38.6g
of which Sugars	38.4g
Fibre	0.6g
Protein	7.2g
Salt	0.2g

Frappe Latte

Semi-Skimmed **MILK**, Ice Cubes, Frappe Powder (Sugar, Whey Powder (**MILK**), Coconut Oil, Maltodextrin, Flavouring, **MILK** Proteins, Thickener: Guar Gum), Espresso Coffee (Water, Arabica Coffee Beans).

Nutrition Facts	Large (16oz)
Energy (Kcal)	127kcal
Energy (Kj)	535kj
Fat	4.1g
of which Saturates	3.1g
Carbohydrates	17.4g
of which Sugars	17.2g
Fibre	0.6g
Protein	4.7g
Salt	0.1g

Frappe Caramel

Semi-Skimmed **MILK**, Ice Cubes, Frappe Powder (Sugar, Whey Powder (**MILK**), Coconut Oil, Maltodextrin, Flavouring, **MILK** Proteins, Thickener: Guar Gum), Caramel Syrup (Sugar Solution (56%), Water, Invert Sugar Syrup (15%), Natural Flavourings, Colour: Plain Caramel, Preservative: Potassium Sorbate, Acidity Regulator: Citric Acid), Espresso Coffee (Water, Arabica Coffee Beans).

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Nutrition Facts	Large (16oz)
Energy (Kcal)	199kcal
Energy (Kj)	836kj
Fat	4.1g
of which Saturates	3.1g
Carbohydrates	35.4g
of which Sugars	35.2g
Fibre	0.6g
Protein	4.7g
Salt	0.1g

Frappe Mocha

Semi-Skimmed **MILK**, Ice Cubes, Frappe Powder (Sugar, Whey Powder (**MILK**), Coconut Oil, Maltodextrin, Flavouring, **MILK** Proteins, Thickener: Guar Gum), Chocolate Powder (Sugar, Fat Reduced Cocoa (Cocoa Solids (25%) Minimum, Cocoa Butter (2.5%)), Anti-Caking Agent (Silicon Dioxide). Espresso Coffee (Water, Arabica Coffee Beans).

Nutrition Facts	Large (16oz)
Energy (Kcal)	201kcal
Energy (Kj)	845kj
Fat	4.6g
of which Saturates	3.4g
Carbohydrates	32.6g
of which Sugars	31.9g
Fibre	2.2g
Protein	5.8g
Salt	0.2g

Iced Latte

Ice Cubes, Semi-Skimmed **MILK**, Water, Arabica Coffee beans.

Nutrition Facts	Large (16oz)
Energy (Kcal)	60kcal
Energy (Kj)	251kj
Fat	1.9g
of which Saturates	1.2g
Carbohydrates	6.0g
of which Sugars	6.0g
Fibre	0g
Protein	4.5g
Salt	0.14g

Iced Americano

Ice Cubes, Water, Arabica Coffee beans.

Nutrition Facts	Large (16oz)
Energy (Kcal)	2kj
Energy (Kj)	1kcal
Fat	0g
of which Saturates	0g
Carbohydrates	0g
of which Sugars	0g
Fibre	0g
Protein	0g
Salt	0.04g

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Iced Mocha

Ice Cubes, Semi-Skimmed **MILK**, Chocolate Powder (Sugar, Fat Reduced Cocoa (Cocoa Solids (25%) Minimum, Cocoa Butter (2.5%)), Anti-Caking Agent (Silicon Dioxide), Water, Arabica Coffee beans.

Nutrition Facts	Large (16oz)
Energy (Kcal)	219kcal
Energy (Kj)	920kj
Fat	5.0g
of which Saturates	3.0g
Carbohydrates	30.5g
of which Sugars	30.0g
Fibre	1.7g
Protein	11.7g
Salt	0.34g

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EXTRAS FOR COFFEE

Alpro Soya Milk

Water, Hulled **SOYA** beans (6.5%), Apple extract, Acidity regulators (Monopotassium phosphate, Dipotassium phosphate), Calcium (Calcium carbonate), Maltodextrin, Sea salt, Stabiliser (Gellan gum), Vitamins (Riboflavin (B2), B12, E, D2).

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g/ml	44kcal	184kJ	1.9g	0.3g	3.0g	2.9g	0.6g	3.3g	0.2g

Chocolate Drizzle Dessert Sauce

Glucose Syrup, Water, Sugar, Dextrose, Humectant (Glycerine), Fat Reduced Cocoa Powder, Belgian Dark Chocolate (3.5%) (Cocoa Mass, Sugar, Dextrose, Emulsifier: **SOYA** Lecithin), Modified Starch, Emulsifier (**SOYA** Lecithin), Natural Flavouring.

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g/ml	283kcal	1199Kj	1.5g	0.9g	65g	46g	1.4g	1g	0.01g

Coffee Syrup -Caramel

Sugar Solution (56%), Water, Invert Sugar Syrup (15%), Natural Flavourings, Colour: Plain Caramel, Preservative: Potassium Sorbate, Acidity Regulator: Citric Acid.

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g/ml	240kcal	1004kJ	0g	0g	60.0g	60.0g	0g	0g	0g

Coffee Syrup – Gingerbread

Sugar, Water, Natural Flavour, Acidifying Agent: Citric Acid, Natural Cinnamon Flavour with other Natural Flavour, Colouring Agent: E150a.

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100 g/ml	33 kcal	1410kJ	0g	0g	83.7g	83.5g	0g	0g	0.03g

Coffee Syrup – Hazelnut

Sugar Solution (56%), Water, Invert Sugar Syrup (15%), Natural Flavourings, Colour: Plain Caramel, Preservative: Potassium Sorbate, Acidity Regulator: Citric Acid.

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g/ml	240kcal	1004kJ	0g	0g	60.0g	60.0g	0g	0g	0g

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Coffee Syrup – Vanilla

Sugar Solution (51%), Water, Invert Sugar Syrup (20%), Natural Flavourings, Preservative: Potassium Sorbate, Acidity Regulator: Citric Acid, Colour: Plain Caramel.

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g/ml	240kcal	1004kJ	0g	0g	60.0g	60.0g	0g	0g	0g

Full Fat Milk

Cow's MILK.

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100 g/ml	65.0kcal	272kJ	3.6g	2.3g	4.7g	4.7g	0g	3.4g	0.1g

Marshmallow

Glucose Syrup, Sugar, Water, Maize Starch, Beef Gelatine, Flavourings, Beetroot Juice Concentrate.

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	322kcal	1347kJ	0g	0g	77.6g	61.9g	0g	2.9g	0.075g

Minor Figures Barista Oat Milk

Water, **OATS GLUTEN** (10%), Low Erucic Acid Rapeseed Oil, Acidity Regulator (Tricalcium Phosphate), Calcium Carbonate, Salt.

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g/ml	48kcal	201kJ	2.2g	0.2g	6.8g	3.1g	0g	0.3g	0.26g

Semi-Skimmed Milk

Cow's MILK.

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g/ml	46kcal	193kJ	1.5g	0.9g	4.6g	4.6g	0g	3.5g	0.11g

Toffee and Devon Cream Drizzle

Glucose Syrup, Water, Sugar, Humectant (Glycerol), Sweetened Condensed MILK (MILK, Sugar), Dextrose, Modified Starch, Butter (MILK), Salt, Devonshire Clotted Cream (0.5%) (MILK), Colour (Plain Caramel), Natural Flavourings, Emulsifier (E435).

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g/ml	289kcal	1226 kJ	2.5g	1.6g	66g	44g	0g	0.77g	0.62g

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UHT Aerosol Cream

Cream (95%) (from **MILK**), Sugar (4%), Emulsifier (Mono- and diglycerides of fatty acids), Stabiliser (Carrageenan), Propellant Gas (Nitrous Oxide).

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	336kcal	1406kJ	33.0g	23.0g	6.8g	6.8g	0g	2.1g	0.003g

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