

NUTRITION & ALLERGEN GUIDE

SPRING 2021



Vanilla
Latte



Veggie New York
Deli Style Sandwich



Iced Vanilla Latte

This guide will provide nutritional and allergen information for Spring beverages and food. Allergens can be found in **BOLD CAPITALS** within the ingredient declaration. Please ensure you take extra care to identify all the possible allergens present in our food, if you require support please ask one of our trained baristas.

Within this booklet it will provide information on the following 14 allergens:

- **Cereals Containing Gluten**
(Wheat, Rye, Barley, Oats, Spelt, Kamut)
- **Nuts**
(Almond, Hazelnut, Walnut, Cashew, Pecan Nut, Brazil Nut, Pistachio Nut, Macadamia Nut, Queensland Nut)
- **Egg**
- **Milk**
- **Soya**
- **Fish**
- **Crustaceans**
- **Sesame**
- **Celery**
- **Mustard**
- **Peanuts**
- **Sulphur Dioxide and Sulphites**

Cross Contamination

All our beverages are hand crafted uniquely for you. Due to the nature of how we create our beverages and how we handle our food items we cannot guarantee that they are free from any allergens. Our beverages and food items are prepared where allergens are handled by our partners, and where equipment and utensils are used for multiple menu items, including those containing allergens. Whilst we try to keep things separate we cannot guarantee any item is allergen free. Please remember to check this information regularly as we're always working on our recipes. For more allergen information please ask your barista.

This information is updated regularly to reflect our procedures instore. Please check www.starbucks.co.uk for the most up to date information.

Beverages

Product	Ingredients	Size	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
Bubbletastic Frappuccino® - Skimmed Milk		Mini	712	170	7.3	5.2	23	20	0.0	2.7	0.27	0
		Tall	993	236	9.1	6.5	34	29	0.0	4.1	0.41	0
		Grande	1341	319	13	9.1	46	38	0.0	5.1	0.54	0
		Venti	1591	378	13	9.1	60	49	0.0	6.1	0.71	0
Bubbletastic Frappuccino® - Semi-Skimmed Milk	Ice, MILK , creme frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carrageenan, maltodextrin], whipped cream [cream (MILK), sugar, propellants: nitrous oxide, nitrogen; emulsifier: E471, flavouring, stabiliser: carrageenan], bubblegum powder [sugar, dried glucose syrup, colouring food: concentrate of spirulina, natural flavouring], pink popping candy topping [sugar, glucose syrup, cocoa butter, water, lactose (MILK), vegetable and fruits concentrates: sweet potato, apple, radish, cherry, elderberry; colour: beetroot red; emulsifier: lecithin (SOYA); acidity regulator: citric acid; natural flavouring, carbon dioxide.].	Mini	755	180	8.5	6.0	23	20	0.0	2.9	0.27	0
		Tall	1060	253	11	7.7	34	29	0.0	4.3	0.41	0
		Grande	1423	339	15	11	46	38	0.0	5.4	0.54	0
		Venti	1691	402	16	11	59	49	0.0	6.4	0.71	0
Bubbletastic Frappuccino® - Whole Milk		Mini	795	190	9.7	6.8	23	20	0.0	2.6	0.27	0
		Tall	1121	268	13	9.0	34	29	0.0	3.9	0.41	0
		Grande	1498	358	17	12	46	38	0.0	4.9	0.54	0
		Venti	1784	425	18	13	59	49	0.0	5.8	0.71	0
Bubbletastic Frappuccino® - Soya	Ice, SOYA drink [water, hulled SOYA beans, sugar, fructose, acidity regulators: dipotassium phosphate, monopotassium phosphate; calcium carbonate, sea salt, flavouring, stabiliser: gellan gum], creme frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carrageenan, maltodextrin], whipped cream [cream (MILK), sugar, propellants: nitrous oxide, nitrogen; emulsifier: E471, flavouring, stabiliser: carrageenan], bubblegum powder [sugar, dried glucose syrup, colouring food: concentrate of spirulina, natural flavouring], pink popping candy topping [sugar, glucose syrup, cocoa butter, water, lactose (MILK), vegetable and fruits concentrates: sweet potato, apple, radish, cherry, elderberry; colour: beetroot red; emulsifier: lecithin (SOYA); acidity regulator: citric acid; natural flavouring, carbon dioxide.].	Mini	729	174	8.4	5.4	22	18	0.3	2.5	0.27	0
		Tall	1019	243	11	6.8	32	27	0.5	3.7	0.42	0
		Grande	1372	327	15	9.5	44	36	0.7	4.6	0.55	0
		Venti	1629	388	15	9.6	56	46	0.8	5.5	0.72	0
Bubbletastic Frappuccino® - Coconut	Ice, coconut drink [water, coconut milk, sugar, inulin, bean protein concentrate, stabilisers: gellan gum, xanthan gum; acidity regulator: sodium hydrogen carbonate, natural flavouring], creme frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carrageenan, maltodextrin], whipped cream [cream (MILK), sugar, propellants: nitrous oxide, nitrogen; emulsifier: E471, flavouring, stabiliser: carrageenan], bubblegum powder [sugar, dried glucose syrup, colouring food: concentrate of spirulina, natural flavouring], pink popping candy topping [sugar, glucose syrup, cocoa butter, water, lactose (MILK), vegetable and fruits concentrates: sweet potato, apple, radish, cherry, elderberry; colour: beetroot red; emulsifier: lecithin (SOYA); acidity regulator: citric acid; natural flavouring, carbon dioxide.].	Mini	740	177	9.0	6.8	22	18	1.4	1.1	0.23	0
		Tall	1037	248	12	9.0	33	27	2.2	1.6	0.35	0
		Grande	1394	333	16	12	44	36	2.7	2.0	0.48	0
		Venti	1656	395	17	13	58	47	3.4	2.3	0.63	0
Bubbletastic Frappuccino® - Almond	Ice, ALMOND drink [water, ALMOND , fructose, acidity regulators: dipotassium phosphate, monopotassium phosphate; calcium carbonate, stabilisers: gellan gum, carrageenan, guar gum; natural flavourings, sea salt], creme frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carrageenan, maltodextrin], whipped cream [cream (MILK), sugar, propellants: nitrous oxide, nitrogen; emulsifier: E471, flavouring, stabiliser: carrageenan], bubblegum powder [sugar, dried glucose syrup, colouring food: concentrate of spirulina, natural flavouring], pink popping candy topping [sugar, glucose syrup, cocoa butter, water, lactose (MILK), vegetable and fruits concentrates: sweet potato, apple, radish, cherry, elderberry; colour: beetroot red; emulsifier: lecithin (SOYA); acidity regulator: citric acid; natural flavouring, carbon dioxide.].	Mini	680	162	8.1	5.3	22	18	0.2	0.7	0.24	0
		Tall	943	225	10	6.6	32	26	0.3	1.0	0.36	0
		Grande	1279	305	14	9.3	43	35	0.4	1.4	0.49	0
		Venti	1516	361	15	9.3	56	46	0.5	1.5	0.64	0

Beverages

Product	Ingredients	Size	Energy (KJ)	Energy (Kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
Bubbletastic Frappuccino® – Oat	Ice, OAT drink [water, OAT , inulin, coconut fat, OAT protein, sea salt, stabiliser: xanthan gum, acidity regulator: dipotassium phosphate, stabiliser: gellan gum], creme frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carrageenan, maltodextrin], whipped cream [cream (MILK), sugar, propellants: nitrous oxide, nitrogen; emulsifier: E471, flavouring, stabiliser: carrageenan], bubblegum powder [sugar, dried glucose syrup, colouring food: concentrate of spirulina, natural flavouring], pink popping candy topping [sugar, glucose syrup, cocoa butter, water, lactose (MILK), vegetable and fruits concentrates: sweet potato, apple, radish, cherry, elderberry; colour: beetroot red; emulsifier: lecithin (SOYA); acidity regulator: citric acid; natural flavouring, carbon dioxide.].	Mini	830	198	9.1	6.3	27	21	1.4	1.1	0.29	0
		Tall	1175	280	12	8.2	41	31	2.1	1.6	0.44	0
		Grande	1564	373	16	11	54	41	2.6	2.0	0.58	0
		Venti	1865	444	17	12	69	52	3.2	2.3	0.75	0
Bubbletastic Frappuccino® – Starbucks™ Original Nut Blend	Ice, NUT & rice house blend [water, rice, CASHEW , HAZELNUTS , pea protein, flavourings, acidity regulators (potassium phosphates), emulsifier (citric acid esters of mono- and diglycerides), stabilisers (gellan gum, guar gum, xanthan gum), sea salt, vitamins (B2, B12, E, D2)], creme frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carrageenan, maltodextrin], whipped cream [cream (MILK), sugar, propellants: nitrous oxide, nitrogen; emulsifier: E471, flavouring, stabiliser: carrageenan], bubblegum powder [sugar, dried glucose syrup, colouring food: concentrate of spirulina, natural flavouring], pink popping candy topping [sugar, glucose syrup, cocoa butter, water, lactose (MILK), vegetable and fruits concentrates: sweet potato, apple, radish, cherry, elderberry; colour: beetroot red; emulsifier: lecithin (SOYA); acidity regulator: citric acid; natural flavouring, carbon dioxide.].	Mini	726	173	8.3	5.4	23	18	0.3	1.7	0.33	0
		Tall	1015	242	11	6.7	34	26	0.5	2.5	0.51	0
		Grande	1367	326	15	9.4	45	35	0.7	3.2	0.67	0
		Venti	1623	386	15	9.4	59	46	0.8	3.7	0.87	0
Chocolate Chip Cookie Latte – Skimmed Milk		Short	451	106	0.7	0.3	19	18	0.1	5.8	0.18	56
		Tall	693	163	0.8	0.3	29	27	0.1	9.7	0.28	113
		Grande	878	207	0.9	0.4	38	35	0.1	12	0.36	113
		Venti	1110	261	1.0	0.4	47	44	0.1	16	0.45	169
Chocolate Chip Cookie Latte – Semi-Skimmed Milk	MILK , brewed espresso, chocolate chip flavour syrup [sugar, water, natural flavouring, preservative: potassium sorbate, acid: citric acid], chocolate chip cookie topping [self raising WHEAT flour (WHEAT flour, raising agents (monocalcium phosphate, sodium hydrogen carbonate), calcium, niacin, iron, thiamin); sugar, butter (MILK), dark chocolate (7%): [cocoa mass, sugar, cocoa butter, emulsifier: lecithin (SOYA); natural flavouring]; cocoa mass, water, maize starch, cocoa butter, natural flavouring, emulsifier: lecithin (SOYA); whole MILK powder, salt].	Short	551	131	3.4	2.1	19	17	0.1	6.1	0.18	56
		Tall	859	204	5.3	3.2	29	26	0.1	10	0.28	113
		Grande	1092	259	6.7	4.1	37	34	0.1	13	0.36	113
		Venti	1385	328	8.4	5.1	46	43	0.1	17	0.45	169
Chocolate Chip Cookie Latte – Whole Milk		Short	644	153	6.3	4.0	19	17	0.1	5.5	0.18	56
		Tall	1013	241	10	6.4	29	26	0.1	9.1	0.28	113
		Grande	1290	307	13	8.2	37	34	0.1	12	0.36	113
		Venti	1640	391	16	10	46	43	0.1	15	0.45	169
Chocolate Chip Cookie Latte – Soya	SOYA drink [water, hulled SOYA beans, sugar, fructose, acidity regulators: dipotassium phosphate, monopotassium phosphate; calcium carbonate, sea salt, flavouring, stabiliser: gellan gum], brewed espresso, chocolate chip flavour syrup [sugar, water, natural flavouring, preservative: potassium sorbate, acid: citric acid], chocolate chip cookie topping [self raising WHEAT flour (WHEAT flour, raising agents (monocalcium phosphate, sodium hydrogen carbonate), calcium, niacin, iron, thiamin); sugar, butter (MILK), dark chocolate (7%): [cocoa mass, sugar, cocoa butter, emulsifier: lecithin (SOYA); natural flavouring]; cocoa mass, water, maize starch, cocoa butter, natural flavouring, emulsifier: lecithin (SOYA); whole MILK powder, salt].	Short	489	116	3.2	0.8	16	15	0.9	5.2	0.19	56
		Tall	757	180	5.0	1.1	24	22	1.4	8.6	0.31	113
		Grande	960	228	6.3	1.3	31	29	1.8	11	0.39	113
		Venti	1215	289	8.0	1.6	39	36	2.3	14	0.50	169
Chocolate Chip Cookie Latte – Coconut	Coconut drink [water, coconut milk, sugar, inulin, bean protein concentrate, stabilisers: gellan gum, xanthan gum; acidity regulator: sodium hydrogen carbonate, natural flavouring], brewed espresso, chocolate chip flavour syrup [sugar, water, natural flavouring, preservative: potassium sorbate, acid: citric acid], chocolate chip cookie topping [self raising WHEAT flour (WHEAT flour, raising agents (monocalcium phosphate, sodium hydrogen carbonate), calcium, niacin, iron, thiamin); sugar, butter (MILK), dark chocolate (7%): [cocoa mass, sugar, cocoa butter, emulsifier: lecithin (SOYA); natural flavouring]; cocoa mass, water, maize starch, cocoa butter, natural flavouring, emulsifier: lecithin (SOYA); whole MILK powder, salt].	Short	516	123	4.5	4.0	17	15	3.4	2.0	0.10	56
		Tall	802	191	7.1	6.4	26	22	5.6	3.3	0.15	113
		Grande	1018	243	9.0	8.2	33	29	7.3	4.1	0.19	113
		Venti	1289	308	12	10	41	36	9.3	5.3	0.24	169

For allergens including cereals containing gluten see ingredients in **BOLD CAPITALS**. All our beverages are hand crafted uniquely for you. Due to the nature of how we create our beverages we cannot guarantee that they are free from any allergens. Our beverages are prepared where allergens are handled by our partners, and where equipment and utensils are used for multiple menu items, including those containing allergens. Whilst we try to keep things separate we cannot guarantee any item is allergen free. Please remember to check this information regularly as we're always working on our recipes. For more allergen information please ask your barista.

Beverages

Product	Ingredients	Size	Energy (KJ)	Energy (Kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
Chocolate Chip Cookie Latte - Almond	ALMOND drink [water, ALMOND , fructose, acidity regulators: dipotassium phosphate, monopotassium phosphate; calcium carbonate, stabilisers: gellan gum, carrageenan, guar gum; natural flavourings, sea salt], brewed espresso, chocolate chip flavour syrup [sugar, water, natural flavouring, preservative: potassium sorbate, acid: citric acid], chocolate chip cookie topping [self raising WHEAT flour (WHEAT flour, raising agents (monocalcium phosphate, sodium hydrogen carbonate), calcium, niacin, iron, thiamin); sugar, butter (MILK), dark chocolate (7%); [cocoa mass, sugar, cocoa butter, emulsifier: lecithin (SOYA); natural flavouring]; cocoa mass, water, maize starch, cocoa butter, natural flavouring, emulsifier: lecithin (SOYA); whole MILK powder, salt].	Short	376	89	2.4	0.5	15	14	0.6	1.2	0.11	56
		Tall	569	135	3.7	0.6	23	20	0.9	2.0	0.17	113
		Grande	718	170	4.6	0.7	29	27	1.1	2.4	0.22	113
		Venti	904	214	5.8	0.8	37	33	1.4	3.1	0.28	169
Chocolate Chip Cookie Latte - Oat	OAT drink [water, OAT , inulin, coconut fat, OAT protein, sea salt, stabiliser: xanthan gum, acidity regulator: dipotassium phosphate, stabiliser: gellan gum], brewed espresso, chocolate chip flavour syrup [sugar, water, natural flavouring, preservative: potassium sorbate, acid: citric acid], chocolate chip cookie topping [self raising WHEAT flour (WHEAT flour, raising agents (monocalcium phosphate, sodium hydrogen carbonate), calcium, niacin, iron, thiamin); sugar, butter (MILK), dark chocolate (7%); [cocoa mass, sugar, cocoa butter, emulsifier: lecithin (SOYA); natural flavouring]; cocoa mass, water, maize starch, cocoa butter, natural flavouring, emulsifier: lecithin (SOYA); whole MILK powder, salt].	Short	724	172	4.8	2.9	29	20	3.3	2.0	0.22	56
		Tall	1147	273	7.6	4.5	45	31	5.4	3.3	0.36	113
		Grande	1463	348	9.7	5.8	58	41	6.9	4.1	0.46	113
		Venti	1862	443	12	7.3	73	52	8.9	5.3	0.59	169
Chocolate Chip Cookie Latte - Starbucks™ Original Nut Blend	NUT & rice house blend [water, rice, CASHEW , HAZELNUTS , pea protein, flavourings, acidity regulators (potassium phosphates), emulsifier (citric acid esters of mono- and diglycerides), stabilisers (gellan gum, guar gum, xanthan gum), sea salt, vitamins (B2, B12, E, D2)], brewed espresso, chocolate chip flavour syrup [sugar, water, natural flavouring, preservative: potassium sorbate, acid: citric acid], chocolate chip cookie topping [self raising WHEAT flour (WHEAT flour, raising agents (monocalcium phosphate, sodium hydrogen carbonate), calcium, niacin, iron, thiamin); sugar, butter (MILK), dark chocolate (7%); [cocoa mass, sugar, cocoa butter, emulsifier: lecithin (SOYA); natural flavouring]; cocoa mass, water, maize starch, cocoa butter, natural flavouring, emulsifier: lecithin (SOYA); whole MILK powder, salt].	Short	483	115	2.9	0.6	18	14	0.9	3.4	0.33	56
		Tall	746	177	4.5	0.8	28	21	1.4	5.7	0.54	113
		Grande	946	225	5.6	1.0	35	27	1.8	7.2	0.70	113
		Venti	1198	284	7.1	1.2	45	34	2.3	9.3	0.89	169
Starbucks Blonde® Iced Vanilla Latte - Skimmed Milk		Tall	464	109	0.2	0.0	20	18	0.0	6.9	0.18	170
		Grande	609	143	0.2	0.0	27	25	0.0	8.5	0.23	170
		Venti	753	177	0.3	0.0	34	30	0.0	9.9	0.26	255
Starbucks Blonde® Iced Vanilla Latte - Semi-Skimmed Milk	MILK , ice, brewed blonde espresso, vanilla flavour syrup [water, sugar, natural vanilla flavouring, acidity regulator: citric acid, preservative: potassium sorbate].	Tall	579	137	3.3	2.0	20	18	0.0	7.3	0.18	170
		Grande	754	179	4.1	2.5	26	24	0.0	9.0	0.23	170
		Venti	917	217	4.7	2.9	33	30	0.0	11	0.26	255
Starbucks Blonde® Iced Vanilla Latte - Whole Milk		Tall	685	163	6.6	4.2	20	17	0.0	6.6	0.18	170
		Grande	887	211	8.3	5.3	26	24	0.0	8.1	0.23	170
		Venti	1069	254	9.4	6.0	33	30	0.0	9.4	0.26	255
Starbucks Blonde® Iced Vanilla Latte - Soya	SOYA drink [water, hulled SOYA beans, sugar, fructose, acidity regulators: dipotassium phosphate, monopotassium phosphate; calcium carbonate, sea salt, flavouring, stabiliser: gellan gum], ice, brewed blonde espresso, vanilla flavour syrup [water, sugar, natural vanilla flavouring, acidity regulator: citric acid, preservative: potassium sorbate].	Tall	508	121	3.1	0.6	17	14	0.9	6.2	0.20	170
		Grande	655	158	3.9	0.7	22	20	1.2	7.6	0.25	170
		Venti	816	193	4.4	0.8	29	26	1.3	8.9	0.29	255
Starbucks Blonde® Iced Vanilla Latte - Coconut	Coconut drink [water, coconut milk, sugar, inulin, bean protein concentrate, stabilisers: gellan gum, xanthan gum; acidity regulator: sodium hydrogen carbonate, natural flavouring], ice, brewed blonde espresso, vanilla flavour syrup [water, sugar, natural vanilla flavouring, acidity regulator: citric acid, preservative: potassium sorbate].	Tall	539	129	4.6	4.2	17	15	3.8	2.5	0.09	170
		Grande	703	168	5.7	5.3	24	20	4.8	3.0	0.11	170
		Venti	860	205	6.5	6.0	30	26	5.5	3.7	0.13	255
Starbucks Blonde® Iced Vanilla Latte - Almond	ALMOND drink [water, ALMOND , fructose, acidity regulators: dipotassium phosphate, monopotassium phosphate; calcium carbonate, stabilisers: gellan gum, carrageenan, guar gum; natural flavourings, sea salt], ice, brewed blonde espresso, vanilla flavour syrup [water, sugar, natural vanilla flavouring, acidity regulator: citric acid, preservative: potassium sorbate].	Tall	379	90	2.2	0.2	16	13	0.6	1.6	0.11	170
		Grande	501	119	2.8	0.2	21	19	0.7	1.9	0.14	170
		Venti	631	149	3.1	0.3	28	24	0.8	2.4	0.16	255

Beverages

Product	Ingredients	Size	Energy (KJ)	Energy (Kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
Starbucks Blonde® Iced Vanilla Latte - Oat	OAT drink [water, OAT , inulin, coconut fat, OAT protein, sea salt, stabiliser: xanthan gum, acidity regulator: dipotassium phosphate, stabiliser: gellan gum], ice, brewed blonde espresso, vanilla flavour syrup [water, sugar, natural vanilla flavouring, acidity regulator: citric acid, preservative: potassium sorbate].	Tall	778	185	4.9	2.9	31	21	3.7	2.5	0.24	170
		Grande	1004	238	6.2	3.7	40	28	4.6	3.0	0.30	170
		Venti	1201	285	7.0	4.2	49	35	5.2	3.7	0.34	255
Starbucks Blonde® Iced Vanilla Latte - Starbucks™ Original Nut Blend	NUT & rice house blend [water, rice, CASHEW , HAZELNUTS , pea protein, flavourings, acidity regulators (potassium phosphates), emulsifier (citric acid esters of mono- and diglycerides), stabilisers (gellan gum, guar gum, xanthan gum), sea salt, vitamins (B2, B12, E, D2)], ice, brewed blonde espresso, vanilla flavour syrup [water, sugar, natural vanilla flavouring, acidity regulator: citric acid, preservative: potassium sorbate].	Tall	501	119	2.7	0.4	19	14	0.9	4.2	0.36	170
		Grande	655	155	3.5	0.4	25	19	1.2	5.1	0.46	170
		Venti	806	191	3.9	0.5	32	24	1.3	6.0	0.52	255

Food

Product	Suitable for Vegetarian	Suitable for Vegan	Ingredients	Energy (kJ)	Energy (Kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Morning Goods												
Almond Croissant	Y	N	WHEAT flour, butter (MILK) (21%), sugar, marzipan (9.5%) (ALMONDS (55%), sugar, water), water, topping (dextrose, cornflour, nonhydrogenated palm oil), yeast, roasted flaked ALMONDS , WHEAT GLUTEN , EGGS , salt, honey, emulsifier: E471, flour treatment agent: E300.	1418	339	18	9.9	36	15	1.7	6.6	0.7
Cakes												
Lemon Loaf Cake	Y	N	Sugar, pasteurised free range EGG , wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], vegetable margarine [vegetable oils (palm, rapeseed), salt, emulsifier: polyglycerol esters of fatty acids, natural flavouring, colours: annatto bixin, curcumin], salted butter [butter (MILK), salt], ALMONDS , lemon juice (4%), lemon zest (2%), cream (MILK), lemon curd (2%) [sugar, free range EGG , salted butter (butter (MILK), salt), concentrated lemon juice, lemon oil, gelling agent: agar], icing sugar, emulsifiers: native starch, mono and diglycerides of fatty acids, polyglycerol esters of fatty acids; natural lemon flavouring, baking powder [raising agents: disodium diphosphate, potassium hydrogen carbonate], caramelised lemon zest (0.5%) [sugar, lemon zest], preservative: potassium sorbate, invert sugar syrup, acidity regulator: citric acid, thickeners: cellulose, guar gum.	1660	397	23	11	41	18	1.4	5.9	0.54
Chocolate and Raspberry Mini Loaf	Y	Y	Almond milk [water, ALMONDS , stabilisers: locust bean gum, gellan gum; calcium, sea salt, emulsifier sunflower: lecithin, Vitamin B2, Vitamin B12, Vitamin E, Vitamin D2], wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], vegetable margarine [vegetable oils (palm, rapeseed), salt, emulsifier: polyglycerol esters of fatty acids, natural flavouring, colours: annatto bixin, curcumin]; sugar, raspberry jam (10%) [glucose fructose syrup, raspberry puree, sugar, raspberry crumb, gelling agent: pectin, acidity regulators: citric acid, trisodium citrate; colour: anthocyanins, natural raspberry flavouring], icing sugar, dark chocolate (7%) [sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier: SOYA lecithin, vanilla extract], partially inverted refiners syrup, cocoa powder, lemon juice, baking powder [raising agents: disodium diphosphate, potassium hydrogen carbonate], wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin)], freeze dried raspberry pieces (0.7%), BARLEY malt extract, glucose syrup, raising agent: sodium bicarbonate, preservative: potassium sorbate, natural vanilla flavouring, coffee extract, thickener: xanthan gum, acidity regulator: citric acid.	1302	309	8.8	3.8	53	32	2.6	3.2	0.43
Chocolate Truffle Loaf Cake	Y	N	Pasteurised free range EGG , sugar, rapeseed oil, water, soft light brown sugar, wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], dark chocolate chunks [cocoa mass, sugar, emulsifier: SOYA lecithin, vanilla extract], cocoa powder, icing sugar, ALMONDS , full fat cream cheese (MILK), milk chocolate [sugar, cocoa butter, whole MILK powder, cocoa mass, emulsifier: SOYA lecithin, vanilla extract], salted butter [butter (MILK), salt], double cream (MILK), emulsifiers: native starch, polyglycerol esters of fatty acids, mono and diglycerides of fatty acids; glucose syrup, natural vanilla flavouring, white chocolate shavings [sugar, cocoa butter, whole MILK powder, whey powder (MILK), lactose (MILK), emulsifier: SOYA lecithin, vanilla extract], humectant: glycerine, dark chocolate [sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier: SOYA lecithin, vanilla extract], raising agent: sodium bicarbonate, baking powder [raising agents: disodium diphosphate, potassium hydrogen carbonate], BARLEY malt extract, preservative: potassium sorbate, salt, stabiliser: xanthan gum.	1718	411	22	5.7	45	27	3.5	6.5	0.46
Muffin												
Cookies & Cream Cheesecake Muffin	Y	N	Cheesecake filling (22%) (MILK) [full fat soft cheese (MILK) (skimmed MILK , cream (MILK), permeate, salt, modified tapioca starch, stabilisers: locust bean gum, xanthan gum; starter culture, icing sugar, free range EGG , fortified wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), preservative: potassium sorbate; anti-caking agent: tricalcium phosphate; natural flavouring], rapeseed oil, free range EGG , sugar, water, white chocolate chunks (8.5%) [sugar, whole MILK powder, cocoa butter, emulsifier: SOYA lecithin; natural vanilla flavouring], fortified WHEAT flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], humectant: vegetable glycerine; cookie crumble topping (2.7%) [fortified WHEAT flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), sugar, vegetable fat (shea kernel oil, palm oil, emulsifier: sunflower lecithin; citric acid), cocoa powder, salt, raising agent: sodium bicarbonate], cocoa powder, WHEAT starch, WHEAT flour, raising agents: mono calcium phosphate, diphosphates, sodium hydrogen carbonate, potassium carbonates; potato starch, emulsifier: mono and diglycerides of fatty acids; WHEAT GLUTEN , colour: carbon black; free range EGG white powder, whey powder (MILK), stabiliser: xanthan gum.	1898	454	24	7.3	52	27	0.9	7	0.55
Bars and Traybakes												
Cookies & Cream Brownie	Y	N	Sugar, dark chocolate (14%) [sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, Emulsifier: SOYA lecithin, vanilla extract], pasteurised free range EGG , white chocolate (13%) [sugar, cocoa butter, whole MILK powder, emulsifier: SOYA lecithin, vanilla extract], milk chocolate (13%) [sugar, cocoa butter, whole MILK powder, cocoa mass, emulsifier: SOYA lecithin, vanilla extract], salted butter [butter (MILK), salt], ground ALMONDS , mini cookies (4%) [WHEAT flour, sugar, palm oil, rapeseed oil, fat reduced cocoa powder, WHEAT starch, glucose fructose syrup, salt, raising agents: potassium hydrogen carbonate, sodium hydrogen carbonate, ammonium hydrogen carbonate; emulsifiers: SOYA lecithin, sunflower lecithin; vanilla flavouring], wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], full fat cream cheese (MILK), cocoa powder, cocoa mass, natural vanilla flavouring, double cream (MILK), black cocoa powder, baking powder [raising agents: disodium diphosphate, potassium hydrogen carbonate; wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin)], salt.	1524	366	23	13	33	26	2.9	5.2	0.46

Food

Product	Suitable for Vegetarian	Suitable for Vegan	Ingredients	Energy (kJ)	Energy (Kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Cookies												
Anniversary Cookie	Y	N	Shortbread biscuit (78%) [wheat flour WHEAT flour, calcium carbonate, iron, niacin, thiamin], sugar, salted butter [butter (MILK), salt], vegetable margarine [vegetable oils (palm, rapeseed), water, salt, emulsifier: polyglycerol esters of fatty acids, colours: annatto bixin, curcumin; natural flavouring], cornflour, palm oil], sugar icing (19%) [icing sugar, water, meringue & royal icing mix [WHEAT starch, dried EGG albumen, sugar, modified starch, acidity regulators: calcium lactate, tartaric acid, cream of tartar, lactic acid; dextrose, gelling agent: guar gum], spirulina extract, plant concentrate: safflower; sugar paste stars (2.5%) [sugar, glucose syrup, vegetable fat (palm kernel, palm oil), invert sugar syrup, thickeners: gum arabic, xanthan gum; humectant: glycerol, emulsifier: mono- and diglycerides of fatty acids, ethanol, glazing agent: shellac, water, stabiliser: trehalose, spirulina extract, colour: carotenes, coconut oil, acidity regulator: trisodium citrate, sunflower oil, antioxidants: alpha-tocopherol, ascorbic acid; preservative: potassium sorbate], colour: iron oxides.	1016	242	11	4.8	34	18	0.5	1.7	0.17
Orange Chick Linzer Cookie	Y	N	Wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], salted butter [butter (MILK), salt], orange curd [sugar, free range EGG , salted butter (butter (MILK), salt), orange juice, acidity regulator: citric acid, orange oil, gelling agent: agar], ALMONDS , sugar, icing sugar, cornflour, baking powder [raising agents: sodium diphosphate, potassium hydrogen carbonate; wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin)], icing powder [dextrose, cornflour, palm oil], stabilisers: guar gum, xanthan gum.	1610	385	22	12	41	18	1.7	5	0.53
Raspberry & Almond Linzer	Y	N	Wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), salted butter [butter (MILK), salt], raspberry jam (20%) [glucose fructose syrup, raspberry puree, raspberry juice concentrate, acidity regulators: citric acid, trisodium citrate; gelling agent: pectin, colour: anthocyanins, natural flavouring], ALMONDS (6%), sugar, icing sugar, cornflour, icing powder [dextrose, cornflour, palm oil], baking powder [raising agents: disodium diphosphate, potassium hydrogen carbonate; wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin)], thickeners: guar gum, xanthan gum.	1547	369	17	8.3	51	27	1.3	2.4	0.26
Birthday Cake Cookie	Y	N	Fortified wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], sugar, unsalted butter (MILK), palm oil, coloured sugar pearls (7%) [sugar, palm fat, colours (safflower concentrate, spirulina concentrate, lemon concentrate, radish, blackcurrant concentrate, apple concentrate)], white chocolate chips (5%) [sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier: SOYA lecithin]; natural vanilla flavouring], white compound drizzle (5%) [sugar, coconut oil, palm fat, maize starch, emulsifier: SOYA lecithin; natural vanilla flavouring], free range EGG , raising agents: monocalcium phosphate, potassium hydrogen carbonate; rapeseed oil, glucose fructose syrup, WHEAT fibre, natural flavouring, lactose powder (MILK), vegetarian whey powder (MILK), sugar, salt, rapeseed oil.	1476	352	16	8.6	47	30	2.3	3.9	0.08
Triple Chocolate Cookie	Y	N	Wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], sugar, butter (MILK), milk chocolate (9%) [sugar, cocoa mass, whole MILK powder, cocoa butter, emulsifier: SOYA lecithin, natural vanilla flavouring], white chocolate (9%) [sugar, whole MILK powder, cocoa butter, emulsifier: SOYA lecithin, natural vanilla flavouring], dark chocolate (8%) [cocoa mass, sugar, cocoa butter, emulsifier: SOYA lecithin, natural vanilla flavouring], cocoa powder, free range pasteurised EGG , raising agents: monocalcium phosphate, potassium hydrogen carbonate; WHEAT fibre, lactose powder (MILK), glucose fructose syrup, whey powder (MILK), invert sugar, salt, rapeseed oil, flavouring.	1554	372	20	13	41	27	2.6	4.6	0.2
Porridge, Fruit & Yoghurt												
Classic Oatmeal	Y	N	MILK (63%), water, gluten free OATS (13%), Single Cream (3%) (MILK), salt.	993	234	6	3.0	35	8.7	2.1	10	0.18
Hot Sandwiches												
Chicken Fajita Hot Wrap	N	N	Plain tortilla wrap [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, palm oil, rapeseed oil, raising agents: sodium bicarbonate, disodium diphosphate, malic acid; humectant: glycerol, sugar, salt], spicy tomato dressing [water, tomato paste, red pepper, onion, spirit vinegar, sugar, rapeseed oil, red chilli purée, cornflour, concentrated lemon juice, basil, garlic purée, oregano, salt, Dijon mustard (water, MUSTARD seed, spirit vinegar, salt), dried chilli flakes, black pepper], steamed chicken breast (16%) [chicken breast, cornflour, salt, black pepper, garlic powder, sunflower oil], spinach, roasted red pepper, onion, chipotle relish [roasted red pepper, tomato, sugar, water, onion, white wine vinegar, glucose syrup, cornflour, cider, tomato paste, rapeseed oil, salt, garlic purée, smoked paprika, coriander, chipotle chilli powder, gelling agent: pectin, cumin], black turtle beans, mozzarella full fat soft cheese (MILK), water, coriander, cornflour.	1712	406	11	4.0	55	6.8	4.6	19	1.1

Food

Product	Suitable for Vegetarian	Suitable for Vegan	Ingredients	Energy (KJ)	Energy (Kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Chicken, Mozzarella & Pesto Focaccia	N	N	Rosemary topped focaccia [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, olive oil, rosemary, salt, yeast, malted BARLEY flour], steamed chicken breast (16%) [chicken breast, cornflour, salt, black pepper, garlic powder, sunflower oil] mozzarella full fat soft cheese (MILK) (10%), semi dried tomatoes (4%) [tomato, sunflower oil, salt, garlic, oregano], spinach (4%), reduced fat mayonnaise [rapeseed oil, spirit vinegar, cornflour, pasteurised free-range EGG yolk, sugar, salt, citrus fibre, concentrated lemon juice, stabiliser: pectin], nut free pesto [basil paste (basil, sunflower oil, salt, antioxidant: ascorbic acid), medium fat hard cheese (MILK) extra virgin olive oil, sunflower oil, garlic purée, salt, acidity regulator: citric acid], tomato base [tomato paste, rapeseed oil, onion, tomatoes, white wine vinegar, cornflour, garlic purée, salt, lemon juice], cornflour.	2482	592	23	7.2	53	3.1	8.4	39	2.7
Cold Sandwiches and Wraps												
Veggie New York Deli Style Sandwich	Y	N	Bread with added barley malt flour and seeds [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, BARLEY malt flour, millet, sunflower seeds, yeast, sugar, salt, WHEAT gluten, emulsifiers: mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids, mono- and diglycerides of fatty acids, SOYA flour, preservative: calcium propionate, rapeseed oil, flour treatment agent: ascorbic acid], beetroot slaw (30%) [pickled beetroot (beetroot, white wine vinegar, white sugar), shredded carrot, mayonnaise (water, rapeseed oil, free range pasteurised whole EGG , non brewed condiment (water, acidity regulator: acetic acid), stabilisers: guar gum, xanthan gum, sugar, salt, MUSTARD flour), roasted seasoned white cabbage (white cabbage, white onion, white wine vinegar, white sugar, caraway seeds), red cabbage, red onion, black pepper], Emmental cheese (20%) (MILK), American mustard and gherkin mayonnaise (12%) [mayonnaise (water, rapeseed oil, cornflour, spirit vinegar, free range pasteurised whole egg (EGG yolk, salt), white wine vinegar, sugar, Dijon mustard (water, MUSTARD seeds, spirit vinegar, salt), concentrated lemon juice), gherkins gherkins, sugar, spirit vinegar, acidity regulator: acetic acid, salt, firming agent: calcium chloride, natural flavouring, preservative: potassium METABISULPHITE , stabiliser: calcium carbonate), American mustard (water, spirit vinegar, MUSTARD flour, yellow MUSTARD bran, cornflour, salt, ground turmeric)], rocket (4%).	1796	429	20	8.8	41	8.8	4.5	19	1.7
Chicken & Avo Wrap	N	N	Spinach tortilla [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, palm oil, humectant: glycerol, sugar, rapeseed oil, raising agents: sodium bicarbonate, disodium diphosphate, spinach, parsley, acidity regulator: malic acid, salt], steamed chicken breast (23%) [chicken breast, cornflour, salt, black pepper, garlic powder, sunflower oil], spinach (8%), lemon mayonnaise [rapeseed oil, spirit vinegar, cornflour, free range pasteurised EGG yolk, concentrated lemon juice, sugar, lemon zest, salt, citrus fibre, gelling agent: pectin, black pepper], avocado chunks (7%) [avocado (avocado, salt, antioxidant: ascorbic acid; acidity regulator: citric acid), preservatives: L-cysteine, calcium chloride], edamame SOYA beans, nut-free pesto [medium fat hard cheese (MILK), basil, sunflower oil, extra virgin olive oil, salt, garlic purée, acidity regulator: citric acid; antioxidant: ascorbic acid], reduced-fat mayonnaise [rapeseed oil, spirit vinegar, cornflour, free range pasteurised EGG yolk, sugar, salt, citrus fibre, concentrated lemon juice, stabiliser: pectin], crème fraîche (MILK), concentrated lemon juice, cornflour.	1599	381	12	3.9	43	3.9	6.3	22	0.93
Spinach & Pea Falafel Wrap	Y	Y	Spinach tortilla [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, palm oil, humectant: glycerol, sugar, rapeseed oil, raising agents: sodium bicarbonate, disodium diphosphate, spinach, parsley, acidity regulator: malic acid, salt], spinach and pea falafel (25%) [peas, chickpeas, spinach, dried potato, onion, sunflower oil, WHEAT flour, garlic purée, salt, lemon juice, cumin, coriander, black pepper, mint, raising agents: sodium bicarbonate, calcium phosphates, diphosphates], reduced-fat houmous [chick peas, rapeseed oil, tahini SESAME SEED paste, concentrated lemon juice, salt, garlic, cornflour], caramelised onion chutney [red onion, sugar, balsamic vinegar, white wine vinegar, cornflour, molasses, salt, garlic purée, ginger purée, black pepper], spinach (4%), white cabbage, cider vinegar, spicy tomato dressing [tomato paste, red pepper, onion, sugar, spirit vinegar, rapeseed oil, red chilli purée, cornflour, concentrated lemon juice, basil, garlic purée, oregano, salt, Dijon mustard (MUSTARD seed, spirit vinegar, salt), dried chilli flakes, black pepper], carrot, sugar, red cabbage, red onion, cornflour, salt.	1553	369	8.6	2.5	59	15	8.6	9.6	1.4

Food

Product	Suitable for Vegetarian	Suitable for Vegan	Ingredients	Energy (KJ)	Energy (Kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Breakfast Sandwiches												
Ham & Cheese Croissant	N	N	All butter croissant [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), unsalted butter (13%) (MILK), water, sugar, yeast, salt, pasteurised free range whole EGG , flour treatment agent: ascorbic acid], formed hickory smoked ham (28%) [pork, salt, muscovado sugar, stabiliser: triphosphates, antioxidant: sodium ascorbate, preservative: sodium nitrite], medium mature Cheddar cheese (14%) (MILK).	1934	463	25	14	36	5.5	4.1	21	1.7
Beyond Meat® Breakfast Sandwich	Y	Y	Breakfast roll [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, RYE flour, yeast, salt, durum WHEAT semolina, malted WHEAT flour, flour treatment agent: ascorbic acid], Beyond Meat patty (28%) [water, pea protein, rapeseed oil, refined coconut oil, flavouring, yeast, rice protein, yeast (yeast, vitamin B3, vitamin B6, vitamin B1, vitamin B2, vitamin B9), stabiliser: methylcellulose, apple fibre, salt, spices, apple extract, pomegranate extract, maize vinegar, concentrated lemon juice, yeast extract, garlic powder, emulsifier: sunflower lecithin, onion powder, carrot powder], coconut oil alternative to cheese (11%) [coconut oil, modified starch, starch, salt, flavouring, olive extract, colour: beta carotene, vitamin B12], tofu (8%) [water, SOYA beans, salt, nigari], signature tomato relish [water, tomatoes, sugar, tomato paste, red wine vinegar, roasted tomato (roasted tomato, tomato concentrate, sunflower oil, olive oil, salt, oregano, sugar, garlic), rapeseed oil, red chilli purée, cornflour, onion, lemon juice, garlic purée, ginger purée, salt, oregano, black pepper], Sheese® coconut oil alternative to cream cheese (3%) [water, coconut oil, SOYA protein concentrate, salt, acidity regulator: lactic acid, sugar, tricalcium citrate, thickener: carrageenan, flavouring], ground turmeric.	1784	425	17	9.0	46	3.1	5.3	20	2.1

[Home >](#)

[Beverages >](#)

[Food >](#)

