



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.

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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

Garlic & Herbs 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. GARLIC POWDER. MIXED HERBS: Marjoram, Thyme, Parsley, Basil, Savory.

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

Nutella Bagel V, H

BAGEL BUN OF CLIENT CHOICE*. NUTELLA: Sugar, Palm Oil, **HAZELNUTS** (13%), Skimmed **MILK** powder (8.7%), Fat Reduced Cocoa (7.4%), Emulsifier: Lecithins (**SOYA**), Vanillin.

Nutrition Facts**	Per portion (155g)	Per 100g
Energy (Kcal)	511kcal	329kcal
Energy (Kj)	2137kj	1378kj
Fat	14.2g	9.1g
of which Saturates	4.5g	2.9g
Carbohydrates	80.5g	51.9g
of which Sugars	28.3g	18.2g
Fibre	6.1g	3.9g
Protein	10.5g	6.7g
Salt	0.8g	0.51g

Peanut Butter Bagel V, VG, H

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

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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%

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

Vegan Cream Cheese Bagel V, VG, 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.

Nutrition Facts**	Per portion (165g)	Per 100g
Energy (Kcal)	439kcal	266kcal
Energy (Kj)	1835kj	1112kj
Fat	15.8g	9.6g
of which Saturates	11.7g	7.1g
Carbohydrates	58.2g	35.2g
of which Sugars	6.3g	3.8g
Fibre	4.7g	2.8g
Protein	13.5g	8.2g
Salt	1.3g	0.8g

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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 & Egg Bagel

BAGEL BUN 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

Breakfast Melt Bagel

BAGEL BUN 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-Nitrit (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

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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

Sausage Bagel

BAGEL BUN 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
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

Sausage & Egg Bagel

BAGEL BUN 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

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

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Veggie Breakfast Bagel V, H

BAGEL BUN 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

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

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VEGGIE BAGELS

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, VG, 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 (235g)	Per 100g
Energy (Kcal)	563kcal	240kcal
Energy (Kj)	2354kj	1001kj
Fat	28.7g	12.3g
of which Saturates	13.8g	5.9g
Carbohydrates	59.5g	25.3g
of which Sugars	11.7g	2.9g
Fibre	4.7g	2.0g
Protein	14.2g	6.1g
Salt	1.46g	0.6g

Scandi Hot Dog **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. GHERKINS: Sliced Gherkins (51%), Water, Sugar, Acidity Regulator (Acetic acid), Spirit vinegar, Salt, Firming Agent (Calcium Chloride), Dill Flavouring. PICKLED ONION: Red Onion (50%), Spirit Vinegar, Sugar, Water, Sea Salt, Black Peppercorns, Fennel Seeds, Coriander Seeds. CRISPY FRIED ONION: Onion (76%) Palm Oil, **WHEAT** Flour, Salt. **MUSTARD**: Spirit Vinegar, Water, **MUSTARD** Seed, Salt, Turmeric, Paprika, Spice Flavouring, Garlic Powder. Tomatoes (148g per 100g Tomato Ketchup), Vinegar, Sugar, Salt, Spice and Herb Extracts (contain **CELERY**), Spice.

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Nutrition Facts**	Per portion (270g)	Per 100g
Energy (Kcal)	560kcal	207kcal
Energy (Kj)	2342kj	867kj
Fat	18.5g	6.8g
of which Saturates	4.3g	1.6g
Carbohydrates	68.6g	25.4g
of which Sugars	12.2g	4.5g
Fibre	9.1g	3.4g
Protein	24.4g	9.0g
Salt	3.2g	1.18g

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SEAFOOD BAGELS

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

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

Tuna Melt 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. CHEESE: Cheddar Cheese (**MILK**). PICKLED RED ONION: Red Onion (50%), Spirit Vinegar, Sugar, Water, Sea Salt, Black Peppercorns, Fennel Seeds, Coriander Seeds.

Nutrition Facts**	Per portion (245g)	Per 100g
Energy (Kcal)	667kcal	272kcal
Energy (Kj)	2784kj	1136kj
Fat	31.4g	12.8g
of which Saturates	10.2g	4.1g

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

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

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Carbohydrates	60.8g	24.8g
of which Sugars	7.9g	3.2g
Fibre	4.1g	1.6g
Protein	33.2g	13.5g
Salt	2.6g	1.06g

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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

Reuben Pastrami Bagel

BAGEL BUN OF CLIENT 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
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 BUN 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

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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. CHEESE: Cheddar Cheese (**MILK**). PICKLED RED ONION: Red Onion (50%), Spirit Vinegar, Sugar, Water, Sea Salt, Black Peppercorns, Fennel Seeds, Coriander Seeds. **MUSTARD**: Spirit Vinegar, Water, **MUSTARD** Seed, Salt, Turmeric, Paprika, Spice Flavouring, Garlic Powder. CRISPY FRIED ONION: Onion (76%) Palm Oil, **WHEAT** Flour, Salt. 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 (265g)	Per 100g
Energy (Kcal)	711Kcal	268kcal
Energy (Kj)	2962kj	1118kj
Fat	38.4g	14.5g
of which Saturates	18.3g	6.9g
Carbohydrates	65.3g	24.6g
of which Sugars	10.6g	4.0g
Fibre	5.0g	1.8g
Protein	33.7g	12.7g
Salt	2.5g	0.94g

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

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

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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-Nitrite (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

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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

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

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%).

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

Cheddar **V, H**

Cheddar Cheese (**MILK**).

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g									

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100g	416kcal	1725kj	34.9g	21.7g	0.1g	0.1g	0g	25.4g	1.90g
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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, HCream (**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

Crispy Fried Onions V, VG, HOnion (76%) Palm Oil, **WHEAT** Flour, Salt.

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	610kcal	2530kj	46.0g	23.0g	40.0g	15.0g	4.0g	6.0g	1.13g

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, HEmmenthal 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

Garlic Powder V, VG, H

Garlic powder.

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	346kcal	1463kj	0.73g	0.25g	63.70g	2.43g	9.0g	16.55g	0.152g

Gherkins V, VG, H

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

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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

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

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

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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

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

Mixed Herbs **V, VG, H**

Marjoram, Thyme, Parsley, Basil, Savory.

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	273kcal	1133kj	6.27g	1.27g	18.38g	2.25g	38.04g	16.71g	0.32g

Mustard **V, VG, H**

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

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

Nutella **V, H**

Sugar, Palm Oil, **HAZELNUTS** (13%), Skimmed **MILK** powder (8.7%), Fat Reduced Cocoa (7.4%), Emulsifier: Lecithins (**SOYA**), Vanillin.

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	539kcal	2255kj	30.9g	10.6g	57.5g	56.3g	3.4g	6.3g	0.10g

Omelette* **V, H**

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

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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

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

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).

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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

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

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.

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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

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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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

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SWEETS

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

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

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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
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**

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

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

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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

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

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Flat WhiteSemi-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

MochaSemi-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 ChocolateSemi-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
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

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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
Salt	0g

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

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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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SPECIAL HOT DRINKS

Chai Latte

Semi-Skimmed **MILK**, Organic Mumbai Chai [Organic Raw Sugar, Water, Organic Tea Powder, Natural Flavour, Food Acid (Citric Acid), Organic Spice Extracts (Cinnamon, Ginger, Black Pepper)], Cinnamon.

Nutrition Facts	Regular (12oz)
Energy (Kcal)	199kcal
Energy (Kj)	835kj
Fat	5.1g
of which Saturates	3g
Carbohydrates	26.1g
of which Sugars	17.9g
Fibre	0
Protein	11.9g
Salt	0.37g

Matcha Latte

Semi-Skimmed **MILK**, Maho Matcha [Water, Australian Raw Sugar, Premium Japanese Matcha tea powder (min. 9%), natural Flavour, Food Acid (Citric Acid), Colour (Chlorophyll -Copper Complex), Vegetable Gums (Xanthan, Acacia & Gellan), Preservative (Potassium Sorbate), Natural Spice Extracts].

Nutrition Facts	Regular (12oz)
Energy (Kcal)	158kcal
Energy (Kj)	734kj
Fat	5.2g
of which Saturates	3.0g
Carbohydrates	19.5g
of which Sugars	18.9g
Fibre	0
Protein	11.9g
Salt	0.37g

Cinnamon Bagel Latte

SEMI-SKIMMED **MILK**. ESPRESSO: Water, Arabica Coffee beans. CINNAMON ROLL SYRUP: Sugar, Water, Natural Cinnamon Flavourings, Natural Flavouring, Acid: Citric Acid, Colour: E150a. WHIPPED CREAM: Cream (95%) (from **MILK**), Sugar (4%), Emulsifier (Mono- and diglycerides of fatty acids), Stabiliser (Carrageenan), Propellant Gas (Nitrous Oxide). CINNAMON.

Nutrition Facts	Regular (12oz)
Energy (Kcal)	313kcal
Energy (Kj)	1311kj
Fat	13.7g
of which Saturates	9.2g
Carbohydrates	37.6g
of which Sugars	37.6g
Fibre	0g
Protein	9.4g
Salt	0.3g

Pumpkin Spice Latte

SEMI-SKIMMED **MILK**. ESPRESSO: Water, Arabica Coffee beans. PUMPKIN SPICE SYRUP: Sugar, Water, Natural Pumpkin Flavouring (2.3%), Colour: E150a, Natural Cinnamon Flavouring with other natural flavourings, Natural Clove Flavouring, Natural flavouring. Contains Pumpkin Juice.

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

Nutrition Facts	Regular (12oz)
Energy (Kcal)	316kcal
Energy (Kj)	1322kj
Fat	13.7g
of which Saturates	9.2g
Carbohydrates	37.3g
of which Sugars	37.3g
Fibre	0g
Protein	9.4g
Salt	0.03g

Gingerbread Latte

SEMI-SKIMMED **MILK**. ESPRESSO: Water, Arabica Coffee beans. GINGERBREAD SYRUP: Cane Sugar, Water, Natural Clove Flavouring, Natural Cinnamon Flavouring, Natural Ginger Flavouring with other natural flavourings, Colouring: E150a. WHIPPED CREAM: Cream (95%) (from **MILK**), Sugar (4%), Emulsifier (Mono- and diglycerides of fatty acids), Stabiliser (Carrageenan), Propellant Gas (Nitrous Oxide). CINNAMON.

Nutrition Facts	Regular (12oz)
Energy (Kcal)	216kcal
Energy (Kj)	904kj
Fat	13.7g
of which Saturates	9.2g
Carbohydrates	13.5g
of which Sugars	13.5g
Fibre	0g
Protein	9.4g
Salt	0.3g

Salted Caramel Hot Chocolate

SEMI-SKIMMED **MILK**. CHOCOLATE POWDER: Sugar, Fat Reduced Cocoa (Cocoa Solids (25%) Minimum, Cocoa Butter (2.5%)), Anti-Caking Agent (Silicon Dioxide). SALTED CARAMEL SYRUP: Sugar, Water, Natural Flavouring, Salt, Colour: E150a. WHIPPED CREAM: Cream (95%) (from **MILK**), Sugar (4%), Emulsifier (Mono- and diglycerides of fatty acids), Stabiliser (Carrageenan), Propellant Gas (Nitrous Oxide). 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). CHOCOLATE 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	Regular (12oz)
Energy (Kcal)	446kcal
Energy (Kj)	1872kj
Fat	15.2g
of which Saturates	10.1g
Carbohydrates	63.2g
of which Sugars	60.7g
Fibre	1.8g
Protein	12.5g
Salt	0.7g

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Mulled Fruit Winter Warmer

WATER. SPICED RED BERRIES SYRUP: Sugar, Water, Acid: Citric Acid, Natural Blueberry Flavouring with other natural flavourings, Colour: E163, Natural Cranberry Flavouring.

Nutrition Facts	Regular (12oz)
Energy (Kcal)	98kcal
Energy (Kj)	411kj
Fat	0g
of which Saturates	0g
Carbohydrates	24g
of which Sugars	23.9g
Fibre	0g
Protein	0g
Salt	0g

EXTRAS FOR COFFEE

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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

Chai Syrup

Organic Raw Sugar, Water, Organic Tea Powder, Natural Flavour, Food Acid (Citric Acid), Organic Spice Extracts (Cinnamon, Ginger, Black Pepper)

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g/ml	285kcal	1194	0	0	69.6g	61.0g	0	0	0.005g

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 – Cinnamon Roll

Sugar, Water, Natural Cinnamon Flavourings, Natural Flavouring, Acid: Citric Acid, Colour: E150a.

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g/ml	324kcal	1355kj	0g	0g	80.1g	80.1g	0g	0g	0.03g

Coffee Syrup – Gingerbread

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Cane Sugar, Water, Natural Clove Flavouring, Natural Cinnamon Flavouring, Natural Ginger Flavouring with other natural flavourings, Colouring: 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

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

Matcha Syrup

Water, Australian Raw Sugar, Premium Japanese Matcha tea powder (min. 9%), natural Flavour, Food Acid (Citric Acid), Colour (Chlorophyll -Copper Complex), Vegetable Gums (Xanthan, Acacia & Gellan), Preservative (Potassium Sorbate), Natural Spice Extracts.

Nutrition Facts	Energy (Kcal)	Energy (Kj)	Fat	of which Saturates	Carbohydrates	of which Sugars	Fibre	Protein	Salt
100g	13kcal	517kj	0.6g	0.1g	25.8g	21.9g	0	0	0.004g

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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

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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