

	Portion Size (g/ml)	Energy (kJ) per 100g	Energy (kJ) Portion	Energy (kcal) per 100g	Energy (kcal) Portion	Energy % RI (2000 kcal)	Fat (100g)	Fat (g) Portion	Fat % RI (70g)	Saturates (100g)	Saturates (g) Portion	Saturates % RI (20g)	Carbohydrate (100g)	Carbohydrate (g) Portion	Carbohydrate % RI (260g)	Sugars (100g)	Sugars (g) Portion	Sugars % RI (90g)	Fibre (100g)	Fibre (g) Portion	Protein (100g)	Protein (g) Portion	Protein % RI (50g)	Salt (100g)	Salt (g) Portion	Salt % RI (6g)	
Nutritional Information (Guide only)																											
Product Name (alphabetical order) = Hospital Shop	Information correct at time of print (July 2025) Adults need around 2000kcal a day																										
All Butter Croissant	79	1551	1225	370	292	15%	17	13	19%	11	8.7	44%	44	35	13%	5.6	4.4	5%	2.6	2.1	9.0	7.1	14%	1.0	0.79	13%	
Americano Large	382	16	61	4	15	1%	0.0	0.0	1%	0.0	0.0	0%	0.6	2.3	1%	0.0	0.0	0%	0.0	0.0	0.0	0.6	1%	0.0	0.0	0%	
Americano Large Decaf	382	16	61	4	15	1%	0.0	0.0	1%	0.0	0.0	0%	0.6	2.3	1%	0.0	0.0	0%	0.0	0.0	0.0	0.6	1%	0.0	0.0	0%	
Americano Regular	285	16	46	4	11	1%	0.0	0.0	0%	0.0	0.0	0%	0.6	1.7	1%	0.0	0.0	0%	0.0	0.0	0.0	0.0	1%	0.0	0.0	0%	
Americano Regular Decaf	285	16	46	4	11	1%	0.0	0.0	0%	0.0	0.0	0%	0.6	1.7	1%	0.0	0.0	0%	0.0	0.0	0.0	0.0	1%	0.0	0.0	0%	
Apple & Cinnamon Flavour Porridge	234	400	936	95	222	11%	1.9	4.4	6%	0.6	1.4	7%	16	37	14%	4.9	11	12%	0.0	0.0	3.4	8.0	16%	0.20	0.47	8%	
Apple and Strawberry Fruit Pot	90	203	183	48	43	2%	0.0	0.0	1%	0.0	0.0	0%	9.7	8.7	3%	9.7	8.7	10%	1.2	1.1	0.6	0.5	1%	0.0	0.0	0%	
Apple Danish	116.7	1172	1368	278	324	16%	7.9	9.2	13%	3.4	4.0	20%	47	55	21%	24	28	31%	1.6	1.9	4.0	4.7	9%	0.15	0.18	3%	
Bacon & Lorne Breakfast Baguette	221.5	1149	2545	274	607	30%	10.0	22	31%	4.0	8.9	42%	30	66	25%	1.4	3.1	3%	1.8	4.0	15	33	66%	1.6	3.5	49%	
Bacon & Lorne Breakfast Roll	170	1138	1935	271	461	23%	12	20	29%	4.5	7.7	30%	25	43	17%	3.2	5.4	6%	1.7	2.9	15	26	52%	1.7	2.9	40%	
Bacon & Omelette Breakfast Baguette	206.5	1050	2168	250	516	26%	8.3	17	24%	3.0	6.2	31%	29	60	23%	1.8	3.7	4%	1.5	3.1	14	29	58%	1.2	2.5	42%	
Bacon & Omelette Breakfast Roll	155	1005	1558	240	372	19%	9.9	15	21%	3.1	4.8	24%	23	36	14%	4.0	6.2	7%	1.2	1.9	14	22	44%	1.2	1.9	32%	
Bacon & Sausage Breakfast Baguette	208.5	1109	2312	264	550	28%	9.4	20	29%	3.5	7.3	37%	30	63	24%	1.6	3.3	4%	1.6	3.3	14	29	58%	1.5	3.1	52%	
Bacon & Sausage Breakfast Roll	157	1081	1697	258	405	20%	11	17	24%	3.8	6.0	30%	25	39	15%	3.6	5.7	6%	1.4	2.2	14	22	44%	1.5	2.4	40%	
Bacon and Cheese Wrap	98	1522	1492	365	358	18%	23	23	33%	11	11	53%	25	25	10%	0.0	0.0	1%	1.0	1.0	14	14	28%	1.6	1.6	32%	
Bacon Breakfast Baguette	171	1136	1943	270	462	23%	8.3	14	20%	3.3	5.6	28%	33	56	22%	1.7	2.9	3%	1.6	2.7	15	26	52%	1.5	2.6	43%	
Bacon Breakfast Roll	119.5	1129	1349	269	321	16%	10	12	17%	3.6	4.3	22%	28	33	13%	4.4	5.3	6%	1.4	1.7	16	19	38%	1.6	1.9	32%	
Baguettes	108	1080	1166	255	275	14%	0.7	0.8	1%	0.3	0.3	2%	52	56	22%	2.7	2.9	3%	2.6	2.8	8.8	9.5	19%	0.73	0.79	13%	
Bavarian Slice	127	1242	1577	296	376	19%	13	17	24%	7.6	9.7	42%	41	52	20%	23	29	32%	0.8	1.0	3.4	4.3	9%	0.33	0.42	7%	
BBQ Bites Meal Box	254	934	2372	223	566	28%	9.1	23	33%	2.7	6.9	30%	25	64	25%	1.6	4.1	5%	2.0	5.1	9.2	23	46%	0.90	2.3	30%	
BBQ Chicken & Bacon Pizza	206.76	1280	2647	306	633	32%	14	29	41%	5.4	11	53%	31	64	25%	5.6	12	13%	1.8	3.7	13	27	54%	0.70	1.4	23%	
BBQ Pulled Pork Sandwich with Slaw	211	856	1806	204	430	22%	6.3	13	19%	2.1	4.4	22%	22	46	18%	8.0	17	19%	1.4	3.0	14	30	60%	0.63	1.3	22%	
Belgian Buns	122.5	1285	1574	303	371	19%	2.6	3.2	5%	0.9	1.1	6%	64	78	30%	38	47	32%	1.8	2.2	5.0	6.1	12%	0.43	0.53	9%	
BLT	187	911	1704	217	406	20%	8.5	16	23%	2.2	4.1	21%	24	45	17%	4.4	8.2	9%	2.3	4.3	10	19	38%	0.95	1.8	30%	
Cappuccino Large	327	149	487	35	114	6%	1.0	3.3	5%	0.6	2.0	10%	4.1	13	5%	3.2	10	11%	0.0	0.0	2.5	8.2	16%	0.10	0.33	6%	
Cappuccino Large Decaf	327	149	487	35	114	6%	1.0	3.3	5%	0.6	2.0	10%	4.1	13	5%	3.2	10	11%	0.0	0.0	2.5	8.2	16%	0.10	0.33	6%	
Cappuccino Regular	275	142	391	34	94	5%	0.8	2.2	3%	0.5	1.4	7%	4.2	12	5%	3.1	8.5	9%	0.0	0.0	2.4	6.6	13%	0.0	0.0	0%	
Cappuccino Regular Decaf	275	142	391	34	94	5%	0.8	2.2	3%	0.5	1.4	7%	4.2	12	5%	3.1	8.5	9%	0.0	0.0	2.4	6.6	13%	0.0	0.0	0%	
Caramel Crispy	50	2027	1014	483	242	12%	21	11	30%	13	6.5	32%	69	35	13%	58	29	32%	0.0	0.0	4.3	2.2	4%	0.28	0.14	2%	
Caramel Custard Doughnut	97	1184	1148	282	274	14%	11	11	16%	4.9	4.8	24%	41	40	15%	17	16	18%	1.1	1.1	4.2	4.1	8%	0.70	0.68	11%	
Caramel Latte Large	417.5	223	931	53	221	11%	1.9	7.9	11%	1.3	5.4	32%	6.5	27	10%	5.7	24	32%	0.0	0.0	2.5	10	20%	0.10	0.42	7%	
Caramel Latte Large Decaf	417.5	223	931	53	221	11%	1.9	7.9	11%	1.3	5.4	32%	6.5	27	10%	5.7	24	32%	0.0	0.0	2.5	10	20%	0.0	0.03	1%	
Caramel Latte Regular	363.5	234	851	56	204	10%	2.0	7.3	10%	1.3	4.7	34%	7.2	26	10%	6.6	24	37%	0.0	0.0	2.2	8.0	16%	0.0	0.03	1%	
Caramel Latte Regular Decaf	363.5	234	851	56	204	10%	2.0	7.3	10%	1.3	4.7	34%	7.2	26	10%	6.6	24	37%	0.0	0.0	2.2	8.0					

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Cloudy Lemonade	406	58	235	14	57	3%	0.0	0.0	0%	0.0	0.0	0%	3.4	14	5%	2.7	11	12%	0.0	0.0	0.0	0.0	0%	0.0	0.05	1%
Corn Topped Rolls	71	1080	767	255	181	9%	2.8	2.0	3%	0.4	0.3	2%	47	33	13%	7.5	5.3	6%	2.4	1.7	9.3	6.6	13%	0.75	0.53	9%
Corned Beef Bake	143	1214	1736	291	416	21%	19	27	30%	9.3	13	30%	22	31	12%	0.8	1.1	1%	1.2	1.7	7.5	11	22%	1.0	1.4	23%
Cream Éclair	81	1660	1345	399	323	16%	28	23	32%	15	12	30%	31	25	10%	20	16	18%	1.1	0.9	5.2	4.2	8%	0.23	0.19	3%
Cream Iced Finger	111	1402	1556	335	372	19%	16	18	26%	9.7	11	30%	42	47	18%	19	21	23%	1.2	1.3	5.1	5.7	11%	0.40	0.44	7%
Crispy Chicken Bites (4 pieces)	69.35	1048	727	250	173	9%	11	7.6	11%	4.5	3.1	16%	18	12	5%	0.0	0.0	0%	1.5	1.0	19	13	26%	0.73	0.51	9%
Crispy Chicken Bites (9 pieces)	156	1048	1635	250	390	20%	11	17	24%	4.5	7.0	30%	18	28	11%	0.0	0.0	0%	1.5	2.3	19	30	60%	0.73	1.1	18%
Crispy Chicken Bites Sharing Box	312	1048	3270	250	780	39%	11	34	30%	4.5	14	30%	18	56	22%	0.0	0.7	1%	1.5	4.7	19	59	118%	0.73	2.3	30%
Double Up Mayo Crispy Chicken Burger	352	1043	3671	248	873	44%	7.7	27	30%	2.5	8.8	34%	28	99	38%	2.5	8.8	10%	1.3	4.6	16	56	112%	1.1	3.9	34%
Egg & Tomato Roll (HS)	195.3	739	1443	176	344	17%	6.1	12	17%	1.0	2.0	10%	21	41	16%	4.1	8.0	9%	2.7	5.3	7.9	15	30%	0.65	1.3	22%
Egg Mayonnaise & Tomato	185.3	786	1456	187	347	17%	6.1	11	16%	1.0	1.9	10%	24	44	17%	3.8	7.0	8%	2.4	4.4	7.8	14	28%	0.68	1.3	22%
Egg Mayonnaise Sandwich	149.3	890	1329	212	317	16%	6.9	10	14%	1.2	1.8	9%	26	39	15%	3.6	5.4	6%	2.8	4.2	10	15	30%	0.83	1.2	20%
Empire Biscuit	68.5	1739	1191	414	284	14%	14	9.6	14%	4.9	3.4	17%	65	45	17%	38	26	16%	7.2	4.9	3.4	2.3	5%	0.45	0.31	5%
Espresso Extra Shot	39.6	87	34	21	8	0%	0.0	0.0	0%	0.0	0.0	0%	3.2	1.3	1%	0.0	0.0	0%	0.0	0.0	1.5	0.6	1%	0.0	0.0	0%
Espresso Extra Shot Decaf	39.6	84	33	20	8	0%	0.0	0.0	0%	0.0	0.0	0%	3.2	1.3	1%	0.0	0.0	0%	0.0	0.0	1.3	0.5	1%	0.0	0.0	0%
Espresso Shot	60	84	50	20	12	1%	0.0	0.0	0%	0.0	0.0	0%	3.2	1.9	1%	0.0	0.0	0%	0.0	0.0	1.3	0.8	2%	0.0	0.0	0%
Espresso Shot Decaf	60	84	50	20	12	1%	0.0	0.0	0%	0.0	0.0	0%	3.2	1.9	1%	0.0	0.0	0%	0.0	0.0	1.3	0.8	2%	0.0	0.0	0%
Extra Bacon	14.5	1282	186	308	45	2%	21	3.0	0%	8.4	1.2	3%	0.7	0.0	0%	0.0	0.0	0%	0.0	0.0	29	4.2	8%	3.0	0.44	7%
Extra Breakfast Sausage	26	992	258	238	62	3%	16	4.2	6%	5.6	1.5	9%	10	2.6	1%	0.7	0	0%	1.1	0	13	3.4	7%	1.6	0.42	7%
Extra Caramel Syrup	24	799	192	188	45	2%	0.0	0.0	0%	0.0	0.0	0%	47	11	4%	47	11	13%	0.0	0.0	0.0	0.0	0%	0.05	0.0	0%
Extra Caramelised Biscuit Syrup	24	799	192	188	45	2%	0.0	0.0	0%	0.0	0.0	0%	47	11	4%	47	11	13%	0.0	0.0	0.0	0.0	0%	0.05	0.0	0%
Extra Cream	12.5	1372	172	333	42	2%	33	4.1	0%	23	2.9	30%	6.8	0.9	0%	6.8	0.9	1%	0.0	0.0	2.1	0.0	1%	0.05	0.0	0%
Extra Hot Chocolate Powder	1	1662	17	394	4	0%	8.8	0.0	0%	7.5	0.0	0%	68	0.7	0%	63	0.6	1%	4.1	0.0	8.7	0.0	0%	0.73	0.0	0%
Extra Lorne Sausage	65	1188	772	285	185	9%	17	11	16%	6.9	4.5	30%	15	9.8	4%	0.0	0.0	0%	1.9	1.2	17	11	22%	2.0	1.3	21%
Extra Omelette with Cheese	50	723	362	174	87	4%	12	6.0	9%	3.5	1.8	9%	4.2	2.1	1%	1.7	0.9	1%	0.5	0.0	12	6.0	12%	0.65	0.33	6%
Extra Sweetcure Bacon	12	1732	208	416	50	3%	29	3.5	0%	12	1.4	7%	3.5	0.0	0%	3.5	0.0	0%	0.6	0.0	35	4.2	8%	3.3	0.40	7%
Extra Vanilla Syrup	24	816	196	192	46	2%	0.0	0.0	0%	0.0	0.0	0%	48	12	5%	48	12	13%	0.0	0.0	0.0	0.0	0%	0.05	0.0	0%
Extra Vegan Breakfast Sausage with Quorn™	50.3	892	449	213	107	5%	11	5.5	8%	4.1	2.1	11%	11	5.5	2%	1.0	0.5	1%	3.2	1.6	16	8.0	16%	1.4	0.70	12%
Fairtrade Apple Juice from Concentrate	150	195	293	46	69	3%	0.0	0.0	0%	0.0	0.0	0%	11	17	7%	11	17	19%	0.0	0.0	0.0	0.0	0%	0.0	0.0	0%
Fairtrade Orange Juice from Concentrate 250ml	150	191	287	45	68	3%	0.0	0.0	0%	0.0	0.0	0%	10	15	6%	10	15	17%	0.0	0.0	0.0	0.8	2%	0.0	0.0	0%
Fairtrade Orange Juice from Concentrate 500ml	150	191	287	45	68	3%	0.0	0.0	0%	0.0	0.0	0%	10	15	6%	10	15	17%	0.0	0.0	0.0	0.8	2%	0.0	0.0	0%
Fat Free Greek Style Yoghurt with Strawberry Compote	150	328	492	77	116	6%	0.0	0.7	1%	0.0	0.1	1%	13	20	8%	11	17	19%	0.0	0.7	5.0	7.5	15%	0.13	0.20	3%
Filled Milk Chocolate Doughnut	83	1358	1127	323	268	13%	13	11	16%	6.8	5.6	30%	46	38	15%	24	20	21%	1.2	1.0	5.0	4.2	8%	0.48	0.40	7%
Fish Finger Sandwich with Ketchup	218.5	913	1995	217	474	24%	6.9	15	21%	0.7	1.5	8%	27	59	23%	5.9	13	14%	1.4	3.1	11	24	48%	1.1	2.4	30%
Fish Finger Sandwich with Mayo	218.5	993	2170	237	518	26%	10	22	31%	0.9	2.0	10%	25	55	21%	3.3	7.2	8%	1.4	3.1	11	24	48%	1.0	2.2	17%
Fish Finger Wrap with Ketchup	222	876	1945	208	462	23%	6.0	13	19%	1.2	2.7	14%	29	64	25%	4.3	9.5	11%	2.0	4.4	8.5	19	38%	1.1	2.4	30%
Fish Finger Wrap with Mayo	222	962	2136	229	508	25%	9.3	21	30%	1.5	3.3	17%	27	60	23%	1.8	4.0	4%	2.0	4.4	8.4	19	38%	0.93	2.1	13%
Flat White Regular	222.6	137	305	32	71	4%	0.8	1.8	3%	0.5	1.1	6%	3.9	8.7	3%	2.7	6.0	7%	0.0	0.0	2.4	5.3	11%	0.0	0.0	0%
Flat White Regular Decaf	222	137	304	32	71	4%	0.8	1.8	3%	0.5	1.1	6%	3.9	8.7	3%	2.7	6.0	7%	0.0	0.0	2.4	5.3	11%	0.0	0.0	0%
Free Range Egg Mayonnaise	161.3	931	1502	222	358	18%	7.7	12	17%	1.3	2.1	11%	27	44	17%	3.7	6.0	7%	2.5	4.0	9.8	16	32%	0.80	1.3	22%
Free Range Egg Salad (HS)	151	896	1353	213	322	16%	6.5	9.8	14%	1.0	1.5	8%	29	44	17%	4.0	6.0	7%	2.5	3.8	8.4	13	26%	0.65	0.98	16%
Fruit Scones	96	1310	1258	311	299	15%	9.0	8.6	12%	3.1	3.0	15%	50	48	18%	20	19	21%	1.9	1.8	6.6	6.3	13%	1.0	0.96	16%
Fruity Flapjack	60	1768	1061	422	253	13%	18	11	10%	5.9	3.5	30%	57	34	13%	41	25	20%	2.8	1.7	6.5	3.9	8%	0.0	0.0	0%
Garlic & Herb Dip	40	1315	526	319	128	6%	32	13	30%	2.2	0.9	5%	7.3	2.9	1%	3.1	1.2	1%	0.0	0.0	0.0	0.0	0%	0.85	0.34	6%
Gingerbread Men	42	1766	742	420	176	9%	11	4.6	7%	3.9	1.6	8%	71	30	12%	31	13	14%	6.9	2.9	5.7	2.4	5%	0.43	0.18	3%
Glazed Ring Doughnuts	58	1571	911	374	217	11%	14	8.1	12%	5.7	3.3	30%	56	32	12%	29	17	16%	1.3	0.8	5.3	3.1	6%	0.73	0.42	7%
Golden Syrup Flavour Porridge	237	441	1045	105	249	12%	1.8	4.3	6%	0.6	1.4	7%	18	43	17%	5.8	14	16%	1.8	4.3	3.2	7.6	15%	0.20	0.47	8%
Green Tea Regular	330	0	0	0	0	0%	0.0	0.0	0%	0.0	0.0	0%	0.0	0.0	0%	0.0	0.0	0%	0.0	0.0	0.0	0.0	0%	0.0	0.0	0%
Greggs Mature Cheddar & Onion Hand Cooked Crisps 40g	40	2091	836	500	200	10%	26	10	14%	2.4	1.0	5%	57	23	9%	2.2	0.9	1%	3.9	1.6	7.6	3.0	6%	1.3	0.52	9%
Greggs Natural Mineral Water 500ml	100	0	0	0	0	0%	0.0	0.0	0%	0.0	0.0	0%	0.0	0.0	0%	0.0	0.0	0%	0.0	0.0	0.0	0.0	0%	0.0	0.0	0%
Greggs Natural Mineral Water 750ml	100	0	0	0	0	0%	0.0	0.0	0%	0.0	0.0	0%	0.0	0.0	0%	0.0	0.0	0%	0.0	0.0	0.0	0.0	0%	0.0	0.0	0%
Greggs Sea Salt & Cider Vinegar Hand Cooked Crisps 40g	40	2090	836	500	200	10%	26	10	14%	2.3	0.9	5%	58	23	9%	1.8	0.7	1%	3.5	1.4	6.7	2.7	5%	1.7	0.68	11%
Greggs Thai Sweet Chilli Flavour Hand Cooked Crisps 40g	40	2098	839	502	201	10%	26	10	14%	2.3	0.9	5%	58	23	9%	4.3	1.7	2%	3.7	1.5	7.1	2.8	6%	1.0	0.40	7%

	Portion Size (g/ml)	Energy (kJ) per 100g	Energy (kJ) Portion	Energy (kcal) per 100g	Energy (kcal) Portion	Energy % RI (2000 kcal)	Fat (100g)	Fat (g) Portion	Fat % RI (70g)	Saturates (100g)	Saturates (g) Portion	Saturates % RI (20g)	Carbohydrate (100g)	Carbohydrate (g) Portion	Carbohydrate % RI (260g)	Sugars (100g)	Sugars (g) Portion	Sugars % RI (90g)	Fibre (100g)	Fibre (g) Portion	Protein (100g)	Protein (g) Portion	Protein % RI (50g)	Salt (100g)	Salt (g) Portion	Salt % RI (6g)	
Nutritional Information (Guide only)																											
Product Name (alphabetical order) = Hospital Shop	Information correct at time of print (July 2025) Adults need around 2000kcal a day																										
Ham & Cheese Baguette	196	1038	2034	247	484	24%	8.0	16	23%	4.1	8.0	40%	29	57	22%	1.5	2.9	3%	1.4	2.7	14	27	54%	1.2	2.4	40%	
Ham & Mature Cheddar Cheese Toastie	183.36	1071	1964	255	468	23%	8.9	16	23%	5.1	9.4	47%	28	51	20%	3.3	6.1	7%	1.3	2.4	15	28	56%	1.2	2.2	37%	
Ham Sandwich	126	865	1090	205	258	13%	3.9	4.9	7%	0.9	1.1	6%	29	37	14%	3.6	4.5	5%	2.9	3.7	12	15	30%	1.1	1.4	23%	
Hash Browns	76.4	841	643	201	154	8%	8.3	6.3	9%	0.9	0.7	4%	29	22	8%	0.6	0	1%	2.1	1.6	1.4	1.1	2%	0.70	0.53	9%	
Honey Roast Ham & Egg (HS)	148	921	1363	219	324	16%	6.0	8.9	13%	0.8	1.2	6%	29	43	17%	4.0	5.9	7%	2.4	3.6	11	16	32%	1.0	1.5	25%	
Honey Roast Ham & Egg Salad	191	721	1392	171	330	17%	4.5	8.7	12%	0.6	1.2	6%	23	44	17%	3.5	6.8	8%	2.1	4.1	8.6	17	34%	0.78	1.5	25%	
Honey Roast Ham (HS)	136	962	1308	229	311	16%	6.6	9.0	13%	1.4	1.9	10%	30	41	16%	3.8	5.2	6%	2.6	3.5	11	15	30%	1.1	1.5	25%	
Honey Roast Ham and Egg Salad Roll	196	716	1403	170	333	17%	4.9	9.6	14%	0.7	1.4	7%	21	41	16%	3.8	7.4	8%	2.5	4.9	9.3	18	36%	0.80	1.6	27%	
Hot & Spicy Chicken Wrap	241	940	2265	223	537	27%	6.6	16	23%	2.4	5.8	29%	31	75	29%	6.3	15	17%	2.2	5.3	8.9	21	42%	0.93	2.2	37%	
Hot Chocolate Brownies	168	1886	3168	451	758	38%	23	39	65%	6.5	11	33%	54	91	35%	35	59	66%	1.2	2.0	6.3	11	22%	0.25	0.42	7%	
Hot Chocolate Large	439.1	277	1216	66	290	15%	1.5	6.6	9%	1.2	5.3	27%	11	48	18%	9.5	42	47%	0.0	0.0	2.0	8.8	18%	0.13	0.57	10%	
Hot Chocolate Regular	372	249	926	59	219	11%	1.4	5.2	7%	1.1	4.1	23%	9.8	36	14%	8.0	30	33%	0.0	0.0	1.8	6.7	13%	0.13	0.48	8%	
Hot Ham & Cheese Baguette	188.16	1080	2032	257	484	24%	8.2	15	21%	4.2	7.9	40%	30	56	22%	1.6	3.0	3%	1.5	2.8	15	28	56%	1.3	2.4	40%	
Hot Mexican Chicken Baguette	221.2	915	2024	217	480	24%	4.1	9.1	13%	1.8	4.0	20%	33	73	28%	7.5	17	19%	1.9	4.2	11	24	48%	1.0	2.2	37%	
Hot Milk Chocolate Cookies	140	2044	2862	490	686	34%	26	36	31%	10	14	39%	54	76	29%	29	41	46%	8.0	11	5.9	8.3	17%	0.53	0.74	12%	
Hot Sauce	40	378	151	91	36	2%	7.2	2.9	4%	0.5	0.2	1%	5.8	2.3	1%	0.7	0.0	0%	0.6	0.0	0.0	0.0	0%	2.1	0.84	14%	
Hot Spicy Chipotle Chicken Baguette	226.08	924	2089	219	495	25%	3.9	8.8	13%	1.8	4.1	21%	33	75	29%	7.8	18	20%	1.8	4.1	12	27	54%	0.85	1.9	37%	
Hot Spicy Korean BBQ Chicken Baguette	256.32	897	2299	213	546	27%	4.3	11	16%	1.7	4.4	22%	34	87	33%	6.1	16	18%	1.9	4.9	8.5	22	44%	0.88	2.3	38%	
Hot Yum Yums	156.4	1653	2585	396	619	31%	22	34	49%	11	17	60%	44	69	27%	21	33	37%	1.4	2.2	4.7	7.4	15%	0.98	1.5	25%	
Iced Americano	440.9	12	53	3	13	1%	0.0	0.0	0%	0.0	0.0	0%	0.0	1.9	1%	0.0	0.0	0%	0.0	0.0	0.0	0.8	2%	0.0	0.05	1%	
Iced Caramel Latte Regular	484.9	149	723	35	170	9%	0.9	4.4	6%	0.5	2.4	12%	5.0	24	9%	4.6	22	24%	0.0	0.0	1.8	8.7	17%	0.05	0.24	4%	
Iced Caramelised Biscuit Latte	484.9	149	723	35	170	9%	0.9	4.4	6%	0.5	2.4	12%	5.0	24	9%	4.6	22	24%	0.0	0.0	1.8	8.7	17%	0.05	0.24	4%	
Iced Latte Regular	460.9	113	521	27	124	6%	0.9	4.1	6%	0.5	2.3	12%	2.8	13	5%	2.4	11	12%	0.0	0.0	1.9	8.8	18%	0.05	0.23	4%	
Iced Vanilla Latte Regular	484.9	149	723	35	170	9%	0.9	4.4	6%	0.5	2.4	12%	5.0	24	9%	4.7	23	26%	0.0	0.0	1.8	8.7	17%	0.05	0.24	4%	
Jam Doughnut	76	1386	1053	330	251	13%	12	9.1	13%	5.1	3.9	20%	49	37	14%	20	15	17%	2.1	1.6	5.4	4.1	8%	0.38	0.29	5%	
Jammy Heart Biscuit	59	1922	1134	459	271	14%	22	13	19%	13	7.7	39%	59	35	13%	22	13	14%	1.9	1.1	5.3	3.1	6%	0.53	0.31	5%	
Korean BBQ Chicken Flatbread	192	785	1507	186	357	18%	4.1	7.9	11%	1.0	1.9	10%	23	44	17%	5.5	11	12%	2.6	5.0	13	25	50%	0.63	1.2	20%	
Korean BBQ Chicken Wrap	235	933	2193	222	522	26%	6.8	16	23%	2.5	5.9	30%	30	71	27%	4.7	11	12%	2.1	4.9	9.1	21	42%	0.90	2.1	35%	
Korean BBQ Crispy Chicken Burger	235	995	2338	236	555	28%	5.9	14	20%	1.9	4.5	23%	32	75	29%	6.3	15	17%	1.5	3.5	13	31	62%	1.1	2.6	43%	
Large White Bloomer	50	1070	535	252	126	6%	1.3	0.7	1%	0.2	0.0	1%	49	25	10%	5.0	2.5	3%	2.3	1.2	10	5.0	10%	0.78	0.39	7%	
Latte Large	380	146	555	35	133	7%	1.0	3.8	5%	0.6	2.3	12%	3.8	14	5%	2.9	11	12%	0.0	0.0	2.6	9.9	20%	0.10	0.38	6%	
Latte Large Decaf	380	146	555	35	133	7%	1.0	3.8	5%	0.6	2.3	12%	3.8	14	5%	2.9	11	12%	0.0	0.0	2.6	9.9	20%	0.0	0.0	0%	
Latte Regular	326	148	482	35	114	6%	1.0	3.3	5%	0.6	2.0	10%	4.1	13	5%	3.4	11	12%	0.0	0.0	2.4	7.8	16%	0.0	0.0	0%	
Latte Regular Decaf	326	148	482	35	114	6%	1.0	3.3	5%	0.6	2.0	10%	4.1	13	5%	3.4	11	12%	0.0	0.0	2.4	7.8	16%				

	Portion Size (g/ml)	Energy (kJ) per 100g	Energy (kJ) Portion	Energy (kcal) per 100g	Energy (kcal) Portion	Energy % RI (2000 kcal)	Fat (100g)	Fat (g) Portion	Fat % RI (70g)	Saturates (100g)	Saturates (g) Portion	Saturates % RI (20g)	Carbohydrate (100g)	Carbohydrate (g) Portion	Carbohydrate % RI (260g)	Sugars (100g)	Sugars (g) Portion	Sugars % RI (90g)	Fibre (100g)	Fibre (g) Portion	Protein (100g)	Protein (g) Portion	Protein % RI (50g)	Salt (100g)	Salt (g) Portion	Salt % RI (6g)	
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Mocha Large Decaf	390	330	1287	78	304	15%	1.8	7.0	10%	1.4	5.5	20%	13	51	20%	8.7	34	20%	0.0	0.0	2.5	9.8	20%	0.20	0.78	13%	
Mocha Regular	353.3	277	979	66	233	12%	1.5	5.3	8%	1.2	4.2	21%	11	39	15%	8.4	30	21%	0.0	0.0	2.0	7.1	14%	0.18	0.64	11%	
Mocha Regular Decaf	353	277	978	66	233	12%	1.5	5.3	8%	1.2	4.2	21%	11	39	15%	8.4	30	21%	0.0	0.0	2.0	7.1	14%	0.18	0.64	11%	
Mozzarella & Cheddar Bites	96.834	1389	1345	333	322	16%	21	20	20%	9.8	9.5	40%	23	22	8%	0.5	0.0	1%	0.0	0.0	13	13	26%	1.3	1.3	22%	
Novelty Bun (Pink)	49.4	1713	846	409	202	10%	19	9.4	10%	4.2	2.1	11%	54	27	10%	38	19	21%	4.3	2.1	3.4	1.7	3%	0.78	0.39	7%	
Novelty Bun (White)	49.5	1713	848	409	202	10%	19	9.4	10%	4.2	2.1	11%	54	27	10%	38	19	21%	4.3	2.1	3.4	1.7	3%	0.78	0.39	7%	
Omelette Breakfast Baguette	213	903	1923	215	458	23%	6.6	14	20%	2.0	4.3	22%	28	60	23%	2.2	4.7	5%	1.6	3.4	10	21	42%	0.70	1.5	25%	
Omelette Breakfast Roll	176	876	1542	209	368	18%	8.7	15	21%	2.4	4.2	21%	21	37	14%	4.0	7.0	8%	1.2	2.1	11	19	38%	0.70	1.2	20%	
Oval Bites	105	1109	1164	263	276	14%	3.7	3.9	6%	0.6	0.6	3%	44	46	18%	6.8	7.1	8%	4.6	4.8	11	12	24%	0.83	0.87	15%	
Pain au Chocolat	79	1581	1249	378	299	15%	18	14	20%	12	9.5	40%	44	35	13%	10	7.9	9%	3.0	2.4	8.4	6.6	13%	0.70	0.55	9%	
Peach Iced Tea	392	4	16	1	4	0%	0.0	0.0	0%	0.0	0.0	0%	0.0	0.9	0%	0.0	0.0	0%	0.0	0.0	0.0	0.0	0%	0.01	0.04	1%	
Peach Melba	99	1559	1543	373	369	18%	21	21	20%	11	11	50%	43	43	17%	27	27	20%	0.9	0.9	2.6	2.6	5%	0.13	0.13	2%	
Peppermint Tea Regular	330	0	0	0	0	0%	0.0	0.0	0%	0.0	0.0	0%	0.0	0.0	0%	0.0	0.0	0%	0.0	0.0	0.0	0.0	0%	0.0	0.0	0%	
Pepperoni Hot Shot Pizza	191.39	1340	2565	321	614	31%	17	33	41%	6.6	13	50%	30	57	22%	3.1	5.9	7%	1.8	3.4	11	21	42%	0.85	1.6	27%	
Pepperoni Pizza	172	1482	2549	355	611	31%	19	33	41%	7.3	13	50%	33	57	22%	2.9	5.0	6%	1.8	3.1	12	21	42%	0.83	1.4	23%	
Pesto and Mozzarella Pasta	230	676	1555	161	370	19%	5.0	12	17%	1.1	2.5	13%	22	51	20%	1.9	4.4	5%	1.7	3.9	6.1	14	28%	0.53	1.2	20%	
Pineapple Cake	69	1527	1054	363	250	13%	12	8.3	12%	5.9	4.1	24%	61	42	16%	41	28	21%	0.8	0.6	2.3	1.6	3%	0.28	0.19	3%	
Pink Jammie Doughnut	90	1479	1331	352	317	16%	14	13	19%	6.6	5.9	30%	51	46	18%	26	23	20%	1.8	1.6	4.7	4.2	8%	0.33	0.30	5%	
Portion of Cheddar Cheese	20	1722	344	415	83	4%	35	7.0	50%	22	4.4	22%	0.0	0.0	0%	0.0	0.0	0%	0.0	0.0	25	5.0	10%	1.8	0.36	6%	
Pulled Pork Sandwich with Apple Sauce	186	1059	1970	252	469	23%	8.1	15	21%	2.9	5.4	27%	28	52	20%	11	20	22%	1.4	2.6	16	30	60%	0.48	0.89	15%	
Ready to Drink Caramel Latte	250	149	373	35	88	4%	0.8	2.0	3%	0.5	1.3	7%	5.0	13	5%	2.3	5.8	6%	0.0	0.0	2.0	5.0	10%	0.05	0.13	2%	
Ready to Drink Latte	250	224	560	53	133	7%	1.7	4.3	6%	1.2	3.0	15%	6.6	17	7%	4.7	12	13%	1.0	2.5	2.4	6.0	12%	0.08	0.20	3%	
Red Pepper, Feta and Spinach Bake	153.9	1209	1861	290	446	22%	19	29	41%	9.7	15	70%	23	35	13%	2.0	3.1	3%	1.8	2.8	5.9	9.1	18%	1.1	1.7	28%	
Roast Chicken & Bacon Club Baguette	239.1	805	1925	191	457	23%	4.9	12	17%	1.0	2.4	12%	26	62	24%	2.3	5.5	6%	1.5	3.6	10	24	48%	0.70	1.7	28%	
Roast Chicken Mayonnaise Baguette	222.4	867	1928	206	458	23%	5.2	12	17%	0.6	1.3	7%	28	62	24%	2.0	4.4	5%	1.5	3.3	11	24	48%	0.68	1.5	25%	
Roast Chicken Salad	197.1	747	1472	177	349	17%	4.8	9.5	14%	0.5	1.0	5%	23	45	17%	3.5	6.9	8%	2.1	4.1	9.5	19	38%	0.58	1.1	18%	
Roast Chicken Salad Roll	205	719	1474	171	351	18%	4.2	8.6	12%	0.5	1.0	5%	20	41	16%	4.1	8.4	9%	2.5	5.1	12	25	50%	0.60	1.2	20%	
Roast Chicken with Honey Mustard Mayonnaise Oval Bite	227	763	1732	181	411	21%	4.4	10.0	14%	0.6	1.4	7%	22	50	19%	4.8	11	12%	2.8	6.4	12	27	54%	0.68	1.5	25%	
Salted Caramel Dipping Sauce	60	1507	904	359	215	11%	14	8.4	12%	6.9	4.1	24%	56	34	13%	47	28	11%	0.0	0.0	2.2	1.3	3%	0.18	0.11	2%	
Sausage & Omelette Breakfast Baguette	241	994	2396	237	571	29%	8.6	21	30%	2.8	6.7	34%	28	67	26%	1.8	4.3	5%	1.6	3.9	11	27	54%	1.0	2.4	40%	
Sausage & Omelette Breakfast Roll	178	959	1707	229	408	20%	10.0	18	26%	3.0	5.3	27%	23	41	16%	3.7	6.6	7%	1.4	2.5	11	20	40%	0.98	1.7	28%	
Sausage Breakfast Baguette	217	1050	2279	250	543	27%	8.7	19	27%	3.0	6.5	30%	31	67	26%	1.7	3.7	4%	1.8	3.9	11	24	48%	1.2	2.6	40%	
Sausage Breakfast Roll	154	1044	1608	249	383	19%	10	15	21%	3.3	5.1	26%	27	42	16%	3.8	5.9	7%	3.5	5.4	11	17	34%	1.2	1.8	30%	
Sausage Rolls	103	1405	1447	338	348	17%	23	24	24%	11	11	50%	23	24	9%	0.0	0.0	0%	1.5	1.5	8.9	9.2	18%	1.6	1.6	27%	
Sausage, Bean & Cheese Melt	149.399	1312	1960	315	471	24%	20	30	40%	9.7	14	20%	25	37	14%	2.0	3.0	3%	2								

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Spread	10	1114	111	271	27	1%	30	3.0	4%	7.1	0.7	6%	0.0	0.0	0%	0.0	0.0	0%	0.0	0.0	0.0	0.0	0%	1.1	0.11	2%	
Star Biscuit	38.4	2108	809	504	194	10%	24	9.2	13%	15	5.8	20%	61	23	9%	27	10	11%	8.9	3.4	6.6	2.5	5%	0.38	0.15	3%	
Steak Bake	136.4	1310	1787	314	428	21%	20	27	39%	9.6	13	20%	22	30	12%	0	0	0%	1.1	1.5	11	15	30%	1.0	1.4	23%	
Stottie	70	1035	725	244	171	9%	1.7	1.2	2%	0.3	0.2	1%	47	33	13%	5.7	4.0	4%	3.1	2.2	8.7	6.1	12%	0.78	0.55	9%	
Strawberry Lemonade	406	72	292	17	69	3%	0.0	0.0	0%	0.0	0.0	0%	4.2	17	7%	2.9	12	13%	0.0	0.0	0.0	0.0	0%	0.0	0.05	1%	
Sugar Strand Doughnut	59	1541	909	367	217	11%	15	8.9	13%	6.6	3.9	20%	52	31	12%	22	13	14%	0.9	0.5	5.6	3.3	7%	0.38	0.22	4%	
Sweet & Spicy Chicken Oval Bite	224.5	963	2162	229	514	26%	7.1	16	23%	2.4	5.4	27%	27	61	23%	7.8	18	20%	2.5	5.6	13	29	58%	0.75	1.7	28%	
Sweet Chilli Chicken Wrap	235	927	2178	220	517	26%	6.7	16	23%	2.4	5.6	28%	30	71	27%	4.9	12	13%	2.0	4.7	9.0	21	42%	0.88	2.1	30%	
Sweet Potato Bhaji and Rice	230	489	1125	116	267	13%	1.8	4.1	6%	0.2	0.5	3%	19	44	17%	3.0	6.9	8%	3.3	7.6	4.3	9.9	20%	0.35	0.81	14%	
Tandoori Chicken	167.5	879	1472	209	350	18%	5.3	8.9	13%	0.6	1.0	5%	28	47	18%	4.8	8.0	9%	2.5	4.2	11	18	36%	0.70	1.2	20%	
Tandoori Chicken Baguette	223	870	1940	206	459	23%	4.8	11	16%	0.6	1.3	7%	29	65	25%	3.2	7.1	8%	1.6	3.6	11	25	50%	0.70	1.6	27%	
Tandoori Chicken Roll	196	750	1470	178	349	17%	5.0	9.8	14%	0.5	1.0	5%	22	43	17%	4.7	9.2	10%	2.6	5.1	10	20	40%	0.63	1.2	20%	
Tomato Soup	300	271	813	65	195	10%	2.7	8.1	12%	0.5	1.5	8%	8.2	25	10%	7.3	22	24%	0.6	1.8	1.6	4.8	10%	0.45	1.4	23%	
Tottenham Cake	88	1734	1526	413	363	18%	16	14	20%	3.4	3.0	15%	62	55	21%	43	38	43%	0.8	0.7	4.7	4.1	8%	0.33	0.29	5%	
Triple Chocolate Cookies	70	1988	1392	476	333	17%	25	18	26%	10.0	7.0	20%	52	36	14%	30	21	23%	9.8	6.9	5.9	4.1	8%	0.55	0.39	7%	
Triple Chocolate Doughnut	85	1599	1359	382	325	16%	19	16	20%	8.1	6.9	20%	47	40	15%	23	20	23%	1.5	1.3	5.0	4.3	9%	0.65	0.55	9%	
Triple Chocolate Muffin	129.4	1513	1958	361	467	23%	16	21	30%	4.0	5.2	26%	45	58	22%	30	39	43%	3.4	4.4	5.6	7.2	14%	0.38	0.49	8%	
Tuna Crunch (HS)	188	738	1387	175	329	16%	2.9	5.5	8%	0.3	0.6	3%	25	47	18%	4.7	8.8	10%	2.3	4.3	11	21	42%	0.63	1.2	20%	
Tuna Crunch Baguette	236	740	1746	175	413	21%	2.2	5.2	7%	0.3	0.7	4%	27	64	25%	3.2	7.6	8%	1.6	3.8	11	26	52%	0.63	1.5	25%	
Tuna Crunch Roll	187	719	1345	170	318	16%	3.2	6.0	9%	0.4	0.7	4%	23	43	17%	5.1	9.5	11%	2.8	5.2	11	21	42%	0.63	1.2	20%	
Tuna Mayonnaise & Cucumber	189.2	735	1391	174	329	16%	3.8	7.2	10%	0.4	0.8	4%	23	44	17%	3.3	6.2	7%	2.0	3.8	11	21	42%	0.60	1.1	18%	
Tuna Mayonnaise Stottie	252.6	807	2038	191	482	24%	3.5	8.8	13%	0.4	1.0	5%	27	68	26%	3.7	9.3	10%	1.8	4.5	12	30	60%	0.70	1.8	30%	
Tuna Pasta	250	633	1583	151	378	19%	5.7	14	20%	0.6	1.5	8%	18	45	17%	3.2	8.0	9%	1.3	3.3	6.2	16	32%	0.40	1.0	17%	
Vanilla Custard Slice	129	1066	1375	254	328	16%	9.3	12	17%	5.5	7.1	20%	39	50	19%	24	31	24%	0.5	0.6	3.2	4.1	8%	0.40	0.52	9%	
Vanilla Latte Large	417.5	225	939	54	225	11%	1.9	7.9	11%	1.3	5.4	20%	6.6	28	11%	5.8	24	20%	0.0	0.0	2.5	10	20%	0.10	0.42	7%	
Vanilla Latte Large Decaf	417.5	225	939	54	225	11%	1.9	7.9	11%	1.3	5.4	20%	6.6	28	11%	5.8	24	20%	0.0	0.0	2.5	10	20%	0.0	0.03	1%	
Vanilla Latte Regular	363.5	234	851	56	204	10%	2.0	7.3	10%	1.3	4.7	24%	7.2	26	10%	6.7	24	20%	0.0	0.0	2.2	8.0	16%	0.0	0.03	1%	
Vanilla Latte Regular Decaf	363.5	234	851	56	204	10%	2.0	7.3	10%	1.3	4.7	24%	7.2	26	10%	6.7	24	20%	0.0	0.0	2.2	8.0	16%	0.0	0.03	1%	
Vegan Lattice (Steak Free)	147.2	1057	1556	253	372	19%	15	22	31%	7.5	11	20%	22	32	12%	0.7	1.0	1%	2.0	2.9	6.6	9.7	19%	1.2	1.8	30%	
Vegan Sausage Breakfast Roll	176.6	964	1702	230	406	20%	8.0	14	20%	2.7	4.8	24%	25	44	17%	3.6	6.4	7%	2.8	4.9	13	23	46%	1.2	2.1	30%	
Vegan Sausage Roll	101	1118	1129	268	271	14%	14	14	20%	6.6	6.7	20%	23	23	9%	1.5	1.5	2%	2.8	2.8	11	11	22%	1.5	1.5	25%	
Vegetable Bake	150.4	1190	1790	286	430	22%	19	29	41%	9.9	15	20%	22	33	13%	1.7	2.6	3%	1.6	2.4	5.9	8.9	18%	0.98	1.5	25%	
Veggie Feast Pizza	230	1066	2452	255	587	29%	12	28	40%	4.4	10	20%	27	62	24%	3.6	8.3	9%	1.9	4.4	8.7	20	40%	0.38	0.87	15%	
Wedges Sharing Box	300	780	2340	186	558	28%	6.4	19	27%	0.6	1.8	9%	28	84	32%	1.2	3.6	4%	2.7	8.1	2.7	8.1	16%	0.80	2.4	40%	
White & Wholemeal Loaf	42	984	413	233	98	5%	1.3	0.5	1%	0.2	0	0%	43	18	7%	5.4	2.3	3%	4.4	1.8	10	4.2	8%	0.75	0.32	5%	
White & Wholemeal Rolls	85	1093	929	259	220	11%	3.2	2.7	4%	0.4	0.3	2%	44	37	14%	6.8	5.8	6%	5.0	4.3	11	9.4	19%	0.78	0.66	11%	
White Chocolate Cookies	70	2047	1433	490	343	17%	26	18	35%	10	7.0	20%	55	39	15%	30	21	23%	6.0	4.2	6.0	4.2	8%	0.53	0.37	6%	
White Coffee Large	377	50	189	12	45	2%	0.0	0.8	1%	0.2	0.8	4%	1.5	5.7	2%	0.9	3.4	4%	0.0	0.0	1.0	3.8	8%	0.0	0.0	0%	
White Coffee Large Decaf	377	50	189	12	45	2%	0.0	0.8	1%	0.2	0.8	4%	1.5	5.7	2%	0.9	3.4	4%	0.0	0.0	1.0	3.8	8%	0.0	0.0	0%	
White Coffee Regular	285	50	143	12	34	2%	0.0	0.0	0%	0.0	0.0	0%	1.8	5.1	2%	1.0	2.9	3%	0.0	0.0	0.9	2.6	5%	0.0	0.0	0%	
White Coffee Regular Decaf	285	50	143	12	34	2%	0.0	0.0	0%	0.0	0.0	0%	1.8	5.1	2%	1.0	2.9	3%	0.0	0.0	0.9	2.6	5%	0.0	0.0	0%	
White Tea Large	404.2	12	49	3	12	1%	0.0	0.0	1%	0.0	0.4	2%	0.0	1.2	0%	0.0	1.2	1%	0.0	0.0	0.0	0.8	2%	0.0	0.0	0%	
White Tea Regular	316.8	13	41	3	10	1%	0.0	0.0	0%	0.0	0.3	2%	0.0	0.9	0%	0.0	0.9	1%	0.0	0.0	0.0	0.9	2%	0.0	0.0	0%	
Yum Yums (2 pack)	156.4	1653	2585	396	619	31%	22	34	48%	11	17	20%	44	69	27%	21	33	30%	1.4	2.2	4.7	7.4	15%	0.98	1.5	25%	