

 Nutritional Information (Guide only)	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)
Product Name (alphabetical order) (HS) = Hospital Shop	Information correct at time of print (October 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%
All Day Breakfast Baguette	224.64	1001	2249	238	535	27%	7.9	18	26%	3.2	7.2	36%	29	65	25%	4.9	11	12%	1.4	3.1	12	27	54%	1.2	2.7	45%
Americano Large	382	16	61	4	15	1%	0	0	1%	0	0	0%	0.6	2.3	1%	0	0	0%	0	0	0	0.6	1%	0	0	0%
Americano Large Decaf	382	16	61	4	15	1%	0	0	1%	0	0	0%	0.6	2.3	1%	0	0	0%	0	0	0	0.6	1%	0	0	0%
Americano Regular	285	16	46	4	11	1%	0	0	0%	0	0	0%	0.6	1.7	1%	0	0	0%	0	0	0	0	1%	0	0	0%
Americano Regular Decaf	285	16	46	4	11	1%	0	0	0%	0	0	0%	0.6	1.7	1%	0	0	0%	0	0	0	0	1%	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	3.4	8.0	16%	0.20	0.47	8%
Apple and Strawberry Fruit Pot	90	203	183	48	43	2%	0	0	1%	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%
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	45%	30	66	25%	1.4	3.1	3%	1.8	4.0	15	33	66%	1.6	3.5	58%
Bacon & Omelette Breakfast Roll	155	980	1519	234	363	18%	9.7	15	21%	3.0	4.7	24%	22	34	13%	3.9	6.0	7%	1.1	1.7	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 and Cheese Wrap	98	1522	1492	365	358	18%	23	23	33%	11	11	55%	25	25	10%	0	0	1%	1.0	1.0	14	14	28%	1.6	1.6	27%
Bacon and Lorne Breakfast Roll	170	1138	1935	271	461	23%	12	20	29%	4.5	7.7	39%	25	43	17%	3.2	5.4	6%	1.7	2.9	15	26	52%	1.7	2.9	48%
Bacon and Omelette Breakfast Baguette	206.5	1025	2117	244	504	25%	8.1	17	24%	2.9	6.0	30%	28	58	22%	1.8	3.7	4%	1.4	2.9	14	29	58%	1.2	2.5	42%
Bacon and 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 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	49%	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	35%	25	64	25%	1.6	4.1	5%	2.0	5.1	9.2	23	46%	0.90	2.3	38%
BBQ Chicken & Bacon Pizza	206.76	1280	2647	306	633	32%	14	29	41%	5.4	11	55%	31	64	25%	5.6	12	13%	1.8	3.7	13	27	54%	0.70	1.4	23%
BBQ Chicken & Bacon Pizza Box 2 Pack	409.52	1297	5311	310	1270	64%	14	57	81%	5.4	22	110%	32	131	50%	5.6	23	26%	1.8	7.4	13	53	106%	0.70	2.9	48%
BBQ Chicken & Bacon Pizza Box 4 Pack	819.04	1297	10623	310	2539	127%	14	115	164%	5.4	44	220%	32	262	101%	5.6	46	51%	1.8	15	13	106	212%	0.70	5.7	95%
BBQ Chicken & Bacon Pizza Box 6 Pack	1228.56	1297	15934	310	3809	190%	14	172	246%	5.4	66	330%	32	393	151%	5.6	69	77%	1.8	22	13	160	320%	0.70	8.6	143%
BBQ Chicken Toastie	247.44	1053	2606	250	619	31%	6.9	17	24%	4.1	10	50%	32	79	30%	6.4	16	18%	1.9	4.7	14	35	70%	0.98	2.4	40%
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	52%	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	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	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	2.4	6.6	13%	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	2.4	6.6	13%	0	0	0%
Caramel Crispy	50	2027	1014	483	242	12%	21	11	16%	13	6.5	33%	69	35	13%	58	29	32%	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 Hot Chocolate Large	481.5	338	1627	80	385	19%	2.3	11	16%	1.7	8.2	41%	13	63	24%	12	58	64%	0	0	1.9	9.1	18%	0.15	0.72	12%
Caramel Hot Chocolate Regular	414.5	335	1389	80	332	17%	2.3	9.5	14%	1.7	7.0	35%	13	54	21%	11	46	51%	0	0	1.7	7.0	14%	0.15	0.62	10%
Caramel Latte Large	417.5	223	931	53	221	11%	1.9	7.9	11%	1.3	5.4	27%	6.5	27	10%	5.7	24	27%	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	27%	6.5	27	10%	5.7	24	27%	0	0	2.5	10	20%	0.10	0.42	7%
Caramel Latte Regular	363.5	234	851	56	204	10%	2.0	7.3	10%	1.3	4.7	24%	7.2	26	10%	6.6	24	27%	0	0	2.2	8.0	16%	0	0.03	1%
Caramel Latte Regular Decaf	363.5	234	851	56	204	10%	2.0	7.3	10%	1.3	4.7	24%	7.2	26	10%	6.6	24	27%	0	0	2.2	8.0	16%	0	0.03	1%
Caramel Mocha Large	432.5	390	1687	93	402	20%	2.6	11	16%	2.0	8.7	44%	15	65	25%	11	48	53%	0	0	2.3	9.9	20%	0.20	0.87	15%
Caramel Mocha Large Decaf	432.5	390	1687	93	402	20%	2.6	11	16%	2.0	8.7	44%	15	65	25%	11	48	53%	0	0	2.3	9.9	20%	0.20	0.87	15%
Caramel Mocha Regular	395.5	359	1420	85	336	17%	2.4	9.5	14%	1.8	7.1	36%	14	55	21%	11	44	49%	0	0	1.9	7.5	15%	0.18	0.71	12%
Caramel Mocha Regular Decaf	395.5	359	1420	85	336	17%	2.4	9.5	14%	1.8	7.1	36%	14	55	21%	11	44	49%	0	0	1.9	7.5	15%	0.18	0.71	12%
Cheese & Onion Bake	141.4	1302	1841	313	443	22%	21	30	43%	11	16	80%	24	34	13%	1.0	1.4	2%	1.4	2.0	6.2	8.8	18%	1.1	1.6	27%
Cheese & Onion Roll	182	828	1507	197	359	18%	7.3	13	19%	2.8	5.1	26%	23	42	16%	4.7	8.6	10%	2.8	5.1	8.5	15	30%	0.65	1.2	20%
Cheese & Onion Stottie	235.6	1023	2410	244	575	29%	8.9	21	30%	3.8	9.0	45%	30	71	27%	4.8	11	12%	2.1	4.9	9.8	23	46%	0.88	2.1	35%
Cheese & Pickle	144	1159	1669	276	397	20%	11	16	23%	5.2	7.5	38%	32	46	18%	6.2	8.9	10%	2.6	3.7	11	16	32%	1.1	1.6	27%
Cheese & Tomato	177	910	1611	217	384	19%	8.9	16	23%	4.2	7.4	37%	24	42	16%	3.6	6.4	7%	2.3	4.1	9.1	16	32%	0.73	1.3	22%
Cheese and Caramelised Onion Toastie	205.92	1078	2220	256	527	26%	8.5	18	26%	4.9	10	50%	33	68	26%	7.5	15	17%	1.9	3.9	11	23	46%	0.93	1.9	32%
Cheese Sandwich	114	1133	1292	270	308	15%	9.7	11	16%	4.6	5.2	26%	32	36	14%	4.0	4.6	5%	3.2	3.6	12	14	28%	0.95	1.1	18%
Cheese Scones	97	1484	1439	355	344	17%	20	19	27%	9.2	8.9	45%	29	28	11%	0.7	0.7	1%	1.6	1.6	14	14	28%	2.2	2.1	35%
Chicken & Bacon Pasta	250	619	1548	147	368	18%	5.1	13	19%	1.0	2.5	13%	18	45	17%	3.7	9.3	10%	1.3	3.3	6.7	17	34%	0.60	1.5	25%

	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)	Information correct at time of print (October 2025) Adults need around 2000kcal a day																										
Product Name (alphabetical order) (HS) = Hospital Shop																											
Chicken Bake	150.4	1179	1773	283	426	21%	18	27	39%	9.2	14	70%	21	32	12%	0.8	1.2	1%	1.0	1.5	8.7	13	26%	1.2	1.8	30%	
Chicken Goujon Sharing Box	320	1046	3347	250	800	40%	11	35	50%	4.4	14	70%	20	64	25%	0	0.8	1%	1.3	4.2	17	54	108%	0.98	3.1	52%	
Chicken Sharing Box	316	1047	3309	250	790	40%	11	35	50%	4.4	14	70%	19	60	23%	0	0.7	1%	1.4	4.4	18	57	114%	0.85	2.7	45%	
Chicken, Sweetcorn & Red Onion Pizza	188	1355	2547	323	607	30%	15	28	40%	5.5	10	50%	32	60	23%	4.0	7.5	8%	2.2	4.1	14	26	52%	0.55	1.0	17%	
Chicken, Sweetcorn & Red Onion Pizza Box 2 Pack	376	1355	5095	323	1214	61%	15	56	80%	5.5	21	105%	32	120	46%	4.0	15	17%	2.2	8.3	14	53	106%	0.55	2.1	35%	
Chicken, Sweetcorn & Red Onion Pizza Box 4 Pack	752	1355	10190	323	2429	121%	15	113	161%	5.5	41	205%	32	241	93%	4.0	30	33%	2.2	17	14	105	210%	0.55	4.1	68%	
Chicken, Sweetcorn & Red Onion Pizza Box 6 Pack	1128	1355	15284	323	3643	182%	15	169	241%	5.5	62	310%	32	361	139%	4.0	45	50%	2.2	25	14	158	316%	0.55	6.2	103%	
Chipotle Chicken Flatbread	197	802	1580	190	374	19%	4.1	8.1	12%	0.5	1.0	5%	25	49	19%	8.3	16	18%	2.6	5.1	12	24	48%	0.58	1.1	18%	
Chipotle Chicken Sandwich	176	842	1482	199	350	18%	3.4	6.0	9%	0.5	0.9	5%	28	49	19%	7.1	12	13%	2.4	4.2	13	23	46%	0.70	1.2	20%	
Chocolate Brownie Bar	50	1795	898	429	215	11%	22	11	16%	5.4	2.7	14%	52	26	10%	37	19	21%	1.3	0.7	5.1	2.6	5%	0.28	0.14	2%	
Chocolate Cake Bar	74	1703	1260	408	302	15%	21	16	23%	9.5	7.0	35%	44	33	13%	31	23	26%	7.0	5.2	7.1	5.3	11%	0.38	0.28	5%	
Cloudy Lemonade	406	58	235	14	57	3%	0	0	0%	0	0	0%	3.4	14	5%	2.7	11	12%	0	0	0	0	0%	0	0.05	1%	
Corn Topped Roll	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	143.37	1214	1741	291	417	21%	19	27	39%	9.2	13	65%	22	32	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	33%	15	12	60%	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	55%	42	47	18%	19	21	23%	1.2	1.3	5.1	5.7	11%	0.40	0.44	7%	
Crispy Chicken Bites (6 Pieces)	104	1031	1072	246	256	13%	11	11	16%	4.4	4.6	23%	18	19	7%	0	0	0%	1.5	1.6	18	19	38%	0.73	0.76	13%	
Crispy Chicken Bites Sharing Box	312	1048	3270	250	780	39%	11	34	49%	4.5	14	70%	18	56	22%	0	0.7	1%	1.5	4.7	19	59	118%	0.73	2.3	38%	
Double Up Mayo Crispy Chicken Burger	352	1043	3671	248	873	44%	7.7	27	39%	2.5	8.8	44%	28	99	38%	2.5	8.8	10%	1.3	4.6	16	56	112%	1.1	3.9	65%	
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	29%	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%	3.2	1.3	1%	0	0	0%	0	0	1.5	0.6	1%	0	0	0%	
Espresso Extra Shot Decaf	39.6	84	33	20	8	0%	0	0	0%	0	0	0%	3.2	1.3	1%	0	0	0%	0	0	1.3	0.5	1%	0	0	0%	
Espresso Shot	60	84	50	20	12	1%	0	0	0%	0	0	0%	3.2	1.9	1%	0	0	0%	0	0	1.3	0.8	2%	0	0	0%	
Espresso Shot Decaf	60	84	50	20	12	1%	0	0	0%	0	0	0%	3.2	1.9	1%	0	0	0%	0	0	1.3	0.8	2%	0	0	0%	
Extra Bacon	14.5	1282	186	308	45	2%	21	3.0	4%	8.4	1.2	6%	0.7	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	8%	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%	47	11	4%	47	11	12%	0	0	0	0	0%	0.05	0	0%	
Extra Cream	12.5	1372	172	333	42	2%	33	4.1	6%	23	2.9	15%	6.8	0.9	0%	6.8	0.9	1%	0	0	2.1	0	1%	0.05	0	0%	
Extra Double-Up Crispy Chicken (Fillet Only)	117	1089	1274	259	303	15%	7.6	8.9	13%	3.4	4.0	20%	27	32	12%	0.8	0.9	1%	1.1	1.3	20	23	46%	1.3	1.5	25%	
Extra Hot Chocolate Powder	1	1662	17	394	4	0%	8.8	0	0%	7.5	0	0%	68	0.7	0%	63	0.6	1%	4.1	0	8.7	0	0%	0.73	0	0%	
Extra Lorne Sausage	65	1188	772	285	185	9%	17	11	16%	6.9	4.5	23%	15	9.8	4%	0	0	0%	1.9	1.2	17	11	22%	2.0	1.3	22%	
Extra Omelette with Cheese	50	642	321	154	77	4%	11	5.5	8%	3.3	1.7	9%	1.8	0.9	0%	1.6	0.8	1%	0	0	12	6.0	12%	0.70	0.35	6%	
Extra Pumpkin Spice Syrup	24	799	192	188	45	2%	0	0	0%	0	0	0%	47	11	4%	47	11	12%	0	0	0	0	0%	0.05	0	0%	
Extra Sweetcure Bacon	12	1732	208	416	50	3%	29	3.5	5%	12	1.4	7%	3.5	0	0%	3.5	0	0%	0.6	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%	48	122													

  Nutritional Information (Guide only)	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)	
Product Name (alphabetical order) (HS) = Hospital Shop	Information correct at time of print (October 2025) Adults need around 2000kcal a day																										
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	35%	
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	2.4	5.3	11%	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	2.4	5.3	11%	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 Pot	90	586	527	141	127	6%	9.1	8.2	12%	2.9	2.6	13%	1.4	1.3	1%	0	0	0%	0.5	0	13	12	24%	0.20	0.18	3%	
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	16%	5.9	3.5	18%	57	34	13%	41	25	28%	2.8	1.7	6.5	3.9	8%	0	0	0%	
Garlic & Herb Dip	40	1315	526	319	128	6%	32	13	19%	2.2	0.9	5%	7.3	2.9	1%	3.1	1.2	1%	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	17%	56	32	12%	29	17	19%	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%	
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%	
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%	
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%	
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 and Cheese Toastie	207.36	1099	2279	262	543	27%	9.6	20	29%	5.5	11	55%	28	58	22%	3.0	6.2	7%	1.6	3.3	15	31	62%	1.2	2.5	42%	
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 Chocolate Brownies	168	1886	3168	451	758	38%	23	39	56%	6.5	11	55%	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	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	21%	9.8	36	14%	8.0	30	33%	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 Milk Chocolate Cookies	140	2044	2862	490	686	34%	26	36	51%	10	14	70%	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%	0.6	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	32%	
Hot Yum Yums	156.4	1670	2612	400	626	31%	22	34	49%	11	17	85%	45	70	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	1.9	1%	0	0	0%	0	0	0	0.8	2%	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	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.																

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Margherita Pizza Box 2 Pack	320	1407	4502	336	1075	54%	16	51	73%	6.3	20	100%	35	112	43%	3.0	9.6	11%	2.0	6.4	12	38	76%	0.53	1.7	28%	
Margherita Pizza Box 4 Pack	640	1407	9005	336	2150	108%	16	102	146%	6.3	40	200%	35	224	86%	3.0	19	21%	2.0	13	12	77	154%	0.53	3.4	57%	
Margherita Pizza Box 6 Pack	960	1407	13507	336	3226	161%	16	154	220%	6.3	60	300%	35	336	129%	3.0	29	32%	2.0	19	12	115	230%	0.53	5.1	85%	
Mature Cheddar Cheese Ploughman's Oval Bite	227	843	1914	201	456	23%	7.7	17	24%	3.5	7.9	40%	23	52	20%	5.7	13	14%	2.6	5.9	8.6	20	40%	0.78	1.8	30%	
Mature Cheddar Cheese Salad Baguette	210	883	1854	210	441	22%	6.8	14	20%	3.6	7.6	38%	28	59	23%	2.0	4.2	5%	1.6	3.4	8.4	18	36%	0.68	1.4	23%	
Mayo Chicken Wrap	235	955	2244	228	536	27%	8.8	21	30%	2.6	6.1	31%	27	63	24%	1.6	3.8	4%	2.0	4.7	9.1	21	42%	0.80	1.9	32%	
Mayo Crispy Chicken Burger	235	1014	2383	241	566	28%	7.8	18	26%	2.1	4.9	25%	29	68	26%	3.3	7.8	9%	1.4	3.3	13	31	62%	0.95	2.2	37%	
Melon and Grape Fruit Pot	130	161	209	38	49	2%	0	0	0%	0	0	0%	8.2	11	4%	8.2	11	12%	0.9	1.2	0.6	0.8	2%	0.02	0.03	1%	
Milk Chocolate Caramel Shortbread Offcuts	265	1981	5250	473	1253	63%	24	64	91%	12	32	160%	58	154	59%	43	114	127%	1.2	3.2	5.7	15	30%	0.55	1.5	25%	
Milk Chocolate Caramel Shortbreads	62	1981	1228	473	293	15%	24	15	21%	12	7.4	37%	58	36	14%	43	27	30%	1.2	0.7	5.7	3.5	7%	0.55	0.34	6%	
Milk Chocolate Cookies	70	2044	1431	490	343	17%	26	18	26%	10	7.0	35%	54	38	15%	29	20	22%	8.0	5.6	5.9	4.1	8%	0.53	0.37	6%	
Milk Chocolate Dipping Sauce	60	1406	844	334	200	10%	11	6.6	9%	5.1	3.1	16%	56	34	13%	44	26	29%	2.1	1.3	1.8	1.1	2%	0.05	0.03	1%	
Mocha Large	390	330	1287	78	304	15%	1.8	7.0	10%	1.4	5.5	28%	13	51	20%	8.7	34	38%	0	0	2.5	9.8	20%	0.20	0.78	13%	
Mocha Large Decaf	390	330	1287	78	304	15%	1.8	7.0	10%	1.4	5.5	28%	13	51	20%	8.7	34	38%	0	0	2.5	9.8	20%	0.20	0.78	13%	
Mocha Regular	353	277	978	66	233	12%	1.5	5.3	8%	1.2	4.2	21%	11	39	15%	8.4	30	33%	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	33%	0	0	2.0	7.1	14%	0.18	0.64	11%	
Mozzarella & Cheddar Bites	96.834	1389	1345	333	322	16%	21	20	29%	9.8	9.5	48%	23	22	8%	0.5	0	1%	0	0	13	13	26%	1.3	1.3	22%	
Novelty Bun (Pink)	49.4	1713	846	409	202	10%	19	9.4	13%	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	13%	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	870	1853	207	441	22%	6.2	13	19%	1.9	4.0	20%	27	58	22%	2.1	4.5	5%	1.4	3.0	10	21	42%	0.73	1.6	27%	
Omelette Breakfast Roll	176	838	1475	200	352	18%	8.2	14	20%	2.2	3.9	20%	20	35	13%	3.9	6.9	8%	1.0	1.8	11	19	38%	0.73	1.3	22%	
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	48%	44	35	13%	10	7.9	9%	3.0	2.4	8.4	6.6	13%	0.70	0.55	9%	
Peach Melba	99	1559	1543	373	369	18%	21	21	30%	11	11	55%	43	43	17%	27	27	30%	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%	
Pepperoni Hot Shot Pizza	191.39	1340	2565	321	614	31%	17	33	47%	6.6	13	65%	30	57	22%	3.1	5.9	7%	1.8	3.4	11	21	42%	0.85	1.6	27%	
Pepperoni Hot Shot Pizza Box 2 Pack	382.78	1340	5129	321	1229	61%	17	65	93%	6.6	25	125%	30	115	44%	3.1	12	13%	1.8	6.9	11	42	84%	0.85	3.3	55%	
Pepperoni Hot Shot Pizza Box 4 Pack	765.56	1340	10259	321	2457	123%	17	130	186%	6.6	51	255%	30	230	88%	3.1	24	27%	1.8	14	11	84	168%	0.85	6.5	108%	
Pepperoni Hot Shot Pizza Box 6 Pack	1148.34	1340	15388	321	3686	184%	17	195	279%	6.6	76	380%	30	345	133%	3.1	36	40%	1.8	21	11	126	252%	0.85	9.8	163%	
Pepperoni Pizza	172	1482	2549	355	611	31%	19	33	47%	7.3	13	65%	33	57	22%	2.9	5.0	6%	1.8	3.1	12	21	42%	0.83	1.4	23%	
Pepperoni Pizza Box 2 Pack	344	1482	5098	355	1221	61%	19	65	93%	7.3	25	125%	33	114	44%	2.9	10.0	11%	1.8	6.2	12	41	82%	0.83	2.9	48%	
Pepperoni Pizza Box 4 Pack	688	1482	10196	355	2442	122%	19	131	187%	7.3	50	250%	33	227	87%	2.9	20	22%	1.8	12	12	83	166%	0.83	5.7	95%	
Pepperoni Pizza Box 6 Pack	1032	1482	15294	355	3664	183%	19	196	280%	7.3	75	375%	33	341	131%	2.9	30	33%	1.8	19	12	124	248%	0.83	8.6	143%	
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	21%	61	42	16%	41	28	31%	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	26%	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	10%	22	4.4	22%	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%	
Pumpkin Biscuit	48	1979	950	472	227	11%	18	8.6	12%	8.2	3.9	20%	68	33	13%	36	17	19%									

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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	21%	56	34	13%	47	28	31%	0	0	2.2	1.3	3%	0.18	0.11	2%	
Sausage and Omelette Breakfast Baguette	241	969	2335	231	557	28%	8.4	20	29%	2.8	6.7	34%	27	65	25%	1.8	4.3	5%	1.5	3.6	11	27	54%	1.0	2.4	40%	
Sausage and Omelette Breakfast Roll	178	930	1655	222	395	20%	9.7	17	24%	2.9	5.2	26%	22	39	15%	3.6	6.4	7%	1.3	2.3	11	20	40%	1.0	1.8	30%	
Sausage Breakfast Baguette	217	1050	2279	250	543	27%	8.7	19	27%	3.0	6.5	33%	31	67	26%	1.7	3.7	4%	1.8	3.9	11	24	48%	1.2	2.6	43%	
Sausage Breakfast Roll	154	1029	1585	245	377	19%	10	15	21%	3.3	5.1	26%	27	42	16%	3.8	5.9	7%	1.6	2.5	11	17	34%	1.2	1.8	30%	
Sausage Rolls	103	1405	1447	338	348	17%	23	24	34%	11	11	55%	23	24	9%	0	0	0%	1.5	1.5	8.9	9.2	18%	1.5	1.5	25%	
Sausage, Bean & Cheese Melt	149.399	1312	1960	315	471	24%	20	30	43%	9.7	14	70%	25	37	14%	2.0	3.0	3%	2.7	4.0	7.4	11	22%	1.1	1.6	27%	
Savoury Mince Pie	253	1419	3590	340	860	43%	22	56	80%	9.1	23	115%	24	61	23%	0	1.3	1%	1.2	3.0	11	28	56%	0.83	2.1	35%	
Scotch Pie	139	1137	1580	272	378	19%	15	21	30%	6.4	8.9	45%	25	35	13%	1.3	1.8	2%	1.5	2.1	8.5	12	24%	1.3	1.8	30%	
Side Salad	99	66	65	16	16	1%	0	0	0%	0	0	0%	1.7	1.7	1%	1.6	1.6	2%	1.1	1.1	1.1	1.1	2%	0.02	0.02	0%	
Simply Creamy Porridge	228	460	1049	109	249	12%	1.8	4.1	6%	0.8	1.8	9%	19	43	17%	2.9	6.6	7%	1.8	4.1	3.3	7.5	15%	0.05	0.11	2%	
Smoky BBQ Dip	40	793	317	187	75	4%	0	0	0%	0	0	0%	44	18	7%	39	16	18%	1.2	0	1.4	0.6	1%	0.73	0.29	5%	
Smoky Cajun Rice with BBQ Chicken and Sweetcorn Fritters	230	489	1125	116	267	13%	2.7	6.2	9%	0.3	0.7	4%	17	39	15%	2.3	5.3	6%	1.9	4.4	5.0	12	24%	0.45	1.0	17%	
Southern Fried Chicken Baguette	223.68	1050	2349	249	557	28%	5.9	13	19%	2.9	6.5	33%	37	83	32%	7.1	16	18%	1.9	4.2	11	25	50%	0.88	2.0	33%	
Southern Fried Chicken Goujons	160	1046	1674	250	400	20%	11	18	26%	4.4	7.0	35%	20	32	12%	0	0	0%	1.3	2.1	17	27	54%	0.98	1.6	27%	
Southern Fried Potato Wedges	150	780	1170	186	279	14%	6.4	9.6	14%	0.6	0.9	5%	28	42	16%	1.2	1.8	2%	2.7	4.1	2.7	4.1	8%	0.80	1.2	20%	
Sparkling Mango & Pineapple	500	14	70	3	15	1%	0	0	0%	0	0	0%	0	2.1	1%	0	1.9	2%	0	0	0	0	0%	0.03	0.15	3%	
Sparkling Raspberry Lemonade	500	11	55	3	15	1%	0	0	0%	0	0	0%	0	0.5	0%	0	0.5	1%	0	0	0	0	0%	0.05	0.25	4%	
Spicy BBQ Chicken Bites	104	1152	1198	275	286	14%	13	14	20%	5.5	5.7	29%	21	22	8%	2.3	2.4	3%	1.0	1.0	18	19	38%	1.0	1.0	17%	
Spicy Chicken Pizza	195	1264	2465	302	589	29%	14	27	39%	5.3	10	50%	30	59	23%	3.1	6.0	7%	1.9	3.7	13	25	50%	0.60	1.2	20%	
Spicy Chicken Pizza Box 2 Pack	390	1264	4930	302	1178	59%	14	55	79%	5.3	21	105%	30	117	45%	3.1	12	13%	1.9	7.4	13	51	102%	0.60	2.3	38%	
Spicy Chicken Pizza Box 4 Pack	780	1264	9859	302	2356	118%	14	109	156%	5.3	41	205%	30	234	90%	3.1	24	27%	1.9	15	13	101	202%	0.60	4.7	78%	
Spicy Chicken Pizza Box 6 Pack	1170	1264	14789	302	3533	177%	14	164	234%	5.3	62	310%	30	351	135%	3.1	36	40%	1.9	22	13	152	304%	0.60	7.0	117%	
Spicy Chipotle Chicken Baguette	235.5	882	2077	209	492	25%	3.7	8.7	12%	1.7	4.0	20%	31	73	28%	7.3	17	19%	1.7	4.0	12	28	56%	0.80	1.9	32%	
Spicy Veg Pizza	205	1150	2358	275	564	28%	13	27	39%	5.0	10	50%	29	59	23%	3.1	6.4	7%	1.8	3.7	9.5	19	38%	0.53	1.1	18%	
Spicy Veg Pizza Box 2 Pack	410	1150	4715	275	1128	56%	13	53	76%	5.0	21	105%	29	119	46%	3.1	13	14%	1.8	7.4	9.5	39	78%	0.53	2.2	37%	
Spicy Veg Pizza Box 4 Pack	820	1150	9430	275	2255	113%	13	107	153%	5.0	41	205%	29	238	92%	3.1	25	28%	1.8	15	9.5	78	156%	0.53	4.3	72%	
Spicy Veg Pizza Box 6 Pack	1230	1150	14145	275	3383	169%	13	160	229%	5.0	62	310%	29	357	137%	3.1	38	42%	1.8	22	9.5	117	234%	0.53	6.5	108%	
Spooky Bun (Orange Case, Green Fondant)	49.5	1658	821	396	196	10%	18	8.9	13%	4.1	2.0	10%	53	26	10%	38	19	21%	4.2	2.1	3.4	1.7	3%	0.75	0.37	6%	
Spooky Bun (Purple Case, Orange Fondant)	49.5	1658	821	396	196	10%	18	8.9	13%	4.1	2.0	10%	53	26	10%	37	18	20%	4.2	2.1	3.4	1.7	3%	0.75	0.37	6%	
Spread	10	1114	111	271	27	1%	30	3.0	4%	7.1	0.7	4%	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	29%	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																	

 Nutritional Information (Guide only)	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)	
Product Name (alphabetical order) (HS) = Hospital Shop	Information correct at time of print (October 2025) Adults need around 2000kcal a day																										
Vanilla Latte Large	417.5	225	939	54	225	11%	1.9	7.9	11%	1.3	5.4	27%	6.6	28	11%	5.8	24	27%	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	27%	6.6	28	11%	5.8	24	27%	0	0	2.5	10	20%	0.10	0.42	7%	
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	27%	0	0	2.2	8.0	16%	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	27%	0	0	2.2	8.0	16%	0	0.03	1%	
Vegan Lattice (Steak-Free)	147.2	1057	1556	253	372	19%	15	22	31%	7.5	11	55%	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	35%	
Vegan Sausage Roll	101	1118	1129	268	271	14%	14	14	20%	6.6	6.7	34%	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	75%	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	50%	27	62	24%	3.6	8.3	9%	1.9	4.4	8.7	20	40%	0.38	0.87	15%	
Veggie Feast Pizza Box 2 Pack	460	1066	4904	255	1173	59%	12	55	79%	4.4	20	100%	27	124	48%	3.6	17	19%	1.9	8.7	8.7	40	80%	0.38	1.7	28%	
Veggie Feast Pizza Box 4 Pack	920	1066	9807	255	2346	117%	12	110	157%	4.4	40	200%	27	248	95%	3.6	33	37%	1.9	17	8.7	80	160%	0.38	3.5	58%	
Veggie Feast Pizza Box 6 Pack	1380	1066	14711	255	3519	176%	12	166	237%	4.4	61	305%	27	373	143%	3.6	50	56%	1.9	26	8.7	120	240%	0.38	5.2	87%	
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 Bread made with Sourdough	62	994	616	235	146	7%	1.5	0.9	1%	0.2	0.1	1%	45	28	11%	4.6	2.9	3%	2.6	1.6	9.0	5.6	11%	0.75	0.47	8%	
White Chocolate Cookies	70	2047	1433	490	343	17%	26	18	26%	10	7.0	35%	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	0.8	1%	0.2	0.8	4%	1.5	5.7	2%	0.9	3.4	4%	0	0	1.0	3.8	8%	0	0	0%	
White Coffee Large Decaf	377	50	189	12	45	2%	0	0.8	1%	0.2	0.8	4%	1.5	5.7	2%	0.9	3.4	4%	0	0	1.0	3.8	8%	0	0	0%	
White Coffee Regular	285	50	143	12	34	2%	0	0	0%	0	0	0%	1.8	5.1	2%	1.0	2.9	3%	0	0	0.9	2.6	5%	0	0	0%	
White Coffee Regular Decaf	285	50	143	12	34	2%	0	0	0%	0	0	0%	1.8	5.1	2%	1.0	2.9	3%	0	0	0.9	2.6	5%	0	0	0%	
White Tea Large	404.2	12	49	3	12	1%	0	0	1%	0	0.4	2%	0	1.2	0%	0	1.2	1%	0	0	0	0.8	2%	0	0	0%	
White Tea Regular	316.8	13	41	3	10	1%	0	0	0%	0	0.3	2%	0	0.9	0%	0	0.9	1%	0	0	0	0.9	2%	0	0	0%	
Yum Yums (2 Pack)	156.4	1670	2612	400	626	31%	22	34	49%	11	17	85%	45	70	27%	21	33	37%	1.4	2.2	4.7	7.4	15%	0.98	1.5	25%	