

# NUTRITION & ALLERGEN GUIDE

SUMMER 2021



**Shaved Steak Roll**



**Chocolate  
Coffee Crunch  
Frappuccino®**  
Blended Beverage

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

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

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

### **Cross Contamination**

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

**This information is updated regularly to reflect our procedures instore. Please check [www.starbucks.co.uk](http://www.starbucks.co.uk) for the most up to date information.**

## Beverages

Product	Ingredients	Size	Energy (KJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
<b>Cool Lime Starbucks Refresha® Beverage</b>	Ice, lime base [water, sugar, white grape juice concentrate, natural flavouring, green coffee extract, antioxidants: citric acid, ascorbic acid], water, lime slice.	Tall	260	61	0.1	0.1	15	15	0.3	0.2	0.01	0
		Grande	341	80	0.1	0.1	19	19	0.3	0.2	0.01	0
		Venti	425	100	0.2	0.2	24	24	0.3	0.2	0.02	0
<b>Strawberry Acai Starbucks Refresha® Beverage</b>	Ice, strawberry-acai syrup [water, sugar, grape juice concentrate, green coffee extract, acidifier: citric acid, preservative: potassium sorbate, antioxidant: ascorbic acid, natural flavouring], water, freeze dried strawberry pieces [strawberry].	Tall	269	63	0.1	0.0	15	15	0.4	0.3	0.00	0
		Grande	363	86	0.2	0.0	20	20	0.6	0.4	0.00	0
		Venti	459	108	0.2	0.0	26	25	0.8	0.6	0.01	0
<b>Pink Coconut Starbucks Refresha® Beverage</b>	Ice, strawberry-acai syrup [water, sugar, grape juice concentrate, green coffee extract, acidifier: citric acid, preservative: potassium sorbate, antioxidant: ascorbic acid, natural flavouring], coconut drink [water, coconut milk, sugar, inulin, bean protein concentrate, stabilisers: gellan gum, xanthan gum; acidity regulator: sodium hydrogen carbonate, natural flavouring], freeze dried strawberry pieces [strawberry].	Tall	436	104	2.3	2.1	18	18	2.3	1.2	0.05	0
		Grande	584	139	3.1	2.7	25	24	3.1	1.6	0.06	0
		Venti	737	175	3.9	3.4	31	30	3.9	2.1	0.08	0
<b>Chocolate Coffee Crunch Frappuccino® - Skimmed Milk</b>		Mini	745	178	9.1	4.7	21	20	0.4	2.5	0.27	48
		Tall	1062	253	12	6.0	32	21	0.6	2.8	0.41	72
		Grande	1461	349	17	8.3	45	43	0.9	4.8	0.56	103
<b>Chocolate Coffee Crunch Frappuccino® - Semi-skimmed Milk</b>	Ice, <b>MILK</b> , coffee frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, food colouring: concentrate of apple, carrot, hibiscus, and molasses], espresso whipped cream [whipping cream [ <b>MILK</b> ], brewed espresso, vanilla flavour syrup [water, sugar, natural vanilla flavouring, acidity regulator: citric acid, preservative: potassium sorbate]], coffee [water, FRSC coffee roast soluble], chocolate and caramel brittle blend [sunflower seeds (44%), sugar, dark chocolate (15%): [sugar, cocoa mass, <b>MILK</b> fat, cocoa butter, emulsifier: lecithin ( <b>SOYA</b> ), natural flavouring]; partially inverted sugar syrup, water, natural flavouring, anticaking agent: silicon dioxide], mocha drizzle [water, mocha powder [sugar, cocoa processed with alkali, vanillin]].	Venti	1675	399	18	8.5	55	52	1.0	5.4	0.68	128
		Mini	778	186	10	5.2	21	20	0.4	2.6	0.27	48
		Tall	1112	266	13	6.8	32	30	0.6	4.0	0.41	72
<b>Chocolate Coffee Crunch Frappuccino® - Whole Milk</b>		Grande	1522	364	18	9.4	45	42	0.9	5.0	0.56	103
		Venti	1742	416	19	9.6	54	52	1.0	5.6	0.68	128
		Mini	808	193	11	5.9	21	20	0.4	2.4	0.27	48
<b>Chocolate Coffee Crunch Frappuccino® - Soya</b>	Ice, <b>SOYA</b> drink [water, hulled <b>SOYA</b> beans, sugar, fructose, acidity regulators: dipotassium phosphate, monopotassium phosphate; calcium carbonate, sea salt, flavouring, stabiliser: gellan gum], coffee frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, food colouring: concentrate of apple, carrot, hibiscus, and molasses], espresso whipped cream [whipping cream [ <b>MILK</b> ], brewed espresso, vanilla flavour syrup [water, sugar, natural vanilla flavouring, acidity regulator: citric acid, preservative: potassium sorbate]], coffee [water, FRSC coffee roast soluble], chocolate and caramel brittle blend [Sunflower seeds (44%), sugar, dark chocolate (15%): [sugar, cocoa mass, <b>MILK</b> fat, cocoa butter, emulsifier: lecithin ( <b>SOYA</b> ), natural flavouring]; partially inverted sugar syrup, water, natural flavouring, anticaking agent: silicon dioxide], mocha drizzle [water, mocha powder [sugar, cocoa processed with alkali, vanillin]].	Tall	1158	277	15	7.8	32	30	0.6	3.7	0.41	72
		Grande	1579	377	20	11	45	42	0.9	4.6	0.54	103
		Venti	1804	431	21	11	54	52	1.0	5.2	0.68	128
<b>Chocolate Coffee Crunch Frappuccino® - Soya</b>		Mini	758	181	9.9	4.8	20	19	0.7	2.3	0.27	48
		Tall	1081	258	13	6.2	31	29	1.0	3.5	0.41	72
		Grande	1485	355	18	8.6	43	41	1.4	4.4	0.57	103
		Venti	1701	406	19	8.8	53	50	1.6	5.0	0.69	128

## Beverages

Product	Ingredients	Size	Energy (KJ)	Energy (Kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
Chocolate Coffee Crunch Frappuccino® - Coconut	Ice, coconut drink [water, coconut milk, sugar, inulin, bean protein concentrate, stabilisers: gellan gum, xanthan gum; acidity regulator: sodium hydrogen carbonate, natural flavouring], coffee frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, food colouring: concentrate of apple, carrot, hibiscus, and molasses], espresso whipped cream [whipping cream [MILK], brewed espresso, vanilla flavour syrup [water, sugar, natural vanilla flavouring, acidity regulator: citric acid, preservative: potassium sorbate]], coffee [water, FRSC coffee roast soluble], chocolate and caramel brittle blend [sunflower seeds (44%), sugar, dark chocolate (15%): [sugar, cocoa mass, MILK fat, cocoa butter, emulsifier: lecithin (SOYA), natural flavouring]; partially inverted sugar syrup, water, natural flavouring, anticaking agent: silicon dioxide], mocha drizzle [water, mocha powder [sugar, cocoa processed with alkali, vanillin]].	Mini	766	184	10	5.9	21	19	1.5	1.3	0.24	48
		Tall	1094	262	14	7.8	31	29	2.3	1.9	0.37	72
		Grande	1501	359	19	11	43	41	2.9	2.4	0.51	103
		Venti	1719	411	20	11	53	50	3.3	2.8	0.63	128
Chocolate Coffee Crunch Frappuccino® - Almond	Ice, ALMOND drink [water, ALMOND, fructose, acidity regulators: dipotassium phosphate, monopotassium phosphate; calcium carbonate, stabilisers: gellan gum, carrageenan, guar gum; natural flavourings, sea salt], coffee frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, food colouring: concentrate of apple, carrot, hibiscus, and molasses], espresso whipped cream [whipping cream [MILK], brewed espresso, vanilla flavour syrup [water, sugar, natural vanilla flavouring, acidity regulator: citric acid, preservative: potassium sorbate]], coffee [water, FRSC coffee roast soluble], chocolate and caramel brittle blend [sunflower seeds (44%), sugar, dark chocolate (15%): [sugar, cocoa mass, MILK fat, cocoa butter, emulsifier: lecithin (SOYA), natural flavouring]; partially inverted sugar syrup, water, natural flavouring, anticaking agent: silicon dioxide], mocha drizzle [water, mocha powder [sugar, cocoa processed with alkali, vanillin]].	Mini	721	173	9.7	4.7	20	19	0.6	1.0	0.25	48
		Tall	1024	245	13	6.0	30	29	0.9	1.5	0.37	72
		Grande	1416	338	18	8.4	43	40	1.2	2.0	0.52	103
		Venti	1625	388	19	8.6	52	49	1.3	2.3	0.64	128
Chocolate Coffee Crunch Frappuccino® - Oat	Ice, OAT drink [water, OAT, inulin, coconut fat, OAT protein, sea salt, stabiliser: xanthan gum, acidity regulator: dipotassium phosphate, stabiliser: gellan gum], coffee frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, food colouring: concentrate of apple, carrot, hibiscus, and molasses], espresso whipped cream [whipping cream [MILK], brewed espresso, vanilla flavour syrup [water, sugar, natural vanilla flavouring, acidity regulator: citric acid, preservative: potassium sorbate]], coffee [water, FRSC coffee roast soluble], chocolate and caramel brittle blend [sunflower seeds (44%), sugar, dark chocolate (15%): [sugar, cocoa mass, MILK fat, cocoa butter, emulsifier: lecithin (SOYA), natural flavouring]; partially inverted sugar syrup, water, natural flavouring, anticaking agent: silicon dioxide], mocha drizzle [water, mocha powder [sugar, cocoa processed with alkali, vanillin]].	Mini	834	199	10	5.5	24	21	1.5	1.3	0.28	48
		Tall	1199	286	14	7.2	37	32	2.2	1.9	0.43	72
		Grande	1628	389	19	9.9	51	44	2.8	2.4	0.59	103
		Venti	1858	443	20	10	61	54	3.2	2.8	0.72	128
Chocolate Coffee Crunch Frappuccino® - Starbucks™ Original Nut Blend	Ice, NUT & rice house blend [water, rice, CASHEW, HAZELNUTS, pea protein, flavourings, acidity regulators: potassium phosphates, emulsifier: citric acid esters of mono- and diglycerides, stabilisers: gellan gum, guar gum, xanthan gum; sea salt, vitamins (B2, B12, E, D2)], coffee frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, food colouring: concentrate of apple, carrot, hibiscus, and molasses], espresso whipped cream [whipping cream [MILK], brewed espresso, vanilla flavour syrup [water, sugar, natural vanilla flavouring, acidity regulator: citric acid, preservative: potassium sorbate]], coffee [water, FRSC coffee roast soluble], chocolate and caramel brittle blend [sunflower seeds (44%), sugar, dark chocolate (15%): [sugar, cocoa mass, MILK fat, cocoa butter, emulsifier: lecithin (SOYA), natural flavouring]; partially inverted sugar syrup, water, natural flavouring, anticaking agent: silicon dioxide], mocha drizzle [water, mocha powder [sugar, cocoa processed with alkali, vanillin]].	Mini	756	181	9.8	4.8	21	19	0.7	1.7	0.32	48
		Tall	1078	258	13	6.1	32	29	1.0	2.6	0.49	72
		Grande	1481	354	18	8.5	44	40	1.4	3.3	0.66	103
		Venti	1697	405	19	8.7	54	49	1.6	3.8	0.79	128

## Beverages

Product	Ingredients	Size	Energy (KJ)	Energy (Kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
<b>Caramel Brownie Cream Frappuccino® - Skimmed Milk</b>		Mini	783	187	9.8	7.0	22	17	0.5	2.9	0.43	0
		Tall	985	235	12	8.3	29	24	0.5	4.0	0.56	0
		Grande	1362	325	16	12	39	32	0.7	5.1	0.77	0
		Venti	1568	374	17	12	48	39	0.9	5.7	0.96	0
<b>Caramel Brownie Cream Frappuccino® - Semi-skimmed Milk</b>	Ice, <b>MILK</b> , creme frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carrageenan, maltodextrin], whipped cream [cream ( <b>MILK</b> ), sugar, propellants: nitrous oxide, nitrogen; emulsifier: E471, flavouring, stabiliser: carrageenan], caramel brownie crumb [wheat flour ( <b>WHEAT</b> flour, calcium, iron, niacin, thiamin), butter ( <b>MILK</b> ), sugar, fat reduced cocoa powder, water, natural flavouring, humectant: glycerol; salt, raising agent: sodium carbonates], caramel brownie brulee blend [sugar, wheat flour ( <b>WHEAT</b> flour, calcium, iron, niacin, thiamin), butter ( <b>MILK</b> ), fat reduced cocoa powder, water, salt, anticaking agent: silicon dioxide; raising agent: sodium carbonates, natural flavouring].	Mini	815	195	11	7.5	22	17	0.5	3.0	0.43	0
		Tall	1036	248	13	9.2	28	23	0.5	4.1	0.56	0
		Grande	1423	340	18	13	39	32	0.7	5.3	0.77	0
		Venti	1635	390	19	14	48	39	0.9	5.9	0.96	0
<b>Caramel Brownie Cream Frappuccino® - Whole Milk</b>		Mini	845	202	12	8.2	22	17	0.5	2.8	0.43	0
		Tall	1082	259	14	10	28	23	0.5	3.8	0.56	0
		Grande	1480	354	20	14	39	32	0.7	4.9	0.77	0
		Venti	1697	406	21	15	48	39	0.9	5.5	0.96	0
<b>Caramel Brownie Cream Frappuccino® - Soya</b>	Ice, <b>SOYA</b> drink [water, hulled <b>SOYA</b> beans, sugar, fructose, acidity regulators: dipotassium phosphate, monopotassium phosphate; calcium carbonate, sea salt, flavouring, stabiliser: gellan gum], creme frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carrageenan, maltodextrin], whipped cream [cream ( <b>MILK</b> ), sugar, propellants: nitrous oxide, nitrogen; emulsifier: E471, flavouring, stabiliser: carrageenan], caramel brownie crumb [wheat flour ( <b>WHEAT</b> flour, calcium, iron, niacin, thiamin), butter ( <b>MILK</b> ), sugar, fat reduced cocoa powder, water, natural flavouring, humectant: glycerol; salt, raising agent: sodium carbonates], caramel brownie brulee blend [sugar, wheat flour ( <b>WHEAT</b> flour, calcium, iron, niacin, thiamin), butter ( <b>MILK</b> ), fat reduced cocoa powder, water, salt, anticaking agent: silicon dioxide; raising agent: sodium carbonates, natural flavouring].	Mini	795	190	11	7.1	21	16	0.7	2.7	0.44	0
		Tall	1005	240	13	8.5	27	22	0.9	3.6	0.57	0
		Grande	1386	331	18	12	37	30	1.1	4.7	0.78	0
		Venti	1594	381	19	13	46	37	1.4	5.3	0.97	0
<b>Caramel Brownie Cream Frappuccino® - Coconut</b>	Ice, coconut drink [water, coconut milk, sugar, inulin, bean protein concentrate, stabilisers: gellan gum, xanthan gum; acidity regulator: sodium hydrogen carbonate, natural flavouring], creme frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carrageenan, maltodextrin], whipped cream [cream ( <b>MILK</b> ), sugar, propellants: nitrous oxide, nitrogen; emulsifier: E471, flavouring, stabiliser: carrageenan], caramel brownie crumb [wheat flour ( <b>WHEAT</b> flour, calcium, iron, niacin, thiamin), butter ( <b>MILK</b> ), sugar, fat reduced cocoa powder, water, natural flavouring, humectant: glycerol; salt, raising agent: sodium carbonates], caramel brownie brulee blend [sugar, wheat flour ( <b>WHEAT</b> flour, calcium, iron, niacin, thiamin), butter ( <b>MILK</b> ), fat reduced cocoa powder, water, salt, anticaking agent: silicon dioxide; raising agent: sodium carbonates, natural flavouring].	Mini	804	193	11	8.2	21	16	1.5	1.7	0.41	0
		Tall	1018	244	14	10	27	22	2.1	2.0	0.52	0
		Grande	1402	336	19	14	38	31	2.7	2.7	0.72	0
		Venti	1612	385	20	15	47	37	3.1	3.2	0.90	0
<b>Caramel Brownie Cream Frappuccino® - Almond</b>	Ice, <b>ALMOND</b> drink [water, <b>ALMOND</b> , fructose, acidity regulators: dipotassium phosphate, monopotassium phosphate; calcium carbonate, stabilisers: gellan gum, carrageenan, guar gum; natural flavourings, sea salt], creme frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carrageenan, maltodextrin], whipped cream [cream ( <b>MILK</b> ), sugar, propellants: nitrous oxide, nitrogen; emulsifier: E471, flavouring, stabiliser: carrageenan], caramel brownie crumb [wheat flour ( <b>WHEAT</b> flour, calcium, iron, niacin, thiamin), butter ( <b>MILK</b> ), sugar, fat reduced cocoa powder, water, natural flavouring, humectant: glycerol; salt, raising agent: sodium carbonates], caramel brownie brulee blend [sugar, wheat flour ( <b>WHEAT</b> flour, calcium, iron, niacin, thiamin), butter ( <b>MILK</b> ), fat reduced cocoa powder, water, salt, anticaking agent: silicon dioxide; raising agent: sodium carbonates, natural flavouring].	Mini	759	182	10	7.0	20	16	0.6	1.4	0.41	0
		Tall	948	227	13	8.4	27	22	0.7	1.6	0.53	0
		Grande	1317	315	17	12	37	30	0.9	2.3	0.73	0
		Venti	1518	363	19	13	46	37	1.2	2.6	0.91	0



## Beverages

Product	Ingredients	Size	Energy (KJ)	Energy (Kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Caffeine (mg)
<b>Caramel Brownie Cream Frappuccino® - Oat</b>	Ice, <b>OAT</b> drink [water, <b>OAT</b> , inulin, coconut fat, <b>OAT</b> protein, sea salt, stabiliser: xanthan gum, acidity regulator: dipotassium phosphate, stabiliser: gellan gum], creme frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carrageenan, maltodextrin], whipped cream [cream ( <b>MILK</b> ), sugar, propellants: nitrous oxide, nitrogen; emulsifier: E471, flavouring, stabiliser: carrageenan], caramel brownie crumb [wheat flour ( <b>WHEAT</b> flour, calcium, iron, niacin, thiamin), butter ( <b>MILK</b> ), sugar, fat reduced cocoa powder, water, natural flavouring, humectant: glycerol; salt, raising agent: sodium carbonates], caramel brownie brulee blend [sugar, wheat flour ( <b>WHEAT</b> flour, calcium, iron, niacin, thiamin), butter ( <b>MILK</b> ), fat reduced cocoa powder, water, salt, anticaking agent: silicon dioxide; raising agent: sodium carbonates, natural flavouring].	Mini	872	209	11	7.8	25	18	1.5	1.7	0.45	0
		Tall	1122	268	14	9.6	33	25	2.1	2.0	0.59	0
		Grande	1529	366	19	13	45	34	2.6	2.7	0.80	0
		Venti	1751	418	20	14	54	41	3.0	3.2	0.99	0
<b>Caramel Brownie Cream Frappuccino® - Starbucks™ Original Nut Blend</b>	Ice, <b>NUT</b> & rice house blend [water, rice, <b>CASHEW</b> , <b>HAZELNUTS</b> , pea protein, flavourings, acidity regulators: potassium phosphates, emulsifier: citric acid esters of mono- and diglycerides, stabilisers: gellan gum, guar gum, xanthan gum; sea salt, vitamins (B2, B12, E, D2)], creme frappuccino syrup [water, sugar, fructose, salt, natural flavourings, thickener: xanthan gum, preservative: potassium sorbate, acidity regulator: citric acid, stabiliser: carrageenan, maltodextrin], whipped cream [cream ( <b>MILK</b> ), sugar, propellants: nitrous oxide, nitrogen; emulsifier: E471, flavouring, stabiliser: carrageenan], caramel brownie crumb [wheat flour ( <b>WHEAT</b> flour, calcium, iron, niacin, thiamin), butter ( <b>MILK</b> ), sugar, fat reduced cocoa powder, water, natural flavouring, humectant: glycerol; salt, raising agent: sodium carbonates], caramel brownie brulee blend [sugar, wheat flour ( <b>WHEAT</b> flour, calcium, iron, niacin, thiamin), butter ( <b>MILK</b> ), fat reduced cocoa powder, water, salt, anticaking agent: silicon dioxide; raising agent: sodium carbonates, natural flavouring].	Mini	793	190	11	7.1	21	16	0.7	2.1	0.48	0
		Tall	1001	239	13	8.4	28	22	0.9	2.8	0.64	0
		Grande	1382	330	18	12	39	30	1.1	3.6	0.87	0
		Venti	1580	380	19	13	48	37	1.4	4.1	1.06	0

## Food

Product	Suitable for Vegetarian	Suitable for Vegan	Ingredients	Energy (KJ)	Energy (Kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
<b>Cakes</b>												
<b>Iced Raspberry Swirl</b>	Y	N	Fortified wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], water, icing (9%) [sugar, palm fat, emulsifiers: citric acid esters of mono and diglycerides of fatty acids, polyoxyethylene sorbitan monostearate; gelling agent: agar], sugar, free range <b>EGG</b> , unsalted butter ( <b>MILK</b> ), flaked <b>ALMOND</b> (3%), invert sugar, yeast, dextrose, salt, freeze dried raspberry pieces (0.7%), emulsifiers: mono and diglycerides of fatty acids, palm oil, free range <b>EGG</b> , lemon pulp, natural flavouring, colours: carotenes, beetroot concentrate, carrot concentrate; vegetable oil, stabiliser: guar gum, guar gum; raising agents: disodium diphosphate, potassium hydrogen carbonate; flour treatment agent: ascorbic acid, rapeseed oil, acidity regulator: citric acid.	1682	399	11	5.0	65	19	1.9	9.1	0.91
<b>Coconut &amp; Lime Cake (plant based)</b>	Y	Y	Caster sugar, orange juice, fortified wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), icing sugar, lime curd (10%) [lime juice, glucose syrup, sugar, coconut oil, modified maize starch, lemon comminute, gelling agent: pectin; natural flavouring, acidity regulator: trisodium citrate, colours: spinach extract, lutein], dairy free yogurt [coconut cream, coconut water, tapioca starch, lactobacillus], desiccated coconut (7%), olive oil, courgette, wholemeal <b>WHEAT</b> flour, margarine, coconut chips (2%), coconut milk (1.6%) [coconut extract], lime zest (1.3%), <b>SOYA</b> protein, alpha dextrin, lime juice (0.3%), baking powder [raising agents: disodium diphosphate, potassium hydrogen carbonate; fortified wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin)], salt, raising agent: sodium bicarbonate; preservative: potassium sorbate; modified maize starch, gelling agent: xanthan gum; acidity regulator: citric acid.	1573	376	18	8.8	48	29	2.4	4.2	0.47
<b>Strawberry &amp; Cream Cake</b>	Y	N	Ground <b>ALMONDS</b> , free range pasteurised whole <b>EGG</b> , salted butter ( <b>MILK</b> ), sugar, strawberry jam [strawberries, glucose-fructose syrup, sugar, acidity regulators: citric acid, trisodium citrate; gelling agent: pectin, strawberry flavouring, colour: anthocyanins, rapeseed oil], polenta, icing sugar, white chocolate [sugar, cocoa butter, whole <b>MILK</b> powder, emulsifier: <b>SOYA</b> lecithin, vanilla extract], rapeseed oil, cream ( <b>MILK</b> ), freeze dried strawberries, baking powder [raising agents: disodium diphosphate, potassium hydrogen carbonate; fortified wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin)], semi-skimmed <b>MILK</b> , vanilla flavouring, cream flavouring, acidity regulator: citric acid.	1203	289	19	6.6	22	18	1.7	6.6	0.39
<b>Muffin</b>												
<b>Cookies &amp; Cream Cheesecake Muffin</b>	Y	N	Cheesecake filling (21%) ( <b>MILK</b> ) [full fat soft cheese ( <b>MILK</b> ) (skimmed <b>MILK</b> , cream ( <b>MILK</b> ), permeate, salt, modified tapioca starch, stabilisers: locust bean gum, xanthan gum; starter culture), icing sugar, free range <b>EGG</b> , preservative: potassium sorbate; natural flavouring], rapeseed oil, free range <b>EGG</b> , sugar, water, fortified wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], white chocolate chunks (8%) [sugar, whole <b>MILK</b> powder, cocoa butter, emulsifier: <b>SOYA</b> lecithin; natural vanilla flavouring], humectant: vegetable glycerine; cookie crumble (3%) [fortified wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), sugar, vegetable fat (shea kernel oil, palm oil, emulsifier: sunflower lecithin; citric acid), cocoa powder, salt, raising agent: sodium bicarbonate], cocoa powder, <b>WHEAT</b> starch, <b>WHEAT</b> flour, raising agents: monocalcium phosphate, diphosphates, sodium hydrogen carbonate, potassium carbonates; potato starch, emulsifier: mono and diglycerides of fatty acids; <b>WHEAT</b> gluten, colour: carbon black; free range <b>EGG</b> white powder, whey powder ( <b>MILK</b> ), stabiliser: xanthan gum.	1898	454	24	7.3	52	27	0.9	7	0.55
<b>Bars and Traybakes</b>												
<b>Cookies &amp; Cream Brownie</b>	Y	N	Sugar, dark chocolate (14%) [sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier: <b>SOYA</b> lecithin, vanilla extract], pasteurised free range <b>EGG</b> , white chocolate (13%) [sugar, cocoa butter, whole <b>MILK</b> powder, emulsifier: <b>SOYA</b> lecithin, vanilla extract], milk chocolate (13%) [sugar, cocoa butter, whole <b>MILK</b> powder, cocoa mass, emulsifier: <b>SOYA</b> lecithin, vanilla extract], salted butter [butter ( <b>MILK</b> ), salt], ground <b>ALMONDS</b> , mini cookies (4%) [ <b>WHEAT</b> flour, sugar, palm oil, rapeseed oil, fat reduced cocoa powder, <b>WHEAT</b> starch, glucose fructose syrup, salt, raising agents: potassium hydrogen carbonate, sodium hydrogen carbonate, ammonium hydrogen carbonate; emulsifiers: <b>SOYA</b> lecithin, sunflower lecithin; vanilla flavouring], fortified wheat flour [ <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], full fat cream cheese ( <b>MILK</b> ), cocoa powder, cocoa mass, natural vanilla flavouring, double cream ( <b>MILK</b> ), black cocoa powder, baking powder [raising agents: disodium diphosphate, potassium hydrogen carbonate; fortified wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin)], salt.	1524	366	23	13	33	26	2.9	5.2	0.46

## Food

Product	Suitable for Vegetarian	Suitable for Vegan	Ingredients	Energy (kJ)	Energy (Kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
<b>Cookies</b>												
<b>Anniversary Cookie</b>	Y	N	Shortbread biscuit (78%) [wheat flour <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], sugar, salted butter [butter ( <b>MILK</b> ), salt], vegetable margarine [Vegetable oils (palm, rapeseed), water, salt, emulsifier: polyglycerol esters of fatty acids, colours: annatto bixin, curcumin; natural flavouring], cornflour, palm oil], sugar icing (19%) [icing sugar, water, meringue & royal icing mix <b>WHEAT</b> starch, dried <b>EGG</b> albumen, sugar, modified starch, acidity regulators: calcium lactate, tartaric acid, cream of tartar, lactic acid; dextrose, gelling agent: guar gum], spirulina extract, plant concentrate: safflower; sugar paste stars (2.5%) [sugar, glucose syrup, vegetable fat (palm kernel, palm oil), invert sugar syrup, thickeners: gum arabic, xanthan gum; humectant: glycerol, emulsifier: mono- and diglycerides of fatty acids, ethanol, glazing agent: shellac, water, stabiliser: trehalose, spirulina extract, colour: carotenes, coconut oil, acidity regulator: trisodium citrate, sunflower oil, antioxidants: alpha-tocopherol, ascorbic acid; preservative: potassium sorbate], colour: iron oxides.	1016	242	11	4.8	34	18	0.5	1.7	0.17
<b>Birthday Cake Cookie</b>	Y	N	Fortified wheat flour <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], sugar, unsalted butter ( <b>MILK</b> ), palm oil, coloured sugar pearls (7%) [sugar, palm fat, colours (safflower concentrate, spirulina concentrate, lemon concentrate, radish, blackcurrant concentrate, apple concentrate)], white chocolate chips (5%) [sugar, whole <b>MILK</b> powder, cocoa butter, skimmed <b>MILK</b> powder, emulsifier: <b>SOYA</b> lecithin]; natural vanilla flavouring], white compound drizzle (5%) [sugar, coconut oil, palm fat, maize starch, emulsifier: <b>SOYA</b> lecithin; natural vanilla flavouring], free range <b>EGG</b> , raising agents: monocalcium phosphate, potassium hydrogen carbonate; rapeseed oil, glucose fructose syrup, <b>WHEAT</b> fibre, natural flavouring, lactose powder ( <b>MILK</b> ), vegetarian whey powder ( <b>MILK</b> ), sugar, salt, rapeseed oil.	1476	352	16	8.6	47	30	2.3	3.9	0.08
<b>Triple Chocolate Cookie</b>	Y	N	Wheat flour <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], sugar, butter ( <b>MILK</b> ), milk chocolate (9%) [sugar, cocoa mass, whole <b>MILK</b> powder, cocoa butter, emulsifier: <b>SOYA</b> lecithin, natural vanilla flavouring], white chocolate (9%) [sugar, whole <b>MILK</b> powder, cocoa butter, emulsifier: <b>SOYA</b> lecithin, natural vanilla flavouring], dark chocolate (8%) [cocoa mass, sugar, cocoa butter, emulsifier: <b>SOYA</b> lecithin, natural vanilla flavouring], cocoa powder, free range pasteurised <b>EGG</b> , raising agents: monocalcium phosphate, potassium hydrogen carbonate; <b>WHEAT</b> fibre, lactose powder ( <b>MILK</b> ), glucose fructose syrup, whey powder ( <b>MILK</b> ), invert sugar, salt, rapeseed oil, flavouring.	1554	372	20	13	41	27	2.6	4.6	0.2
<b>Oat &amp; Raisin Cookie</b>	Y	N	<b>OATS</b> (21%), raisins (19%), sugar, fortified wheat flour <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], unsalted butter ( <b>MILK</b> ), palm oil, glucose fructose syrup, partially inverted refiners syrup, raising agents: monocalcium phosphate, potassium hydrogen carbonate; <b>WHEAT</b> fibre, rapeseed oil, lactose powder ( <b>MILK</b> ), invert sugar, vegetarian whey powder ( <b>MILK</b> ), mixed spice, sunflower oil, salt, cinnamon, natural flavouring.	1348	321	11	4.9	50	30	2.9	4	0.1
<b>Strawberry &amp; White Chocolate Shortbread</b>	Y	N	Fortified wheat flour <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin], unsalted butter ( <b>MILK</b> ), white chocolate chunks (13%) [sugar, whole <b>MILK</b> powder, cocoa butter, emulsifier: <b>SOYA</b> lecithin; natural vanilla flavouring], sugar, strawberry granulates (2%) [glucose syrup, strawberries, fructose, modified starch, thickener: sodium alginate], free range <b>EGG</b> , black pepper, salt, natural flavouring.	1850	443	26	17	46	17	0.9	5.8	0.13
<b>Raspberry &amp; White Chocolate Blondie</b>	Y	N	White chocolate (26%) [sugar, cocoa butter, whole <b>MILK</b> powder, emulsifier: <b>SOYA</b> lecithin, vanilla extract], caster sugar, free range pasteurised whole <b>EGG</b> , salted butter ( <b>MILK</b> ), fortified wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), raspberry jam (10%) [glucose fructose syrup, sugar, raspberry puree, raspberry crumb, gelling agent: pectin, acidity regulators: citric acid, sodium citrate; colour: anthocyanins, raspberry flavouring], raspberries, ground <b>ALMONDS</b> , rapeseed oil, water, freeze dried raspberry pieces (0.3%), vanilla flavouring, baking powder [raising agents: disodium diphosphate, potassium hydrogen carbonate; fortified wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin)], maize starch, gelling agent: xanthan gum.	1410	337	18	11	39	30	2.5	3.6	0.34
<b>Raspberry &amp; Almond Linzer</b>	Y	N	Wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), salted butter [butter ( <b>MILK</b> ), salt], raspberry jam (20%) [glucose fructose syrup, raspberry puree, raspberry juice concentrate, acidity regulators: citric acid, trisodium citrate; gelling agent: pectin, colour: anthocyanins, natural flavouring], <b>ALMONDS</b> (6%), sugar, icing sugar, cornflour, icing powder [dextrose, cornflour, palm oil], baking powder [raising agents: disodium diphosphate, potassium hydrogen carbonate; wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin)], thickeners: guar gum, xanthan gum.	1547	369	17	8.3	51	27	1.3	2.4	0.26
<b>Hot Sandwiches</b>												
<b>Shaved Steak Roll</b>	N	N	Stone baked roll [wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, <b>RYE</b> flour, yeast, salt, malted <b>WHEAT</b> flour, <b>WHEAT</b> flour, flour treatment agent: ascorbic acid, rapeseed oil], medium rare roast beef (18%) [beef topside, salt], bbq sauce [water, muscovado sugar, tomato paste, glucose syrup, sugar, cider vinegar, maple syrup, American mustard (water, spirit vinegar, <b>MUSTARD</b> flour, <b>MUSTARD</b> husk, sea salt, garlic powder, ground paprika, ground turmeric), cornflour, treacle, worcester sauce (water, sugar, spirit vinegar, onion puree, molasses, salt, tamarind paste, clove, garlic puree, ginger puree), concentrated lemon juice, dried red chilli, salt, ginger puree, cayenne pepper, ground black pepper, smoked chilli, smoked salt, smoked paprika], mayonnaise [water, rapeseed oil, free range pasteurised egg yolk ( <b>EGG</b> yolk, salt), cornflour, spirit vinegar, sugar, Dijon mustard (water, black <b>MUSTARD</b> seeds, spirit vinegar, salt), white wine vinegar], pickled roasted pink onion rings (5%) [red onion, lime juice, white sugar, spirit vinegar, salt], spinach (5%).	1256	297	4.4	0.7	49	9.0	2.8	14	1.6

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## Food

Product	Suitable for Vegetarian	Suitable for Vegan	Ingredients	Energy (KJ)	Energy (Kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
<b>Chicken, Mozzarella &amp; Pesto Focaccia</b>	N	N	Rosemary topped focaccia [wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, olive oil, rosemary, salt, yeast, malted <b>BARLEY</b> flour], steamed chicken breast (17%) [chicken breast, cornflour, salt, black pepper, garlic powder, sunflower oil] mozzarella full fat soft cheese ( <b>MILK</b> ) (10%), semi dried tomatoes (4%) [tomato, sunflower oil, salt, garlic, oregano], spinach, reduced fat mayonnaise [rapeseed oil, spirit vinegar, cornflour, pasteurised free-range <b>EGG</b> yolk, sugar, salt, citrus fibre, concentrated lemon juice, stabiliser: pectin], nut free pesto [basil paste (basil, sunflower oil, salt, antioxidant: ascorbic acid), medium fat hard cheese ( <b>MILK</b> ) extra virgin olive oil, sunflower oil, garlic purée, salt, acidity regulator: citric acid], tomato base [tomato paste, rapeseed oil, onion, tomatoes, white wine vinegar, cornflour, garlic purée, salt, lemon juice], cornflour.	2482	592	23	7.2	53	3.1	8.4	39	2.7
<b>Cold Sandwiches and Wraps</b>												
<b>Chicken, Ham, and Bacon Sandwich</b>	N	N	Malted bread [wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, malted <b>WHEAT</b> flakes, <b>WHEAT</b> bran, <b>WHEAT</b> gluten, salt, yeast, rapeseed oil, malted <b>BARLEY</b> flour, spirit vinegar, emulsifiers: mono- and diglycerides of fatty acids, mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids, malted <b>WHEAT</b> flour, malted <b>BARLEY</b> flour, flour treatment agent: ascorbic acid, palm oil], tomato, chicken breast (12%) [chicken breast, cornflour, salt, black pepper, garlic powder, sunflower oil], smoked formed ham (12%) [pork, salt, dextrose, preservatives: sodium triphosphate; sodium nitrate; antioxidant: sodium ascorbate], mild Cheddar cheese (8%) ( <b>MILK</b> ), mayonnaise [rapeseed oil, free range pasteurised <b>EGG</b> yolk, cornflour, white wine vinegar, salt, <b>MUSTARD</b> flour], lettuce, hickory smoked bacon (3%) [pork belly, salt, antioxidant: sodium ascorbate; preservative: sodium nitrite], Dijon mustard [ <b>MUSTARD</b> seeds, spirit vinegar, salt].	1130	269	9.4	3.3	29	3	2.1	16	1.1
<b>Veggie New York Deli Sandwich</b>	Y	N	Bread with added barley malt flour and seeds [wheat flour ( <b>WHEAT</b> flour, calcium, iron, niacin, thiamin), water, <b>BARLEY</b> malt flour, millet, sunflower seeds, yeast, sugar, salt, <b>WHEAT</b> gluten, emulsifiers: mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids, mono and di glycerides of fatty acids, <b>SOYA</b> flour, preservative: calcium propionate, rapeseed oil, flour treatment agent: ascorbic acid], beetroot slaw (30%) [pickled beetroot (beetroot, white wine vinegar, white sugar), shredded carrot, mayonnaise (rapeseed oil, free range pasteurised whole <b>EGG</b> , non brewed condiment (acidity regulator: acetic acid), sugar, stabiliser: guar gum, salt, stabiliser: xanthan gum, <b>MUSTARD</b> flour), roasted seasoned white cabbage (white cabbage, white onion, white wine vinegar, white sugar, caraway seeds), red cabbage, red onion, black pepper], emmental cheese (20%) ( <b>MILK</b> ), American mustard and gherkin mayonnaise (12%) [mayonnaise (rapeseed oil, cornflour, spirit vinegar, free range pasteurised whole egg ( <b>EGG</b> yolk, salt), white wine vinegar, sugar, dijon mustard ( <b>MUSTARD</b> seeds, spirit vinegar, salt), concentrated lemon juice), gherkins (gherkin (gherkins, salt, acidity regulator: acetic acid, firming agent: calcium chloride, preservative: potassium <b>METABISULPHITE</b> ), sugar, spirit vinegar, salt, natural flavouring, stabiliser: calcium carbonate), American mustard (spirit vinegar, <b>MUSTARD</b> flour, yellow <b>MUSTARD</b> bran, cornflour, salt, ground turmeric)], rocket (4%).	1796	429	20	8.8	41	8.8	4.5	19	1.7
<b>Spinach &amp; Pea Falafel Wrap</b>	Y	Y	Spinach tortilla [wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, palm oil, humectant: glycerol, sugar, rapeseed oil, raising agents: sodium bicarbonate, disodium diphosphate, spinach, parsley, acidity regulator: malic acid, salt], spinach and pea falafel (25%) [peas, chickpeas, spinach, dried potato, onion, sunflower oil, <b>WHEAT</b> flour, garlic purée, salt, lemon juice, cumin, coriander, black pepper, mint, raising agents: sodium bicarbonate, calcium phosphates, diphosphates], reduced-fat houmous [chick peas, rapeseed oil, tahini <b>SESAME SEED</b> paste, concentrated lemon juice, salt, garlic, cornflour], caramelised onion chutney [red onion, sugar, balsamic vinegar, white wine vinegar, cornflour, molasses, salt, garlic purée, ginger purée, black pepper], spinach (4%), white cabbage, cider vinegar, spicy tomato dressing [tomato paste, red pepper, onion, sugar, spirit vinegar, rapeseed oil, red chilli purée, cornflour, concentrated lemon juice, basil, garlic purée, oregano, salt, Dijon mustard ( <b>MUSTARD</b> seed, spirit vinegar, salt), dried chilli flakes, black pepper], carrot, sugar, red cabbage, red onion, cornflour, salt.	1553	369	8.6	2.5	59	15	8.6	9.6	1.4
<b>Breakfast Sandwiches</b>												
<b>Ham &amp; Cheese Croissant</b>	N	N	All butter croissant [wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), unsalted butter ( <b>MILK</b> ) (13%), water, sugar, yeast, salt, pasteurised free range whole <b>EGG</b> , flour treatment agent (ascorbic acid)], formed hickory smoked ham (28%) [pork, salt, muscovado sugar, stabiliser: triphosphates, antioxidant: sodium ascorbate, preservative: sodium nitrite], medium mature Cheddar cheese ( <b>MILK</b> ) (14%).	1934	463	25	14	36	5.5	4.1	21	1.7
<b>Beyond Meat® Breakfast Sandwich</b>	Y	Y	Breakfast roll [wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), water, <b>RYE</b> flour, yeast, salt, durum <b>WHEAT</b> semolina, malted <b>WHEAT</b> flour, flour treatment agent: ascorbic acid], Beyond Meat patty (28%) [water, pea protein, rapeseed oil, refined coconut oil, flavouring, yeast, rice protein, yeast (yeast, vitamin B3, vitamin B6, vitamin B1, vitamin B2, vitamin B9), stabiliser: methylcellulose, apple fibre, salt, spices, apple extract, pomegranate extract, maize vinegar, concentrated lemon juice, yeast extract, garlic powder, emulsifier: sunflower lecithin, onion powder, carrot powder], coconut oil alternative to cheese (11%) [coconut oil, modified starch, starch, salt, flavouring, olive extract, colour: beta carotene, vitamin B12], tofu (8%) [water, <b>SOYA</b> beans, salt, nigari], signature tomato relish [water, tomatoes, sugar, tomato paste, red wine vinegar, roasted tomato (roasted tomato, tomato concentrate, sunflower oil, olive oil, salt, oregano, sugar, garlic), rapeseed oil, red chilli purée, cornflour, onion, lemon juice, garlic purée, ginger purée, salt, oregano, black pepper], Sheese® coconut oil alternative to cream cheese (3%) [water, coconut oil, <b>SOYA</b> protein concentrate, salt, acidity regulator: lactic acid, sugar, tricalcium citrate, thickener: carrageenan, flavouring], ground turmeric.	1784	425	17	9.0	46	3.1	5.3	20	2.1

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<b>Salad Pots</b>												
<b>Chicken &amp; Egg Protein Pot</b>	N	N	Free range hard-boiled <b>EGG</b> (20%), cooked wheat berries [water, <b>WHEAT</b> berry], seasoned chicken breast (14%) [chicken breast, cornflour, salt, black pepper, garlic powder, sunflower oil], cooked white quinoa [water, white quinoa], beetroot, spinach, avocado chunks (3%) [avocado (avocado, salt, antioxidant: ascorbic acid, acidity regulator: citric acid), preservatives: L-cysteine, calcium chloride], apple, edamame <b>SOYA</b> beans, honey, reduced-fat mayonnaise [rapeseed oil, spirit vinegar, cornflour, pasteurised free range <b>EGG</b> , sugar, citrus fibre, salt, stabiliser: pectin, concentrated lemon juice], nut-free pesto [basil paste (basil, sunflower oil, salt, antioxidant: ascorbic acid), medium fat hard cheese ( <b>MILK</b> ), extra virgin olive oil, sunflower oil, garlic purée, salt, acidity regulator: citric acid], crème fraîche ( <b>MILK</b> ), beetroot powder, concentrated lemon juice, cider vinegar, rapeseed oil, salt, sugar, white wine vinegar, acidity regulator: citric acid, cornflour.	1064	253	6.2	1.6	32	7.2	4.4	15	0.62
<b>Rainbow Veg &amp; Bean Protein Pot</b>	Y	Y	Black bean salsa (41%) [black turtle beans, roasted red pepper, coriander, lime juice], carrot (21%), creamed sweetcorn (15%), edamame <b>SOYA</b> beans (11%), chipotle relish [roasted red pepper, tomatoes, sugar, onion, white wine vinegar, glucose syrup, cornflour, tomato paste, cider, rapeseed oil, salt, garlic purée, smoked paprika, coriander, chipotle chilli powder, gelling agent: pectin, cumin], spicy tomato dressing [tomato paste, red pepper, dried onion, sugar, spirit vinegar, rapeseed oil, red chilli purée, cornflour, concentrated lemon juice, basil, garlic purée, oregano, salt, Dijon mustard ( <b>MUSTARD</b> seeds, spirit vinegar, salt), chilli flakes, black pepper], spinach.	776	185	3.1	0.4	24	9.5	11	9.7	0.81
<b>Impulse Items</b>												
<b>Trio of Favourites – Chocolate Caramel Shortbread –</b>	Y	N	Salted butter [butter ( <b>MILK</b> ), salt], white chocolate (13%) [sugar, cocoa butter, whole <b>MILK</b> powder, emulsifier: <b>SOYA</b> lecithin, vanilla extract], sugar, fortified wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), pasteurised free range <b>EGG</b> , milk chocolate (9%) [sugar, cocoa butter, whole <b>MILK</b> powder, cocoa mass, emulsifier: <b>SOYA</b> lecithin, vanilla extract], dark chocolate (5%) [sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier: <b>SOYA</b> lecithin, vanilla extract], sweetened condensed milk ( <b>MILK</b> , sugar), raspberry jam (3%) [glucose fructose syrup, raspberry puree, sugar, raspberries, gelling agent: pectin, acidity regulators: citric acid, sodium citrate; colour: anthocyanins, natural raspberry flavouring], vegetable margarine [vegetable oils (palm, rapeseed), salt, emulsifier: mono- and diglycerides of fatty acids, natural flavouring, colours: annatto bixin, curcumin], ground <b>ALMONDS</b> , partially inverted refiners syrup, mini cookies (1%) [ <b>WHEAT</b> flour, sugar, palm oil, rapeseed oil, fat reduced cocoa powder, <b>WHEAT</b> starch, glucose fructose syrup, salt, raising agents: potassium carbonates, sodium carbonates, ammonium carbonates; emulsifiers: <b>SOYA</b> lecithin, sunflower lecithin; vanilla flavouring], full fat soft cheese ( <b>MILK</b> ), palm oil, icing sugar, soft light brown sugar, raspberries (1%), cornflour, whey powder ( <b>MILK</b> ), natural vanilla flavouring, cocoa butter, cocoa powder, cocoa mass, double cream ( <b>MILK</b> ), rapeseed oil, freeze dried raspberry pieces, raising agents: diphosphates, potassium carbonates; fat reduced cocoa powder, salt, preservative: potassium sorbate, gelling agent: xanthan gum, emulsifiers: <b>SOYA</b> lecithin, mono- and diglycerides of fatty acids.	1122	269	16	9	28	16	0.6	2.9	0.3
<b>Trio of Favourites – Cookies &amp; Cream Brownie</b>	Y	N	Salted butter [butter ( <b>MILK</b> ), salt], white chocolate (13%) [sugar, cocoa butter, whole <b>MILK</b> powder, emulsifier: <b>SOYA</b> lecithin, vanilla extract], sugar, fortified wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), pasteurised free range <b>EGG</b> , milk chocolate (9%) [sugar, cocoa butter, whole <b>MILK</b> powder, cocoa mass, emulsifier: <b>SOYA</b> lecithin, vanilla extract], dark chocolate (5%) [sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier: <b>SOYA</b> lecithin, vanilla extract], sweetened condensed milk ( <b>MILK</b> , sugar), raspberry jam (3%) [glucose fructose syrup, raspberry puree, sugar, raspberries, gelling agent: pectin, acidity regulators: citric acid, sodium citrate; colour: anthocyanins, natural raspberry flavouring], vegetable margarine [vegetable oils (palm, rapeseed), salt, emulsifier: mono- and diglycerides of fatty acids, natural flavouring, colours: annatto bixin, curcumin], ground <b>ALMONDS</b> , partially inverted refiners syrup, mini cookies (1%) [ <b>WHEAT</b> flour, sugar, palm oil, rapeseed oil, fat reduced cocoa powder, <b>WHEAT</b> starch, glucose fructose syrup, salt, raising agents: potassium carbonates, sodium carbonates, ammonium carbonates; emulsifiers: <b>SOYA</b> lecithin, sunflower lecithin; vanilla flavouring], full fat soft cheese ( <b>MILK</b> ), palm oil, icing sugar, soft light brown sugar, raspberries (1%), cornflour, whey powder ( <b>MILK</b> ), natural vanilla flavouring, cocoa butter, cocoa powder, cocoa mass, double cream ( <b>MILK</b> ), rapeseed oil, freeze dried raspberry pieces, raising agents: diphosphates, potassium carbonates; fat reduced cocoa powder, salt, preservative: potassium sorbate, gelling agent: xanthan gum, emulsifiers: <b>SOYA</b> lecithin, mono- and diglycerides of fatty acids.	1225	294	18	10	28	21	1.6	4.1	0.36
<b>Trio of Favourites – Raspberry &amp; White Chocolate Blondie</b>	Y	N	Salted butter [butter ( <b>MILK</b> ), salt], white chocolate (13%) [sugar, cocoa butter, whole <b>MILK</b> powder, emulsifier: <b>SOYA</b> lecithin, vanilla extract], sugar, fortified wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), pasteurised free range <b>EGG</b> , milk chocolate (9%) [sugar, cocoa butter, whole <b>MILK</b> powder, cocoa mass, emulsifier: <b>SOYA</b> lecithin, vanilla extract], dark chocolate (5%) [sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier: <b>SOYA</b> lecithin, vanilla extract], sweetened condensed milk ( <b>MILK</b> , sugar), raspberry jam (3%) [glucose fructose syrup, raspberry puree, sugar, raspberries, gelling agent: pectin, acidity regulators: citric acid, sodium citrate; colour: anthocyanins, natural raspberry flavouring], vegetable margarine [vegetable oils (palm, rapeseed), salt, emulsifier: mono- and diglycerides of fatty acids, natural flavouring, colours: annatto bixin, curcumin], ground <b>ALMONDS</b> , partially inverted refiners syrup, mini cookies (1%) [ <b>WHEAT</b> flour, sugar, palm oil, rapeseed oil, fat reduced cocoa powder, <b>WHEAT</b> starch, glucose fructose syrup, salt, raising agents: potassium carbonates, sodium carbonates, ammonium carbonates; emulsifiers: <b>SOYA</b> lecithin, sunflower lecithin; vanilla flavouring], full fat soft cheese ( <b>MILK</b> ), palm oil, icing sugar, soft light brown sugar, raspberries (1%), cornflour, whey powder ( <b>MILK</b> ), natural vanilla flavouring, cocoa butter, cocoa powder, cocoa mass, double cream ( <b>MILK</b> ), rapeseed oil, freeze dried raspberry pieces, raising agents: diphosphates, potassium carbonates; fat reduced cocoa powder, salt, preservative: potassium sorbate, gelling agent: xanthan gum, emulsifiers: <b>SOYA</b> lecithin, mono- and diglycerides of fatty acids.	1089	261	14	8.6	30	23	1.9	2.7	0.26
<b>Trio of Favourites – Average Value</b>	Y	N	Salted butter [butter ( <b>MILK</b> ), salt], white chocolate (13%) [sugar, cocoa butter, whole <b>MILK</b> powder, emulsifier: <b>SOYA</b> lecithin, vanilla extract], sugar, fortified wheat flour ( <b>WHEAT</b> flour, calcium carbonate, iron, niacin, thiamin), pasteurised free range <b>EGG</b> , milk chocolate (9%) [sugar, cocoa butter, whole <b>MILK</b> powder, cocoa mass, emulsifier: <b>SOYA</b> lecithin, vanilla extract], dark chocolate (5%) [sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier: <b>SOYA</b> lecithin, vanilla extract], sweetened condensed milk ( <b>MILK</b> , sugar), raspberry jam (3%) [glucose fructose syrup, raspberry puree, sugar, raspberries, gelling agent: pectin, acidity regulators: citric acid, sodium citrate; colour: anthocyanins, natural raspberry flavouring], vegetable margarine [vegetable oils (palm, rapeseed), salt, emulsifier: mono- and diglycerides of fatty acids, natural flavouring, colours: annatto bixin, curcumin], ground <b>ALMONDS</b> , partially inverted refiners syrup, mini cookies (1%) [ <b>WHEAT</b> flour, sugar, palm oil, rapeseed oil, fat reduced cocoa powder, <b>WHEAT</b> starch, glucose fructose syrup, salt, raising agents: potassium carbonates, sodium carbonates, ammonium carbonates; emulsifiers: <b>SOYA</b> lecithin, sunflower lecithin; vanilla flavouring], full fat soft cheese ( <b>MILK</b> ), palm oil, icing sugar, soft light brown sugar, raspberries (1%), cornflour, whey powder ( <b>MILK</b> ), natural vanilla flavouring, cocoa butter, cocoa powder, cocoa mass, double cream ( <b>MILK</b> ), rapeseed oil, freeze dried raspberry pieces, raising agents: diphosphates, potassium carbonates; fat reduced cocoa powder, salt, preservative: potassium sorbate, gelling agent: xanthan gum, emulsifiers: <b>SOYA</b> lecithin, mono- and diglycerides of fatty acids.	1145	275	16	9.2	29	20	1.4	3.2	0.31

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