

Bars / Biscuits / Shortbreads

Burnt Caramel Brownie	<p>Salted butter (butter (MILK), dark chocolate (16%) [sugar, cocoa mass, cocoa butter, emulsifier: SOYA lecithin, vanilla flavouring], sugar, pasteurised free range EGG, milk chocolate chunks (10%) [sugar, cocoa butter, whole MILK powder, cocoa mass, emulsifier: SOYA lecithin, vanilla flavouring], sweetened full cream condensed MILK [whole MILK, sugar, lactose (MILK)], milk chocolate (6%) [sugar, cocoa butter, whole MILK powder, cocoa mass, emulsifier: SOYA lecithin, vanilla flavouring], wheat flour (WHEAT flour, calcium, iron, niacin, thiamin), golden syrup, ground ALMONDS, palm oil, cocoa powder, icing sugar, double cream (MILK), milk chocolate coated butterscotch pieces (1%) [milk chocolate: sugar, cocoa butter, whole MILK powder, cocoa mass, MILK sugar, whey powder (MILK), fat reduced cocoa powder, skimmed MILK powder, emulsifier: vanillin, butter crocant: sugar, glucose syrup, unsalted butter (MILK), MILK skimmed & condensed: (MILK, sugar), water, salt, glycerol monostearate, flavouring, glazing agent: gum arabic], whey powder (MILK), vanilla flavouring, glucose syrup, baking powder [raising agents: disodium diphosphate, potassium hydrogen carbonate, wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin)], stabiliser: xanthan gum, emulsifier: E471.</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS.</p>
Granola Bar	<p>OATS (25%), salted butter [butter (MILK), salt], sugar, golden syrup, sultanas (7%) [sultanas, sunflower oil, cottonseed oil], full cream sweetened condensed MILK [whole MILK, sugar, lactose (MILK), dried sweetened cranberries (5%) [sugar, cranberries, sunflower oil], dried sweetened cherries [cherries, sugar, sunflower oil], natural dried apricots (5%) [apricots, rice flour], honey, pumpkin seeds (4%), roasted slivered ALMONDS (3%), linseed, PECANS (3%).</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS. May also contain traces of eggs and soya.</p>
Chocolate Caramel Shortbread	<p>Caramel (23%) [sweetened condensed skimmed MILK, glucose syrup, partially inverted sugar syrup, palm oil, butter (MILK), sugar, water, emulsifier: E471, stabiliser: pectin, salt, natural flavouring], wheat flour (WHEAT flour, calcium, iron, niacin, thiamin), sweetened condensed MILK (whole MILK, sugar), butter oil (MILK), MILK chocolate (17%) [sugar, cocoa butter, whole MILK powder, cocoa mass 11%, emulsifier: SOYA lecithin, natural vanilla flavouring], sugar, butter (MILK), partially inverted sugar syrup, white chocolate (sugar, cocoa butter, whole MILK powder, emulsifier: SOYA lecithin, natural vanilla flavouring), desiccated coconut, salt.</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS. May also contain traces of eggs, nuts and peanuts.</p>
Belgian Chocolate Brownie	<p>Dark chocolate (28%) [sugar, cocoa mass, cocoa butter, emulsifier: SOYA lecithin, natural vanilla flavouring], pasteurised free range EGG, salted butter [butter (MILK), salt], sugar, sorghum flour, MILK chocolate (5%) [sugar, cocoa butter, whole MILK powder, cocoa mass, emulsifier: SOYA lecithin, natural vanilla flavouring], tapioca starch, ground ALMONDS, cocoa powder, natural vanilla flavouring, baking powder [raising agents: disodium diphosphate, potassium hydrogen carbonate], stabiliser: xanthan gum.</p> <p>For allergens, see ingredients highlighted in BOLD CAPITALS.</p>
Chocolate Chunk Shortbread (Fairtrade)	<p>Wheat flour (WHEAT flour, calcium, iron, niacin, thiamin), butter (MILK), chocolate chunks (14%) [cocoa mass, sugar, emulsifier: SOYA lecithin, flavouring], sugar, pasteurised free range whole EGG.</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS. May also contain traces of nuts.</p>
Marshmallow Twizzle	<p>CHRISTMAS BELGIAN CHOCOLATE BASE WITH MILK CHOC STARS: Marshmallow (57%) [glucose syrup, sugar, water, maize starch, emulsifier: beef gelatine, natural flavourings, colour: beetroot red], Belgian chocolate (22%) [sugar, cocoa mass, cocoa butter, emulsifier: SOYA lecithin, natural flavouring], MILK chocolate stars (18%) [sugar, cocoa solids, MILK solids, emulsifier: ammonium phosphatides], rapeseed oil. BELGIAN CHOCOLATE BASE WITH WHITE CHOC STARS: Marshmallow (57%) [glucose syrup, sugar, water, maize starch, emulsifier: beef gelatine, natural flavourings, colour: beetroot red], Belgian chocolate (22%) [sugar, cocoa mass, cocoa butter, emulsifier: SOYA lecithin, natural flavouring], white chocolate stars (18%) [sugar, cocoa butter, whole MILK powder, emulsifier: ammonium phosphatides], rapeseed oil. BELGIAN CHOCOLATE BASE & COLOURED SUGAR BALLS: Marshmallow (45%) [glucose syrup, sugar, water, maize starch, emulsifier: beef gelatine, natural flavourings, colour: beetroot red], coloured sugar balls (36%) [sugar, WHEAT starch, glucose syrup, vegetable oil: coconut oil, fruit and vegetable concentrate: safflower, algae, lemon, blackcurrant, radish, apple; natural flavouring, glazing agent: beeswax], Belgian chocolate (17%) [sugar, cocoa mass, cocoa butter, emulsifier: SOYA lecithin, natural flavouring], rapeseed oil.</p> <p>CORE PRODUCTS BELGIAN CHOCOLATE WITH MILK CHOCOLATE STARS: Marshmallow (53%) [glucose syrup, sugar, water, maize starch, beef gelatine, natural flavourings, colour: beetroot red], dark chocolate (23%) [sugar, cocoa mass, cocoa butter, emulsifier: SOYA lecithin, natural vanilla flavouring], milk chocolate stars (20%) [sugar, cocoa mass, whole MILK powder, cocoa butter, emulsifier: ammonium phosphatides], rapeseed oil.</p> <p>WHITE CHOCOLATE WITH COLOURED SPRINKLES: Marshmallow (51%) [glucose syrup, sugar, water, maize starch, beef gelatine, natural flavourings, colour: beetroot red], white chocolate (25%) [sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier: SOYA lecithin, natural vanilla flavouring], sprinkles (22%) [sugar, WHEAT starch, water, glucose syrup, colours: beetroot red, anthocyanins, curcumin], coconut oil, glazing agent: beeswax, rapeseed oil.</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS. May also contain traces of nuts and sesame.</p>

Cookies

Chocolate & Pecan Cookie	<p>Wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), sugar, butter (MILK), PECAN pieces (11%), dark chocolate chunks (9%) [sugar, cocoa mass, cocoa butter, emulsifier: SOYA lecithin, flavouring] free range pasteurised EGG, palm fat, water, whey powder (MILK), flavourings, glucose fructose syrup, skimmed MILK powder, raising agents: sodium bicarbonate, potassium and sodium di-phosphates, dicalcium diphosphate, calcium phosphates; WHEAT fibre, sunflower oil, invert sugar, salt, rapeseed oil, cocoa powder, emulsifiers: SOYA lecithin, sunflower lecithin, polyglycerol polyricinoleates, polyglycerol esters of polycondensed fatty acids of castor oil, sorbitan tristearate; cocoa mass, colour: lutein extract.</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS. May also contain traces of other nuts and sulphites.</p>
Salted Caramel Cookie	<p>Wheat flour (WHEAT flour, calcium, iron, niacin, thiamin), salted caramel fudge pieces (23%) [sugar, sweetened condensed MILK, glucose syrup, palm oil, butter oil (MILK), salt, flavouring], butter (MILK), brown sugar, pasteurised free range whole EGG, raising agents: sodium bicarbonate, disodium diphosphate, calcium dihydrogen diphosphate, monocalcium phosphate; WHEAT fibre, vegetarian whey powder (MILK), flavouring, sea salt, rapeseed oil.</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS. May also contain traces of soya and nuts.</p>
Nutella® and Oat Cookie	<p>Nutella® (20%) [sugar, palm oil, HAZELNUTS, cocoa powder, skimmed MILK powder, emulsifier: SOYA lecithin], OATS, wheat flour (WHEAT flour, calcium, iron, niacin, thiamin), sugar, butter (MILK), brown sugar, pasteurised free range whole EGG, palm oil, rapeseed oil, fructose – glucose syrup, raising agents: sodium bicarbonate, disodium diphosphate, calcium dihydrogen diphosphate, monocalcium phosphate; WHEAT fibre, vegetarian whey powder (MILK), salt, flavouring.</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS. May also contain traces of other nuts.</p>
Milk Choc Chunk Cookie	<p>MILK chocolate chunks (32%) [sugar, whole MILK powder, cocoa butter, cocoa mass, emulsifier: SOYA lecithin, flavouring], wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), butter (MILK), light brown soft sugar, sugar, free range pasteurised EGG, glucose-fructose syrup, water, raising agents: sodium bicarbonate, disodium diphosphate, calcium dihydrogen diphosphate, monocalcium phosphates; WHEAT fibre, flavouring, whey powder (MILK), salt, rapeseed oil.</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS. May also contain traces of nuts.</p>

Allergen Information: Allergy data detailed below has been taken from the supplier of the products.

WE CANNOT GUARANTEE THAT ANY OF OUR PRODUCTS ARE FREE FROM ALLERGENS (INCLUDING MILK/DAIRY, EGGS, SOYA, NUTS, PEANUTS, GLUTEN AND OTHERS) AS WE USE SHARED EQUIPMENT TO STORE, PREPARE AND SERVE THEM!
If you have a food allergy please talk to a barista about your order.

For all packaged foods including impulse items please refer to the package label for allergen information.

Cakes	
Cookies & Cream Cake	Sugar, cookies (11%) [vanilla cream: sugar, palm oil, natural flavouring, emulsifier: SOYA lecithin, sugar, palm oil, natural flavouring, maize flour, potato starch, fat reduced cocoa powder, dextrose, tapioca starch, salt, raising agents: E503ii, E500ii]), wheat flour (WHEAT flour, calcium, iron, niacin, thiamin), BUTTERMILK , rapeseed oil, butter (MILK), skimmed MILK powder, margarine (palm oil, rapeseed oil, water, emulsifier: E471), free range whole EGG , chocolate (cocoa mass, sugar, cocoa butter, BUTTER oil, emulsifier: SOYA lecithin, flavouring), glucose syrup, fat reduced cocoa powder, biscuit pieces (wheat flour (WHEAT flour, calcium, iron, niacin, thiamin), sugar, vegetable oils (palm, rapeseed), fat reduced cocoa powder, malt blend (glucose syrup, BARLEY syrup, malt extract (BARLEY)), raising agent: sodium carbonate, salt, natural flavouring, antioxidant: E334), free range EGG yolk, water, raising agent: sodium carbonate, humectant: E422, palm oil, modified potato starch, stabiliser: E412, emulsifiers: E471, E481, E475; flavouring, preservative: E282.
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Mallow Top - Malted Milk Chocolate	Milk chocolate (24%) [sugar, cocoa butter, whole MILK powder, cocoa mass, emulsifier: SOYA lecithin, vanilla flavouring], marshmallow (20%) [sugar, water, dextrose, glucose syrup, beef gelatine, acidity regulator: sodium citrate], salted butter [butter (MILK), salt], wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), pasteurised free range EGG , dark chocolate (6%) [sugar, cocoa mass, cocoa butter, emulsifier: SOYA lecithin, vanilla flavouring], brown sugar, sugar, milk chocolate malted balls (2%) [milk chocolate (sugar, skimmed MILK powder, cocoa butter, cocoa mass, butter oil (MILK), whey powder (MILK), lactose (MILK), rapeseed oil, emulsifier: SOYA lecithin, natural flavouring), malt balls (glucose syrup, whey powder (MILK), sugar, WHEAT flour, MILK , maltose (BARLEY), coconut oil, emulsifier: glycerol monostearate; raising agent: sodium bicarbonate, salt)], water, multicoloured chocolate coated cereal balls (2%) [sugar, cocoa butter, cocoa mass, rice flour, WHEAT flour, whole MILK powder, skimmed MILK powder, WHEAT malt extract, WHEAT gluten, dextrose, emulsifier: SOYA lecithin, salt, vanilla extract, glazing agents: tapioca starch, citric acid, sorbic acid], ground ALMONDS , tapioca starch, icing sugar, glucose syrup, malted BARLEY extract, natural vanilla flavouring, cocoa powder, cocoa butter, potato starch, baking powder [raising agents: E450, E501, wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin)], stabiliser: xanthan gum
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Carrot Cake	Medium fat soft cheese (15%) [skimmed MILK , cream (MILK), salt, maize starch, stabilisers: xanthan gum, locust bean gum]; icing sugar [sugar, glucose syrup], wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), carrot 14%, sugar, rapeseed oil, free range whole EGG , shortening (palm oil, rapeseed oil, emulsifier: mono- and diglycerides of fatty acids), butter (MILK), WALNUTS (3%), humectant: baking powder [raising agents: disodium diphosphate, sodium hydrogen carbonate; WHEAT flour], raising agent: sodium hydrogen carbonate; fat reduced cocoa powder, ground cinnamon, modified maize starch, salt, ground ginger, flavouring.
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Mallow Top - Chocolate & Cherry	Milk chocolate (20%) [sugar, cocoa butter, whole MILK powder, cocoa mass, emulsifier: SOYA lecithin, vanilla flavouring], marshmallow (20%) [sugar, water, dextrose, glucose syrup, beef gelatine, acidity regulator: sodium citrate], salted butter [butter (MILK), salt], dark chocolate (10%) [sugar, cocoa mass, cocoa butter, emulsifier: SOYA lecithin, vanilla flavouring], wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), chocolate curls (6%) [sugar, cocoa mass, cocoa butter, whole MILK powder, whey powder (MILK), lactose (MILK), butter oil (MILK), emulsifier: SOYA lecithin, vanilla flavouring], pasteurised free range EGG , morello cherry jam (5%) [cherry puree, glucose fructose syrup, sugar, gelling agent: pectin, acidity regulators: citric acid, tri-sodium citrate, natural flavouring], light soft brown sugar, sugar, ground ALMONDS , cocoa powder, tapioca starch, dark soft brown sugar, vanilla flavouring, cocoa butter, glucose syrup, potato starch, baking powder [raising agents: disodium diphosphate, potassium hydrogen carbonate; wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin)], icing sugar, stabiliser: xanthan gum.
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Loaf Cakes	
Lemon Loaf Cake	Sugar, wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), pasteurised free range EGG , rapeseed oil, unsalted butter (MILK), pasteurised lemon juice (8%), humectant: glycerine, lemon peel (1%), natural lemon flavouring with other natural flavourings, glucose, glucose-fructose syrup, acidity regulators: citric acid, trisodium citrate; thickener pectin, preservative: potassium sorbate, raising agents: disodium diphosphate, sodium carbonates.
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Praline Crunch Loaf Cake	Sugar, WHEAT flour, vegetable oils (rapeseed oil, sunflower oil), free range whole EGG powder, HAZELNUTS (6%), WHEAT starch, butter (MILK), ALMONDS (3%), milk chocolate (3%) [sugar, cocoa butter; whole MILK powder, cocoa mass, emulsifier: SOYA lecithin, natural vanilla flavouring], maltodextrin, skimmed MILK powder, stabiliser: glycerol, sorbitols; raising agent: diphosphates, sodium carbonates; sweet WHEY powder, natural burnt sugar, salt, concentrated butter (MILK), preservative: potassium sorbate, modified starch; emulsifier: lactic acid esters of mono- and diglycerides of fatty acids, cellulose gum, propane-1,2-diol esters of fatty acids, SOYA lecithin, natural flavouring; natural vanilla flavouring: glucose syrup, BARLEY malt, carrot extract, thickener: guar gum, curcuma, dextrose.
	For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS . May also contain traces of nuts and sesame.
Marble Loaf Cake	Sugar, WHEAT flour, rapeseed oil, WHEAT starch, free range pasteurised whole EGG powder, dark chocolate drops (5%) (cocoa mass, sugar, cocoa butter, fat reduced cocoa powder, emulsifier: SOYA lecithins), butter (MILK), vegetable fat (palm), fat reduced cocoa powder (3%), maltodextrin, lactose, raising agent: diphosphates, sodium carbonates; humectant: glycerol; natural vanilla flavouring (contains MILK), salt, emulsifier: sodium stearyl-2- lactylate, sunflower lecithin; carrot extract, curcuma.
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Muffins	
Salted Caramel Muffin	Wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], soft dark brown sugar, free range pasteurised EGG , rapeseed oil, water, salted caramel filling (9%) [sugar, unsalted butter (MILK), inverted sugar syrup, glucose fructose syrup, water, cornflour, sea salt, gelling agent: pectin; colour: plain caramel; flavouring], humectant: glycerine; salted caramel fudge pieces (3%) [sugar, sweetened condensed MILK , glucose syrup, fondant sugar, glucose, palm oil, butter oil (MILK), salt, flavouring], unsalted butter (MILK), WHEAT starch, raising agents: calcium phosphates, potassium sodium di-phosphates, sodium carbonates, potassium carbonates; potato starch, WHEAT gluten, emulsifiers: E471, sodium stearyl lactate; flavouring, whey powder (MILK), thickener: xanthan gum; vanilla extract.
	For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS . May also contain traces of soya and nuts.
Cranberry & White Chocolate Cheesecake Muffin	Cheese cake filling [full fat soft cheese (cream (MILK), skimmed MILK , permeate, salt, modified starch, stabilisers: xanthan gum, locust bean gum), free range pasteurised EGG , icing sugar, cream cheese (MILK), water, sugar, glucose syrup, pasteurised whole EGG , pasteurised EGG white, modified starch, vanilla extract, thickeners: microcrystalline cellulose, carboxy methyl cellulose, xanthan gum; acid: lactic acid; flavouring, emulsifier: E471; preservative: potassium sorbate; salt, antioxidants: rosemary extract, tocopherol rich extract; wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], rapeseed oil, sugar, free range pasteurised EGG , sliced cranberries (8%), water, white chocolate chunks (4%) [sugar, cocoa butter, whole MILK powder, SOYA lecithin, flavouring], humectant: glycerine, WHEAT starch; raising agents: monocalcium phosphate, diphosphate, sodium bicarbonate, potassium hydrogen carbonate; WHEAT gluten, potato starch, emulsifiers: E471, sodium stearyl-2 lactylate; lemon zest, whey powder (MILK), stabiliser: xanthan gum; flavouring, vanilla extract, preservative: potassium sorbate.
	For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS . May also contain traces of nuts.
Classic Blueberry Muffin	Wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), blueberries (18%), pasteurised free range EGG , sugar, rapeseed oil, water, humectant: vegetable glycerine; unsalted butter (MILK), WHEAT starch, potato starch, Demerara sugar, WHEAT gluten, raising agents: calcium phosphates, potassium carbonate, sodium diphosphate, sodium bicarbonate; emulsifiers: E471, sodium stearyl lactylate; flavourings, preservative: potassium sorbate; whey powder (MILK), thickener: xanthan gum.
	For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS . May also contain traces of soya and nuts.
Skinny Blueberry Muffin	Wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), blueberries (18%), water, whey powder (MILK), sugar, free range EGG , wholegrain OAT flakes, polydextrose, vegetable glycerine, emulsifier: E471; honey, raising agents: sodium diphosphate, sodium carbonate; MILK protein, fructose, stabilisers: xanthan gum, guar gum, polysorbate; preservatives: potassium sorbate, sorbic acid; palm oil, flavouring, rapeseed oil, acidity regulator: citric acid.
	For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS . May also contain traces of Soya and Nuts.

<div> <div> <div>STARBUCKS[®]</div> <div>WINTER 2017</div> <div>Food Ingredients &</div> </div> <div> <div>Allergen Information: Allergy data detailed below has been taken from the supplier of the products.</div> <div>WE CANNOT GUARANTEE THAT ANY OF OUR PRODUCTS ARE FREE FROM ALLERGENS (INCLUDING MILK/DAIRY, EGGS, SOYA, NUTS, PEANUTS, GLUTEN AND OTHERS) AS WE USE SHARED EQUIPMENT TO STORE, PREPARE AND SERVE THEM! If you have a food allergy please talk to a barista about your order.</div> <div>For all packaged foods including impulse items please refer to the package label for allergen information.</div> </div> </div>	
Lemon Poppy Seed Muffin	<p>Sugar, wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), pasteurised free range EGG, water, rapeseed oil, lemon curd filling [sugar, water, glucose syrup, butter (MILK), modified maize starch, lemon concentrate, pasteurised free range EGG, lemon juice, gelling agent: pectin; flavouring, acidity regulator: citric acid] humectant: vegetable glycerine, lemon fruit pieces (3%) [concentrated apple puree, concentrated lemon juice, fructose-glucose syrup, glucose syrup, sugar, OAT fibre, rice starch, palm fat, gelling agent: pectin, acidity regulator: citric acid, flavouring] poppy seeds (2%), WHEAT starch, whey powder (MILK), orange marmalade [seville oranges, water, acidity regulator: citric acid, gelling agent: pectin] potato starch, raising agents: calcium orthophosphates, potassium carbonate, sodium diphosphate, sodium bicarbonate; thickeners: agar, xanthan gum, locust bean gum; WHEAT gluten, emulsifiers: E471, sodium stearyl lactylate; lemon zest, acid stabilisers: guar gum, polysorbate; flavouring.</p>
	For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS . May also contain traces of soya and nuts.
Decadent Chocolate Filled Muffin	<p>Sugar, wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), pasteurised free range EGG, water, rapeseed oil, dark chocolate chunks (9%) [cocoa mass, sugar, cocoa powder, emulsifier: SOYA lecithin; flavouring], milk chocolate (4%) [sugar, dried whole MILK, cocoa butter, emulsifier: SOYA lecithin; flavouring], cocoa powder, vegetable glycerine, white chocolate (3%) [sugar, dried whole MILK, cocoa powder, cocoa mass, cocoa butter, emulsifiers: SOYA lecithin; flavouring], palm oil, rapeseed oil, humectants: sorbitol syrup, glycerol; WHEAT starch, sweetened condensed MILK, potato starch, raising agents: calcium phosphate, sodium diphosphate, potassium carbonate, sodium bicarbonate; dextrose, emulsifiers: E471, sodium stearyl-2-lactylate, SOYA lecithin, sorbitan tristearate, polysorbate 60; WHEAT gluten, bulking agent: glycerine; butter (MILK), sunflower oil, palm oil, palm kernel oil, cocoa mass, modified maize starch, vanilla extract, thickeners: xanthan gum, sodium alginate, microcrystalline cellulose, carboxymethylcellulose; whey powder (MILK), preservative: potassium sorbate; salt, tartaric acid, gelling agent: pectin.</p>
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Pastries- Maison Blanc (outside London)	
Almond Croissant	<p>Wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), sugar, ALMONDS (7%), butter (MILK), ALMOND powder (4%), icing sugar [sugar, WHEAT starch, vegetable fat (from palm oil/palm kernel oil)], crème pat instant [sugar, acetylated distarch phosphate, full MILK powder, skimmed MILK powder, inulin, dry glucose, non-hydrogenated vegetable fat (from coconut), sodium alginate, salt, carotenes, natural flavouring], free range whole EGG powder, ALMOND extract [ethyl alcohol, oil of bitter ALMOND], baking powder (diphosphates, sodium carbonates, WHEAT flour), salt, water.</p>
	For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS . May also contain traces of soya, other nuts and sesame.
Butter Croissant	<p>Wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), free range whole EGG powder, sugar, salt, yeast, pastry improver (WHEAT gluten, WHEAT flour, emulsifier: E472e, processing agent for flour: ascorbic acid, hemicellulase, alpha-amylase; butter (MILK).</p>
	For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS . May also contain traces of soya, nuts and sesame.
Pain Au Chocolat	<p>Wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), butter (MILK), chocolate (13%) [sugar, cocoa (44%), cocoa butter, emulsifier: SOYA lecithin; flavour: vanillin] water, sugar, free range whole EGG powder, salt, pastry improver [WHEAT gluten, WHEAT flour, emulsifier: E472e; processing agent for flour: ascorbic acid, hemicellulase, alpha-amylase], yeast.</p>
	For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS . May also contain traces of nuts and sesame.
Pain Aux Raisins	<p>Wheat flour (WHEAT, calcium carbonate, iron, niacin, thiamin), butter (MILK), sultanas (11%), non-hydrogenated cotton seed oil, water. Glaze (water, glucose-fructose syrup, sugar, natural lime flavour, gelling agent: pectins, acidity regulator: citric acid, potassium citrate, calcium citrate; preservative: potassium sorbate), crème pat instant (sugar, acetylated distarch phosphate, full MILK powder, skimmed MILK powder, inulin, dry glucose, non-hydrogenated vegetable fat (from coconut), sodium alginate, salt, carotenes, natural flavouring), sugar, salt, free range whole EGG powder, pastry improver (WHEAT gluten, WHEAT flour, emulsifier: E472e, processing agent for flour: ascorbic acid, hemicellulase, alpha-amylase), yeast.</p>
	For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS . May also contain traces of soya, nuts and sesame.

Pastries- Bread Factory (London- inside M25)	
Almond Croissant	<p>Wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), flour treatment agent: E300, butter (MILK), sugar, water, flaked ALMOND (7%), whole MILK, ground ALMOND (5%), free range whole egg [whole EGG, stabilisers:E415, E412, E1505], icing sugar, yeast, salt, vanilla flavouring, almond flavouring.</p>
	For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS . May also contain traces of soya, other nuts and sesame.
Butter Croissant	<p>Wheat flour (WHEAT flour, flour treatment agent: ascorbic acid), butter (MILK), water, whole MILK, caster sugar, whole egg (whole EGG, stabilisers: E415, E412, E1505), yeast, salt.</p>
	For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS . May also contain traces of soya, nuts and sesame.
Pain Au Chocolat	<p>Wheat flour (WHEAT flour, flour treatment agent: ascorbic acid), butter (MILK), dark chocolate (11%) (sugar, cocoa mass, cocoa butter, emulsifier: SOYA lecithin, natural vanilla flavouring), water, whole MILK, caster sugar, free range whole EGG, yeast, salt.</p>
	For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS . May also contain traces of nuts and sesame.
Pain Aux Raisins	<p>Wheat flour (WHEAT flour, flour treatment agent: ascorbic acid), whole MILK, butter (MILK), sultanas (12%), water, caster sugar, free range EGG yolk, yeast, corn flour, salt, vanilla flavouring.</p>
	For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS . May also contain traces of soya, nuts and sesame.

Buns, Swirls & Toast	
Chocolate Swirl	<p>Dough [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, sugar, palm oil, rapeseed oil, yeast, pasteurised free range EGG, humectant: vegetable glycerine, dextrose, salt, emulsifier: E471, colour: carotenes, stabiliser: guar gum], filling [butter (MILK), sugar, pasteurised free range EGG, cocoa powder, wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), raising agents: disodium dihydrogenpyrophosphate, sodium hydrogen carbonate, monocalcium phosphate], plain chocolate chunks [sugar, cocoa mass, cocoa butter, emulsifier: SOYA lecithin; flavouring], sugar glaze [water, glucose syrup (from WHEAT), sugar, gelling agent: pectin; citric acid, preservative: potassium sorbate; antioxidant: sodium metaspulphite].</p>
	For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS . May also contain traces of nuts.
Cinnamon Swirl	<p>Wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, sugar, yeast, free range pasteurised EGG, sultanas (5%), rapeseed oil, whey protein (MILK), palm oil, ground cinnamon, invert sugar, wheat starch, skimmed MILK powder, emulsifiers (E471, E472e, E481, sorbitan monostearate), dextrose, flavouring, salt, orange shreds, raising agents (sodium di-phosphates, sodium bicarbonate, calcium phosphates), crème fraîche (MILK), stabilisers (agar, locust bean gum, xanthan gum), acidity regulator: citric acid), glucose syrup, colour: carotenes), flour treatment agent: ascorbic acid), orange concentrate, butter (MILK), gelling agent: pectin.</p>
	For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS . May also contain traces of soya and nuts.

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Swedish Bun - Cinnamon	Wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), butter (MILK) (13%), water, sugar, liquid free range whole EGG , apricot glaze (4%) [water, sugar, apricot puree, glucose and fructose syrup, gelling agent: pectins; acidity regulators: citric acid, potassium citrates], yeast, marzipan (3%) [ALMONDS , sugar, water, alcohol], biscuit crumb [liquid free range whole EGG , WHEAT flour, sugar, WHEAT starch, skimmed MILK powder, emulsifiers: lactic acid, E472b, E475; raising agents: sodium carbonates, diphosphates; iodised salt], iodised salt, cinnamon (0.5%), dough improver (WHEAT gluten, WHEAT flour, WHEAT malt flour), candomom.
	For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS . May also contain traces of soya, other nuts and sesame.
Swedish Bun - Almond	Wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), butter (MILK) (13%), water, sugar, liquid free range EGG , apricot glaze (4%) [water, sugar, apricot puree, glucose fructose syrup, gelling agent: pectins; acidity regulator: citric acid, potassium citrates,] yeast: ALMONDS (3%), whole MILK , biscuit crumb [liquid free range EGG , WHEAT flour, sugar, WHEAT starch, skimmed MILK powder, emulsifier: lactic acid esters of mono- and diglycerides of fatty acids, polyglycerol esters of fatty acids; raising agents: sodium carbonates, diphosphates; iodised salt] marzipan (2%) [ALMONDS , sugar, water, alcohol], vanilla cream [sugar, modified potato starch, sweet whey powder (MILK), sunflower oil, glucose syrup, MILK proteins, whole MILK powder, skimmed MILK powder, thickener: sodium alginate; stabiliser: diphosphates; salt, natural flavouring, vegetable extract (carrot, curcuma), iodised salt, improver (WHEAT gluten, WHEAT flour, WHEAT malt flour), vanilla seeds.
	For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS . May also contain traces of soya, other nuts and sesame.
Luxury Fruit Toast	Wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), raisins (22%) [raisins, sunflower oil], water, dried cranberries (4%) [cranberries, sugar, sunflower oil], palm oil, free range pasteurised EGG , sugar, yeast, rapeseed oil, dextrose, invert sugar syrup, salt, lemon zest, emulsifiers: E471, esters of mono- and diglycerides, sodium stearoyl lactate), colour: carotenes, flour treatment agent: ascorbic acid.
	For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS . May also contain traces of milk, soya and nuts.
Brioche Toast	Wheat flour [WHEAT flour, calcium, iron, niacin, thiamin], water, free range pasteurised EGG , butter (MILK), yeast, sugar, invert sugar, rapeseed oil, dextrose, dried WHEAT sourdough, stabiliser: hydroxypropylmethylcellulose, emulsifiers: E471, E472e, E481; colour: carotenes, inactive dried yeast, flavouring, flour treatment agent: ascorbic acid.
	For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS . May also contain traces of soya and nuts.

Porridge	
Porridge Dairly	OATS (77%), skimmed MILK powder. For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS .
Porridge Soy	OATS (73%), SOYA milk powder (27%). For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS .

Porridge - Trial Stores	
Steel Cut Porridge	MILK , water, oats, salt. For allergens, see ingredients highlighted in BOLD CAPITALS .
Gluten Free 5 grain Porridge	Water, SOYA milk [water, SOYA bean, apple extract, calcium carbonate, sea salt, stabiliser: gellan gum, vitamins (riboflavin, vitamin B12, vitamin D)], oats, coconut, golden linseed, honey, camargue red rice, quinoa, wild rice, cinnamon. For allergens, see ingredients highlighted in BOLD CAPITALS .

PACKAGED ITEMS	
Please refer to the package label for allergen information & 'may contains' statement. Once opened, we do not guarantee any of our products are free of any particular allergen.	
Yoghurts and Fruit	
Fruit Mix	Mango (38%) [mango, antioxidants: ascorbic acid, citric acid; firming agent: calcium chloride; salt], kiwi (38%), pomegranate (13%), blueberry (13%).
Fresh and Fruity	Pears (53%), plums (34%), blueberries (11%), antioxidants: ascorbic acid, citric acid.
Yoghurt with Granola, Mango & Passion fruit	Half fat Greek style yogurt (62%) (MILK), tropical compote (25%) [mango, water, agave syrup, passion fruit juice, passion fruit seeds, corn flour, gelling agent: E 440)], puffed rice granola (12.5%) (OATFLAKES , honey, sunflower seeds, pumpkin seeds, puffed rice (5%), puffed quinoa, agave nectar, sunflower oil). For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS .
Berry Crunch	Half fat Greek style yogurt (62%) (MILK), mixed berry compote (27%) [sugar, strawberries (19%), water, blackberries (15%), blueberries (14%), redcurrants (12%), corn flour, lemon juice, natural flavouring, amidated pectin], oat granola (11%) [OATS , sugar, water, rapeseed oil, desiccated coconut, glucose syrup, sunflower seeds, blossom honey, salt]. For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS .
Berry Good Bircher	Greek style yoghurt (MILK) (42%), apple (19%), OATS (10%), apple juice (8%) (from concentrate), dried cranberries (7%) [cane sugar, sunflower oil], summer berry compote (5%) [blackberry, redcurrant, blackcurrant, black cherry, jam sugar (thickener: apple pectin; acidity regulator: citric acid; humectant: glycerol)], raspberries, water, corn flour), dried blueberries (4%) [sugar, sunflower oil], pomegranate kernels (3%), toasted pumpkin seeds (2%), dried raspberries. For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS .
Cinnamon Spiced Apple Bircher	Greek style yoghurt (MILK) (38%), green apple (25%), winter compote (14%) [sugar, plums, apples, water, blackcurrants, corn flour, white wine vinegar, orange juice concentrate, orange zest, cinnamon, nutmeg, clove], apple juice concentrate (9%), roasted apple and pear (6%) [apples, pears, sugar, cinnamon], OATS (4%), sultanas (3%) (sultanas, cottonseed oil), toasted pumpkin seeds (2%). For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS .

Breakfast Sandwiches	
All day breakfast sandwich	White bread roll [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, vegetable oils (palm, rapeseed), sugar, yeast, salt, sunflower oil, flour treatment agent: ascorbic acid, emulsifier: E471], Lincolnshire sausage (25%) [pork, water, rusk (wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), salt, raising agent: ammonium bicarbonate), WHEAT starch, salt, dextrose, rapeseed oil, beef collagen casing, sage, parsley, wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), stabiliser: triphosphates, WHEAT protein, spice and herb extracts (pepper, nutmeg, chilli, sage, parsley, pimento)], egg Béchamel sauce (19%) [free range hard boiled egg (free range hard boiled EGG , acidity regulators: citric acid, trisodium citrate), Béchamel sauce (whole MILK , water, whipped cream (MILK), starch, butter (MILK), salt, white pepper], smoked streaky bacon (7%) [pork, salt, antioxidant: sodium ascorbate, preservative: sodium nitrite]. For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS .
Cheddar and Marmite • Sarnie	Ciabatta roll [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, vegetable oils (palm, rapeseed), salt, emulsifier: E471, yeast, sunflower oil, flour treatment agent: ascorbic acid], Cheddar cheese (MILK) (31%), béchamel sauce (11%) [whole MILK , water, whipped cream (MILK), starch, butter (MILK), salt, white pepper], Marmite® yeast extract (5%) [yeast extract (contains BARLEY), salt, vegetable juice concentrate, vitamins (thiamin, riboflavin, niacin, vitamin B12, folic acid), natural flavouring (contains CELERY)]. For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS .

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Smoked Salmon Bagel	<div>Seeded bagel [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, brown linseeds, sunflower seeds, RYE flour, BARLEY flakes, poppy seeds, sugar, WHEAT gluten, yeast, vegetable oil (rapeseed), salt, malted BARLEY flour, flour treatment agent: ascorbic acid, maize grits], soft cheese (21%) [soft cheese (MILK), corn flour], Oakwood smoked salmon (15%) [salmon (FISH), salt], spinach (5%).</div> <div>For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS.</div>
Bacon Buttle	<div>White roll [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, vegetable oils (palm, rapeseed), sugar, yeast, salt, sunflower oil, flour treatment agent: ascorbic acid, emulsifier: E471], smoked streaky bacon (36%) [pork, salt, antioxidant: sodium ascorbate, preservative: sodium nitrite].</div> <div>For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS.</div>
Sausage Sarnie	<div>White roll [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, vegetable oils (palm, rapeseed), sugar, yeast, salt, sunflower oil, flour treatment agent: ascorbic acid, emulsifier: E471], Lincolnshire sausage (48%) [pork, water, rusk (wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), salt, raising agent: ammonium bicarbonate), WHEAT starch, salt, dextrose, rapeseed oil, beef collagen casing, sage, parsley, wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), stabiliser: triphosphate, WHEAT protein, spice and herb extracts (pepper, nutmeg, chilli, sage, parsley, pimento)].</div> <div>For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS.</div>
All Day Breakfast (NEW)	<div>Stone baked bread roll [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, RYE flour, yeast, salt, malted WHEAT flour, dough conditioner (WHEAT flour, emulsifier: E472e, vegetable oil (sunflower), flour treatment agent: ascorbic acid)], chipolata sausage (31%) [British pork, water, pork fat, wheat flour (WHEAT flour, calcium carbonate, iron, thiamin, niacin), salt, pea fibre, dextrose, seasoning (salt, onion powder, coriander, nutmeg, pepper, sage), preservative: E223 (SULPHITES), stabiliser: E451, yeast, antioxidant: ascorbic acid, WHEAT gluten, flour treatment agent: ascorbic acid, WHEAT gluten, flour treatment agent: ascorbic acid, pork collagen casing], scrambled EGG (18%) [pasteurised free range whole EGG, water, sunflower oil, skimmed MILK powder, lemon juice, salt, white pepper], dry cured hickory smoked bacon (7%) [pork belly, salt, sugar, preservatives: sodium nitrite, sodium nitrate; antioxidant: sodium ascorbate], béchamel sauce [MILK, single cream (MILK), water, wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), corn flour, salt, preservative: potassium sorbate, nutmeg oleoresin], white pepper.</div> <div>For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS.</div>
Butchers Choice Sausage Sandwich (NEW)	<div>Chipolata sausage (54%) [British pork, water, pork fat, wheat flour (WHEAT flour, calcium carbonate, iron, thiamin, niacin), salt, pea fibre, dextrose, seasoning (salt, onion powder, coriander, nutmeg, pepper, sage), preservative: E223 (SULPHITES), stabiliser: E451, yeast, antioxidant: ascorbic acid, WHEAT gluten, flour treatment agent: ascorbic acid, pork collagen casing], stone baked bread roll [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, RYE flour, yeast, salt, malted WHEAT flour, dough conditioner (WHEAT flour, emulsifier: E472e, sunflower oil, flour treatment agent: ascorbic acid)].</div> <div>For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS.</div>
Hickory Smoked Bacon Sandwich (NEW)	<div>Stone baked bread roll [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, RYE flour, yeast, salt, malted WHEAT flour, dough conditioner (WHEAT flour, emulsifier: E472(e), sunflower oil, flour treatment agent: acorbic acid)], dry cured back bacon (24%) [pork back, salt, sugar, preservatives: sodium nitrite, sodium nitrate; antioxidant: sodium ascorbate], dry cured hickory smoked bacon (12%) [pork belly, salt, sugar, preservatives: sodium nitrite, sodium nitrate; antioxidant: sodium ascorbate].</div> <div>For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS.</div>
Filled Croissants	
Cheddar and Mushroom Croissant	<div>Twist croissant [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, butter (MILK), yeast, free range EGG yolk, salt, WHEAT gluten, antioxidants: ascorbic acid, rosemary extract, sugar], mature Cheddar cheese (MILK) (13%), roasted mushrooms (13%), béchamel sauce (13%) [whole MILK, water, whipped cream (MILK), starch, butter (MILK), salt, white pepper], parsley, black pepper.</div> <div>For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS.</div>
Ham and Cheese Croissant	<div>Twist croissant [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, butter (MILK), yeast, free range EGG yolk, salt, WHEAT gluten, antioxidants: ascorbic acid, rosemary extract, sugar], smoked dry cured formed ham (28%) [pork, salt, stabilisers: tri- and di- phosphates, antioxidant: sodium ascorbate, preservative: sodium nitrite], mature Cheddar cheese (12%) (MILK).</div> <div>For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS.</div>
Toasties	
Ham and Cheese Toastle	<div>Sourdough bread [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, RYE flour, yeast, salt, vegetable oils (palm, rapeseed), BARLEY malt flour, flour treatment agent: ascorbic acid], smoked dry cured formed ham (20%) [pork, salt, stabilisers: tri- and di- phosphates; antioxidant: sodium ascorbate; preservative: sodium nitrite], mature Cheddar cheese (MILK) (11%), béchamel sauce (8%) [whole MILK, water, whipped cream (MILK), starch, butter (MILK), salt, white pepper], Mascarpone cheese (MILK) (7%) (contains acidity regulator: citric acid), mozzarella cheese (MILK) (6%), crème fraîche (MILK) (4%).</div> <div>For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS.</div>
Triple Cheese Toastle	<div>Sourdough bread [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, RYE flour, yeast, salt, vegetable oils (palm, rapeseed), BARLEY malt flour, flour treatment agent: ascorbic acid], Cheddar cheese (MILK) (14%) (contains: potato starch), red Leicester cheese (MILK) (14%) (colour: annatto; potato starch), truffled Mascarpone cheese (13%) [Mascarpone cheese (MILK), whole MILK, truffle oil (sunflower oil, extra virgin olive oil, truffle extract), corn flour], mature Cheddar cheese (MILK) (6%).</div> <div>For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS.</div>
Mini Cheese and Ham Toastle	<div>Dry cured formed ham (32%) [pork, salt, brown sugar, stabiliser: sodium triphosphate; antioxidant: sodium ascorbate; preservative: sodium nitrite], mini white loaf [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, vegetable oil (rapeseed), sugar, salt, yeast, WHEAT flour, emulsifier: E471, flour treatment agent: ascorbic acid], west country Cheddar cheese (MILK) (16%), béchamel sauce (8%) [MILK, single cream (MILK), water, wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), corn flour, salt, preservative: potassium sorbate; flavouring: nutmeg oleoresin], Cheddar cheese (MILK) (8%), Mozzarella cheese (MILK) (8%).</div> <div>For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS.</div>
Sandwiches / Baguettes / Wraps	
Sure as Eggs Is Eggs	<div>Seeded farmhouse bread [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, seed blend (sunflower seeds, brown linseeds, golden linseeds, poppy seeds, millet), malted WHEAT flakes, yeast, salt, BARLEY malt flour, WHEAT gluten, sugar, SOYA flour, preservative: calcium propionate; emulsifier: E472e; vegetable oil (rapeseed), flour treatment agent: ascorbic acid], free range egg mayonnaise (36%) [free range boiled EGG, mayonnaise (rapeseed oil, water, pasteurised free range EGG yolk, spirit vinegar, salt, Dijon mustard (water, MUSTARD seeds, spirit vinegar, salt), sugar), salt, black pepper], free range boiled egg (22%) [free range boiled EGG, acidity regulators: citric acid, trisodium citrate], MUSTARD cress (3%).</div> <div>For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS.</div>
Smoked Chicken & Maple Bacon Sandwich	<div>Seeded malted bread [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, malted WHEAT flakes, malted BARLEY flour, WHEAT bran, WHEAT protein, sugar, yeast, pearl BARLEY flakes, salt, cracked WHEAT, vegetable oils (rapeseed, palm), natural flavouring, spirit vinegar, emulsifiers: E471, E472e; brown linseeds, sunflower seeds, poppy seeds, palm fat, flour treatment agent: ascorbic acid], cooked smoked chicken (20%) [chicken, salt, cornflour], tomato (16%), slow roasted tomato and paprika mayonnaise (10%) [slow roasted tomatoes (slow roasted tomatoes, rapeseed oil, salt, garlic, oregano), mayonnaise (water, rapeseed oil, cornflour, whole free range EGG, spirit vinegar, skimmed MILK powder, salt, sugar, MUSTARD flour), paprika], maple cured smoked bacon (7%) [pork, maple syrup, salt, sugar, antioxidant: sodium ascorbate, preservative: sodium nitrite], lettuce leaves (6%).</div> <div>For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS.</div>

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Salt Beef Onion Bagel	<p>Onion bagel [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, onion, sugar, yeast, rapeseed oil, salt, BARLEY malt flour, emulsifier: E472e; flour treatment agent: ascorbic acid, maize grits], salt beef (17%) [beef, salt, antioxidant: sodium ascorbate; preservative: sodium nitrite], beef pastrami (15%) [beef, dextrose, salt, potato starch, stabilisers: diphosphates; triphosphates; black pepper, antioxidant: sodium ascorbate; preservative: sodium nitrite], Emmental cheese (MILK) (9%), horseradish sauce (4%) [water, single cream (MILK), spirit vinegar, sugar, rapeseed oil, corn flour, horseradish flakes, salt, skimmed MILK powder, free range whole EGG, MUSTARD flour, horseradish powder], gherkins (4%) [gherkins, water, spirit vinegar, salt].</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS.</p>
Vietnamese Chicken Wrap	<p>Vietnamese style chicken (49%) [roast chicken (chicken breast, salt), Vietnamese style coconut chutney (coconut milk, water, sugar, spirit vinegar, fish sauce (anchovy (FISH) extract, salt, sugar), cornflour, ginger puree, garlic puree, desiccated coconut, coriander, concentrated lime juice, Thai basil, red chilli puree, ground cinnamon, ground coriander, ground star anise), red pepper, rice noodles (rice noodles (rice flour, water), water, sunflower oil), carrot, mooli, coriander, cornflour], multigrain tortilla [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, palm oil, rapeseed oil, multigrain blend (brown linseeds, golden linseeds, malted RYE, kibbled WHEAT), sugar, raising agents: sodium carbonate, diphosphates, malic acid, salt, emulsifier: mono- and diglycerides of fatty acids, flour treatment agent: L-Cysteine], spinach (3%).</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS.</p>
Falafel Wrap	<p>Gluten free seeded wrap [water, rice flour, tapioca starch, stabilisers: xanthan gum, hydroxypropyl methyl cellulose; fruit (carob and apple) extract, mixed seeds (sunflower seeds, millet seeds, linseeds), rapeseed oil, cornflour, pea protein, humectant: vegetable glycerine, sugar, raising agents: sodium acid pyrophosphate, sodium bicarbonate; salt, preservative: calcium propionate, sugar beef fibre, caramelised sugar, emulsifier: sodium stearoyl-2-lactylate, natural flavouring], gluten free sweet potato falafel (17%) [chickpeas, sweet potato, onion, carrot, sultanas, rapeseed oil, potato flakes, coriander leaves, ground coriander, ground cumin, salt, sugar, black pepper, chilli powder], yoghurt and mint dressing [rapeseed oil, water, mint sauce (water, spirit vinegar, sugar, dried mint, cornflour, rapeseed oil, spinach extract), natural mint flavouring, yoghurt powder (MILK), spirit vinegar, sugar, cornflour, MILK protein, salt, spinach extract], harissa chickpeas (9%) [chickpeas, harissa dressing (water, sunflower oil, paprika, garlic puree, sea salt, ground cumin, paprika oil, chilli, dried rose petals, acidity regulator: citric acid, black pepper, cinnamon, coriander, all spice)], houmous (9%) [chickpeas, water, sunflower oil, salt, garlic powder, acidity regulator: citric acid], pomegranate kernels, carrot, spinach.</p> <p>For allergens, see ingredients highlighted in BOLD CAPITALS.</p>
Croque Monsieur Baguette	<p>Baguette [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, RYE flour, salt, yeast, emulsifier: E472e; flour treatment agent: ascorbic acid; sunflower oil], smoked dry cured formed ham (22%) [pork, water, salt, dextrose, stabilisers: diphosphates, triphosphates; antioxidant: sodium ascorbate; preservative: sodium nitrite], mature Cheddar cheese (MILK) (10%), Béchamel sauce (10%) [whole MILK, water, whipped cream (MILK), starch, butter (MILK), salt, white pepper], Mozzarella cheese (MILK) (5%), crème fraîche (2%) (MILK), Dijon mustard (2%) [water, MUSTARD seeds, spirit vinegar, salt], American-style mustard [distilled vinegar, water, MUSTARD seeds, salt, turmeric, paprika, spices, natural flavouring, garlic powder].</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS.</p>
Roast Beef and Blue Cheese Brioche Baguette	<p>Sweetened bread roll [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, unsalted butter (MILK), free range pasteurised EGG, skimmed MILK powder, sugar, yeast, salt, preservative: calcium propionate, rapeseed oil, flour treatment agent: ascorbic acid], medium rare roast topside of beef (22%) [beef topside, salt], blue cheese and Béchamel sauce [Béchamel sauce (whole MILK, water, whipped cream (MILK), starch, butter (MILK), salt, white pepper), blue cheese (5%) (blue cheese (MILK), colour: Annatto), Cheddar cheese (Cheddar cheese (MILK), potato starch)], real ale chutney and English mustard [real ale chutney (onion, golden sugar, muscovado sugar, ale (water, malted BARLEY, hops, yeast) white balsamic vinegar (white wine vinegar, grape must), red wine vinegar, salt, concentrated lemon juice, black pepper), English mustard (water, MUSTARD flour, spirit vinegar, rapeseed oil, thickener: modified maize starch, salt, sugar, turmeric, acidity regulator: citric acid, colour: Lutein, preservative: potassium sorbate)].</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS.</p>
Tomato, mozzarella & red pesto style baguette	<p>Black pepper baguette [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, RYE flour, yeast, salt, black pepper, emulsifier: E472e; flour treatment agent: ascorbic acid, sunflower oil], Mozzarella cheese (MILK) (21%), tomato (16%), red pesto (5%) [sun-dried tomatoes (sun-dried tomatoes, extra virgin olive oil, grape vinegar, wine vinegar, water, salt), semi-dried tomatoes (semi-dried tomatoes, sunflower oil, sugar, salt, garlic, oregano, acidity regulator: citric acid), sunflower oil, medium fat hard cheese (MILK), extra virgin olive oil, mixed herbs, garlic puree], slow roasted tomatoes (5%) [slow roasted tomatoes, rapeseed oil, salt, garlic, oregano], basil.</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS.</p>
Tuna Baguette	<p>Baguette [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, RYE flour, salt, yeast, emulsifier: E472e; flour treatment agent: ascorbic acid; sunflower oil], tuna (20%) [tuna (FISH), salt], mature Cheddar cheese (MILK) (10%) (contains potato starch), mayonnaise (6%) [rapeseed oil, water, free range pasteurised whole EGG, spirit vinegar, corn flour, free range pasteurised EGG yolk, sugar, salt, concentrated lemon juice, MUSTARD flour], béchamel sauce (5%) [whole MILK, water, whipped cream (MILK), starch, butter (MILK), salt, white pepper], sweetcorn (5%), Mozzarella cheese (MILK) (4%), spring onion, chives, black pepper].</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS.</p>
Egg Boxes	
Super Scrambled Eggs, Tomato & Spinach	<p>Free range scrambled eggs (57%) [free range whole EGG, water, rapeseed oil, buttermilk powder (MILK), cornflour, salt, white pepper, acidity regulator: citric acid, stabiliser: xanthan gum, preservative: lactic acid], cherry tomato (21%), spinach (14%), marinated slow roasted tomato (6%) [slow roasted tomato, rapeseed oil, salt, garlic, oregano], mixed seeds [sunflower seeds, pumpkin seeds, brown linseed, golden linseed].</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS.</p>
Spicy Chorizo, Poached Egg & Potato	<p>Roast potato (21%), free range poached egg (14%) [free range EGG, brine (water, salt, antioxidant: citric acid, preservative: lactic acid)], tomato sauce (11%) [tomato puree, salt, sunflower oil, sugar, marjoram, basil, pepper, onions, acidity regulator: citric acid], three bean (11%) [navy pea beans, borlotti beans, red kidney beans, water, salt], chargrilled peppers (11%) [red pepper, yellow pepper, sunflower oil], chorizo (7%) [pork, water, salt, paprika, MILK powder, dextrose, garlic, preservatives: sodium nitrite, potassium nitrate; acerola extract, nutmeg, oregano], red pepper (7%), red pepper tapenade (6%) [peppers, sunflower oil, tomato puree, olive oil, salt, acidity regulator: citric acid, garlic, sugar], Cheddar cheese (4%) [Cheddar cheese (MILK), potato starch], Red Leicester cheese (4%) [Red Leicester cheese (MILK), colour: annatto, potato starch], tomato ketchup (2%) [water, sugar, tomato puree, spirit vinegar, salt, cornflour, dried garlic, white pepper, paprika], coriander, paprika.</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS.</p>
Salads	
Falafel, quinoa and lentil salad	<p>Quinoa, lentil and chickpea salad (46%) [quinoa (10%) (quinoa, water), puy lentils (10%) (puy lentils, water), tomato, chickpeas (6%), spring onion, dried apricots (apricots, rice flour, preservative: sulphur dioxide (SULPHITES), pomace olive oil, concentrated lemon juice, parsley, mint, black pepper], sweet potato falafel (22%) [chickpeas, sweet potato, onion, carrot, sultanas, rapeseed oil, potato flakes, coriander leaves, ground coriander, ground cumin, salt, sugar, black pepper, chilli powder], salad leaves (12%) [green apple, red salanova, red chard], beetroot houmous (12%) [beetroot, chickpeas, rapeseed oil, mint, sugar, ginger, salt, acidity regulator: citric acid; garlic, black pepper], cucumber (5%), pomegranate kernels (2%).</p> <p>For allergens, see ingredients highlighted in BOLD CAPITALS.</p>
Caesar Salad	<p>Salad leaves (27%), chargrilled shredded chicken (27%) [chicken, corn flour, salt, brown sugar], cherry tomato (15%), Caesar dressing (15%) [rapeseed oil, water, free range whole EGG, cheese (MILK), white wine vinegar, garlic puree, concentrated lemon juice, anchovy paste (anchovies (FISH), sunflower oil, salt), Dijon mustard (water, MUSTARD seeds, spirit vinegar, salt), sugar, salt, corn flour, chives, parsley, black pepper, MUSTARD flour], bacon (6%) [pork back, salt, antioxidant: sodium ascorbate; preservatives: sodium nitrite, potassium nitrate], croutons (5%) [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), rapeseed oil, olive oil, sugar, yeast, sea salt], Grana Padano cheese (MILK) (4%) (contains salt, animal rennet, preservative: lysozyme protein (EGG)), regato cheese (MILK) (anticaking agent: potato starch).</p> <p>For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS.</p>

Allergen Information: Allergy data detailed below has been taken from the supplier of the products.

WE CANNOT GUARANTEE THAT ANY OF OUR PRODUCTS ARE FREE FROM ALLERGENS (INCLUDING MILK/DAIRY, EGGS, SOYA, NUTS, PEANUTS, GLUTEN AND OTHERS) AS WE USE SHARED EQUIPMENT TO STORE, PREPARE AND SERVE THEM!
 If you have a food allergy please talk to a barista about your order.

For all packaged foods including impulse items please refer to the package label for allergen information.

Impulse Range	
Starbucks Raw Raspberry & Nut Bar	Dates (39%), OATS (25%), raisins (16%), CASHEW NUTS (11%), fruit juice concentrates [apple, grape, pear], freeze dried raspberry pieces (2%), natural flavourings, citric acid, rice flour.
	For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS .
Starbucks Peanut and Cashew Bar	PEANUTS (26%), CASHEW NUTS (12%), dried apricots (10%), oats (gluten free), golden syrup, oligofructose syrup, sunflower seeds, vegetable oil (palm oil, rapeseed oil), glucose syrup, raw cane sugar, SOYA protein crunchies (SOYA , tapioca starch, salt), freeze dried cranberries (2%), natural flavouring, rice flour, salt.
	For allergens, see ingredients highlighted in BOLD CAPITALS .
Starbucks Dark Chocolate Bar	Cocoa mass, sugar, cocoa butter, vanilla. cocoa Solids (70% Minimum), cocoa, sugar, vanilla: traded in compliance with Fairtrade standards, total 100%.
Starbucks Milk Chocolate Bar	Sugar, cocoa butter, cream powder (MILK), cocoa mass, whole MILK powder, whey powder (MILK), emulsifier: sunflower lecithin; vanilla. cocoa solids (33% Minimum). MILK solids (21% Minimum), cocoa, sugar, vanilla: traded in compliance with Fairtrade standards, total 75%.
	For allergens, see ingredients highlighted in BOLD CAPITALS .
Starbucks Shortbread Biscuits	Wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), salted butter (37%) [butter (MILK) salt], sugar.
	For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS .
Starbucks Ginger Biscuits	Wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), invert sugar syrup, sugar, palm oil, rapeseed oil, stem ginger (5%) (ginger, sugar), OATMEAL , ground ginger, raising agents: sodium carbonates, ammonium carbonates; skimmed MILK powder, salt, colours: annatto, curcumin; natural flavouring).
	For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS .
Starbucks Almonds, Cashews, Cranberries & Raisins	CASHEW NUTS (25%), ALMONDS (25%), raisins (25%) [raisins, sulphur dioxide (SULPHITES), palm oil], juice infused cranberries (25%) (64% pineapple juice syrup, 16% dried cranberry, pineapple juice concentrate, sunflower oil).
	For allergens, see ingredients highlighted in BOLD CAPITALS .
Starbucks Smoked Almonds	ALMONDS (95%), PEANUT oil, seasoning (3%) [dextrose (maize), salt, sugar, WHEAT flour, yeast extract (yeast extract, salt), smoke flavouring, caramelised sugar (caramelised sugar syrup, potato maltodextrin), onion powder, acid: citric acid, paprika extract]].
	For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS .
Starbucks Almond Biscotti	WHEAT flour, sugar, ALMONDS (21%), free range EGGS , free range EGG yolk, butter (MILK), fresh MILK , honey, raising agent: ammonium hydrogen carbonate; salt, natural flavours.
	For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS .
Choco caramel, Choc, Caramel & Nuts Bar	Caramel (35%) [sweetened condensed skimmed MILK , glucose syrup, partially inverted sugar syrup, palm oil, butter (MILK), sugar, water, emulsifier: E471, stabiliser: E440, salt, flavouring], white chocolate (25%) [sugar, cocoa butter, whole MILK powder, emulsifier: SOYA lecithin, natural vanilla flavouring], dark chocolate [sugar, cocoa paste, cocoa butter, emulsifier: SOYA lecithin, natural vanilla flavouring], PEANUTS (14%), crisp rice [rice flour, sugar, malt blend (glucose syrup, BARLEY syrup, malt extract), skimmed MILK powder, salt, dextrose, rapeseed oil, emulsifier: E471; butter (MILK), partially inverted sugar syrup.
	For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS .
Starbucks Caramel Waffles	Syrup (34%) [glucose-fructose syrup, sugar syrup], WHEAT flour, butter (MILK) (14%), sugar, vegetable oil (palm oil, rapeseed oil), cane sugar, SOYA flour, salt, emulsifiers: SOYA lecithin, E471; raising agents: diphosphates, sodium hydrogen carbonates; cinnamon, natural bourbon vanilla, barn EGG , acid: citric acid.
	For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS .
Starbucks Mini Caramel Waffles	Syrup (34%) [glucose-fructose syrup, sugar syrup], WHEAT flour, butter (MILK) (14%), sugar, vegetable oil (palm oil, rapeseed oil), cane sugar, SOYA flour, salt, emulsifiers: SOYA lecithin, E471; raising agents: diphosphates, sodium hydrogen carbonates; cinnamon, natural bourbon vanilla, barn EGG , acid: citric acid.
	For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS .
Starbucks Chocolate Caramel Shortbread	Caramel (38%) [glucose syrup, sugar, palm oil, sweetened condensed milk (MILK , sugar), brown sugar, water, rapeseed oil, salt, emulsifier: SOYA lecithin, flavouring, colour: carotenes] wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), milk chocolate (17%) [sugar, whole MILK powder, cocoa butter, cocoa mass, anhydrous MILK fat, emulsifier: SOYA lecithin, caramelised sugar], butter (MILK), sugar, white chocolate (2%) [sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsifier: SOYA lecithin, natural vanilla flavouring].
	For allergens, including cereals containing gluten, see ingredients highlighted in BOLD CAPITALS .
Starbucks Chocolate Coin	Sugar, whole MILK powder, cocoa butter, cocoa mass, whey powder (MILK), emulsifier: SOYA lecithin; natural vanilla, cocoa solids (28% minimum), MILK solids (16% minimum).
	For allergens, see ingredients highlighted in BOLD CAPITALS .