CDECCS	Portion	Energy	Energy	Energy	Energy	Energy % RI		Fat (g)	Fat % RI	Saturates	Saturates	Saturates	Carbohydrate	Carbohydrate	Carbohydrate	Sugars	Sugars (g)	Sugars %	Fibre	Fibre (g)	Protein	Protein	Protein %	Salt	Salt (g)	Salt % RI
GREGGS	Size (g/ml)	(kJ) per 100g	(kJ) Portion	(kcal) per 100g	(kcal) Portion	(2000	Fat (100g)	Portion	(70g)	(100g)	(g) Portion	% RI (20g)	(100g)	(g) Portion	% RI (260g)	(100g)	Portion	RI (90g)	(100g)	Portion	(100g)	(g) Portion	RI (50g)	(100g)	Portion	(6g)
Product Name	(8/)	1005	rortion	1005	rordon	kcal)					rordon	(206)										1011.0				
Nutritition Correct at time of print - guide only (April 2023)	'Adul	lts need are	ound 2000k	kcal a day'																						
All Butter Croissant	79	1535	1213	367	290	15%	19	15	21%	12	9.6	48%	39	31	12%	4.9	3.9	4%	2.1	1.7	8.4	6.6	13%	0.60	0.47	8%
Americano Large Americano Large Decaf	382 382	14 14	53 53	3	11 11	<1% <1%	0.0	0.0	0% 0%	0.0	0.0	0% 0%	0.6 0.6	2.3	<1% <1%	0.0	0.0	0% 0%	0.0	0.0	0.0	0.6 0.6	1% 1%	0.0	0.0	0% 0%
Americano Regular	285	14	40	3	9	<1%	0.0	0.0	0%	0.0	0.0	0%	0.6	1.7	<1%	0.0	0.0	0%	0.0	0.0	0.0	0.0	0%	0.0	0.0	0%
Americano Regular Decaf	285	14	40	3	9 25	<1%	0.0	0.0	0% 1%	0.0	0.0	0% 0%	0.6	1.7	<1% 1%	0.0	0.0	0%	0.0	0.0	0.0	0.0	0%	0.0	0.0	0%
Americano with soya, alternative to milk - Large Americano with soya, alternative to milk - Large Decaf	412 412	26 26	107 107	6	25	1% 1%	0.0	0.9	1%	0.0	0.0	0%	0.8	3.1	1%	0.0	0.7	<1% <1%	0.0	0.0	0.0	1.6 1.6	3% 3%	0.0	0.04 0.04	<1% <1%
Americano with soya, alternative to milk - Regular	310	27	84	6	19	<1%	0.0	0.8	1%	0.0	0.0	0%	0.8	2.4	<1%	0.0	0.6	<1%	0.0	0.0	0.0	1.2	2%	0.0	0.03	<1%
Americano with soya, alternative to milk - Regular Decaf	310	27	84	6	19	<1%	0.0	0.8	1%	0.0	0.0	0%	0.8	2.4	<1%	0.0	0.6	<1%	0.0	0.0	0.0	1.2	2%	0.0	0.03	<1%
Apple & Cinnamon Flavour Porridge	234	417	976	99	232	12%	1.9	4.4	6%	0.6	1.4	7%	16	38	15%	4.9	11	12%	1.9	4.4	3.4	8.0	16%	0.20	0.47	8%
Apple Danish	116.7	1172	1368	278	324	16%	7.8	9.2	13%	3.4	3.9	20%	47	55	21%	24	28	31%	1.5	1.7	3.9	4.6	9%	0.20	0.23	4%
Bacon & Cheese Wrap Bacon & Lorne Breakfast Baguette	98 221.5	1635 1166	1602 2583	393 277	385 614	19% 31%	26 9.6	26 21	30%	13 3.8	13 8.3	65% 42%	25 32	25 70	10% 27%	1.0 1.7	1.0 3.8	1% 4%	2.1 1.4	2.0 3.1	14 15	14 34	28% 68%	1.6 1.6	1.6 3.6	60%
Bacon & Lorne Breakfast Roll	170	1146	1948	273	464	23%	11	19	27%	4.1	6.9	35%	27	46	18%	3.4	5.8	6%	1.2	2.1	15	26	52%	1.6	2.8	47%
Bacon & Omelette Breakfast Baguette Bacon & Omelette Breakfast Roll	207 155	1049 987	2166 1530	249 235	514 364	26% 18%	8.5 9.8	18 15	26% 21%	3.1 3.3	6.5 5.1	33% 26%	28 22	58 35	22% 13%	2.0 4.0	4.2 6.2	5% 7%	1.4	2.8 1.7	14 14	29 21	58% 42%	1.3	2.7 1.8	45% 30%
Bacon & Sausage Breakfast Baguette	208.5	1134	2364	269	561	28%	10	21	30%	3.8	7.8	39%	29	61	23%	1.8	3.7	4%	2.5	5.2	14	30	60%	1.5	3.2	53%
Bacon & Sausage Breakfast Roll	157	1102	1730	262	411	21%	12	19	27%	4.1	6.4	32%	24	37	14%	3.6	5.7	6%	2.6	4.1	14	22	44%	1.5	2.3	38%
Bacon Breakfast Baguette Bacon Breakfast Roll	171 119.5	1179 1156	2016 1381	279 274	477 327	24% 16%	8.6 10	15 13	21% 19%	3.3 3.6	5.7 4.3	29% 22%	34 28	57 34	22% 13%	2.0 4.4	3.3 5.3	4% 6%	1.6 1.4	2.8 1.7	16 16	27 19	54% 38%	1.6 1.6	2.8 1.9	47% 32%
Baguettes	108	1129	1219	266	287	14%	1.2	1.3	2%	0.4	0.5	3%	53	57	22%	3.1	3.3	4%	2.6	2.8	9.8	11	22%	0.88	0.95	16%
Bavarian Slice	127	1303	1655	311	395	20%	13	17	24%	8.0	10.0	50%	44	55	21%	23	29	32%	0.5	0.7	3.8	4.8	10%	0.62	0.79	13%
BBQ Bites Meal Box BBQ Chicken & Bacon Wrap	262 248	943 1009	2471 2502	225 241	590 598	30% 30%	9.5 9.3	25 23	35%	1.0 3.5	2.5 8.6	13% 43%	24 28	63 70	24% 27%	1.3 4.5	3.5 11	4% 12%	1.9	5.1 3.4	9.9 11	26 26	52% 52%	0.74 0.84	1.9 2.1	32%
BBQ Chicken Loaded Wedges	274	802	2197	191	523	26%	7.8	21	30%	1.6	4.4	22%	23	63	24%	3.9	11	12%	2.0	5.4	6.4	17	34%	1.1	2.9	48%
BBQ Crispy Chicken Ciabatta* Roll Beef & Vegetable Pasty	257 180	1043 1082	2679 1948	249 259	640 466	32% 23%	7.6 16	20 28	29%	3.1 8.5	7.9 15	40% 75%	30 23	77 42	30% 16%	4.0 1.1	10 2.0	11% 2%	1.4	3.7 2.7	14 6.1	37 11	74% 22%	0.99 0.77	2.5 1.4	23%
Belgian Buns	122	1277	1558	301	367	18%	2.5	3.0	4%	0.9	1.1	6%	64	78	30%	37	45	50%	1.6	1.9	5.4	6.6	13%	0.40	0.49	8%
Black Coffee Large Decaf	374	11	41	2	7	<1%	0.0	0.0	0%	0.0	0.0	0%	0.0	1.9	<1%	0.0	0.0	0%	0.0	0.0	0.0	0.7	1%	0.0	0.0	0%
Black Coffee Regular Decaf BLT	291 181	11 885	32 1602	211	382	<1% 19%	0.0 7.8	0.0 14	0% 20%	0.0 1.9	0.0 3.5	0% 18%	0.0 25	1.5 45	<1% 17%	0.0 4.4	0.0 8.0	0% 9%	2.3	0.0 4.2	0.0 9.4	0.6 17	1% 34%	0.0 0.86	0.0 1.6	0% 27%
Bunny Biscuit	70	1973	1371	472	328	16%	23	16	23%	14	9.9	50%	57	39	15%	29	20	22%	7.9	5.5	6.0	4.2	8%	0.36	0.25	4%
Cappuccino Large Cappuccino Large Decaf	327 327	150 150	491 491	35 35	114 114	6% 6%	1.0 1.0	3.1 3.1	4% 4%	0.6 0.6	2.0	10% 10%	4.1 4.1	14 14	5% 5%	3.2 3.2	10 10	11% 11%	0.0	0.0	2.6 2.6	8.3 8.3	17% 17%	0.0	0.0	0% 0%
Cappuccino made with soya, alternative to milk - Large	287	157	451	37	106	5%	1.5	4.4	6%	0.0	0.7	4%	2.8	8.0	3%	2.1	5.9	7%	0.0	1.3	2.9	8.3	17%	0.06	0.0	3%
Cappuccino made with soya, alternative to milk - Large	287	157	451	37	106	5%	1.5	4.4	6%	0.2	0.7	4%	2.8	8.0	3%	2.1	5.9	7%	0.0	1.3	2.9	8.3	17%	0.06	0.17	3%
Cappuccino made with soya, alternative to milk - Regular Cappuccino made with soya, alternative to milk - Regular	230	151	347	36	83	4%	1.5	3.4	5%	0.2	0.5	3%	2.8	6.5	3%	2.0	4.5	5%	0.0	1.0	2.8	6.4	13%	0.06	0.14	2%
Doc Cappuccino Regular	230 275	151 143	347 393	36 34	83 94	4% 5%	1.5 0.8	3.4 2.2	5% 3%	0.2	0.5 1.5	3% 8%	2.8 4.2	6.5	3% 5%	2.0 3.1	4.5 8.6	5% 10%	0.0	0.0	2.8	6.4 6.6	13% 13%	0.06	0.14	2%
Cappuccino Regular Decaf	275	143	393	34	94	5%	0.8	2.2	3%	0.5	1.5	8%	4.2	12	5%	3.1	8.6	10%	0.0	0.0	2.4	6.6	13%	0.0	0.0	0%
Caramel Custard Doughnut	97	1289	1250	307	298	15%	13	13	19%	6.6	6.4	32%	41	40	15%	17	16	18%	1.2	1.2	4.4	4.2	8%	0.71	0.69	12%
Caramel Latte Large Caramel Latte Large Decaf	418 418	225 225	939 939	54 54	225 225	11% 11%	2.0	8.1 8.1	12% 12%	1.3	5.3 5.3	27% 27%	6.6 6.6	27 27	10% 10%	5.8 5.8	24 24	27%	0.0	0.0	2.5 2.5	10 10	20%	0.10	0.42 0.04	7% <1%
Caramel Latte Regular	364	236	858	56	204	10%	2.0	7.4	11%	1.4	4.9	25%	7.2	26	10%	6.7	24	27%	0.0	0.0	2.3	8.2	16%	0.0	0.04	<1%
Caramel Latte Regular Decaf Chargrill Chicken Oval Bite	364 224	236 759	858 1700	56 180	204 403	10% 20%	2.0 4.7	7.4 10	11% 14%	1.4 0.6	4.9 1.3	25% 7%	7.2 22	26 50	10% 19%	6.7 4.7	24 10	27% 11%	0.0 2.7	0.0 6.0	2.3 11	8.2 25	16% 50%	0.0 0.81	0.04 1.8	<1% 30%
Chargrill Chicken Roll (HS)	204	716	1461	170	347	17%	4.7	9.3	13%	0.6	1.1	6%	20	41	16%	4.7	9.0	10%	2.7	5.5	11	23	46%	0.79	1.6	27%
Cheese & Onion Bake	141	1291	1825	310	438	22%	21	30	43%	11	16	80%	23	33	13%	0.9	1.3	1%	1.7	2.4	6.2	8.7	17%	1.1	1.6	27%
Cheese & Onion Stottie Cheese & Pickle	236 144	1032 1154	2431 1662	245 275	577 396	29% 20%	9.0 11	21 16	30% 23%	3.8 5.2	8.9 7.5	45% 38%	30 32	71 46	27% 18%	4.8 6.3	9.0	12% 10%	2.1	5.0 3.7	10 11	24 16	48% 32%	0.86 1.0	2 1.5	25%
Cheese & Tomato	177	903	1598	215	381	19%	8.9	16	23%	4.3	7.5	38%	24	42	16%	3.6	6.4	7%	2.3	4.1	9.1	16	32%	0.74	1.3	22%
Cheese Sandwich Cheese Scone	114 97	1130 1481	1288 1437	269 354	307 343	15% 17%	9.8 20	11 19	16% 27%	4.6 9.2	5.2 8.9	26% 45%	32 29	36 28	14% 11%	4.0 0.7	4.5 0.7	5% <1%	3.2 1.6	3.7 1.6	12 14	14 13	28% 26%	0.96 2.2	1.1 2.2	18% 37%
Chicken & Bacon Pasta	250	770	1925	184	460	23%	8.2	20	29%	0.9	2.2	11%	29	49	11%	2.8	6.9	8%	1.3	3.3	7.2	18	36%	0.54	1.4	23%
Chicken Bake	150	1175	1767	282	424	21%	18	27	39%	9.3	14	70%	21	31	12%	0.8	1.2	1%	1.2	1.8	8.8	13	26%	1.1	1.7	28%
Chicken Katsu Loaded Wedges Chocolate Brownies (Outlet only)	337 180	804 1956	2710 3521	192 467	647 841	32% 42%	9.7 25	33 44	47% 63%	3.5 15	12 27	60% 135%	19 54	66 97	25% 37%	1.6 41	5.3 74	6% 82%	3.5	7.2 6.4	5.7 5.4	19 9.7	38% 19%	0.81 0.40	2.7 0.72	45% 12%
Chocolate Cake Bar	74	1707	1263	408	302	15%	22	16	23%	10.0	7.4	37%	43	32	12%	30	22	24%	6.7	4.9	7.5	5.6	11%	0.38	0.28	5%
Cinnamon Flat White	244	206	503	49	120	6%	0.7	1.7	2%	0.4	1.1	6%	8.4	21	8%	7.3	18	20%	0.0	0.0	2.2	5.4	11%	0.0	0.0	0%
Corn Topped Roll Corned Beef Bake	71 143	1084 1196	770 1710	256 287	182 410	9% 21%	2.8 18	2.0 26	3% 37%	0.4 9.1	0.3 13	2% 65%	47 22	34 31	13% 12%	7.5 0.9	5.3 1.3	6% 1%	2.4 1.4	1.7 1.9	9.3 7.5	6.6 11	13% 22%	0.76 1.0	0.54 1.5	9% 25%
Cream Éclair	85	1659	1410	399	339	17%	28	24	34%	16	13	65%	31	27	10%	21	18	20%	1.1	0.9	5.1	4.3	9%	0.23	0.20	3%
Cream Iced Finger Decaf Regular Cinnamon Swirl Latte	117 361	1455 235	1702 847	348 56	407 202	20% 10%	17 2.0	20 7.3	29% 10%	11 1.3	12 4.8	60% 24%	42 7.2	50 26	19% 10%	19 6.6	23 24	26% 27%	0.0	1.3 0.0	5.5 2.3	6.4 8.1	13% 16%	0.54	0.63 0.0	11% 0%
Decaffeinated Cinnamon Flat White	244	206	503	49	120	6%	0.7	1.7	2%	0.4	1.1	6%	8.4	26	8%	7.3	18	20%	0.0	0.0	2.3	5.4	11%	0.0	0.0	0%
Decaffeinated Large Cinnamon Swirl Latte	415	225	933	54	224	11%	1.9	8.0	11%	1.3	5.3	27%	6.5	27	10%	5.7	24	27%	0.0	0.0	2.5	10	20%	0.0	0.0	0%
Easter Buns Easter Chocolate Cake Bar	50 79	1682 1696	839 1345	402 405	201 321	10% 16%	18 21	9.2 16	13%	4.2 9.4	2.1 7.5	11% 38%	53 46	27 36	10% 14%	38 33	19 26	21%	4.1 6.4	2.0 5.0	3.3 6.8	1.7 5.4	3% 11%	0.28 0.37	0.14 0.29	2% 5%
Egg & Tomato Roll (HS)	195	744	1453	176	344	17%	6.1	12	17%	1.0	1.9	10%	21	42	16%	4.1	8.0	9%	2.7	5.0	7.9	15	30%	0.37	1.3	22%
Egg Mayonnaise & Tomato	195	806	1574	191	373	19%	7.4	14	20%	1.3	2.6	13%	23	45	17%	3.6	7.1	8%	2.2	4.4	7.4	14	28%	0.70	1.4	23%

	Portion	Energy	Energy	Energy	Energy	Energy %					Saturatos	Saturatos										Protein				
GREGGS	Size	(kJ) per	Energy (kJ)	(kcal) per	(kcal)	RI (2000	Fat (100g)	Fat (g) Portion	Fat % RI (70g)	Saturates (100g)	(g)	% RI	Carbohydrate (100g)	Carbohydrate (g) Portion	Carbohydrate % RI (260g)	Sugars (100g)	Sugars (g) Portion	Sugars % RI (90g)	Fibre (100g)	Fibre (g) Portion	Protein (100g)	(g)	Protein % RI (50g)	Salt (100g)	Salt (g) Portion	Salt % RI (6g)
Product Name	(g/ml)	100g	Portion	100g	Portion	kcal)					Portion	(20g)										Portion				
Nutritition Correct at time of print - guide only (April 2023)	'Adul	lts need ar	ound 2000k	cal a day'																						
Egg Mayonnaise Sandwich	149	893	1333	211	315	16%	6.9	10	14%	1.2	1.7	9%	26	39	15%	3.6	5.4	6%	2.8	4.2	10	15	30%	0.83	1.2	20%
Empire Biscuit Espresso Extra Shot	64 40	1866 79	1194 31	444 19	284 8	14% <1%	15 0.0	9.6 0.0	0%	5.2 0.0	3.3 0.0	17% 0%	70 3.2	45 1.3	17% <1%	0.0	26 0.0	29% 0%	7.7 0.0	4.9 0.0	3.7 1.5	2.4 0.6	5% 1%	0.48	0.31	5% 0%
Espresso Extra Shot Decaf	40	79	31	19	8	<1%	0.0	0.0	0%	0.0	0.0	0%	3.2	1.3	<1%	0.0	0.0	0%	0.0	0.0	1.3	0.5	1%	0.0	0.0	0%
Espresso Shot	60	79	47	19	11	<1%	0.0	0.0	0%	0.0	0.0	0%	3.2	1.9	<1%	0.0	0.0	0%	0.0	0.0	1.3	0.8	2%	0.0	0.0	0%
Espresso Shot Decaf Fairtrade Apple Juice from Concentrate	60 150	79 200	47 300	19 47	11 71	<1% 4%	0.0	0.0	0% 0%	0.0	0.0	0% 0%	3.2 11	1.9 17	<1% 7%	0.0 11	0.0 17	0% 19%	0.0	0.0	1.3 0.0	0.8	2% 0%	0.0	0.0	0% 0%
Fairtrade Orange Juice from Concentrate 500ml	150	198	297	46	69	3%	0.0	0.0	0%	0.0	0.0	0%	10	16	6%	10	16	18%	0.0	0.0	0.5	0.8	2%	0.0	0.0	0%
Fairtrade Orange Juice from Concentrate 250ml	150	198	297	46	69	3%	0.0	0.0	0%	0.0	0.0	0%	10	16	6%	10	16	18%	0.0	0.0	0.5	0.8	2%	0.0	0.0	0%
Feta & Tomato Pasta	250	639	1598	152	380	19%	5.3	13	19%	1.3	3.3	17%	20	50	19%	4.2	11	12%	2.8	7.0	4.9	12	24%	0.49	1.2	20%
Flat White made with soya, alternative to milk Flat White made with soya, alternative to milk - Decaf	174 174	143 143	249 249	34 34	59 59	3% 3%	1.3 1.3	2.3	3% 3%	0.2 0.2	0.3	2% 2%	2.9 2.9	5.0 5.0	2% 2%	1.8 1.8	3.1 3.1	3% 3%	0.0	0.7	2.6 2.6	4.5 4.5	9% 9%	0.05 0.05	0.09	2% 2%
Flat White Regular	222	134	297	32	71	4%	0.8	1.7	2%	0.5	1.0	5%	3.9	8.6	3%	2.7	6.1	7%	0.0	0.0	2.4	5.4	11%	0.0	0.0	0%
Flat White Regular Decaf	222	134	297	32	71	4%	0.8	1.7	2%	0.5	1.0	5%	3.9	8.6	3%	2.7	6.1	7%	0.0	0.0	2.4	5.4	11%	0.0	0.0	0%
Free Range Egg Mayonnaise	161	933	1505	221	356	18%	7.7	12	17%	1.3	2.1	11%	27	44	17%	3.7	6.0	7%	2.5	4.0	9.7	16	32%	0.80	1.3	22%
Free Range Egg Salad (HS) Fruit Scones	151 96	882 1307	1332 1255	209 310	316 298	16% 15%	6.5 9.0	9.8 8.7	14% 12%	0.9 3.1	1.4 3.0	7% 15%	29 50	43 48	17% 18%	4.0 20	6.1 19	7% 21%	2.5 1.9	3.7 1.8	8.1 6.6	12 6.3	24% 13%	0.61 1.0	0.92 0.96	15% 16%
Gingerbread Men	42	1782	748	424	178	9%	11	4.7	7%	3.8	1.6	8%	70	29	11%	31	13	14%	6.8	2.9	7.4	3.1	6%	0.48	0.20	3%
Glazed Ring Doughnuts	58	1584	919	377	219	11%	15	9.0	13%	6.7	3.9	20%	53	31	12%	23	13	14%	1.7	1.0	5.8	3.4	7%	0.89	0.52	9%
Golden Syrup Flavour Porridge	237 330	434 1	1029 3	103 0	244	12% 0%	1.8 0.0	4.2 0.0	6% 0%	0.6 0.0	1.4 0.0	7% 0%	18 0.0	0.0	16% 0%	5.8 0.0	14 0.0	16% 0%	1.8 0.0	4.2 0.0	3.2 0.0	7.5 0.0	15% 0%	0.19	0.45 0.0	8% 0%
Green Tea Regular Greggs Mature Cheddar & Onion Hand Cooked Crisps 40g	40	2073	829	496	198	10%	26	10	14%	2.4	1.0	5%	57	23	9%	2.2	0.0	1%	3.9	1.6	7.6	3.0	6%	1.2	0.0	8%
Greggs Natural Mineral Water 500ml	500	0	0	0	0	0%	0.0	0.0	0%	0.0	0.0	0%	0.0	0.0	0%	0.0	0.0	0%	0.0	0.0	0.0	0.0	0%	0.0	0.0	0%
Greggs Natural Mineral Water 750ml	750	0	0	0	0	0%	0.0	0.0	0%	0.0	0.0	0%	0.0	0.0	0%	0.0	0.0	0%	0.0	0.0	0.0	0.0	0%	0.0	0.0	0%
Greggs Sea Salt & Cider Vinegar Hand Cooked Crisps 40g Greggs Thai Sweet Chilli Flavour Hand Cooked Crisps 40g	40 40	2073 2077	829 831	496 497	198 199	10% 10%	26 26	10 10	14% 14%	2.3	0.9 0.9	5% 5%	58 58	23	9% 9%	1.8 4.3	0.7 1.7	<1% 2%	3.5 3.7	1.4 1.5	6.7 7.1	2.7 2.8	5% 6%	1.7	0.69 0.40	7%
Haggis Pie	157	982	1538	235	368	18%	12	19	27%	5.0	7.8	39%	25	39	15%	1.7	2.6	3%	1.4	2.2	6.3	9.9	20%	0.82	1.3	22%
Ham & Cheese Baguette	196	1056	2070	251	492	25%	8.1	16	23%	4.1	8.1	41%	29	57	22%	1.8	3.4	4%	1.4	2.8	15	29	58%	1.3	2.6	43%
Hot Ham & Cheese Baguette	188	1100	2070	261	491	25%	8.5	16	23%	4.3	8.1	41%	30	57	22%	1.8	3.4	4%	1.5	2.8	15	29	58%	1.4	2.6	43%
Ham & Mature Cheddar Cheese Toastie Ham Sandwich	183 126	1070 865	1962 1090	255 205	468 258	23% 13%	8.9 3.9	16 4.9	23% 7%	5.1 0.9	9.4 1.2	47% 6%	28 29	51 36	20% 14%	3.3 3.6	6.0 4.5	7% 5%	1.3 2.9	2.3 3.7	15 12	28 16	56% 32%	1.2	2.3 1.4	23%
Hash Browns	76	830	634	198	151	8%	8.3	6.3	9%	0.9	0.7	4%	29	22	8%	0.6	0.0	0%	2.1	1.6	1.4	1.1	2%	0.69	0.53	9%
Honey Roast Ham & Egg (HS)	148	931	1378	221	327	16%	6.1	9.0	13%	0.8	1.2	6%	29	43	17%	4.6	6.8	8%	2.8	4.1	11	17	34%	1.1	1.6	27%
Honey Roast Ham & Egg Salad	193	714	1378	169	326	16%	4.5	8.7	12%	0.6	1.2	6%	23	44	17%	3.5	6.8	8%	2.1	4.0	8.6	17	34%	0.77	1.5	25%
Honey Roast Ham (HS) Honey Roast Ham and Egg Salad Roll	136 198	962 700	1308 1386	228 167	310 331	16% 17%	6.6 4.9	9.0 9.7	13% 14%	1.4 0.7	2.0 1.3	10% 7%	30 20	41	16% 15%	3.8 3.8	5.1 7.5	6% 8%	2.6	3.5 4.8	9.1	15 18	30% 36%	1.1 0.76	1.5 1.5	25% 25%
Honey Roast Ham Salad Baguette	241	706	1701	167	402	20%	3.2	7.6	11%	0.7	1.3	7%	25	60	23%	2.3	5.4	6%	1.4	3.4	9.0	22	44%	0.76	2.1	35%
Hot & Spicy Chicken Wrap	241	991	2388	236	569	28%	8.0	19	27%	2.9	7.0	35%	31	75	29%	7.1	17	19%	1.4	3.4	8.9	21	42%	0.91	2.2	37%
Hot & Spicy Crispy Chicken Ciabatta* Roll	263	1059	2784	253	665	33%	9.3	24	34%	3.1	8.2	41%	28	73	28%	2.2	5.8	6%	1.3	3.5	14	36	72%	1.1	2.9	48%
Hot Chocolate Large Hot Chocolate Regular	439 372	272 250	1194 930	64 59	281	14%	1.5	6.7 5.3	10%	1.2	5.4 4.0	27%	9.8	47 37	18% 14%	9.5 8.0	42 30	47%	0.0	0.0	2.0	8.6 6.7	17% 13%	0.13 0.13	0.57 0.48	10%
Hot Milk Chocolate Cookies	146	2040	2978	488	712	36%	26	39	56%	11	16	80%	51	75	29%	28	40	44%	7.7	11	7.4	11	22%	0.15	1.4	23%
Hot Yum Yums	156	1727	2701	413	646	32%	22	34	49%	11	17	85%	48	75	29%	19	30	33%	0.8	1.3	5.3	8.3	17%	1.0	1.6	27%
Iced Caramel Latte Regular	485	142	689	34	165	8%	0.8	3.7	5%	0.5	2.2	11%	5.0	24	9%	4.7	23	26%	0.0	0.0	1.7	8.4	17%	0.07	0.34	6%
Iced Latte Regular Iced Vanilla Latte Regular	461 485	107 142	493 689	25 34	115 165	6% 8%	0.8	3.7 3.7	5% 5%	0.5 0.5	2.3	12% 11%	2.8 5.0	13 24	5% 9%	2.4 4.7	11 23	12% 26%	0.0	0.0	1.8 1.7	8.4 8.4	17% 17%	0.07 0.07	0.32 0.34	5% 6%
Jam Doughnuts	76	1468	1116	349	265	13%	14	11	16%	6.5	4.9	25%	49	37	14%	19	15	17%	2.2	1.7	5.5	4.2	8%	0.77	0.59	10%
Jammy Heart Biscuit	59	1932	1140	462	273	14%	22	13	19%	13	7.9	40%	59	35	13%	22	13	14%	1.9	1.1	5.3	3.1	6%	0.52	0.31	5%
Large Cinnamon Latte	402 415	189 225	760 933	45 54	181 224	9% 11%	1.0 1.9	3.9 8.0	6% 11%	0.6 1.3	2.4 5.3	12% 27%	6.5 6.5	26 27	10% 10%	5.7 5.7	23 24	26%	0.0	0.0	2.5 2.5	10 10	20%	0.10 0.09	0.40 0.37	7% 6%
Large Cinnamon Swirl Latte Large White Bloomer	50	1073	537	253	127	6%	1.9	0.7	11%	0.2	0.1	<1%	49	25	10%	5.7	2.5	3%	2.3	1.2	10	5.1	10%	0.09	0.37	7%
Latte Large	380	146	555	35	133	7%	1.0	3.9	6%	0.6	2.4	12%	3.8	14	5%	2.9	11	12%	0.0	0.0	2.6	10	20%	0.10	0.38	6%
Latte Large Decaf	380	146	555	35	133	7%	1.0	3.9	6%	0.6	2.4	12%	3.8	14	5%	2.9	11	12%	0.0	0.0	2.6	10	20%	0.10	0.38	6%
Latte made with soya, alternative to milk - Large Latte made with soya, alternative to milk - Large Decaf	287 287	157 157	451 451	37 37	106 106	5% 5%	1.5 1.5	4.4 4.4	6% 6%	0.2 0.2	0.7 0.7	4% 4%	2.8	8.0 8.0	3% 3%	2.1	5.9 5.9	7% 7%	0.0	1.3 1.3	2.9 2.9	8.3 8.3	17% 17%	0.06 0.06	0.17 0.17	3%
Latte made with soya, alternative to milk - Regular	230	151	347	36	83	4%	1.5	3.4	5%	0.2	0.5	3%	2.8	6.5	3%	2.0	4.5	5%	0.0	1.0	2.8	6.4	13%	0.06	0.14	2%
Latte made with soya, alternative to milk - Regular Decaf	230	151	347	36	83	4%	1.5	3.4	5%	0.2	0.5	3%	2.8	6.5	3%	2.0	4.5	5%	0.0	1.0	2.8	6.4	13%	0.06	0.14	2%
Latte Regular	326	145	473	34	111	6%	1.0	3.2	5%	0.6	2.0	10%	4.1	13	5%	3.4	11	12%	0.0	0.0	2.4	7.8	16%	0.0	0.0	0%
Latte Regular Decaf Lemon Muffin	326 110	145 1184	473 1302	34 281	111 309	6% 15%	1.0 7.2	3.2 7.9	5% 11%	0.6 1.3	2.0 1.4	10% 7%	4.1 48	13 53	5% 20%	3.4 20	11 22	12% 24%	0.0 2.0	0.0 2.2	2.4 5.0	7.8 5.5	16% 11%	0.0	0.0 0.41	0% 7%
Lorne & Omelette Breakfast Baguette	261	1051	2738	250	651	33%	8.8	23	33%	3.3	8.5	43%	30	77	30%	1.9	4.9	5%	1.3	3.4	13	33	66%	1.3	3.3	55%
Lorne & Omelette Breakfast Roll	191	1001	1912	239	456	23%	9.8	19	27%	3.4	6.5	33%	25	47	18%	3.5	6.6	7%	1.1	2.1	12	23	46%	1.2	2.2	37%
Lorne Breakfast Ball	243	1144	2780	272	661	33%	9.0	22	31%	3.5	8.5	43%	34	82	32%	1.7	4.2	5%	1.5	3.5	13	32	64%	1.5	3.6	60%
Lorne Breakfast Roll Malted Brown Loaf	141 42	1119 1114	1578 468	266 263	375 110	19% 6%	9.2 2.5	13 1.1	19% 2%	3.2 0.3	4.5 0.1	23% <1%	33 49	46 20	18% 8%	4.1 6.0	5.8 2.5	6% 3%	1.5 4.2	2.1 1.8	9.5	17 4.0	34% 8%	1.3 0.77	1.9 0.32	32% 5%
Margherita Pizza	160	1447	2315	345	552	28%	17	27	39%	5.7	9.1	46%	36	58	22%	3.4	5.4	6%	1.5	2.4	12	19	38%	0.77	0.85	14%
Mature Cheddar Cheese Ploughman's Oval Bite	229	849	1944	202	463	23%	7.7	18	26%	3.4	7.9	40%	23	54	21%	5.7	13	14%	2.6	5.9	8.5	19	38%	0.76	1.7	28%
Mature Cheddar Cheese Salad Baguette	213	888	1891	211	449	22%	7.0	15	21%	3.6	7.7	39%	27	58	22%	2.2	4.6	5%	1.6	3.4	8.8	19	38%	0.75	1.6	27%
Mayo Crispy Chicken Ciabatta* Roll Mexican Chicken (HS)	257 171	1083 856	2782 1464	259 203	665 347	33% 17%	9.5 5.3	25 9.0	36% 13%	3.2 0.6	8.2 1.0	41% 5%	28 26	73 44	28% 17%	2.2 3.8	5.7 6.4	6% 7%	1.3 2.6	3.4 4.4	14 12	36 20	72% 40%	0.96 0.92	2.5 1.6	42% 27%
Mexican Chicken Baguette	231	902	2079	214	493	25%	4.2	9.7	14%	1.8	4.0	20%	32	73	28%	7.4	17	19%	1.8	4.1	11	26	52%	1.2	2.9	48%
Mexican Chicken Oval Bite	212	898	1904	213	452	23%	5.1	11	16%	0.7	1.4	7%	29	62	24%	9.7	21	23%	2.8	5.9	11	24	48%	0.98	2.1	35%

GREGGS	Portion	Energy	Energy	Energy	Energy	Energy % RI	F (4.00 .)	Fat (g)	Fat % RI	Saturates	Saturates	Saturates	Carbohydrate	Carbohydrate	Carbohydrate	Sugars	Sugars (g)	Sugars %	Fibre	Fibre (g)	Protein	Protein	Protein %	Salt	Salt (g)	Salt % RI
III GKEGGS	Size (g/ml)	(kJ) per 100g	(kJ) Portion	(kcal) per 100g	(kcal) Portion	(2000 kcal)	Fat (100g)	Portion	(70g)	(100g)	(g) Portion	% RI (20g)	(100g)	(g) Portion	% RI (260g)	(100g)	Portion	RI (90g)	(100g)	Portion	(100g)	(g) Portion	RI (50g)	(100g)	Portion	(6g)
Product Name						KCaij																				
Nutritition Correct at time of print - guide only (April 2023)	'Adul	ts need ar	ound 2000k	ccal a day'																						
Mexican Chicken Wrap Milk Chocolate Caramel Shortbread Offcuts	229 265	863 1972	1976 5226	205 472	469 1251	23% 63%	6.6 24	15 63	21%	1.8 12	4.1 33	21%	27 58	61 152	23% 58%	7.8 43	18 113	20%	1.4	3.3	8.9 5.9	20 16	40% 32%	0.79 0.55	1.8 1.5	30% 25%
Milk Chocolate Caramel Shortbreads Milk Chocolate Caramel Shortbreads	62	1972	1223	472	293	15%	24	15	21%	12	7.7	39%	58	36	14%	43	26	29%	1.2	0.7	5.9	3.7	7%	0.55	0.34	6%
Milk Chocolate Cookies	73	2040	1489	488	356	18%	26	19	27%	11	7.8	39%	51	38	15%	28	20	22%	7.7	5.6	7.4	5.4	11%	0.95	0.69	12%
Mocha Large Mocha Large Decaf	390 390	325 325	1268 1268	77 77	300 300	15% 15%	1.8 1.8	7.1 7.1	10% 10%	1.4 1.4	5.6 5.6	28% 28%	13 13	49 49	19% 19%	8.7 8.7	34 34	38%	0.0	0.0	2.5 2.5	9.8 9.8	20%	0.20 0.20	0.78 0.78	13% 13%
Mocha Regular	353	282	995	66	233	12%	1.5	5.2	7%	1.2	4.1	21%	11	40	15%	8.4	30	33%	0.0	0.0	2.0	7.2	14%	0.17	0.60	10%
Mocha Regular Decaf	353 50	282 1683	995 833	66 402	233 199	12% 10%	1.5 18	5.2 9.1	7%	1.2 4.2	4.1 2.1	21% 11%	11 53	40 26	15% 10%	8.4 38	30 19	33%	0.0 4.1	0.0 2.0	2.0 3.3	7.2 1.6	14% 3%	0.17 0.28	0.60	10%
Novelty Bun Omelette Breakfast Baguette	213	913	1945	217	462	23%	6.7	14	13% 20%	2.3	4.8	24%	28	59	23%	2.4	5.0	21% 6%	1.3	2.9	3.3	23	46%	0.28	0.14 1.7	2%
Omelette Breakfast Roll	176	849	1494	203	357	18%	8.5	15	21%	2.6	4.6	23%	20	35	13%	4.0	7.0	8%	1.0	1.8	11	19	38%	0.73	1.3	22%
Oval Bites Pain au Chocolat	105 79	1105 1633	1160 1290	262 390	275 308	14% 15%	3.7 20	3.9 16	6% 23%	0.6 12	0.6 9.8	3% 49%	44 44	47 34	18% 13%	6.8	7.2 8.5	8% 9%	4.6 2.8	4.8 2.2	11 8.4	11 6.6	22% 13%	0.84 0.56	0.88	15% 7%
Peach Melba	99	1565	1549	375	371	19%	21	21	30%	12	11	55%	43	43	17%	27	26	29%	1.0	0.9	2.6	2.6	5%	0.13	0.13	2%
Peppermint Tea Regular	330	1	3	0	0	0%	0.0	0.0	0%	0.0	0.0	0%	0.0	0.0	0%	0.0	0.0	0%	0.0	0.0	0.0	0.0	0%	0.0	0.0	0%
Pepperoni Hot Shot Pizza Pepperoni Pizza	191 172	1369 1503	2620 2585	327 359	626 617	31% 31%	17 19	33 33	47% 47%	6.1 6.8	12 12	60% 60%	31 34	59 58	23% 22%	3.3 3.2	6.4 5.5	7% 6%	1.4	2.7	11 13	22 22	44% 44%	1.1 0.84	2.1	35% 23%
Pink Jammie	90	1548	1393	369	332	17%	16	14	20%	8.0	7.2	36%	51	46	18%	25	23	26%	1.9	1.7	4.9	4.4	9%	0.66	0.59	10%
Raspberry Muffin Regular Cinnamon Latte	110 348	1225 195	1348 679	291 46	320 160	16% 8%	6.6 0.9	7.3 3.2	10% 5%	1.1 0.6	1.2 1.9	6% 10%	51 7.2	57 25	22% 10%	23 6.6	25 23	28%	2.5 0.0	2.8 0.0	5.1 2.3	5.6 7.8	11% 16%	0.37	0.41	7% 0%
Regular Cinnamon Latte Regular Cinnamon Swirl Latte	361	235	847	56	202	10%	2.0	7.3	10%	1.3	4.8	24%	7.2	26	10%	6.6	23	27%	0.0	0.0	2.3	8.1	16%	0.0	0.0	0%
Roast Chicken & Bacon	184	1067	1964	254	468	23%	10	19	27%	2.1	3.9	20%	25	46	18%	3.9	7.3	8%	2.1	3.8	15	27	54%	1.0	1.9	32%
Roast Chicken & Bacon Club Baguette Roast Chicken & Stuffing Baguette	239 200	822 1054	1965 2105	195 250	466 499	23% 25%	5.1 6.1	12 12	17% 17%	1.1 0.9	2.6 1.8	13% 9%	26 34	62 68	24% 26%	2.5 2.5	6.0 5.1	7% 6%	1.5	3.6 3.6	11 14	26 28	52% 56%	0.75 1.0	1.8 2.1	30%
Roast Chicken Mayonnaise Baguette	222	889	1977	211	469	23%	5.5	12	17%	0.7	1.5	8%	28	62	24%	2.2	4.9	5%	1.4	3.2	12	26	52%	0.73	1.6	27%
Roast Chicken Salad	199	740	1473	175	348	17%	4.8	9.6	14%	0.5	1.0	5%	23	45	17%	3.5	6.9	8%	2.1	4.1	9.4	19	38%	0.55	1.1	18%
Roast Chicken Salad Roll Sausage & Omelette Breakfast Baguette	200 241	729 1000	1459 2410	173 238	346 574	17% 29%	5.1 9.2	10 22	14% 31%	0.5 3.3	1.1 7.8	6% 39%	21 26	42 63	16% 24%	3.8 2.0	7.6 4.7	8% 5%	2.5	4.9 6.5	9.9 11	20 27	40% 54%	0.56 1.1	2.6	43%
Sausage & Omelette Breakfast Roll	178	951	1693	227	404	20%	10	18	26%	3.4	6.0	30%	21	38	15%	3.7	6.5	7%	2.3	4.2	11	20	40%	0.99	1.8	30%
Sausage Bean & Cheese Melt	149 217	1268 1080	1894 2344	304 257	454 558	23% 28%	19 9.7	28 21	40% 30%	10.0 3.5	15 7.5	75% 38%	25 29	37 64	14% 25%	2.0 1.9	3.0 4.1	3% 5%	2.7 3.5	4.0 7.6	7.4 11	11 24	22% 48%	1.1	1.7 2.6	28% 43%
Sausage Breakfast Baguette Sausage Breakfast Roll	154	1056	1626	252	388	19%	9.7	17	24%	3.7	7.5 5.6	28%	25	39	15%	3.8	5.9	7%	3.5	5.3	11	17	34%	1.2	1.8	30%
Sausage Rolls	103	1327	1367	319	329	16%	21	22	31%	12	12	60%	23	24	9%	0.0	0.0	0%	1.5	1.5	9.1	9.4	19%	1.5	1.6	27%
Savoury Mince Pie Scotch Pie	253 139	1404 1146	3552 1593	337 275	853 382	43% 19%	22 15	55 21	79% 30%	9.1 7.0	23 9.7	115% 49%	24 25	60 35	23% 13%	0.0 1.3	1.3	1% 2%	1.2	3.0 2.0	8.3	27 12	54% 24%	0.83 1.2	2.1 1.7	28%
Sharing BBQ Bites	224	1165	2610	279	625	31%	14	30	43%	1.4	3.1	16%	19	43	17%	1.6	3.6	4%	0.9	2.1	20	44	88%	0.68	1.5	25%
Sharing Chicken Goujons	320	1031	3299	246	787	39%	11	34	49%	4.4	14	70%	20	64	25%	0.0	0.8	<1%	1.3	4.3	17	53	106%	0.97	3.1	52%
Sharing Wedges Side Salad	300 99	777 64	2331 63	185 15	555 15	28% <1%	6.4 0.0	19 0.0	27% 0%	0.6 0.0	1.9 0.0	10% 0%	28 1.7	83 1.7	32% <1%	1.2 1.6	3.5 1.6	4% 2%	2.7 1.1	8.1 1.1	2.7 1.1	8.1 1.1	16% 2%	0.79 0.02	2.4 0.02	40% <1%
Simply Creamy Porridge	228	390	889	92	210	11%	2.0	4.4	6%	0.7	1.5	8%	14	33	13%	3.0	6.7	7%	1.8	4.1	3.5	8.0	16%	0.22	0.50	8%
Smoky Cajun Rice with BBQ Chicken & Sweetcorn Fritters	230 224	461 1076	1060 2407	110 255	253 570	13% 29%	2.7 6.1	6.1 14	9% 20%	0.4 3.0	0.8 6.7	4% 34%	15 37	35 84	13% 32%	0.7 7.4	1.7 16	2% 18%	3.3 1.9	7.5 4.2	4.6 12	11 26	22% 52%	0.27 0.95	0.62 2.1	10%
Southern Fried Chicken Baguette Southern Fried Chicken Goujons	160	1076	1650	246	394	20%	11	17	24%	4.4	7.0	35%	20	32	12%	0.0	0.0	0%	1.3	2.1	17	27	54%	0.93	1.6	27%
Southern Fried Potato Wedges	150	777	1166	185	278	14%	6.4	9.6	14%	0.6	1.0	5%	28	42	16%	1.2	1.7	2%	2.7	4.0	2.7	4.0	8%	0.79	1.2	20%
Sparkling Cherryade Sparkling Cloudy Lemonade	500 500	16 12	80 60	3	20 15	1% <1%	0.0	0.0	0% 0%	0.0	0.0	0% 0%	0.0 0.0	2.4 0.7	<1% <1%	0.0	2.3 0.6	3% <1%	0.0	0.0	0.0	0.0	0% 0%	0.04	0.20	3% 0%
Sparkling Mango & Pineapple	500	13	65	3	15	<1%	0.0	0.0	0%	0.0	0.0	0%	0.0	2.1	<1%	0.0	1.9	2%	0.0	0.0	0.0	0.0	0%	0.03	0.15	3%
Sparkling Raspberry Lemonade	500	10	50	2	10	<1%	0.0	0.0	0%	0.0	0.0	0%	0.0	0.6	<1%	0.0	0.6	<1%	0.0	0.0	0.0	0.0	0%	0.04	0.20	3%
Spicy BBQ Chicken Bites Spicy Mexican Chicken Pizza	112 201	1165 1257	1305 2527	279 300	312 603	16% 30%	14 14	15 28	21% 40%	1.4 4.7	1.6 9.4	8% 47%	19 30	21 60	8% 23%	1.6 3.2	1.8 6.5	2% 7%	0.9 1.6	1.0 3.1	20 13	22 27	44% 54%	0.68 0.96	0.76 1.9	13% 32%
Star Biscuit	38	2114	812	506	194	10%	24	9.3	13%	15	5.8	29%	61	23	9%	27	10	11%	8.8	3.4	6.6	2.5	5%	0.39	0.15	3%
Steak Bake Sticky Toffee Muffin	136 109	1250 1238	1705 1349	300 294	409 320	20% 16%	19 8.3	26 9.1	37% 13%	9.3 2.0	13 2.2	65% 11%	22 48	30 53	12% 20%	0.0 19	0.0	0% 23%	1.1	1.5 2.1	10 5.1	14 5.6	28% 11%	1.0 0.40	1.4 0.44	23% 7%
Stotties	70	1039	727	245	172	9%	1.7	1.2	2%	0.3	0.2	1%	47	33	13%	5.7	4.0	4%	3.1	2.2	8.7	6.1	12%	0.40	0.55	9%
Sugar Strand Doughnut	59	1490	879	355	209	10%	14	8.2	12%	6.7	4.0	20%	50	30	12%	22	13	14%	1.6	1.0	5.8	3.4	7%	0.80	0.47	8%
Sweet Chilli Chicken Wrap Sweet Potato Bhaji & Rice	238 230	974 447	2318 1028	232 106	552 244	28% 12%	8.1 2.2	19 5.1	27% 7%	3.0 0.2	7.0 0.5	35% 3%	30 16	71 37	27% 14%	5.6 3.0	7.0	14% 8%	1.3 3.6	3.1 8.2	9.0 3.6	21 8.2	42% 16%	0.74 0.28	1.8 0.64	30% 11%
Tandoori Chicken	168	879	1472	208	348	17%	5.3	8.8	13%	0.6	0.9	5%	28	47	18%	4.8	8.1	9%	2.5	4.1	11	19	38%	0.70	1.2	20%
Tandoori Chicken Baguette Tandoori Chicken Roll (HS)	223 172	898 864	2003 1486	213 205	475 353	24% 18%	5.0 5.7	11 9.8	16% 14%	0.7 0.6	1.5 1.0	8% 5%	29 25	66 43	25% 17%	3.4 5.2	7.6 8.9	8% 10%	1.6 2.9	3.5 4.9	12 12	26 20	52% 40%	0.77 0.70	1.7 1.2	28%
Tea with soya, alternative to milk - Large	404	14	57	3	12	<1%	0.0	0.6	<1%	0.0	0.0	0%	0.0	0.8	<1%	0.0	0.8	<1%	0.0	0.0	0.0	1.0	2%	0.70	0.04	<1%
Tea with soya, alternative to milk - Regular	316	16	51	3	9	<1%	0.0	0.0	0%	0.0	0.0	0%	0.0	0.7	<1%	0.0	0.6	<1%	0.0	0.0	0.0	0.8	2%	0.0	0.03	<1%
Tomato Soup Tottenham Cake	300 91	271 1811	813 1648	65 432	195 393	10% 20%	2.7 19	8.1 17	12% 24%	0.5 3.9	1.5 3.5	8% 18%	8.2 61	25 55	10% 21%	7.3 42	22 38	24% 42%	0.6	1.8 0.7	1.6 4.7	4.8 4.3	10% 9%	0.46 0.52	1.4 0.47	23% 8%
Triple Chocolate Brownies	21	1956	411	467	98	5%	25	5.2	7%	15	3.1	16%	54	11	4%	41	8.7	10%	3.5	0.7	5.4	1.1	2%	0.40	0.08	1%
Triple Chocolate Cookies	73	1995	1456	478	349	17%	25	19	27%	10.0	7.5	38%	50	36	14%	28	21	23%	9.9	7.2	7.1	5.2	10%	1.0	0.74	12%
Triple Chocolate Doughnut Triple Chocolate Muffin	85 129	1724 1439	1465 1862	412 344	350 445	18% 22%	22 16	19 21	27% 30%	10.0 4.7	8.5 6.1	43% 31%	47 44	40 57	15% 22%	23 30	19 38	21% 42%	1.6 3.3	1.4 4.3	5.3 5.7	4.5 7.3	9% 15%	0.69 0.38	0.59 0.49	10% 8%
Tuna Crunch (HS)	188	729	1371	173	325	16%	2.9	5.5	8%	0.3	0.6	3%	24	46	18%	4.7	8.9	10%	2.3	4.4	11	21	42%	0.38	1.4	23%
Tuna Crunch Baguette	236	757	1787	179	422	21%	2.5	5.8	8%	0.4	1.0	5%	27	63	24%	3.4	8.0	9%	1.6	3.8	12	27	54%	0.83	2.0	33%
Tuna Crunch Pasta Tuna Crunch Roll (HS)	250 187	634 720	1585 1346	150 171	375 320	19% 16%	4.1 3.2	10 6.1	14% 9%	0.4 0.4	1.0 0.7	5% 4%	21 23	53 42	20% 16%	2.8 5.1	6.9 9.5	8% 11%	2.8	2.1 5.2	6.8	17 21	34% 42%	0.53 0.74	1.3	22%
יבווע פועווטוו ווטוו (ווט)	10/	720	1340	1/1	320	10/0	J.2	0.1	370	∪.+	0.7	770	23	74	10/0	J.1	5.5	11/0	2.0	3.2			-12/U	J. / +	4.7	23/0

GREGGS Product Name	Portion Size (g/ml)	Energy (kJ) per 100g	Energy (kJ) Portion	Energy (kcal) per 100g	Energy (kcal) Portion	Energy % RI (2000 kcal)	Fat (100g)	Fat (g) Portion	Fat % RI (70g)	Saturates (100g)	Saturates (g) Portion	Saturates % RI (20g)	Carbohydrate (100g)	Carbohydrate (g) Portion	Carbohydrate % RI (260g)	Sugars (100g)	Sugars (g) Portion	Sugars % RI (90g)	Fibre (100g)	Fibre (g) Portion	Protein (100g)	Protein (g) Portion	Protein % RI (50g)	Salt (100g)	Salt (g) Portion	Salt % RI (6g)
Nutritition Correct at time of print - guide only (April 2023)	'Adul	ts need arc	ound 2000k	ccal a day'																						
Tuna Mayonnaise & Cucumber	195	721	1407	171	334	17%	3.8	7.4	11%	0.4	0.8	4%	22	43	17%	3.2	6.3	7%	2.0	3.9	11	22	44%	0.72	1.4	23%
Tuna Mayonnaise Roll	199	700	1394	166	331	17%	4.0	8.0	11%	0.4	0.8	4%	20	39	15%	3.5	7.0	8%	2.4	4.8	12	23	46%	0.72	1.4	23%
Tuna Mayonnaise Stottie	257	795	2040	188	482	24%	3.5	9.0	13%	0.4	1.0	5%	27	69	27%	3.6	9.3	10%	1.8	4.7	12	30	60%	0.81	2.1	35%
Vanilla Custard Slice	129	1087	1402	259	334	17%	9.5	12	17%	5.6	7.2	36%	40	52	20%	25	32	36%	0.0	0.0	3.3	4.2	8%	0.59	0.76	13%
Vanilla Latte Large	418	225	939	54	225	11%	2.0	8.1	12%	1.3	5.3	27%	6.6	27	10%	5.8	24	27%	0.0	0.0	2.5	10	20%	0.10	0.42	7%
Vanilla Latte Regular	364	236	858	56	204	10%	2.0	7.4	11%	1.4	4.9	25%	7.2	26	10%	6.7	24	27%	0.0	0.0	2.3	8.2	16%	0.0	0.04	<1%
Vegan Cajun Chicken Free Roll	185	836	1547	198	366	18%	3.6	6.7	10%	0.4	0.7	4%	29	53	20%	10	19	21%	4.7	8.7	10	19	38%	0.85	1.6	27%
Vegan Chilli Loaded Wedges	309	566	1749	135	417	21%	4.5	14	20%	0.5	1.6	8%	19	57	22%	3.3	10	11%	4.1	13	3.1	9.4	19%	0.73	2.3	38%
VEGAN MEXICAN CHICKEN BAKE	155	1152	1780	276	426	21%	16	24	34%	7.2	11	55%	26	40	15%	4.5	7.0	8%	2.5	3.9	6.4	9.9	20%	0.83	1.3	22%
Vegan Sausage Breakfast Roll	177	972	1717	231	408	20%	8.0	14	20%	2.7	4.7	24%	25	45	17%	3.6	6.3	7%	2.8	4.9	13	23	46%	1.2	2.0	33%
Vegan Sausage Roll	101	1251	1264	300	303	15%	18	18	26%	8.6	8.7	44%	21	22	8%	0.8	0.8	<1%	3.7	3.8	11	11	22%	1.8	1.8	30%
Vegan Sausage, Bean & CheeZe Melt	147	1188	1749	285	420	21%	17	25	36%	8.6	13	65%	25	37	14%	1.7	2.6	3%	2.6	3.9	6.0	8.8	18%	1.0	1.5	25%
Vegan Southern Fried Chicken-Free Baguette	218	1099	2400	261	570	29%	6.3	14	20%	2.0	4.4	22%	40	88	34%	8.2	18	20%	2.8	6.1	9.4	21	42%	0.95	2.1	35%
Vegan Southern Fried Chicken-Free Goujons	141	1143	1616	274	387	19%	15	21	30%	1.6	2.2	11%	18	25	10%	1.5	2.1	2%	4.1	5.8	15	21	42%	0.84	1.2	20%
Vegetable Bake	150	1183	1779	284	427	21%	19	28	40%	9.9	15	75%	22	33	13%	1.8	2.8	3%	1.7	2.6	5.8	8.8	18%	0.92	1.4	23%
Warm Winter Vegetable Soup	300	188	564	45	135	7%	2.2	6.6	9%	1.2	3.6	18%	4.7	14	5%	3.3	9.9	11%	1.9	5.7	0.7	2.1	4%	0.43	1.3	22%
White & Wholemeal Loaf	42	988	415	233	98	5%	1.3	0.5	<1%	0.2	0.0	0%	43	18	7%	5.4	2.3	3%	4.4	1.8	10	4.4	9%	0.75	0.32	5%
White & Wholemeal Rolls	85	1085.00	922	257	218	11%	3.2	2.7	4%	0.4	0.3	2%	44	37	14%	6.8	5.8	6%	5.0	4.3	11	9.0	18%	0.78	0.66	11%
White Chocolate Cookies	73	2071.00	1512	496	362	18%	27	20	29%	11	8.0	40%	53	39	15%	29	21	23%	5.9	4.3	7.3	5.4	11%	0.95	0.69	12%
White Coffee Large	377	50.00	189	12	45	2%	0.0	0.8	1%	0.2	0.6	3%	1.5	5.5	2%	0.9	3.5	4%	0.0	0.0	1.0	3.9	8%	0.0	0.0	0%
White Coffee Large Decaf Bag	404	24.00	97	6	24	1%	0.0	0.8	1%	0.0	0.3	2%	0.9	3.6	1%	0.0	1.3	1%	0.0	0.0	0.6	2.2	4%	0.0	0.04	<1%
White Coffee Large Decaf Beans	377	50.00	189	12	45	2%	0.0	0.8	1%	0.2	0.6	3%	1.5	5.5	2%	0.9	3.5	4%	0.0	0.0	1.0	3.9	8%	0.0	0.0	0%
White Coffee Regular	285	49.00	140	12	34	2%	0.0	0.0	0%	0.0	0.0	0%	1.8	5.0	2%	1.0	2.9	3%	0.0	0.0	0.9	2.7	5%	0.0	0.0	0%
White Coffee Regular Decaf Bag	316	25.00	79	6	19	<1%	0.0	0.7	1%	0.0	0.3	2%	0.8	2.6	1%	0.0	1.1	1%	0.0	0.0	0.0	1.4	3%	0.0	0.03	<1%
White Coffee Regular Decaf Beans	285	49.00	140	12	34	2%	0.0	0.0	0%	0.0	0.0	0%	1.8	5.0	2%	1.0	2.9	3%	0.0	0.0	0.9	2.7	5%	0.0	0.0	0%
White Tea Large	404	14.00	57	3	12	<1%	0.0	0.0	0%	0.0	0.4	2%	0.0	1.2	<1%	0.0	1.2	1%	0.0	0.0	0.0	0.8	2%	0.0	0.0	0%
White Tea Regular	316	15.00	47	3	9	<1%	0.0	0.0	0%	0.0	0.3	2%	0.0	0.9	<1%	0.0	0.9	1%	0.0	0.0	0.0	0.9	2%	0.0	0.0	0%
Yum Yums	78.2	1727.00	1351	413	323	16%	22	17	24%	11	8.3	42%	48	38	15%	19	15	17%	0.8	0.6	5.3	4.1	8%	1.0	0.78	13%