

<div><div><div></div><div>GREGGS</div></div><div>Product Name</div></div>	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)	
Nutrition Correct at time of print - guide only (April 2023)																											
'Adults need around 2000kcal 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	382	14	53	3	11	<1%	0.0	0.0	0%	0.0	0.0	0%	0.6	2.3	<1%	0.0	0.0	0%	0.0	0.0	0.0	0.6	1%	0.0	0.0	0%	
Americano Large Decaf	382	14	53	3	11	<1%	0.0	0.0	0%	0.0	0.0	0%	0.6	2.3	<1%	0.0	0.0	0%	0.0	0.0	0.0	0.6	1%	0.0	0.0	0%	
Americano Regular	285	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	<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 with soya, alternative to milk - Large	412	26	107	6	25	1%	0.0	0.9	1%	0.0	0.0	0%	0.8	3.1	1%	0.0	0.7	<1%	0.0	0.0	0.0	1.6	3%	0.0	0.04	<1%	
Americano with soya, alternative to milk - Large Decaf	412	26	107	6	25	1%	0.0	0.9	1%	0.0	0.0	0%	0.8	3.1	1%	0.0	0.7	<1%	0.0	0.0	0.0	1.6	3%	0.0	0.04	<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	98	1635	1602	393	385	19%	26	26	37%	13	13	65%	25	25	10%	1.0	1.0	1%	2.1	2.0	14	14	28%	1.6	1.6	27%	
Bacon & Lorne Breakfast Baguette	221.5	1166	2583	277	614	31%	9.6	21	30%	3.8	8.3	42%	32	70	27%	1.7	3.8	4%	1.4	3.1	15	34	68%	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	207	1049	2166	249	514	26%	8.5	18	26%	3.1	6.5	33%	28	58	22%	2.0	4.2	5%	1.4	2.8	14	29	58%	1.3	2.7	45%	
Bacon & Omelette Breakfast Roll	155	987	1530	235	364	18%	9.8	15	21%	3.3	5.1	26%	22	35	13%	4.0	6.2	7%	1.1	1.7	14	21	42%	1.2	1.8	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	171	1179	2016	279	477	24%	8.6	15	21%	3.3	5.7	29%	34	57	22%	2.0	3.3	4%	1.6	2.8	16	27	54%	1.6	2.8	47%	
Bacon Breakfast Roll	119.5	1156	1381	274	327	16%	10	13	19%	3.6	4.3	22%	28	34	13%	4.4	5.3	6%	1.4	1.7	16	19	38%	1.6	1.9	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	262	943	2471	225	590	30%	9.5	25	36%	1.0	2.5	13%	24	63	24%	1.3	3.5	4%	1.9	5.1	9.9	26	52%	0.74	1.9	32%	
BBQ Chicken & Bacon Wrap	248	1009	2502	241	598	30%	9.3	23	33%	3.5	8.6	43%	28	70	27%	4.5	11	12%	1.4	3.4	11	26	52%	0.84	2.1	35%	
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	257	1043	2679	249	640	32%	7.6	20	29%	3.1	7.9	40%	30	77	30%	4.0	10	11%	1.4	3.7	14	37	74%	0.99	2.5	42%	
Beef & Vegetable Pastry	180	1082	1948	259	466	23%	16	28	40%	8.5	15	75%	23	42	16%	1.1	2.0	2%	1.5	2.7	6.1	11	22%	0.77	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	291	11	32	2	6	<1%	0.0	0.0	0%	0.0	0.0	0%	0.0	1.5	<1%	0.0	0.0	0%	0.0	0.0	0.0	0.6	1%	0.0	0.0	0%	
BLT	181	885	1602	211	382	19%	7.8	14	20%	1.9	3.5	18%	25	45	17%	4.4	8.0	9%	2.3	4.2	9.4	17	34%	0.86	1.6	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	327	150	491	35	114	6%	1.0	3.1	4%	0.6	2.0	10%	4.1	14	5%	3.2	10	11%	0.0	0.0	2.6	8.3	17%	0.0	0.0	0%	
Cappuccino Large Decaf	327	150	491	35	114	6%	1.0	3.1	4%	0.6	2.0	10%	4.1	14	5%	3.2	10	11%	0.0	0.0	2.6	8.3	17%	0.0	0.0	0%	
Cappuccino made with soya, alternative to milk - Large	287	157	451	37	106	5%	1.5	4.4	6%	0.2	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 - Large Decaf	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	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%	
Cappuccino 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%	
Cappuccino Regular	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%	
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	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%	
Caramel Latte Large Decaf	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%	0.0	0.04	<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	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%	
Chargrill Chicken Oval Bite	224	759	1700	180	403	20%	4.7	10	14%	0.6	1.3	7%	22	50	19%	4.7	10	11%	2.7	6.0	11	25	50%	0.81	1.8	30%	
Chargrill Chicken Roll (HS)	204	716	1461	170	347	17%	4.6	9.3	13%	0.5	1.1	6%	20	41	16%	4.4	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	236	1032	2431	245	577	29%	9.0	21	30%	3.8	8.9	45%	30	71	27%	4.8	11	12%	2.1	5.0	10	24	48%	0.86	2	33%	
Cheese & Pickle	144	1154	1662	275	396	20%	11	16	23%	5.2	7.5	38%	32	46	18%	6.3	9.0	10%	2.6	3.7	11	16	32%	1.0	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	114	1130	1288	269	307	15%	9.8	11	16%	4.6	5.2	26%	32	36	14%	4.0	4.5	5%	3.2	3.7	12	14	28%	0.96	1.1	18%	
Cheese Scone	97	1481	1437	354	343	17%	20	19	27%	9.2	8.9	45%	29	28	11%	0.7	0.7	<1%	1.6	1.6	14	13	26%	2.2	2.2	37%	
Chicken & Bacon Pasta	250	770	1925	184	460	23%	8.2	20	29%	0.9	2.2	11%	20	49	19%	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	337	804	2710	192	647	32%	9.7	33	47%	3.5	12	60%	19	66	25%	1.6	5.3	6%	2.2	7.2	5.7	19	38%	0.81	2.7	45%	
Chocolate Brownies (Outlet only)	180	1956	3521	467	841	42%	25	44	63%	15</																	

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Nutrition Correct at time of print - guide only (April 2023) 'Adults need around 2000kcal a day'																											
Mexican Chicken Wrap	229	863	1976	205	469	23%	6.6	15	21%	1.8	4.1	21%	27	61	23%	7.8	18	20%	1.4	3.3	8.9	20	40%	0.79	1.8	30%	
Milk Chocolate Caramel Shortbread Offcuts	265	1972	5226	472	1251	63%	24	63	90%	12	33	165%	58	152	58%	43	113	126%	1.2	3.0	5.9	16	32%	0.55	1.5	25%	
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	390	325	1268	77	300	15%	1.8	7.1	10%	1.4	5.6	28%	13	49	19%	8.7	34	38%	0.0	0.0	2.5	9.8	20%	0.20	0.78	13%	
Mocha Large Decaf	390	325	1268	77	300	15%	1.8	7.1	10%	1.4	5.6	28%	13	49	19%	8.7	34	38%	0.0	0.0	2.5	9.8	20%	0.20	0.78	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	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%	
Novelty Bun	50	1683	833	402	199	10%	18	9.1	13%	4.2	2.1	11%	53	26	10%	38	19	21%	4.1	2.0	3.3	1.6	3%	0.28	0.14	2%	
Omelette Breakfast Baguette	213	913	1945	217	462	23%	6.7	14	20%	2.3	4.8	24%	28	59	23%	2.4	5.0	6%	1.3	2.9	11	23	46%	0.80	1.7	28%	
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	105	1105	1160	262	275	14%	3.7	3.9	6%	0.6	0.6	3%	44	47	18%	6.8	7.2	8%	4.6	4.8	11	11	22%	0.84	0.88	15%	
Pain au Chocolat	79	1633	1290	390	308	15%	20	16	23%	12	9.8	49%	44	34	13%	11	8.5	9%	2.8	2.2	8.4	6.6	13%	0.56	0.44	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	191	1369	2620	327	626	31%	17	33	47%	6.1	12	60%	31	59	23%	3.3	6.4	7%	1.4	2.7	11	22	44%	1.1	2.1	35%	
Pepperoni Pizza	172	1503	2585	359	617	31%	19	33	47%	6.8	12	60%	34	58	22%	3.2	5.5	6%	1.4	2.4	13	22	44%	0.84	1.4	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	110	1225	1348	291	320	16%	6.6	7.3	10%	1.1	1.2	6%	51	57	22%	23	25	28%	2.5	2.8	5.1	5.6	11%	0.37	0.41	7%	
Regular Cinnamon Latte	348	195	679	46	160	8%	0.9	3.2	5%	0.6	1.9	10%	7.2	25	10%	6.6	23	26%	0.0	0.0	2.3	7.8	16%	0.0	0.0	0%	
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	24	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	239	822	1965	195	466	23%	5.1	12	17%	1.1	2.6	13%	26	62	24%	2.5	6.0	7%	1.5	3.6	11	26	52%	0.75	1.8	30%	
Roast Chicken & Stuffing Baguette	200	1054	2105	250	499	25%	6.1	12	17%	0.9	1.8	9%	34	68	26%	2.5	5.1	6%	1.8	3.6	14	28	56%	1.0	2.1	35%	
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	200	729	1459	173	346	17%	5.1	10	14%	0.5	1.1	6%	21	42	16%	3.8	7.6	8%	2.5	4.9	9.9	20	40%	0.56	1.1	18%	
Sausage & Omelette Breakfast Baguette	241	1000	2410	238	574	29%	9.2	22	31%	3.3	7.8	39%	26	63	24%	2.0	4.7	5%	2.7	6.5	11	27	54%	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	1268	1894	304	454	23%	19	28	40%	10.0	15	75%	25	37	14%	2.0	3.0	3%	2.7	4.0	7.4	11	22%	1.1	1.7	28%	
Sausage Breakfast Baguette	217	1080	2344	257	558	28%	9.7	21	30%	3.5	7.5	38%	29	64	25%	1.9	4.1	5%	3.5	7.6	11	24	48%	1.2	2.6	43%	
Sausage Breakfast Roll	154	1056	1626	252	388	19%	11	17	24%	3.7	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	253	1404	3552	337	853	43%	22	55	79%	9.1	23	115%	24	60	23%	0.0	1.3	1%	1.2	3.0	11	27	54%	0.83	2.1	35%	
Scotch Pie	139	1146	1593	275	382	19%	15	21	30%	7.0	9.7	49%	25	35	13%	1.3	1.8	2%	1.4	2.0	8.3	12	24%	1.2	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	300	777	2331	185	555	28%	6.4	19	27%	0.6	1.9	10%	28	83	32%	1.2	3.5	4%	2.7	8.1	2.7	8.1	16%	0.79	2.4	40%	
Side Salad	99	64	63	15	15	<1%	0.0	0.0	0%	0.0	0.0	0%	1.7	1.7	<1%	1.6	1.6	2%	1.1	1.1	1.1	1.1	2%	0.02	0.02	<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	461	1060	110	253	13%	2.7	6.1	9%	0.4	0.8	4%	15	35	13%	0.7	1.7	2%	3.3	7.5	4.6	11	22%	0.27	0.62	10%	
Southern Fried Chicken Baguette	224	1076	2407	255	570	29%	6.1	14	20%	3.0	6.7	34%	37	84	32%	7.4	16	18%	1.9	4.2	12	26	52%	0.95	2.1	35%	
Southern Fried Chicken Goujons	160	1031	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%	0.97	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	500	16	80	4	20	1%	0.0	0.0	0%	0.0	0.0	0%	0.0	2.4	<1%	0.0	2.3	3%	0.0	0.0	0.0	0.0	0%	0.04	0.20	3%	
Sparkling Cloudy Lemonade	500	12	60	3	15	<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	0.0	0%	0.0	0.0	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	112	1165	1305	279	312	16%	14	15	21%	1.4	1.6	8%	19	21	8%	1.6	1.8	2%	0.9	1.0	20	22	44%	0.68	0.76	13%	
Spicy Mexican Chicken Pizza	201	1257	2527	300	603	30%	14	28	40%	4.7	9.4	47%	30	60	23%	3.2	6.5	7%	1.6	3.1	13	27	54%	0.96	1.9	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	136	1250	1705	300	409	20%	19	26	37%	9.3	13	65%	22	30	12%	0.0	0.0	0%	1.1	1.5	10	14	28%	1.0	1.4	23%	
Sticky Toffee Muffin	109	1238	1349	294	320	16%	8.3	9.1	13%	2.0	2.2	11%	48	53	20%	19	21	23%	1.9	2.1	5.1	5.6	11%	0.40	0.44	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%	0.78	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	238	974	2318	232	552	28%	8.1	19	27%	3.0	7.0	35%	30														

<div><div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div><div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div><div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div></div> <div>GREGGS</div>	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) 'Adults need around 2000kcal 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%	