

	Portion Size (g/ml)	Energy (kJ) per 100g	Energy (kJ) Portion	Energy (kcal) per 100g	Energy (kcal) Portion	Energy % RI (2000 kcal)	Fat (100g)	Fat (g) Portion	Fat % RI (70g)	Saturates (100g)	Saturates (g) Portion	Saturates % RI (20g)	Carbohydrate (100g)	Carbohydrate (g) Portion	Carbohydrate % RI (260g)	Sugars (100g)	Sugars (g) Portion	Sugars % RI (90g)	Fibre (100g)	Fibre (g) Portion	Protein (100g)	Protein (g) Portion	Protein % RI (50g)	Salt (100g)	Salt (g) Portion	Salt % RI (6g)
Nutritional Information (Guide only)	Product Name (alphabetical order) (HS) = Hospital Shop	Information correct at time of print (September 2024) 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%
All Day Breakfast Baguette	224.6	1010	2269	240	539	27%	8.2	18	26%	3.4	7.7	39%	29	65	25%	5.0	11	12%	1.8	4.1	12	26	52%	1.2	2.6	43%
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 (Beans)	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 (Beans)	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%
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 and Strawberry Fruit Pot	90	203	183	48	43	2%	0.0	0.0	0%	0.0	0.0	0%	9.7	8.7	3%	9.7	8.7	10%	1.6	1.4	0.6	0.5	1%	0.0	0.0	0%
Apple Danish	116.7	1171	1367	278	324	16%	7.9	9.2	13%	3.4	3.9	20%	47	55	21%	25	29	32%	1.6	1.9	4.0	4.6	9%	0.15	0.18	3%
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	218.5	1181	2580	280	612	31%	9.5	21	30%	3.7	8.2	41%	33	71	27%	1.6	3.5	4%	1.5	3.3	15	33	66%	1.6	3.5	58%
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	203.5	1063	2163	252	513	26%	8.4	17	24%	3.1	6.4	32%	29	60	23%	1.9	3.9	4%	1.5	3.0	14	29	58%	1.2	2.5	42%
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	205.5	1150	2363	273	561	28%	9.9	20	29%	3.7	7.7	39%	30	62	24%	1.7	3.4	4%	2.6	5.3	14	29	58%	1.5	3.0	50%
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	168	1199	2014	284	477	24%	8.5	14	20%	3.3	5.6	28%	35	59	23%	1.8	3.0	3%	1.7	2.9	16	27	54%	1.6	2.7	45%
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	105	1159	1217	273	287	14%	0.8	0.8	1%	0.3	0.3	2%	56	59	23%	2.9	3.0	3%	2.8	2.9	9.4	9.9	20%	0.76	0.80	13%
Bavarian Slice	127	1278	1623	305	387	19%	13	17	24%	7.9	10	50%	42	54	21%	23	29	32%	0.8	1.1	3.7	4.6	9%	0.35	0.44	7%
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 Pizza	204.8	1295	2652	309	633	32%	14	29	41%	5.4	11	55%	32	65	25%	5.8	12	13%	1.4	2.9	13	27	54%	0.76	1.6	27%
Beef & Vegetable Pasty	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	122.5	1290	1580	305	374	19%	2.6	3.2	5%	0.9	1.1	6%	64	79	30%	37	46	51%	1.8	2.2	5.0	6.1	12%	0.41	0.50	8%
Black Coffee Large Decaf (Bag)	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 (Bag)	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%
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 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	1199	1163	285	276	14%	11	10	14%	4.9	4.8	24%	42	41	16%	17	17	19%	1.2	1.1	4.6	4.5	9%	0.70	0.68	11%
Caramel Latte Large	417.5	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	417.5	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	363.5	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	363.5	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	141.4	1292	1827	310	438	22%	21	30	43%	11	16	80%	23	33	13%	1.0	1.4	2%	1.5	2.2	6.2	8.8	18%	1.1	1.5	25%
Cheese & Onion Stottie	235.6	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	2.0	33%
Cheese & Pickle	144	1153	1660	274	395	20%	11	16	23%	5.2	7.5	38%	32	46	18%	6.2	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%
Cherry Bakewell Muffin	113.5	1337	1517	317	360	18%	9.6	11	16%	2.3	2.6	13%	53	60	23%	34	38	42%	1.7	1.9	3.7	4.2	8%	0.24	0.27	5%
Chicken and Bacon Pasta	250	637	1593	152	380	19%	5.0	12	17%	1.1	2.7	14%	19	48	18%	3.4	8.6	10%	1.3	3.2	6.9	17	34%	0.60	1.5	25%
Chicken Bake	150.4	1177	1770	282	424	21%	18	27	39%	9.3	14	70%	21	31	12%	0.9	1.3	1%	1.0	1.6	8.8	13	26%	1.2	1.8	30%
Chocolate Cake Bar	74	1715	1269	411	304	15%	22	16	23%	9.9	7.3	37%	43	32	12%	31	23	26%	6.8	5.0	7.5	5.5	11%	0.38	0.28	5%
Classic Mayo Chicken Wrap	238	949	2259	226	538	27%	8.7	21	30%	2.5	6.0	30%	27	64	25%	1.6	3.8	4%	2.0	4.8	9.0	21	42%	0.80	1.9	32%
Classic Mayo Fish Finger Sandwich	218.5	991	2165	236	516	26%	10	22	31%	0.9	2.0	10%	25	54	21%	3.3	7.3	8%	1.4	3.1	11	23	46%	0.99	2.2	37%
Classic Mayo Fish Finger Wrap	225	950	2138	226	509	25%	9.2	21	30%	1.5	3.3	17%	27	60	23%	1.8	4.0	4%	2.0	4.5	8.3	19	38%	0.91	2.0	33%
Cloudy Lemonade	406	58	235	14	57	3%	0.0	0.0	0%	0.0	0.0	0%	3.4	14	5%	2.8	11	12%	0.0	0.0	0.0	0.0	0%	0.0	0.04	<1%

	Portion Size (g/ml)	Energy (kJ) per 100g	Energy (kJ) Portion	Energy (kcal) per 100g	Energy (kcal) Portion	Energy % RI (2000 kcal)	Fat (100g)	Fat (g) Portion	Fat % RI (70g)	Saturates (100g)	Saturates (g) Portion	Saturates % RI (20g)	Carbohydrate (100g)	Carbohydrate (g) Portion	Carbohydrate % RI (260g)	Sugars (100g)	Sugars (g) Portion	Sugars % RI (90g)	Fibre (100g)	Fibre (g) Portion	Protein (100g)	Protein (g) Portion	Protein % RI (50g)	Salt (100g)	Salt (g) Portion	Salt % RI (6g)	
Nutritional Information (Guide only)	Information correct at time of print (September 2024) Adults need around 2000kcal a day																										
Product Name (alphabetical order) (HS) = Hospital Shop																											
Corn Topped Roll	71	1084	770	256	182	9%	2.8	2.0	3%	0.4	0.3	2%	47	34	13%	7.5	5.3	6%	2.4	1.7	9.3	6.6	13%	0.76	0.54	9%	
Corned Beef Bake	143	1199	1715	288	412	21%	19	27	39%	9.2	13	65%	22	31	12%	0.9	1.3	1%	1.4	1.9	7.5	11	22%	1.0	1.4	23%	
Cream Éclair	81	1657	1342	398	322	16%	28	23	33%	15	13	65%	31	25	10%	20	17	19%	1.1	0.9	5.3	4.3	9%	0.23	0.19	3%	
Cream Iced Finger	111	1406	1561	336	373	19%	16	18	26%	9.7	11	55%	42	47	18%	19	21	23%	1.2	1.3	5.1	5.7	11%	0.39	0.43	7%	
Egg & Tomato Roll (HS)	195.3	744	1453	176	344	17%	6.1	12	17%	1.0	1.9	10%	21	42	16%	4.1	8.0	9%	2.7	5.2	7.9	15	30%	0.65	1.3	22%	
Egg Mayonnaise & Tomato	195.3	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%	
Egg Mayonnaise Sandwich	149.3	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	68.5	1732	1186	412	282	14%	14	9.6	14%	4.9	3.3	17%	65	44	17%	38	26	29%	7.2	5.0	3.4	2.4	5%	0.45	0.31	5%	
Espresso Extra Shot	39.6	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	1.5	0.6	1%	0.0	0.0	0%	
Espresso Extra Shot Decaf	39.6	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	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%	
Extra Bacon	14.5	1277	185	304	44	2%	21	3.0	4%	8.4	1.2	6%	0.7	0.0	0%	0.0	0.0	0%	0.0	0.0	29	4.2	8%	3.1	0.45	8%	
Extra Breakfast Sausage	26	1026	267	247	64	3%	18	4.6	7%	6.4	1.7	9%	6.6	1.7	<1%	0.7	0.0	0%	4.7	1.2	13	3.5	7%	1.6	0.41	7%	
Extra Caramel Syrup	24	816	196	192	46	2%	0.0	0.0	0%	0.0	0.0	0%	48	12	5%	48	12	13%	0.0	0.0	0.0	0.0	0%	0.06	0.01	0%	
Extra Cream	12.5	1372	172	333	42	2%	33	4.1	6%	23	2.9	15%	6.8	0.9	<1%	6.8	0.9	1%	0.0	0.0	2.1	0.0	0%	0.06	0.0	0%	
Extra Lorne Sausage	65	1157	752	277	180	9%	15	9.5	14%	5.9	3.8	19%	19	13	5%	0.7	0.0	0%	0.6	0.0	17	11	22%	2.0	1.3	22%	
Extra Omelette with Cheese	50	668	334	161	81	4%	12	5.8	8%	4.0	2.0	10%	1.9	1.0	<1%	1.7	0.9	1%	0.0	0.0	12	6.2	12%	0.70	0.35	6%	
Extra Orange Syrup	24	238	57	56	13	<1%	0.0	0.0	0%	0.0	0.0	0%	14	3.4	1%	0.0	0.0	0%	0.0	0.0	0.0	0.0	0%	0.0	0.0	0%	
Extra Pumpkin Spice Syrup	24	799	192	188	45	2%	0.0	0.0	0%	0.0	0.0	0%	47	11	4%	47	11	12%	0.0	0.0	0.0	0.0	0%	0.05	0.0	0%	
Extra Salted Caramel Syrup	24	782	188	184	44	2%	0.0	0.0	0%	0.0	0.0	0%	46	11	4%	46	11	12%	0.0	0.0	0.0	0.0	0%	2.0	0.48	8%	
Extra Sweetcure Bacon	12	1719	206	413	50	3%	29	3.5	5%	12	1.4	7%	3.5	0.0	0%	3.5	0.0	0%	0.6	0.0	35	4.2	8%	3.2	0.38	6%	
Extra Vanilla Syrup	24	816	196	192	46	2%	0.0	0.0	0%	0.0	0.0	0%	48	12	5%	48	12	13%	0.0	0.0	0.0	0.0	0%	0.06	0.01	0%	
Extra Vegan Breakfast Sausage with Quorn™	50.3	886	446	212	107	5%	11	5.3	8%	4.1	2.1	11%	11	5.7	2%	1.0	0.5	<1%	3.2	1.6	16	8.1	16%	1.4	0.72	12%	
Fairtrade Apple Juice from Concentrate	150	200	300	47	71	4%	0.0	0.0	0%	0.0	0.0	0%	11	17	7%	11	17	19%	0.0	0.0	0.0	0.0	0%	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%	
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%	
Filled Milk Chocolate Doughnut	83	1344	1116	320	266	13%	13	11	16%	6.7	5.6	28%	45	37	14%	23	19	21%	1.8	1.5	5.1	4.2	8%	0.48	0.40	7%	
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	161.3	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)	151	882	1332	209	316	16%	6.5	9.8	14%	0.9	1.4	7%	29	43	17%	4.0	6.1	7%	2.5	3.7	8.1	12	24%	0.61	0.92	15%	
Fruit Scones	96	1307	1255	310	298	15%	9.0	8.7	12%	3.1	3.0	15%	50	48	18%	20	19	21%	1.9	1.8	6.6	6.3	13%	1.0	0.96	16%	
Garlic & Herb Dip	40	1345	538	321	128	6%	32	13	19%	2.2	0.9	5%	7.4	3.0	1%	3.1	1.2	1%	0.0	0.0	0.0	0.0	0%	0.86	0.34	6%	
Gingerbread Men	42	1780	748	424	178	9%	11	4.8	7%	3.8	1.6	8%	69	29	11%	31	13	14%	7.0	2.9	7.4	3.1	6%	0.48	0.20	3%	
Glazed Ring Doughnuts	58	1541	894	367	213	11%	16	9.1	13%	6.6	3.9	20%	50	29	11%	22	13	14%	1.7	1.0	5.4	3.1	6%	0.80	0.46	8%	
Golden Syrup Flavour Porridge	237	434	1029	103	244	12%	1.8	4.2	6%	0.6	1.4	7%	18	42	16%	5.8	14	16%	1.8	4.2	3.2	7.5	15%	0.19	0.45	8%	
Green 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%	
Greggs Mature Cheddar & Onion Hand Cooked Crisps 40g	40	2073	829	496	198	10%	26	10	14%	2.4	1.0	5%	57														

	Portion Size (g/ml)	Energy (kJ) per 100g	Energy (kJ) Portion	Energy (kcal) per 100g	Energy (kcal) Portion	Energy % RI (2000 kcal)	Fat (100g)	Fat (g) Portion	Fat % RI (70g)	Saturates (100g)	Saturates (g) Portion	Saturates % RI (20g)	Carbohydrate (100g)	Carbohydrate (g) Portion	Carbohydrate % RI (260g)	Sugars (100g)	Sugars (g) Portion	Sugars % RI (90g)	Fibre (100g)	Fibre (g) Portion	Protein (100g)	Protein (g) Portion	Protein % RI (50g)	Salt (100g)	Salt (g) Portion	Salt % RI (6g)
Nutritional Information (Guide only)																										
Product Name (alphabetical order) (HS) = Hospital Shop	Information correct at time of print (September 2024) Adults need around 2000kcal a day																									
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)	136	962	1308	228	310	16%	6.6	9.0	13%	1.4	2.0	10%	30	41	16%	3.8	5.1	6%	2.6	3.5	11	15	30%	1.1	1.5	25%
Honey Roast Ham and Egg Salad Roll	198	700	1386	167	331	17%	4.9	9.7	14%	0.7	1.3	7%	20	40	15%	3.8	7.5	8%	2.4	4.8	9.1	18	36%	0.76	1.5	25%
Honey Roast Ham Salad Baguette	238	714	1699	169	402	20%	3.0	7.1	10%	0.5	1.2	6%	26	62	24%	2.2	5.1	6%	1.5	3.6	8.8	21	42%	0.81	1.9	32%
Hot & Spicy Chicken Wrap	241	938	2261	223	537	27%	6.5	16	23%	2.4	5.7	29%	31	75	29%	6.4	15	17%	2.1	5.2	8.8	21	42%	1.0	2.5	42%
Hot Chocolate Large	439	272	1194	64	281	14%	1.5	6.7	10%	1.2	5.4	27%	11	47	18%	9.5	42	47%	0.0	0.0	2.0	8.6	17%	0.13	0.57	10%
Hot Chocolate Regular	372	250	930	59	219	11%	1.4	5.3	8%	1.1	4.0	20%	9.8	37	14%	8.0	30	33%	0.0	0.0	1.8	6.7	13%	0.13	0.48	8%
Hot Ham & Cheese Baguette	185.3	1116	2068	265	491	25%	8.4	15	21%	4.3	8.0	40%	32	59	23%	1.7	3.1	3%	1.6	2.9	15	28	56%	1.3	2.4	40%
Hot Milk Chocolate Cookies	140	2048	2867	491	687	34%	26	36	51%	10	14	70%	53	74	28%	29	40	44%	8.0	11	7.2	10	20%	0.53	0.74	12%
Hot Sauce	40	411	164	97	39	2%	7.2	2.9	4%	0.5	0.2	1%	5.8	2.3	<1%	0.8	0.0	0%	0.6	0.0	0.7	0.0	0%	2.1	0.83	14%
Hot Yum Yums	156.4	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%
HP Brown Sauce	15	517	78	122	18	<1%	0.0	0.0	0%	0.0	0.0	0%	28	4.2	2%	23	3.5	4%	0.0	0.0	0.9	0.0	0%	1.2	0.18	3%
Iced Americano	440.9	11	48	3	13	<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	0.8	2%	0.0	0.04	<1%
Iced Caramel Latte Regular	484.9	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	460.9	107	493	25	115	6%	0.8	3.7	5%	0.5	2.3	12%	2.8	13	5%	2.4	11	12%	0.0	0.0	1.8	8.4	17%	0.07	0.32	5%
Iced Pumpkin Spice Latte Regular	484.9	141	684	33	160	8%	0.8	3.7	5%	0.5	2.2	11%	5.0	24	9%	4.6	22	24%	0.0	0.0	1.7	8.4	17%	0.07	0.34	6%
Iced Salted Caramel Latte Regular	484.9	140	679	33	160	8%	0.8	3.7	5%	0.5	2.2	11%	4.9	24	9%	4.6	22	24%	0.0	0.0	1.7	8.4	17%	0.17	0.82	14%
Iced Vanilla Latte Regular	484.9	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%
Jalapenos	15	55	8	13	2	<1%	0.6	0.0	0%	0.0	0.0	0%	2.0	0.0	0%	0.0	0.0	0%	0.0	0.0	0.0	0.0	0%	4.6	0.69	12%
Jam Doughnuts	76	1335	1015	318	242	12%	11	8.1	12%	4.6	3.5	18%	49	37	14%	18	14	16%	1.7	1.3	5.9	4.5	9%	0.75	0.57	10%
Jammy Heart Biscuit	59	1936	1142	463	273	14%	22	13	19%	13	7.9	40%	59	35	13%	22	13	14%	1.9	1.1	5.3	3.1	6%	0.51	0.30	5%
Katsu Chicken Bake	154.8	1200	1858	288	446	22%	18	27	39%	8.8	14	70%	22	34	13%	0.8	1.3	1%	1.8	2.7	9.5	15	30%	1.1	1.8	30%
Large White Bloomer	50	1073	537	253	127	6%	1.3	0.7	1%	0.2	0.1	<1%	49	25	10%	5.0	2.5	3%	2.3	1.2	10	5.1	10%	0.78	0.39	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 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	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%
Lorne & Omelette Breakfast Baguette	257.5	1062	2735	253	651	33%	8.7	22	31%	3.3	8.4	42%	30	78	30%	1.8	4.6	5%	1.4	3.5	12	32	64%	1.2	3.1	52%
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 Baguette	240	1157	2777	275	660	33%	8.9	21	30%	3.5	8.3	42%	35	84	32%	1.6	3.9	4%	1.5	3.7	13	31	62%	1.4	3.4	57%
Lorne Breakfast Roll	141	1119	1578	266	375	19%	9.2	13	19%	3.2	4.5	23%	33	46	18%	4.1	5.8	6%	1.5	2.1	12	17	34%	1.3	1.9	32%
Malted Brown Loaf	42	1114	468	263	110	6%	2.5	1.1	2%	0.3	0.1	<1%	49	20	8%	6.0	2.5	3%	4.2	1.8	9.5	4.0	8%	0.77	0.32	5%
Mango and Strawberry Cooler	432	103	445	24	104	5%	0.0	0.0	0%	0.0	0.0	0%	6.0	26	10%	4.0	17	19%	0.0	0.0	0.0	0.0	0%	0.0	0.04	<1%
Margherita Pizza	160	1429	2286	341	546	27%	16	26	37%	6.3	10	50%	36	57	22%	3.1	4.9	5%	1.6	2.5	12	19	38%	0.52	0.83	14%
Mature Cheddar Cheese Ploughman's Oval Bite	229	848	1942	202	463	23%	7.7	18	26%	3.4	7.9	40%	23	54	21%	5.6	13	14%	2.6	5.9	8.5	19	38%	0.76	1.7	28%
Mature Cheddar Cheese Salad Baguette	210	899	1888	214	449	22%	6.9	14	20%	3.6	7.6	38%	29	60	23%	2.1	4.3	5%	1.7	3.6	8.6	18	36%	0.69	1.4	23%
Mayo Crispy Chicken Burger	235	1014	2383	242	569	28%	7.8	18	26%	2.1	4.8	24%	29	68	26%	3.3	7.7	9%	1.4	3.2	13	31	62%	0.95	2.2	37%
Melon & Grape Fruit Pot	130	157	204	37	48	2%	0.0	0.0	0%	0.0	0.0	0%	8.2	11	4%	8.2	11	12%	0.9	1.2	0.6	0.7	1%	0.02	0.03	<1%
Mexican Bean and Spicy Cheese Flatbread	176.4	898	1584	214	377	19%	6.8	12	17%	3.0	5.3	27%	26	46	18%	4.0	7.0	8%	2.9	5.1	10	18	36%	0.50	0.88	15%
Mexican Chicken (HS)	171	856	1464	203	347	17%	5.3	9.0	13%	0.6	1.0	5%	26	44	17%	3.8	6.4	7%	2.6	4.4	12	20	40%	0.92	1.6	27%
Mexican Chicken Baguette	227.5	913	2077	216	491	25%	4.1	9.3	13%	1.7	3.9	20%	33	75	29%	7.4	17	19%	1.9	4.2	11	25	50%	1.2	2.7	45%
Mexican Chicken Flatbread	192	816	1567	194	372	19%	4.5	8.6	12%	0.6	1.1	6%	25	49	19%	8.2	16	18%	2.8	5.3	12	22	44%	0.77	1.5	25%
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%
Milk Chocolate Caramel Shortbread Offcuts	265	1974	5231	472	1251	63%	24	63	90%	12	33	165%	58	152	58%	43	113	126%	1.2	3.1	5.9	16	32%	0.55	1.5	25%
Milk Chocolate Caramel Shortbreads	62	1974	1224	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	70	2048	1434	491	344	17%	26	18	26%	10	7.2	36%	53	37	14%	29	20	22%	8.0	5.6	7.2	5.0	10%	0.53	0.37	6%
Milk Chocolate Dipping Sauce	60	1414	848	336	202	10%	11	6.7	10%	5.1	3.1	16%	56	34	13%	44	26	29%	2.1	1.3	1.8	1.1	2%	0.04	0.02	<1%
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%

	Portion Size (g/ml)	Energy (kJ) per 100g	Energy (kJ) Portion	Energy (kcal) per 100g	Energy (kcal) Portion	Energy % RI (2000 kcal)	Fat (100g)	Fat (g) Portion	Fat % RI (70g)	Saturates (100g)	Saturates (g) Portion	Saturates % RI (20g)	Carbohydrate (100g)	Carbohydrate (g) Portion	Carbohydrate % RI (260g)	Sugars (100g)	Sugars (g) Portion	Sugars % RI (90g)	Fibre (100g)	Fibre (g) Portion	Protein (100g)	Protein (g) Portion	Protein % RI (50g)	Salt (100g)	Salt (g) Portion	Salt % RI (6g)
Nutritional Information (Guide only)	Information correct at time of print (September 2024) Adults need around 2000kcal a day																									
Product Name (alphabetical order) (HS) = Hospital Shop																										
Mozzarella & Cheddar Bites	96.8	1409	1364	338	327	16%	21	20	29%	9.8	9.5	48%	23	22	8%	0.6	0.5	<1%	0.0	0.0	13	13	26%	1.3	1.3	22%
Novelty Bun (Pink)	49.4	1725	852	412	204	10%	19	9.3	13%	4.3	2.1	11%	55	27	10%	38	19	21%	4.2	2.1	3.4	1.7	3%	0.78	0.39	7%
Novelty Bun (White)	49.5	1725	854	412	204	10%	19	9.3	13%	4.3	2.1	11%	55	27	10%	38	19	21%	4.2	2.1	3.4	1.7	3%	0.78	0.39	7%
Oat Cappuccino Large	302	214	646	51	154	8%	2.4	7.4	11%	0.2	0.7	4%	6.0	18	7%	2.7	8.2	9%	0.8	2.4	0.9	2.7	5%	0.10	0.30	5%
Oat Cappuccino Large Decaf	302	214	646	51	154	8%	2.4	7.4	11%	0.2	0.7	4%	6.0	18	7%	2.7	8.2	9%	0.8	2.4	0.9	2.7	5%	0.10	0.30	5%
Oat Cappuccino Regular	246	206	507	49	121	6%	2.3	5.7	8%	0.2	0.6	3%	5.9	14	5%	2.6	6.4	7%	0.8	1.9	0.9	2.3	5%	0.10	0.25	4%
Oat Cappuccino Regular Decaf	246	206	507	49	121	6%	2.3	5.7	8%	0.2	0.6	3%	5.9	14	5%	2.6	6.4	7%	0.8	1.9	0.9	2.3	5%	0.10	0.25	4%
Oat Flat White	174	189	329	45	78	4%	2.0	3.5	5%	0.2	0.3	2%	5.5	9.6	4%	2.3	4.0	4%	0.7	1.1	1.0	1.7	3%	0.09	0.16	3%
Oat Flat White Decaf	174	189	329	45	78	4%	2.0	3.5	5%	0.2	0.3	2%	5.5	9.6	4%	2.3	4.0	4%	0.7	1.1	1.0	1.7	3%	0.09	0.16	3%
Oat Latte Large	372	220	818	53	197	10%	2.6	9.5	14%	0.3	0.9	5%	6.1	23	9%	2.8	11	12%	0.8	3.1	0.9	3.3	7%	0.11	0.41	7%
Oat Latte Large Decaf	372	220	818	53	197	10%	2.6	9.5	14%	0.3	0.9	5%	6.1	23	9%	2.8	11	12%	0.8	3.1	0.9	3.3	7%	0.11	0.41	7%
Oat Latte Regular	302	214	646	51	154	8%	2.4	7.4	11%	0.2	0.7	4%	6.0	18	7%	2.7	8.2	9%	0.8	2.4	0.9	2.7	5%	0.10	0.30	5%
Oat Latte Regular Decaf	302	214	646	51	154	8%	2.4	7.4	11%	0.2	0.7	4%	6.0	18	7%	2.7	8.2	9%	0.8	2.4	0.9	2.7	5%	0.10	0.30	5%
Oat Tea Large	404	19	77	4	16	<1%	0.0	0.9	1%	0.0	0.0	0%	0.0	2.0	<1%	0.0	1.0	1%	0.0	0.0	0.0	0.0	0%	0.0	0.04	<1%
Oat Tea Regular	316	21	66	5	16	<1%	0.0	0.8	1%	0.0	0.0	0%	0.5	1.7	<1%	0.0	0.8	<1%	0.0	0.0	0.0	0.0	0%	0.0	0.03	<1%
Oat White Coffee Large	412	31	128	7	29	1%	0.0	1.3	2%	0.0	0.0	0%	1.0	4.3	2%	0.0	1.0	1%	0.0	0.0	0.0	0.8	2%	0.0	0.04	<1%
Oat White Coffee Large Decaf	412	31	128	7	29	1%	0.0	1.3	2%	0.0	0.0	0%	1.0	4.3	2%	0.0	1.0	1%	0.0	0.0	0.0	0.8	2%	0.0	0.04	<1%
Oat White Coffee Regular	310	33	102	8	25	1%	0.0	1.0	1%	0.0	0.0	0%	1.1	3.4	1%	0.0	0.8	<1%	0.0	0.0	0.0	0.6	1%	0.0	0.03	<1%
Oat White Coffee Regular Decaf	310	33	102	8	25	1%	0.0	1.0	1%	0.0	0.0	0%	1.1	3.4	1%	0.0	0.8	<1%	0.0	0.0	0.0	0.6	1%	0.0	0.03	<1%
Omelette Breakfast Baguette	210	924	1940	220	462	23%	6.6	14	20%	2.2	4.7	24%	29	61	23%	2.3	4.7	5%	1.4	3.0	11	22	44%	0.74	1.6	27%
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%
Orange Hot Chocolate Large	476.5	302	1439	71	338	17%	2.3	11	16%	1.7	8.3	42%	11	52	20%	9.1	43	48%	0.0	0.0	1.9	8.9	18%	0.12	0.57	10%
Orange Hot Chocolate Regular	409.5	287	1175	68	278	14%	2.3	9.5	14%	1.7	6.8	34%	10	42	16%	7.7	31	34%	0.0	0.0	1.7	7.0	14%	0.12	0.49	8%
Orange Mocha Large	427.5	354	1513	84	359	18%	2.6	11	16%	2.0	8.5	43%	13	54	21%	8.3	36	40%	0.0	0.0	2.3	10	20%	0.18	0.77	13%
Orange Mocha Large Decaf	427.5	354	1513	84	359	18%	2.6	11	16%	2.0	8.5	43%	13	54	21%	8.3	36	40%	0.0	0.0	2.3	10	20%	0.18	0.77	13%
Orange Mocha Regular	390.5	318	1242	75	293	15%	2.4	9.3	13%	1.8	7.0	35%	12	45	17%	8.0	31	34%	0.0	0.0	1.9	7.4	15%	0.16	0.62	10%
Orange Mocha Regular Decaf	390.5	318	1242	75	293	15%	2.4	9.3	13%	1.8	7.0	35%	12	45	17%	8.0	31	34%	0.0	0.0	1.9	7.4	15%	0.16	0.62	10%
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	1635	1292	391	309	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%	11	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	12.5	2145	268	519	65	3%	49	6.1	9%	19	2.4	12%	0.0	0.0	0%	0.0	0.0	0%	0.0	0.0	19	2.4	5%	4.4	0.55	9%
Pepperoni Hot Shot Pizza	191.4	1354	2591	324	620	31%	17	33	47%	6.6	13	65%	31	59	23%	3.1	5.9	7%	1.5	2.9	11	22	44%	1.1	2.1	35%
Pepperoni Pizza	172	1485	2554	355	611	31%	19	32	46%	7.3	13	65%	33	57	22%	2.9	5.0	6%	1.5	2.5	12	21	42%	0.81	1.4	23%
Pesto and Mozzarella Pasta	230	683	1571	163	375	19%	5.0	12	17%	1.1	2.6	13%	22	51	20%	1.9	4.4	5%	1.7	3.8	6.1	14	28%	0.52	1.2	20%
Pineapple Cake	69	1511	1043	359	248	12%	12	8.1	12%	5.9	4.1	21%	61	42	16%	41	28	31%	0.8	0.6	2.3	1.6	3%	0.27	0.19	3%
Pink Jammie	90	1436	1292	342	308	15%	13	11	16%	6.5	5.9	30%	51	46	18%	24	22	24%	1.4	1.3	5.3	4.7	9%	0.64	0.58	10%
Piri Piri Chicken Pasta	250	603	1508	143	358	18%	4.1	10	14%	0.9	2.3	12%	19	49	19%	2.7	6.6	7%	1.5	3.7	6.5	16	32%	0.35	0.88	15%
Portion of Cheddar Cheese	20	1725	345	416	83	4%	35	7.0	10%	22	4.3	22%	0.0	0.0	0%	0.0	0.0	0%	0.0	0.0	25	5.1	10%	1.8	0.36	6%
Pumpkin Spice Doughnut	92	1466	1349	349	321	16%	15	14	20%	7.2	6.7	34%	48	44	17%	21	19	21%	1.3	1.2	5.4	5.0	10%	0.72	0.66	11%
Pumpkin Spice Latte Large	418.5	228	954	54	226	11%	1.9	8.1	12%	1.3	5.3	27%	6.8	28	11%	6.0	25	28%	0.0	0.0	2.5	10	20%	0.10	0.42	7%
Pumpkin Spice Latte Large Decaf	418.5	228	954	54	226	11%	1.9	8.1	12%	1.3	5.3	27%	6.8	28	11%	6.0	25	28%	0.0	0.0	2.5	10	20%	0.0	0.0	0%
Pumpkin Spice Latte Regular	364.5	239	871	56	204	10%	2.0	7.3	10%	1.3	4.8	24%	7.5	27	10%	6.9	25	28%	0.0	0.0	2.2	8.1	16%	0.0	0.04	<1%
Pumpkin Spice Latte Regular Decaf	364.5	239	871	56	204	10%	2.0	7.3	10%	1.3	4.8	24%	7.5	27	10%	6.9	25	28%	0.0	0.0	2.2	8.1	16%	0.0	0.04	<1%
Ready to Drink Caramel Latte	250	150	375	36	90	5%	0.8	2.0	3%	0.5	1.3	7%	5.0	13	5%	2.3	5.7	6%	0.0	0.0	2.0	4.9	10%	0.06	0.15	3%
Ready to Drink Latte	250	216	540	51	128	6%	1.7	4.2	6%	1.2	2.9	15%	6.6	17	7%	4.7	12	13%	1.0	2.5	2.4	6.1	12%	0.08	0.20	3%
Roast Chicken & Bacon	184.1	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	236.1	831	1962	197	465	23%	5.0	12	17%	1.1	2.5	13%	27	64	25%	2.4	5.6	6%	1.6	3.7	11	25	50%	0.69	1.6	27%
Roast Chicken Mayonnaise Baguette	219.4	900	1975	213	467	23%	5.3	12	17%	0.6	1.4	7%	29	64	25%	2.1	4.6	5%	1.5	3.3	12	25	50%	0.67	1.5	25%
Roast Chicken Salad	199.1	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	200.1	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%
Salted Caramel Dipping Sauce	60	1484	890	353	212	11%	14	8.1	12%	6.9	4.1	21%	56	33	13%	47	28	31%	0.0	0.0	2.2	1.3	3%	0.18	0.11	2%

	Portion Size (g/ml)	Energy (kJ) per 100g	Energy (kJ) Portion	Energy (kcal) per 100g	Energy (kcal) Portion	Energy % RI (2000 kcal)	Fat (100g)	Fat (g) Portion	Fat % RI (70g)	Saturates (100g)	Saturates (g) Portion	Saturates % RI (20g)	Carbohydrate (100g)	Carbohydrate (g) Portion	Carbohydrate % RI (260g)	Sugars (100g)	Sugars (g) Portion	Sugars % RI (90g)	Fibre (100g)	Fibre (g) Portion	Protein (100g)	Protein (g) Portion	Protein % RI (50g)	Salt (100g)	Salt (g) Portion	Salt % RI (6g)	
Nutritional Information (Guide only)	Information correct at time of print (September 2024) Adults need around 2000kcal a day																										
Product Name (alphabetical order) (HS) = Hospital Shop																											
Salted Caramel Latte Large	422.5	231	976	55	232	12%	1.9	8.2	12%	1.3	5.3	27%	7.0	30	12%	6.3	26	29%	0.0	0.0	2.4	10	20%	0.23	0.97	16%	
Salted Caramel Latte Large Decaf	422.5	231	976	55	232	12%	1.9	8.2	12%	1.3	5.3	27%	7.0	30	12%	6.3	26	29%	0.0	0.0	2.4	10	20%	0.14	0.59	10%	
Salted Caramel Latte Regular	368.5	243	895	58	214	11%	2.0	7.4	11%	1.3	4.9	25%	7.8	29	11%	7.2	26	29%	0.0	0.0	2.2	8.1	16%	0.16	0.59	10%	
Salted Caramel Latte Regular Decaf	368.5	243	895	58	214	11%	2.0	7.4	11%	1.3	4.9	25%	7.8	29	11%	7.2	26	29%	0.0	0.0	2.2	8.1	16%	0.16	0.59	10%	
Sausage & Omelette Breakfast Baguette	238	1012	2409	241	574	29%	9.1	22	31%	3.2	7.7	39%	27	65	25%	1.9	4.4	5%	2.8	6.6	11	26	52%	1.0	2.4	40%	
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 Breakfast Baguette	214	1094	2341	260	556	28%	9.6	21	30%	3.4	7.4	37%	31	65	25%	1.8	3.8	4%	3.6	7.8	11	24	48%	1.2	2.5	42%	
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	1335	1375	320	330	17%	21	22	31%	12	13	65%	23	24	9%	0.0	0.0	0%	1.5	1.6	8.9	9.2	18%	1.5	1.5	25%	
Sausage, Bean & Cheese Melt	149.4	1293	1932	311	465	23%	20	29	41%	9.7	15	75%	25	37	14%	2.0	2.9	3%	2.7	4.0	7.4	11	22%	1.1	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	1156	1607	277	385	19%	15	21	30%	7.0	9.7	49%	26	36	14%	1.3	1.8	2%	1.5	2.0	8.1	11	22%	1.3	1.8	30%	
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 BBQ dip	40	813	325	192	77	4%	0.0	0.0	0%	0.0	0.0	0%	45	18	7%	40	16	18%	1.2	0.0	1.4	0.6	1%	0.85	0.34	6%	
Smoky Cajun Rice with BBQ Chicken and Sweetcorn Fritters	230	496	1141	118	271	14%	2.7	6.2	9%	0.3	0.8	4%	17	40	15%	2.3	5.3	6%	1.9	4.5	5.0	12	24%	0.46	1.1	18%	
Southern Fried Chicken Baguette	220.7	1089	2403	258	569	28%	6.0	13	19%	3.0	6.5	33%	39	85	33%	7.3	16	18%	2.0	4.3	11	25	50%	0.90	2.0	33%	
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 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 Crispy Chicken Burger	241	990	2386	236	569	28%	7.6	18	26%	2.0	4.8	24%	28	68	26%	3.3	7.9	9%	1.4	3.3	13	31	62%	1.1	2.7	45%	
Spicy Mexican Chicken Pizza	201	1243	2498	297	597	30%	14	28	40%	5.2	10	50%	29	59	23%	3.0	6.0	7%	1.6	3.3	13	26	52%	0.96	1.9	32%	
Spicy Veg Pizza	205	1140	2337	272	558	28%	13	26	37%	5.0	10	50%	29	59	23%	3.1	6.4	7%	1.6	3.2	9.4	19	38%	0.74	1.5	25%	
Spicy Vegetable Curry Bake	150.2	1131	1699	272	409	20%	17	25	36%	9.0	13	65%	24	36	14%	2.7	4.1	5%	2.8	4.3	4.5	6.7	13%	0.72	1.1	18%	
Spread	10	1128	113	274	27	1%	30	3.0	4%	7.1	0.7	4%	0.0	0.0	0%	0.0	0.0	0%	0.0	0.0	0.0	0.0	0%	1.1	0.11	2%	
Star Biscuit	38.4	2116	813	506	194	10%	24	9.3	13%	15	5.8	29%	61	23	9%	26	10	11%	8.9	3.4	6.6	2.5	5%	0.39	0.15	3%	
Steak Bake	136.4	1251	1706	300	409	20%	19	26	37%	9.4	13	65%	22	30	12%	0.0	0.0	0%	1.1	1.5	10	14	28%	1.0	1.4	23%	
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%	
Strawberries and Cream Refresher	431.5	225	971	53	229	11%	1.6	6.9	10%	1.1	4.6	23%	8.4	36	14%	5.8	25	28%	0.0	0.0	1.3	5.7	11%	0.0	0.04	<1%	
Strawberry Lemonade	406	72	292	17	69	3%	0.0	0.0	0%	0.0	0.0	0%	4.2	17	7%	2.9	12	13%	0.0	0.0	0.0	0.0	0%	0.0	0.04	<1%	
Sugar Strand Doughnut	59	1506	889	359	212	11%	14	8.3	12%	6.8	4.0	20%	51	30	12%	22	13	14%	1.8	1.0	5.8	3.4	7%	0.38	0.22	4%	
Sweet Chilli Chicken Wrap	238	921	2192	219	521	26%	6.6	16	23%	2.4	5.7	29%	30	71	27%	4.8	11	12%	2.0	4.8	9.0	21	42%	0.86	2.0	33%	
Sweet Mince Pies	70	1683	1178	401	281	14%	16	11	16%	5.4	3.8	19%	60	42	16%	32	23	26%	1.9	1.3	3.7	2.6	5%	0.18	0.13	2%	
Sweet Potato Bhaji and Rice	230	490	1127	116	267	13%	1.8	4.2	6%	0.2	0.5																



Nutritional Information (Guide only)

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Vanilla Latte Large Decaf	417.5	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%
Vanilla Latte Regular	363.5	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%
Vanilla Latte Regular Decaf	363.5	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 Sausage Breakfast Roll	176.6	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	1246	1258	299	302	15%	18	18	26%	8.7	8.7	44%	21	22	8%	0.7	0.7	<1%	2.9	3.0	11	11	22%	1.8	1.8	30%
Vegetable Bake	150.4	1188	1787	285	429	21%	19	29	41%	9.9	15	75%	22	33	13%	1.8	2.7	3%	1.6	2.4	5.9	8.9	18%	0.99	1.5	25%
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	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	70	2071	1450	496	347	17%	26	18	26%	10	7.3	37%	54	38	15%	30	21	23%	6.0	4.2	7.3	5.1	10%	0.53	0.37	6%
White Coffee Large	377	50	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	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	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	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	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	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	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	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	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%