



NUTRITION & ALLERGEN GUIDE

AUTUMN
(SEPTEMBER TO NOVEMBER 2023)

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CORE FOOD

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

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

• **Cereals Containing Gluten**

Wheat (Spelt and Kamut), Rye, Barley and Oats

• **Nuts**

(Almond, Hazelnut, Walnut, Cashew, Pecan Nut, Brazil Nut, Pistachio Nut, Macadamia Nut, Queensland Nut)

• **Egg**

• **Milk**

• **Soya**

• **Fish**

• **Crustaceans**

• **Molluscs**

• **Sesame**

• **Lupin**

• **Celery**

• **Mustard**

• **Peanuts**

• **Sulphur Dioxide and Sulphites**

Cross Contamination

Due to the nature of how our partners handle our bakery and heated food items equipment and utensils there is a risk of cross-contamination of other allergens. Whilst our partners try to keep things separate there is no guarantee any item is allergen free. Please remember to check this information regularly as we're always working on our recipes. For more allergen information please ask your barista.

This information is updated regularly to reflect our procedures instore. Please check www.starbucks.co.uk for the most up to date information.

Bakery Menu

Product	Suitable for Vegetarian	Suitable for Vegan	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Croissants and Morning Pastries												
Almond Croissant	Y	N	WHEAT flour, butter (17%) (MILK), water, ALMOND paste 11% [sugar, ALMOND , glucose syrup, humectant: glycerol, bitter ALMOND , stabilizer: sorbitol, natural ALMOND flavouring], sliced ALMONDS (6%), sugar, yeast, icing sugar [dextrose, maize flour, palm oil], EGG , WHEAT gluten, salt, modified maize starch, emulsifier: rapeseed lecithin, flour treatment agent: ascorbic acid.	1425	341	19	11	35	10	1.9	6.6	0.62
Almond Croissant (at selected stores)	Y	N	WHEAT flour, water, butter 13% (MILK), sugar, ALMOND powder 6%, flaked ALMONDS 3%, yeast, WHEAT gluten, EGGS , salt, natural flavouring, flour treatment agent (E300), enzyme.	1313	314	15	7.1	35	12	2.3	7.4	0.46
Butter Croissant	Y	N	WHEAT flour, butter (23%) (MILK), water, sugar, yeast, MILK powder, WHEAT gluten, EGG wash [EGG], salt, emulsifier: rapeseed lecithin, flour treatment agent: ascorbic acid.	1083	259	14	9	27	5.4	1.4	5.6	0.36
Butter Croissant (at selected stores)	Y	N	WHEAT flour, butter 24% (MILK), water, sugar, yeast, WHEAT gluten, salt, EGGS , flour treatment agent (E300), enzyme.	1186	284	16	11	28	4.7	1.5	5.8	0.7
Cinnamon Swirl	Y	N	Wheat flour [WHEAT flour, calcium carbonate, calcium sulphate, niacin, iron, thiamine, acid: ascorbic acid], water, cinnamon filling [sugar, WHEAT flour, cassia cinnamon, modified maize starch, dried EGG , rapeseed oil, raising agent: disodium diphosphate, skimmed MILK powder, salt, colour: caramel], cream cheese frosting [sugar, water, dried glucose syrup, palm kernel oil, rapeseed oil, natural MILK flavouring, palm oil, emulsifiers: sorbitan tristearate, sucrose esters of fatty acids; stabiliser: agar, acidity regulator: citric acid, preservative: potassium sorbate, colour: beta carotene], sultanas (8%), free range pasteurised whole EGG , bun concentrate [palm stearin, rapeseed oil, dextrose, wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), salt, emulsifiers: mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids, mono and di glycerides of fatty acids, sodium stearoyl-2-lactylate; colour: beta carotene, flour treatment agent: ascorbic acid], sugar, yeast, invert sugar syrup, improver [rapeseed oil, emulsifiers: mono and diglycerides of fatty acids, sodium stearoyl-2-lactylate, acidity regulator: acetic acid, preservative: calcium propionate], orange zest, orange pulp [glucose syrup, sugar, orange concentrate, lemon concentrate, citrus fibre, orange flavouring, carrot concentrate, paprika].	1632	387	7.6	3.1	67	25	3.1	11	0.47
Chocolate Twist	Y	N	Water, WHEAT flour, sugar, chocolate (13%) [sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier: SOYA lecithin, natural vanilla flavouring], butter (8.4%) (MILK), modified starch, yeast, sugar, free range EGG , whey powder (MILK), skimmed MILK powder, salt, WHEAT gluten, stabilisers: calcium acetate, tetrapotassium diphosphate, disodium phosphate; carrot extract, flour treatment agent: ascorbic acid, natural flavouring, paprika extract, turmeric extract.	1147	274	12	7.3	36	16	2.2	4.3	0.55
Chocolate Twist (at selected stores)	Y	N	Water, WHEAT flour, chocolate chips 14% (sugar, cocoa mass, cocoa butter, emulsifier (E322 (SOYA))), butter 13% (MILK), sugar, whole MILK powder, yeast, modified starch, MILK whey powder, WHEAT gluten, EGGS , skimmed MILK powder, salt, gelling agent: E401, E450, E341, starch, colour: carotenes from natural origin, flour treatment agent: E300, natural flavouring, enzyme.	1309	313	16	10	36	17	2.2	6.1	0.6
Luxury Fruit Toast	Y	N	Wheat flour [WHEAT flour, calcium carbonate, calcium sulphate, niacin, iron, thiamine, acid: ascorbic acid], water, raisins (13%), flame raisins (10%), bun concentrate [palm stearin, rapeseed oil, dextrose, wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), salt, emulsifiers: mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids, mono and di glycerides of fatty acids, sodium stearoyl-2-lactylate; colour: beta carotene, flour treatment agent: ascorbic acid], sweetened dried cranberries (4%) [cranberries, sugar, vegetable oil (sunflower)], free range pasteurised whole EGG , sugar, yeast, invert sugar syrup, improver [rapeseed oil, emulsifiers: mono and di glycerides of fatty acids, sodium stearoyl-2-lactylate; acidity regulators: acetic acid, preservative: calcium propionate], lemon zest.	2072	491	11	4.5	84	38	4.1	12	0.26
Pain au Chocolat	Y	N	WHEAT flour, butter (21%) (MILK), water, chocolate (10%) [sugar, cocoa mass, cocoa butter, emulsifier: SOYA lecithin, natural vanilla flavouring], sugar, yeast, MILK powder, WHEAT gluten, EGG wash [EGG], salt, emulsifier: rapeseed lecithin, flour treatment agent: ascorbic acid.	1311	314	17	11	33	9.8	2.0	6.2	0.37
Pain Au Chocolat (at selected stores)	Y	N	WHEAT flour, butter 21% (MILK), water, chocolate 11% (sugar, cocoa mass, cocoa butter, emulsifier (E322 (SOYA))), sugar, yeast, WHEAT gluten, EGGS , salt, flour treatment agent (E300), enzyme.	1223	293	17	11	29	8.2	2.1	5.8	0.35

Bakery Menu

Product	Suitable for Vegetarian	Suitable for Vegan	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Croissants and Morning Pastries (Welcome Break)												
Almond Croissant	Y	N	Almond filling (32%) (sugar, ALMOND , water, honey), WHEAT flour, butter (MILK) (16%), flaked ALMONDS , EGG , sugar, icing sugar (dextrose, pea starch, shea butter, flavouring), yeast, WHEAT gluten, salt, flour treatment agent: ascorbic acid.	1635	392	22	9.7	40	22	2.6	8	0.56
Butter Croissant	Y	N	WHEAT flour, butter (28%) (MILK), water, sugar, yeast, EGGS , WHEAT gluten, salt, emulsifier: E 471, flour treatment agent E 300.	870	209	12	8	20	3	1.3	4.4	0.56
Pain au Chocolat	Y	N	WHEAT flour, butter (22%) (MILK), water, chocolate (11%) [sugar, cocoa mass, cocoa butter, emulsifier: SOYA lecithin], sugar, yeast, EGG , wheat gluten, salt, emulsifier: E 471, flour treatment agent: E 300.	1165	279	16	10	28	7.7	2.1	5.8	0.7
Pain aux Raisins	Y	N	Creme patissiere (31.6%) (whole MILK , sugar, EGGS , water, modified starches, whey powder (MILK), whole MILK powder, maltodextrin, natural flavourings, carrot concentrate, thickener (E415)), WHEAT flour, fine butter (15.3%) (MILK), sultanas (10.8%), water, cane sugar (3.6%), yeast, WHEAT gluten, EGGS , salt, whole MILK powder, sugar, wheat sourdough (water, fermented WHEAT flour), colour (carotenes from natural origin), flour treatment agent (E300)	1477	352	16	10	45	21	1.8	6.5	0.73
Cakes												
Lemon Loaf Cake	Y	N	Sugar, pasteurised free range EGG , wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], vegetable margarine [vegetable oils (palm, rapeseed), salt, emulsifier: polyglycerol esters of fatty acids, natural flavouring, colours: annatto bixin, curcumin], salted butter [butter (MILK), salt], ALMONDS , lemon juice (4%), lemon zest (2%), cream (MILK), lemon curd (2%) [sugar, free range EGG , salted butter (butter (MILK), salt), concentrated lemon juice, lemon oil, gelling agent: agar], icing sugar, emulsifiers: native starch, mono and di glycerides of fatty acids, polyglycerol esters of fatty acids; natural lemon flavouring, baking powder [raising agents: disodium diphosphate, potassium hydrogen carbonate], caramelised lemon zest (0.5%) [sugar, lemon zest], preservative: potassium sorbate, invert sugar syrup, acidity regulator: citric acid, thickeners: cellulose, guar gum.	1660	397	23	11	41	18	1.4	5.9	0.54
Cookies												
Chocolate Chunk Cookie	Y	N	WHEAT flour (calcium carbonate, iron, niacin, thiamin), dark chocolate (24%) [cocoa mass, sugar, cocoa butter, emulsifier: SOYA lecithin; natural vanilla flavouring], sugar, butter (MILK), humectant (glycerol), skimmed MILK powder, raising agents: disodium diphosphate, sodium hydrogen carbonate; natural flavouring, molasses.	1401	334	16	9.8	43	22	<0.5	4.4	0.51
Muffins												
Blueberry Muffin	Y	N	Wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), free range pasteurised whole EGG , sugar, rapeseed oil, muffin cake mix [soluble corn fibre, OAT flour, emulsifier: mono and diglycerides of fatty acids; flavouring], blueberry filling [blueberry puree, glucose fructose syrup, sugar, glucose syrup, stabiliser: modified maize starch, lemon concentrate, acidity regulator: citric acid, gelling agent: pectin, flavour, preservative: potassium sorbate, acidity regulator: trisodium citrate], blueberries, water, humectant: glycerine, wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), modified maize starch, salted butter (butter (MILK), salt), wholemeal WHEAT flour, baking powder [raising agents: potassium hydrogen carbonate, disodium diphosphate; wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), raising agent: mono calcium phosphate, silicon dioxide, calcium stearate, rapeseed oil], potato starch, vanilla flavouring, demerara sugar [sugar, cane molasses], emulsifier: glucose syrup, lactic acid esters of mono- and diglycerides of fatty acids, propane-1,2-diol esters of fatty acids, SOYA , WHEAT gluten, BUTTERMILK powder, skimmed MILK powder, salt, blueberry flavour, preservative: potassium sorbate, raising agent: sodium bicarbonate, thickener: guar gum.	1652	394	18	2.3	52	25	1	5.5	0.58
Lemon & Poppyseed Muffin	Y	N	Wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), free range pasteurised whole EGG , sugar, rapeseed oil, water, lemon curd (7%) [sugar, free range EGG , salted butter (butter (MILK) salt), concentrated lemon juice, lemon oil, gelling agent: agar], icing sugar, humectant: glycerine, poppy seeds (1%), modified maize starch, cream (MILK), potato starch, lemon juice (1%), emulsifier: glucose syrup, lactic acid esters of mono- and diglycerides of fatty acids, propane-1,2-diol esters of fatty acids, SOYA flour; baking powder [raising agents: potassium hydrogen carbonate, disodium diphosphate; wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), raising agent: mono calcium phosphate, silicon dioxide, calcium stearate, rapeseed oil], lemon zest (0.7%), WHEAT gluten, vanilla flavouring, skimmed MILK powder, buttermilk powder, salt, invert sugar syrup, preservative: potassium sorbate, lemon oil, raising agent: sodium bicarbonate, thickeners: guar gum, cellulose; colour: lutein.	1950	466	23	2.5	57	19	0.9	7.2	0.66

Breakfast Menu

Product	Suitable for Vegetarian	Suitable for Vegan	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Bars & Traybakes												
Chocolate Caramel Shortbread	Y	N	Wheat flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], salted butter [butter (MILK), salt], sweetened condensed milk [MILK , sugar], milk chocolate (15%) [sugar, cocoa butter, whole MILK powder, cocoa mass, emulsifier: SOYA lecithin, vanilla extract], vegetable margarine [vegetable oils (palm, rapeseed), salt, emulsifier: mono and diglycerides of fatty acids, natural colourings: annatto, bixin, curcumin; natural flavouring], partially inverted refiners syrup, white chocolate flavoured compound [sugar, palm oil, whey powder (MILK), wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), emulsifier: SOYA lecithin, natural flavouring], icing sugar, soft light brown sugar, palm oil, corn flour, whey powder (MILK), cocoa butter, natural vanilla flavouring, emulsifier: mono- and diglycerides of fatty acids.	1628	390	23	14	41	23	0.9	4.3	0.45
Breakfast Sandwiches & Savoury Muffins												
Beyond Meat® Breakfast Sandwich	Y	Y	Breakfast roll [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, RYE flour, yeast, durum WHEAT semolina, malted WHEAT flour, salt, flour treatment agent: ascorbic acid], Beyond Meat ® patty (28%) [water, pea protein, rapeseed oil, refined coconut oil, flavouring, yeast, rice protein, stabiliser: methylcellulose, apple fibre, smoke flavouring, salt, spices, apple extract, pomegranate extract, maize vinegar, concentrated lemon juice, yeast extract, garlic powder, emulsifier: sunflower lecithin, onion powder, carrot powder], coconut oil alternative to cheese (11%) [water, coconut oil, modified starch, potato starch, sea salt, flavouring, olive extract, colour: beta carotene, vitamin B12], tofu (8%) [water, SOYA beans, sea salt, nigari], signature tomato relish [tomatoes, sugar, tomato paste, red wine vinegar, roasted tomatoes (roasted tomatoes, tomato concentrate, sunflower oil, olive oil, salt, oregano, sugar, garlic), rapeseed oil, red chilli purée, cornflour, onion, lemon juice, garlic purée, ginger purée, salt, oregano, black pepper], Sheese ® coconut oil alternative to cheese (3%) [coconut oil, SOYA protein concentrate, salt, acidity regulator: lactic acid, sugar, tricalcium citrate, thickener: carrageenan, flavouring], ground turmeric.	1784	425	17	9	46	3.1	5.3	20	2.1
Ham & Cheese Croissant	N	N	All butter croissant [wheat flour (WHEAT flour, calcium carbonate, niacin, iron, thiamin), unsalted butter (14%) (MILK), water, sugar, skimmed MILK powder, yeast, pasteurised free range whole EGG , salt, inactive WHEAT sourdough, acids: acetic acid, lactic acid, flour treatment agent: ascorbic acid], formed oak smoked ham with added water (25%) [pork, water, salt, stabiliser: triphosphates, antioxidant: sodium ascorbate, preservative: sodium nitrite], Cheddar cheese (12%) (MILK).	1527	365	19	11	30	5.4	3.1	17	1.4
Smoked Bacon Roll	N	N	White roll [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, sugar, vegetable oils (palm, rapeseed), yeast, salt, emulsifier: mono- and diglycerides of fatty acids, flour treatment agent: ascorbic acid], hickory smoked back bacon (25%) [pork loin (96%), water, salt, antioxidant: sodium ascorbate, preservatives: potassium nitrate, sodium nitrite], hickory smoked streaky bacon (8%) [pork belly (97%), salt, antioxidant: sodium ascorbate, preservative: sodium nitrite].	1492	355	12	4.7	42	4	3.5	18	1.7
Signature Breakfast Sandwich	N	N	Pretzel roll [WHEAT flour, water, rapeseed oil, yeast, fermented WHEAT flour, salt, malted WHEAT flour, WHEAT gluten, flour treatment agent: ascorbic acid, acidity regulator: sodium hydroxide], beechwood smoked bacon (15%) [pork belly, sugar, salt, stabiliser: pentasodium triphosphate, honey, preservative: sodium nitrite], signature tomato relish [water, tomato, sugar, tomato paste, red wine vinegar, roasted tomato (roasted tomato, tomato concentrate, sunflower oil, olive oil, salt, oregano, garlic, sugar), rapeseed oil, red chilli purée, cornflour, onion, lemon juice, garlic purée, ginger purée, salt, oregano, black pepper], scrambled egg (8%) [pasteurised free range EGG , water, rapeseed oil, tapioca starch, skimmed MILK powder, lemon juice, salt, white pepper], mature Cheddar cheese (3%) (MILK), béchamel sauce [whole MILK , water, single cream (MILK), butter (cream (MILK), salt), wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), cornflour, salt, white pepper, ground bay leaf], black pepper.	1527	363	12	3.6	47	6.8	1.5	16	1.8
Traditional Sausage Sandwich	N	N	White bread roll [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, sugar, yeast, palm oil, rapeseed oil, salt, emulsifier: mono and di glycerides of fatty acids, flour treatment agent: ascorbic acid, acidity regulator: citric acid], pork sausage (48%) [pork, water, wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), pork fat, onion, WHEAT starch, brown sugar, rapeseed oil, salt, rubbed sage, dextrose, black pepper, stabiliser: tetrasodium diphosphate, WHEAT protein, yeast extract, antioxidant: ascorbic acid, cane molasses, coriander extract, mace extract, nutmeg extract, pepper extract, sage extract, raising agent: ammonium bicarbonate], salted butter [butter (MILK), salt].	2010	480	22	9.1	51	5.7	2.9	18	1.5
Porridge, Fruit & Yoghurt												
Banana (per unit =whole)	Y	Y	Banana	448	109	0.5	0.1	28	15	3.2	1.3	0.00
Classic Oatmeal	Y	N	Semi-skimmed MILK (63%), water, gluten free OATS (13%), single cream (3%) (MILK), salt.	981	233	6.3	3	33	8.7	2.1	10	0.17
Fruit & Seed Porridge Topper	Y	Y	Sultanas (40%) [sultanas, sunflower oil], goji berries (20%), pumpkin seeds (20%), raisins (10%) [raisins, sunflower oil], sunflower seeds (10%).	502	120	4.5	0.7	15	13	1.8	3.9	0.08

Lunch Menu

Product	Suitable for Vegetarian	Suitable for Vegan	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Hot Sandwiches												
Five Cheese Toastie	Y	N	White sourdough bloomer [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, RYE flour, SPELT (WHEAT) flour, WHEAT flour, salt, durum WHEAT flour, durum WHEAT semolina, yeast, antioxidant: ascorbic acid], béchamel sauce [whole MILK , water, single cream (MILK), American style mustard (water, spirit vinegar, MUSTARD flour, MUSTARD bran, cornflour, salt, turmeric), cornflour, salted butter (butter (MILK), salt), wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), salt, white pepper, ground bay leaf], mozzarella full fat soft cheese (9%) (MILK), mature Cheddar cheese (6%) (MILK), Eatlean™ low fat cheese (4%) (MILK), smoked Cheddar cheese (3%) (MILK), American style mustard [water, spirit vinegar, MUSTARD flour, MUSTARD bran, cornflour, ground turmeric, salt], Emmental cheese (1.1%) (MILK), cornflour, potato starch.	1451	345	12	7.6	41	3.7	2.6	17	1.6
Oak Smoked Ham and Cheese Toastie	N	N	White sourdough bloomer [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, RYE flour, SPELT (WHEAT) flour, WHEAT flour, salt, durum WHEAT flour, durum WHEAT semolina, yeast, antioxidant: ascorbic acid], béchamel sauce [whole MILK , water, single cream (MILK), American style mustard (water, spirit vinegar, MUSTARD flour, MUSTARD bran, cornflour, salt, turmeric), cornflour, salted butter (butter (MILK), salt), wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), salt, white pepper, ground bay leaf], Oak smoked formed ham with added water (16%) [pork, water, salt, stabilisers: pentasodium triphosphate, pentapotassium triphosphate, antioxidant: sodium ascorbate, preservative: sodium nitrite], mozzarella full fat soft cheese (7%) (MILK), mature Cheddar cheese (5%) (MILK), Eatlean™ low fat cheese (4%) (MILK), smoked Cheddar cheese (2%) (MILK), American style mustard [water, spirit vinegar, MUSTARD flour, MUSTARD bran, cornflour, ground turmeric, salt], Emmental cheese (MILK), cornflour, potato starch.	1655	394	14	8.5	42	2.6	1.9	24	2.1
Tomato & Mozzarella Panini	Y	N	Ciabatta roll [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, salt, yeast, olive oil, sunflower oil], full fat mozzarella cheese (21%) (MILK), tomato, semi-dried tomato [tomato, sunflower oil, salt, garlic, oregano], red pesto [sunflower oil, sundried tomato purée (water, sundried tomatoes, sunflower oil, white wine vinegar, salt), medium fat hard cheese (MILK), tomato paste, basil, lemon juice, sea salt], basil.	1857	442	14	6.3	56	8.1	3.8	21	2.3
Tuna Melt Panini	N	N	Ciabatta roll [wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, salt, yeast, olive oil, sunflower oil], tuna (20%) [tuna (FISH), water, salt], mature Cheddar cheese (10%) (MILK), reduced fat mayonnaise [water, rapeseed oil, spirit vinegar, cornflour, free-range salted egg yolk (free-range EGG yolk, salt), sugar, citrus fibre, salt, stabiliser: pectin, concentrated lemon juice], sweetcorn [sweetcorn, water, salt], béchamel sauce [whole MILK , single cream (MILK), salted butter (butter (MILK), salt), wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), cornflour, salt, white pepper, ground bay leaf], mozzarella full fat soft cheese (MILK), spring onions, ground black pepper.	1866	443	11	5.2	56	3.7	3.9	28	1.8

Impulse

Product	Suitable for Vegetarian	Suitable for Vegan	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Caramel Waffle Duos	Y	N	WHEAT flour, glucose-fructose syrup, sugar, concentrated butter (MILK), palm fat, sugar syrup, SOYA flour, rapeseed oil, salt, dextrin (WHEAT), emulsifiers: SOYA lecithin, mono- and diglycerides of fatty acids; raising agent: sodium bicarbonate; cinnamon, Bourbon vanilla pods, acid: citric acid.	1474	352	16	9.4	48	28	1.2	2.4	0.46
Chocolate Florentine	Y	N	MILK chocolate (32%) [sugar, cocoa butter, whole MILK powder, cocoa mass, vanilla extract, emulsifier: sunflower lecithin], caramel (27%) [caster sugar, whipping cream (MILK), salted butter (MILK), golden syrup (invert sugar, sucrose), glucose syrup (dextrose, maltose), salt, emulsifier: SOYA lecithin], flaked ALMOND (14%) (NUTS), whole ALMONDS (9%) (NUTS), mixed peel [orange peel, lemon peel, sugar, acid: citric acid], ginger [ginger, sugar syrup], PECAN NUT HALVES (2.0%) (NUTS), rice flour, maple syrup (0.7%). Milk chocolate contains Cocoa Solids 34.0% minimum, Milk Solids 20.0% minimum.	893	214	14	6.2	18	18	2	3.1	0.18
Chocolate Gold Coin	Y	N	Sugar, whole MILK powder, cocoa mass, cocoa butter, emulsifier: sunflower lecithin, natural vanilla flavouring	502	120	6.4	3.9	14	14	0.7	1.4	0.03
Cookie Straw	Y	N	Sugar, WHEAT flour, vegetable oils [palm oil, shea butter], skimmed MILK powder, defatted cocoa powder, whey powder (MILK), coconut oil, whole EGG powder, emulsifier: sunflower lecithin, vanilla extract, salt, natural chocolate flavouring.	377	90	2.6	1.5	15	9.4	0.5	1.4	0.08
Dark Chocolate Bar 40g	Y	Y	Cocoa mass, sugar, cocoa butter, emulsifier: sunflower lecithin, natural vanilla flavouring	920	221	15	9.2	17	16	3.6	2.8	0.01
Fruit & Nut Mix	Y	Y	CASHEW NUTS , ALMONDS , caramelised almonds (20%) [ALMOND , sugar, maple flavour seasoning (molasses powder, natural flavouring, rice flour, sugar, salt)], jumbo raisin [raisin, sunflower oil], pineapple infused cranberries [pineapple juice, cranberries, sunflower oil], PISTACHIO NUTS	843	200	13	1.4	13	8.1	3.1	6.3	0.02
Ginger Biscuit	Y	N	Wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), invert sugar syrup, sugar, margarine (palm oil, rapeseed oil, salt, colours: annatto, curcumin; natural flavouring), ground ginger (1%), raising agents: sodium bicarbonate, ammonium bicarbonate, skimmed MILK powder.	962	229	8.5	3.2	35	18	1.7	2.3	0.31
Gluten Free Fruit & Nut Bar	Y	N	Gluten free OATS , salted butter (MILK , salt), partially inverted refiners syrup, sweetened condensed milk (whole MILK , sugar), ALMONDS (8%), demerara sugar, WALNUTS (5%), PECAN NUTS (4%), honey, dried apricots (3%), sweetened dried cranberries (3%) [sugar, cranberries], pumpkin seeds, sultanas (2%), sunflower seeds, dried apple flakes (1%), poppy seeds, orange zest.	1296	310	16	8.5	35	19	3.6	4.7	0.29
Starbucks® Iced Gingerbread Cookie - Latte	Y	N	WHEAT flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), icing (17%) [sugar, glucose syrup, water, free-range dried EGG white, cornflour, stabiliser: diphosphates, acidity regulator: acetic acid], brown sugar, vegetable margarine [vegetable oils (palm, rapeseed, sunflower, palm stearine), lemon juice], black treacle, water, partially inverted refiner syrup, sugarpaste [sugar, glucose syrup, vegetable fats (palm kernel, palm), invert sugar syrup, thickeners: gum arabic (acacia gum), xanthan gum; emulsifiers: mono- and diglycerides of fatty acids, sunflower lecithin; humectant: glycerol, water, glazing agent: shellac, maize starch, spirulina, colour: riboflavins, stabiliser: hydroxypropyl methyl cellulose], spices, raising agent: sodium carbonates, ginger, fruit and plant concentrates [safflower, apple, hibiscus], tumeric, spirulina, colour: vegetable carbon.	774	183	3.9	1.4	34	17	0.8	2.4	0.37
Starbucks® Iced Gingerbread Cookie - Bearista	Y	N	Wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), icing (17%) [sugar, glucose syrup, water, free-range dried EGG white, cornflour, stabiliser: diphosphates, acidity regulator: acetic acid], brown sugar, vegetable margarine [vegetable oils (palm, rapeseed, sunflower, palm stearine), lemon juice], black treacle, water, partially inverted refiner syrup, sugarpaste [sugar, glucose syrup, vegetable fats (palm kernel, palm), invert sugar syrup, thickeners: gum arabic (acacia gum), xanthan gum; emulsifiers: mono- and diglycerides of fatty acids, sunflower lecithin; humectant: glycerol, water, glazing agent: shellac, maize starch, spirulina, colour: riboflavins, stabiliser: hydroxypropyl methyl cellulose], spices, raising agent: sodium carbonates, ginger, fruit and plant concentrates [safflower, apple, hibiscus], tumeric, spirulina, colour: vegetable carbon.	774	183	3.9	1.4	34	17	0.8	2.4	0.4
Kettle Mature Cheddar and Red Onion Crisps	Y	N	Potatoes, sunflower oil, mature Cheddar and red onion seasoning [dried butter MILK], dried mature Cheddar cheese (MILK), sea salt, dried red onion, dried onion, dried yeast, yeast extract, dried chives, paprika extract).	873	209	12	1.3	21	0.5	2.2	3.2	0.48
Kettle Lightly Salted Crisps	Y	Y	Potatoes, sunflower oil, sea salt.	861	206	12	1.4	21	0.2	2.6	2.3	0.36
Kettle Sea Salt and Balsamic Vinegar Crisps	Y	Y	Potatoes, sunflower oil, sea salt and balsamic vinegar seasoning (sea salt, dried balsamic vinegar, potato maltodextrin, sugar, dried BARLEY malt vinegar, acidity regulator: citric acid)	878	210	12	1	23	0.5	1.7	1.7	0.64
Kettle Sweet Chilli and Sour Crisps	Y	N	Potatoes, sunflower oil, sweet chilli and sour cream seasoning (sugar, dried sour cream (MILK), dried skimmed MILK , dried yogurt (MILK), sea salt, dried onion, yeast extract, dried chilli, dried red pepper, ground paprika, acidity regulator: citric acid, natural flavouring, dried garlic, dried lemon).	827	198	11	1.4	21	1.7	2.5	2.5	0.44
Milk Chocolate Bar 40g	Y	N	Sugar, cocoa butter, whole MILK powder, cocoa mass, caramelised sugar, emulsifier: sunflower lecithin; natural vanilla flavouring, sea salt.	928	223	14	8.4	21	20	0.7	2.8	0.1

Impulse

Product	Suitable for Vegetarian	Suitable for Vegan	Ingredients	Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Mini Caramel Waffles	Y	N	WHEAT flour, glucose-fructose syrup, sugar, concentrated butter (MILK), palm fat, sugar syrup, SOYA flour, rapeseed oil, salt, dextrin (WHEAT), emulsifiers: SOYA lecithin, E471; raising agent: E500, cinnamon, natural Bourbon vanilla, acid: citric acid.	3301	787	37	21	106	51	2.1	7.5	1.33
Peanut Butter Cups	Y	Y	Dark Chocolate (53%) [cocoa mass, sugar, cocoa butter, reduced fat cocoa powder, emulsifier: SOYA lecithin, natural vanilla flavouring, PEANUT paste (39%), vegetable fat [shea oil, coconut oil], agave syrup, sea salt. Dark Chocolate contains cocoa solids 62% minimum.	813	196	15	7.1	9.2	7.5	2.5	4.8	0.1
Roasted & Salted Mixed Nuts	Y	Y	Roasted salted almonds [Roasted ALMONDS , salt], roasted CASHEWS , roasted salted peanuts [roasted PEANUTS , salt], HAZELNUTS	940	227	18	1.6	7.7	1.6	2.2	7.4	0.18
Shortbread Biscuits	Y	N	Wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), salted butter (37%) [butter (MILK), salt], sugar, cane molasses.	1130	271	16	10	29	9.5	1	2.7	0.36
Trio of Favourites - Chocolate Caramel Shortbread -			Salted butter [butter (MILK), salt], white chocolate (13%) [sugar, cocoa butter, whole MILK powder, emulsifier: SOYA lecithin, vanilla extract], sugar, fortified wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), pasteurised free range EGG , milk chocolate (9%) [sugar, cocoa butter, whole MILK powder, cocoa mass, emulsifier: SOYA lecithin, vanilla extract], dark chocolate (5%) [sugar, cocoa mass, cocoa butter, fat reduced cocoa powder, emulsifier: SOYA lecithin, vanilla extract], sweetened condensed milk (MILK , sugar), raspberry jam (3%) [glucose fructose syrup, raspberry puree, sugar, raspberries, gelling agent: pectin, acidity regulators: citric acid, sodium citrate; colour: anthocyanins, natural raspberry flavouring], vegetable margarine [vegetable oils (palm, rapeseed), salt, emulsifier: mono- and diglycerides of fatty acids, natural flavouring, colours: annatto bixin, curcumin], ground ALMONDS , partially inverted refiners syrup, mini cookies (1%) [WHEAT flour, sugar, palm oil, rapeseed oil, fat reduced cocoa powder, WHEAT starch, glucose fructose syrup, salt, raising agents: potassium carbonates, sodium carbonates, ammonium carbonates; emulsifiers: SOYA lecithin, sunflower lecithin; vanilla flavouring], full fat soft cheese (MILK), palm oil, icing sugar, soft light brown sugar, raspberries (1%), cornflour, whey powder (MILK), natural vanilla flavouring, cocoa butter, cocoa powder, cocoa mass, double cream (MILK), rapeseed oil, freeze dried raspberry pieces, raising agents: diphosphates, potassium carbonates; fat reduced cocoa powder, salt, preservative: potassium sorbate, gelling agent: xanthan gum, emulsifiers: SOYA lecithin, mono- and diglycerides of fatty acids.	1122	269	16	9	28	16	0.6	2.9	0.3
Trio of Favourites - Cookies & Cream Brownie				1225	294	18	10	28	21	1.6	4.1	0.36
Trio of Favourites - Raspberry & White Chocolate Blondie	Y	N		1089	261	14	8.6	30	23	1.9	2.7	0.26
Trio of Favourites - Average Value				1145	275	16	9.2	29	20	1.4	3.2	0.31

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