

INGREDIENT LIST

PRODUCT NAME kcal	INGREDIENT & ALLERGEN DECLARATION
COFFEE	
Hot Brew (BLACK) 0 kcal	Grounded coffee bean, water. Vegan, Vegetarian, Contains Caffeine
Americano (BLACK) Hot/Iced 0 kcal	Grounded coffee bean, water. Vegan, Vegetarian, Contains Caffeine
Double Espresso (BLACK) 0 kcal	Grounded coffee bean, water. Vegan, Vegetarian, Contains Caffeine
Flat White (DEFAULT DAIRY) Hot/Iced - 94 kcal	Grounded coffee bean, water, MILK . May Contain - Oat (Gluten) Vegetarian, Contains Caffeine
Latte (DEFAULT DAIRY) Hot S - 140 L - 233 kcal Iced S - 94 L - 140 kcal	Grounded coffee bean, water, MILK . May Contain - Oat (Gluten) Vegetarian, Contains Caffeine
Cappuccino (DEFAULT DAIRY) S - 140 L - 233 kcal	Grounded coffee bean, water, MILK , Chocolate Powder [Cane Sugar, Dutch Alkalized Cocoa, Natural Cocoa, Natural Vanilla, Natural Flavour]. May Contain - Oat (Gluten) Vegetarian, Contains Caffeine
Mocha (DEFAULT DAIRY) Hot 320 kcal Iced 226 kcal	Grounded coffee bean, water, MILK , choclote sauce [Inverted Cane Sugar, Dutched Cocoa, Chocolate, Natural Vanilla, Natural Flavor, Sea Salt. Contains >0.1%: Potassium Sorbate]. May Contain - Oat (Gluten) Vegetarian, Contains Caffeine
Cortado (DEFAULT DAIRY) Hot 70 kcal Iced 47 kcal	Grounded coffee bean, water, MILK . May Contain - Oat (Gluten) Vegetarian, Contains Caffeine
Macchiato (DEFAULT DAIRY) 47 kcal	Grounded coffee bean, water, MILK . May Contain - Oat (Gluten) Vegetarian, Contains Caffeine
NOT COFFEE & TEAS	
Chai Latte (DEFAULT DAIRY) Hot S - 170 L - 264 kcal Iced S - 124 L - 170 kcal	Organic Chai Concentrate [Filtered water, organic cane sugar, organic black tea, organic ginger, organic cinnamon, organic star anise, organic cardamom, organic black pepper, organic lemon juice], MILK , cinnamon powder. May Contain - Oat (Gluten) Vegetarian, Contains Caffeine
Hot/Iced Chocolate (DEFAULT DAIRY) Hot S - 250 L - 343 kcal Iced S - 250 L - 296 kcal	Chocolate Sauce [Inverted Cane Sugar, Dutched Cocoa, Chocolate, Natural Vanilla, Natural Flavor, Sea Salt. Contains >0.1%: Potassium Sorbate], MILK . May Contain - Oat (Gluten) Vegetarian
Earl Grey - HOT 0 kcal	Black Tea And Bergamot Oil, water. Vegan, Vegetarian, contains caffeine
Chamomile - HOT 0 kcal	Chamomile, water. Vegan, Vegetarian
Green Tea - HOT 0 kcal	Green Tea, water. Vegan, Vegetarian, contains caffeine
English Breakfast - HOT 0 kcal	Black Tea, water. Vegan, Vegetarian, contains caffeine
Matcha Tea Hot/Iced 0 kcal	Matcha [100% Green Tea (Camellia Sinensis)], water, Ice. Vegan, Vegetarian, contains caffeine
Iced Lemon Tea S - 88 L - 110 kcal	Lemon Tea Syrup [Cane Sugar, Water, Lemon Juice from Concentrate [7%], Acid: Citric Acid, Colouring: Plain Caramel, Natural Tea Flavouring, Natural Lemon Flavouring with other Natural Flavourings, Flavouring], water, ice. Vegan, Vegetarian
Iced Peach Tea S - 103 L - 128 kcal	Peach Tea Syrup [Cane Sugar, Water, Peach Juice From Concentrate (16%), Colouring : Plain Caramel, Acid : Citric Acid, Natural Tea Flavouring, Flavouring], water, ice. Vegan, Vegetarian
COLD BREW	
Original Cold Brew (DEFAULT BLACK) 0 kcal	Cold brew [filtered water, coffee], Ice. Vegan, Vegetarian, Contains Caffeine
Cold Brew Latte (DEFAULT DAIRY) S - 128 L - 163 kcal	Cold brew [filtered water, coffee], homogonised Whole Jersey Cows MILK , Ice. May Contain - Oat (Gluten) Vegetarian, Contains Caffeine
Shaken Brown Sugar (DEFAULT DAIRY) S - 151 L - 175 kcal	Cold brew [filtered water, coffee], homogonised Whole Jersey Cows MILK , Ice, Dark Brown Sugar [Cane sugar, Cane molasses], Cinnamon, Ice. May Contain - Oat (Gluten) Vegetarian, Contains Caffeine

Mocha Cold Brew (DEFAULT DAIRY) S - 171 L - 206 kcal	Cold brew [filtered water, coffee], homogenised Whole Jersey Cows MILK , Chocolate Sauce [Inverted Cane Sugar, Dutched Cocoa, Chocolate, Natural Vanilla, Natural Flavor, Sea Salt. Contains >0.1%: Potassium Sorbate], Ice. May Contain - Oat (Gluten) Vegetarian, Contains Caffeine
MATCHAS	
Matcha Latte (OAT MILK DEFAULT) Hot S - 138 L - 211 kcal Iced S - 101 L - 138 kcal	OAT Drink (Water, OAT/GLUTEN (10%)), Rareseed Oil, Acidity Regulator (Di Potassium Phosphate), Calcium Carbonate, Tricalcium Phosphate, Sea Salt, Matcha [100% Green Tea (Camellia Sinensis)], Ice if iced drink. May Contain - Milk Vegan, Vegetarian, Contains Caffeine
Iced Blueberry Matcha (OAT MILK DEFAULT) S - 169 L - 230 kcal	Blueberry syrup [cane sugar, water, fruit juice from concentrate 14% (blueberry 10%, elderberry), acid: citric acid, flavourings], Vanilla syrup [cane sugar, water, flavouring, natural vanilla flavouring, colouring: plain caramel], OAT drink [Water, OATS/GLUTEN (10%)], Rapeseed Oil, Acidity Regulator (Di Potassium Phosphate), Calcium Carbonate, Tricalcium Phosphate, Sea Salt, Ube mix [water, purple sweet potato power], Matcha [100% Green Tea (Camellia Sinensis)], Ice. May Contain - Milk Vegan, Vegetarian, Contains Caffeine
Hot Blueberry Matcha (OAT MILK DEFAULT) S - 201 L - 297 kcal	Blueberry syrup [cane sugar, water, fruit juice from concentrate 14% (blueberry 10%, elderberry), acid: citric acid, flavourings], OAT drink [Water, OATS/GLUTEN (10%)], Rapeseed Oil, Acidity Regulator (Di Potassium Phosphate), Calcium Carbonate, Tricalcium Phosphate, Sea Salt, Matcha [100% Green Tea (Camellia Sinensis)]. May Contain - Milk Vegan, Vegetarian, Contains Caffeine
White Chocolate Matcha (OAT MILK DEFAULT) Hot S - 174 L - 234 kcal Iced S - 147 L - 179 kcal	White Chocolate [Inverted Cane Sugar, Sweetened Condensed MILK , Sugar, Water, Natural White Chocolate Flavour, Natural Cocoa Butter, Salt, Gum Arabic, Natural Vanilla, less than 0.1% potassium sorbate.], OAT Drink (Water, OAT/GLUTEN (10%)), Rareseed Oil, Acidity Regulator (Di Potassium Phosphate), Calcium Carbonate, Tricalcium Phosphate, Sea Salt, Matcha [100% Green Tea (Camellia Sinensis)] Ice if iced drink. Vegetarian, Contains Caffeine
Mel's Maple Matcha (OAT MILK DEFAULT) Hot S - 160 L - 263 kcal Iced S - 168 L - 208 kcal	OAT Drink (Water, OAT/GLUTEN (10%)), Rapeseed Oil, Acidity Regulator (Di Potassium Phosphate), Calcium Carbonate, Tricalcium Phosphate, Sea Salt, Maple Syrup (100% pure maple syrup), Cinnamon Powder (100% Cinnamon), Matcha [100% Green Tea (Camellia Sinensis)], Ice if iced drink. May Contain - Milk Vegan, Vegetarian, Contains Caffeine
Banana Bread Matcha (OAT MILK DEFAULT) Hot S - 239 L - 321 kcal Iced S - 220 L - 244 kcal	OAT Drink (Water, OAT/GLUTEN (10%)), Rapeseed Oil, Acidity Regulator (Di Potassium Phosphate), Calcium Carbonate, Tricalcium Phosphate, Sea Salt, Real Banana Syrup (sugar, banana puree (40.3%), water, acid (sodium hydrogen sulphate), natural banana flavouring, preservative (potassium sorbate), antioxidant (sodium metabisulphite (contains SULPHITES)), Pumpkin Pie Seasoning (Cassia (70%-80%), Ginger (10%-20%), Nutmeg (10%-20%), Cloves (1%-10%)), Matcha [100% Green Tea (Camellia Sinensis)], Ice if iced drink. May Contain - Milk, Celery, Mustard, Nuts, Peanuts, Sesame, Soya Vegan, Vegetarian, Contains Caffeine
Vanilla Fudge Matcha (OAT MILK DEFAULT) Hot S - 192 L - 297 kcal Iced S - 206 L - 229 kcal	Brownie Flavoured Syrup (cane sugar, water, flavourings, colouring: plain caramel), Vanilla Syrups (Cane Sugar, Water, Flavouring, Natural Vanilla Flavouring, Colouring: Plain Caramel), OAT drink (water, OAT/GLUTEN (10%), rapeseed oil, acidity regulator (di potassium phosphate), calcium carbonate, tricalcium phosphate, sea salt), Matcha [100% Green Tea (Camellia Sinensis)], Ice if iced. May Contain - Milk Vegan, Vegetarian, Contains Caffeine
HOUSE LATTES	
Pistachio Latte (DEFAULT DAIRY) Hot S - 196 L - 316 Kcal Iced S - 149 L - 222 Kcal	Grounded coffee bean, water, MILK , PISTACHIO (NUTS) Syrup [Cane Sugar, Water, Flavouring, Natural PISTACHIO (NUTS) Flavouring. May Contain - Oat (Gluten) Vegetarian, Contains Caffeine
Iced Strawberries & Cream Latte (DEFAULT DAIRY) S - 198 L - 271 kcal	Grounded coffee bean, water, MILK , Strawberry Syrup [Cane sugar, water, fruit juice from concentrate 13% (strawberry 10%, elderberry), acidifier: citric acid, flavouring, colouring: E129], Ice. May Contain - Oat (Gluten) Vegetarian, Contains Caffeine
Honey Macadamia Latte (DEFAULT DAIRY) Hot S - 205 L - 319 kcal Iced S - 214 L - 261 kcal	Hyve honey (100% honey), Macadamia NUTS syrup (cane sugar, water, flavourings, colouring: plain caramel, Macadamia NUTS infusion), MILK (MILK, water) , Double Espresso (grounded coffee bean, water), ice if iced. May Contain - Oat (Gluten) Vegetarian, Contains Caffeine

Chocolate Orange Mocha (DEFAULT DAIRY) Hot S - 203 L - 317 kcal Iced S - 194 L - 261 kcal	Chocolate Orange Flavoured Syrup (cane sugar, water, aromatic caramel (sugar, water), natural orange flavouring, flavouring), Chocolate Syrup (Inverted Cane Sugar, Dutched Cocoa, Chocolate, Natural Vanilla, Natural Flavour, Sea Salt. Contains >0.1% Potassium Sorbate), MILK (MILK, water) , Double Espresso (grounded coffee bean, water), Chocolate Powder (cane sugar, Dutch alkalized cocoa, natural cocoa, natural vanilla, natural flavour), ice if iced. May Contain - Oat (Gluten) Vegetarian, Contains Caffeine
INGREDIENTS	
Milk (whole and semi-skimmed)	MILK , water.
Oat Milk	OAT Drink (Water, OAT/GLUTEN (10%)), Rapeseed Oil, Acidity Regulator (Di Potassium Phosphate), Calcium Carbonate, Tricalcium Phosphate, Sea Salt.
Espresso Double Shot	Grounded coffee bean, water.
Decaf Espresso Double Shot	Grounded decaf coffee bean, water.
Chocolate Sauce	Inverted Cane Sugar, Dutched Cocoa, Chocolate, Natural Vanilla, Natural Flavor, Sea Salt. Contains >0.1% Potassium Sorbate.
Chocolate Powder	Cane Sugar, Dutch Alkalized Cocoa, Natural Cocoa, Natural Vanilla, Natural Flavour
Girizzly Chai	Organic Chai Concentrate [Filtered water, organic cane sugar, organic black tea, organic ginger, organic cinnamon, organic star anise, organic cardamom, organic black pepper, organic lemon juice.]
Perfect Ted Matcha Mix	100% Green Tea (Camellia Sinensis), water.
Dark Brown Sugar	Cane sugar, Cane molasses.
Cinnamon Powder	100% Cinnamon.
Pumpkin Spice Powder	Cassia (70%-80%), Ginger (10%-20%), Nutmeg (10%-20%), Cloves (1%-10%).
White Chocolate	Inverted Cane Sugar, Sweetened Condensed MILK , Sugar, Water, Natural White Chocolate Flavour, Natural Cocoa Butter, Salt, Gum Arabic, Natural Vanilla, less than 0.1% potassium sorbate.
Vanilla Syrup	Cane Sugar, Water, Flavouring, Natural Vanilla Flavouring, Colouring: Plain Caramel.
Caramel Syrup	Cane Sugar, Water, Flavouring, Acid : Citric Acid, Colouring : Plain Caramel.
Hazelnut Syrup	Cane Sugar, Water, Flavouring HAZELNUT (NUTS) , Colouring : Plain Caramel.
Pistachio Syrup	Cane Sugar, Water, Flavouring, Natural PISTACHIO (NUTS) Flavouring.
Strawberry Syrup	Cane sugar, water, fruit juice from concentrate 13% (strawberry 10%, elderberry), acidifier: citric acid, flavouring, colouring: E129.
Blueberry Syrup	Cane sugar, water, fruit juice from concentrate 14% (blueberry 10%, elderberry), acid: citric acid, flavourings
Dark Brown Sugar Syrup	Cane sugar, Cane molasses, water.
Iced Lemon Tea Syrup	Cane Sugar, Water, Lemon Juice from Concentrate [7%], Acid: Citric Acid, Colouring: Plain Caramel, Natural Tea Flavouring, Natural Lemon Flavouring with other Natural Flavourings, Flavouring
Iced Peach Tea Syrup	Cane Sugar, Water, Peach Juice From Concentrate (16%), Colouring : Plain Caramel, Acid : Citric Acid, Natural Tea Flavouring, Flavouring.
PASTRIES - LONDON STORES	
Plain Croissant 242 kcal	WHEAT (GLUTEN) Flour (With Calcium, Iron, Niacin, Thiamin), Water, Unsalted Butter (MILK), Caster Sugar, Sunflower Oil, Salt, Malted Barley, Improver (WHEAT (GLUTEN) Flour, Emulsifier (E472E), Flour Treatment Agent (E300)), Yeast, Sea Salt, Whole EGG . May Contain - Nuts, Peanuts, Sesame, Soya, Sulphur Dioxide Vegetarian
Almond Croissant 424 kcal	WHEAT (GLUTEN) Flour (with calcium, iron, niacin, thiamine), water, caster sugar, ALMONDS (NUTS) , unsalted butter (MILK), EGGS , salt, icing sugar (GLUTEN), dried yeast, malted BARLEY (GLUTEN) , alcohol free spirit (water, natural flavourings, acids (lactic acid), sodium sulphates (acetic acid), acidity regulator (sodium gluconate), colouring E150d, preservatives (potassium sorbate), dimethyl decarbonate (sodium benzoate), calcium chloride, sweeteners (sucralose, acesulfame K)), yeast, improver (WHEAT (GLUTEN) flour, emulsifier (E472e), flour treatment agent (E300)). May Contain - Peanuts, Sesame, Soya, Sulphur Dioxide Vegetarian
Pain au Chocolat 312 kcal	WHEAT (GLUTEN) Flour (With Calcium, Iron, Niacin, Thiamin), Water, Unsalted Butter (MILK), Dark Chocolate (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier, SOYA Lecithin, Natural Vanilla Flavouring) (MILK), Caster Sugar, Sunflower Oil, Salt, EGGS , Malted BARLEY (GLUTEN) , Improver (WHEAT (GLUTEN) Flour, Emulsifier (E472E), Flour Treatment Agent (E300)), Yeast, Sea Salt, Whole EGG . May Contain - Nuts, Peanuts, Sesame, Sulphur Dioxide Vegetarian
Mini Raspberry Bite 330 kcal	WHEAT (GLUTEN) Flour (Fortified With Calcium, Iron, Niacin, Thiamin), Sugar, Salt, Yeast, Butter (MILK); Filling: Raspberries (70%), Glucose-Fructose Syrup, Modified Starch, Acidity Regulators Citric Acid, Sodium Citrate, Elderberry Fruit Concentrate, Preservative Potassium Sorbate, Natural Flavouring, Colour E122 (May Have An Adverse Effect On Activity And Attention In Children). May Contain - Eggs, Nuts, Peanuts, Sesame, Soya, Sulphur Dioxide Vegetarian

Vegan Vanilla Danish 308 kcal	<p>Water, WHEAT (GLUTEN) Flour, Non-Hydrogenated Rapeseed Oil, Sugar, Orange 6,6%, Coconut Oil, Hydrogenated Rapeseed Oil, Brown Sugar, Finish 3% (HAZELNUT (NUTS) Pieces), Glucose-Fructose Syrup, Yeast, Modified Starch, Firming Agent (Isomalt), Salt, Emulsifiers (Mono- And Diglycerides Of Fatty Acids, Mono And Diacetyl Tartaric Acid Esters Of Mono- And Diglycerides Of Fatty Acids), Gelling Agent (Pectin, Agar), Acidity Regulators (Citric Acid, Sodium Carbonates, Hydrochloric Acid), Thickener (Celluloses), Stabilizers (Pectin, Guar Gum, Xanthan Gum, Calcium Alginate, Diphosphates, Sodium Phosphate), Glucose Syrup, Natural Flavouring, Invert Sugar Syrup, Vinegar, Colours (Beta-Carotene From Natural Origin, Calcium Carbonate), Flour Treatment Agents (Amylases, Hemicellulases, Ascorbic Acid), Beetroot Juice Concentrate, Radish Juice Concentrate, Molasses, Dried Glucose Syrup, Sea Salt, Sourdough Culture, Pea Protein.</p> <p>May Contain - Eggs, Milk, Peanuts, Sesame, Soya, Sulphur Dioxide Vegan, Vegetarian</p>
Vegan Cinnamon Bun 546 kcal	<p>WHEAT (GLUTEN) flour (calcium carbonate, iron, niacin, thiamin), plant butter (plant oils (sustainable palm, sunflower, rapeseed)), water, sea salt, fava bean preparation, emulsifier (sunflower lecithin), natural flavourings), SOYA drink (water, SOYA beans, apple extract, acidity regulators (monopotassium phosphate, dipotassium phosphate), calcium carbonate, sea salt, gellan gum, vitamins B2, B12, D2), light brown sugar, dark brown sugar, water, sugar, wholemeal WHEAT (GLUTEN) flour, WHEAT (GLUTEN) enzymes, sourdough (RYE (GLUTEN) flour, water, starter culture), orange zest, yeast, cinnamon 1%, golden syrup, rapeseed oil, salt, orange juice, lemon juice, vanilla extract, SOYA lecithin.</p> <p>May Contain - Eggs, Milk, Nuts, Peanuts, Sulphur Dioxide Vegan, Vegetarian</p>
Pistachio Pain Au Chocolat 409 kcal	<p>WHEAT (GLUTEN) Flour (With Calcium, Iron, Niacin, Thiamin), Water, Unsalted Butter (MILK), Dark Chocolate (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier, SOYA Lecithin, Natural Vanilla Flavouring) (MILK), Caster Sugar, Roasted PISTACHIO (NUTS), PISTACHIO (NUTS) Kernels, Sunflower Oil, Salt, EGGS, Malted BARLEY (GLUTEN), Improver (WHEAT (GLUTEN) Flour, Emulsifier (E472E), Flour Treatment Agent (E300)), Yeast, Sea Salt, Whole EGG.</p> <p>May Contain - Peanuts, Sesame, Sulphur Dioxide Vegetarian</p>
Vegan Chocolate Banana Bread 476 kcal	<p>Banana puree 27%, WHEAT (GLUTEN) flour (WHEAT (GLUTEN) flour, calcium carbonate, iron, niacin, thiamin), light brown sugar, dark chocolate 9% (sugar, cocoa mass, cocoa butter, emulsifier (SOYA lecithins), natural vanilla flavouring), rapeseed oil, coconut oil, apricot jam (apricots, sugar, citric acid), flax seeds, raising agent (sodium bicarbonate), water, ground cinnamon <1%, raising agents (disodium diphosphate, sodium hydrogen carbonate), salt.</p> <p>May Contain - Eggs, Milk, Nuts, Peanuts, Sulphur Dioxide Vegan, Vegetarian</p>
Pistachio Cream Cookie 353 kcal	<p>Flour (WHEAT), Sugar, Unsalted Butter (MILK), PISTACHIO Cream [Vegetable Oil, Sugar, PISTACHIOS, Skimmed MILK Powder, Lactose (MILK), Emulsifier: SOYA Lecithin, Flavourings], EGG Yolks, PISTACHIO Paste [PISTACHIOS, Flavouring, Icing Sugar, Natural Food Colouring, Sunflower Oil], Margarine [Vegetable Oils And Fats, Water, Emulsifiers: Mono And Diglycerides Of Fatty Acids, Sunflower Lecithin, Acid: Citric Acid, Natural Flavour], EGGS, PISTACHIOS, Baking Powder, Salt.</p> <p>May Contain - Peanuts, Sulphur Dioxide Vegetarian</p>
White Chocolate & Hazelnut Cookie 417 kcal	<p>Flour (WHEAT), Sugar, White Chocolate And HAZELNUT Flavoured Filling [Sugar, Vegetable Fat, Vegetable Oil, Skimmed MILK Powder, HAZELNUTS, Whey (MILK) Powder, Lactose (MILK), Emulsifier: SOYA Lecithin, Flavouring], Unsalted Butter (MILK), EGG Yolks, Belgian Chocolate MILK Callets [Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier: SOYA Lecithin, Natural Vanilla Flavouring], Belgian Chocolate White Callets [Sugar, Whole MILK Powder, Cocoa Butter, Skimmed MILK Powder, Emulsifier: SOYA Lecithin, Natural Vanilla Flavouring], Margarine [Vegetable Oils And Fats, Water, Emulsifiers: Mono And Diglycerides Of Fatty Acids, Sunflower Lecithin, Acid: Citric Acid, Natural Flavouring], HAZELNUTS, EGGS, Feuilletine [WHEAT Flour, Sugar, Vegetable Fat, MILK Fat, MILK Sugar, MILK Proteins, Salt, Malt Extract (BARLEY), Emulsifier: Lecithins (Sunflower), Raising Agent: E500ii], Baking Powder, Salt</p> <p>May Contain - Peanuts, Sulphur Dioxide Vegetarian</p>
Brownie - KINGS CROSS ONLY 325 kcal	<p>Soft light brown sugar, EGG, dark chocolate 16% (sugar, cocoa mass, cocoa butter, emulsier (SOYA lecithin), natural vanilla flavouring), white chocolate chunks 14% (sugar, whole MILK powder, cocoa butter, skimmed MILK powder, emulsier (SOYA lecithin), natural vanilla flavouring), coconut oil, reduced-fat cocoa powder, WHEAT (GLUTEN) flour (WHEAT (GLUTEN) flour, calcium carbonate, iron, niacin, thiamin), rapeseed oil, double cream (MILK), raising agents (diphosphates, sodium carbonates), salt.</p> <p>May Contain - Nuts, Peanuts, Sesame, Sulphur Dioxide Vegetarian</p>
ALL DAY BREAKFAST - LONDON STORES	
Breakfast Wrap 333 kcal	<p>Tortilla (WHEAT (GLUTEN) flour (66%)) [WHEAT (GLUTEN) flour, calcium carbonate, iron, niacin, thiamine), water, rapeseed oil, WHEAT (GLUTEN) fibre, raising agents [E500, E450], salt, acidity regulator [E296], dextrose, WHEAT (GLUTEN), preservative [E282]], Bean Spread (Pinto Beans 92%, water, onion, salt), Steamed Spinach, Hash Browns (potatoes, rapeseed oil, sunflower oil, potato starch, onion, potato flakes, salt, dextrose, flavouring [onion extract]), Roasted Green Peppers (100% green peppers), Tofu (water, organic SOYA beans, Nigari) Tofu Seasoning (onion powder, paprika powder, garlic powder, nutritional yeast, chili powder, Tahini Sauce (100% SESAME), ALMOND (NUTS) drink with added calcium, iodine and vitamins (water, ALMOND (NUT) (2.3%), calcium [calcium carbonate], sea salt, stabilisers [Guar gum, Gellan gum], natural flavouring, emulsifier [Lecithin], vitamins B12, D2, E, potassium iodide), Turmeric powder, salt, black pepper.</p> <p>If Blank Sauce or Salsa Verde added, please check the allergy information below.</p> <p>May Contain - Celery, Egg, Milk, Sulphur Dioxide Vegan, Vegetarian</p>

Spinach, Egg & Cheese Brioche 424 kcal	<p>Brioche (white WHEAT (GLUTEN) flour fortified with calcium carbonate, iron, niacin, and thiamine), MILK, water, butter sheets (MILK), sugar, whole EGG, yeast, salt (E535), flour improver (WHEAT (GLUTEN) flour with calcium, iron, niacin, thiamine), enzymes (xylanase, alpha-amylase, glucose oxidase), E300), EGG, Mature Cheddar (pasteurised cow's MILK, non animal rennet (sodium benzoate free), salt), and Steamed Spinach.</p> <p>If Blank Sauce or Salsa Verde added, please check the allergy information below.</p> <p>May Contain - Celery, Nuts, Sesame, Soya, Sulphur Dioxide Vegetarian</p>
Bacon, Egg & Cheese Brioche 350 kcal	<p>Brioche (white WHEAT (GLUTEN) flour fortified with calcium carbonate, iron, niacin, and thiamine), MILK, water, butter sheets (MILK), sugar, whole EGG, yeast, salt (E535), flour improver (WHEAT (GLUTEN) flour with calcium, iron, niacin, thiamine), enzymes (xylanase, alpha-amylase, glucose oxidase), E300), EGG, Mature Cheddar (pasteurised cow's MILK, non animal rennet (sodium benzoate free), salt) and Bacon (Pork (87%), water, salt).</p> <p>If Blank Sauce or Salsa Verde added, please check the allergy information below.</p> <p>May Contain - Celery, Nuts, Sesame, Soya, Sulphur Dioxide</p>
Blank Sauce 75 kcal	<p>Vegan Mayo (Rapeseed oil, water, modified maize starch, sugar, acidity regulator [acetic acid], salt, stabiliser [xanthan gum], preservative [potassium sorbate]), Tomato Ketchup (tomatoes, spirit vinegar, sugar, salt, spice and herb extracts [contains CELERY]), House Spices (garlic powder, chili powder, onion powder, paprika, salt, black pepper).</p> <p>May Contain - Gluten, Egg, Milk, Nuts, Sesame, Soya, Sulphur Dioxide Vegan, Vegetarian</p>
Salsa Verde 5 kcal	<p>Tomatillos (Tomatillos (70%), water, salt and citric acid), fresh chopped onion, garlic power, Jalapeno in Brine (jalapeno peppers, water, vinegar, salt, calcium chloride), fresh coriander, salt, water.</p> <p>May Contain - Celery, Gluten, Egg, Milk, Nuts, Sesame, Soya, Sulphur Dioxide Vegan, Vegetarian</p>
Mortadella, Ricotta & Pistachio Focaccia 439 kcal	<p>Wholemeal Bread (Whole WHEAT (GLUTEN) Flour, WHEAT (GLUTEN), Water, Yeast, Olive Oil, Salt), Ricotta Cheese (Serum Cow'S MILK, Salt, Acidity Regulator: E330 Citric Acid), PISTACHIO (NUTS) Pesto (Parmesan Cheese (Cultured MILK, Salt, Enzymes), Pecorino Cheese (Cultured MILK, Salt, Enzymes), PISTACHIO (NUTS), Olive Oil, Salt), Mortadella Pork Ham (Pork 91%, Salt, Spices, PISTACHIO (NUTS), Natural Flavouring, Antioxidant (E301), Sugar, Preservatives (E250)).</p> <p>May Contain - Lupin, Mustard, Soya</p>
Speck, Brie & Truffle Honey Focaccia 377 kcal	<p>Focaccia Bread (Whole WHEAT (GLUTEN) Flour, WHEAT (GLUTEN), Water, Yeast, Olive Oil, Salt), Brie Cheese (Pasteurized MILK), Speck Ham (Pork Meat, Salt, Spices, Aromatic Plants, Sodium Ascorbate, Sodium Nitrite), Honey, Truffle Oil.</p> <p>May Contain - Lupin, Mustard, Nuts, Soya</p>
Mozzarella, Tomato & Pesto Focaccia 409 kcal	<p>Focaccia bread (whole WHEAT (GLUTEN) flour, WHEAT (GLUTEN), water, yeast, olive oil, salt), mozzarella cheese (MILK, probiotics, salt, rennet, acidity regulator, citric acid), tomato, basil spread (basil leaves, olive oil, salt, water).</p> <p>May Contain - Lupin, Mustard, Nuts, Soya Vegetarian</p>
Vanilla Overnight Oats 351 kcal	<p>Rolled OATS (GLUTEN) (24%), Coconut Yoghurt (coconut milk (63%), coconut water (21%), water, corn starch, vegetable fibre, potato starch, stabiliser [fruit pectin], cultures), ALMOND (NUTS) drink with added calcium, iodine and vitamins (water, ALMOND (NUT) (2.3%), calcium [calcium carbonate], sea salt, stabilisers [Guar gum, Gellan gum], natural flavouring, emulsifier [Lecithin], vitamins B12, D2, E, potassium iodide), Maple Flavoured Syrup (partially inverted refiners syrup, natural flavourings), Hemp seeds, Chia seeds, Vanilla Essence (water, Monopropylene Glycol, colour [caramel E150a], flavourings), Fresh Blueberries, Granola Topping (whole rolled OAT (GLUTEN) (66%), rice syrup (28%), Sunflower oil, extruded rice [rice flour, malted BARLEY (GLUTEN) flour, sea salt]).</p> <p>May Contain - Egg, Milk, Sesame, Soya, Sulphur Dioxide Vegan, Vegetarian</p>
Chocolate Overnight Oats 350 kcal	<p>Rolled OATS (GLUTEN) (24%), Coconut Yoghurt (coconut milk (63%), coconut water (21%), water, corn starch, vegetable fibre, potato starch, stabiliser [fruit pectin], cultures), ALMOND (NUTS) drink with added calcium, iodine and vitamins (water, ALMOND (NUT) (2.3%), calcium [calcium carbonate], sea salt, stabilisers [Guar gum, Gellan gum], natural flavouring, emulsifier [Lecithin], vitamins B12, D2, E, potassium iodide), Maple Flavoured Syrup (partially inverted refiners syrup, natural flavourings), Hemp seeds, Chia seeds, Vanilla Essence (water, Monopropylene Glycol, colour [caramel E150a], flavourings), 100% Cocoa Powder, Blueberries, ALMONDS (NUTS).</p> <p>May Contain - Egg, Milk, Sesame, Soya, Sulphur Dioxide Vegan, Vegetarian</p>

MANCHESTER PASTRIES & SAVOURIES	
Plan Croissant 291 kcal	Flour WHEAT (GLUTEN) , water, salt, butter (MILK), MILK powder, honey, sugars, yeast, EGG . May Contain - Nuts, Peanuts, Sesame, Soya, Sulphur Dioxide Vegetarian
Pain au Chocolat 358 kcal	Flour WHEAT (GLUTEN) , water, salt, butter (MILK), MILK powder, honey, sugar, EGG , yeast, chocolate [cocoa mass, cocoa butter, sugar, vanilla, SOYA lecithin]. May Contain - Nuts, Peanuts, Sesame, Sulphur Dioxide Vegetarian
Pain aux Raisin 390 kcal	Flour WHEAT (GLUTEN) , water, salt, butter (MILK), honey, sugars, EGG , yeast, raisins, crème pâtissière (MILK), stock syrup. May Contain - Nuts, Peanuts, Sesame, Soya, Sulphur Dioxide Vegetarian
Almond Croissant 382 kcal	Flour (WHEAT), water, salt, butter (MILK), honey, sugars, EGG , yeast, frangipane mix [ground ALMONDS (NUTS) , EGG , MILK powder], tree nuts flaked ALMOND (NUTS) . May Contain - Peanuts, Sesame, Soya, Sulphur Dioxide Vegetarian
Vegan Cinnamon Bun 546 kcal	WHEAT (GLUTEN) flour (calcium carbonate, iron, niacin, thiamin), plant butter (plant oils (sustainable palm, sunflower, rapeseed)), water, sea salt, fava bean preparation, emulsifier (sunflower lecithin), natural flavourings), SOYA drink (water, SOYA beans, apple extract, acidity regulators (monopotassium phosphate, dipotassium phosphate), calcium carbonate, sea salt, gellan gum, vitamins B2, B12, D2), light brown sugar, dark brown sugar, water, sugar, wholemeal WHEAT (GLUTEN) flour, WHEAT (GLUTEN) enzymes, sourdough (RYE (GLUTEN) flour, water, starter culture), orange zest, yeast, cinnamon 1%, golden syrup, rapeseed oil, salt, orange juice, lemon juice, vanilla extract, SOYA lecithin. May Contain - Eggs, Milk, Nuts, Peanuts, Sulphur Dioxide Vegan, Vegetarian
Vegan Chocolate Banana Bread 476 kcal	Banana puree 27%, WHEAT (GLUTEN) flour (WHEAT (GLUTEN) flour, calcium carbonate, iron, niacin, thiamin), light brown sugar, dark chocolate 9% (sugar, cocoa mass, cocoa butter, emulsifier (SOYA lecithins), natural vanilla flavouring), rapeseed oil, coconut oil, apricot jam (apricots, sugar, citric acid), flax seeds, raising agent (sodium bicarbonate), water, ground cinnamon <1%, raising agents (disodium diphosphate, sodium hydrogen carbonate), salt. May Contain - Eggs, Milk, Nuts, Peanuts, Sulphur Dioxide Vegan, Vegetarian
Pistachio Cream Cookie 353 kcal	Flour (WHEAT), Sugar, Unsalted Butter (MILK), PISTACHIO Cream [Vegetable Oil, Sugar, PISTACHIOS , Skimmed MILK Powder, Lactose (MILK), Emulsifier: SOYA Lecithin, Flavourings], EGG Yolks, PISTACHIO Paste [PISTACHIOS , Flavouring, Icing Sugar, Natural Food Colouring, Sunflower Oil], Margarine [Vegetable Oils And Fats, Water, Emulsifiers: Mono And Diglycerides Of Fatty Acids, Sunflower Lecithin, Acid: Citric Acid, Natural Flavour], EGGS , PISTACHIOS , Baking Powder, Salt. May Contain - Peanuts, Sulphur Dioxide Vegetarian
White Chocolate & Hazelnut Cookie 417 kcal	Flour (WHEAT), Sugar, White Chocolate And HAZELNUT Flavoured Filling [Sugar, Vegetable Fat, Vegetable Oil, Skimmed MILK Powder, HAZELNUTS , Whey (MILK) Powder, Lactose (MILK), Emulsifier: SOYA Lecithin, Flavouring], Unsalted Butter (MILK), EGG Yolks, Belgian Chocolate MILK Callets [Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier: SOYA Lecithin, Natural Vanilla Flavouring], Belgian Chocolate White Callets [Sugar, Whole MILK Powder, Cocoa Butter, Skimmed MILK Powder, Emulsifier: SOYA Lecithin, Natural Vanilla Flavouring], Margarine [Vegetable Oils And Fats, Water, Emulsifiers: Mono And Diglycerides Of Fatty Acids, Sunflower Lecithin, Acid: Citric Acid, Natural Flavouring], HAZELNUTS , EGGS , Feuilletine [WHEAT Flour, Sugar, Vegetable Fat, MILK Fat, MILK Sugar, MILK Proteins, Salt, Malt Extract (BARLEY)], Emulsifier: Lecithins (Sunflower), Raising Agent: E500ii], Baking Powder, Salt May Contain - Peanuts, Sulphur Dioxide Vegetarian
Sausage Roll 348 kcal	Lincolnshire Sausagemeat (Pork 71%, Water, Rusk (WHEAT (GLUTEN) Flakes, Dextrose, Herbs, Sunflower Oil, Stabiliser: (Triphosphates), Spices, Preservative: (Sodium SULPHITES), Flavour, Antioxidant: (Ascorbic Acid)), Puff Pastry (Fortified WHEAT (GLUTEN) Flour (WHEAT (GLUTEN) Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier: (Mono & Diglycerides Of Fatty Acids)), Water), Pasteurised EGG Yolk. May Contain - Milk, Nuts, Mustard
Spinach and Cheese Roll 213 kcal	Spinach Filling (Spinach 26%, Onion, Combi Cheese (From Cow'S MILK), Pasteurised Whole EGG , Breadcrumbs (Fortified WHEAT (GLUTEN) Flour (WHEAT (GLUTEN) Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Yeast, Salt), OATMEAL (GLUTEN) , Salt, Mint, Allspice, Sumac, Black Pepper), Puff Pastry (Fortified WHEAT (GLUTEN) Flour (WHEAT (GLUTEN) Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier: (Mono & Diglycerides Of Fatty Acids), Water), Sundried Tomato & Red Pepper Relish 6% (Tomato, Sugar, Red Peppers, Sundried Tomato Paste (Sunflower Oil, Sundried Tomato, Water, Salt), White Grape Vinegar, Dried Onion Flakes, MUSTARD Seeds, Salt, Ginger), Pasteurised EGG Yolk, Pumpkin Seeds. May Contain - Nuts, Sulphur Dioxide Vegetarian

BIRMINGHAM PASTRIES & SAVOURIES	
Plain Croissant 448 kcal	WHEAT (GLUTEN) flour, Whole MILK , Butter (MILK), Sugar, Yeast, Salt. May Contain - Celery, Egg, Mustard, Nuts, Peanuts, Sesame, Soya, Sulphur Dioxide Vegetarian
Almond Croissant 963 kcal	Croissants [WHEAT (GLUTEN) flour, Whole MILK , Butter (MILK), Sugar, Yeast, Salt], Almonds (NUTS), Butter (MILK), Sugar, EGGS , WHEAT (GLUTEN) flour. May Contain - Celery, Mustard, Peanuts, Sesame, Soya, Sulphur Dioxide Vegetarian
Pain Au Chocolate 489 kcal	WHEAT (GLUTEN) flour, Whole MILK , Butter (MILK), Baking Chocolate Sticks (WHEAT, MILK, SULPHITES), Sugar, Yeast, Salt. May Contain - Celery, Egg, Mustard, Nuts, Peanuts, Sesame, Soya Vegetarian
Cheese & Tomato Croissant 713 kcal	Croissants [WHEAT (GLUTEN) flour, Whole MILK , Butter (MILK), Sugar, Yeast, Salt], Tomato, Cheese Sauce [whole MILK, WHEAT, EGGS, MUSTARD], Cheddar Cheese (MILK), Mozzarella (MILK). May Contain - Celery, Nuts, Peanuts, Sesame, Soya, Sulphur Dioxide Vegetarian
Ham & Cheese Croissant 726 kcal	Croissants [WHEAT (GLUTEN) flour, Whole MILK , Butter (MILK), Sugar, Yeast, Salt], Cheese Sauce [whole MILK, WHEAT, EGGS, MUSTARD], Cheddar Cheese (MILK), Ham, Mozzarella (MILK). May Contain - Celery, Nuts, Peanuts, Sesame, Soya, Sulphur Dioxide
Cumberland Sausage Roll 557 kcal	Cumberland Sausage Meat [WHEAT, MILK, SULPHITES], WHEAT (GLUTEN) flour, Butter (MILK), Water, Onion Seeds, Vinegar (BARLEY (GLUTEN)), Salt. May Contain - Celery, Egg, Nuts, Peanuts, Sesame, Soya
Focaccia Beef Sandwich 783 kcal	WHEAT (GLUTEN) flour, Onion Marmalade, Cheddar Cheese (MILK), Roast Beef (contain MUSTARD), Water, Rocket, Olive Oil, Salt, Yeast. May Contain - Celery, Egg, Nuts, Peanuts, Sesame, Soya
Lemon Drizzle Cake 516 kcal	Sugar, WHEAT (GLUTEN) flour with added Calcium, Iron, Niacin, Thiamin, EGGS , Butter (MILK), vegetable oil, MILK , Lemon Juice (SULPHITES), Baking Powder (Contains WHEAT). May Contain - Celery, Mustard, Nuts, Peanuts, Sesame, Soya Vegetarian
Chocolate Brownie 710 kcal	Sugar, Butter (MILK), Chocolate, Soybeans (SOYA), EGGS , Gluten Free Flour, Vanilla Essence, Salt. May Contain - Celery, Gluten, Mustard, Nuts, Peanuts, Sesame, Sulphur Dioxide Vegetarian
Maple & Pecan Danish 596 kcal	WHEAT (GLUTEN) flour, Whole MILK , Butter (MILK), Sugar, Yeast, Salt, Sugar, Maple Syrup, MILK , Pecan Nuts (NUTS), EGG Yolk, WHEAT (GLUTEN) flour, Custard Powder (MILK), Vanilla Essence. May Contain - Celery, Mustard, Peanuts, Sesame, Soya, Sulphur Dioxide Vegetarian
Vegan Chocolate Banana Bread 476 kcal	Banana puree 27%, WHEAT (GLUTEN) flour (WHEAT (GLUTEN) flour, calcium carbonate, iron, niacin, thiamin), light brown sugar, dark chocolate 9% (sugar, cocoa mass, cocoa butter, emulsifier (SOYA lecithins), natural vanilla flavouring), rapeseed oil, coconut oil, apricot jam (apricots, sugar, citric acid), flax seeds, raising agent (sodium bicarbonate), water, ground cinnamon <1%, raising agents (disodium diphosphate, sodium hydrogen carbonate), salt. May Contain - Eggs, Milk, Nuts, Peanuts, Sulphur Dioxide Vegan, Vegetarian
Vegan Cinnamon Bun 546 kcal	WHEAT (GLUTEN) flour (calcium carbonate, iron, niacin, thiamin), plant butter (plant oils (sustainable palm, sunflower, rapeseed), water, sea salt, fava bean preparation, emulsifier (sunflower lecithin), natural flavourings), SOYA drink (water, SOYA beans, apple extract, acidity regulators (monopotassium phosphate, dipotassium phosphate), calcium carbonate, sea salt, gellan gum, vitamins B2, B12, D2), light brown sugar, dark brown sugar, water, sugar, wholemeal WHEAT (GLUTEN) flour, WHEAT (GLUTEN) enzymes, sourdough (RYE (GLUTEN) flour, water, starter culture), orange zest, yeast, cinnamon 1%, golden syrup, rapeseed oil, salt, orange juice, lemon juice, vanilla extract, SOYA lecithin. May Contain - Eggs, Milk, Nuts, Peanuts, Sulphur Dioxide Vegan, Vegetarian
Pistachio Cream Cookie 353 kcal	Flour WHEAT (GLUTEN) , Sugar, Unsalted Butter (MILK), PISTACHIO (NUTS) Cream [Vegetable Oil, Sugar, PISTACHIOS (NUTS) , Skimmed MILK Powder, Lactose (MILK), Emulsifier: SOYA Lecithin, Flavourings], EGG Yolks, PISTACHIO (NUTS) Paste [PISTACHIOS (NUTS) , Flavouring, Icing Sugar, Natural Food Colouring, Sunflower Oil], Margarine [Vegetable Oils And Fats, Water, Emulsifiers: Mono And Diglycerides Of Fatty Acids, Sunflower Lecithin, Acid: Citric Acid, Natural Flavour], EGGS, PISTACHIOS (NUTS) , Baking Powder, Salt. May Contain - Peanuts, Sulphur Dioxide Vegetarian
White Chocolate & Hazelnut Cookie 417 kcal	Flour (WHEAT), Sugar, White Chocolate And HAZELNUT Flavoured Filling [Sugar, Vegetable Fat, Vegetable Oil, Skimmed MILK Powder, HAZELNUTS , Whey (MILK) Powder, Lactose (MILK), Emulsifier: SOYA Lecithin, Flavouring], Unsalted Butter (MILK), EGG Yolks, Belgian Chocolate MILK Callets [Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier: SOYA Lecithin, Natural Vanilla Flavouring], Belgian Chocolate White Callets [Sugar, Whole MILK Powder, Cocoa Butter, Skimmed MILK Powder, Emulsifier: SOYA Lecithin, Natural Vanilla Flavouring], Margarine [Vegetable Oils And Fats, Water, Emulsifiers: Mono And Diglycerides Of Fatty Acids, Sunflower Lecithin, Acid: Citric Acid, Natural Flavouring], HAZELNUTS, EGGS , Feuilletine [WHEAT Flour, Sugar, Vegetable Fat, MILK Fat, MILK Sugar, MILK Proteins, Salt, Malt Extract (BARLEY), Emulsifier: Lecithins (Sunflower), Raising Agent: E500ii], Baking Powder, Salt May Contain - Peanuts, Sulphur Dioxide Vegetarian