

# COFFEE REPUBLIC

## NUTRITION AND ALLERGEN GUIDE

### INTRODUCTION

To try and help our customers make the right choice we publish nutritional information for calories (kcal) and saturated fats (grams) on the pricing labels for “loosely” sold items as well as the relevant 14 key symbols for allergens.

For pre-packaged items e.g. crisps, chocolate bars and cake bars, the required information is available on the back of pack.

### NUTRITIONAL INFORMATION

Nutritional information is provided per portion.

The data on the following Nutritional information is available for each product that we sell in the following pages:

Energy and kcal, Fat, Saturated Fat, Carbohydrates, Sugar, Protein and Sodium.

### Drinks

Please note that all our drinks nutritional information has been calculated using published available data. Milk based drinks have been calculated using fresh semi-skimmed milk may be subject to some natural seasonal variation.

Coffee drinks are calculated using the Coffee Republic Italian Blend (caffeinated) made to our brand standard.

*Please note: Information for decaffeinated coffee will be the same.*



# ALLERGEN INFORMATION

We fully understand that allergic reactions can make some people very ill and in extreme cases may lead to death. We want to do our best to make sure our customers don't consume the foods and drinks they are allergic to. We can't guarantee our food is suitable for those with allergies, but to make things as easy as possible, we've put together this handy guide with information about any allergens contained within our products.

Please remember to check our guide regularly as recipes do change from time to time.

We list the presence of the following allergens in our food and drinks: Eggs, Milk, Fish, Crustaceans (like crayfish), Molluscs (like mussels, oysters & squid), Peanuts, Tree Nuts, Sesame, Cereals Containing Gluten (these are wheat, rye and barley), Soya, Celery & Celeriac, Mustard, Lupin, Sulphur Dioxide and Sulphites.



*NB: We have taken all reasonable steps to ensure that the information provided within the tables is accurate. However, please note that whilst we take as much care as possible in our in-house kitchens we cannot rule out the risk of cross contamination. The allergen status of products may change once displayed or heated.*

*Your statutory rights are not affected.*

# ALLERGEN INFORMATION

Allergy data detailed in the tables has been derived from technical specifications obtained from the suppliers of the products.

'No' means that the allergen is not part of the product.

'Yes' means that the allergen is present and indicates that the product is therefore not suitable for a customer with an allergy or intolerance to it.

Dairy includes all products containing milk or milk derivatives e.g. cheese, butter, yoghurt.

The Nut column indicates the presence of the following; almonds, Brazils, cashews, hazelnuts, macadamias, pecans, pistachios, walnuts & their respective derivatives.

## Vegetarians/Vegans

The 'Yes in the column means suitable for Vegetarians/Vegans'.

### Key

#### *Allergens Column*

*YES =Contains allergen      NO =Does not contain allergen*

#### *Vegetarian/Vegan Columns*

*YES =Suitable for this diet      NO =Unsuitable for this diet*

## Disclaimer

*The Food Information to Consumer Regulations ("FIC"), which are applicable from 13 December 2014, require us to make available allergen information for products, to provide greater access to key information and, therefore, choice to the consumer.*

*Coffee Republic is committed to supporting and assisting our customers in complying with our obligations under the FIC, and has compiled the following allergen information based on information provided by such suppliers. This information is provided in good faith by Coffee Republic, as a tool for our customers, but it should be noted that Coffee Republic is reliant on the accuracy and completeness of allergen information provided by its suppliers. This information applies to the deliberate ingredients used in the product.*

*Whilst Coffee Republic does what it can to ensure that this information is up-to-date and accurate, Coffee Republic cannot be responsible for any inaccuracies or omissions in this information by its suppliers.*

## DRINKS NUTRITIONAL INFORMATION

Nutrition information is provided using Fresh Semi-skimmed Milk unless otherwise stated.

	Energy / Calories (kcal)			Total Fat (g)			Saturated Fat (g)			Carbohydrate (g)			Of which Sugars (g)			Protein (g)			Sodium (mg)			Caffeine (mg)				
	Tall	Regular	Supremo	Tall	Regular	Supremo	Tall	Regular	Supremo	Tall	Regular	Supremo	Tall	Regular	Supremo	Tall	Regular	Supremo	Tall	Regular	Supremo	Tall	Regular	Supremo		
<b>Coffees</b>																										
Espresso	0.6	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	0.0	63.0	126.0	0.0		
Americano (With Milk)	16.5	17.1	17.7	0.5	0.5	0.5	0.3	0.3	0.3	1.6	1.6	1.6	1.6	1.6	1.6	1.1	1.1	1.1	0.1	0.1	0.1	126.0	189.0	252.0		
Cappuccino	102.7	137.5	131.7	3.5	4.7	4.5	2.1	2.8	2.7	10.4	13.9	13.3	10.4	13.9	13.3	7.1	9.5	9.0	0.4	0.6	0.5	126.0	126.0	189.0		
Cafe Latte	133.6	204.1	214.6	4.6	7.0	7.4	2.7	4.1	4.3	13.5	20.7	21.7	13.5	20.7	21.7	9.2	14.1	14.8	0.5	0.8	0.9	126.0	126.0	189.0		
Flat White 10oz (Full Fat Milk)	126.1			7.0			4.5			9.2			9.2			6.3			0.4			126.0				
Caramel Macchiato	141.7	181.6	180.8	3.9	5.1	4.9	2.3	3.0	2.9	19.5	24.3	25.0	14.0	17.6	16.9	7.2	9.6	9.2	0.4	0.6	0.6	126.0	126.0	189.0		
Mocha	269.0	345.4	381.2	5.9	7.6	8.0	3.5	4.6	4.8	48.3	61.3	70.2	38.5	49.1	55.5	9.1	12.0	12.1	76.5	95.4	114.4	126.0	126.0	189.0		
<b>Hot Chocolate</b>																										
Classic Hot Chocolate	267.8	344.1	379.3	5.9	7.6	8.0	3.5	4.6	4.8	48.3	61.3	70.1	38.5	49.1	55.5	9.1	12.0	12.0	76.5	95.7	114.7	0.0	0.0	0.0		
Luxury Hot Chocolate	355.7	432.0	467.2	11.2	13.0	13.4	6.8	7.9	8.1	61.4	74.4	83.3	48.3	58.9	65.3	10.2	13.1	13.2	93.9	113.0	132.1	0.0	0.0	0.0		
White Chocolate	223.8	319.8	374.7	10.0	14.4	17.4	4.4	6.3	7.4	25.4	36.4	43.3	25.3	36.3	43.2	8.1	11.1	11.2	0.7	1.0	1.1	0.0	0.0	0.0		
Chai Latte	209.9	298.9	346.8	7.2	10.2	11.8	5.4	7.7	9.3	27.3	39.3	47.1	25.9	37.2	44.3	8.9	12.2	12.7	0.6	0.8	0.9	0.0	0.0	0.0		
<b>Large Leaf Pyramid Tea bags</b>		All Sizes		All Sizes		All Sizes		All Sizes		All Sizes		All Sizes		All Sizes		All Sizes		All Sizes		All Sizes		All Sizes		All Sizes		All Sizes
English Breakfast (Without Milk)		3.0		0.3				0.3			0.3			0.3			0.0			0.0						
Sapphire Earl Grey (Without Milk)		2.5		0.3				0.3			0.3			0.3			0.0			0.0						
Decaff Ceylon		3.0		0.3				0.3			0.3			0.3			0.0			0.0						
Dragonwell Green		2.5		0.3				0.3			0.3			0.3			0.0			0.0						
Egyptian Mint		2.0		0.2				0.2			0.2			0.2			0.0			0.0						
Citrus Chamomile		2.0		0.2				0.2			0.2			0.2			0.0			0.0						
Persian Pomegranate		3.0		0.3				0.3			0.3			0.3			0.0			0.0						
<b>Iced Coffees</b>		Regular		Regular		Regular		Regular		Regular		Regular		Regular		Regular		Regular		Regular		Regular		Regular		Regular
Iced Latte		110.0		3.4				2.0			12.0			10.0			7.6			1.2			150.0			
Iced Mocha		317.9		6.3				3.8			59.4			45.2			10.1			96.4			150.0			
Café Freezer		312.1		9.6				7.5			46.6			44.6			9.5			1.7			150.0			
Mocha Freezer		395.2		10.7				8.2			59.4			58.7			10.5			39.8			150.0			
<b>Thick Shake</b>		Regular		Regular		Regular		Regular		Regular		Regular		Regular		Regular		Regular		Regular		Regular		Regular		Regular
Thick Shake Cookies And Cream		587.8		17.6				11.0			95.1			72.7			12.1			22.0			0.0			
Thick Shake Strawberry Cheesecake		431.8		11.5				6.4			47.7			47.7			7.9			0.7			0.0			
Thick Shake Banoffee Pie		401.5		8.4				5.8			75.0			63.3			6.8			0.5			0.0			
Thick Shake Toffee Apple Crumble		578.7		13.0				7.4			107.8			73.6			8.2			0.7			0.0			
<b>Fruit Freezer</b>		Regular		Regular		Regular		Regular		Regular		Regular		Regular		Regular		Regular		Regular		Regular		Regular		Regular
Mango Fusion		180.6		0.2				0.0			44.8			38.6			0.6			0.0			0.0			
Very Berry		268.0		0.2				0.0			63.4			52.0			0.2			0.0			0.0			
Strawberry Sensation		378.0		0.0				0.0			57.6			57.6			0.6			0.0			0.0			
Passionfruit Crush		316.0		0.2				0.0			63.4			52.0			0.2			0.0			0.0			
<b>Lemonade</b>		Regular		Regular		Regular		Regular		Regular		Regular		Regular		Regular		Regular		Regular		Regular		Regular		Regular
Lemonade Traditional		120.0		0.0				0.0			28.0			27.3			0.3			0.0			0.0			
Lemonade Mint		120.0		0.0				0.0			28.0			27.3			0.3			0.0			0.0			
Lemonade Cherry		149.8		0.0				0.0			35.3			32.7			0.3			0.0			0.0			
<b>Freshly Infused Iced Teas</b>		Regular		Regular		Regular		Regular		Regular		Regular		Regular		Regular		Regular		Regular		Regular		Regular		Regular
Iced Apple & Minty Green Tea		95.2		0.3				0.3			22.7			18.5			0.0			0.0			0.0			
Fruity Boston Iced Infusion		70.0		0.4				0.3			16.2			13.3			0.0			0.0			0.0			
Lady Grey Lemon Cooler		75.0		0.3				0.3			18.0			17.9			0.3			0.1			0.0			

## ALTERNATIVE MILK CALORIES INFORMATION

	Whole Milk			Semi Skimmed Milk			Skimmed Milk			Soya Milk Alternative			Oat Milk Alternative			Coconut Milk Alternative											
	Energy / Calories (kcal)	Energy / Calories (kcal)	Energy / Calories (kcal)	Energy / Calories (kcal)	Energy / Calories (kcal)	Energy / Calories (kcal)	Energy / Calories (kcal)	Energy / Calories (kcal)	Energy / Calories (kcal)	Energy / Calories (kcal)	Energy / Calories (kcal)	Energy / Calories (kcal)	Energy / Calories (kcal)	Energy / Calories (kcal)	Energy / Calories (kcal)	Energy / Calories (kcal)	Energy / Calories (kcal)										
<b>Coffees</b>																											
Americano (With Milk)	24.3	24.9	25.6	16.5	17.1	17.7	12.0	12.6	13.3	14.5	15.1	15.7	19.0	19.6	20.2	43.0	43.6	44.2									
Cappuccino	142.1	186.2	185.6	102.7	137.5	131.7	66.0	96.7	94.4	101.1	135.9	130.4	131.1	165.3	158.2	307.1	387.7	370.2									
Cafe Latte	199.7	266.9	279.7	133.6	204.1	214.6	100.4	153.0	159.1	131.9	201.5	211.8	160.6	245.5	258.0	376.6	576.7	605.2									
Caramel Macchiato	181.1	230.3	234.7	141.7	181.6	180.8	105.1	140.8	143.5	140.2	180.0	179.5	170.1	209.4	207.3	346.1	431.8	419.3									
Mocha	308.4	394.1	435.1	269.0	345.4	381.2	232.3	304.6	343.9	267.5	343.8	379.9	297.4	373.2	407.7	473.4	595.6	619.7									
<b>Hot Chocolate</b>																											
Classic Hot Chocolate	307.1	392.9	433.2	267.8	344.1	379.3	231.1	303.4	342.0	266.2	342.5	378.0	296.1	371.9	405.8	472.1	594.3	617.8									
Luxury Hot Chocolate	395.0	480.8	521.1	355.7	432.0	467.2	319.0	391.3	429.9	354.1	430.5	465.9	384.0	459.8	493.7	560.0	682.2	705.7									
White Chocolate	263.2	368.6	428.5	223.8	319.8	374.7	187.2	279.1	337.3	222.3	318.2	373.3	252.2	347.6	401.2	428.2	570.0	613.2									
Chai Latte	249.3	347.7	400.6	209.9	298.9	346.8	173.2	258.2	309.5	208.4	297.4	345.4	238.3	326.7	373.3	414.3	549.1	585.3									

## COFFEE REPUBLIC DRINKS ALLERGEN INFORMATION

	Cereals containing Gluten				Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs	GM	Suitable Vegetarian	Suitable Vegan	
	Wheat	Barley	Oats	Rye																	
<b>Hot Drinks</b>																					
Latte	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	Yes	No
Cappuccino	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	Yes	No
Babychino	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No
Espresso / Americano (no milk)	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes
Macchiato	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	Yes	No
Espresso con Panna	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	Yes	No
Caramel Macchiato	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	Yes	No
Flat White	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	Yes	No
Mocha	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	Yes	No
Hot Chocolate	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	Yes	No
Luxury Hot Chocolate	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No	No	No	No	No	No	Yes	No
White Hot Chocolate	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	Yes	No
Chai Latte	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	Yes	No
<b>Cold Drinks</b>																					
Cafe Freezer	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	Yes	No
Luxury Iced Mocha Freezer	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No	No	No	No	No	No	Yes	No
Cookies & Cream	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	Yes	No
Strawberry Cheesecake	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	Yes	No
Banana Pie	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	Yes	No
Toffee Apple Crumble	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	Yes	No
Mango Fusion	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes
Strawberry Sensation	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes
Very Berry	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes
Passion Fruit Crush	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes
Lemonade	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes
Cherry Lemonade	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes
Apple & Minty Green Infusion Tea	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes
Fruity Boston Iced Freshly Infusion Tea	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes
Lady Grey Lemon Freshly Infusion Tea	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	Yes	Yes
Lemon Iced Tea	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	Yes	Yes
Peach Iced Tea	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	Yes	Yes
<b>Milks, Syrups &amp; Extras</b>																					
Skimmed Milk	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	Yes	No
Semi Skimmed Milk	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	Yes	No
Whole Milk	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	Yes	No
Fresh Whipping Cream	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	Yes	No
Alpro Coconut Milk	No	No	No	No	No	No	No	No	Yes	No	Trace	No	No	No	No	No	No	0	Yes	Yes	Yes
Alpro Soya Cal & Vitis Sweetened	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	0	Yes	No	Yes
Alpro Soya Organic Unsweetened	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	0	Yes	No	No
Oatly Oat Milk Barista Edition	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes
Hazelnut Syrup	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes
Caramel Syrup	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes
Vanilla Syrup	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes
Sugar Free Caramel Syrup	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes
Sugar Free Vanilla Syrup	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes
Mini White Marshmallows	No	No	No	No	No	No	No	No	No	Trace	No	No	No	No	No	No	No	No	No	No	No
CR Biscuit Crumb	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes
CR Choc Bisc Crumb	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes
CR Mini Choc Balls	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No	No	No	No	No	No	Yes	No

## BREAKFAST NUTRITIONAL INFORMATION

	Energy (kj)	Energy (kcal)	Fat(g)	Of Which Saturates(g)	Carbohydrates(g)	Of Which Sugars(g)	Fibre(g)	Sodium(g)	Protein(g)	Salt(g)
Bacon Roll	1455.7	346.2	12.4	4.2	39.6	3.2	2.9	0.0	17.8	2.2
Sausage in a Roll	1884.9	449.4	18.0	6.0	49.0	4.2	3.8	0.0	21.0	2.8
Cheese & Tomato Roll	1281.1	304.5	9.9	5.0	40.2	3.9	2.7	0.0	12.4	1.2
Full English Breakfast Roll	1846.4	369.8	13.9	3.8	41.5	4.6	2.8	0.0	18.8	2.1
Salmon & Egg Croissant	2200.6	471.3	28.5	13.7	38.4	6.0	1.2	0.0	15.1	1.7
Ham & Cheese Croissant	1966.9	470.9	26.2	16.1	38.1	5.7	1.4	0.0	20.1	1.8
Egg & Bacon Croissant	2561.3	557.7	34.3	16.5	38.8	6.4	1.4	0.0	23.2	2.7
Smoked Salmon & Cream Cheese Bagel	1789.5	425.4	11.7	4.0	59.0	6.5	3.0	0.1	19.3	1.8
Bacon Bagel	1722.0	408.8	10.0	3.9	58.8	6.2	3.1	0.1	19.3	1.8
Bircher	1172.8	278.4	4.4	1.5	47.9	25.7	3.1	0.0	9.9	0.2
Raspberry Yoghurt Granola	1729.5	410.6	9.2	3.7	66.7	34.7	5.1	0.0	12.7	0.2
Strawberry Yoghurt Granola	1730.7	410.6	9.2	3.7	67.0	35.0	4.9	0.0	12.6	0.2
Raspberry Yoghurt	979.2	231.5	1.7	1.0	47.3	41.1	0.6	0.0	6.3	0.2
Strawberry Yoghurt	981.6	231.5	1.7	1.0	47.8	41.7	0.2	0.0	6.2	0.2
Granola Cereal	1574.6	374.5	11.3	4.7	52.7	19.0	5.6	0.0	12.7	0.3
Porridge (Semi Skimmed Milk)	1248.0	297.9	7.4	2.4	43.5	8.1	5.4	0.0	11.7	0.3
Full English Breakfast	3671.7	879.1	48.7	19.2	58.4	7.7	6.0	0.0	48.8	6.5
Baked Beans on Toast	576.4	136.0	0.4	0.0	25.1	3.4	3.4	0.0	6.3	0.7
Scrambled Egg on Toast	854.5	203.5	8.3	2.0	18.9	1.3	1.0	0.0	12.8	1.4
Hot Toast	786.0	188.3	11.7	7.3	17.0	0.7	1.0	0.0	3.3	0.6

## COFFEE REPUBLIC BREAKFAST ALLERGEN INFORMATION

	Cereals containing Gluten				Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs	GM	Suitable Vegetarian	Suitable Vegan
	Wheat	Barley	Oats	Rye																
Bacon Roll	Yes	No	No	No	No	No	No	No	No	No	No	No	No	Trace	No	No	No	No	No	No
Sausage in a Roll	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	Trace	No	No	No	No	No	No
Cheese & Tomato Roll	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	Trace	No	No	No	No	Yes	No
Full English Breakfast Roll	Yes	No	No	No	No	Yes	No	No	No	No	No	No	Yes	Trace	No	No	No	No	No	No
Salmon & Egg Croissant	Yes	No	No	No	No	Yes	Yes	No	Trace	Yes	No	No	Yes	No	No	No	No	No	No	No
Ham & Cheese Croissant	Yes	No	No	No	No	Yes	No	No	Trace	Yes	No	No	No	No	No	No	No	No	No	No
Egg & Bacon Croissant	Yes	No	No	No	No	Yes	No	No	Trace	Yes	No	No	Yes	No	No	No	No	No	No	No
Smoked Salmon & Cream Cheese Bagel	Yes	Yes	No	Yes	No	No	Yes	No	No	Yes	No	No	No	Trace	No	No	No	No	No	No
Bacon Bagel	Yes	Yes	No	Yes	No	No	No	No	No	Yes	No	No	No	Trace	No	No	No	No	No	No
Bircher	Trace	Trace	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	Yes	No
Granola	Trace	No	Yes	No	No	No	No	No	No	Yes	Yes	No	No	No	No	No	No	No	Yes	No
Yoghurt Pot	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	Yes	No
Porridge	Trace	Trace	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	Yes	No
Hot Toast	Yes	Yes	Trace	Trace	No	No	No	No	Yes	Yes	No	No	No	No	No	No	No	No	Yes	No
Full English Breakfast	Yes	Yes	Trace	Trace	No	Yes	No	No	Yes	Yes	No	No	No	No	No	No	No	No	Yes	No
Baked Beans on Toast	Yes	Yes	Trace	Trace	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	Yes	No
Scrambled Egg on Toast	Yes	Yes	Trace	Trace	No	Yes	No	No	Yes	Yes	No	No	No	No	No	No	No	No	Yes	No

## SANDWICHES NUTRITIONAL INFORMATION

	Energy (kj)	Energy (kcal)	Fat(g)	Of Which Saturates(g)	Carbohydrates(g)	Of Which Sugars(g)	Fibre(g)	Sodium(g)	Protein(g)	Salt(g)
Free Range Egg and Cress	1996.9	336.3	14.4	2.8	36.2	2.3	2.0	0.0	15.2	1.4
Chicken and Bacon	2041.0	365.8	13.6	3.0	39.1	4.4	2.5	0.0	21.0	2.3
British Wiltshire Ham and Egg	2114.4	364.3	14.4	2.7	37.6	2.6	2.6	0.0	20.3	2.3
BLT	2112.8	378.3	16.8	4.3	38.3	4.4	2.4	0.0	18.0	2.5
Cheddar & Caramelised Onion Chutney	2307.0	488.2	23.6	12.5	45.2	10.3	2.6	0.0	22.8	2.0
Free Range Egg and Cress	1996.9	336.3	14.4	2.8	36.2	2.3	2.0	0.0	15.2	1.4
Tuna mayonnaise and Rocket	1830.8	342.2	11.3	1.7	36.0	2.4	2.3	13.0	23.4	1.4
British Wiltshire Ham and Salad	1498.1	292.7	6.3	1.2	40.1	5.5	2.6	0.0	17.8	2.0
Chicken and Avocado	1860.1	358.8	11.1	1.8	40.2	3.3	4.2	0.0	22.8	1.4
Smoked Salmon and Rocket	1318.3	314.2	13.1	3.3	34.0	1.4	2.2	0.0	14.1	1.9
Crayfish and Roquette	1134.3	269.2	6.4	0.7	35.4	1.8	2.3	0.0	16.6	1.8

## COFFEE REPUBLIC SANDWICHES ALLERGEN INFORMATION

	Cereals containing Gluten				Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs	GM	Suitable Vegetarian	Suitable Vegan
	Wheat	Barley	Oats	Rye																
Chicken and Bacon	Yes	Yes	Trace	Trace	No	Yes	No	No	Yes	No	No	No	Yes	No	No	No	No	No	No	No
Ham and Eggs	Yes	Yes	Trace	Trace	No	Yes	No	No	Yes	No	No	No	Yes	No	No	No	No	No	No	No
BLT	Yes	Yes	Trace	Trace	No	Yes	No	No	Yes	No	No	No	Yes	No	No	No	No	No	No	No
Cheese & Caramelised Onion Chutney	Yes	Yes	Trace	Trace	No	Yes	No	No	Yes	Yes	No	No	Yes	No	Yes	No	No	No	Yes	No
Egg & Cress	Yes	Yes	Trace	Trace	No	Yes	No	No	Yes	No	No	No	Yes	No	No	No	No	No	Yes	No
Tuna Mayo	Yes	Yes	Trace	Trace	No	Yes	Yes	No	Yes	No	No	No	Yes	No	No	No	No	No	Yes	No
Ham Salad	Yes	Yes	Trace	Trace	No	Yes	No	No	Yes	No	No	No	Yes	No	No	No	No	No	No	No
Chicken Avocado	Yes	Yes	Trace	Trace	No	Yes	No	No	Yes	Yes	No	No	Yes	No	No	No	No	No	No	No
Salmon & Roquette	Yes	Yes	Trace	Trace	No	No	Yes	No	Yes	No	No	No	No	No	No	No	No	No	No	No
Crayfish & Roquette	Yes	Yes	Trace	Trace	Yes	No	No	No	Yes	No	No	No	Yes	No	No	No	No	No	No	No
Goats Cheese	Yes	Yes	Trace	Trace	No	No	No	No	Yes	Yes	No	No	No	No	Yes	No	No	No	Yes	No
Indian Summer Twist	Yes	Yes	Trace	Trace	No	No	No	No	Yes	Yes	No	No	No	No	No	No	No	No	Yes	No

## TOASTIES NUTRITIONAL INFORMATION

	Energy (kj)	Energy (kcal)	Fat(g)	Of Which Saturates(g)	Carbohydrates(g)	Of Which Sugars(g)	Fibre(g)	Sodium(g)	Protein(g)	Salt(g)
Tuna Melt	2041.3	470.5	17.0	8.7	50.8	3.7	3.1	6.2	27.4	2.2
Chicken & Bacon	2351.1	432.8	13.2	3.1	51.4	2.7	2.9	0.0	26.5	2.6
Pulled Pork	2224.0	528.8	19.7	10.1	57.3	8.9	3.4	0.0	29.2	2.2
Cheese & Tomato	1797.5	426.5	13.9	8.2	54.6	7.2	3.1	0.0	19.7	1.9
Ham & Cheese	2149.2	512.0	22.6	11.0	49.0	1.8	3.0	0.0	27.0	2.7
Tuna Melt	2041.3	470.5	17.0	8.7	50.8	3.7	3.1	6.2	27.4	2.2
Cheese & Caramelised Onion Chutney	2146.6	510.6	20.1	12.1	56.7	8.3	3.2	0.0	24.5	2.2
Cheese and Marmite	2386.9	569.3	27.6	14.5	51.5	1.8	2.9	0.0	27.8	3.4

## COFFEE REPUBLIC TOASTIES ALLERGEN INFORMATION

	Cereals containing Gluten				Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs	GM	Suitable Vegetarian	Suitable Vegan	
	Wheat	Barley	Oats	Rye																	
Chicken & Bacon Toastie	Yes	Yes	Trace	Trace	No	Yes	No	No	Yes	No	No	No	Yes	No	No	No	No	No	No	No	No
Pulled Pork Toastie	Yes	Yes	Trace	Trace	No	No	No	No	Yes	Yes	No	No	Yes	No	Yes	No	No	No	No	No	No
Cheese & Tomato Toastie	Yes	Yes	Trace	Trace	No	No	No	No	Yes	Yes	No	No	Yes	No	No	No	No	No	No	Yes	No
Ham & Cheese Toastie	Yes	Yes	Trace	Trace	No	No	No	No	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No
Tuna Melt Toastie	Yes	Yes	Trace	Trace	No	Yes	Yes	No	Yes	Yes	No	No	Yes	No	No	No	No	No	No	No	No
Cheese and Caramelised Onion Chutney	Yes	Yes	Trace	Trace	No	No	No	No	Yes	Yes	No	No	No	No	Yes	No	No	No	No	Yes	No
Cheese and Marmite Toastie	Yes	Yes	Yes	Yes	No	No	No	No	Yes	Yes	No	Yes	No	No	No	No	No	No	No	Yes	No

## BAGUETTES NUTRITIONAL INFORMATION

	Energy (kj)	Energy (kcal)	Fat(g)	Of Which Saturates(g)	Carbohydrates(g)	Of Which Sugars(g)	Fibre(g)	Sodium(g)	Protein(g)	Salt(g)
Ploughmans no Ham	2393.0	568.8	14.7	8.3	82.0	16.1	6.7	0.0	23.7	2.1
Ham & Cheese	2840.1	620.7	20.7	9.5	70.7	5.4	6.4	0.0	35.0	3.6
Brie & Cranberry	2680.7	637.9	21.0	13.8	87.0	23.2	6.1	0.0	22.4	2.3
Tuna & Cucumber	2463.3	541.1	12.0	1.9	69.3	5.3	6.0	18.6	36.4	2.1
Egg, Bacon & Mayo	2812.7	585.9	19.8	5.4	69.6	5.4	5.9	0.0	29.9	3.3
Ploughmans no Ham	2393.0	568.8	14.7	8.3	82.0	16.1	6.7	0.0	23.7	2.1
Ploughmans Ham	2619.4	622.8	16.5	8.8	82.6	16.2	6.9	0.0	32.6	3.0

## COFFEE REPUBLIC BAGUETTES ALLERGEN INFORMATION

	Cereals containing Gluten				Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs	GM	Suitable Vegetarian	Suitable Vegan	
	Wheat	Barley	Oats	Rye																	
Ham & Cheese Baguette	Yes	No	No	No	No	Yes	No	No	No	Yes	No	No	Yes	Trace	No	No	No	No	No	Yes	No
Brie & Cranberry Baguette	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	Trace	No	No	No	No	No	Yes	No
Tuna & Cucumber Baguette	Yes	No	No	No	No	Yes	Yes	No	No	No	No	No	Yes	Trace	No	No	No	No	No	No	No
Egg, Bacon & Mayo Baguette	Yes	No	No	No	No	Yes	No	No	No	No	No	No	Yes	Trace	No	No	No	No	No	No	No
Ploughmans Baguette No Ham	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	Trace	Yes	No	No	No	Yes	No	No
Ploughmans Baguette Ham	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	Trace	Yes	No	No	No	No	No	No

## WRAPS NUTRITIONAL INFORMATION

	Energy (kj)	Energy (kcal)	Fat(g)	Of Which Saturates(g)	Carbohydrates(g)	Of Which Sugars(g)	Fibre(g)	Sodium(g)	Protein(g)	Salt(g)
Hot Sticky BBQ Chicken Wrap	2412.6	575.1	21.4	11.2	62.8	18.6	3.4	0.0	30.9	2.2
Falafel	2815.4	674.3	36.1	10.4	62.7	10.5	6.6	0.0	21.2	2.6
Mexican Chicken	2292.5	548.3	26.6	9.6	50.1	8.6	3.7	0.0	25.1	2.0
Chicken Piri Piri	1780.2	424.6	16.7	5.0	47.7	4.7	4.2	0.0	18.7	1.3
Chargrilled Vegetables Wrap	1606.8	383.2	15.9	4.7	48.0	5.9	5.3	0.0	9.4	0.5
Hot Sticky BBQ Chicken Wrap	2412.6	575.1	21.4	11.2	62.8	18.6	3.4	0.0	30.9	2.2
Mediterranean Sweet Pomegranate & Falafel	1876.2	447.1	16.8	4.4	58.4	5.8	5.9	0.0	12.6	1.0
Hoi Sin Duck Wrap	1945.1	463.6	15.2	5.0	56.7	15.1	3.5	0.0	23.0	1.2
Lebanese Beetroot & Hummus	2494.6	594.7	23.1	4.9	74.1	9.7	9.2	0.0	18.1	1.4
Spiced Moroccan Chicken & Mint Medley	1900.9	452.1	14.3	4.5	55.5	4.9	4.2	0.2	23.0	1.9

## COFFEE REPUBLIC WRAPS ALLERGEN INFORMATION

	Cereals containing Gluten				Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs	GM	Suitable Vegetarian	Suitable Vegan
	Wheat	Barley	Oats	Rye																
Falafel Wrap	Yes	No	No	No	No	Yes	No	No	No	Yes	No	No	Yes	Trace	No	No	No	No	Yes	No
Mexican Chicken Wrap	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	Trace	No	No	No	No	No	No
Piri Piri Chicken Wrap	Yes	No	No	No	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No
Chargrilled Vegetable Wrap	Yes	No	No	No	No	Yes	No	No	No	No	No	No	Yes	No	Yes	No	No	No	No	No
Hot Sticky BBQ Chicken Wrap	Yes	No	No	No	No	No	No	No	No	Yes	No	No	Yes	No	Yes	No	No	No	No	No
Mediterranean Pomegranate and Falafel	Yes	Yes	No	No	No	Yes	No	No	No	Yes	Trace	No	Yes	No	No	No	No	No	Yes	No
Hoi Sin Duck Wrap	Yes	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No
Lebanese Beetroot and Hummus	Yes	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No	Yes	No
Spiced Moroccan Chicken and Mint Medley	Yes	Yes	No	No	No	No	No	No	No	Yes	Trace	No	Yes	No	No	No	No	No	No	No
Indian Summer Wrap	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	Yes	No



## PANINI NUTRITIONAL INFORMATION

	Energy (kj)	Energy (kcal)	Fat(g)	Of Which Saturates(g)	Carbohydrates(g)	Of Which Sugars(g)	Fibre(g)	Sodium(g)	Protein(g)	Salt(g)
Italian Chicken	2412.7	575.1	21.9	6.2	60.1	5.8	3.9	0.0	32.4	2.4
Mexican Chicken	2436.5	553.8	19.0	7.4	61.7	8.5	4.2	11.2	32.0	2.4
Brie & Bacon	2703.2	645.7	31.4	17.2	59.0	6.3	3.9	0.0	29.9	3.4
Ham & Cheese	2183.4	491.8	16.3	7.2	58.8	5.2	4.0	0.0	25.4	2.6
Mozzarella & Tomato	2291.3	547.0	23.8	8.8	61.0	7.8	4.1	0.0	20.0	1.8
Italian Chicken	2412.7	575.1	21.9	6.2	60.1	5.8	3.9	0.0	32.4	2.4
Salt Beef	2718.6	592.3	23.4	9.9	62.4	5.5	4.0	0.0	31.0	2.7
Halloumi and Tomato Panini	2299.9	547.9	18.7	10.0	67.9	13.7	5.4	0.0	24.1	3.4
Salt Beef Pretzel	1825.6	413.7	14.5	5.7	43.0	3.3	2.2	0.0	26.7	2.4

## COFFEE REPUBLIC PANINI ALLERGEN INFORMATION

	Cereals containing Gluten				Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs	GM	Suitable Vegetarian	Suitable Vegan	
	Wheat	Barley	Oats	Rye																	
Mexican Tuna Panini	Yes	Yes	No	Yes	No	Yes	Yes	No	No	Yes	No	No	Yes	Trace	No	No	No	No	No	No	No
Brie & Bacon Panini	Yes	Yes	No	Yes	No	No	No	No	No	Yes	No	No	Trace	No	No	No	No	No	No	No	No
Ham & Cheese Panini	Yes	Yes	No	Yes	No	Yes	No	No	No	Yes	No	No	Yes	Trace	No	No	No	No	No	No	No
Mozzarella & Tomato Panini	Yes	Yes	No	Yes	No	Yes	No	No	No	Yes	Yes	No	Trace	No	No	No	No	No	No	Yes	No
Italian Chicken Panini	Yes	Yes	No	Yes	No	Yes	No	No	No	Yes	Yes	No	Trace	Yes	No	No	No	No	No	No	No
Salt Beef Panini	Yes	Yes	No	Yes	No	Yes	No	No	No	Yes	No	No	Yes	Trace	No	No	No	No	No	No	No
Halloumi and Tomato Panini	Yes	Yes	No	Yes	No	No	No	No	No	Yes	No	No	Trace	Yes	No	No	No	No	Yes	No	No
Salt Beef Pretzel	Yes	Yes	Trace	Yes	No	Yes	No	No	Trace	Yes	Trace	No	Yes	Trace	Yes	No	No	No	No	No	No

## SALADS NUTRITIONAL INFORMATION

	Energy (kj)	Energy (kcal)	Fat(g)	Of Which Saturates(g)	Carbohydrates(g)	Of Which Sugars(g)	Fibre(g)	Sodium(g)	Protein(g)	Salt(g)
Ham and Egg Salad	1906	460	27.4	5.30	32.24	3.58	3.28	0.00	19.19	2.16
Tuna & Egg	1907	419	30.9	4.55	7.32	4.00	1.73	17.69	27.87	1.78
Mozzarella, Tomoato & Avocado	2540	614	49.5	15.08	17.86	6.35	9.68	90.00	19.22	1.26
Chicken, Bacon & Avocado	2516	524	38	6.24	15.79	4.90	6.15	90.00	27.81	2.61
Crayfish & Avocado	1998	484	37.1	5.09	14.87	2.71	9.19	0.00	18.18	1.43
Ham and Egg Salad	1906	460	27.4	5.30	32.24	3.58	3.28	0.00	19.19	2.16
<b>Mini Pot</b>										
Egg and Spinach	347	83	5.52	1.52	0.23	0.23	0.41	0.00	7.98	0.25
Egg, Avocado and Spinach	105	25	1.54	0.40	0.27	0.23	0.44	0.00	2.32	0.07
Mini Mozzarella Balls and Tomato	803	194	14.2	9.15	3.10	2.95	0.50	0.00	13.04	0.71
Edamame Beans	622	149	6.8	0.80	6.90	0.00	4.20	0.10	12.90	0.00

## COFFEE REPUBLIC SALADS ALLERGEN INFORMATION

	Cereals containing Gluten				Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs	GM	Suitable Vegetarian	Suitable Vegan	
	Wheat	Barley	Oats	Rye																	
Tuna & Egg Salad	No	No	No	No	No	Yes	Yes	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Mozzarella, Tomoato & Avocado Salad	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	Yes	No	No	No	Yes	No	No
Chicken, Bacon & Avocado Salad	No	No	No	No	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Crayfish & Avocado Salad	No	No	No	No	Yes	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Ham and Egg Salad	Yes	No	No	No	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No
<b>Mini Pots</b>																					
Egg and Spinach	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No
Egg, Avocado and Spinach	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No
Mini Mozzarella Balls and Tomato	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No
Edamame Beans	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	Yes	Yes	Yes

## Soups

Product Name	Unit	Qty	Energy (kj)	Energy (kcal)	Fat(g)	Of Which Saturates(g)	Carbohydrates(g)	Of Which Sugars(g)	Fibre(g)	Sodium(g)	Protein(g)	Salt(g)
NCG Tomato & Basil Soup	300		468	111	4.2	0.9	12.6	8.1	4.5	0.0	3.6	1.2
NCG Carrot & Coriander Soup	300		552	132	5.7	1.8	15.6	9.3	3.6	0.0	2.4	1.7
NCG Vegetable Soup	300		459	111	3.6	1.5	13.2	5.1	3.6	0.0	5.1	1.3
NCG Mushroom Soup	300		384	90	4.5	3.0	7.8	0.9	1.8	0.0	4.2	1.6
NCG Leek & Potato Soup	300		801	183	11.1	2.4	16.2	2.7	1.2	0.0	3.3	1.4

## COFFEE REPUBLIC SOUP ALLERGEN INFORMATION

	Cereals containing Gluten				Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs	GM	Suitable Vegetarian	Suitable Vegan
	Wheat	Barley	Oats	Rye																
Tomato & Basil	No	No	No	No	No	No	No	No	No	No	Trace	No	No	No	No	No	No	No	Yes	Yes
Carrot & Coriander	No	No	No	No	No	No	No	No	No	Yes	Trace	No	No	No	No	No	No	No	Yes	No
Vegetable	No	No	No	No	No	No	No	No	No	Yes	Trace	Yes	No	No	No	No	No	No	Yes	No
Mushroom	No	No	No	No	No	No	No	No	No	Yes	Trace	No	No	No	No	No	No	No	Yes	No
Leek & Potato	No	No	No	No	No	No	No	No	No	Yes	Trace	No	No	No	No	No	No	No	Yes	No



# CAKES AND IMPULSE NUTRITIONAL INFORMATION

	Energy (kj)	Energy (kcal)	Fat(g)	Of Which Saturates(g)	Carbohydrates(g)	Of Which Sugars(g)	Fibre(g)	Protein(g)	Salt(g)
Maple & Pecan Pie	1971	471.00	24.40	4.40	57.90	39.60	0.90	4.50	0.30
Salted Caramel Fudge Cake	3394	811.00	39.20	15.20	99.80	83.00	5.50	11.90	1.10
Sticky Chocolate Orange Cake	2625	627.00	29.90	8.80	81.70	54.20	2.70	6.50	0.80
Big Carrot Cake	2803	670.00	34.70	7.00	82.40	62.00	2.30	6.00	0.90
Ultimate Brownie	1465.28	351.12	20.52	12.69	38.61	31.24	3.42	4.71	0.49
Billionaire's Shortbread Traybake	2161.2	518.10	33.30	20.80	49.20	33.70	1.80	5.20	0.52
Blueberry Bakewell Traybake	1587.3	379.86	24.49	11.47	37.21	11.47	1.48	5.15	0.39
Lemon Drizzle Traycake	1814.4	430.80	16.80	2.52	66.00	46.80	1.44	4.44	0.68
The Queen Vic Traycake	2190.75	521.97	24.13	11.94	72.39	50.80	1.65	4.70	0.88
Maple Flapjack	1893.12	451.86	12.44	8.36	62.73	27.95	5.00	6.43	0.47
Banana & Chocolate Loaf	1588.4	379.50	19.80	15.40	49.50	25.30	2.09	3.85	0.44
Poached Pear & Ginger Loaf	1196.91	283.65	9.77	5.86	48.92	31.25	1.12	3.35	0.65
Double Chocolate Chunk Cookies	1560	373.16	18.85	10.26	46.44	30.55	1.44	3.65	0.42
Oat Raisin Sclermon Cookies	1298	308.56	10.49	5.24	49.48	31.08	1.52	3.34	0.49
Triple Belgian Chocolate Cookie	1536	367.08	18.85	10.34	44.61	30.55	1.75	3.88	0.43
White Belgian Choc Raspberry Cookie	1559	372.40	18.70	9.73	47.04	29.34	0.84	3.57	0.48
Teacakes	1115	264.00	3.70	1.10	48.30	14.60	2.90	7.90	0.80
Pain Aux Chocolat	1315	315.00	19.00	9.10	29.70	9.00	1.70	5.40	0.60
Pain Aux Raisins	731	174.00	7.60	3.70	23.50	7.50	1.00	2.40	0.40
Almond Croissant	1376	329.00	16.70	9.50	36.20	9.10	1.80	7.50	0.70
Chocolate Twist	1138	272.00	12.90	7.90	33.00	15.40	2.00	5.00	0.50
Large Croissant	1244	297.00	15.20	10.30	33.90	1.10	3.20	4.60	0.90
Vanilla Creme Crown	1440	346.00	23.70	7.80	27.60	7.30	1.90	4.60	0.30
Maple Pecan Plaits	1811	434.00	26.20	10.10	43.50	15.90	1.20	5.50	0.40
Cinnamon Swirl	1359.6	323.84	12.32	4.93	47.52	20.24	2.11	5.02	0.57
Giant Sultana Scones	1463	348.00	10.30	3.40	55.50	19.20	3.00	6.70	1.20
Scone, Cream & Apricot Jam	1959.7	465.03	11.38	6.02	76.53	22.88	3.63	12.07	0.61
Scone, Cream & Blackcurrant Jam	1959.0	464.88	11.38	6.02	76.53	22.93	3.67	12.07	0.61
Scone, Cream & Raspberry Jam	1959.2	464.93	11.38	6.02	76.53	22.88	3.63	12.08	0.61
Scone, Cream & Strawberry Jam	1959.6	465.03	11.38	6.02	76.53	22.88	3.63	12.07	0.61
Treacle Toffee Apple Tulip Muffin	2140	511.00	23.70	3.90	68.20	44.10	0.80	5.80	0.60
Triple Chocolate Tulip Muffin	2222	532.00	30.30	7.30	56.90	36.70	1.80	7.00	0.60
Blueberry Crumble Tulip Muffin	2050	490.00	25.10	3.70	59.50	34.10	1.00	6.00	0.60
Lemon Meringue Tulip Muffin	2025	483.00	22.80	3.50	64.00	42.80	0.60	5.30	0.60
Victoria Sponge Tulip Muffin	2263	541.00	26.90	4.20	67.60	44.00	2.50	5.90	0.70
Apricot Tulip Muffin	2179	520.00	23.00	2.80	71.00	47.20	2.00	6.10	0.70
Blueberry Skinny Muffin	1310	310.00	4.10	1.30	61.60	36.70	2.30	5.10	0.60
Nutella Mufin	2008	481.00	26.50	3.50	51.10	30.50	0.90	5.80	0.50
White Choc&Rasp Muffin	1655	396.00	21.80	2.80	43.60	25.70	2.30	5.20	0.60
Cornflake Clusters Grab Bags	177	42.00	1.60	1.00	6.20	3.00	0.30	0.60	0.00
Mini Gingerbread Men Bisc	183	43.00	1.10	0.40	7.80	4.40	0.20	0.60	0.10

## COFFEE REPUBLIC IMPULSE ALLERGEN INFORMATION

Code	Cereals containing Gluten	Wheat	Barley	Oats	Rye	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs	GM	Suitable	Suitable
																				Vegetarian	Vegan
119642	Maple & Pecan Pie	Yes	No	No	No	No	Yes	No	Trace	No	Yes	Yes	No	No	No	No	No	No	No	Yes	No
113105	Salted Caramel Brownie Fudgecake	Yes	No	No	No	No	Yes	No	No	No	Yes	Trace	No	No	No	No	No	No	No	Yes	No
110780	Sticky Chocolate Orange Cake	Yes	No	No	No	No	Yes	No	No	Yes	Trace	No	No	No	No	No	No	No	No	Yes	No
34773	Big Carrot Cake	Yes	Yes	No	No	No	Yes	No	No	Trace	Yes	Yes	No	No	No	No	No	No	No	Yes	No
2001	Ultimate Brownie	Yes	No	No	No	No	Yes	No	No	Yes	Yes	No	No	No	No	No	No	No	No	Yes	No
2004	Billionaire's Shortbread Traybake	Yes	No	No	No	No	Yes	No	No	Yes	Yes	No	No	No	No	No	No	No	No	Yes	No
2081	Blueberry Bakewell Traybake	Yes	No	No	No	No	Yes	No	No	No	Yes	Yes	No	No	No	No	No	No	No	Yes	No
4020	Lemon Drizzle Traycake	Yes	No	No	No	No	Yes	No	No	No	Yes	No	No	No	No	No	No	No	No	Yes	No
4028	The Queen Vic Traycake	Yes	No	No	No	No	Yes	No	No	No	Yes	No	No	No	No	No	No	No	No	Yes	No
9001	Maple Flapjack	No	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	Yes	No
5001	Banana & Chocolate Loaf	Yes	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	Yes	Yes
5007	Poached Pear & Ginger Loaf	Yes	No	No	No	No	Yes	No	No	No	Yes	No	No	No	No	No	No	No	No	Yes	Yes
34333	Double Bgchocolate Chunkcookies	Yes	No	No	No	No	Yes	No	No	Yes	Yes	No	No	No	No	No	No	No	No	Yes	No
34330	Oat Raisin Sclermon Cookies	Yes	No	Yes	No	No	Yes	No	No	Trace	Yes	No	No	No	No	No	No	No	No	Yes	No
34331	Triple Belgian Chocolate Cookie	Yes	No	No	No	No	Yes	No	No	Yes	Yes	No	No	No	No	No	No	No	No	Yes	No
34334	White Bg Choc Raspberry Cookie	Yes	No	No	No	No	Yes	No	No	Yes	Yes	No	No	No	No	No	No	No	No	Yes	No
34343	Baked Chocolate Chunk Cookie	Yes	No	No	No	No	Yes	No	No	Yes	Yes	No	No	No	No	No	No	No	No	Yes	No
34344	Baked Quadruplechocolate Cookie	Yes	No	No	No	No	Yes	No	No	Yes	Yes	No	No	No	No	No	No	No	No	Yes	No
3852	Giant Sultana Scones	Yes	No	No	No	No	Yes	No	No	Trace	Yes	No	No	No	Trace	No	No	No	No	Yes	No
113599	Sultana Sweet Scone (Baked in Store)	Yes	No	No	No	No	Yes	No	No	No	Yes	No	No	No	No	No	No	No	No	Yes	No
30006	5" Teacakes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	Trace	No	No	No	No	Yes	Yes
30294	Pain Aux Chocolat	Yes	No	No	No	No	Yes	No	No	Yes	Yes	No	No	No	No	No	No	No	No	Yes	No
30320	Danish Style Pain Aux Raisins	Yes	No	No	No	No	Yes	No	No	Trace	Yes	Trace	No	No	Trace	No	No	No	No	Yes	No
31205	Almond Croissant	Yes	No	No	No	No	Yes	No	No	No	Yes	Yes	No	No	Trace	No	No	No	No	Yes	No
32731	Chocolate Twist	Yes	No	No	No	No	Yes	No	No	Yes	Yes	Trace	No	No	No	No	No	No	No	Yes	No
33517	Large Croissant	Yes	No	No	No	No	Yes	No	No	Trace	Yes	No	No	No	No	No	No	No	No	Yes	No
34380	Vanilla Creme Crown	Yes	No	No	No	No	Yes	No	No	No	Yes	Yes	No	No	No	No	No	No	No	Yes	No
50133	Maple Pecan Plaits	Yes	No	No	No	No	Yes	No	No	No	Yes	Yes	No	No	No	No	No	No	No	Yes	No
64086	Cinnamon Swirl	Yes	No	No	No	No	Yes	No	No	Trace	Yes	Trace	No	No	Trace	No	No	No	No	Yes	No
2911	Hartleys Assorted Jam Ptns	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No
15026	Cornish Clotted Cream	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	Yes	No
33539	Treacle Toffee Apple Tulip Muffin	Yes	No	No	No	No	Yes	No	No	Trace	Yes	No	No	No	No	No	No	No	No	Yes	No
33536	Triple Chocolate Tulip Muffin	Yes	No	No	No	No	Yes	No	No	Yes	Yes	No	No	No	No	No	No	No	No	Yes	No
33537	Blueberry Crumble Tulip Muffin	Yes	No	No	No	No	Yes	No	No	Trace	Yes	No	No	No	No	No	No	No	No	Yes	No
34245	Lemon Meringue Tulip Muffin	Yes	No	No	No	No	Yes	No	No	Yes	Yes	No	No	No	No	Trace	No	No	No	Yes	No
34246	Victoria Sponge Tulip Muffin	Yes	No	No	No	No	Yes	No	No	Trace	Yes	No	No	No	No	No	No	No	No	Yes	No
33538	Apricot Tulip Muffin	Yes	No	No	No	No	Yes	No	No	Trace	Yes	No	No	No	No	Yes	No	No	No	Yes	No
10461	Blueberry Skinny Muffin	Yes	No	No	No	No	Yes	No	No	Trace	Yes	Trace	No	No	No	No	No	No	No	Yes	No
114886	Nutella Mufin	Yes	No	No	No	No	Yes	No	No	Yes	Yes	No	No	No	No	No	No	No	No	Yes	No
101598	White Chocolate & Raspberry Muffin	Yes	No	No	No	No	Yes	No	No	Yes	Yes	Trace	No	No	No	No	No	No	No	Yes	No
111643	Cornflake Clusters Grab Bags	No	Yes	No	No	No	No	No	No	Yes	Yes	Trace	No	No	No	No	No	No	No	Yes	No
111644	Mini Gingerbread Men Bisc	Yes	No	No	No	No	Trace	No	No	No	Trace	Trace	No	No	No	No	No	No	No	Yes	No

## HALAL NUTRITIONAL INFORMATION

	Energy (kj)	Energy (kcal)	Fat(g)	Of Which Saturates(g)	Carbohydrates(g)	Of Which Sugars(g)	Fibre(g)	Sodium(g)	Protein(g)	Salt(g)
Turkey & Cheese Croissant (Halal)	2099.9	502.7	28.9	16.9	38.1	5.8	1.2	0.0	22.1	2.0
<b>Breakfast</b>										
Full English Breakfast Roll (Halal)	1686.8	331.2	10.3	2.4	41.6	4.4	2.7	0.0	17.1	1.6
Bacon Roll (Halal)	1216.3	288.3	7.0	2.1	39.7	3.0	2.7	0.0	15.4	1.5
Egg & Turkey Croissant (Halal)	2282.0	490.1	28.0	14.0	38.9	6.1	1.2	0.0	20.4	1.9
Turkey & Cheese Croissant (Halal)	2099.9	502.7	28.9	16.9	38.1	5.8	1.2	0.0	22.1	2.0
Turkey Bacon Bagel (Halal)	1562.4	370.2	6.4	2.5	58.8	6.1	3.0	0.1	17.7	1.3
<b>Wedges</b>										
Chicken & Turkey Halal	1913.3	334.9	10.7	1.9	39.2	4.3	2.5	0.0	19.7	1.9
Turkey Salad (Halal)	1688.1	338.2	10.2	2.4	40.1	5.6	2.4	0.0	20.7	2.2
BLT (Halal)	1873.4	320.4	11.4	2.2	38.4	4.2	2.2	0.0	15.6	1.8
Turkey & Egg (Halal)	2247.4	396.2	17.1	3.5	37.6	2.7	2.5	0.0	22.3	2.4
<b>Toasties</b>										
Turkey & Cheese (Halal)	2282.2	543.8	25.3	11.9	49.0	1.8	2.8	0.0	29.0	2.9
Chicken & Turkey (Halal)	2231.4	403.9	10.5	2.1	51.4	2.6	2.8	0.0	25.3	2.2
<b>Baguettes</b>										
Ploughmans Turkey (Halal)	2771.4	659.2	19.5	9.8	82.6	16.2	6.7	0.0	34.9	3.1
Turkey & Cheese (Halal)	3030.1	666.2	24.6	10.7	70.7	5.5	6.2	0.0	37.9	3.8
Egg, Turkey & Mayo (Halal)	2573.3	528.0	14.5	3.4	69.7	5.2	5.7	0.0	27.5	2.5
Chicken Tikka (Halal)	2008.7	475.1	4.3	0.8	75.1	5.6	5.9	0.0	31.1	2.1
<b>Wraps</b>										
Kofta and Hummus Wrap (Halal)	2771.4	659.2	19.5	9.8	82.6	16.2	6.7	0.0	34.9	3.1
<b>Panini</b>										
Brie & Turkey (Halal)	2463.8	587.8	26.0	15.1	59.1	6.1	3.7	0.0	27.5	2.7
Turkey & Cheese (Halal)	2316.4	523.7	19.0	8.0	58.8	5.3	3.8	0.0	27.5	2.7
Turkey & Beef Salami, Mozzarella Panini (Halal)	3565.3	728.1	40.8	5.4	61.8	7.5	3.7	0.0	27.0	3.7
Chicken Tikka Panini (Halal)	2141.8	509.0	14.6	6.8	62.2	5.5	3.7	0.0	30.1	2.1
<b>Salads</b>										
Chicken, Turkey & Avocado (Halal)	2396.6	495.2	35.3	5.2	15.8	4.8	6.1	90.0	26.6	2.2

## COFFEE REPUBLIC HALAL ALLERGEN INFORMATION

	Cereals containing Gluten				Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs	GM	Suitable	Suitable
	Wheat	Barley	Oats	Rye															Vegetarian	Vegan
<b>Breakfast</b>																				
Turkey Bacon Roll Halal	Yes	No	No	No	No	Yes	No	No	Yes	Yes	No	Yes	Yes	Trace	No	No	No	No	No	No
Full English Breakfast Roll Halal	Yes	No	No	No	No	Yes	No	No	Yes	Yes	No	Yes	Yes	Trace	No	No	No	No	No	No
Turkey Bacon & Cheese Croissant Halal	Yes	No	No	No	No	Yes	No	No	Yes	Yes	No	Yes	Yes	No	No	No	No	No	No	No
Egg & Turkey Bacon Croissant Halal	Yes	No	No	No	No	Yes	No	No	Yes	Yes	No	Yes	Yes	No	No	No	No	No	No	No
Turkey Bacon Bagel Halal	Yes	Yes	No	Yes	No	Yes	No	No	Yes	Yes	No	Yes	Yes	Trace	No	No	No	No	No	No
<b>Wedges</b>																				
Chicken and Bacon Halal	Yes	Yes	Trace	Trace	No	Yes	No	No	Yes	Yes	No	Yes	Yes	No	No	No	No	No	No	No
Turkey Ham and Eggs Halal	Yes	Yes	Trace	Trace	No	Yes	No	No	Yes	Yes	No	Yes	Yes	No	No	No	No	No	No	No
BLT Halal	Yes	Yes	Trace	Trace	No	Yes	No	No	Yes	Yes	No	Yes	Yes	No	No	No	No	No	No	No
Turkey Ham Salad Halal	Yes	Yes	Trace	Trace	No	Yes	No	No	Yes	Yes	No	Yes	Yes	No	No	No	No	No	No	No
<b>Toastie</b>																				
Chicken & Turkey Bacon Toastie Halal	Yes	Yes	Trace	Trace	No	Yes	No	No	Yes	Yes	No	Yes	Yes	No	No	No	No	No	No	No
Turkey Ham & Cheese Halal Toastie	Yes	Yes	Trace	Trace	No	Yes	No	No	Yes	Yes	No	Yes	Yes	No	No	No	No	No	No	No
<b>Baguette</b>																				
Ham & Cheese Halal Baguette	Yes	No	No	No	No	Yes	No	No	Yes	Yes	No	Yes	Yes	Trace	No	No	No	No	No	No
Egg, Turkey Bacon & Mayo Baguette Halal	Yes	No	No	No	No	Yes	No	No	Yes	Yes	No	Yes	Yes	Trace	No	No	No	No	No	No
Ploughmans Baguette Halal	Yes	No	No	No	No	Yes	No	No	Yes	Yes	No	Yes	Yes	Trace	Yes	No	No	No	No	No
Chicken Tikka Baguette Halal	Yes	No	No	No	No	No	No	No	No	No	No	No	Yes	Trace	No	No	No	No	No	No
<b>Wraps</b>																				
Kofta and Hummus Wrap (Halal)	Yes	No	No	No	No	No	No	No	Yes	No	No	No	No	Yes	Yes	No	No	No	No	No
<b>Panini</b>																				
Brie & Turkey Bacon Panini Halal	Yes	Yes	No	Yes	No	Yes	No	No	Yes	Yes	No	Yes	Yes	Trace	No	No	No	No	No	No
Turkey and Beef Salami, Mozzarella Panini	Yes	Yes	No	Yes	No	Yes	No	No	No	Yes	No	No	Yes	Trace	No	No	No	No	No	No
Cheese & Turkey Bacon Panini Halal	Yes	Yes	No	Yes	No	Yes	No	No	Yes	Yes	No	No	Yes	Yes	Yes	No	No	No	No	No
Chicken Tikka Panini Halal	Yes	Yes	No	Yes	No	No	No	No	No	Yes	No	No	Yes	Trace	No	No	No	No	No	No
<b>Salads</b>																				
Chicken, Turkey Bacon & Avocado Salad Halal	Yes	No	No	No	Yes	Yes	No	No	Yes	Yes	No	Yes	Yes	No	No	No	No	No	No	No

# SPRING 2022

## SPRING 2022

	Energy (kj)	Energy (kcal)	Fat(g)	Of Which Saturates(g)	Carbohydrates(g)	Of Which Sugars(g)	Fibre(g)	Sodium(g)	Protein(g)	Salt(g)
<b>Lunch</b>										
Tomato, Onion and Basil Bruschetta (Vegetarian)	786.6	186.6	4.3	1.1	30.8	3.6	2.0	0.0	5.2	0.6
Parma Ham, Tomato, Onion and Basil Bruschetta	892.2	211.9	5.9	1.6	30.9	3.6	2.0	0.0	7.9	1.0
Avocado, Tomato & Lemon Bruschetta (Vegetarian)	785.9	186.5	4.5	1.1	30.7	3.6	2.3	0.0	5.1	0.6
Parma Ham, Tomato & Brie Bruschetta	1706.9	408.7	23.4	13.4	30.4	4.0	1.9	0.0	18.3	2.3
Salted Caramel Tulip Muffin	2052.8	489.9	24.2	4.6	62.1	39.1	0.6		5.2	1.2

Product	Cereals containing Gluten				Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs	GM	Suitable Vegetarian	Suitable Vegan	
	Wheat	Barley	Oats	Rye																	
Tomato, Onion and Basil Bruschetta (Vegetarian)	Yes	Yes	No	Yes	No	No	No	No	No	No	No	No	No	Trace	No	No	No	No	No	Yes	No
Tomato, Onion and Basil and Parma Ham Bruschetta	Yes	Yes	No	Yes	No	No	No	No	No	No	No	No	No	Trace	No	No	No	No	No	No	No
Avocado, Tomato & Lemon Juice Bruschetta (Vegetarian)	Yes	Yes	No	Yes	No	No	No	No	No	No	No	No	No	Trace	No	No	No	No	No	Yes	No
Parma Ham, Tomato & Brie Bruschetta	Yes	Yes	No	Yes	No	No	No	No	No	Yes	No	No	No	Trace	No	No	No	No	No	No	No
Salted Caramel Muffin	Yes	No	No	No	No	Yes	No	No	No	Yes	No	No	No	No	No	No	No	No	No	Yes	No

Spring 2022 Drinks	Energy (kj)	Energy (kcal)	Fat(g)	Of Which Saturates(g)	Carbohydrates(g)	Of Which Sugars(g)	Protein(g)	Fibre(g)	Salt(g)	Caffeine
<b>Blackberry &amp; Blueberry Fruit Freezer</b>										
16oz	1286.0	302.0	0.2	0.0	72.0	70.0	0.8	0.0	0.0	
<b>Dragon Fruit and Mango Cooler</b>										
16oz	409.5	95.9	0.0	0.0	23.1	22.4	0.0	0.0	0.0	