

Product Description	Energy (kjoules) per unit	Energy (kcal) per unit	Protein (g) per unit	Carbohydrates (g) per unit	of which are sugars (g) per unit	Fat (g) per unit	of which are saturates per unit	Fibre (g) per unit	Sodium (g) per unit	Equivalent as salt (g) per unit	Product suitable for Vegetarian
Baguettes											
Bacon Lettuce & Tomato (White)	1876	445	17.1	66.7	3.2	12.2	4.0	2.3	1.2	3.1	X
Bacon Lettuce & Tomato (Wholemeal)	1961	465	19.3	65.8	3.1	13.9	4.6	5.2	1.2	3.0	X
BB's Ploughmans (White)	2562	610	23.1	71.7	7.5	25.7	7.5	2.1	1.0	2.5	✓
BB's Ploughmans (Wholemeal)	2647	631	25.4	70.8	7.4	27.3	7.4	5.0	0.9	2.4	X
Brie Ham & Tomato (White)	2122	503	26.7	66.6	2.9	14.5	8.1	2.0	1.4	3.7	X
Brie Ham & Tomato (Wholemeal)	2207	524	28.9	65.6	2.8	16.2	8.8	4.9	1.4	3.6	X
Cheese & Onion Mayo (White)	2982	714	19.1	67.3	3.7	40.9	9.2	2.3	1.0	2.4	✓
Cheese & Onion Mayo (Wholemeal)	3067	734	21.3	66.3	3.6	42.6	9.9	5.2	0.9	2.4	✓
Cheese Salad (White)	1876	445	18.1	66.5	3.1	11.8	3.7	2.3	0.8	1.9	✓
Cheese Salad (Wholemeal)	1961	465	20.3	65.6	2.9	13.5	4.3	5.1	0.7	1.9	X
Chicken Ceasar Baguette (White)	2029	480	24.3	72.6	6.6	10.4	1.3	2.3	0.9	2.3	X
Chicken Ceasar Baguette (Wholemeal)	2114	501	26.5	71.7	6.5	12.1	1.9	5.1	0.9	2.3	X
Chicken & Sweetcorn (White)	2485	592	20.3	71.1	5.2	25.2	2.3	3.8	0.9	2.2	X
Chicken & Sweetcorn (Wholemeal)	2569	613	22.5	70.3	5.0	26.9	2.9	5.7	0.9	2.2	X
Chicken Salad (White)	1681	396	23.7	69.8	4.7	2.5	0.7	2.3	0.9	2.3	X
Chicken Salad (Wholemeal)	1765	417	25.9	68.9	4.6	4.1	1.3	5.1	0.9	2.3	X
Chicken Tikka Salad (White)	1679	395	22.2	71.4	5.5	2.4	0.7	2.3	0.7	1.9	X
Chicken Tikka Salad (Wholemeal)	1764	416	24.4	70.5	5.4	4.0	1.3	5.1	0.7	1.8	X
Chunky Egg & Bacon (White)	2374	565	22.3	66.0	2.5	23.6	5.5	2.0	1.3	3.3	X
Chunky Egg & Bacon (Wholemeal)	2459	586	24.5	65.1	2.4	25.3	6.1	4.8	1.3	3.2	X
Cumberland Sausage (White)	1784	420	15.1	75.8	7.1	6.3	1.9	2.5	1.0	2.7	X
Cumberland Sausage (Wholemeal)	1869	441	17.3	74.9	7.0	8.0	2.6	5.3	0.1	2.6	X
Egg Mayonnaise (White)	2067	491	18.0	66.6	3.1	17.0	2.8	2.3	0.9	2.3	✓
Egg Mayonnaise (Wholemeal)	2151	512	20.2	65.7	3.0	18.7	3.5	5.1	0.9	2.3	✓
Egg Mayonnaise & Tomato (Brown)	2044	486	19.0	65.5	2.8	16.4	3.2	4.9	0.9	2.2	✓
Egg Mayonnaise & Tomato (White)	1960	465	16.8	66.4	2.9	14.7	2.5	2.1	0.9	2.3	✓
Sliced Egg & Tomato (Brown)	1810	429	20.1	65.4	2.7	9.6	2.9	4.9	0.8	2.0	✓
Sliced Egg & Tomato (White)	1726	408	17.9	66.3	2.8	7.9	2.3	2.1	0.8	2.1	✓
Ham & Cheese Salad (White)	1822	430	22.7	66.9	3.3	8.1	2.5	2.3	1.2	3.1	X
Ham & Cheese Salad (Wholemeal)	1906	451	24.9	66.0	3.1	9.8	3.1	5.1	1.2	3.1	X
Ham Salad (White)	1566	369	18.9	66.9	3.2	2.9	0.8	2.3	1.2	3.1	X
Ham Salad (Wholemeal)	1650	389	21.1	66.0	3.1	4.6	1.5	5.1	1.2	3.0	X
Prawn Mayonnaise (White)	2395	571	19.8	66.7	3.3	24.9	2.2	2.3	1.4	3.7	X
Prawn Mayonnaise (Wholemeal)	2480	592	22.0	65.8	3.1	26.6	2.9	5.1	1.4	3.6	X
Reduced Cal Coronation Chicken (White)	1828	432	20.7	78.7	12.5	3.7	0.8	2.6	0.8	2.1	X
Reduced Cal Coronation Chicken (Wholemeal)	1912	452	22.9	77.8	12.4	5.4	1.5	5.4	0.8	2.0	X
Reduced Cal Seafood Mayo (Wholemeal)	2061	490	17.1	72.6	6.4	14.5	2.9	5.2	1.1	2.7	X
Reduced Cal Seafood Mayonnaise	1977	469	14.9	73.5	6.6	12.8	2.2	2.3	1.1	2.8	X
Gourmet multi cereal rolls											
Chicken & Avocado (multi-grain)	1461	347	20.4	43.4	3.9	10.2	2.4	7.2	0.8	1.9	X
Cheddar Ploughmans (multi-grain)	1466	351	14.4	45.8	7.5	12.0	3.8	6.3	0.7	1.8	✓
Ham Salad with Honey & Mustard Dressing	1149	273	15.4	42.3	4.8	4.5	1.2	6.2	1.1	2.7	X

Smoked Salmon Cream Cheese mix (multi-grain)	1829	440	13.1	42.4	3.7	24.0	7.4	6.1	1.0	2.6	X
Brie & Tomato Chutney (multi-grain)	1625	389	16.7	43.6	5.8	16.2	9.6	6.1	0.8	2.2	✓
Roast Turkey Salad (multi-grain)	1143	272	19.2	43.0	3.6	2.3	0.7	6.1	0.7	1.8	X

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Product Description	per unit	per unit	per unit	per unit	per unit	per unit	per unit	per unit	per unit	per unit	Vegetarian
Reduced Cal Tuna Sweetcorn (White)	1407	402	19.3	71.2	4.7	4.4	0.8	2.7	0.9	2.3	X
Reduced Cal Tuna Sweetcorn (Wholemeal)	1789	426	21.5	70.3	4.6	6.1	1.5	5.5	0.9	2.2	X
Tuna Mayonnaise (White)	2290	545	21.2	67.6	3.5	21.2	2.1	2.3	0.8	2.1	X
Tuna Mayonnaise (Wholemeal)	2375	566	23.4	66.7	3.4	22.8	2.8	5.1	0.8	2.0	X
Tuna Mediterranean (Wholemeal)	177	401	21.3	71.4	4.2	3.5	1.1	5.6	0.9	2.2	X
Tuna Mediterranean (White)	1614	380	19.1	72.3	4.4	1.8	0.5	2.7	0.9	2.2	X
Breakfast Rolls											
All Day Breakfast Brunch	1573	373	13.8	53.3	11.5	11.6	3.7	0.4	0.8	2.0	X
Bacon Roll	2047	486	16.9	69.4	5.4	15.7	4.8	2.0	1.3	3.4	X
Egg & Tomato Breakfast Brunch	1420	338	11.2	49.9	11.3	10.3	2.4	0.3	0.5	1.4	✓
Wraps											
Cheese Salad	1576	376	17.8	34.3	2.0	18.7	6.3	3.0	0.8	2.1	X
Chicken Ceasar Salad	1670	397	24.2	39.4	3.2	15.8	5.4	3.2	1.0	2.6	X
Tuna Salad	1556	372	15.3	35.1	2.4	18.9	3.2	3.0	0.8	2.1	X
Egg Mayonnaise	1489	356	14.0	34.1	1.8	18.1	4.1	2.9	0.9	2.4	✓
Ham & Cheese Wrap	1172	422	26.2	34.4	2.0	20.0	6.8	2.9	1.3	3.9	X
Mediterranean Tuna Wrap	117	272	16.3	40.0	3.4	5.2	2.0	3.5	0.9	2.3	✓
2 Point Sanwiches											
Chicken & Bacon Mayo	2113	504	26.2	45.5	4.9	24.2	4.6	2.9	1.0	2.6	X
Chicken Ceasar	1836	437	22.0	46.6	6.7	18.1	3.3	2.8	0.7	1.7	X
Egg Mayonnaise	1828	437	18.0	41.4	2.6	22.1	3.9	2.6	0.7	1.7	✓
Cheese Ploughmans	1725	411	18.8	47.6	8.1	16.1	5.1	3.2	0.6	1.6	✓
Ham	1741	415	18.7	40.4	2.7	19.9	11.7	2.5	1.2	3.1	X
Bloomer Sanwiches											
Cheese (White)	2119	507	21.4	39.3	1.1	29.4	8.6	1.8	0.6	1.5	✓
Cheese (Wholemeal)	2048	491	23.3	33.0	1.0	29.5	8.6	4.6	0.5	1.4	✓
Cheese Salad (White)	1797	430	16.6	40.0	1.8	22.6	6.4	2.2	0.6	1.4	✓
Cheese Salad (Wholemeal)	1726	413	18.4	33.7	1.7	22.7	6.5	5.0	0.5	1.4	✓
Egg Mayo (White)	1736	416	15.8	39.3	1.0	21.6	3.5	1.8	0.7	1.8	✓
Egg Mayo (Wholemeal)	1666	399	17.7	33.0	0.9	21.8	3.6	4.6	1.0	1.7	✓
Ham (White)	1397	332	18.8	39.8	1.3	10.8	2.7	1.8	1.3	3.2	X
Ham (Wholemeal)	1326	315	20.6	33.5	1.2	11.0	2.8	4.6	1.2	3.1	X
Prawn & Cucumber (White)	1872	449	15.5	39.7	1.4	25.2	2.1	1.9	1.2	3.0	X
Prawn & Cucumber (Wholemeal)	1801	432	17.4	33.4	1.4	25.3	2.2	4.7	1.1	2.9	X
Reduced Cal Tuna Sweetcorn (White)	1196	283	15.2	44.8	3.5	4.7	0.8	2.7	0.6	1.6	X
Reduced Cal Tuna Sweetcorn (Wholemeal)	1126	267	17.1	38.5	3.4	4.9	0.8	5.4	0.6	1.5	X
Toasties											
All Day Breakfast (Brown)	1834	437	17.2	39.6	4.1	23.4	5.5	4.9	1.0	2.4	X
All Day Breakfast (White)	1904	454	15.3	45.9	4.1	23.2	5.5	2.1	1.0	2.5	X
Bacon Doorstop (White)	1587	379	11.7	43.2	4.4	17.7	5.0	1.9	1.0	2.6	X
Bacon Doorstop (Wholemeal)	1517	362	13.6	36.9	4.3	17.8	5.1	4.7	1.0	2.5	X
Cheese & Ham (Brown)	1988	476	25.4	33.2	1.1	26.8	7.8	4.6	0.8	2.0	X
Cheese & Ham (White)	2059	492	23.5	39.5	1.2	26.7	7.7	1.8	0.8	2.1	X

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Cheese & Onion (Brown)	1903	455	20.9	34.2	1.9	26.1	7.6	4.9	0.5	1.4	✓
Cheese & Onion (White)	1974	472	19.1	40.5	1.9	26.0	7.5	2.1	0.6	1.5	✓
Cheese & Pickle (White)	2047	490	19.0	45.0	5.9	25.9	7.5	2.0	0.7	1.8	✓
Cheese & Pickle (Wholemeal)	1977	473	20.8	38.6	5.9	26.1	7.6	4.7	0.7	1.7	✓
Cheese & Bacon (White)	2451	588	23.7	39.3	1.1	37.3	10.9	1.8	1.0	2.4	✗
Cheese & Bacon (Wholemeal)	2381	571	25.6	33.0	1.0	37.4	11.0	4.6	0.9	2.4	✗
Cheese & Tomato (Brown)	1628	389	20.8	33.3	1.3	19.1	5.9	4.7	0.5	1.2	✓
Cheese & Tomato (White)	1698	406	18.9	39.7	1.4	19.0	5.8	2.0	0.5	1.3	✓
Cheese (Brown)	1877	449	20.7	33.0	1.0	26.1	7.6	4.6	0.5	1.4	✓
Cheese (White)	1948	466	18.9	39.3	1.1	25.9	7.5	1.8	0.6	1.5	✓
Cheese Ham Honey Mustard (Brown)	2101	502	21.9	44.5	5.6	26.3	7.3	2.2	0.9	2.3	✗
Cheese Ham Honey Mustard (White)	2031	486	23.7	38.2	5.6	26.4	7.3	4.9	0.9	2.2	✗
Chicken & Bacon (Brown)	1405	334	19.3	35.5	2.4	12.8	3.4	4.7	0.8	2.0	✗
Chicken & Bacon (White)	1475	351	17.4	41.9	2.5	12.6	3.3	2.0	0.8	2.1	✗
Egg & Bacon (Brown)	1679	402	15.6	33.0	1.0	23.1	5.3	4.6	0.8	2.1	✗
Egg & Bacon (White)	1750	419	13.7	39.3	1.1	22.9	5.2	1.8	0.9	2.2	✗
Mediterranean Tuna (Brown)	1280	304	16.7	39.0	2.5	9.2	2.3	5.1	0.6	1.6	✗
Mediterranean Tuna (White)	1350	321	14.8	45.3	2.6	9.0	2.3	2.4	0.7	1.7	✗
Triple Toastie											
All Day Breakfast (Brown)	2700	644	25.5	57.9	4.7	34.5	8.2	7.3	1.4	3.6	✗
All Day Breakfast (White)	2806	669	22.6	67.4	4.8	34.3	8.1	3.2	1.5	3.7	✗
Chicken Bacon & Mozzarella (Brown)	3018	722	35.4	51.6	2.3	41.6	11.3	7.0	0.9	2.3	✗
Chicken Bacon & Mozzarella (White)	3123	748	32.6	61.1	2.5	41.4	11.2	2.9	1.0	2.4	✗
Bacon & Cheese (White)	3068	735	33.9	49.4	1.4	44.7	13.3	6.9	1.3	3.3	✗
Bacon & Cheese (Brown)	3174	760	31.1	58.9	1.6	44.4	13.1	2.8	1.3	3.4	✗
Cheese & Ham (Brown)	2782	665	36.6	49.9	1.7	35.5	10.2	6.9	1.3	3.4	✗
Cheese & Ham (White)	2888	690	33.7	59.4	1.8	35.3	10.1	2.8	1.4	3.5	✗
Cheese Tomato & Onion (Brown)	2925	700	32.6	50.5	2.3	40.9	11.9	7.2	0.8	2.1	✓
Cheese Tomato & Onion (White)	3031	726	29.8	60.0	2.5	40.7	11.8	3.1	0.9	2.2	✓
Paninis											
Barbeque Chicken	2156	512	25.5	73.4	8.2	12.9	4.0	2.2	1.1	2.8	✗
Chicken Bacon & Mozzarella	2294	546	26.7	66.0	1.3	19.5	5.3	2.1	0.9	2.2	✗
Ham & Cheese	1987	471	24.9	64.2	0.6	12.8	4.0	2.0	1.1	2.9	✗
Mozzarella & Char-grilled Veg	2057	489	18.6	67.1	2.2	16.2	4.8	2.6	1.0	2.5	✓
Margheritta	2104	499	19.5	72.5	7.6	14.6	3.9	2.8	1.0	2.6	✓
Chicken Italiane	2326	552	28.7	74.8	8.8	15.3	4.1	2.8	1.2	2.9	✗
Ham Pizzola	2207	524	24.0	72.4	7.4	15.4	4.1	2.7	1.3	3.3	✗
Mozzarella Pepperoni & Jalepeno	2519	600	25.4	65.9	1.5	26.1	8.1	2.0	1.2	3.0	✗
Croissants											
Ham & Cheese	2100	503	23.7	32.3	1.0	31.1	9.9	2.5	0.7	1.9	✗
Ham Cheese & Tomato	1515	362	13.7	32.0	4.4	19.9	10.2	2.5	0.6	1.6	✗

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Bacon & Egg Croissants	1821	437	13.7	32.0	0.8	28.2	8.0	2.5	0.7	1.7	No
Salad											
Cumberland Salad	302	72	3.0	11.9	7.3	1.3	0.2	4.2	0.0	0.1	✓
Chargrilled Chicken Salad	866	204	20.1	18.1	11.1	20.1	2.1	4.8	0.3	0.7	✗
Cheese Salad	1365	326	21.0	13.9	9.2	21.9	13.5	4.7	0.6	1.5	✓
Ham Salad	643	150	18.3	14.5	9.4	3.4	1.0	4.7	0.9	0.2	✗
Tuna Salad	1269	303	16.4	15.1	9.7	20.9	2.1	4.7	0.2	0.6	✗
French Bread Pizza											
Cumberland Sausage	2187	517	19.1	75.2	10.6	15.8	5.8	4.5	1.4	3.6	✗
Ham	2030	480	20.6	73.2	10.5	11.8	4.3	4.4	1.5	3.7	✗
Vegetarian (Cheese & Tomato)	2055	485	17.9	77.3	10.9	11.8	4.3	4.6	1.3	3.3	✓
Hawaiian	2199	519	21.9	80.2	13.8	12.5	4.5	5.0	1.6	4.0	✗
Kids Sandwiches											
Cheese	1023	245	10.4	21.6	2.1	13.0	3.9	1.3	0.2	0.6	✓
Ham	722	172	9.3	21.8	2.2	5.3	1.4	1.3	0.5	1.3	✗
Jam	900	213	4.2	39.3	19.8	4.4	1.1	1.3	0.2	0.6	✓
Soft Cheese	924	222	5.6	22.9	2.2	11.9	6.1	1.3	0.3	0.7	✓
Sausage Rolls											
Large	1484	356	8.4	31.9	1.7	22.3	9.3	1.2	2.0	5.1	✗
Kids	939	225	5.4	20.1	1.1	14.1	5.9	0.7	1.3	3.2	✗
Pasties											
Cheese & Onion Lattice	1734	417	8.2	32.4	1.0	28.0	13.6	1.4	0.7	1.7	✓
Chicken & Mushroom Slice	2046	491	11.7	40.7	1.5	31.2	12.5	1.7	0.9	2.3	✗
Steak Slice	2163	518	16.8	42.0	1.8	31.4	13.4	1.6	0.8	2.1	✗
Traditional Pasty	2488	594	16.5	69.6	3.4	27.7	9.7	3.8	0.7	1.7	✗
Veg Slice	1687	404	6.3	39.0	3.7	24.9	10.8	2.5	0.8	2.1	✓
Soups											
Tomato & Basil	563	135	1.3	11.8	4.0	9.3	5.5	1.3	0.7	1.8	✓
Leek & Potato	798	190	2.5	16.8	2.8	13.0	8.0	1.0	0.1	0.4	✓
Mushroom	645	155	1.3	15.5	0.8	9.8	5.8	1.3	0.3	0.8	✓
Country Vegetable	465	110	6.8	20.0	1.5	0.3	0.3	3.0	0.8	2.0	✓
Carrot & Coriander	368	88	0.5	8.0	4.3	6.0	3.3	2.8	0.7	1.8	✓