

Product

Calories

	Per 100g	Per portion
Bread		
Bun Pack 6's	220	158 per bun
Baguettes	255	344 per baquette
Small Bun	220	158 per bun
Bap	220	220 per bap
Brown Bun	226	226 per bun
Cold sandwiches		
Beef	117	47 per 40g
Cheese & Onion Quiche Salad	148	525 per salad
Cheese Savoury	386	154 per 40g
Chicken Tikka	334	268 per 80g
Chicken Tikka Salad Baguette	262	615 per sandwich
Coleslaw	342	137 per 40g
Coronation Chicken	328	262 per 80g
Crispy Chicken and Coleslaw Salad	127	428 per salad
Egg Mayo	291	232 per 80g
Grated Cheese	414	83 per 20g
Ham & Cheese savoury	232	545 per sandwich
Ham & Coleslaw	224	526 per sandwich
Ham & Coleslaw Salad	??	??
Ham & Egg Salad	105	364 per salad
Ham & Pease Pudding Bap	191	344 per sandwich
Ham	137	55 per 40g
Ham Salad Brown Bap	142	321 per sandwich
Pork & Stuffing Bap	219	395 per sandwich
Pork	126	51 per 40g
Pork Pie Salad	165	568 per salad
Pork Sandwich with Pease Pudding, Stuffing & Crackling	214	492 per sandwich
Quiche Lorraine salad	145	515 per salad
Seafood	441	353 per 80g
Sliced Cheese Savoury Sandwich	340	374 per sandwich
Sliced Chicken Mayo sandwich	209	230 per sandwich
Sliced Egg Mayo sandwich	268	294 per sandwich
Sliced Tuna Mayo sandwich	414	455 per sandwich
Tuna & Cucumber Baguette	304	739 per sandwich
Tuna Mayo	448	358 per 80g
Turkey & Egg Salad	99	303 per salad
Turkey & Stuffing	199	358 per sandwich
Turkey	113	45 per 40g
Turkey salad brown bap	136	308 per sandwich
Cakes		
Blueberry Muffin	380	387 per muffin
Brownie Tray Bake	421	351 per slice
Caramel Doughnut	425	285 per doughnut
Caramel Slice	499	474 per slice
Lemon Muffin	414	468 per muffin
Milk Choc Cookie	498	378 per cookie
Strawberry Doughnut	417	292 per doughnut
Sugar Doughnut	413	206 per doughnut
Triple Choc Cookie	486	369 per cookie
Triple Choc Doughnut	469	324 per doughnut
Triple Choc Muffin	430	477 per muffin
White Choc Cookie	504	383 per cookie

Retail Hot Drinks full price		
Americano	6	18 per 12oz cup
Cappuccino	18	61 per 12oz cup
Hot chocolate	42	144 per 120z cup
Latte	20	68 per 12oz cup
Cortado	20	45 per 8oz cup
Espresso		18 per cup
Extra shot of coffee		18 per shot
Flat White	16	54 per 12oz cup
Mocha	48	162 per 12oz cup
Tea	2	7 per 12oz cup
Hot Bar		
Cheese Burger	137	407 per burger sandwich
Chips	200	384 per portion
Beef Burger	122	135 per burger
Breakfast Box	All components detailed seperately	
Bacon & sausage	259	510 per sandwich
Bacon Sandwich	247	276 per sandwich
Beans	82	25 per 30g portion
Breakfast wrap	245	541 per wrap
Cheese Slice	375	75 per slice
Chilli Swirl Bap	268	603 per sandwich
Cumberland Swirl Bap	270	810 per sandwich
Fried Eggs	167	84 per egg
Gravy	31	35 per 4oz portion
Hash Brown	165	110 per HB (plus oil pick up)
Hot Beef Sandwich	198	376 per sandwich
Hot Pork Sandwich	185	370 per sandwich
Large Bacon & Sausage	263	644 per sandwich
Large Bacon Sandwich	271	433 per sandwich
Large Sausage Sandwich	254	610 per sandwich
Mince Pie, Chips & Gravy	233	932 per meal
Mushrooms	117	35 per 30g portion
Onions	102	31 per 30g portion
Pasty, Chips & Gravy	238	904 per meal
Small Saveloy Dip	194	415 per sandwich
Large saveloy dip	199	676 per sandwich
Sausage & Egg Muffin	244	432 per sandwich
Sausage Portion (2)	251	175 per (2 sausages)
Sausage Sandwich	253	448 per sandwich
Slice of Black Pudding	254	76 per slice
Sliced Back Bacon cooked	287	57 per rasher
Spicy Chicken & Coleslaw Sandwich	248	550 per sandwich
Spicy Wedges	144	276 per portion
Steak Pie, Chips & Gravy	245	1058 per meal
Sweet chilli chicken wrap	213	503 per wrap
Tomatoes	16	5 per 30g portion
Pastries		
8Cheese Bites	283	127 per bite
8Cocktail Bites	305	137 per bite
8Corned Beef Bites	266	119 per bite
Cheese & Onion Quiche	251	269 per 1/4 quiche
Cheese Slice	286	386 per slice
Corned Beef Pasty	243	360 per pasty
Corned Beef Plate	230	1656 per pie serves 4
Deep filled Chicken Balti pie	231	612 per pie
Deep-Filled Chicken, Ham & Leek Pie	239	633 per pie
Deep-Filled Steak & Ale Pie	233	617 per pie
LARGE SAUSAGE ROLL	301	391 per roll
Mince Pie	231	390 per pie
Mince Plate	236	1700 per pie serves 4
Mince Slice	269	363 per slice
Mini Mince	252	237 per pie
Mini Pork	308	197 per pie
Mini Steak	268	252 per pie
Pork Pie	311	398 per pie
Quiche Lorraine	242	259 per 1/4 pie
Steak Pie	257	514 per pie
Steak Plate	254	1829 per pie serves 4
Steak Slice	284	383 per slice