

Food Allergen Information				Cereals containing gluten							Nuts																			
			Wheat	Rye	Barley	Oat	Spelt	Kamut	Soya	Milk	Brazil	Hazelnut	Walnuts	Cashews	Pecan	Pistachio	Macadamia	Almonds	Peanuts	Sesame	Egg	Celery	Molluscs	Mustard	Fish	Crusta ceans	Lupin	Sulphur Dioxide & Sulphites		
	Sandwich/ Bread/ Muffin/ Cakes	Weight (gm)																												
1	Fine Butter Croissant	60	√					√	√										√											
2	Triple Chocolate Extravagant	86	√					√	√										√											
3	Raspberry Vegan Croissant	79	√			√																								
4	Cinnamon Swirl	86	√						√										√											
5	Blueberry Muffin	95	√						√										√											
6	Chocolate & Hazelnut Muffin	120	√					√	√		√								√											
7	Lemon Loaf cake	75	√					√	√										√											
8	Chocolate Marble Loaf Cake	75	√						√										√											
9	Strawberry Pie	175	√						√		√								√											
10	Chocolate Brownies	83	√					√	√										√											
11	Honeycomb Cheesecake	141	√					√	√																					
12	Nutty Chocolate Caramel Raw Cakebar	65															√	√												
13	Tuna Cucumber Sandwich	190	√																√	√				√						
14	Smoked Icelandic Salmon & Cream Cheese Bagel Sandwich	180	√						√										√	√				√						
15	Chicken Caesar Wrap	250	√						√														√				√			
16	Avacado, Chicken & Bacon Bagel Sandwich	170	√		√			√																			√			
17	Ham & Cheese Focaccia Romana	210	√						√										√				√				√			
18	Chicken & Mozzarella Wrap	250	√						√			√							√								√			
19	Breakfast Sandwich with Egg, Bacon and Tomato	200	√		√														√				√							
20	Ham, Cheese & Honey Mustard	130	√						√										√				√				√			

WE CANNOT GUARANTEE THAT OUR PRODUCTS ARE FREE FROM ALLERGENS AS THE EQUIPMENT USED TO PREPARE, STORE AND SERVE IS SHARED.

Food Nutritional Information			Nutrition Values Per Portion								
			Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrates (g)	Sugars (g)	Fibers (g)	Protein (g)	Salt (g)
	Sandwich/ Bread/ Muffin/ Cakes	Weight (gm)									
1	Fine Butter Croissant	60	1095	262	14.4	9.0	27.0	5.4	1.6	5.4	0.72
2	Triple Chocolate Extravagant	86	1402	335	15.5	10.3	39.6	15.5	2.1	6.8	0.77
3	Raspberry Vegan Croissant	79	1245	297	12.6	6.6	39.5	14.2	2.1	5.3	0.41
4	Cinnamon Swirl	86	1479	353	16.3	10.3	45.6	18.9	2.5	6.0	0.58
5	Blueberry Muffin	95	1606	385	20.0	2.9	45.6	29.5	0.9	4.8	1.05
6	Chocolate & Hazelnut Muffin	120	2262	541	28.8	5.0	62.4	46.8	3.2	6.5	0.77
7	Lemon Loaf cake	75	1231	294	15.0	3.5	35.3	18.3	NA	4.4	0.79
8	Chocolate Marble Loaf Cake	75	1306	313	18.2	3.3	32.3	16.5	NA	4.5	0.77
9	Strawberry Pie	175	1313	313	13.5	6.7	41.7	31.3	NA	5.6	0.18
10	Chocolate Brownies	78	1469	352	19.4	7.2	38.8	31.4	2.2	4.2	<0.1
11	Honeycomb Cheesecake	141	2095	502	26.2	13.4	61.9	44.6	0.7	3.9	0.71
12	Nutty Chocolate Caramel Raw Cakebar	65	1234	295	16.3	5.7	30.6	25.4	2.9	5.3	0.52
13	Tuna Cucumber Sandwich	190	1873	448	27.0	2.9	34.4	0.6	2.5	16.2	2.09
14	Smoked Icelandic Salmon & Cream Cheese Bagel Sandwich	180	1663	398	22.1	4.7	31.7	2.2	4.0	15.8	1.80
15	Chicken Caesar Wrap	250	2325	558	34.3	6.5	35.5	4.3	1.8	26.0	3.00
16	Avacado, Chicken & Bacon Bagel Sandwich	170	1552	369	11.6	2.6	49.3	6.5	1.4	15.6	2.72
17	Ham & Cheese Focaccia Romana	210	2617	624	21.8	5.3	83.8	2.7	4.0	20.6	4.20
18	Chicken & Mozzarella Wrap	250	3125	750	55.0	10.3	40.0	4.3	1.8	24.0	2.45
19	Breakfast Sandwich <i>with Egg, Bacon and Tomato</i>	200	2356	566	40.0	6.2	38.0	3.2	1.8	14.2	2.20
20	Ham, Cheese & Honey Mustard	130	1690	406	26.0	11.2	27.3	4.3	1.8	14.3	2.21