

Product Name	Portion Size (g/ml)	Energy (kJ)	Energy (kcal)	Energy % (kJ)	Energy % (kcal)	Fat (g)	Fat %	Carbohydrate (g)	Carbohydrate %	Protein (g)	Protein %	Salt (g)	Salt %	Saturated Fat (g)	Saturated Fat %	Monounsaturated Fat (g)	Monounsaturated Fat %	Polysaturated Fat (g)	Polysaturated Fat %	Sugar (g)	Sugar %	Fiber (g)	Fiber %	Starch (g)	Starch %	Alcohol (g)	Alcohol %	
All Sandwiches																												
Breakfast Sandwiches																												
Bacon Breakfast Roll	119.5	1224	1463	291	348	17%	11.0	13.0	19%	3.6	4.3	22%	31.0	38.0	0.0	0.6	<1%	16.0	19.0	1.8	2.2	37%						
Bacon & Omelette Breakfast Roll	155	1069	1257	255	395	20%	11.0	17.0	24%	3.6	5.6	28%	25.0	38.0	0.5	1.4	2%	15.0	21.0	1.4	2.1	35%						
Bacon & Sausage Breakfast Roll	157	1169	1405	279	426	22%	13.0	19.0	27%	4.2	6.6	30%	27.0	43.0	0.7	1.8	1%	14.0	22.0	1.5	2.6	45%						
Omelette Breakfast Roll	176	946	1125	226	398	20%	11.0	18.0	26%	3.2	5.5	28%	22.0	39.0	1.3	2.2	2%	10.0	18.0	0.9	1.6	27%						
Sausage Breakfast Roll	154	1132	1343	270	416	21%	12.0	18.0	26%	3.8	5.9	30%	29.0	45.0	0.8	1.2	1%	11.0	17.0	1.3	2.1	35%						
Sausage & Omelette Breakfast Roll	178	1035	1242	248	441	22%	12.0	21.0	30%	3.7	6.6	33%	25.0	44.0	1.0	1.8	2%	11.0	19.0	1.2	2.0	33%						
Bacon Breakfast Baguette	183	1173	1417	278	509	25%	8.1	15.0	21%	3.0	5.5	28%	36.0	65.0	0.7	1.4	2%	15.0	28.0	1.6	3.0	56%						
Bacon & Omelette Breakfast Baguette	218.5	1071	1280	254	555	28%	8.8	19.0	27%	3.1	6.7	34%	30.0	66.0	1.0	2.1	2%	13.0	29.0	1.3	2.9	48%						
Bacon & Sausage Breakfast Baguette	220.5	1142	1361	271	598	30%	9.7	21.0	30%	3.5	7.8	39%	32.0	70.0	0.8	1.8	2%	14.0	30.0	1.5	3.4	57%						
Omelette Breakfast Baguette	225	961	1146	229	515	26%	7.8	17.0	24%	2.5	5.5	28%	30.0	67.0	1.3	2.9	3%	9.6	22.0	0.87	2.0	33%						
Sausage Breakfast Baguette	229	1100	1305	262	600	30%	9.5	22.0	30%	3.3	7.6	32%	33.0	76.0	1.0	2.2	2%	10.0	24.0	1.2	2.8	47%						
Sausage & Omelette Breakfast Baguette	253	1036	1241	247	625	31%	9.6	24.0	34%	3.3	8.3	32%	29.0	74.0	1.1	2.8	3%	10.0	26.0	1.1	2.8	47%						
Lorne & Lorne Breakfast Roll	170	1194	1414	284	483	24%	11.0	19.0	27%	4.1	6.9	35%	30.0	50.0	0.6	1.1	1%	15.0	26.0	1.8	3.0	56%						
Lorne & Omelette Breakfast Roll	191	1067	1268	255	487	24%	11.0	21.0	30%	3.6	6.9	35%	27.0	51.0	1.0	1.9	2%	12.0	23.0	1.3	2.5	42%						
Lorne Breakfast Roll	141	1177	1397	280	395	20%	9.5	13.0	19%	3.2	4.5	23%	35.0	50.0	0.7	1.0	1%	12.0	18.0	1.5	2.1	35%						
Bacon & Lorne Breakfast Baguette	233.5	1162	1373	276	644	32%	9.2	21.0	30%	3.5	8.1	41%	33.0	78.0	0.8	1.8	2%	15.0	34.0	1.6	3.8	63%						
Lorne Breakfast Baguette	255	1141	1351	271	691	35%	8.6	22.0	31%	3.2	8.3	42%	35.0	90.0	0.9	2.2	2%	13.0	32.0	1.5	3.7	62%						
Lorne & Omelette Breakfast Baguette	272.5	1069	1283	255	695	35%	9.0	24.0	34%	3.2	8.8	44%	31.0	85.0	1.0	2.8	3%	12.0	32.0	1.3	3.5	58%						
Baguettes																												
French & Cheese Baguette	208	1069	1254	254	528	26%	7.7	16.0	23%	3.8	7.9	40%	31.0	65.0	1.0	2.1	2%	14.0	30.0	1.3	2.7	43%						
French & Ham Salad Baguette	253	732	882	173	438	22%	3.0	7.6	11%	0.4	1.0	5%	27.0	69.0	1.6	4.1	5%	9.0	23.0	0.87	2.2	37%						
French & Cheese Salad Baguette	225	899	1073	214	482	24%	6.7	15.0	21%	3.4	7.6	38%	29.0	66.0	1.2	2.6	3%	8.4	19.0	0.79	1.8	30%						
Mexican Chicken Baguette	242.5	916	1095	221	526	26%	4.0	9.7	14%	1.6	3.8	19%	33.0	81.0	6.5	16.0	18%	11.0	27.0	1.2	3.0	50%						
Pigs under Blankets Baguette	202.6	1198	1427	285	577	29%	8.5	17.0	24%	2.8	5.7	29%	39.0	79.0	4.8	9.8	11%	12.0	24.0	1.3	2.7	45%						
Roast Chicken & Bacon Club Baguette	251.1	838	1004	199	500	25%	4.9	12.0	17%	0.9	2.3	12%	28.0	70.0	1.7	4.3	5%	10.0	26.0	0.81	2.0	33%						
Roast Chicken Mayo/Mustard Baguette	234.4	896	1070	213	499	25%	5.2	12.0	17%	0.6	1.3	7%	30.0	70.0	1.3	3.1	3%	11.0	26.0	0.78	1.8	30%						
Southern Fried Chick on Baguette	235.2	1077	1283	256	602	30%	5.8	14.0	20%	2.7	6.4	32%	39.0	91.0	6.2	14.0	16%	11.0	26.0	0.98	2.3	38%						
Turkey Chicken Baguette	225	896	1070	215	505	25%	4.8	11.0	16%	0.5	1.3	7%	31.0	73.0	2.5	5.9	7%	11.0	26.0	0.81	1.9	32%						
Tuna Crunch Baguette	248	780	934	185	459	23%	2.6	6.5	9%	0.3	0.8	4%	28.0	71.0	2.4	5.9	7%	11.0	28.0	0.85	2.1	36%						
Oval Bites																												
Chargrill Chicken Oval Bite	224	777	930	184	412	21%	4.8	11.0	16%	0.6	1.3	7%	23.0	51.0	3.1	6.9	8%	12.0	26.0	0.82	1.8	36%						
Mature Cheddar Cheese Plug/Mature Oval Bite	229	868	1038	207	474	24%	8.1	19.0	27%	3.5	8.1	41%	24.0	55.0	4.4	10.0	11%	8.6	20.0	0.81	1.9	37%						
Mexican Chicken Oval Bite	212	918	1094	218	462	23%	5.4	12.0	17%	0.7	1.5	8%	30.0	64.0	8.6	18.0	7%	12.0	25.0	1.0	2.1	31%						
Rolls																												
Chargrill Chicken Roll	204	725	870	172	351	18%	4.4	9.0	13%	0.5	0.9	5%	21.0	42.0	1.7	3.6	4%	11.0	23.0	0.87	1.8	38%						
French Roast Ham and Egg Salad Roll	198	717	860	170	337	17%	5.0	9.9	14%	0.7	1.3	7%	21.0	43.0	1.5	3.0	3%	8.7	17.0	0.67	1.7	35%						
Roast Chicken Salad Roll	200.1	737	887	175	359	18%	5.2	10.0	14%	0.6	1.1	6%	22.0	44.0	1.4	2.8	3%	9.2	18.0	0.69	1.4	33%						
Tuna Mayo/Mustard Roll	199.2	721	869	172	343	17%	4.5	9.0	13%	0.5	0.9	5%	21.0	41.0	0.9	1.9	2%	11.0	22.0	0.84	1.7	38%						
Stouties																												
Cheese & Onion Stoutie	235.6	906	1085	215	507	25%	6.4	15.0	21%	1.8	4.2	21%	28.0	66.0	1.9	4.4	5%	11.0	25.0	1.0	2.4	40%						
Tuna Mayo/Mustard Stoutie	256.6	757	912	180	462	23%	3.7	9.6	14%	0.5	1.2	6%	24.0	63.0	0.9	2.3	3%	11.0	29.0	0.92	2.4	40%						
Toasties																												
BBQ Chicken & Bacon Toastie	217.0	989	1186	235	510	26%	7.1	15.0	21%	3.7	8.1	41%	26.0	56.0	3.4	7.4	8%	16.0	36.0	1.2	2.6	43%						
French & Mature Cheddar Cheese Toastie	183.4	1064	1261	253	464	23%	9.3	17.0	24%	5.5	10.0	50%	26.0	48.0	0.5	1.7	2%	15.0	28.0	1.2	2.2	37%						
Mature Cheddar Cheese & Chutney Toastie	171.8	1113	1313	265	455	23%	9.5	16.0	23%	5.7	9.8	60%	32.0	55.0	4.6	7.9	9%	12.0	21.0	1.1	1.9	32%						
Sauces & Pizzas																												
Bacon & Cheese Wrap	98	1635	1902	393	385	19%	26.0	26.0	27%	13.0	13.0	65%	25.0	25.0	1.0	1.0	1%	14.0	14.0	1.6	1.6	27%						
Beef & Veg Pasty	180	1066	1261	255	459	23%	14.0	26.0	37%	7.7	14.0	70%	24.0	44.0	1.0	1.8	2%	6.2	11.0	0.83	1.5	25%						
Cheese & Onion Bake	141	1289	1517	310	437	22%	21.0	30.0	43%	11.0	16.0	80%	23.0	33.0	0.9	1.3	1%	6.1	8.7	1.1	1.6	27%						
Chicken on Bake	150	1174	1401	281	422	21%	18.0	27.0	39%	9.3	14.0	70%	21.0	31.0	0.8	1.2	1%	8.8	13.0	1.1	1.7	28%						
Corried Beef Bake	143	1195	1422	286	409	20%	18.0	26.0	37%	9.1	13.0	65%	22.0	31.0	0.9	1.3	1%	11.0	11.0	1.5	1.5	25%						
Positive Bake	152	1248	1485	296	453	29%	18.0	27.0	39%	9.1	14.0	70%	25.0	37.0	2.8	4.2	9%	8.5	13.0	1.1	1.7	28%						
Hotdog Pie	156	844	1007	225	352	18%	11.0	17.0	24%	5.1	7.9	40%	25.0	39.0	1.7	2.6	3%	6.0	9.5	0.9	1.5	25%						
Sausage Roll	103	1327	1567	319	329	16%	21.0	22.0	31%	12.0	12.0	60%	23.0															

Product Name	Portion Size (g/ml)	Energy (kJ)	Energy (kcal)	Energy % RI (2000 kJ)	Fat (100g)	Fat (g)	Fat % RI (70g)	Saturated (g)	Saturated % RI (30g)	Saturated % RI (30g)	Carbohydrate (100g)	Carbohydrate (g)	Sugars (100g)	Sugars (g)	Sugars % RI (50g)	Protein (100g)	Protein (g)	Salt (100g)	Salt (g)	Salt % RI (0.6g)		
Nutritional Information correct at time of print 7.12.20 - guide only.																						
Fruit & Chilled Snacks																						
Bananas apples class 1	130	226	294	53	69	3%	0.0	0.0	0%	0.0	0.0	12.0	15.0	12.0	15.0	17%	0.0	0.5	0.0	0.01	0%	
Fairtrade Bananas	150	435	653	103	155	8%	0.0	0.0	0%	0.0	0.2	1%	23.0	35.0	21.0	31.0	34%	1.2	1.8	0.0	0.0	0%
Fruit Midway	160	216	346	51	82	4%	0.0	0.0	0%	0.0	0.0	0%	10.0	17.0	10.0	23.0	19%	0.8	1.2	0.0	0.02	<1%
Seedless Mixed Grapes	140	300	420	71	99	5%	0.0	0.0	0%	0.0	0.0	0%	16.0	23.0	16.0	23.0	26%	0.6	0.9	0.0	0.0	0%
Greggs Own Label Cripps & Sticks																						
Greggs Mature Cheddar & Onion Hand Cooked Cripps	40	2070	828	495	198	10%	36.0	10.0	10%	2.8	1.1	6%	55.0	23.0	2.4	1.0	1%	7.7	3.1	1.4	5.58	10%
Greggs Soft & Vinegar Crispy Sticks	35	2099	735	591	175	9%	35.0	8.8	13%	3.2	0.8	4%	63.0	22.0	2.1	0.7	<1%	5.0	1.8	1.8	6.64	11%
Greggs Sea Salt & Cider Vinegar Hand Cooked Cripps	40	2023	809	484	194	10%	34.0	9.7	14%	2.5	1.0	5%	57.0	23.0	2.2	0.9	1%	6.9	2.8	1.8	6.71	12%
Greggs That Sweet Chill Flavour Hand Cooked Cripps	40	2113	845	507	203	10%	30.0	12.0	17%	2.7	1.1	6%	49.0	20.0	4.2	1.7	2%	7.5	3.0	1.1	4.43	7%
Smoky BBQ Crunch	25	1748	437	417	104	5%	14.0	3.5	5%	1.7	0.4	2%	52.0	13.0	5.1	1.3	1%	15.0	3.8	1.5	5.37	6%
Chocolate & Yoghurt Coated Fruit Mix	35	1542	540	366	128	6%	9.0	3.2	5%	5.5	1.9	10%	67.0	24.0	67.0	23.0	20%	3.0	1.1	0.23	0.08	1%
Hot Mix	25	2500	650	628	157	8%	53.0	13.0	19%	6.1	1.5	8%	16.0	4.1	5.0	1.3	1%	19.0	4.7	0.03	0.0	0%
Bread & Rolls																						
Baguette	120	1123	1348	265	318	16%	1.1	1.3	2%	0.2	0.2	1%	54.0	65.0	1.1	1.3	1%	9.0	11.0	0.94	1.1	16%
Corn Topped Roll	71	1196	849	283	201	10%	3.2	2.3	3%	0.4	0.3	2%	52.0	37.0	0.8	0.6	<1%	9.7	6.9	1.1	0.77	13%
Fruit White Rolls	71	1172	832	277	197	10%	3.2	2.3	3%	0.4	0.3	2%	51.0	36.0	0.8	0.6	<1%	9.6	6.8	1.1	0.77	13%
Large White Bloomer - approx per slice	50	1009	505	238	119	6%	1.4	0.7	1%	0.3	0.2	1%	46.0	23.0	0.5	0.0	0%	9.7	4.8	0.93	0.46	8%
Malted Brown Sandwich Loaf - approx per slice	42	1116	469	263	110	6%	2.8	1.2	2%	0.4	0.2	1%	48.0	20.0	2.9	1.2	1%	9.7	4.1	0.95	0.40	7%
Morning Rolls	65	1101	715	261	170	9%	3.0	2.0	3%	0.4	0.2	1%	48.0	31.0	0.8	0.5	<1%	9.0	5.8	1.0	0.68	11%
Oval Bites	105	1444	1201	271	285	14%	4.6	4.8	7%	0.7	0.7	4%	45.0	48.0	4.0	4.2	5%	11.0	11.0	0.92	0.97	16%
Scallops per 1/4	70	947	663	224	157	8%	1.5	1.0	1%	0.3	0.2	1%	43.0	30.0	0.9	0.6	<1%	8.2	5.7	1.0	0.70	12%
White & Wholemeal Loaf - approx per slice	42	990	416	234	98	5%	1.5	0.6	<1%	0.3	0.1	<1%	44.0	18.0	0.6	0.0	0%	9.0	3.8	0.92	0.39	7%
White & Wholemeal Rolls	85	1106	940	262	223	11%	3.5	3.0	4%	0.4	0.3	2%	46.0	39.0	1.0	0.8	<1%	9.1	7.7	1.1	0.91	15%
Hot Drinks - Freshly ground decaffeinated coffee selected shops only																						
Espresso Extra Shot	39.6	79	31	19	8	<1%	0.0	0.0	0%	0.0	0.0	0%	3.2	1.3	0.0	0.0	0%	1.5	0.6	0.0	0.0	0%
Espresso Extra Shot Decaf	39.6	79	31	19	8	<1%	0.0	0.0	0%	0.0	0.0	0%	3.2	1.3	0.0	0.0	0%	1.3	0.5	0.0	0.0	0%
Espresso Shot	60	79	47	19	11	<1%	0.0	0.0	0%	0.0	0.0	0%	3.2	1.9	0.0	0.0	0%	1.3	0.8	0.0	0.0	0%
Espresso Shot Decaf	60	79	47	19	11	<1%	0.0	0.0	0%	0.0	0.0	0%	3.2	1.9	0.0	0.0	0%	1.3	0.8	0.0	0.0	0%
Flat White Regular	222	134	297	32	71	4%	0.8	1.7	2%	0.5	1.0	5%	3.9	8.6	2.7	6.1	7%	2.4	5.4	0.0	0.0	0%
Flat White Regular Decaf	222	134	297	32	71	4%	0.8	1.7	2%	0.5	1.0	5%	3.9	8.6	2.7	6.1	7%	2.4	5.4	0.0	0.0	0%
Americano Large	382	14	53	3	11	<1%	0.0	0.0	0%	0.0	0.0	0%	0.6	2.3	0.0	0.0	0%	0.0	0.6	0.0	0.0	0%
Americano Regular	285	14	40	3	9	<1%	0.0	0.0	0%	0.0	0.0	0%	0.6	1.7	0.0	0.0	0%	0.0	0.6	0.0	0.0	0%
Black Coffee Large Decaf	382	14	53	3	11	<1%	0.0	0.0	0%	0.0	0.0	0%	0.6	2.3	0.0	0.0	0%	0.0	0.6	0.0	0.0	0%
Black Coffee Regular Decaf	285	14	40	3	9	<1%	0.0	0.0	0%	0.0	0.0	0%	0.6	1.7	0.0	0.0	0%	0.0	0.6	0.0	0.0	0%
Capuccino Large	327	150	491	35	114	6%	1.0	3.1	4%	0.6	2.1	11%	4.1	14.0	3.2	11.0	12%	2.6	8.3	0.0	0.0	0%
Capuccino Large Decaf	327	150	491	35	114	6%	1.0	3.1	4%	0.6	2.1	11%	4.1	14.0	3.2	11.0	12%	2.6	8.3	0.0	0.0	0%
Capuccino Regular	275	143	393	34	94	5%	0.8	2.2	3%	0.5	1.5	8%	4.2	12.0	3.1	8.6	10%	2.4	6.6	0.0	0.0	0%
Capuccino Regular Decaf	275	143	393	34	94	5%	0.8	2.2	3%	0.5	1.5	8%	4.2	12.0	3.1	8.6	10%	2.4	6.6	0.0	0.0	0%
Caramel Latte Large	420	245	1029	59	248	12%	2.2	9.1	13%	1.4	6.0	30%	7.3	30.0	6.5	27.0	30%	2.5	10.0	0.10	0.42	7%
Caramel Latte Large Decaf	420	245	1029	59	248	12%	2.2	9.1	13%	1.4	6.0	30%	7.3	30.0	6.5	27.0	30%	2.5	10.0	0.10	0.42	7%
Caramel Latte Regular	366	259	948	61	223	11%	2.3	8.3	12%	1.5	5.5	28%	8.1	29.0	7.5	27.0	30%	2.3	8.3	0.0	0.04	<1%
Caramel Latte Regular Decaf	366	259	948	61	223	11%	2.3	8.3	12%	1.5	5.5	28%	8.1	29.0	7.5	27.0	30%	2.3	8.3	0.0	0.04	<1%
Hot Chocolate Large	439	272	1194	64	281	14%	1.5	6.7	10%	1.2	5.4	27%	11.0	47.0	9.5	42.0	47%	2.0	8.6	0.13	0.57	10%
Hot Chocolate Regular	372	250	930	59	219	11%	1.4	5.3	8%	1.1	4.0	20%	9.8	37.0	8.0	30.0	33%	1.8	6.7	0.13	0.48	8%
Hot Caramel Latte Regular	484.9	149	723	35	170	9%	0.7	3.5	5%	0.5	2.2	11%	5.5	26.0	5.1	25.0	28%	1.7	8.4	0.05	0.24	4%
Hot Latte Regular	460.9	103	475	24	111	6%	0.8	3.5	5%	0.5	2.3	12%	2.6	12.0	2.3	10.0	11%	1.8	8.4	0.06	0.28	5%
Hot Vanilla Latte Regular	484.9	149	723	35	170	9%	0.7	3.5	5%	0.5	2.2	11%	5.5	26.0	5.1	25.0	28%	1.7	8.4	0.05	0.24	4%
Latte Large	380	146	555	35	133	7%	1.0	3.9	6%	0.6	2.4	12%	3.8	14.0	2.9	11.0	12%	2.6	10.0	0.10	0.38	6%
Latte Large Decaf	380	146	555	35	133	7%	1.0	3.9	6%	0.6	2.4	12%	3.8	14.0	2.9	11.0	12%	2.6	10.0	0.10	0.38	6%
Latte Regular	326	145	473	34	111	6%	1.0	3.2	5%	0.6	2.0	10%	4.1	13.0	3.4	11.0	12%	2.4	7.8	0.0	0.0	0%
Latte Regular Decaf	326	145	473	34	111	6%	1.0	3.2	5%	0.6	2.0	10%	4.1	13.0	3.4	11.0	12%	2.4	7.8	0.0	0.0	0%
Hot Hot Chocolate Regular	412	242	1409	81	324	17%	2.6	11.0	16%	1.8	7.5	30%	13.0	53.0	11.0	46.0	51%	1.7	7.1	0.0	0.0	0%
Hot Mocha Regular	393	375	1474	88	346	17%	2.7	10.0	14%	2.0	7.7	30%	14.0	56.0	12.0	46.0	51%	1.9	8.0	0.0	0.0	0%
Hot Mocha Regular Decaf	393	375	1474	88	346	17%	2.7	10.0	14%	2.0	7.7	30%	14.0	56.0	12.0	46.0	51%	1.9	8.0	0.0	0.0	0%
Mocha Large	390	321	1252	76	296	15%	2.2	8.7	12%	1.8	7.1	28%	11.0	44.0	11.0	42.0	47%	2.7	10.0	0.20	0.78	13%
Mocha Large Decaf	390	325	1268	77	300	15%	1.8	7.1	10%	1.4	5.6	20%	13.0	49.0	8.7	34.0	38%	2.5	9.8	0.20	0.78	13%
Mocha Regular	353	282	995	66	233	12%	1.5	5.2	7%	1.2	4.1	21%	11.0	40.0	8.4	30.0	33%	2.0	7.2	0.0	0.0	0%
Mocha Regular Decaf	353	282	995	66	233	12%	1.5	5.2	7%	1.2	4.1	21%	11.0	40.0	8.4	30.0	33%	2.0	7.2	0.0	0.0	0%
Pumpkin Spice Latte Large	421	249	1048	60	253	13%	2.2	9.1	13%	1.4	5.9	30%	7.5	32.0	6.7	28.0	31%	2.5	10.0	0.09	0.38	6%
Pumpkin Spice Latte Large Decaf	421	249	1048	60	253	13%	2.2	9.1	13%													