

	Meal Components (per serving size)	Kcal	Fat	Sat Fats	Sugars	Salt
PASTRIES & COOKIES	Jumbo Butter Croissant	334	5.0	0.5	4.5	2.93
	Chocolate Twist	271	11.7	7.4	16.2	7.38
	Pain au Chocolat	293	16.6	10.6	8.2	0.50
	Oat & Raisin Cookie	246	10.0	4.5	21.6	0.38
	4 x Oatmeal & Raisin Cookies	983	40.0	17.8	86.2	1.52
	Belgian Milk Chocolate Chip Cookie	255	11.4	5.4	18.1	0.15
	4 x Belgian Milk Chocolate Chip Cookies	1019	45.8	21.6	72.4	0.62
EXTRAS	Bon Maman Jam Stick (per 15g stick)	39	0.0	0.0	9.6	0.00
	Floured Bap	220	1.4	0.2	3.7	0.86
	Pork Sausage (single)	132	9.2	3.5	0.5	0.63
	Back Bacon (per rasher)	85	6.1	2.5	0.2	1.18
	Quorn Cumberland Sausage (single)	80	3.6	1.3	0.7	0.55
	Hash Browns (each)	103	4.5	0.6	0.6	0.29
	Flat Mushroom (each)	22	0.0	0.0	2.0	0.01
	Fried Egg (each)	66	4.5	1.3	0.0	0.20
	Heinz Tomato Ketchup (per 10ml sachet)	10	0.0	0.0	2.3	0.18
	HP Brown Sauce (per 10ml sachet)	12	0.0	0.0	2.3	0.13
MENU OPTIONS	Pork Sausage Bap with 3 Sausages	637	29.1	10.8	9.6	3.10
	Bacon Bap with 3 Bacon Rashers	496	19.8	7.7	8.8	4.76
	Quorn Sausage Bap with 3 Quorn Sausages	480	12.1	4.2	10.4	2.87
	Deep Fill Sausage and Bacon Bap with 2 Sausages and 2 Bacon Rashers	655	32.1	12.2	5.0	4.47
	Ultimate Breakfast Bap	946	45.7	14.7	10.7	5.60
HOT DRINKS	Ultimate Veggie Breakfast Bap	693	20.6	5.1	9.2	2.24
	Espresso	2	0.0	0.0	0.0	0.00
	Double Espresso	4	0.0	0.0	0.0	0.00
	Espress Macchiato	17	0.5	0.3	1.4	0.03
	Cortado	32	1.1	0.7	2.8	0.07
	Black Americano	2	0.0	0.0	0.0	0.00
	White Coffee	32	1.1	0.7	2.8	0.07
	Flat White	91	3.2	2.0	8.5	0.20
	Latte	150	5.3	3.3	14.2	0.33
	Cappuccino	150	5.3	3.3	14.2	0.33
	Hot Chocolate	229	6.9	4.5	28.1	0.56
	Mocha	201	5.8	3.9	25.3	0.49
BOTTLED DRINKS	Tea with Milk	15	0.5	0.3	1.4	0.03
	Water Still 500ml	0	0.0	0.0	0.0	0.00
	Water Still 750ml	0	0.0	0.0	0.0	0.00
	Tropicana Orange Juice 250ml	100	0.0	0.0	21.5	0.00
	Juicy Water - Raspberry and Blackcurrant (440ml)	156	0.0	0.0	35.0	0.00
	Liptons Ice Tea Lemon (500ml bottle)	96	0.5	0.1	11.0	0.08
	Fruit Shoot Apple & Blackcurrant (275ml bottle)	11	0.0	0.0	1.9	0.08
	Judes Flat White Coffee 250ml	153	3.5	2.3	20.3	0.50
	Pepsi 500ml	220	0.0	0.0	56.0	0.02
	Diet Pepsi 500ml	4	0.0	0.0	0.0	0.26
	Pepsi Max 500ml	2	0.0	0.0	0.0	0.00
	7Up 500ml Sugar Free	10	0.0	0.0	0.0	0.19
	Tango 500ml	95	0.0	0.0	21.0	0.32
Madri Beer 4.6% ABV 330ml	40	0.0	0.0		0.00	
Tiger Beer 4.8% ABV 330ml	34	0.0	0.0	1.6	0.00	
DRINKS	Pepsi 12 floz/355ml	149	0.0	0.0	0.0	0.02
	Pepsi 16 floz/473ml	199	0.0	0.0	0.0	0.02
	Pepsi 22 floz/651ml	273	0.0	0.0	0.0	0.03
	Pepsi Max 12 floz/355ml	1	0.0	0.0	0.0	0.07
	Pepsi Max 16 floz/473ml	1	0.0	0.0	0.0	0.09
	Pepsi Max 22 floz/651ml	2	0.0	0.0	0.0	1.13
	Diet Pepsi 12 floz/355ml	1	0.0	0.0	0.0	0.19
	Diet Pepsi 16 floz/473ml	2	0.0	0.0	0.0	0.25
	Diet Pepsi 22 floz/651ml	2	0.0	0.0	0.0	0.35
	Pepsi Max Cherry 12floz/355ml		0.0	0.0	0.0	0.43
	Pepsi Max Cherry 16 floz/473ml		0.0	0.0	0.0	0.57
	Pepsi Max Cherry 22 floz/651ml		0.0	0.0	0.0	0.78
	Tango Orange Sugar Free 12 floz/355ml	4	0.0	0.0	0.0	0.43
	Tango Orange Sugar Free 16 floz/473ml	5	0.0	0.0	0.0	0.57
	Tango Orange Sugar Free 22 floz/651ml	7	0.0	0.0	0.0	0.78
	7Up Free 12 floz/355ml	7	0.0	0.0	0.0	0.16
	7Up Free 16 floz/473ml	9	0.0	0.0	0.0	0.21
	7Up Free 22 floz/651ml	13	0.0	0.0	0.0	0.29
	Classic Coke 16 floz	201	0.0	0.0	0.0	
	Classic Coke 20 floz	252	0.0	0.0	0.0	
	Coke Zero 16 floz	2	0.0	0.0	0.0	
	Coke Zero 20 floz	3	0.0	0.0	0.0	
	Diet Coke 16 floz	1	0.0	0.0	0.0	
	Diet Coke 20 floz	2	0.0	0.0	0.0	
	Fanta regular 16 floz	91	0.0	0.0	0.0	
	Fanta regular 20 floz	113	0.0	0.0	0.0	
	Sprite Zero 16 floz	5	0.0	0.0	0.0	
Sprite Zero 20 floz	6	0.0	0.0	0.0		