

	Portion Size (g/ml)	Energy (kJ) per 100g	Energy (kJ) Portion	Energy (kcal) per 100g	Energy (kcal) Portion	Energy % RI (2000 kcal)	Fat (100g)	Fat (g) Portion	Fat % RI (70g)	Saturates (100g)	Saturates (g) Portion	Saturates % RI (20g)	Carbohydrate (100g)	Carbohydrate (g) Portion	Carbohydrate % RI (260g)	Sugars (100g)	Sugars (g) Portion	Sugars % RI (90g)	Fibre (100g)	Fibre (g) Portion	Protein (100g)	Protein (g) Portion	Protein % RI (50g)	Salt (100g)	Salt (g) Portion	Salt % RI (6g)	
Nutritional Information (Guide only)																											
Product Name (alphabetical order) = Hospital Shop	(HS)	Information correct at time of print (July 2026) Adults need around 2000kcal a day																									
6 Mini Sausage Rolls		146.1	1340	1958	321	469	23%	19	28	40%	7.7	11	55%	28	41	16%	0.7	1.0	1%	1.4	2.0	8.8	13	26%	1.4	2.0	33%
All Butter Croissant		79	1551	1225	370	292	15%	17	13	19%	11	8.7	44%	44	35	13%	5.6	4.4	5%	2.6	2.1	9.0	7.1	14%	1.0	0.79	13%
Americano Decaf Large		382	16	61	4	15	1%	0	0	1%	0	0	0%	0.6	2.3	1%	0	0	0%	0	0	0	0.6	1%	0	0	0%
Americano Decaf Regular		285	16	46	4	11	1%	0	0	0%	0	0	0%	0.6	1.7	1%	0	0	0%	0	0	0	0	1%	0	0	0%
Americano Large		382	16	61	4	15	1%	0	0	1%	0	0	0%	0.6	2.3	1%	0	0	0%	0	0	0	0.6	1%	0	0	0%
Americano Regular		285	16	46	4	11	1%	0	0	0%	0	0	0%	0.6	1.7	1%	0	0	0%	0	0	0	0	1%	0	0	0%
Apple & Cinnamon Flavour Porridge		234	415	971	99	232	12%	1.9	4.4	6%	0.6	1.4	7%	16	37	14%	4.9	11	12%	1.9	4.4	3.4	8.0	16%	0.20	0.47	8%
Apple and Strawberry Fruit Pot		90	203	183	48	43	2%	0	0	1%	0	0	0%	9.7	8.7	3%	9.7	8.7	10%	1.2	1.1	0.6	0.5	1%	0	0	0%
Apple Danish		116.7	1172	1368	278	324	16%	7.9	9.2	13%	3.4	4.0	20%	47	55	21%	24	28	31%	1.6	1.9	4.0	4.7	9%	0.15	0.18	3%
Bacon & Lorne Breakfast Baguette		221.5	1149	2545	274	607	30%	10.0	22	31%	4.0	8.9	45%	30	66	25%	1.4	3.1	3%	1.8	4.0	15	33	66%	1.6	3.5	58%
Bacon & Omelette Breakfast Roll		155	980	1519	234	363	18%	9.7	15	21%	3.0	4.7	24%	22	34	13%	3.9	6.0	7%	1.1	1.7	14	22	44%	1.2	1.9	32%
Bacon & Sausage Breakfast Baguette		208.5	1109	2312	264	550	28%	9.4	20	29%	3.5	7.3	37%	30	63	24%	1.6	3.3	4%	1.6	3.3	14	29	58%	1.5	3.1	52%
Bacon and Cheese Wrap		98	1522	1492	365	358	18%	23	23	33%	12	12	60%	25	25	10%	0	0	1%	1.0	1.0	14	14	28%	1.5	1.5	25%
Bacon and Lorne Breakfast Roll		170	1138	1935	271	461	23%	12	20	29%	4.5	7.7	39%	25	43	17%	3.2	5.4	6%	1.7	2.9	15	26	52%	1.7	2.9	48%
Bacon and Omelette Breakfast Baguette		206.5	1025	2117	244	504	25%	8.1	17	24%	2.9	6.0	30%	28	58	22%	1.8	3.7	4%	1.4	2.9	14	29	58%	1.2	2.5	42%
Bacon and Sausage Breakfast Roll		157	1081	1697	258	405	20%	11	17	24%	3.8	6.0	30%	25	39	15%	3.6	5.7	6%	1.4	2.2	14	22	44%	1.5	2.4	40%
Bacon Breakfast Baguette		171	1136	1943	270	462	23%	8.3	14	20%	3.3	5.6	28%	33	56	22%	1.7	2.9	3%	1.6	2.7	15	26	52%	1.5	2.6	43%
Bacon Breakfast Roll		119.5	1129	1349	269	321	16%	10	12	17%	3.6	4.3	22%	28	33	13%	4.4	5.3	6%	1.4	1.7	16	19	38%	1.6	1.9	32%
Baguettes		108	1080	1166	255	275	14%	0.7	0.8	1%	0.3	0.3	2%	52	56	22%	2.7	2.9	3%	2.6	2.8	8.8	9.5	19%	0.73	0.79	13%
Bavarian Slice		127	1242	1577	296	376	19%	13	17	24%	7.6	9.7	49%	41	52	20%	23	29	32%	0.8	1.0	3.4	4.3	9%	0.33	0.42	7%
BBQ Bites Meal Box		254	934	2372	223	566	28%	9.1	23	33%	2.7	6.9	35%	25	64	25%	1.6	4.1	5%	2.0	5.1	9.2	23	46%	0.90	2.3	38%
BBQ Chicken & Bacon Pizza		206.76	1351	2793	322	666	33%	14	29	41%	5.3	11	55%	35	72	28%	5.7	12	13%	2.0	4.1	13	27	54%	0.70	1.4	23%
BBQ Chicken & Bacon Pizza Box 2 Pack		413.5	1351	5586	322	1331	67%	14	58	83%	5.3	22	110%	35	145	56%	5.7	24	27%	2.0	8.3	13	54	108%	0.70	2.9	48%
BBQ Chicken & Bacon Pizza Box 4 Pack		827	1351	11173	322	2663	133%	14	116	166%	5.3	44	220%	35	289	111%	5.7	47	52%	2.0	17	13	108	216%	0.70	5.8	97%
BBQ Chicken & Bacon Pizza Box 6 Pack		1240.6	1351	16761	322	3995	200%	14	174	249%	5.3	66	330%	35	434	167%	5.7	71	79%	2.0	25	13	161	322%	0.70	8.7	145%
BBQ Chicken and Bacon Melt Baguette		267.3	1038	2775	246	658	33%	6.1	16	23%	3.0	8.0	40%	34	91	35%	4.8	13	14%	1.6	4.3	13	35	70%	1.1	2.9	48%
BBQ Chicken and Bacon Pasta		285	718	2046	171	487	24%	6.7	19	27%	1.0	2.9	15%	18	51	20%	3.1	8.8	10%	1.2	3.4	9.1	26	52%	0.43	1.2	20%
BBQ Crispy Chicken Pizza		217	1331	2888	317	688	34%	13	28	40%	5.2	11	55%	37	80	31%	5.2	11	12%	1.9	4.1	12	26	52%	0.68	1.5	25%
BBQ Crispy Chicken Pizza Box 2 Pack		434	1331	5777	317	1376	69%	13	56	80%	5.2	23	115%	37	161	62%	5.2	23	26%	1.9	8.2	12	52	104%	0.68	3.0	50%
BBQ Crispy Chicken Pizza Box 4 Pack		868	1331	11553	317	2752	138%	13	113	161%	5.2	45	225%	37	321	123%	5.2	45	50%	1.9	16	12	104	208%	0.68	5.9	98%
BBQ Crispy Chicken Pizza Box 6 Pack		1302	1331	17330	317	4127	206%	13	169	241%	5.2	68	340%	37	482	185%	5.2	68	76%	1.9	25	12	156	312%	0.68	8.9	148%
Belgian Buns		122.5	1285	1574	303	371	19%	2.6	3.2	5%	0.9	1.1	6%	64	78	30%	38	47	52%	1.8	2.2	5.0	6.1	12%	0.43	0.53	9%
Big Breakfast Wrap		238	1068	2542	255	607	30%	11	26	37%	4.1	9.8	49%	28	67	26%	3.6	8.6	10%	1.9	4.5	10	24	48%	1.3	3.1	52%
BLT		187	911	1704	217	406	20%	8.5	16	23%	2.2	4.1	21%	24	45	17%	4.4	8.2	9%	2.3	4.3	10	19	38%	0.95	1.8	30%
Blueberry Iced Matcha Latte		478	119	569	28	134	7%	0.7	3.3	5%	0.4	1.9	10%	4.1	20	8%	3.7	18	20%	0	0	1.4	6.7	13%	0.05	0.24	4%
Buffalo Sauce		40	659	264	159	64	3%	13	5.2	7%	4.8	1.9	10%	9.7	3.9	2%	6.7	2.7	3%	0.7	0	0	0	0%	4.0	1.6	27%
Cappuccino Large		327	149	487	35	114	6%	1.0	3.3	5%	0.6	2.0	10%	4.1	13	5%	3.2	10	11%	0	0	2.5	8.2	16%	0.10	0.33	6%
Cappuccino Large Decaf		327	149	487	35	114	6%	1.0	3.3	5%	0.6	2.0	10%	4.1	13	5%	3.2	10	11%	0	0	2.5	8.2	16%	0.10	0.33	6%
Cappuccino Regular		275	142	391	34	94	5%	0.8	2.2	3%	0.5	1.4	7%	4.2	12	5%	3.1	8.5	9%	0	0	2.4	6.6	13%	0	0	0%
Cappuccino Regular Decaf		275	142	391	34	94	5%	0.8	2.2	3%	0.5	1.4	7%	4.2	12	5%	3.1	8.5	9%	0	0	2.4	6.6	13%	0	0	0%
Caramel Crispy		50	2027	1014	483	242	12%	21	11	16%	13	6.5	33%	69	35	13%	58	29	32%	0	0	4.3	2.2	4%	0.28	0.14	2%
Caramel Custard Doughnut		97	1184	1148	282	274	14%	11	11	16%	4.9	4.8	24%	41	40	15%	17	16	18%	1.1	1.1	4.2	4.1	8%	0.70	0.68	11%
Caramel Latte Large		417.5	223	931	53	221	11%	1.9	7.9	11%	1.3	5.4	27%	6.5	27	10%	5.7	24	27%	0	0	2.5	10	20%	0.10	0.42	7%
Caramel Latte Large Decaf		417.5	223	931	53	221	11%	1.9	7.9	11%	1.3	5.4	27%	6.5	27	10%	5.7	24	27%	0	0	2.5	10	20%	0.10	0.42	7%
Caramel Latte Regular		363.5	234	851	56	204	10%	2.0	7.3	10%	1.3	4.7	24%	7.2	26	10%	6.6	24	27%	0	0	2.2	8.0	16%	0	0.03	1%
Caramel Latte Regular Decaf		363.5	234	851	56	204	10%	2.0	7.3	10%	1.3	4.7	24%	7.2	26	10%	6.6	24	27%	0	0	2.2	8.0	16%	0	0.03	1%
Cheese & Onion Bake		141.4	1283	1814	308	436	22%	21	30	43%	11	16	80%	23	33	13%	1.0	1.4	2%	1.4	2.0	6.1	8.6	17%	1.1	1.6	27%
Cheese & Onion Stottie		235.6	1023	2410	244	575	29%	8.9	21	30%	3.8	9.0	45%	30	71	27%	4.8	11	12%	2.1	4.9	9.8	23	46%	0.88	2.1	35%
Cheese & Pickle		144	1159	1669	276	397	20%	11	16	23%	5.2	7.5	38%	32	46	18%	6.2	8.9	10%	2.6	3.7	11	16	32%	1.1	1.6	27%
Cheese & Tomato		177	910	1611	217	384	19%	8.9	16	23%	4.2	7.4	37%	24	42	16%	3.6	6.4	7%	2.3	4.1	9.1	16	32%	0.75	1.3	22%
Cheese and Caramelised Onion Toastie		208.32	1105	2302	263	548	27%	8.8	18	26%	5.1	11	55%	33	69	27%	7.4	15	17%	1.8	3.7	12	25	50%	0.93	1.9	32%
Cheese Sandwich		114	1133	1292	270	308	15%	9.7	11	16%	4.6	5.2	26%	32	36	14%	4.0	4.6	5%	3.2	3.6	12	14	28%	0.98	1.1	18%
Cheese Scones		97	1467	1423	351	340	17%	20	19	27%	9.2	8.9	45%	29	28	11%	0.7	0.7	1%	1.6	1.6	13	13	26%	2.2	2.1	35%
Cherry & Mango Cooler		420	81	340	19	80	4%	0	0	0%	0	0	0%	4.7	20	8%	4.3	18	20%	0	0	0	0	0%	0.03	0.13	2%
Cherry Lemonade		406	61	248	14	57	3%	0	0	0%	0	0	0														

	Portion Size (g/ml)	Energy (kJ) per 100g	Energy (kJ) Portion	Energy (kcal) per 100g	Energy (kcal) Portion	Energy % RI (2000 kcal)	Fat (100g)	Fat (g) Portion	Fat % RI (70g)	Saturates (100g)	Saturates (g) Portion	Saturates % RI (20g)	Carbohydrate (100g)	Carbohydrate (g) Portion	Carbohydrate % RI (260g)	Sugars (100g)	Sugars (g) Portion	Sugars % RI (90g)	Fibre (100g)	Fibre (g) Portion	Protein (100g)	Protein (g) Portion	Protein % RI (50g)	Salt (100g)	Salt (g) Portion	Salt % RI (6g)	
Nutritional Information (Guide only)																											
Product Name (alphabetical order) = Hospital Shop	(HS)	Information correct at time of print (July 2026) Adults need around 2000kcal a day																									
Chicken Bake		150.4	1164	1751	279	420	21%	18	27	39%	9.2	14	70%	20	30	12%	0.8	1.2	1%	1.0	1.5	8.8	13	26%	1.2	1.8	30%
Chicken Caesar Salad with Egg		235	802	1885	193	454	23%	13	31	44%	2.3	5.4	27%	6.5	15	6%	1.2	2.8	3%	0.8	1.9	12	28	56%	0.50	1.2	20%
Chicken Rolls		99	1285	1272	308	305	15%	19	19	27%	9.1	9.0	45%	25	25	10%	0	0	1%	1.3	1.3	8.6	8.5	17%	1.5	1.5	25%
Chocolate Brownie Bar		50	1795	898	429	215	11%	22	11	16%	5.4	2.7	14%	52	26	10%	37	19	21%	1.3	0.7	5.1	2.6	5%	0.28	0.14	2%
Chocolate Cake Bar		74	1683	1245	403	298	15%	21	16	23%	9.4	7.0	35%	43	32	12%	31	23	26%	6.8	5.0	7.0	5.2	10%	0.38	0.28	5%
Cloudy Lemonade		406	58	235	14	57	3%	0	0	0%	0	0	0%	3.4	14	5%	2.7	11	12%	0	0	0	0	0%	0	0.05	1%
Corn Topped Rolls		71	1080	767	255	181	9%	2.8	2.0	3%	0.4	0.3	2%	47	33	13%	7.5	5.3	6%	2.4	1.7	9.3	6.6	13%	0.75	0.53	9%
Corned Beef Bake		143.37	1214	1741	291	417	21%	19	27	39%	9.2	13	65%	22	32	12%	0.8	1.1	1%	1.2	1.7	7.5	11	22%	1.0	1.4	23%
Cream Eclair		81	1660	1345	399	323	16%	28	23	33%	15	12	60%	31	25	10%	20	16	18%	1.1	0.9	5.2	4.2	8%	0.23	0.19	3%
Cream Iced Finger		111	1402	1556	335	372	19%	16	18	26%	9.7	11	55%	42	47	18%	19	21	23%	1.2	1.3	5.1	5.7	11%	0.40	0.44	7%
Double Up Mayo Crispy Chicken Burger		352	1043	3671	248	873	44%	7.7	27	39%	2.5	8.8	44%	28	99	38%	2.5	8.8	10%	1.3	4.6	16	56	112%	1.1	3.9	65%
Egg & Tomato Roll (HS)		195.3	739	1443	176	344	17%	6.1	12	17%	1.0	2.0	10%	21	41	16%	4.1	8.0	9%	2.7	5.3	7.9	15	30%	0.65	1.3	22%
Egg Mayonnaise & Tomato		185.3	786	1456	187	347	17%	6.1	11	16%	1.0	1.9	10%	24	44	17%	3.8	7.0	8%	2.4	4.4	7.8	14	28%	0.68	1.3	22%
Egg Mayonnaise Sandwich		149.3	890	1329	212	317	16%	6.9	10	14%	1.2	1.8	9%	26	39	15%	3.6	5.4	6%	2.8	4.2	10	15	30%	0.83	1.2	20%
Empire Biscuit		68.5	1739	1191	414	284	14%	14	9.6	14%	4.9	3.4	17%	65	45	17%	38	26	29%	7.2	4.9	3.4	2.3	5%	0.45	0.31	5%
Espresso Decaf Extra Shot		39.6	84	33	20	8	0%	0	0	0%	0	0	0%	3.2	1.3	1%	0	0	0%	0	0	1.3	0.5	1%	0	0	0%
Espresso Decaf Shot		60	84	50	20	12	1%	0	0	0%	0	0	0%	3.2	1.9	1%	0	0	0%	0	0	1.3	0.8	2%	0	0	0%
Espresso Extra Shot		39.6	87	34	21	8	0%	0	0	0%	0	0	0%	3.2	1.3	1%	0	0	0%	0	0	1.5	0.6	1%	0	0	0%
Espresso Shot		60	84	50	20	12	1%	0	0	0%	0	0	0%	3.2	1.9	1%	0	0	0%	0	0	1.3	0.8	2%	0	0	0%
Extra Bacon		14.5	1282	186	308	45	2%	21	3.0	4%	8.4	1.2	6%	0.7	0	0%	0	0	0%	0	0	29	4.2	8%	3.0	0.44	7%
Extra Breakfast Sausage		26	992	258	238	62	3%	16	4.2	6%	5.6	1.5	8%	10	2.6	1%	0.7	0	0%	1.1	0	13	3.4	7%	1.6	0.42	7%
Extra Caramel Syrup		24	799	192	188	45	2%	0	0	0%	0	0	0%	47	11	4%	47	11	12%	0	0	0	0	0%	0.05	0	0%
Extra Cream		12.5	1372	172	333	42	2%	33	4.1	6%	23	2.9	15%	6.8	0.9	0%	6.8	0.9	1%	0	0	2.1	0	1%	0.05	0	0%
Extra Double-Up Crispy Chicken (Fillet Only)		117	1089	1274	259	303	15%	7.6	8.9	13%	3.4	4.0	20%	27	32	12%	0.8	0.9	1%	1.1	1.3	20	23	46%	1.3	1.5	25%
Extra Hot Chocolate Powder		1	1662	17	394	4	0%	8.8	0	0%	7.5	0	0%	68	0.7	0%	63	0.6	1%	4.1	0	8.7	0	0%	0.73	0	0%
Extra Lorne Sausage		65	1188	772	285	185	9%	17	11	16%	6.9	4.5	23%	15	9.8	4%	0	0	0%	1.9	1.2	17	11	22%	2.0	1.3	22%
Extra Omelette with Cheese		50	642	321	154	77	4%	11	5.5	8%	3.3	1.7	9%	1.8	0.9	0%	1.6	0.8	1%	0	0	12	6.0	12%	0.70	0.35	6%
Extra Sweetcure Bacon		12	1732	208	416	50	3%	29	3.5	5%	12	1.4	7%	3.5	0	0%	3.5	0	0%	0.6	0	35	4.2	8%	3.3	0.40	7%
Extra Vanilla Syrup		24	816	196	192	46	2%	0	0	0%	0	0	0%	48	12	5%	48	12	13%	0	0	0	0	0%	0.05	0	0%
Fairtrade Apple Juice from Concentrate		150	195	293	46	69	3%	0	0	0%	0	0	0%	11	17	7%	11	17	19%	0	0	0	0	0%	0	0	0%
Fairtrade Orange Juice from Concentrate 250ml		150	191	287	45	68	3%	0	0	0%	0	0	0%	10	15	6%	10	15	17%	0	0	0	0.8	2%	0	0	0%
Fairtrade Orange Juice from Concentrate 500ml		150	191	287	45	68	3%	0	0	0%	0	0	0%	10	15	6%	10	15	17%	0	0	0	0.8	2%	0	0	0%
Fat Free Greek Style Yoghurt with Strawberry Compote		150	323	485	76	114	6%	0	0.7	1%	0	0.1	1%	13	20	8%	11	17	19%	0	0.7	4.7	7.1	14%	0.13	0.20	3%
Filled Milk Chocolate Doughnut		83	1403	1164	335	278	14%	15	12	17%	7.6	6.3	32%	44	37	14%	24	20	22%	1.6	1.3	5.1	4.2	8%	0.75	0.62	10%
Flat White Decaf		222	137	304	32	71	4%	0.8	1.8	3%	0.5	1.1	6%	3.9	8.7	3%	2.7	6.0	7%	0	0	2.4	5.3	11%	0	0	0%
Flat White Regular		222.6	137	305	32	71	4%	0.8	1.8	3%	0.5	1.1	6%	3.9	8.7	3%	2.7	6.0	7%	0	0	2.4	5.3	11%	0	0	0%
Free Range Egg Mayonnaise Baguette		241	885	2133	211	509	25%	8.0	19	27%	1.2	2.9	15%	26	63	24%	2.2	5.3	6%	1.6	3.9	7.9	19	38%	0.78	1.9	32%
Free Range Egg Mayonnaise Half Baguette		120.5	885	1066	211	254	13%	8.0	9.6	14%	1.2	1.4	7%	26	31	12%	2.2	2.7	3%	1.6	1.9	7.9	9.5	19%	0.78	0.94	16%
Free Range Egg Mayonnaise		161.3	931	1502	222	358	18%	7.7	12	17%	1.3	2.1	11%	27	44	17%	3.7	6.0	7%	2.5	4.0	9.8	16	32%	0.80	1.3	22%
Free Range Egg Pot		90	586	527	141	127	6%	9.1	8.2	12%	2.9	2.6	13%	1.4	1.3	1%	0	0	0%	0.5	0	13	12	24%	0.20	0.18	3%
Free Range Egg Salad (HS)		151	896	1353	213	322	16%	6.5	9.8	14%	1.0	1.5	8%	29	44	17%	4.0	6.0	7%	2.5	3.8	8.4	13	26%	0.65	0.98	16%
Fruit Scones		96	1310	1258	311	299	15%	9.0	8.6	12%	3.1	3.0	15%	50	48	18%	20	19	21%	1.9	1.8	6.6	6.3	13%	1.0	0.96	16%
Fruity Flapjack		60	1768	1061	422	253	13%	18	11	16%	5.9	3.5	18%	57	34	13%	41	25	28%	2.8	1.7	6.5	3.9	8%	0	0	0%
Garlic & Herb Dip		40	1315	526	319	128	6%	32	13	19%	2.2	0.9	5%	7.3	2.9	1%	3.1	1.2	1%	0	0	0	0	0%	0.85	0.34	6%
Gingerbread Men		42	1766	742	420	176	9%	11	4.6	7%	3.9	1.6	8%	71	30	12%	31	13	14%	6.9	2.9	5.7	2.4	5%	0.43	0.18	3%
Glazed Ring Doughnuts		58	1457	845	346	201	10%	10	5.8	8%	3.9	2.3	12%	60	35	13%	36	21	23%	1.3	0.8	3.3	1.9	4%	0.28	0.16	3%
Glazed Ring Doughnuts (2 pack)		116	1457	1690	346	401	20%	10	12	17%	3.9	4.5	23%	60	70	27%	36	42	47%	1.3	1.5	3.3	3.8	8%	0.28	0.32	5%
Golden Syrup Flavour Porridge		237	441	1045	105	249	12%	1.8	4.3	6%	0.6	1.4	7%	18	43	17%	5.8	14	16%	1.8	4.3	3.2	7.6	15%	0.20	0.47	8%
Green Tea Regular		330	0	0	0	0	0%	0	0	0%	0	0	0%	0	0	0%	0	0	0%	0	0	0	0	0%	0	0	0%
Greggs Mature Cheddar & Onion Hand Cooked Crisps 40g		40	2091	836	500	200	10%	26	10	14%	2.4	1.0	5%	57	23	9%	2.2	0.9	1%	3.9	1.6	7.6	3.0	6%	1.3	0.52	9%
Greggs Natural Mineral Water 500ml		100	0	0	0	0	0%	0	0	0%	0	0	0%	0	0	0%	0	0	0%	0	0	0	0	0%	0	0	0%
Greggs Natural Mineral Water 750ml		100	0	0	0	0	0%	0	0	0%	0	0	0%	0	0	0%	0	0	0%	0	0	0	0	0%	0	0	0%
Greggs Sea Salt & Cider Vinegar Hand Cooked Crisps 40g		40	2090	836	500	200	10%	26	10	14%	2.3	0.9	5%	58	23	9%	1.8	0.7	1%	3.5	1.4	6.7	2.7	5%	1.7	0.68	11%
Greggs Thai Sweet Chilli Flavour Hand Cooked Crisps 40g		40	2098	839	502	201	10%	26	10	14%	2.3	0.9	5%	58	23	9%	4.3	1.7	2%	3.7	1.5	7.1	2.8	6%	1.0	0.40	7%
Ham & Cheese Baguette		196	1035	2029	246	482	24%	7.9	15	21%	4.1	8.0	40%	29	57	22%	1.5	2.9	3%	1.4	2.7	14	27	54%	1.2	2.4	40%
Ham and Cheese Toastie		207.36	1099	2279	262	543	27%	9.6	20	29%	5.5	11	55%	28	58	22%	3.0	6.2	7%	1.6	3.3						

	Portion Size (g/ml)	Energy (kJ) per 100g	Energy (kJ) Portion	Energy (kcal) per 100g	Energy (kcal) Portion	Energy % RI (2000 kcal)	Fat (100g)	Fat (g) Portion	Fat % RI (70g)	Saturates (100g)	Saturates (g) Portion	Saturates % RI (20g)	Carbohydrate (100g)	Carbohydrate (g) Portion	Carbohydrate % RI (260g)	Sugars (100g)	Sugars (g) Portion	Sugars % RI (90g)	Fibre (100g)	Fibre (g) Portion	Protein (100g)	Protein (g) Portion	Protein % RI (50g)	Salt (100g)	Salt (g) Portion	Salt % RI (6g)
Nutritional Information (Guide only)																										
Product Name (alphabetical order) = Hospital Shop (HS)	Information correct at time of print (July 2026) Adults need around 2000kcal a day																									
Ham Sandwich	126	865	1090	205	258	13%	3.9	4.9	7%	0.9	1.1	6%	29	37	14%	3.6	4.5	5%	2.9	3.7	12	15	30%	1.1	1.4	23%
Hash Browns	76.4	841	643	201	154	8%	8.3	6.3	9%	0.9	0.7	4%	29	22	8%	0.6	0	1%	2.1	1.6	1.4	1.1	2%	0.70	0.53	9%
Honey Roast Ham & Egg (HS)	148	921	1363	219	324	16%	6.0	8.9	13%	0.8	1.2	6%	29	43	17%	4.0	5.9	7%	2.4	3.6	11	16	32%	1.0	1.5	25%
Honey Roast Ham & Egg Salad	191	722	1379	172	329	16%	4.5	8.6	12%	0.6	1.1	6%	23	44	17%	3.6	6.9	8%	2.1	4.0	8.7	17	34%	0.80	1.5	25%
Honey Roast Ham (HS)	136	962	1308	229	311	16%	6.6	9.0	13%	1.4	1.9	10%	30	41	16%	3.8	5.2	6%	2.6	3.5	11	15	30%	1.1	1.5	25%
Honey Roast Ham and Egg Salad Roll	196	716	1403	170	333	17%	4.9	9.6	14%	0.7	1.4	7%	21	41	16%	3.8	7.4	8%	2.5	4.9	9.3	18	36%	0.80	1.6	27%
Hot & Spicy Chicken Wrap	241	940	2265	223	537	27%	6.6	16	23%	2.4	5.8	29%	31	75	29%	6.3	15	17%	2.2	5.3	8.9	21	42%	0.93	2.2	37%
Hot Chocolate Brownies	168	1886	3168	451	758	38%	23	39	56%	6.5	11	55%	54	91	35%	35	59	66%	1.2	2.0	6.3	11	22%	0.25	0.42	7%
Hot Chocolate Large	439.1	277	1216	66	290	15%	1.5	6.6	9%	1.2	5.3	27%	11	48	18%	9.5	42	47%	0	0	2.0	8.8	18%	0.13	0.57	10%
Hot Chocolate Regular	372	249	926	59	219	11%	1.4	5.2	7%	1.1	4.1	21%	9.8	36	14%	8.0	30	33%	0	0	1.8	6.7	13%	0.13	0.48	8%
Hot Ham & Cheese Baguette	188.16	1080	2032	257	484	24%	8.2	15	21%	4.2	7.9	40%	30	56	22%	1.6	3.0	3%	1.5	2.8	15	28	56%	1.3	2.4	40%
Hot Honey	40	656	262	154	62	3%	0	0	0%	0	0	0%	38	15	6%	32	13	14%	0	0	0	0	0%	0.85	0.34	6%
Hot Mexican Chicken Baguette	226.08	924	2089	219	495	25%	3.9	8.8	13%	1.8	4.1	21%	33	75	29%	7.8	18	20%	1.8	4.1	12	27	54%	0.85	1.9	32%
Hot Milk Chocolate Cookies	140	2044	2862	490	686	34%	26	36	51%	10	14	70%	54	76	29%	29	41	46%	8.0	11	5.9	8.3	17%	0.53	0.74	12%
Hot Sauce	40	378	151	91	36	2%	7.2	2.9	4%	0.5	0.2	1%	5.8	2.3	1%	0.7	0	0%	0.6	0	0	0	0%	2.1	0.84	14%
Hot Yum Yums	156.4	1653	2585	396	619	31%	22	34	49%	11	17	85%	44	69	27%	21	33	37%	1.4	2.2	4.7	7.4	15%	0.98	1.5	25%
Iced Americano	440.9	12	53	3	13	1%	0	0	0%	0	0	0%	0	1.9	1%	0	0	0%	0	0	0	0.8	2%	0	0.05	1%
Iced Americano Decaf	440	11	48	3	13	1%	0	0	0%	0	0	0%	0	1.9	1%	0	0	0%	0	0	0	0.8	2%	0	0.05	1%
Iced Caramel Latte Regular	484.9	149	723	35	170	9%	0.9	4.4	6%	0.5	2.4	12%	5.0	24	9%	4.6	22	24%	0	0	1.8	8.7	17%	0.05	0.24	4%
Iced Caramel Latte Regular Decaf	484.9	149	723	35	170	9%	0.9	4.4	6%	0.5	2.4	12%	5.0	24	9%	4.6	22	24%	0	0	1.8	8.7	17%	0.05	0.24	4%
Iced Latte Regular	460.9	113	521	27	124	6%	0.9	4.1	6%	0.5	2.3	12%	2.8	13	5%	2.4	11	12%	0	0	1.9	8.8	18%	0.05	0.23	4%
Iced Latte Regular Decaf	460.9	113	521	27	124	6%	0.9	4.1	6%	0.5	2.3	12%	2.8	13	5%	2.4	11	12%	0	0	1.9	8.8	18%	0.05	0.23	4%
Iced Matcha Latte	478	89	425	21	100	5%	0.7	3.3	5%	0.4	1.9	10%	2.1	10	4%	1.9	9.1	10%	0	0	1.6	7.6	15%	0.05	0.24	4%
Iced Vanilla Latte Regular	484.9	149	723	35	170	9%	0.9	4.4	6%	0.5	2.4	12%	5.0	24	9%	4.7	23	26%	0	0	1.8	8.7	17%	0.05	0.24	4%
Iced Vanilla Latte Regular Decaf	484.9	149	723	35	170	9%	0.9	4.4	6%	0.5	2.4	12%	5.0	24	9%	4.7	23	26%	0	0	1.8	8.7	17%	0.05	0.24	4%
Jam Doughnut(s)	76	1310	996	311	236	12%	10	7.6	11%	4.6	3.5	18%	49	37	14%	20	15	17%	2.1	1.6	5.3	4.0	8%	0.75	0.57	10%
Jammy Heart Biscuit	59	1922	1134	459	271	14%	22	13	19%	13	7.7	39%	59	35	13%	22	13	14%	1.9	1.1	5.3	3.1	6%	0.53	0.31	5%
Katsu Chicken Bake	153.88	1198	1843	287	442	22%	18	28	40%	8.8	14	70%	21	32	12%	0.8	1.2	1%	1.7	2.6	9.5	15	30%	1.1	1.7	28%
Latte Decaf Large	380	146	555	35	133	7%	1.0	3.8	5%	0.6	2.3	12%	3.8	14	5%	2.9	11	12%	0	0	2.6	9.9	20%	0.10	0.38	6%
Latte Decaf Regular	326	148	482	35	114	6%	1.0	3.3	5%	0.6	2.0	10%	4.1	13	5%	3.4	11	12%	0	0	2.4	7.8	16%	0	0	0%
Latte Large	380	146	555	35	133	7%	1.0	3.8	5%	0.6	2.3	12%	3.8	14	5%	2.9	11	12%	0	0	2.6	9.9	20%	0.10	0.38	6%
Latte Regular	326	148	482	35	114	6%	1.0	3.3	5%	0.6	2.0	10%	4.1	13	5%	3.4	11	12%	0	0	2.4	7.8	16%	0	0	0%
Lorne & Omelette Breakfast Baguette	260.5	1018	2652	242	630	32%	9.2	24	34%	3.5	9.1	46%	27	70	27%	1.5	3.9	4%	1.8	4.7	12	31	62%	1.2	3.1	52%
Lorne & Omelette Breakfast Roll	191	977	1866	233	445	22%	10	19	27%	3.5	6.7	34%	23	44	17%	3.2	6.1	7%	1.5	2.9	12	23	46%	1.2	2.3	38%
Lorne Breakfast Baguette	243	1127	2739	268	651	33%	9.8	24	34%	4.0	9.7	49%	31	75	29%	1.3	3.2	4%	2.1	5.1	13	32	64%	1.4	3.4	57%
Lorne Breakfast Roll	141	1100	1551	262	369	18%	10	14	20%	3.6	5.1	26%	30	42	16%	3.8	5.4	6%	2.0	2.8	12	17	34%	1.4	2.0	33%
Mac & Cheese	324.46	793	2573	190	616	31%	11	36	51%	5.7	18	90%	14	45	17%	1.6	5.2	6%	0.7	2.3	8.4	27	54%	0.60	1.9	32%
Malted Brown Loaf	42	1121	471	265	111	6%	2.5	1.1	2%	0.3	0.1	1%	49	21	8%	6.0	2.5	3%	4.2	1.8	9.5	4.0	8%	0.78	0.33	6%
Mango & Passion Fruit Doughnut	72	1550	1116	369	266	13%	15	11	16%	7.3	5.3	27%	53	38	15%	27	19	21%	1.3	0.9	4.9	3.5	7%	0.65	0.47	8%
Mango and Strawberry Cooler	432	104	449	24	104	5%	0	0	0%	0	0	0%	6.0	26	10%	4.1	18	20%	0	0	0	0	0%	0.03	0.13	2%
Mango Lemonade	421	76	320	18	76	4%	0	0	0%	0	0	0%	4.4	19	7%	3.7	16	18%	0	0	0	0	0%	0.03	0.13	2%
Margherita Pizza	160	1533	2453	366	586	29%	17	27	39%	6.4	10	50%	40	64	25%	2.8	4.5	5%	2.2	3.5	12	19	38%	0.55	0.88	15%
Margherita Pizza Box 2 Pack	320	1533	4906	366	1171	59%	17	54	77%	6.4	20	100%	40	128	49%	2.8	9.0	10%	2.2	7.0	12	38	76%	0.55	1.8	30%
Margherita Pizza Box 4 Pack	640	1533	9811	366	2342	117%	17	109	156%	6.4	41	205%	40	256	98%	2.8	18	20%	2.2	14	12	77	154%	0.55	3.5	58%
Margherita Pizza Box 6 Pack	960	1533	14717	366	3514	176%	17	163	233%	6.4	61	305%	40	384	148%	2.8	27	30%	2.2	21	12	115	230%	0.55	5.3	88%
Mature Cheddar Cheese Ploughman's Oval Bite	227	843	1914	201	456	23%	7.7	17	24%	3.5	7.9	40%	23	52	20%	5.7	13	14%	2.6	5.9	8.6	20	40%	0.78	1.8	30%
Mature Cheddar Cheese Salad Baguette	210	883	1854	210	441	22%	6.8	14	20%	3.6	7.6	38%	28	59	23%	2.0	4.2	5%	1.6	3.4	8.4	18	36%	0.68	1.4	23%
Mayo Chicken Wrap	235	952	2237	227	533	27%	8.7	20	29%	2.6	6.1	31%	27	63	24%	1.6	3.8	4%	2.0	4.7	9.1	21	42%	0.83	2.0	33%
Mayo Crispy Chicken Burger	235	1014	2383	241	566	28%	7.8	18	26%	2.1	4.9	25%	29	68	26%	3.3	7.8	9%	1.4	3.3	13	31	62%	0.98	2.3	38%
Mexican Chicken Baguette	235.5	882	2077	209	492	25%	3.7	8.7	12%	1.7	4.0	20%	31	73	28%	7.3	17	19%	1.7	4.0	12	28	56%	0.80	1.9	32%
Mexican Chicken Flatbread	197	802	1580	190	374	19%	4.1	8.1	12%	0.5	1.0	5%	25	49	19%	8.2	16	18%	2.6	5.1	12	24	48%	0.58	1.1	18%
Mexican Chicken Oval Bite	217	896	1944	213	462	23%	4.8	10	14%	0.6	1.3	7%	29	63	24%	9.6	21	23%	2.7	5.9	12	26	52%	0.83	1.8	30%
Mexican Chicken Sandwich	176	842	1482	199	350	18%	3.4	6.0	9%	0.5	0.9	5%	28	49	19%	7.1	12	13%	2.4	4.2	13	23	46%	0.70	1.2	20%
Milk Chocolate Caramel Shortbread Offcuts	265	1981	5250	473	1253	63%	24	64	91%	12	32	160%	58	154	59%	43	114	127%	1.2	3.2	5.7	15	30%	0.55	1.5	25%
Milk Chocolate Caramel Shortbreads	62	1944	1205	464	288	14%	23	14	20%	12	7.4	37%	58	36	14%	43	27	30%	1.2	0.7	5.7	3.5	7%	0.55	0.34	6%
Milk Chocolate Cookies	70	2044	1431	490	343	17%	26	18	26%	10	7.0	35%	54	38	15%	29	20	2								

	Portion Size (g/ml)	Energy (kJ) per 100g	Energy (kJ) Portion	Energy (kcal) per 100g	Energy (kcal) Portion	Energy % RI (2000 kcal)	Fat (100g)	Fat (g) Portion	Fat % RI (70g)	Saturates (100g)	Saturates (g) Portion	Saturates % RI (20g)	Carbohydrate (100g)	Carbohydrate (g) Portion	Carbohydrate % RI (260g)	Sugars (100g)	Sugars (g) Portion	Sugars % RI (90g)	Fibre (100g)	Fibre (g) Portion	Protein (100g)	Protein (g) Portion	Protein % RI (50g)	Salt (100g)	Salt (g) Portion	Salt % RI (6g)
Nutritional Information (Guide only)																										
Product Name (alphabetical order) = Hospital Shop (HS)	Information correct at time of print (July 2026) Adults need around 2000kcal a day																									
Milk Chocolate Dipping Sauce	60	1406	844	334	200	10%	11	6.6	9%	5.1	3.1	16%	56	34	13%	44	26	29%	2.1	1.3	1.8	1.1	2%	0.05	0.03	1%
Mocha Decaf Large	390	330	1287	78	304	15%	1.8	7.0	10%	1.4	5.5	28%	13	51	20%	8.7	34	38%	0	0	2.5	9.8	20%	0.20	0.78	13%
Mocha Decaf Regular	353	277	978	66	233	12%	1.5	5.3	8%	1.2	4.2	21%	11	39	15%	8.4	30	33%	0	0	2.0	7.1	14%	0.18	0.64	11%
Mocha Large	390	330	1287	78	304	15%	1.8	7.0	10%	1.4	5.5	28%	13	51	20%	8.7	34	38%	0	0	2.5	9.8	20%	0.20	0.78	13%
Mocha Regular	353	277	978	66	233	12%	1.5	5.3	8%	1.2	4.2	21%	11	39	15%	8.4	30	33%	0	0	2.0	7.1	14%	0.18	0.64	11%
Mozzarella & Cheddar Bites	96.834	1389	1345	333	322	16%	21	20	29%	9.8	9.5	48%	23	22	8%	0.5	0	1%	0	0	13	13	26%	1.3	1.3	22%
Novelty Bun (Pink)	49.4	1657	819	396	196	10%	18	8.9	13%	4.1	2.0	10%	53	26	10%	37	18	20%	4.2	2.1	3.3	1.6	3%	0.75	0.37	6%
Novelty Bun (White)	49.5	1657	820	396	196	10%	18	8.9	13%	4.1	2.0	10%	53	26	10%	38	19	21%	4.2	2.1	3.3	1.6	3%	0.75	0.37	6%
Omelette Breakfast Baguette	213	870	1853	207	441	22%	6.2	13	19%	1.9	4.0	20%	27	58	22%	2.1	4.5	5%	1.4	3.0	10	21	42%	0.73	1.6	27%
Omelette Breakfast Roll	176	838	1475	200	352	18%	8.2	14	20%	2.2	3.9	20%	20	35	13%	3.9	6.9	8%	1.0	1.8	11	19	38%	0.73	1.3	22%
Oval Bites	105	1109	1164	263	276	14%	3.7	3.9	6%	0.6	0.6	3%	44	46	18%	6.8	7.1	8%	4.6	4.8	11	12	24%	0.83	0.87	15%
Overnight Oats with Seeds & Dried Fruit	185	647	1197	154	285	14%	4.0	7.4	11%	1.6	3.0	15%	22	41	16%	13	24	27%	1.4	2.6	6.7	12	24%	0.05	0.09	2%
Pain au Chocolat	79	1581	1249	378	299	15%	18	14	20%	12	9.5	48%	44	35	13%	10	7.9	9%	3.0	2.4	8.4	6.6	13%	0.70	0.55	9%
Peach Melba	99	1559	1543	373	369	18%	21	21	30%	11	11	55%	43	43	17%	27	27	30%	0.9	0.9	2.6	2.6	5%	0.13	0.13	2%
Peppermint Tea Regular	330	0	0	0	0	0%	0	0	0%	0	0	0%	0	0	0%	0	0	0%	0	0	0	0	0%	0	0	0%
Pepperoni Pizza	172	1556	2676	372	640	32%	19	33	47%	7.4	13	65%	37	64	25%	2.6	4.5	5%	2.1	3.6	12	21	42%	0.83	1.4	23%
Pepperoni Pizza Box 2 Pack	344	1556	5353	372	1280	64%	19	65	93%	7.4	25	125%	37	127	49%	2.6	8.9	10%	2.1	7.2	12	41	82%	0.83	2.9	48%
Pepperoni Pizza Box 4 Pack	688	1556	10705	372	2559	128%	19	131	187%	7.4	51	255%	37	255	98%	2.6	18	20%	2.1	14	12	83	166%	0.83	5.7	95%
Pepperoni Pizza Box 6 Pack	1032	1556	16058	372	3839	192%	19	196	280%	7.4	76	380%	37	382	147%	2.6	27	30%	2.1	22	12	124	248%	0.83	8.6	143%
Pesto Chicken Flatbread	189	834	1576	199	376	19%	6.1	12	17%	0.7	1.3	7%	22	42	16%	4.7	8.9	10%	3.8	7.2	12	23	46%	0.78	1.5	25%
Pineapple Cake	69	1527	1054	363	250	13%	12	8.3	12%	5.9	4.1	21%	61	42	16%	41	28	31%	0.8	0.6	2.3	1.6	3%	0.28	0.19	3%
Pineapple Fruit Pot	110	212	233	50	55	3%	0	0	0%	0	0	0%	11	12	5%	11	12	13%	1.6	1.8	0	0.6	1%	0	0	0%
Pink Jammie Doughnut	90	1440	1296	343	309	15%	13	12	17%	6.2	5.6	28%	51	46	18%	26	23	26%	1.7	1.5	4.6	4.1	8%	0.65	0.59	10%
Portion of Cheddar Cheese	20	1722	344	415	83	4%	35	7.0	10%	22	4.4	22%	0	0	0%	0	0	0%	0	0	25	5.0	10%	1.9	0.38	6%
Prawn Layered Pasta Salad	290	491	1424	117	339	17%	4.2	12	17%	0.5	1.5	8%	15	44	17%	2.7	7.8	9%	1.1	3.2	4.2	12	24%	0.35	1.0	17%
Roast Chicken and Bacon Club Baguette	239.1	805	1925	191	457	23%	4.9	12	17%	1.0	2.4	12%	26	62	24%	2.3	5.5	6%	1.5	3.6	10	24	48%	0.70	1.7	28%
Roast Chicken and Bacon Club Half Baguette	119.55	805	962	191	228	11%	4.9	5.9	8%	1.0	1.2	6%	26	31	12%	2.3	2.7	3%	1.5	1.8	10	12	24%	0.70	0.84	14%
Roast Chicken Mayonnaise Baguette	222.4	867	1928	206	458	23%	5.2	12	17%	0.6	1.3	7%	28	62	24%	2.0	4.4	5%	1.5	3.3	11	24	48%	0.68	1.5	25%
Roast Chicken Salad	197.1	747	1472	177	349	17%	4.8	9.5	14%	0.5	1.0	5%	23	45	17%	3.5	6.9	8%	2.1	4.1	9.5	19	38%	0.58	1.1	18%
Roast Chicken Salad Roll	198.1	759	1504	180	357	18%	4.8	9.5	14%	0.5	1.0	5%	22	44	17%	3.9	7.7	9%	2.5	5.0	11	22	44%	0.63	1.2	20%
Roast Chicken with Honey Mustard Mayonnaise Oval Bite	227	763	1732	181	411	21%	4.4	10.0	14%	0.6	1.4	7%	22	50	19%	4.8	11	12%	2.8	6.4	12	27	54%	0.68	1.5	25%
Salted Caramel Dipping Sauce	60	1507	904	359	215	11%	14	8.4	12%	6.9	4.1	21%	56	34	13%	47	28	31%	0	0	2.2	1.3	3%	0.18	0.11	2%
Sausage and Omelette Breakfast Baguette	241	969	2335	231	557	28%	8.4	20	29%	2.8	6.7	34%	27	65	25%	1.8	4.3	5%	1.5	3.6	11	27	54%	1.0	2.4	40%
Sausage and Omelette Breakfast Roll	178	930	1655	222	395	20%	9.7	17	24%	2.9	5.2	26%	22	39	15%	3.6	6.4	7%	1.3	2.3	11	20	40%	1.0	1.8	30%
Sausage Breakfast Baguette	217	1050	2279	250	543	27%	8.7	19	27%	3.0	6.5	33%	31	67	26%	1.7	3.7	4%	1.8	3.9	11	24	48%	1.2	2.6	43%
Sausage Breakfast Roll	154	1029	1585	245	377	19%	10	15	21%	3.3	5.1	26%	27	42	16%	3.8	5.9	7%	1.6	2.5	11	17	34%	1.2	1.8	30%
Sausage Roll 4 Pack	412	1405	5789	338	1393	70%	23	95	136%	11	45	225%	23	95	37%	0	1.7	2%	1.5	6.2	8.9	37	74%	1.5	6.2	103%
Sausage Roll(s)	103	1405	1447	338	348	17%	23	24	34%	11	11	55%	23	24	9%	0	0	0%	1.5	1.5	8.9	9.2	18%	1.5	1.5	25%
Sausage, Bean & Cheese Melt	149.4	1273	1902	305	456	23%	19	28	40%	9.7	14	70%	25	37	14%	2.0	3.0	3%	2.6	3.9	7.3	11	22%	1.1	1.6	27%
Savoury Mince Pie	253	1419	3590	340	860	43%	22	56	80%	9.1	23	115%	24	61	23%	0	1.3	1%	1.2	3.0	11	28	56%	0.83	2.1	35%
Scotch Pie	139	1012	1407	241	335	17%	10	14	20%	4.0	5.6	28%	25	35	13%	0.7	1.0	1%	1.6	2.2	12	17	34%	1.2	1.7	28%
Side Salad	96	64	61	15	14	1%	0	0	0%	0	0	0%	1.8	1.7	1%	1.7	1.6	2%	1.1	1.1	1.1	1.1	2%	0.02	0.02	0%
Simply Creamy Porridge	228	460	1049	109	249	12%	1.8	4.1	6%	0.8	1.8	9%	19	43	17%	2.9	6.6	7%	1.8	4.1	3.3	7.5	15%	0.05	0.11	2%
Smoky BBQ Dip	40	793	317	187	75	4%	0	0	0%	0	0	0%	44	18	7%	39	16	18%	1.2	0	1.4	0.6	1%	0.73	0.29	5%
Southern Fried Chicken Baguette	223.68	1050	2349	249	557	28%	5.9	13	19%	2.9	6.5	33%	37	83	32%	7.1	16	18%	1.9	4.2	11	25	50%	0.88	2.0	33%
Southern Fried Chicken Goujons	160	1046	1674	250	400	20%	11	18	26%	4.4	7.0	35%	20	32	12%	0	0	0%	1.3	2.1	17	27	54%	0.98	1.6	27%
Southern Fried Potato Wedges	150	780	1170	186	279	14%	6.4	9.6	14%	0.6	0.9	5%	28	42	16%	1.2	1.8	2%	2.7	4.1	2.7	4.1	8%	0.80	1.2	20%
Sparkling Raspberry Lemonade	500	11	55	3	15	1%	0	0	0%	0	0	0%	0	0.5	0%	0	0.5	1%	0	0	0	0	0%	0.05	0.25	4%
Spicy BBQ Chicken Bites	104	1152	1198	275	286	14%	13	14	20%	5.5	5.7	29%	21	22	8%	2.3	2.4	3%	1.0	1.0	18	19	38%	1.0	1.0	17%
Spicy Chicken Pizza	195	1303	2541	311	606	30%	14	27	39%	5.3	10	50%	33	64	25%	2.9	5.7	6%	2.1	4.1	12	23	46%	0.60	1.2	20%
Spicy Chicken Pizza Box 2 Pack	390	1303	5082	311	1213	61%	14	55	79%	5.3	21	105%	33	129	50%	2.9	11	12%	2.1	8.2	12	47	94%	0.60	2.3	38%
Spicy Chicken Pizza Box 4 Pack	780	1303	10163	311	2426	121%	14	109	156%	5.3	41	205%	33	257	99%	2.9	23	26%	2.1	16	12	94	188%	0.60	4.7	78%
Spicy Chicken Pizza Box 6 Pack	1170	1303	15245	311	3639	182%	14	164	234%	5.3	62	310%	33	386	148%	2.9	34	38%	2.1	25	12	140	280%	0.60	7.0	117%
Spicy Crispy Chicken Burger	241	998	2405	237	571	29%	7.8	19	27%	2.0	4.8	24%	28	67	26%	3.2	7.7	9%	1.5	3.6	13	31	62%	1.1	2.7	45%
Spread	10	1114	111	271	27	1%	30	3.0	4%	7.1	0.7	4%	0	0	0%	0	0	0%	0	0	0	0	0%	1.1	0.11	2%
Star Biscuit	38.4	2011	772	481	185	9%	23	8.8	13%	14	5.4</															

	Portion Size (g/ml)	Energy (kJ) per 100g	Energy (kJ) Portion	Energy (kcal) per 100g	Energy (kcal) Portion	Energy % RI (2000 kcal)	Fat (100g)	Fat (g) Portion	Fat % RI (70g)	Saturates (100g)	Saturates (g) Portion	Saturates % RI (20g)	Carbohydrate (100g)	Carbohydrate (g) Portion	Carbohydrate % RI (260g)	Sugars (100g)	Sugars (g) Portion	Sugars % RI (90g)	Fibre (100g)	Fibre (g) Portion	Protein (100g)	Protein (g) Portion	Protein % RI (50g)	Salt (100g)	Salt (g) Portion	Salt % RI (6g)
Nutritional Information (Guide only)																										
Product Name (alphabetical order) = Hospital Shop (HS)	Information correct at time of print (July 2026) Adults need around 2000kcal a day																									
Steak Bake	136.4	1256	1713	301	411	21%	19	26	37%	9.5	13	65%	21	29	11%	0	0	0%	1.1	1.5	11	15	30%	1.0	1.4	23%
Stotties	70	1035	725	244	171	9%	1.7	1.2	2%	0.3	0.2	1%	47	33	13%	5.7	4.0	4%	3.1	2.2	8.7	6.1	12%	0.78	0.55	9%
Strawberries & Cream Muffin	100.5	1432	1439	341	343	17%	12	12	17%	2.8	2.8	14%	52	52	20%	33	33	37%	4.1	4.1	4.2	4.2	8%	0.35	0.35	6%
Strawberry Iced Matcha Latte	481	131	630	31	149	7%	0.7	3.4	5%	0.4	1.9	10%	4.8	23	9%	3.9	19	21%	0	0	1.4	6.7	13%	0.05	0.24	4%
Strawberry Lemonade	406	72	292	17	69	3%	0	0	0%	0	0	0%	4.2	17	7%	2.9	12	13%	0	0	0	0	0%	0	0.05	1%
Sugar Strand Doughnut	59	1590	938	379	224	11%	17	10	14%	7.7	4.5	23%	50	30	12%	22	13	14%	1.5	0.9	5.8	3.4	7%	0.78	0.46	8%
Sweet Chilli Chicken Wrap	235	901	2117	214	503	25%	6.5	15	21%	2.4	5.6	28%	29	68	26%	4.7	11	12%	2.0	4.7	8.9	21	42%	0.85	2.0	33%
Tandoori Chicken	167.5	879	1472	209	350	18%	5.3	8.9	13%	0.6	1.0	5%	28	47	18%	4.8	8.0	9%	2.5	4.2	11	18	36%	0.70	1.2	20%
Tandoori Chicken Baguette	223	870	1940	206	459	23%	4.8	11	16%	0.6	1.3	7%	29	65	25%	3.2	7.1	8%	1.6	3.6	11	25	50%	0.70	1.6	27%
Tandoori Chicken Half Baguette	111.5	870	970	206	230	12%	4.8	5.4	8%	0.6	0.7	4%	29	32	12%	3.2	3.6	4%	1.6	1.8	11	12	24%	0.70	0.78	13%
Tandoori Chicken Roll	196	750	1470	178	349	17%	5.0	9.8	14%	0.5	1.0	5%	22	43	17%	4.7	9.2	10%	2.6	5.1	10	20	40%	0.63	1.2	20%
Tomato and Mozzarella Pasta	285	765	2180	183	522	26%	9.7	28	40%	2.1	6.0	30%	18	51	20%	2.5	7.1	8%	1.5	4.3	5.2	15	30%	0.58	1.7	28%
Tomato Soup	300	271	813	65	195	10%	2.7	8.1	12%	0.5	1.5	8%	8.2	25	10%	7.3	22	24%	0.6	1.8	1.6	4.8	10%	0.45	1.4	23%
Tottenham Cake	88	1734	1526	413	363	18%	16	14	20%	3.4	3.0	15%	62	55	21%	43	38	42%	0.8	0.7	4.7	4.1	8%	0.33	0.29	5%
Triple Chocolate Cookies	70	1988	1392	476	333	17%	25	18	26%	10.0	7.0	35%	52	36	14%	30	21	23%	9.8	6.9	5.9	4.1	8%	0.55	0.39	7%
Triple Chocolate Doughnut	85	1599	1359	382	325	16%	19	16	23%	8.1	6.9	35%	47	40	15%	23	20	22%	1.5	1.3	5.0	4.3	9%	0.65	0.55	9%
Triple Chocolate Muffin	129.4	1513	1958	361	467	23%	16	21	30%	4.0	5.2	26%	45	58	22%	30	39	43%	3.4	4.4	5.6	7.2	14%	0.38	0.49	8%
Tuna Crunch (HS)	188	738	1387	175	329	16%	2.9	5.5	8%	0.3	0.6	3%	25	47	18%	4.7	8.8	10%	2.3	4.3	11	21	42%	0.63	1.2	20%
Tuna Crunch Baguette	236	740	1746	175	413	21%	2.2	5.2	7%	0.3	0.7	4%	27	64	25%	3.2	7.6	8%	1.6	3.8	11	26	52%	0.63	1.5	25%
Tuna Crunch Roll	187	719	1345	170	318	16%	3.2	6.0	9%	0.4	0.7	4%	23	43	17%	5.1	9.5	11%	2.8	5.2	11	21	42%	0.63	1.2	20%
Tuna Mayonnaise & Cucumber	189.2	735	1391	174	329	16%	3.8	7.2	10%	0.4	0.8	4%	23	44	17%	3.3	6.2	7%	2.0	3.8	11	21	42%	0.60	1.1	18%
Tuna Mayonnaise Stottie	252.6	807	2038	191	482	24%	3.5	8.8	13%	0.4	1.0	5%	27	68	26%	3.7	9.3	10%	1.8	4.5	12	30	60%	0.70	1.8	30%
Vanilla Custard Slice	129	1066	1375	254	328	16%	9.3	12	17%	5.5	7.1	36%	39	50	19%	24	31	34%	0.5	0.6	3.2	4.1	8%	0.40	0.52	9%
Vanilla Iced Matcha Latte	482	123	593	29	140	7%	0.7	3.4	5%	0.4	1.9	10%	4.3	21	8%	4.1	20	22%	0	0	1.4	6.7	13%	0.05	0.24	4%
Vanilla Latte Large	417.5	225	939	54	225	11%	1.9	7.9	11%	1.3	5.4	27%	6.6	28	11%	5.8	24	27%	0	0	2.5	10	20%	0.10	0.42	7%
Vanilla Latte Large Decaf	417.5	225	939	54	225	11%	1.9	7.9	11%	1.3	5.4	27%	6.6	28	11%	5.8	24	27%	0	0	2.5	10	20%	0.10	0.42	7%
Vanilla Latte Regular	363.5	234	851	56	204	10%	2.0	7.3	10%	1.3	4.7	24%	7.2	26	10%	6.7	24	27%	0	0	2.2	8.0	16%	0	0.03	1%
Vanilla Latte Regular Decaf	363.5	234	851	56	204	10%	2.0	7.3	10%	1.3	4.7	24%	7.2	26	10%	6.7	24	27%	0	0	2.2	8.0	16%	0	0.03	1%
Vegan Roll Pork-Free	101	1270	1283	305	308	15%	19	19	27%	9.2	9.3	47%	21	21	8%	0.7	0.7	1%	2.9	2.9	11	11	22%	1.8	1.8	30%
Vegetable Bake	150.4	1190	1790	286	430	22%	19	29	41%	9.9	15	75%	22	33	13%	1.7	2.6	3%	1.6	2.4	5.9	8.9	18%	0.98	1.5	25%
Veggie Feast Pizza	230	1117	2569	267	614	31%	12	28	40%	4.5	10	50%	30	69	27%	3.4	7.8	9%	2.1	4.8	8.5	20	40%	0.38	0.87	15%
Veggie Feast Pizza Box 2 Pack	460	1117	5138	267	1228	61%	12	55	79%	4.5	21	105%	30	138	53%	3.4	16	18%	2.1	9.7	8.5	39	78%	0.38	1.7	28%
Veggie Feast Pizza Box 4 Pack	920	1117	10276	267	2456	123%	12	110	157%	4.5	41	205%	30	276	106%	3.4	31	34%	2.1	19	8.5	78	156%	0.38	3.5	58%
Veggie Feast Pizza Box 6 Pack	1380	1117	15415	267	3685	184%	12	166	237%	4.5	62	310%	30	414	159%	3.4	47	52%	2.1	29	8.5	117	234%	0.38	5.2	87%
White & Wholemeal Loaf	42	984	413	233	98	5%	1.3	0.5	1%	0.2	0	0%	43	18	7%	5.4	2.3	3%	4.4	1.8	10	4.2	8%	0.75	0.32	5%
White & Wholemeal Rolls	85	1093	929	259	220	11%	3.2	2.7	4%	0.4	0.3	2%	44	37	14%	6.8	5.8	6%	5.0	4.3	11	9.4	19%	0.78	0.66	11%
White Bread made with Sourdough	62	994	616	235	146	7%	1.5	0.9	1%	0.2	0.1	1%	45	28	11%	4.6	2.9	3%	2.6	1.6	9.0	5.6	11%	0.75	0.47	8%
White Chocolate Cookies	70	2047	1433	490	343	17%	26	18	26%	10	7.0	35%	55	39	15%	30	21	23%	6.0	4.2	6.0	4.2	8%	0.53	0.37	6%
White Coffee Decaf Large	377	50	189	12	45	2%	0	0.8	1%	0.2	0.8	4%	1.5	5.7	2%	0.9	3.4	4%	0	0	1.0	3.8	8%	0	0	0%
White Coffee Decaf Regular	285	50	143	12	34	2%	0	0	0%	0	0	0%	1.8	5.1	2%	1.0	2.9	3%	0	0	0.9	2.6	5%	0	0	0%
White Coffee Large	377	50	189	12	45	2%	0	0.8	1%	0.2	0.8	4%	1.5	5.7	2%	0.9	3.4	4%	0	0	1.0	3.8	8%	0	0	0%
White Coffee Regular	285	50	143	12	34	2%	0	0	0%	0	0	0%	1.8	5.1	2%	1.0	2.9	3%	0	0	0.9	2.6	5%	0	0	0%
White Tea Large	404.2	12	49	3	12	1%	0	0	1%	0	0.4	2%	0	1.2	0%	0	1.2	1%	0	0	0	0.8	2%	0	0	0%
White Tea Regular	316.8	13	41	3	10	1%	0	0	0%	0	0.3	2%	0	0.9	0%	0	0.9	1%	0	0	0	0.9	2%	0	0	0%
Yum Yum	78.2	1653	1293	396	310	16%	22	17	24%	11	8.6	43%	44	34	13%	21	16	18%	1.4	1.1	4.7	3.7	7%	0.98	0.77	13%
Yum Yums (2 pack)	156.4	1653	2585	396	619	31%	22	34	49%	11	17	85%	44	69	27%	21	33	37%	1.4	2.2	4.7	7.4	15%	0.98	1.5	25%