

NUTRITIONAL INFORMATION (PER SERVING)	Energy (kcal)	Protein (g)	Carbohydrates (g)	Fat (g)	Saturated Fat (g)	Fibre (g)	Salt (g)
Crystal Sourdough Bun (75g)	170	6.3	32	1.5	0.2	1.1	0.9
Warburtons Gluten Free White Roll (58g)	136	5.8	21.6	3.5	0.3	2.7	0.5
Plant Based Cumberland Sausage 1ptn	149	7.5	5.5	9.8	7.5	4.5	1.1
Bacon (Back) Smoked 1ptn	240	28.0	0.8	14.0	5.3	0.8	4.5
Pork Lincolnshire Sausage 1ptn	275	8.5	8.1	23.0	7.7	0.9	0.9
Butter Croissant (65g)	284	5.8	28.0	16.0	11.0	1.5	0.8
Cinnamon Swirl (70g)	374	4.7	36.0	23.0	11.0	1.7	0.4
Pain au Chocolat (50g)	331	6.5	33.0	19.0	12.0	2.3	0.5
Cheese Scone (100g)	297	8.1	41.6	11.7	7.5	0.0	0.9
Butter Portion (6.2g)	46	0.0	0.1	5.1	3.2	0.0	0.1
Juice Orange (Serving size 200ml)	84	1.0	18.4	0.2	0.2	0.2	0.01
Juice Apple (Serving size 200ml)	88	0.2	20.8	0.2	0.2	0.2	0.02
EMR Branded Chocolate (19g)	107	1.33	9.67	6.88	4.14	0.0	0.04

INGREDIENT LIST	ALLERGY ADVICE: For allergens, including cereals containing gluten, see ingredients in bold.
Crystal Sourdough Bun (75g)	WHEAT flour, water, sourdough (WHEAT), yeast, extra virgin olive oil, salt, gluten (WHEAT), malt flour (WHEAT). May contain traces of: EGGS, SOYA, MILK, MUSTARD, SESAME SEEDS.
Warburtons Gluten Free White Roll (58g)	Water, Tapioca Starch, Potato Starch, Maize Starch, Rapeseed Oil, Yeast, EGG White Powder, Sugar, Vegetable Fibre (Psyllium), Pea Protein, Stabiliser: E464; Fruit Extract (Carob and Apple), Calcium Carbonate, Salt, Humectant: Vegetable Glycerine; Preservative: Calcium Propionate; Cornflour, Natural Flavouring, Iron.
Plant Based Cumberland Sausage 1ptn	Meat Free Sausage [Water, SOYA Flour (20%), Sunflower Oil, Pea Protein, Thickener(Methyl Cellulose, Cellulose, Xanthan Gum), Flavouring, Salt, Yeast Extract, Dextrose, Maltodextrin, Spices, Acidity Regulator(Calcium Lactate), Herbs, Colour(Beetroot Red), Preservative(Sodium SULPHITE), Spice Extract Filled Into Sodium Alginate Casing]
Bacon (Back) Smoked 1ptn	Smoked Back Bacon [Pork, Water, Salt, Sodium Nitrite (E250), Potassium Nitrate (E252), Sodium Ascorbate (E301)]
Pork Lincolnshire Sausage 1ptn	Sausage [Pork (50%), Water, Pork Fat, Rice Flour, Salt, Bamboo Fibre, Dextrose, Caramelised Sugar Syrup, Paprika Extract, Mono And Diglycerides Of Fatty Acids, Potato Starch, Potassium Chloride, SULPHUR Dioxide (SULPHITES), Bay, Parsley, Capsicum, Cinnamon, Clove, Pepper, Pimento, Ascorbic Acid, Sage, White Pepper, Pentasodium Triphosphate Filled Into Beef Collagen Casing].
Butter Croissant (65g)	Butter croissant (123g of Butter Croissant per 100g) [WHEAT Flour, Butter (MILK) 24%, Water, Sugar, Yeast, WHEAT GLUTEN , Salt, EGGS , Flour Treatment Agent (E300), Enzyme]. May contain traces of SOYA, HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS,MACADAMIAS.
Cinnamon Swirl (70g)	Cinnamon Swirl (129g of Cinnamon Swirl per 100g) [Water, WHEAT Flour, Margarine (Non Hydrogenated Palm And Sunflower Vegetable Oils, Water, Concentrated Lemon Juice, Natural Flavouring, Salt), Sugar, Yeast, Modified Starch, WHEAT GLUTEN , Cinnamon 1%, EGGS , Skimmed MILK Powder, Whey (MILK) Powder (MILK), Salt, Firming Agent (E516, E450), Natural Flavouring, Gelling Agent (E401), Colour (Carotenes From Natural Origin), Flour Treatment Agent (E300), Enzyme]. May contain traces of SOYA, HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS.
Pain au Chocolat (50g)	Pain Au Chocolat [WHEAT Flour, Butter (MILK) 21%, Water, Chocolate 11% (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (E322 (SOYA)), Sugar, Yeast, WHEAT GLUTEN, EGGS , Salt, Flour Treatment Agent (E300), Enzyme]. May contain: HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS.
Cheese Scone (100g)	Self Raising Flour (WHEAT Flour, E170, Niacin, Iron, Thiamin, Bicarbonate of Soda, E341), Water, Semi-Skimmed MILK , Mild Cheddar (Pasteurised Cows MILK , Starter, Vegetarian Rennet, Salt, Potato Starch (anti-caking agent)), Unsalted Butter (Butter Fat (82%), Water, MILK Solids (2%)), BUTTERMILK Powder, Sugar, Baking Powder (Raising Agents: Sodium Acid Pyrophosphate, Sodium Bicarbonate; Fortified WHEAT Flour (Calcium, Iron, Niacin, Thiamin)), Whole EGG , Salt.
Butter Portion (6.2g)	Pasteurised Cream (MILK), Salt (1.7%).Min fat content 80%
Juice Orange 1 ltr	100% Pure Orange Juice From Concentrate.
Juice Apple 1 ltr	Apple Juice from Concentrate (100%).
EMR Branded Chocolate (19g)	Sugar, cocoa butter, whole MILK powder, cocoa mass, emulsifier: SOYA lecithin, natural vanilla Colour:(concentrate of radish, apple and blackcurrant). May contain WHEAT, BARLEY, NUTS, PEANUTS.

INTOLERANCE INFORMATION	Allergens																															
	Suitable for Vegetarians	Suitable for Vegans	Gluten	Wheat	Spelt (wheat)	Kamut (wheat)	Rye	Barley	Oats	Nuts	Almonds	Brazil Nuts	Cashew Nuts	Hazelnuts	Macadamia or Queensland Nuts	Pecan Nuts	Pistachios	Walnuts	Peanuts	Sesame Seeds	Soya	Egg	Fish	Milk	Crustaceans	Celery	Mustard	Sulphites	Lupin	Molluscs		
Crystal Sourdough Bun (75g)	✓	✓	✓	✓																	⊘	⊘	⊘		⊘							
Warburtons Gluten Free White Roll (58g)	✓																						✓									
Plant Based Cumberland Sausage 1ptn	✓	✓																				✓						✓				
Bacon (Back) Unsmoked 1ptn																																
Lincolnshire Sausage 1ptn																												✓				
Butter Croissant (65g)	✓		✓	✓						m	m	m	m	m	m	m	m	m				m	✓		✓							
Cinnamon Swirl (70g)	✓		✓	✓						m	m	m	m	m	m	m	m	m				m	✓		✓							
Pain au Chocolat (50g)	✓		✓	✓						m	m	m	m	m	m	m	m	m				✓	✓		✓							
Cheese Scone (100g)	✓		✓	✓																			✓		✓							
Butter Portion (6.2g)	✓																							✓								
Juice Orange (Serving size 200ml)	✓	✓																														
Juice Apple (Serving size 200ml)	✓	✓																														
EMR branded Chocolate (19g)	✓		m	m	m	m		m		m	m	m	m	m	m	m	m	m	m		✓											

a = Contains Indicated Allergen m = May contain Indicated Allergen

First Class Trolley offer 15/06/26