

| 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 |
| Tiptree Chutney (38g) | 98 | 0.0 | 23.6 | 0.0 | 0.0 | 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. |
| Tiptree Chutney (38g) | Sugar, Apples, Wine Vinegar, Raisins, Plums, Onions, Salt, Spices (Chilli Powder, Ground Ginger), Gelling Agent: Citrus Pectin, Lemon Oil |
| 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 | 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 | | | m | ✓ | | ✓ | | | | | | | |
| Cinnamon Swirl (70g) | ✓ | | ✓ | ✓ | | | | | | | | m | m | m | m | m | m | m | m | m | m | | | m | ✓ | | ✓ | | | | | | | |
| Pain au Chocolat (50g) | ✓ | | ✓ | ✓ | | | | | | | | m | m | m | m | m | m | m | m | m | m | | | ✓ | ✓ | | ✓ | | | | | | | |
| Cheese Scone (100g) | ✓ | | ✓ | ✓ | | | | | | | | | | | | | | | | | | | | ✓ | | ✓ | | | | | | | | |
| Tiptree Chutney (38g) | ✓ | ✓ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 | | ✓ | | | | | | | | | | | |

✓ = Contains Indicated Allergen m = May contain Indicated Allergen

First Class Trolley offer 29/06/26