

Nutritional Guide 16 January 2024



Breakfast Allergens

Selected Stores only	Halal	Menu Item	Ingredients	WHEAT	GLUTEN	GLUTEN SOURCE	EGGS	MILK & MILK PRODUCTS	SOY	FISH	MOLLUSC	CRUSTACEA	PEANUTS	TREE NUTS	TREE NUTS SOURCE	SESAME	LUPINS	SULPHITES	LACTOSE FREE		
144	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> Breakfast	IMPORTANT: Customers should be aware that whilst every effort is made to segregate food to maintain the Vegan, Allergen (see Gluten) and Halal status of our ingredients, individual food items may come in contact with one another during food manufacturing, food food production, and our restaurants serve products containing allergens, so we do however need to treat as part of our standard menu items.																	
	<input type="checkbox"/>	<input type="checkbox"/>	Mega On Turkish Roll	Turkish Roll (Wheat Flour (Wheat, Folic Acid)), Water, Iodised Salt, Vegetable Oil, Yeast, Initiation Vinegar, Sesame Seeds, Nigella Seeds, Soy Flour, Mineral Salt (170), Emulsifier (481), Enzymes, Food Acid (300), Cooked Egg, Bacon (Pork (90%), Water, Salt, Curing Premix (Mineral Salt (451, 450), Sugar, Antioxidant (316), Preservative (250), Smoke), Cheese (Cow's Milk, Salt, Culture, Calves Rennet), Water, Non Fat Milk Solids, Emulsifiers (E331ii, E322), Acidity Regulators (E332, E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Preservative (E234), Smoky BBQ Sauce (Tomato Puree (Water, Tomato Paste, Citric Acid), Sugar, Vinegar, Apple Paste, Thickener (1442, 415), Caramel Colour (150a), Molasses, Salt, Smoke Flavour, Dehydrated Vegetable (Elastic, Onion), Worcestershire Flavour, Spice), Clarified Butter	Y	Y	WHEAT	Y	Y	Y	N	N	N	N	N	N	Y	N	N	N	
	<input type="checkbox"/>	<input type="checkbox"/>	Bacon & Egg Double On Turkish Roll	Turkish Roll (Wheat Flour (Wheat, Folic Acid)), Water, Iodised Salt, Vegetable Oil, Yeast, Initiation Vinegar, Sesame Seeds, Nigella Seeds, Soy Flour, Mineral Salt (170), Emulsifier (481), Enzymes, Food Acid (300), Cooked Egg, Bacon (Pork (90%), Water, Salt, Curing Premix (Mineral Salt (451, 450), Sugar, Antioxidant (316), Preservative (250), Smoke), Cheese (Cow's Milk, Salt, Culture, Calves Rennet), Water, Non Fat Milk Solids, Emulsifiers (E331ii, E322), Acidity Regulators (E332, E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Preservative (E234), Smoky BBQ Sauce (Tomato Puree (Water, Tomato Paste, Citric Acid), Sugar, Vinegar, Apple Paste, Thickener (1442, 415), Caramel Colour (150a), Molasses, Salt, Smoke Flavour, Dehydrated Vegetable (Elastic, Onion), Worcestershire Flavour, Spice), Clarified Butter	Y	Y	WHEAT	Y	Y	Y	N	N	N	N	N	N	Y	N	N	N	
	<input type="checkbox"/>	<input type="checkbox"/>	Sausage & Egg Double On Turkish Roll (contains Pork & Beef)	Sausage (Pork, Beef, Soy Protein, Salt, Spices, Herbs, Dextrose (Wheat), Sugar, Dehydrated Vegetables, Vegetable Oil, E333, Hydrolysed Vegetable Protein (Soy)), Turkish Roll (Wheat Flour (Wheat, Folic Acid)), Water, Iodised Salt, Vegetable Oil, Yeast, Initiation Vinegar, Sesame Seeds, Nigella Seeds, Soy Flour, Mineral Salt (170), Emulsifier (481), Enzymes, Food Acid (300), Cooked Egg, Cheese (Cow's Milk, Salt, Culture, Calves Rennet), Water, Non Fat Milk Solids, Emulsifiers (E331ii, E322), Acidity Regulators (E332, E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Preservative (E234), Smoky BBQ Sauce (Tomato Puree (Water, Tomato Paste, Citric Acid), Sugar, Vinegar, Apple Paste, Thickener (1442, 415), Caramel Colour (150a), Molasses, Salt, Smoke Flavour, Dehydrated Vegetable (Elastic, Onion), Worcestershire Flavour, Spice), Clarified Butter	Y	Y	WHEAT	Y	Y	Y	N	N	N	N	N	N	Y	N	N	N	
147	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Mega Breaky Wrap	Beef, Hashbrown (Potatoes, Vegetable Oil (May Contain One Or More Of The Following: Canola Oil, Sunflower Oil, Cottonseed Oil, Palm Oil, Corn Oil, Soybean Oil, Hydrogenated Soybean And/or Cottonseed Oil), Salt, Disodium Dithyrogen Pyrophosphate, Dextrose), Wrap (Wheat Flour (66%), Thiamine, Folic Acid), Water, Vegetable Shortening (Antioxidant (320)), Sugar, Baking Powder (Mineral Salts (450, 500, 341)), Acidity Regulator (297), Mineral Salt (500), Preservative (262), Yeast, Yeast Nutrient, Yeast Feed), Sausage (Pork, Beef, Soy Protein, Salt, Spices, Herbs, Dextrose (Wheat), Sugar, Dehydrated Vegetables, Vegetable Oil, E333, Hydrolysed Vegetable Protein (Soy)), Bacon (Pork (90%), Water, Salt, Curing Premix (Mineral Salt (451, 450), Sugar, Antioxidant (316), Preservative (250), Smoke), Cheese (Cow's Milk, Salt, Culture, Calves Rennet), Water, Non Fat Milk Solids, Emulsifiers (E331ii, E322), Acidity Regulators (E332, E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Preservative (E234), Smoky BBQ Sauce (Tomato Puree (Water, Tomato Paste, Citric Acid), Sugar, Vinegar, Apple Paste, Thickener (1442, 415), Caramel Colour (150a), Molasses, Salt, Smoke Flavour, Dehydrated Vegetable (Elastic, Onion), Worcestershire Flavour, Spice), Clarified Butter	Y	Y	WHEAT	Y	Y	Y	Y	N	N	N	N	N	N	Y	N	N	N
148	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Cheese Sour Dough Toastie	Sour Dough (Wheat Flour (Wheat, Folic Acid), Water, Iodised Salt, Sourdough Starter (Rye Flour, Water, Maltin Soy, Acidity Regulator (200)), Yeast, Canola Oil, Vinegar, Improver (Soy Flour, Mineral Salt (170), Flour Treatment Agents (516, 300, 900), Emulsifiers (481, 472a), Wheat Malt Flour, Enzymes), Flour Treatment Agent (820)), Cheese (Pasteurised Cow Milk, Salt, Enzymes, Coagulating Enzyme), Clarified Butter	Y	Y	WHEAT, RYE	T	Y	Y	Y	N	N	N	N	N	T	N	N	N	
150	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Ham & Cheese Sour Dough Toastie	Sour Dough (Wheat Flour (Wheat, Folic Acid), Water, Iodised Salt, Sourdough Starter (Rye Flour, Water, Maltin Soy, Acidity Regulator (200)), Yeast, Canola Oil, Vinegar, Improver (Soy Flour, Mineral Salt (170), Flour Treatment Agents (516, 300, 900), Emulsifiers (481, 472a), Wheat Malt Flour, Enzymes), Flour Treatment Agent (820)), Cheese (Pasteurised Cow Milk, Salt, Enzymes, Coagulating Enzyme), Ham (Pork (85%), Water, Cure Salt, Sugar, Mineral Salts (450, 451), Dextrose (Maize Or Tapioca), Antioxidant (316), Preservative (250)), Acidity Regulators (326, 325, 262), Pork Protein, Wood Smoke), Clarified Butter	Y	Y	WHEAT, RYE	T	Y	Y	N	N	N	N	N	N	T	N	N	N	
151	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Ham, Cheese & Tomato Sour Dough Toastie	Sour Dough (Wheat Flour (Wheat, Folic Acid), Water, Iodised Salt, Sourdough Starter (Rye Flour, Water, Maltin Soy, Acidity Regulator (200)), Yeast, Canola Oil, Vinegar, Improver (Soy Flour, Mineral Salt (170), Flour Treatment Agents (516, 300, 900), Emulsifiers (481, 472a), Wheat Malt Flour, Enzymes), Flour Treatment Agent (820)), Tomato, Cheese (Pasteurised Cow Milk, Salt, Enzymes, Coagulating Enzyme), Ham (Pork (85%), Water, Cure Salt, Sugar, Mineral Salts (450, 451), Dextrose (Maize Or Tapioca), Antioxidant (316), Preservative (250)), Acidity Regulators (326, 325, 262), Pork Protein, Wood Smoke), Clarified Butter	Y	Y	WHEAT, RYE	T	Y	Y	N	N	N	N	N	N	T	N	N	N	
	<input type="checkbox"/>	<input type="checkbox"/>	Sausage & Egg On Turkish Roll (contains Pork & Beef)	Turkish Roll (Wheat Flour (Wheat, Folic Acid)), Water, Iodised Salt, Vegetable Oil, Yeast, Initiation Vinegar, Sesame Seeds, Nigella Seeds, Soy Flour, Mineral Salt (170), Emulsifier (481), Enzymes, Food Acid (300), Cooked Egg, Sausage (Pork, Beef, Soy Protein, Salt, Spices, Herbs, Dextrose (Wheat), Sugar, Dehydrated Vegetables, Vegetable Oil, E333, Hydrolysed Vegetable Protein (Soy)), Cheese (Cow's Milk, Salt, Culture, Calves Rennet), Water, Non Fat Milk Solids, Emulsifiers (E331ii, E322), Acidity Regulators (E332, E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Preservative (E234), Smoky BBQ Sauce (Tomato Puree (Water, Tomato Paste, Citric Acid), Sugar, Vinegar, Apple Paste, Thickener (1442, 415), Caramel Colour (150a), Molasses, Salt, Smoke Flavour, Dehydrated Vegetable (Elastic, Onion), Worcestershire Flavour, Spice), Clarified Butter	Y	Y	WHEAT	Y	Y	Y	Y	N	N	N	N	N	Y	N	N	N	
	<input type="checkbox"/>	<input type="checkbox"/>	Bacon & Egg On Turkish Roll	Turkish Roll (Wheat Flour (Wheat, Folic Acid)), Water, Iodised Salt, Vegetable Oil, Yeast, Initiation Vinegar, Sesame Seeds, Nigella Seeds, Soy Flour, Mineral Salt (170), Emulsifier (481), Enzymes, Food Acid (300), Cooked Egg, Bacon (Pork (90%), Water, Salt, Curing Premix (Mineral Salt (451, 450), Sugar, Antioxidant (316), Preservative (250), Smoke), Cheese (Cow's Milk, Salt, Culture, Calves Rennet), Water, Non Fat Milk Solids, Emulsifiers (E331ii, E322), Acidity Regulators (E332, E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Preservative (E234), Smoky BBQ Sauce (Tomato Puree (Water, Tomato Paste, Citric Acid), Sugar, Vinegar, Apple Paste, Thickener (1442, 415), Caramel Colour (150a), Molasses, Salt, Smoke Flavour, Dehydrated Vegetable (Elastic, Onion), Worcestershire Flavour, Spice), Clarified Butter	Y	Y	WHEAT	Y	Y	Y	N	N	N	N	N	N	Y	N	N	N	
	<input type="checkbox"/>	<input type="checkbox"/>	Jack's Breakly Roll	Bruschetta Style Bun (Wheat Flour, Water, Canola Oil, Bakers Yeast, Sugar, Wheat Gluten, Iodised Salt, Non Fat Milk Solids, Shrimping Powder (Vegetable Fat, Milk Protein, Antioxidant (207) From Soy), Soy Flour, Preservatives (282, 202), Anti-Caking Agent (341), Colour (180a), Emulsifier (481), Wheat Malt Flour, Thiamine, Folic Acid), Tortilla Wrap (Wheat Flour (59%), Thiamine, Folic Acid), Water, Vegetable Shortening (Antioxidant (320)), Sugar, Baking Powder (Mineral Salts (450, 500, 341)), Food Acid (297), Iodised Salt, Mineral Salt (500), Preservative (282), Yeast)	Y	Y	WHEAT	Y	Y	Y	N	N	N	N	N	Y	T	N	N	N	
	<input type="checkbox"/>	<input type="checkbox"/>	BBQ Breakly Wrap	Sausage Patty: Meat 97%(Pork, Beef), Soy Protein, Salt, Spices, Herbs, Dextrose, Sugar, Dehydrated Vegetable, Vegetable Oil, Flavour Enhancer(55),Hydrolysed Vegetable Protein(Soy) Egg, Cheese: Milk, Cream or Butter, Milk Solids Non Fat, Food Acid (270, 331), Salt, Mineral Salt (339), Colour (160b), Preservative (200), Spice, Starter Culture, Enzymes	Y	Y	WHEAT	Y	Y	Y	Y	N	N	N	N	N	N	N	T	N	
	<input type="checkbox"/>	<input type="checkbox"/>	BBQ Big Breakly Wrap	BBQ Sauce: Concentrated Tomatoes, Apple Puree, Sugar, Maize Thickener (1414), Salt, Food Acids (260, 330), Colour (150c), Natural Flavours, Spice Eye Bacon: Pork(90%), Water: Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Sodium Nitrite, Natural Wood Smoke Tortilla Wrap: Wheat Flour (59%), Thiamine, Folic Acid, Water, Vegetable Shortening (Antioxidant (320)), Sugar, Baking Powder (Mineral Salts (450, 500, 341)), Food Acid (297), Iodised Salt, Mineral Salt (500), Preservative (282), Yeast	Y	Y	WHEAT	Y	Y	Y	N	N	N	N	N	N	N	N	T	N	
149	<input type="checkbox"/>	<input type="checkbox"/>		Hash Brown: Potato, Vegetable Oil, Salt, Disodium Dithyrogen Pyrophosphate, Dextrose Sausage Patty: Meat 97%(Pork, Beef), Soy Protein, Salt, Spices, Herbs, Dextrose, Sugar, Dehydrated Vegetable, Vegetable Oil, Flavour Enhancer(55),Hydrolysed Vegetable Protein(Soy)	Y	Y	WHEAT	Y	Y	Y	N	N	N	N	N	N	N	N	T	N	

Selected Stores only	Habitat	Menu Item	Ingredients	WHEAT	GLUTEN	GLUTEN SOURCE	EGGS	MILK & MILK PRODUCTS	SOY	FISH	MOLLUSC	CRUSTACEA	PEANUTS	TREE NUTS	TREE NUTS SOURCE	SESAME	LUPINS	SULPHITES	LACTOSE FREE
157	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Hash Brown (1 Piece)	Potatoes Vegetable Oil (May Contain One Or More Of The Following: Canola Oil, Sunflower Oil, Cottonseed Oil, Palm Oil, Corn Oil, Soybean Oil, Hydrogenated Soybean And/or Cottonseed Oil), Salt, Disodium Dihydrogen Pyrophosphate, Dextrose	T	T	WHEAT	N	N	Y	N	N	N	N		N	N	N	
158	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Cheese Toastie	White Toast Bread (Wheat Flour, Water, Baker's Yeast, Vinegar, Iodised Salt, Canola Oil, Soy Flour, Emulsifier (481), Vitamins (Thiamin, Folate)), Natural Cheese Slice (Milk, Salt, Starter Culture, Rennet), Clarified Butter	Y	Y	WHEAT	N	Y	Y	N	N	N	N	N	T	N	N	N
159	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Ham & Cheese Toastie	White Toast Bread (Wheat Flour, Water, Baker's Yeast, Vinegar, Iodised Salt, Canola Oil, Soy Flour, Emulsifier (481), Vitamins (Thiamin, Folate)), Country Ham (Pork (87%), Cure [Salt, Sugar, Mineral Salts (450, 451), Dextrose (Maze Or Tapioca)], Antioxidant (116), Preservative (202), Acidity Regulators (120, 302, 262), Water, Modified Starch (1442, Maze Or Tapioca), Vegetable Gum (467), Wood Smoke), Natural Cheese Slice (Milk, Salt, Starter Culture, Rennet), Clarified Butter	Y	Y	WHEAT	N	Y	Y	N	N	N	N	N	T	N	N	N
160	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Ham, Cheese, Tomato Toastie	White Toast Bread (Wheat Flour, Water, Baker's Yeast, Vinegar, Iodised Salt, Canola Oil, Soy Flour, Emulsifier (481), Vitamins (Thiamin, Folate)), Tomato, Country Ham (Pork (87%), Cure [Salt, Sugar, Mineral Salts (450, 451), Dextrose (Maze Or Tapioca)], Antioxidant (116), Preservative (202), Acidity Regulators (120, 302, 262), Water, Modified Starch (1442, Maze Or Tapioca), Vegetable Gum (467), Wood Smoke), Natural Cheese Slice (Milk, Salt, Starter Culture, Rennet), Clarified Butter	Y	Y	WHEAT	N	Y	Y	N	N	N	N	N	T	N	N	N
161	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Pancakes (Maple flavoured syrup & Butter)	Pancakes: Water, Wheat Flour, Sugar, Canola Oil, Milk Solids, Acidity Regulator (670), Egg Powder, Wheat Starch, Rising Agent (200), Salt, Preservative (202, 236), Emulsifier (471), Natural Flavour, Vitamins (Thiamin, Folate) Pancake Syrup: Fructose, Water, Sugar, Salt, Flavour (1506), Vegetable Gum (466), Preservative (202), Natural Maple Flavour, Citric Acid Whipped Butter: Butter, Water, Canola Oil, Salt, Preservative (202), Vitamins A & D	Y	Y	WHEAT	Y	Y	Y	N	N	N	N	N	T	N	N	