

Customer Allergen Information Guide

Version 8
24.07.25

This Guide contains information on the 14 allergens, as recognised by the Food Standards Agency, for our products, to help you choose the right product for you.

The Food Standards Agency regards the following ingredients and their derivatives as allergens:

**Peanuts
Fish
Crustaceans
Milk**

**Celery
Lupin
Sulphites
Nuts**

**Eggs
Sesame Seeds
Soybeans
Mustard**

**Molluscs
Cereals
containing
Gluten**

If you have a query about any other ingredient, please contact our customer care team on:

0808 147 3447

 **GREGGS**



Introduction

We freshly prepare a lot of our food and drinks including our Vegan Friendly Range, in our shop kitchens every day. We use different ingredients in our kitchens and have shared equipment. Whilst we do our best to manage our food and ingredients, **we cannot guarantee our food or hot drinks are allergen-free.**

Vegan Friendly and Gluten Free:



What is Vegan Friendly?

In line with the Vegan Society recommendations, we at Greggs are using the term 'Vegan Friendly' to label products that may not be made in dedicated vegan sites, but in sites where many steps as possible have been taken to minimise the risk of cross-contamination. See our dedicated pages for our Vegan Friendly Products.



What is Gluten Free?

Gluten Free labelling legislation explains that "the statement 'gluten free' may only be made where the food as sold to the final consumer contains no more than 20mg/kg of gluten". The claim can be used on products where gluten has been specifically removed and/or substituted with a non-gluten-containing ingredient.

Greggs gluten free products are manufactured using recipes which are free from gluten and the manufacturing sites have strict gluten controls and testing regimes in place. Our shop teams have undergone gluten training, and there are gluten controls and testing regimes in place to manage cross-contamination with gluten within our shops. Gluten Free Products are indicated with (GF) after the product name, and also highlighted in the end column of each page with (Y).



Product Updates:

Our products may change from time to time, but when this happens we will keep you informed via our **Product Updates section (page 4)**.

Products will remain in this section for a minimum of 28 days, so please check your favourites often.

Updates will be listed under the following categories:

- *New Product (NEW)*
- *Allergen Update*
- *New Recipe*

Hot / Iced Drinks

Due to our equipment, we cannot guarantee our drinks to be allergen-free.

Packaged Products

The allergen information for our packaged products that are not handled by our team members are detailed within the allergen guide or alternatively detailed on the label.

However, our products are constantly being improved and ingredients are liable to change – so please always read the actual product label carefully before consuming any product.

Please do not rely solely on the information provided on our website / digital channels for our packaged products, despite allergen information being regularly updated.

If you have any further queries about any of our products, or the changes, please contact our Customer Care team on **0808 147 3447**.

Product Updates:

[illegible]



Vegan Friendly Products

**There have been rare cases of allergic reactions to Quorn™ products, which contain mycoprotein. Mycoprotein is made with a member of the fungi/mould family. Mycoprotein is high in protein and fibre which may cause intolerance in some people.

Contents Key: ✓ (Product contains) • (May Contain) GF (Gluten Free)	Cereals Containing Gluten						Soya	Nuts	Peanut	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin	Gluten Free (GF)
	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)														
Bread & Rolls																				
Baguettes	✓	•	•	•	•															
Corn Topped Rolls	✓	•	•	•	•	•	✓									•				
Large White Bloomer	✓	•	•	•	•		✓													
Malted Brown Loaf	✓	•	✓	•	•	•	✓									•				
Oval Bites	✓	•	•	•	•	•	✓									•				
Stotties	✓	•	•	•	•		✓													
White & Wholemeal Loaf	✓	•	•	•	•	•	✓													
White & Wholemeal Rolls	✓	•	•	•	•	•	✓									•				
Breakfast																				
**Vegan Sausage Breakfast Roll with Quorn™	✓	•	✓	•	•	•	✓									•				
Extra **Vegan Breakfast Sausage with Quorn™	✓		✓																	
Heinz Tomato Ketchup															✓					
HP Brown Sauce		✓	✓																	
Spread																				
Hot Food																				
Hash Browns																				
Southern Fried Potato Wedges	✓																			
Sharing Box																				
Wedges Sharing Box	✓																			



Vegan Friendly Products

****There have been rare cases of allergic reactions to Quorn™ products, which contain mycoprotein. Mycoprotein is made with a member of the fungi/mould family. Mycoprotein is high in protein and fibre which may cause intolerance in some people.**

Vegan Lattice Steak-Free – contains Rapeseed protein – Rapeseed protein may cause allergic reactions to consumers who are allergic to mustard and products thereof.

Contents Key: ✓ (Product contains) • (May Contain) GF (Gluten Free)	Cereals Containing Gluten						Soya	Nuts	Peanut	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin	Gluten Free (GF)
	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)														
Savouries & Bakes																				
Spicy Vegetable Curry Bake	✓		•														✓			
**Vegan Lattice Steak-Free	✓		✓				•									•				
**Vegan Sausage Roll with Quorn™	✓		✓				•													
Salads																				
Sweet Potato Bhaji & Rice																	✓			
Sweet Treats																				
Glazed Ring Doughnut	✓	•	•	•	•	•	✓									•				
Pizza Dips																				
Garlic & Herb Dip																	✓			
Hot Sauce																				
Smoky BBQ Dip																	✓			

Breakfast

Contents Key: ✓ (Product contains) • (May Contain) GF (Gluten Free)	Cereals Containing Gluten						Soya	Nuts	Peanut	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin	Gluten Free (GF)
	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)														
Breakfast Baguettes with Spread																				
Bacon & Lorne Breakfast Baguette	✓	•	•	•	•		•									✓				
Bacon & Omelette with cheese Breakfast Baguette	✓	•	•	•	•		•				✓	✓				•				
Bacon & Sausage Breakfast Baguette	✓	•	•	•	•		•									✓				
Bacon Breakfast Baguette	✓	•	•	•	•		•									•				
Lorne & Omelette with cheese Breakfast Baguette	✓	•	•	•	•		•				✓	✓				✓				
Lorne Breakfast Baguette	✓	•	•	•	•		•									✓				
Omelette with cheese Breakfast Baguette	✓	•	•	•	•		•				✓	✓								
Sausage & Omelette with cheese Breakfast Baguette	✓	•	•	•	•		•				✓	✓				✓				
Sausage Breakfast Baguette	✓	•	•	•	•		•									✓				
Breakfast Rolls with Spread																				
Bacon & Lorne Breakfast Roll	✓	•	•	•	•	•	✓									✓				
Bacon & Omelette with cheese Breakfast Roll	✓	•	•	•	•	•	✓				✓	✓				•				
Bacon & Sausage Breakfast Roll	✓	•	•	•	•	•	✓									✓				
Bacon Breakfast Roll	✓	•	•	•	•	•	✓									•				
Lorne & Omelette with cheese Breakfast Roll	✓	•	•	•	•	•	✓				✓	✓				✓				
Lorne Breakfast Roll	✓	•	•	•	•	•	✓									✓				
Omelette with cheese Breakfast Roll	✓	•	•	•	•	•	✓				✓	✓				•				
Sausage & Omelette with cheese Breakfast Roll	✓	•	•	•	•	•	✓				✓	✓				✓				
Sausage Breakfast Roll	✓	•	•	•	•	•	✓									✓				
Extras																				
Extra Bacon																				
Extra Breakfast Sausage	✓															✓				
Extra Lorne Sausage	✓															✓				
Extra Omelette with cheese											✓	✓								

Breakfast & Fruit																					
Contents Key: ✓ (Product contains) • (May Contain) GF (Gluten Free)	Cereals Containing Gluten						Soya	Nuts	Peanut	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin	Gluten Free (GF)	
	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)															
Pastries																					
All Butter Croissant	✓						•	•			✓	✓									
Pain au Chocolat	✓						•	•			✓	✓									
*Porridge - made with <i>Gluten Free</i> oats																					
*Apple & Cinnamon Flavour Porridge (GF)				✓			•				✓	•									Y
*Golden Syrup Flavour Porridge (GF)				✓			•				✓	•									Y
*Simply Creamy Porridge (GF)				✓			•				✓	•									Y
Yoghurt																					
Fat Free Greek Style Yoghurt with Strawberry Compote											✓										
Greggs Fruit Pots																					
Apple and Strawberry																					
Melon and Grape																					

Sandwiches

Contents Key: ✓ (Product contains) • (May Contain) GF (Gluten Free) HS (Hospital Shop)	Cereals Containing Gluten						Soya	Nuts	Peanut	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin	Gluten Free (GF)
	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)														
Baguettes																				
Ham & Cheese Baguette	✓	•	•	•	•		•				✓	•	•		•		•			
Mature Cheddar Cheese Salad Baguette	✓	•	•	•	•		•				✓	•	•		•		•			
Roast Chicken & Bacon Club Baguette	✓	•	•	•	•		•				•	✓	•		•		✓			
Roast Chicken Mayonnaise Baguette	✓	•	•	•	•		•				•	✓	•		•		✓			
Southern Fried Chicken Baguette	✓	•	•	•	•		•				✓	•	•		•	•	•			
Spicy Chipotle Chicken Baguette (NEW)	✓	•	•	•	•		•				✓	✓	•		•	•	•			
Spicy Korean BBQ Chicken Baguette	✓	•	✓	•	•		✓				•	•	•		•		•			
Tandoori Chicken Baguette	✓	•	•	•	•		•				•	✓	•		✓		✓			
Tuna Crunch Baguette	✓	•	•	•	•		•				•	✓	✓		•	•	✓			
Bread Packs																				
BLT	✓	•	✓	•	•	•	✓				•	✓	•		•	•	✓			
Cheese	✓	•	•	•	•	•	✓				✓	•	•		•		•			
Cheese & Pickle	✓	•	✓	•	•	•	✓				✓	•	•		•	•	•			
Cheese & Tomato	✓	•	✓	•	•	•	✓				✓	•	•		•	•	•			
Chipotle Chicken Sandwich (NEW) (HS)	✓	•	✓	•	•	•	✓				•	✓	•		•	•	•			
Egg Mayonnaise (HS)	✓	•	•	•	•	•	✓				•	✓	•		•		✓			
Egg Mayonnaise & Tomato (HS)	✓	•	✓	•	•	•	✓				•	✓	•		•	•	✓			
Free Range Egg Mayonnaise	✓	•	✓	•	•	•	✓				•	✓	•		•	•	✓			
Free Range Egg Salad (HS)	✓	•	✓	•	•	•	✓				•	✓	•		•	•	✓			
Ham	✓	•	•	•	•	•	✓				•	•	•		•		•			
Honey Roast Ham (HS)	✓	•	✓	•	•	•	✓				•	•	•		•	•	•			
Honey Roast Ham & Egg (HS)	✓	•	✓	•	•	•	✓				•	✓	•		•	•	✓			
Honey Roast Ham & Egg Salad	✓	•	✓	•	•	•	✓				•	✓	•		•	•	✓			
Roast Chicken Salad	✓	•	✓	•	•	•	✓				•	✓	•		•	•	✓			

Sandwiches

Contents Key: ✓ (Product contains) • (May Contain) GF (Gluten Free) HS (Hospital Shop)	Cereals Containing Gluten						Soya	Nuts	Peanut	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin	Gluten Free (GF)
	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)														
Bread Packs continued																				
Tandoori Chicken	✓	•	✓	•	•	•	✓				•	✓	•		✓	•	✓			
Tuna Crunch (HS)	✓	•	✓	•	•	•	✓				•	✓	✓		•	•	✓			
Tuna Mayonnaise & Cucumber	✓	•	✓	•	•	•	✓				•	✓	✓		•	•	✓			
Flatbreads																				
Chipotle Chicken Flatbread (NEW)	✓		•				•				•	✓	•		•	•	•			
Korean BBQ Chicken Flatbread	✓		✓				✓				•	•	•		•		•			
Oval Bites																				
Mature Cheddar Cheese Ploughman's Oval Bite	✓	•	✓	•	•	•	✓				✓	•	•		•	•	•			
Roast Chicken with Honey Mustard Mayonnaise Oval Bite	✓	•	•	•	•	•	✓				•	✓	•		•	•	✓			
Sweet & Spicy Chicken Oval Bite (NEW)	✓	•	•	•	•	•	✓				✓	✓	•		•	•	•			
Stotties																				
Cheese & Onion Stottie	✓	•	•	•	•		✓				✓	✓	•		•	•	✓			
Tuna Mayonnaise Stottie	✓	•	•	•	•		✓				•	✓	✓		•	•	✓			
Rolls																				
Cheese & Onion Roll	✓	•	•	•	•	•	✓				✓	✓	•		•	•	✓			
Egg & Tomato Roll (HS)	✓	•	•	•	•	•	✓				•	✓	•		•	•	✓			
Honey Roast Ham and Egg Salad Roll	✓	•	•	•	•	•	✓				•	✓	•		•	•	✓			
Roast Chicken Salad Roll	✓	•	•	•	•	•	✓				•	✓	•		•	•	✓			

Sandwiches / Pasta & Salads

Contents Key: ✓ (Product contains) • (May Contain) GF (Gluten Free) HS (Hospital Shop)	Cereals Containing Gluten																				Gluten Free (GF)
	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)	Soya	Nuts	Peanut	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin		
Rolls continued																					
Tandoori Chicken Roll	✓	•	•	•	•	•	✓				•	✓	•		✓	•	✓				
Tuna Crunch Roll	✓	•	•	•	•	•	✓				•	✓	✓		•	•	✓				
Toasties																					
Ham & Mature Cheddar Cheese Toastie	✓	•	•	•	•		✓				✓	•	•		•	•	•				
Pasta																					
Chicken & Bacon Pasta (NEW RECIPE)	✓		✓								✓	✓					✓				
Pesto & Mozzarella Pasta	✓										✓										
Tuna Pasta	✓											✓	✓				✓				
Salads																					
Smoky Cajun Rice with BBQ Chicken & Sweetcorn Fritters			✓																		
Side Salad	•		•				•				•	•	•		•	•	•				

Savouries, Bakes & Pizza

Contents Key: ✓ (Product contains) • (May Contain) GF (Gluten Free)	Cereals Containing Gluten						Soya	Nuts	Peanut	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin	Gluten Free (GF)
	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)														
Savouries & Bakes																				
Bacon & Cheese Wrap	✓		•				•				✓					•	•			
Cheese & Onion Bake	✓		•				•				✓	•				•	✓			
Chicken Bake	✓		•				•				✓	•				•	•			
Corned Beef Bake	✓		•				•				✓	✓				•	•			
Red Pepper, Feta & Spinach Bake	✓		•				•				✓	•				•	•			
Sausage, Bean & Cheese Melt	✓		•				•				✓	•				✓	•			
Sausage Roll	✓	•	✓	•			•				✓	•				✓	•			
Savoury Mince Pie	✓		✓								✓					•	•			
Scotch Pie	✓	•	✓	•	•		✓				✓					•	•			
Steak Bake	✓		✓				•				✓	•				•	•			
Vegetable Bake	✓		•				•				✓	•				•	✓			
Pizzas																				
BBQ Chicken & Bacon Pizza	✓	•	✓	•	•	•	✓				✓	•				•	•			
Chicken, Sweetcorn & Red Onion Pizza	✓	•	✓	•	•	•	✓				✓	•				•	•			
Margherita Pizza	✓	•	✓	•	•	•	✓				✓	•				•	•			
Pepperoni Hot Shot Pizza	✓	•	✓	•	•	•	✓				✓	•				•	•			
Pepperoni Pizza	✓	•	✓	•	•	•	✓				✓	•				•	•			
Spicy Chicken Pizza <i>(NEW)</i>	✓	•	✓	•	•	•	✓				✓	•				•	•			
Spicy Veg Pizza	✓	•	✓	•	•	•	✓				✓	•				•	•			
Veggie Feast Pizza	✓	•	✓	•	•	•	✓				✓	•				•	•			

Sweet Treats

Contents Key: ✓ (Product contains) • (May Contain) GF (Gluten Free)	Cereals Containing Gluten						Soya	Nuts	Peanut	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin	Gluten Free (GF)
	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)														
Apple Danish	✓	•	•	•	•		✓				✓	✓				✓	•			
Bavarian Slice	✓		•				•	•		•	✓	✓				•				
Belgian Bun	✓	•	•	•	•		✓				•	•				✓	•			
Caramel Crispy (GF)							✓	•			✓	•								Y
Caramel Custard Doughnut	✓	•	•	•	•		✓				✓	•				•				
Cheese Scones	✓	•	•	•	•	•	•				✓	✓				•	✓			
Chocolate Brownie Bar	✓		•	•			✓	•			✓	✓								
Chocolate Cake Bar (NEW RECIPE)	✓	•	•	✓			✓	•			✓	✓				•				
Cream Éclair	✓			•			✓				✓	✓								
Cream Iced Finger	✓	•	•	•	•		✓				✓	•				•				
Empire Biscuit	✓	•	•	•	•	•	•	•			•	✓				✓	•		•	
Filled Milk Chocolate Doughnut	✓	•	•	•	•		✓				✓	•				•				
Fruit Scones	✓	•	•	•	•	•	✓				✓	✓				•	•			
Fruity Flapjack	•		•	✓				•			✓									
Gingerbread Man	✓	•	•	•	•	•	•	•			✓	✓				•	•		•	
Jam Doughnut	✓	•	•	•	•		✓				•	•				•				
Jammy Heart Biscuit	✓			•			•	•			✓	•				•				
Lemon Meringue Muffin	✓	•	•	•			•				✓	✓				•				
Milk Chocolate Caramel Shortbreads/Offcuts	✓						✓	•			✓	•				•				
Milk Chocolate Cookie	✓	•	•	•	•	•	✓	•			✓	✓				•	•		•	
Novelty Buns	✓	•	•	✓							✓	✓				•				
Peach Melba	✓						•				✓	•				•				
Pineapple Cake	✓						•				✓	•				•				

Sweet Treats

Contents Key: ✓ (Product contains) • (May Contain) GF (Gluten Free)	Cereals Containing Gluten																					
	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)																
Pink Jammie	✓	•	•	•	•		✓				✓	•				•						
Star Biscuit (NEW RECIPE)	✓	•	•	•	•	•	✓	•			✓	✓				•	•			•		
Sugar Strand Doughnut	✓	•	•	•	•		✓				•	•				•						
Tottenham Cake	✓		•	•			•	•			•	✓				•						
Triple Chocolate Cookie	✓	•	•	•	•	•	✓	•			✓	✓				•	•			•		
Triple Chocolate Doughnut	✓	•	•	•	•		✓				✓	•				•						
Triple Chocolate Muffin	✓	•	•	•			✓				✓	✓										
Vanilla Custard Slice	✓						•	•		•	✓	✓										
White Chocolate Cookie	✓	•	•	•	•	•	✓	•			✓	✓				•	•			•		
Yum Yum	✓	•	•	•	•		✓				•	✓										
Hot Sweet																						
Hot Chocolate Brownies	✓		•	•			✓	•			✓	✓										
Hot Milk Chocolate Cookies	✓	•	•	•	•	•	✓	•			✓	✓				•	•			•		
Hot Yum Yums	✓	•	•	•	•		✓				•	✓										
Dipping Sauces – selected shops only																						
Milk Chocolate Dipping Sauce							✓				✓											
Salted Caramel Dipping Sauce							✓				✓											

Hot Food																					
Contents Key: ✓ (Product contains) • (May Contain) GF (Gluten Free)	Cereals Containing Gluten						Soya	Nuts	Peanut	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin	Gluten Free (GF)	
	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)															
Hot																					
BBQ Bites Meal Box	✓															•		•			
Spicy BBQ Chicken Bites	✓															•		•			
Southern Fried Chicken Goujons	✓																				
Mozzarella & Cheddar Bites	•		•								✓							•			
Crispy Chicken Bites	✓																				
Soup																					
Tomato Soup (GF)											✓					•	•				Y
Hot Pasta Boxes - selected shops only																					
Mac & Cheese	✓										✓							✓			
Crispy Chicken Burgers – selected shops only																					
Double-Up Mayo Crispy Chicken Burger	✓	•	✓	•	•	•	✓				•	✓	•		•	•	✓				
Korean BBQ Crispy Chicken Burger	✓	•	✓	•	•	•	✓				•	✓	•		•	•	✓				
Mayo Crispy Chicken Burger	✓	•	✓	•	•	•	✓				•	✓	•		•	•	✓				
Spicy Crispy Chicken Burger (NEW RECIPE)	✓	•	✓	•	•	•	✓				•	✓	•		•	•	•				
Fish Finger Sandwiches – selected shops only																					
Fish Finger Sandwich with Ketchup	✓	•	•	•	•	•	✓				•	•	✓		✓	•	✓				
Fish Finger Sandwich with Mayo	✓	•	•	•	•	•	✓				•	✓	✓		•	•	✓				

Hot Food

Contents Key: ✓ (Product contains) • (May Contain) GF (Gluten Free)	Cereals Containing Gluten						Soya	Nuts	Peanut	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin	Gluten Free (GF)
	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)														
Pulled Pork Sandwiches – selected shops only																				
BBQ Pulled Pork Sandwich with Slaw	✓	•	•	•	•	•	✓				•	•	•		•	•	•			
Pulled Pork Sandwich with Apple Sauce	✓	•	•	•	•	•	✓				•	•	•		•	•	•			
Wraps - selected shops only																				
Chicken																				
Hot & Spicy Chicken Wrap (<i>NEW RECIPE</i>)	✓		•				•				•	✓	•		•	•	•			
Korean BBQ Chicken Wrap	✓		✓				✓				•	✓	•		•		✓			
Mayo Chicken Wrap	✓		•				•				•	✓	•		•		✓			
Sweet Chilli Chicken Wrap	✓	•	•				•				•	✓	•		•	•	✓			
Fish																				
Fish Finger Wrap with Ketchup	✓		•				•				•	•	✓		✓		✓			
Fish Finger Wrap with Mayo	✓		•				•				•	✓	✓		•		✓			
Extras																				
Double-Up Crispy Chicken (Fillet Only)	✓		✓								•		•		•					
Cheddar Cheese	•		•				•				✓	•	•		•		•			
Sweetcure Bacon	•		•				•				•	•	•		•		•			
Sharing Boxes																				
Crispy Chicken Bites Sharing Box	✓																			
Chicken Goujon Sharing Box	✓																			
Chicken Sharing Box	✓																			

Drinks - Includes Decaf versions where available

Due to our equipment, we cannot guarantee our hot / iced drinks to be allergen-free.

Contents Key: ✓ (Product contains) • (May Contain) GF (Gluten Free)	Cereals Containing Gluten																			
	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)	Soya	Nuts	Peanut	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin	Gluten Free (GF)
Hot Drinks																				
Americano											•									
Black Tea											•									
Cappuccino	•										✓					•				
Flat White											✓									
Decaf Black Coffee											•									
Espresso Shot											•									
Extra Espresso Shot											•									
Green Tea											•									
Hot Chocolate	•										✓					•				
Latte											✓									
Milk											✓									
Mocha	•										✓					•				
Peppermint Tea											•									
White Tea											✓									
White Coffee											✓									
Speciality Drinks																				
Caramel Latte	•										✓					•				
Caramelised Biscuit Latte											✓									
Vanilla Latte	•										✓					•				

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Contents Key: ✓ (Product contains) • (May Contain) GF (Gluten Free)	Cereals Containing Gluten						Soya	Nuts	Peanut	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin	Gluten Free (GF)	
	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)															
Iced Drinks																					
Iced Americano											•										
Iced Latte										✓											
Cloudy Lemonade																					
Mango and Strawberry Cooler																					
Mint Lemonade																					
Peach Iced Tea																					
Strawberry Lemonade																					
Iced Speciality Drinks																					
Iced Caramel Latte											✓										
Iced Caramelised Biscuit Latte											✓										
Iced Vanilla Latte											✓										
Extras																					
Cream											✓										
Hot Chocolate Powder	•										✓					•					

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Contents Key: ✓ (Product contains) • (May Contain) GF (Gluten Free)	Cereals Containing Gluten						Soya	Nuts	Peanut	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin	Gluten Free (GF)
	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)														
Syrups – (syrups may contain sugar & sweeteners)																				
Caramel Syrup																				
Carmelised Biscuit Syrup																				
Cinnamon Syrup																				
Hazelnut Syrup																				
Gingerbread Syrup																				
Mint Syrup																				
Orange Syrup																				
Pumpkin Spice Syrup																				
Salted Caramel Syrup																				
Vanilla Syrup																				
Greggs Own Label Cold Drinks																				
Apple Juice																				
Natural Mineral Water																				
Orange Juice																				
Ready to Drink Caramel Latte											✓									
Ready to Drink Latte											✓									
Sparkling Mango & Pineapple																				
Sparkling Raspberry Lemonade																				

Snacks

Contents Key: ✓ (Product contains) • (May Contain) GF (Gluten Free)	Cereals Containing Gluten						Soya	Nuts	Peanut	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin	Gluten Free (GF)
	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)														
Greggs Own Label Crisps																				
Mature Cheddar & Onion Hand Cooked Crisps											✓									
Sea Salt & Cider Vinegar Hand Cooked Crisps																				
Thai Sweet Chilli Hand Cooked Crisps																				