

# nutritional information

Nutritional information per product - guide only	Weight/volume	Energy (kJ)	Energy (kcal)	Protein (g)	Carbohydrate (g)	Fat (g)	Salt (g)
<b>Drinks</b>							
<b>Cold Drinks</b>							
Smoothie mango and orange	250ml	615	145	1.5	33.0	Trace	Trace
Smoothie raspberry and banana	250ml	575	135	1.5	30.5	Trace	Trace
Ribena	288ml	524	124	Trace	30.2	0.0	Trace
Capri-Sun	330ml	607	143	Trace	34.7	0.0	0.0
Irn bru	330ml	601	142	Trace	34.7	0.0	Trace
Diet irn bru	330ml	10	2	0.0	0.0	0.0	Trace
Irn bru	500ml	910	215	Trace	52.5	0.0	Trace
Diet irn bru	500ml	16	4	0.0	0.0	0.0	Trace
Coca cola	500ml	900	210	0.0	53.0	0.0	0.0
Diet coca cola	500ml	10	3	Trace	0.0	0.0	Trace
Fanta orange	500ml	630	150	Trace	35.5	0.0	Trace
Dr pepper	500ml	885	210	0.0	10.3	0.0	Trace
Lucozade energy orange	500ml	1490	350	0.2	86.0	0.0	Trace
Lucozade sport	500ml	585	140	Trace	32.0	0.0	Trace
Water	500ml	0	0	0.0	0.0	0.0	Trace
Oasis summer fruits	500ml	380	90	Trace	21.0	0.0	0.0
Ribena	500ml	905	215	Trace	52.5	0.0	Trace
Fairtrade orange juice	500ml	925	220	0.5	51.0	Trace	Trace
Fairtrade apple juice	500ml	935	220	0.0	55.0	Trace	Trace
Cranberry/raspberry water	500ml	20	5	Trace	0.0	0.0	Trace
Sprite	500ml	925	220	0.0	53.0	0.0	Trace
Coke zero	500ml	8	3	0.0	0.0	0.0	Trace
Oasis citrus punch	500ml	385	90	Trace	20.5	0.0	0.0
Water	750ml	0	0	0.0	0.0	0.0	Trace
<b>Hot Drinks</b>							
Small white tea	340g	70	17	0.0	2.7	Trace	Trace
Small black coffee	340g	70	17	0.0	3.1	0.3	Trace
Small white coffee	340g	310	68	2.0	11.0	2.4	Trace
Small latte	340g	580	140	9.5	13.5	5.1	Trace
Small cappuccino no chocolate topping	340g	570	140	9.0	14.0	4.8	Trace
Small hot chocolate	340g	600	140	2.0	24.0	4.1	0.6
Regular white tea	455g	110	23	0.0	4.1	0.9	Trace
Regular black coffee	455g	90	23	0.5	2.7	0.5	Trace
Regular white coffee	455g	390	91	1.0	15.0	3.6	Trace
Regular latte	455g	800	190	12.5	20.0	6.8	0.5
Regular cappuccino no chocolate topping	455g	780	190	12.0	19.0	6.8	0.8
Regular hot chocolate	455g	1070	250	4.0	43.0	7.3	0.9

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Our delicious hand made sandwiches and freshly baked savouries are lovingly made by us here at Greggs, so slight variations may occur on the nutritional information listed.

We'd love to hear from you, email us at: [getintouch@greggs.co.uk](mailto:getintouch@greggs.co.uk) or write to us at: Greggs, Fernwood House, Newcastle upon Tyne NE2 1TL

Find out more at [greggs.co.uk](http://greggs.co.uk)

#### Guideline Daily Amounts (GDA)

	Women	Men	Children (5-10 years)
Energy kcal	2000	2500	1800
Protein	45g	55g	24g
Fat	70g	95g	70g
Salt	6g	6g	4g

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<b>Hand made sandwiches</b>							
<b>Bread Packs</b>							
Tuna mayonnaise	201g	1860	440	23.5	56.5	13.5	2.0
Egg mayonnaise	174g	1770	430	19.0	52.5	15.5	2.1
Cheese savoury	174g	1940	470	20.0	57.5	17.0	2.0
Chicken salad	218g	2020	480	24.0	56.5	18.0	1.9
Cheese & tomato	173g	1870	450	21.5	54.5	16.0	1.9
Chicken & stuffing	191g	2090	500	23.5	61.5	17.5	2.2
Chicken salad with reduced fat mayonnaise	218g	1590	380	23.5	55.0	7.0	2.4
Tuna with reduced fat mayonnaise & cucumber	201g	1490	360	21.5	55.5	5.0	2.0
<b>Baguettes</b>							
Tuna crunch	240g	2330	560	25.5	73.0	18.0	2.9
Chicken club	273g	2840	680	29.5	79.5	27.0	1.9
Cheese & ham	224g	2450	580	31.0	70.5	19.5	3.8
Chicken tikka	250g	2050	490	25.5	72.5	10.5	2.3
Chicken pesto	226g	2210	530	25.0	79.0	12.0	2.7
Egg mayonnaise & tomato	237g	2200	530	20.0	72.0	16.5	2.6
<b>Bloomers</b>							
Tuna crunch on white	255g	2050	490	28.5	65.0	12.5	2.8
Tuna crunch on brown	255g	2200	520	27.5	70.5	14.5	2.2
Chicken mango on white	255g	2250	540	30.5	68.5	15.5	2.7
Chicken mango on brown	255g	2360	560	33.5	76.0	13.5	2.2
Ham, cheese & pickle on white	266g	2480	590	35.5	67.0	20.0	3.4
Ham, cheese & pickle on brown	266g	2590	620	32.5	78.5	19.5	3.4
Egg & bacon on white	248g	2700	650	28.5	61.5	32.0	3.5
Egg & bacon on brown	248g	2670	640	30.0	73.5	24.5	3.2
Chicken, bacon & sweetcorn on white	268g	2530	600	34.0	67.5	21.0	3.5
Chicken, bacon & sweetcorn on brown	268g	2810	670	30.5	76.5	27.0	2.9
<b>Oval Bites</b>							
Ham salad	173g	1280	310	15.5	39.5	9.5	1.9
Chargrill chicken	207g	1810	430	24.5	46.0	16.5	1.8
Mexican chicken	175g	1640	390	23.0	41.5	15.0	2.6
Cheese ploughman's	202g	1890	450	18.0	49.5	20.5	2.2
<b>Freshly baked savouries</b>							
Steak bake	139g	1740	420	13.0	36.5	24.5	2.1
Sausage roll	92g	1340	320	7.5	25.0	21.5	2.2
Chicken bake	138g	1830	440	11.5	36.0	28.0	1.9
Cornish pasty	175g	1900	460	11.5	43.5	26.5	2.5
Sausage, bean and cheese melt	140g	1890	460	10.5	40.0	28.0	1.9
Cheese and onion pasty	125g	1580	380	8.5	35.0	23.0	1.4
Cheese and tomato pizza	111g	1390	330	12.0	42.0	13.0	1.6

