

Customer Allergen Information Guide

Version 14
24.10.24

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	Celery	Eggs	Molluscs
Fish	Lupin	Sesame Seeds	Cereals
Crustaceans	Sulphites	Soybeans	containing
Milk	Nuts	Mustard	Gluten

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

0808 147 3447

 **GREGGS**



Introduction

We're proud to freshly prepare lots of food, and drinks including our Vegan Friendly Range, in our shop kitchens every day. However, as we use many ingredients and shared equipment, cross-contamination is managed but not to an allergen-free level.

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*
- *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:

NEW PRODUCT	ALLERGEN UPDATE	NEW RECIPE
Sandwiches (Page 9 & 10)	Sweet Treats (Page 13 & 14)	Sweet Treats (Page 13)
Christmas Lunch Baguette	Chocolate Brownie Offcuts	Belgian Bun
Festive Flatbread	Hot Chocolate Brownies	Cream Iced Finger
Sweet Treats (Page 13 & 14)		Sweet Treats (Page 13 & 14)
BBC Children in Need Novelty Bun		Chocolate Brownie Offcuts
Caramel Crispy (GF)		Hot Chocolate Brownies
Christmas Mini Caramel Shortbreads/Offcuts		
Fruity Flapjack		
Pudsey Biscuit		
Pudsey Jammy Biscuit		
Pumpkin Biscuit		
Spooky Buns		
Hot Food Page 15 (selected shops only)		
Mac & Cheese Pasta		
Meatball Pasta Bake		
Fish Finger Wrap with Ketchup		



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.

	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)														
Contents Key: ✓ (Product contains) • (May Contain) GF (Gluten Free)																				
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	✓																			



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)															
Savouries & Bakes																					
Spicy Vegetable Curry Bake	✓		•													•	✓				
**Vegan Sausage Roll with Quorn™	✓		✓	•			•									•					
Salads																					
Sweet Potato Bhaji & Rice																	✓				
Sweet Treats																					
Glazed Ring Doughnut	✓	•	•	•	•	•	✓									•					
Sweet Mince Pies	✓		•					•								•					
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
Greggs Fruit Pots																				
Apple and Strawberry Fruit Pot																				
Melon and Grape, Fruit Pot																				

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																					
All Day Breakfast Baguette	✓	•	•	•			•				✓	✓	•		✓	✓	•				
Christmas Lunch Baguette <i>(NEW PRODUCT)</i>	✓	•	✓	•			•				✓	•	•		•	•	•				
Ham & Cheese Baguette	✓	•	•	•			•				✓	•	•		•	•	•				
Honey Roast Ham Salad Baguette	✓	•	•	•			•				•	✓	•		•	•	✓				
Mature Cheddar Cheese Salad Baguette	✓	•	•	•			•				✓	•	•		•	•	•				
Mexican Chicken Baguette	✓	•	•	•			•				✓	✓	•		•	•	✓				
Roast Chicken & Bacon Club Baguette	✓	•	•	•			•				•	✓	•		•	•	✓				
Roast Chicken Mayonnaise Baguette	✓	•	•	•			•				•	✓	•		•	•	✓				
Southern Fried Chicken Baguette	✓	•	•	•			•				✓	•	•		•	•	•				
Tandoori Chicken Baguette	✓	•	•	•			•				•	✓	•		✓	•	✓				
Tuna Crunch Baguette	✓	•	•	•			•				•	✓	✓		•	•	✓				
Bread Packs																					
BLT	✓	•	✓	•	•	•	✓				•	✓	•		•	•	✓				
Cheese	✓	•	•	•	•	•	✓				✓	•	•		•	•	•				
Cheese & Pickle	✓	•	✓	•	•	•	✓				✓	•	•		•	•	•				
Cheese & Tomato	✓	•	✓	•	•	•	✓				✓	•	•		•	•	•				
Egg Mayonnaise <i>(HS)</i>	✓	•	•	•	•	•	✓				•	✓	•		•	•	✓				
Egg Mayonnaise & Tomato <i>(HS)</i>	✓	•	✓	•	•	•	✓				•	✓	•		•	•	✓				
Free Range Egg Mayonnaise	✓	•	✓	•	•	•	✓				•	✓	•		•	•	✓				
Free Range Egg Salad <i>(HS)</i>	✓	•	✓	•	•	•	✓				•	✓	•		•	•	✓				
Ham	✓	•	•	•	•	•	✓				•	•	•		•	•	•				
Honey Roast Ham <i>(HS)</i>	✓	•	✓	•	•	•	✓				•	•	•		•	•	•				
Honey Roast Ham & Egg <i>(HS)</i>	✓	•	✓	•	•	•	✓				•	✓	•		•	•	✓				
Honey Roast Ham & Egg Salad	✓	•	✓	•	•	•	✓				•	✓	•		•	•	✓				
Mexican Chicken <i>(HS)</i>	✓	•	✓	•	•	•	✓				•	✓	•		•	•	✓				

Sandwiches

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)																
Bread Packs																						
Roast Chicken & Bacon	✓	•	✓	•	•	•	✓				•	✓	•		•	•	✓					
Roast Chicken Salad <i>(HS)</i>	✓	•	✓	•	•	•	✓				•	✓	•		•	•	✓					
Tandoori Chicken	✓	•	✓	•	•	•	✓				•	✓	•		✓	•	✓					
Tuna Crunch <i>(HS)</i>	✓	•	✓	•	•	•	✓				•	✓	✓		•	•	✓					
Tuna Mayonnaise & Cucumber	✓	•	✓	•	•	•	✓				•	✓	✓		•	•	✓					
Flatbreads																						
Festive Flatbread <i>(NEW PRODUCT)</i>	✓	•	✓				•				•	✓	•		•	•	✓					
Mexican Bean and Spicy Cheese Flatbread	✓		•				•				✓	•	•		•	•	•					
Mexican Chicken Flatbread	✓		•				•				•	✓	•		•	•	✓					
Oval Bites																						
Chargrill Chicken Oval Bite	✓	•	✓	•	•	•	✓				•	✓	•		•	•	✓					
Mature Cheddar Cheese Ploughman's Oval Bite	✓	•	✓	•	•	•	✓				✓	•	•		•	•	•					
Mexican Chicken Oval Bite	✓	•	•	•	•	•	✓				•	✓	•		•	•	✓					
Stotties																						
Cheese & Onion Stottie	✓	•	•	•	•		✓				✓	✓	•		•	•	✓					
Tuna Mayonnaise Stottie	✓	•	•	•	•		✓				•	✓	✓		•	•	✓					
Rolls																						
Chargrill Chicken Roll <i>(HS)</i>	✓	•	✓	•	•	•	✓				•	✓	•		•	•	✓					
Egg & Tomato Roll <i>(HS)</i>	✓	•	•	•	•	•	✓				•	✓	•		•	•	✓					
Honey Roast Ham and Egg Salad Roll	✓	•	•	•	•	•	✓				•	✓	•		•	•	✓					
Roast Chicken Salad Roll	✓	•	•	•	•	•	✓				•	✓	•		•	•	✓					
Tandoori Chicken Roll	✓	•	•	•	•	•	✓				•	✓	•		✓	•	✓					
Tuna Crunch Roll <i>(HS)</i>	✓	•	•	•	•	•	✓				•	✓	✓		•	•	✓					
Tuna Mayonnaise Roll	✓	•	•	•	•	•	✓				•	✓	✓		•	•	✓					

Sandwiches / Pasta & Salads

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)														
Toasties																				
Ham & Mature Cheddar Cheese Toastie	✓	•	•	•	•		✓				✓	•	•		•	•	•			
Pasta																				
Chicken & Bacon Pasta	✓		✓								✓	✓					✓			
Pesto & Mozzarella 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	✓		•				•				✓	•				•	•			
Beef & Vegetable Pasty	✓		✓				•				✓					•	•			
Cheese & Onion Bake	✓	•	•	•	•	•	•				✓	•				•	✓			
Chicken Bake	✓	•	•	•	•	•	•				✓	•				•	•			
Corned Beef Bake	✓	•	•	•	•	•	•				✓	✓				•	•			
Katsu Chicken Bake	✓	•	•	•	•	•	•				✓	•	•	•		•	•			
Sausage, Bean & Cheese Melt	✓	•	•	•	•	•	•				✓	•				✓	•			
Sausage Roll	✓	•	✓	•	•	•	•				✓	•				✓	•			
Savoury Mince Pie	✓		✓				✓				✓					•	•			
Scotch Pie	✓	•	✓	•	•		✓				✓					•	•			
Steak Bake	✓	•	✓	•	•	•	•				✓	•				•	•			
Vegetable Bake	✓	•	•	•	•	•	•				✓	•				•	✓			
Pizzas **Box only																				
BBQ Chicken & Bacon Pizza**	✓	•	✓	•	•	•	✓				✓	•				•	✓			
Margherita Pizza	✓	•	✓	•	•	•	✓				✓	•				•	•			
Pepperoni Hot Shot Pizza	✓	•	✓	•	•	•	✓				✓	•				•	•			
Pepperoni Pizza	✓	•	✓	•	•	•	✓				✓	•				•	•			
Spicy Mexican Chicken Pizza	✓	•	✓	•	•	•	✓				✓	•				•	✓			
Spicy Veg 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	✓						✓	•		•	✓	✓				•				
BBC Children in Need Novelty Bun (NEW PRODUCT)	✓	•	•	✓							✓	✓				•				
Belgian Bun (NEW RECIPE)	✓	•	•	•	•	•	✓				•	•				✓	•			
Caramel Crispy (GF) (NEW PRODUCT)							✓	•			✓	•								Y
Caramel Custard Doughnut	✓	•	•	•	•		✓				✓	•				•				
Cheese Scones	✓	•	•	•	•	•	•				✓	✓				•	✓			
Cherry Bakewell Muffin	✓	•	•	•			•				✓	✓				✓				
Chocolate Brownie Offcuts (NEW RECIPE / ALLERGEN UPDATE)	✓						✓	•			✓	✓				•				
Chocolate Cake Bar	✓	•	•	✓	•		✓	•			✓	✓				•				
Christmas Mini Caramel Shortbread/Offcuts (NEW PRODUCT)	✓						✓	•			✓	•				•				
Cream Éclair	✓			•			✓				✓	✓								
Cream Iced Finger (NEW RECIPE)	✓	•	•	•	•		✓				✓	•				•	•			
Empire Biscuit	✓	•	•	•	•	•	•	•			•	✓				✓	•		•	
Filled Milk Chocolate Doughnut	✓	•	•	•	•	•	✓				✓	•				•				
Fruit Scones	✓	•	•	•	•	•	✓				✓	✓				•	•			
Fruity Flapjack (NEW PRODUCT)	•		•	✓				•			✓									
Gingerbread Man	✓	•	•	•	•	•	•	•			✓	✓				•	•		•	
Jam Doughnut	✓	•	•	•	•		✓				•	•				•				
Jammy Heart Biscuit	✓			•			•	•			✓	•				•				
Milk Chocolate Caramel Shortbread/Offcuts	✓						✓	•			✓	•				•				
Milk Chocolate Cookie	✓	•	•	•	•	•	✓	•			✓	✓				•	•		•	
Novelty Buns	✓	•	•	✓							✓	✓				•				
Peach Melba	✓						•				✓	•				•				

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)														
Pineapple Cake	✓						•				✓	•				•				
Pink Jammie	✓	•	•	•	•		✓				✓	•				•				
Pudsey Biscuit <i>(NEW PRODUCT)</i>	✓	•	•	•	•	•	•	•			•	✓				•	•			•
Pudsey Jammy Biscuit <i>(NEW PRODUCT)</i>	✓	•	•	•	•	•	•	•			•	✓				•	•			•
Pumpkin Biscuit <i>(NEW PRODUCT)</i>	✓	•	•	•	•	•	✓	•			✓	✓				•	•			•
Pumpkin Spice Doughnut	✓	•	•	•	•		✓				✓	•				•				
Spooky Buns <i>(NEW PRODUCT)</i>	✓	•	•	✓							✓	✓				•				
Star Biscuit	✓	•	•	•	•	•	✓	•			✓	✓				•	•			•
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 <i>(NEW RECIPE/ALLERGEN UPDATE)</i>	✓						✓	•			✓	✓				•				
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	•		•								✓						•			
Soup																				
Tomato Soup (GF)											✓				•	•				Y
Hot Pasta Boxes - selected shops only																				
Mac & Cheese Pasta (NEW PRODUCT)	✓										✓						✓			
Meatball Pasta Bake (NEW PRODUCT)	✓										✓									
Crispy Chicken Burgers – selected shops only																				
Mayo Crispy Chicken Burger	✓	•	✓	•	•	•	✓				•	✓	•		•	•	✓			
Spicy Crispy Chicken Burger	✓	•	✓	•	•	•	✓				•	✓	•		•	•	✓			
Fish Finger Sandwiches – selected shops only																				
Fish Finger Sandwich with Ketchup	✓	•	•	•	•	•	✓				•	•	✓		✓	•	✓			
Fish Finger Sandwich with Mayo	✓	•	•	•	•	•	✓				•	✓	✓		•	•	✓			
Wraps - selected shops only																				
Chicken																				
Hot & Spicy Chicken Wrap	✓		•				•				•	✓	•		•	•	✓			
Mayo Chicken Wrap	✓		•				•				•	✓	•		•		✓			
Sweet Chilli Chicken Wrap	✓	•	•				•				•	✓	•		•	•	✓			
Fish																				
Fish Finger Wrap with Ketchup (NEW PRODUCT)	✓		•				•				•	•	✓		✓		✓			
Fish Finger Wrap with Mayo	✓		•				•				•	✓	✓		•		✓			

Drinks & Snacks - 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						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 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											✓									

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	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)														
Hot Drinks continued																				
Speciality Drinks																				
Caramel Latte	•										✓					•				
Orange Hot Chocolate	•										✓					•				
Orange Mocha	•										✓					•				
Pumpkin Spice Latte	•		•								✓					•				
Salted Caramel Latte											✓									
Vanilla Latte	•										✓					•				
Iced Drinks																				
Iced Americano											•									
Iced Latte											✓									
Cloudy Lemonade																				
Mango and Strawberry Cooler																				
Strawberry Lemonade																				
Iced Speciality Drinks																				
Iced Caramel Latte											✓									
Iced Vanilla Latte											✓									
Iced Pumpkin Spice Latte	•		•								✓					•				
Iced Salted Caramel Latte											✓									

Drinks - Includes Decaf versions where available

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	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)															
Extras (syrops may contain sugar & sweeteners)																					
Syrups – shops may vary																					
Cream											✓										
Caramel Syrup																					
Cinnamon Syrup																					
Hazelnut 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																					

Extra Ingredients – selected shops only

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)															
Chargrill Chicken	•		✓				•				•	•	•		•		✓				
Cheddar Cheese	•		•				•				✓	•	•		•		•				
Jalapeños	•		•				•				•	•	•		•		•				
Mexican Chicken	•		•				•				•	•	•		•		✓				
Mixed Peppers	•		•				•				•	•	•		•		•				
Pepperoni	•		•				•				•	•	•		•		•				
Red Onion	•		•				•				•	•	•		•		•				
Sweetcure Bacon	•		•				•				•	•	•		•		•				