



New Sandwich Range January 2010 – Nutritional Information

Product	Weight / Volume	Energy (kJ)	Energy (kcal)	Protein (g)	Carbohydrate (g)	Fat (g)	Salt (g)
Core Range Bread Packs							
Cheddar Cheese savoury on Oatmeal	166	2010	480	18.0	51.5	22.0	2.0
Chicken mayonnaise with sweetcure bacon on Malted Brown	165	2040	490	24.5	57.5	17.0	2.1
Chicken mayonnaise and stuffing on Malted Brown	191	2100	500	24.0	55.0	19.5	2.0
Classic All day breakfast on Malted Brown	219	2280	500	24.5	57.0	24.0	3.2
Classic BLT on Malted Brown	213	2270	550	19.0	51.5	28.0	2.7
Classic Cheese with tomato on Oatmeal (No Mayo)	187	2040	490	18.5	50.0	23.0	2.0
Classic Cheese Salad on malted brown	203	2040	490	18.5	50.5	23.0	2.0
Classic Chicken Salad on Malted Brown	248	2170	520	24.5	51.0	23.0	1.9
Classic Egg mayonnaise with cracked black pepper on Oatmeal	166	1710	410	16.0	49.0	16.0	1.7
Classic ham and tomato on Oatmeal	203	1710	410	20.5	51.0	13.0	2.6
Classic salmon and cucumber on Malted Brown	189	1740	420	19.0	51.5	14.0	1.8
Classic Super Club on Malted Brown	206	1860	450	22.5	51.0	16.0	2.3
Egg mayonnaise with Sweetcure Bacon on Oatmeal	185	2200	530	21.0	50.0	26.0	2.7
Honey roast ham with egg mayonnaise on Oatmeal	215	2120	510	26.0	50.0	22.0	3.0
Honey Roast ham and honey mustard mayonnaise on Oatmeal	187	2420	580	21.5	51.5	31.5	2.7
Honey Roast Ham Salad with Egg on Oatmeal	243	1870	450	24.0	51.0	15.5	2.7
Prawn mayonnaise on Oatmeal	166	1910	460	16.5	49.0	21.0	2.5
Tuna Mayonnaise and Cucumber on Oatmeal	194	1670	400	23.5	49.5	11.0	1.8
Tuna Salad on Oatmeal	228	1720	410	24.0	52.0	11.0	1.7
Greggs Options							
Chargrill Chicken with red pepper salsa on Oatmeal (No Mayo)	216	1430	340	26.0	48.0	3.5	1.8
Chicken & sweetcorn in reduced fat mayonnaise on Oatmeal (code)!	166	1290	310	19.0	43.0	5.5	1.3
Prawns in reduced fat mayonnaise on Oatmeal	166	1270	300	17.0	39.5	7.5	2.5
Sweet chilli & red pepper tuna	206	1530	370	23.0	56.0	4.5	1.8
Tuna and sweetcorn in reduced fat mayonnaise on Oatmeal	166	1300	310	21.5	41.0	5.5	1.4
Other							
Chargrill chicken with spicy arrabiata sauce on Oatmeal	216	1580	380	25.0	56.5	4.5	1.9
Honey roast ham salad on Oatmeal (No Mayo)	219	1720	410	21.0	51.0	13.0	2.6