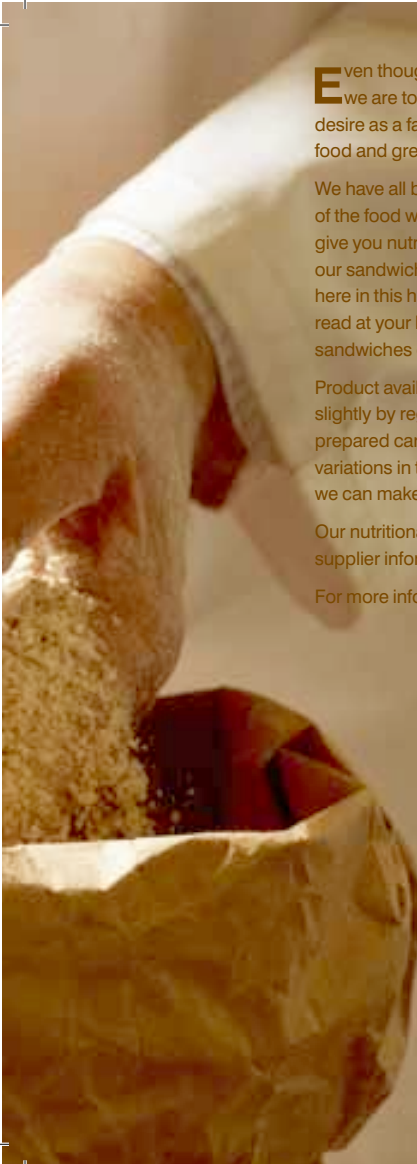




Baking with pride for you since 1939

Over 70 years of baking
experience goes into all our food



Even though we have grown into the national business we are today, we have never lost sight of our original desire as a family bakery to bring the best, fresh baked food and great value for money to people everywhere.

We have all become more concerned about the quality of the food we eat, so we thought it was important that we give you nutritional information about our food including our sandwiches, savouries, bread and cakes. It's all here in this handy little booklet for you to take away and read at your leisure, or whilst you enjoy one of our tasty sandwiches or savouries.

Product availability and ingredient information can vary slightly by region, and because much of our food is prepared carefully by hand, there will always be small variations in the information, but this is as accurate as we can make it.

Our nutritional values are based on calculated data and supplier information.

For more information visit greggs.co.uk

Guideline Daily Amounts (GDA)

	Women	Men	Children (5-10 years)
Energy kcal	2000	2500	1800
Protein	45g	55g	24g
Carbohydrate	230g	300g	220g
Fat	70g	95g	70g
Salt	6g	6g	4g

Let's talk about **hand made** sandwiches

For us, the best sandwiches are all about freshness and quality ingredients. That's why we hand make ours throughout the day, in all our shops, on delicious wholesome bread.

We're just as passionate about the quality of our ingredients, always striving to bring you the best. The chicken we use is flavoursome **100% breast meat**, our tuna is **certified dolphin friendly** and we source **free range eggs** for our egg mayonnaise. For extra flavour, we use succulent honey roast ham, mature cheddar cheese and our salad is crisp and delicious.

We are proud of the fact we don't use sell-by dates on our sandwiches - **they are made and sold the same day**, that's why they taste so good.

Nutritional information per product

Guide only

Bread Packs*

	Weight/volume	Energy (kJ)	Energy (kcal)	Protein (g)	Carbohydrate (g)	Fat (g)	Salt (g)
Cheddar cheese savoury on oatmeal	166	2010	480	18.0	51.5	22.0	2.0
Classic BLT with sweetcure bacon on malted brown	213	2270	550	19.0	51.5	28.0	2.7
Mature cheddar cheese & tomato on oatmeal	187	2040	490	18.5	50.0	23.0	2.0
Classic chicken salad on malted brown	248	2170	520	24.5	51.0	23.0	1.9
Free range egg mayonnaise on oatmeal	166	1710	410	16.0	49.0	16.0	1.7
Honey roast ham salad with egg on oatmeal	243	1870	450	24.0	51.0	15.5	2.7
Tuna mayonnaise & cucumber on oatmeal	194	1670	400	23.5	49.5	11.0	1.8
Chargrill chicken & salsa on oatmeal	216	1430	340	26.0	48.0	3.5	1.8
Chicken & sweetcorn in reduced fat mayonnaise on oatmeal	166	1290	310	19.0	43.0	5.5	1.3
North Atlantic prawns in reduced fat mayonnaise on oatmeal	166	1270	300	17.0	39.5	7.5	2.1
Sweet chilli & red pepper tuna on oatmeal	206	1530	370	23.0	56.0	4.5	1.8
Tuna & sweetcorn in reduced fat mayonnaise on oatmeal	166	1300	310	21.5	41.0	5.5	1.4
Baguettes							
Chicken club	265	2520	600	28.0	77.0	18.5	2.6
Ham & cheese	216	2440	580	31.0	69.5	19.0	3.3

*Bread pack data based on highest nutritional values (malted brown).



100% chicken breast -
delicious!



Succulent honey
roast ham

Our sandwiches are made fresh every day in our shops,
by our skilled sandwich makers.

Nutritional information per product

Guide only

Bloomers

Sweet chilli chicken on white

	Weight/volume	Energy (kJ)	Energy (kcal)	Protein (g)	Carbohydrate (g)	Fat (g)	Salt (g)
Sweet chilli chicken on white	255	1950	460	27.5	79.0	3.0	2.1
Tuna crunch on brown	235	2180	520	26.0	68.0	15.0	2.2

Tuna crunch on brown

Oval Bites

Chargrill chicken oval bite

Chargrill chicken oval bite	211	1840	440	24.5	40.5	19.0	1.3
Mexican chicken oval bite	179	1740	420	25.5	43.0	15.0	2.7

Mexican chicken oval bite

Wraps

Chargrill chicken wrap

Chargrill chicken wrap	192	1690	410	19.5	40.0	18.5	2.4
Chicken & bacon caesar wrap	189	1860	450	20.5	38.5	23.5	2.6

Chicken & bacon caesar wrap

Sub Rolls

Chicken mayonnaise on white

Chicken mayonnaise on white	186	1660	400	21.5	41.5	15.0	1.8
Honey roast ham and egg salad on white	220	1620	390	21.5	42.0	14.5	2.1
Tuna mayonnaise on seeded white	222	1690	410	26.0	46.5	12.0	2.0

Honey roast ham and egg salad on white

Tuna mayonnaise on seeded white

What goes into your favourite savouries?



We only use cuts of prime
beef in our steak bakes

They say, 'a little bit of what you fancy does you good', that's why everyone finds a Greggs savoury or sausage roll hard to resist.

Freshly baked in our ovens throughout the day, they are filled with delicious ingredients such as 100% chicken breast, cuts of prime beef in our steak bakes and mature cheddar cheese in our cheese and onion pasties all encased in crisp, flaky pastry to tempt your taste buds any time of the day.

Nutritional information per product

Guide only

Savouries

Bacon & cheese wrap
(Selected stores only)

Cheese and onion pasty

Chicken bake

Cornish

Sausage, bean & cheese melt

Sausage roll

Steak bake

Pizzas

Cheese & tomato pizza

Pepperoni pizza

Chargill chicken pizza

	Weight/volume	Energy (kJ)	Energy (kcal)	Protein (g)	Carbohydrate (g)	Fat (g)	Salt (g)
Bacon & cheese wrap (Selected stores only)	97.5	1700	410	14.0	18.5	31.0	2.5
Cheese and onion pasty	126	1600	390	7.5	29.0	26.0	1.7
Chicken bake	138	1870	450	12.0	28.5	32.0	2.0
Cornish	190	2060	560	14.0	40.0	32.0	2.3
Sausage, bean & cheese melt	140	1800	430	9.5	34.5	27.5	1.9
Sausage roll	103	1470	360	8.5	24.0	25.0	2.2
Steak bake	139	1790	430	17.0	28.5	27.5	2.1
Cheese & tomato pizza	111	1180	290	10.5	35.5	10.5	1.6
Pepperoni pizza	121	1450	350	14.0	40.0	14.0	2.4
Chargill chicken pizza	111	1400	340	16.5	40.5	11.5	2.0



Toasted petit pain filled with honey roast ham and melting cheddar cheese

When you fancy something **hot**

With mouth-watering fillings in a crisp toasted petit pain, our hot sandwiches are a delicious alternative.

We make ours fresh throughout the day, including classic ham and cheese, and delicious deli recipes like mozzarella and tomato.

Amazing ingredients, hot and satisfying - try one, you'll love it.

Nutritional information per product

Guide only

Hot Sandwiches

Chargrill chicken club
Chicken fajita
Ham & cheese
Meatball melt
Mozzarella & tomato
Tuna crunch melt

Weight/volume	Energy (kJ)	Energy (kcal)	Protein (g)	Carbohydrate (g)	Fat (g)	Salt (g)
167	2110	510	26.5	45.0	23.5	2.5
165	1720	410	21.0	55.0	11.0	2.4
156	1800	430	25.5	42.0	17.5	2.5
175	1610	390	16.5	51.0	12.5	2.3
149	1900	460	19.0	46.5	20.5	2.3
187	1840	440	23.0	51.0	15.0	2.2



Belgian chocolate and Sicilian lemons

Treat yourself

We're proud to keep the art of the confectioner alive in our bakeries. We insist on using quality ingredients, like tangy Sicilian lemons and rich Belgian chocolate in our gorgeous muffins. Our dedicated confectioners always strive for perfection, finishing many of our indulgent sweet treats by hand. Our yum yums are hand twisted and the cream on our fresh cream cakes is piped by hand in true craft bakery style.

Nutritional information per product

Guide only

Confectionery

Lemon drizzle doughnut
Sicilian lemon muffin
Sticky toffee muffin
Triple chocolate muffin
Yum yum

Weight/volume	Energy (kJ)	Energy (kcal)	Protein (g)	Carbohydrate (g)	Fat (g)	Salt (g)
105	1510	360	5.5	58.5	11.5	0.6
126	2080	500	6.5	61.5	24.5	1.2
128	2190	530	6.5	63.0	27.0	1.0
139	2380	570	7.0	65.0	31.0	1.2
79	1400	340	4.0	33.5	20.5	0.7



From wheat to eat

- We are the oldest and largest national bakery retailer.
- We're proud to be keeping the craft of fresh baking alive. Our bakers bake daily to our own unique recipes.
- Our sandwiches are made and sold each day on wholesome and delicious bread; that's why they have no sell-by dates on them.
- All the food we make is free from artificial colours, hydrogenated fats and has no added trans fats. We are also working hard to reduce salt across our range.

We'd love to hear from you, email us at: getintouch@greggs.co.uk or write to us at:

Greggs, Fernwood House, Clayton Road, Newcastle upon Tyne NE2 1TL

Find out more at greggs.co.uk

Printed May 2011. Correct at time of print.

Squeezably soft bread and rolls

Baking is alive, well and thriving in our bakeries. All of our loaves are baked using unique Greggs recipes with specially selected wheat.

Each one is treated with care by our skilled bakers from dough to bread and many are finished by hand. We're proud of the fact that we never use any added colours or flavours in our bread and we're working hard to reduce our salt levels.



Healthy toppings – poppy seeds, sesame seeds and bran

Nutritional information per product

Guide only

Bread

Corn topped roll
Oval bite
Seeded sub roll
White sub roll
Oatmeal loaf

Weight/volume	Energy (kJ)	Energy (kcal)	Protein (g)	Carbohydrate (g)	Fat (g)	Salt (g)
76	800	190	7.5	34.0	2.5	0.7
79	940	230	8.0	36.0	5.0	0.6
97	1110	270	11.0	45.5	4.0	1.3
89	970	230	9.5	41.5	2.5	0.9
80	770	190	8.0	31.0	2.0	0.8



If you like our bread, you'll love our sandwiches

All our recipes are unique





Three rashers of
oven-baked bacon.
Delicious

A fresh start

It's a fact that people who eat a good breakfast perform better during the day.

That's why we offer a delicious breakfast menu for everyone. From healthy, hot porridge and orange juice, to satisfying oven-baked bacon and sausages on squeezably fresh rolls.

There are continental options like pain au chocolat and all butter croissants too.

You'll find no tastier start to the day.

Nutritional information per product

Guide only

Breakfast rolls

Bacon in a corn topped roll	152	1600	380	17.5	34.0	19.5	3.4
Bacon & sausage in a corn topped roll	182	1900	460	22.5	38.0	23.5	3.9
Sausage in a corn topped roll	164	1720	410	19.5	40.0	19.0	3.0

Pastries

All butter croissant	55	1030	250	5.0	25.0	14.5	0.6
Pain au chocolat	81	1420	340	7.0	36.5	18.5	0.8

Porridge

Original plain oats porridge	234	1080	260	8.5	47.0	5.0	0.4
Golden syrup flavour porridge	234	1030	260	8.5	46.0	3.5	0.3

Fruit

Tropical fruit pot	150	340	80	1.0	17.0	Trace	Trace
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Photography shows serving suggestion.

Weight/volume
Energy (kJ)
Energy (kcal)
Protein (g)
Carbohydrate (g)
Fat (g)
Salt (g)



Refreshingly cold drinks

Refresh yourself with a cold drink, straight from the chiller. We've lots to choose from so pick your favourite to go with your freshly baked savoury or sandwich.

Chilled and refreshing

Nutritional information per product Guide only

Cold drinks

Capri-Sun Orange - 330ml
Coca-Cola - 330ml
Coca-Cola - 500ml
Coke Zero - 500ml
Cranberry/Raspberry Water - 500ml
Diet Coke - 330ml
Diet Coke - 500ml
Diet Irn Bru - 330ml
Diet Irn Bru - 500ml
Dr Pepper - 500ml
Fairtrade Apple Juice - 500ml
Fairtrade Orange Juice - 250ml
Fairtrade Orange Juice - 500ml
Fanta Orange - 500ml
Irn Bru - 330ml
Irn Bru - 500ml
Lucozade Energy Orange - 500ml
Lucozade Sport - 500ml
Moo Milk Chocolate - 250ml
Moo Milk Strawberry - 250ml
Oasis Citrus Punch - 500ml
Oasis Summer Fruits - 500ml
Ribena - 288ml
Ribena - 500ml
Smooove Strawberry - 250ml
Sprite - 500ml
Water - 500ml
Water - 750ml

	Weight/volume	Energy (kJ)	Energy (kcal)	Protein (g)	Carbohydrate (g)	Fat (g)	Salt (g)
330	607	143	Trace	34.7	0.0	0.0	
330	594	139	0.0	35.0	0.0	0.0	
500	900	210	0.0	53.0	0.0	0.0	
500	8	3	0.0	0.0	0.0	Trace	
500	20	5	Trace	0.0	0.0	Trace	
330	6.6	2	Trace	0.0	0.0	Trace	
500	10	3	Trace	0.0	0.0	Trace	
330	10	2	0.0	0.0	0.0	Trace	
500	16	4	0.0	0.0	0.0	Trace	
500	885	210	0.0	51.5	0.0	Trace	
500	935	220	0.0	55.0	Trace	Trace	
250	463	110	Trace	25.5	Trace	Trace	
500	925	220	0.5	51.0	Trace	Trace	
500	630	150	Trace	35.5	0.0	Trace	
330	601	142	Trace	34.7	0.0	Trace	
500	910	215	Trace	52.5	0.0	Trace	
500	1490	350	0.2	86.0	0.0	Trace	
500	585	140	Trace	32.0	0.0	Trace	
250	695	165	9.0	23.5	4.5	Trace	
250	650	155	8.5	21.5	4.0	Trace	
500	385	90	Trace	20.5	0.0	0.0	
500	380	90	Trace	20.5	0.0	0.0	
288	524	124	Trace	30.2	0.0	Trace	
500	905	215	Trace	52.5	0.0	Trace	
250	580	135	1.3	31.0	Trace	0.7	
500	925	220	0.0	53.0	0.0	Trace	
500	0	0	0.0	0.0	0.0	Trace	
750	0	0	0.0	0.0	0.0	Trace	

LUCOZADE is a registered trademark of the GlaxoSmithKline group of companies.



High grown Arabica & rich tasting Robusta beans perfectly blended

Piping hot drinks & soup

The perfect cup of coffee? It all starts with the beans. Ours are slow roasted to ensure the right flavours are developed together. And what makes it even better is all our tea and bean to cup coffee is certified Fairtrade.

When it comes to soup, we serve classic Heinz Cream of Tomato Soup - piping hot and delicious.

Nutritional information per product

Guide only

Hot drinks

Espresso - double shot - 60ml	60	10	10	Trace	0.0	Trace	Trace
Regular black coffee	455	70	20	1.5	1.5	0.6	Trace
Regular cappuccino - no chocolate topping	455	480	110	8.0	11.5	4.0	Trace
Regular hot chocolate	455	1180	280	5.0	44.5	9.5	1.2
Regular latte	455	780	190	13.0	19.0	6.5	0.6
Regular white coffee	455	140	40	3.0	3.5	1.5	Trace
Regular white tea	455	90	20	1.0	3.0	Trace	Trace
Small black coffee	340	7	0	Trace	0.0	Trace	0.7
Small cappuccino - no chocolate topping	340	350	90	6.0	8.5	3.0	Trace
Small hot chocolate	340	810	200	3.5	30.0	6.5	0.8
Small latte	340	770	180	13.0	18.5	6.5	0.6
Small white coffee	340	110	30	2.0	2.5	0.9	Trace
Small white tea	340	70	20	0.9	2.5	Trace	Trace


Soup

Heinz Cream of Tomato Soup - 296ml

	Weight/volume	Energy (kJ)	Energy (kcal)	Protein (g)	Carbohydrate (g)	Fat (g)	Salt (g)
Heinz Cream of Tomato Soup - 296ml	296	840	200	2.7	31.0	7.4	2.7



All our tea and bean to cup coffee is Fairtrade certified.



Knowing
our food
inside out



GREGGS

The home of fresh baking®