

We handle multiple allergens in our kitchens and cannot guarantee any item is allergen free.

## Drinks

		Energy per portion		Vegetarian	Cereals containing gluten						Soya	Nuts	Peanuts	Sesame	Milk	Eggs	Fish	Crustaceans	Celery	Sulphur Dioxide & Sulphites	Mustard	Molluscs	Lupin
		kJ	kcal		Wheat	Rye	Barley	Oats	Spelt	Kamut													
Coca-Cola® Zero Sugar®	SMALL	4	1	VE																			
	MEDIUM	6	1	VE																			
	LARGE	7	2	VE																			
Sprite No Sugar®	SMALL	13	3	VE																			
	MEDIUM	20	4	VE																			
	LARGE	25	5	VE																			
Diet Coke®	SMALL	4	1	VE																			
	MEDIUM	6	1	VE																			
	LARGE	7	2	VE																			
Coca-Cola® Classic	SMALL	451	106	VE																			
	MEDIUM	721	170	VE																			
	LARGE	901	212	VE																			
Fanta Orange® Zero	SMALL	13	3	VE																			
	MEDIUM	20	4	VE																			
	LARGE	25	5	VE																			
Oasis® Zero Summer Fruits	SMALL	37	7	VE																			
	MEDIUM	60	12	VE																			
	LARGE	75	15	VE																			
IRN BRU (Scotland only)	SMALL	203	48	VE																			
	MEDIUM	324	76	VE																			
	LARGE	405	95	VE																			
Banana Milkshake	SMALL	793	188	V																			
	MEDIUM	1507	357	V																			
	LARGE	1935	459	V																			
Chocolate Milkshake	SMALL	808	192	V																			
	MEDIUM	1536	364	V																			
	LARGE	1972	468	V																			
Strawberry Milkshake	SMALL	792	188	V																			
	MEDIUM	1501	356	V																			
	LARGE	1932	458	V																			
Vanilla Milkshake	SMALL	810	192	V																			
	MEDIUM	1543	366	V																			
	LARGE	1977	469	V																			
Tropicana® Orange Juice		430	100	VE																			
Bottled Water	STILL	0	0	VE																			
Robinsons Fruit Shoot		36	8	VE																			
Flat White	8oz	362	86	V																			
Toffee Latte	REGULAR	785	187	V																			
	LARGE	975	232	V																			
Latte	REGULAR	610	145	V																			
	LARGE	828	197	V																			
Cappuccino	REGULAR	407	89	V																			
	LARGE	538	120	V																			
Americano	REGULAR	23	6	V																			
	LARGE	32	8	V																			
White Coffee	REGULAR	229	54	V																			
	LARGE	313	74	V																			
Hot Chocolate	REGULAR	727	173	V																			
	LARGE	974	231	V																			
PG tips Tea (with 1 Milk)	REGULAR	26	6	V																			
PG tips Tea (with 2 Milks)	LARGE	50	12	V																			
Espresso	SINGLE	3	1	V																			
	DOUBLE	5	1	V																			
Frozen Strawberry Lemonade	REGULAR	854	201	V *																			
	LARGE	1085	255	V *																			
Iced Latte	REGULAR	574	136	V																			
	LARGE	699	166	V																			
Caramel Iced Frappé	REGULAR	1337	319	V *																			
	LARGE	1674	399	V *																			
Mango & Pineapple Smoothie	REGULAR	767	180	V *																			
	LARGE	1001	235	V *																			

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## Breakfast

Served until 11:00am

		Energy per portion		Vegetarian	Cereals containing gluten						Soya	Nuts	Peanuts	Sesame	Milk	Eggs	Fish	Crustaceans	Celery	Sulphur Dioxide & Sulphites	Mustard	Molluscs	Lupin
		kJ	kcal		Wheat	Rye	Barley	Oats	Spelt	Kamut													
Breakfast Wrap with Ketchup		2766	661		✓	*	*							*	✓	✓							
Breakfast Wrap with Brown Sauce		2783	665		✓	*	*							*	✓	✓							
Breakfast Roll with Tomato Ketchup		2082	496		✓	*	*							*	✓	✓							
Breakfast Roll with Brown Sauce		2098	500		✓	*	*							*	✓	✓							
Bacon Roll with Tomato Ketchup		1397	332		✓	*	*							*	✓	✓							
Bacon Roll with Brown Sauce		1414	336		✓	*	*							*	✓	✓							
Sausage & Egg McMuffin®		1768	423		✓	✓								*	✓	✓							
Bacon & Egg McMuffin®		1404	335		✓	✓								*	✓	✓							
Double Sausage & Egg McMuffin®		2301	551		✓	✓								*	✓	✓							
Double Bacon & Egg McMuffin®		1573	376		✓	✓								*	✓	✓							
Egg & Cheese McMuffin®		1236	295		✓	✓								*	✓	✓							
Mighty McMuffin® with Tomato Ketchup		2153	515		✓	✓								*	✓	✓							
Mighty McMuffin® with Brown Sauce		2163	517		✓	✓								*	✓	✓							
Muffin with Jam		903	214	V	✓	✓								*	✓	✓							
Porridge (GB only) § ¥		653	154	V	*		*	✓							✓								
Flahavan's® Porridge Oats (Plain) with Milk (NI only) § ¥		820	194	V	*	*	*	✓							✓								
Pancakes & Syrup		1933	456	V	✓										✓	✓							
Pancakes with Sausage & Syrup		2466	584		✓										✓	✓							
Cheesy Bacon Flatbread		1168	278		✓	*	*							*	✓	✓							
Hash Brown†		532	127	VE																			

## January Food Promotion 2025

06/01/25 - 11/02/25  
Subject to availability.

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		kJ	kcal		Wheat	Rye	Barley	Oats	Spelt	Kamut														
BBQ Ranch Stack		2619	627		✓	*	*							*	✓	✓								
The Katsu Chicken One (Grilled)		1444	342		✓	*	*							*	*								*	
The Katsu Chicken One (Crispy)		1975	471		✓	*	*							*	*								*	
McCrispy® BBQ Smokehouse		2351	560		✓	✓	*							✓	✓				*			✓		
Chilli Double Cheeseburger		1839	440		✓	*	*							*	✓	✓			*			✓		
Mozzarella Dippers		1044	250		✓	✓									✓	✓			*			*		
Mozzarella Dippers Sharebox®		3130	749		✓	✓																		

