

Nutritional information - Greggs

	ENERGY (kcal)	ENERGY (kJ)	FAT (g)	SATURATES (g)	CARBOHYDRATES (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
BAKES								
Cheese and Onion Bake	436	1810	30	16	33	1.3	8.6	1.6
Bacon and Cheese Wrap	385	1602	26	13	25	1	14	1.6
Sausage Roll	327	1360	22	13	24	0	9.4	1.6
Steak Bake	405	1686	26	13	29	0.3	14	1.4
Chicken Bake	422	1755	27	14	31	1.1	13	1.7
Sausage, Bean and Cheese Melt	451	1880	28	15	37	3	11	1.7
Festive Bake	453	1891	27	14	37	3.9	13	1.8
Beef and Vegetable Pastry	511	2133	33	17	41	1.7	11	1.6
Three Cheese Pizza	547	2301	27	9.8	56	4.5	20	1.6
Three Cheese and Pepperoni Pizza	616	2580	33	12	57	4.6	22	2.2
Beef Chilli Bake	422	1759	25	13	36	3.3	12	1.1

	ENERGY (kcal)	ENERGY (kJ)	FAT (g)	SATURATES (g)	CARBOHYDRATES (g)	SUGARS (g)	PROTEIN (g)	SALT (g)
BALANCED CHOICE								
Original Porridge	268	1133	4.8	1.5	51	10	7.7	0.17
Golden Syrup Porridge	270	1140	4.7	1.4	52	10	7.3	0.14
Red Berry Porridge	261	1097	3.0	0.5	51	14	8.1	0.21
Cheese and Onion Sandwich	366	1539	12	3	46	4.8	18	1.5
Roast Chicken Salad Sub Roll	359	1516	10	1.2	47	2.7	19	1.4
Honey Roast Ham and Egg Salad Sandwich	351	1474	9.8	1.7	47	5 g	18	1.6
Honey Roast Ham and Egg Salad Sub Roll	332	1398	9.9	1.5	44	2.9	17	1.6
Tuna and Cucumber Sandwich	348	1467	8.4	0.9	45	3.5	23	1.6
Free Range Egg Mayonnaise Sandwich	352	1481	11	2.5	45	3.2	16	1.3
Fruit Medley	72	309	0	0	17	17	1.1	0.02
Mango and Granola Yoghurt	207	866	3.5	1.1	31	18	12	0.23
Cream of Tomato Soup	213	891	9	1.8	27	21	6	1.6
Mexican Chicken Wrap	332	1391	12	2.8	38	9.7	18	1.5
Tandoori Chicken Wrap	340	1428	12	2.8	40	12	16	1.1
Mexican Bean Wrap	345	1452	13	3.7	48	15	7.9	1.6
Feta and Slow Roasted Tomato Pasta Salad	385	1623	12	4	53	5.5	14	1.1
Chicken, Roast Butternut Squash and Greens Soup	105	438	2.1	0.6	14	5.4	6.3	1.5

This information is correct as of 2018.

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