

*Wenzel's*  
THE BAKERS

# **ALLERGEN SHEET**

**VERSION NO - 07 19/06/2026**

**UPDATED BY WENZEL'S TECHNICAL TEAM**

# WELCOME TO

*Wenzel's*  
THE BAKERS

We warmly welcome individuals with food allergies and intolerances. Your safety and comfort are our top priorities.

If you have any food allergies or intolerances, please inform a member of our team before ordering so that we can follow our enhanced procedures to help minimise the risk to you.



# ALLERGEN INFORMATION

- Comprehensive ingredient and allergen information is available in our stores and on our website. As recipes and supplier information may change, please check allergen details each time you visit.
- Any of the 14 UK-regulated allergens (**celery, gluten, eggs, fish, sesame seeds, lupin, mollusks, milk, mustard, sulphur dioxide/sulphates, tree nuts, soya, peanuts, crustaceans**) present as ingredients in our products are clearly identified on our allergen matrix and/or product labels.
- Where provided by our suppliers, precautionary “May Contain” allergen information is also included on our allergen matrix and product labels.
- If a supplier has not identified the specific source of Gluten or Nut allergens, these will be declared as “contains” or “may contain”, as appropriate.
- **Our products are handmade in bakery and food preparation areas where the following allergens are handled: Gluten (Wheat, Rye, Barley and Oats), Egg, Milk, Nuts, Fish, Mustard, Celery, Sesame Seeds, Soya and Sulphur Dioxide/Sulphites.**
- Whilst we have procedures in place to reduce the risk of cross-contamination, we cannot guarantee that any product is completely free from allergens.
- Customers with severe allergies are strongly advised to review our allergen information and discuss their requirements with a member of staff before consuming our products.

# HALAL INFORMATION

Please note that Wenzel's the Bakers is not a Halal-certified company. However, some ingredients supplied to us may be Halal certified. If you require further details, please speak to a member of our team.

For further confirmation or specific allergen information, please contact **Wenzel's Head Office** on **01923 710 519**.

Thank you for choosing



# ALLERGEN INFORMATION

Recipe Name	Gluten Source Wheat	Gluten Source Rye	Gluten Source Barley	Gluten Source Oats	Gluten Source Spelt	Gluten Source Kamut	Crustaceans	Egg	Fish	Peanuts	Soybeans	Milk	Nuts (other) Almonds	Nuts (other) Hazelnuts	Nuts (other) Walnuts	Nuts (other) Cashew Nuts	Nuts (other) Pecan	Nuts (other) Brazil Nuts	Nuts (other) Pistachios	Nuts (other) Macadamias	Sesame seeds	Sulphur Dioxide and Sulphites	Molluscs	Celery/Celeric	Mustard	Lupin	
Seasoned Wedges	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Chicken Goujons	Y	May	May	May	May	May	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	
<b>Baked Goods</b>																											
Sausage Roll	Y	N	Y	May	N	N	N	May	N	N	N	Y	N	N	N	N	N	N	N	N	N	May	N	May	May	N	
Cheese and Onion Slice	Y	N	N	N	N	N	N	N	N	N	May	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Chicken Slice	Y	N	May	May	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	N	N	May	N	May	May	N	
Steak Slice	Y	N	Y	N	N	N	N	N	N	N	May	May	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Jamaican Beef pattie	Y	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	Y	Y	N	
Vegan Roll	Y	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	
<b>Paninis</b>																											
Tomato, Mozzarella and Pesto Panini	Y	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	May	N	N	N	N	N	
Ham and Cheddar Panini	Y	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	May	N	N	N	N	N	
Piri Piri Chicken Panini	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	May	Y	N	N	N	N	
Southern Fried Chicken Panini	Y	May	May	May	May	May	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	May	N	N	Y	N	N	
<b>Focaccia Pizza</b>																											
Margherita Pizza	Y	N	N	N	N	N	N	May	N	N	May	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Pepperoni Pizza	Y	N	N	N	N	N	N	May	N	N	May	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Peri-Peri Chicken Pizza	Y	N	N	N	N	N	N	May	N	N	May	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
<b>Filled Baguette</b>																											
Premium Pepperoni Filled Baguette	Y	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Premium Ham Filled Baguette	Y	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Premium Piri Piri Filled Baguette	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	
Premium Vegetable Filled Baguette	Y	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
<b>Focaccia Sandwich</b>																											
Tomato Mozzarella & Pesto Focaccia	Y	N	N	N	N	N	N	May	N	N	May	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Smoked Cheese & Caramelised Onion Focaccia	Y	N	N	N	N	N	N	May	N	N	May	Y	N	N	N	N	N	N	N	N	N	Y	N	N	Y	N	
Roasted Chicken & Nduja Mayo Focaccia	Y	N	N	N	N	N	May	May	May	N	May	Y	May	May	May	May	May	May	May	May	N	Y	N	May	May	N	
<b>Knot Sandwich</b>																											
Brioche Egg Mayo and Spring Onion Knot	Y	May	May	May	N	N	N	Y	N	N	May	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Brioche Ham Cheese and Gherkin Knot	Y	May	May	May	N	N	N	Y	N	N	May	Y	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	
<b>Cold Baguette</b>																											
Cheese & Salad Baguette	Y	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Chicken & Bacon Baguette	Y	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Chicken Club Baguette	Y	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Chicken Salad Baguette	Y	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Egg & Cress Baguette	Y	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Egg Mayo & Salad Baguette	Y	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Egg & Tomato Baguette	Y	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Ham & Cheese Baguette	Y	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Ham Salad Baguette	Y	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Peri Peri Chicken Baguette	Y	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	
Southern Fried Chicken Baguette	Y	May	May	May	May	May	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	
Korean Chicken Baguette	Y	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Tuna & Sweetcorn Baguette	Y	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	
Tuna Salad Baguette	Y	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	
Chicken & Sweetcorn Baguette	Y	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
<b>Wraps</b>																											
Chipotle Chicken & Avocado Wrap	Y	N	N	N	N	N	N	Y	N	N	N	May	N	N	N	N	N	N	N	N	May	Y	N	N	N	N	
Fajita Chicken Wrap	Y	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	N	May	Y	N	N	N	N	

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Pulled Pork & Apple Slaw Wrap	Y	N	N	N	N	N	N	Y	N	N	N	May	N	N	N	N	N	N	N	N	May	N	N	N	N	N	
<b>Bloomer Sandwich</b>																											
White Cheese Salad Bloomer	Y	May	May	May	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Multiseed Cheese Salad Bloomer	Y	Y	May	Y	N	N	N	May	N	N	May	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
White Chicken & Bacon Bloomer	Y	May	May	May	N	N	N	Y	N	N	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Multiseed Chicken & Bacon Bloomer	Y	Y	May	Y	N	N	N	Y	N	N	May	May	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
White Tuna Salad Bloomer	Y	May	May	May	N	N	N	Y	N	N	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Multiseed Tuna Salad Bloomer	Y	Y	May	Y	N	N	N	Y	Y	N	May	May	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	
White Ham & Cheese Bloomer	Y	May	May	May	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Multiseed Ham & Cheese Bloomer	Y	Y	May	Y	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
White Chicken Club Bloomer	Y	May	May	May	N	N	N	Y	N	N	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Multiseed Chicken Club Bloomer	Y	Y	May	Y	N	N	N	Y	N	N	May	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
White Chicken Mayo salad Bloomer	Y	May	May	May	N	N	N	Y	N	N	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Multiseed Chicken Mayo Salad Bloomer	Y	Y	May	Y	N	N	N	Y	N	N	May	May	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Multiseed Ham Salad Bloomer	Y	Y	May	Y	N	N	N	May	N	N	May	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
White Ham Salad Bloomer	Y	May	May	May	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
<b>Salads</b>																											
Tuna Nicoise Salad	May	N	N	N	N	N	May	Y	Y	N	May	May	May	May	May	May	May	May	May	May	N	Y	N	May	Y	N	
Falafel and Feta Salad	Y	N	N	N	N	N	N	May	N	N	N	Y	N	N	N	N	N	N	N	N	May	May	N	May	Y	N	
Chicken Avocado and Bacon Salad	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	Y	N	N	Y	N	
<b>Breakfast</b>																											
Big Breakfast Baguette	Y	N	N	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	N	N	N	N	N	Y	N	N	May	N	
Breakfast Baguette	Y	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	Y	N	N	May	N	
Breakfast Roll	Y	May	Y	May	N	N	N	Y	N	N	Y	Y	N	N	N	N	N	N	N	N	N	May	N	May	May	N	
Big Breakfast Roll	Y	May	May	May	N	N	N	Y	N	N	Y	Y	N	N	N	N	N	N	N	N	N	Y	N	N	May	N	
The Wenzel's Breakfast	Y	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	Y	N	N	May	N	
All Day Breakfast White Bloomer	Y	May	May	May	N	N	N	Y	N	N	Y	May	N	N	N	N	N	N	N	N	N	Y	N	N	May	N	
All Day Breakfast Multiseed Bloomer	Y	Y	Y	Y	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	N	N	May	N	May	May	N	
Hashbrowns	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Croissant	Y	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
<b>Muffins</b>																											
Double Chocolate Muffin	Y	N	N	N	N	N	N	Y	N	N	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Almond Muffin	Y	N	N	N	N	N	N	Y	N	N	May	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	
Lemon & Blackberry Crumble Muffin	Y	N	N	N	N	N	N	Y	N	N	May	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
<b>Viennese</b>																											
Chocolate viennese	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	Y	N	N	N	N	May	N	N	N	N	N	N	N	
Strawberry viennese	Y	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Lemon viennese	Y	May	May	May	May	May	N	Y	N	N	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
<b>Sweet Treats</b>																											
Iced Ring Donut	Y	May	May	May	Y	Y	N	May	N	N	May	May	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Sugar Ring Donut	Y	May	May	May	N	N	N	May	N	N	May	May	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Jam Donut	Y	May	May	May	Y	Y	N	May	N	N	May	May	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Iced England Donut	Y	May	May	May	Y	Y	N	Y	N	N	Y	Y	N	Y	N	N	N	N	N	N	N	Y	N	N	N	N	
Yummie	Y	May	May	May	N	N	N	May	N	N	May	May	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Cinnamon Yummie	Y	May	May	May	N	N	N	Y	N	N	May	Y	N	N	N	N	N	N	N	N	N	May	N	N	N	N	
Maple and Pecan Yummie	Y	May	May	May	N	N	N	May	N	N	Y	May	N	N	N	N	Y	N	N	N	N	May	N	N	N	N	
Tottenham Slice	Y	N	N	N	N	N	N	Y	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Marble Cake Slice	Y	N	N	N	N	N	N	Y	N	May	May	Y	May	N	N	N	N	N	N	N	N	N	N	N	N	N	

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Victoria sponge cake Slice	Y	May	May	May	N	N	N	Y	N	N	May	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Marble Slab Cake	Y	N	N	N	N	N	N	Y	N	May	May	Y	May	N	N	N	N	N	N	N	N	N	N	N	N	N	
Almond Madeira	Y	N	N	N	N	N	N	Y	N	N	May	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	
Cherry Bakewell Tart	Y	N	N	N	N	N	N	Y	N	N	May	Y	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	
Apple & Mixed Spice Strudel	Y	May	May	May	N	N	N	May	N	N	May	May	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	
Cornflake Cake	Y	Y	Y	Y	N	N	N	N	N	May	Y	Y	May	May	N	N	N	N	N	N	N	N	N	N	N	N	
Fairy Cake	Y	N	N	N	N	N	N	Y	N	N	May	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Two Cornflake Cakes	Y	Y	Y	Y	N	N	N	N	N	May	Y	Y	May	May	N	N	N	N	N	N	N	N	N	N	N	N	
Belgian Bun	Y	May	May	May	N	N	N	May	N	N	May	May	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	
<b>Bread</b>																											
Demi White Baguette	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Multiseed Baguette	Y	Y	Y	Y	N	N	N	May	N	N	May	May	N	N	N	N	N	N	N	N	N	N	N	N	May	N	N
Small Bloomer Loaf	Y	May	May	May	N	N	N	May	N	N	Y	May	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Multiseed Bloomer	Y	Y	May	Y	N	N	N	May	N	N	May	May	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Sourdough Loaf	Y	Y	May	May	May	May	N	N	N	N	May	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Multiseed Sourdough	Y	Y	May	Y	N	N	N	May	N	N	May	May	May	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Signature Sourdough	Y	Y	May	Y	May	May	N	N	N	N	May	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Large Bloomer Loaf	Y	N	N	N	N	N	N	May	N	N	Y	May	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Seeded Bloomer Loaf	Y	May	May	May	N	N	N	May	N	N	Y	May	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
<b>Rolls</b>																											
Crusty Roll	Y	May	May	May	N	N	N	May	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Soft Roll	Y	May	May	May	N	N	N	May	N	N	May	May	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
4 Soft Rolls	Y	May	May	May	N	N	N	N	N	N	May	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
4 Crusty Rolls	Y	Y	May	May	N	N	N	May	N	N	May	May	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
<b>Iced Drinks</b>																											
Iced Latte	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Iced Americano	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Strawberry Matcha Latte	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Vanilla Matcha Latte	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Ice Matcha Latte	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Pink Lemonade	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Dragon Fruit and Mango Chiller	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Mango and Passion Fruit Chiller	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Salted Caramel Frappe	May	N	N	N	N	N	N	N	N	N	N	Y	May	May	May	May	May	May	May	May	N	N	N	N	N	N	
Vanilla Cream Frappe	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Coffee Frappe	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Mocha Frappe	May	May	May	May	May	May	N	May	N	N	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
<b>Barista Made Drinks</b>																											
Latte	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Cappuccino	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Mochaccino	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Macchiato	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Flat White	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Americano	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Double Espresso	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Espresso	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Hot Chocolate	N	N	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Breakfast Tea	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N

Recipe Name	Energy (kCal)	Energy (kJ)	Fat (g)	Saturates (g)	Carbohydrates (g)	Fibre (g)	Sugars (g)	Protein (g)	Salt (g)
Seasoned Wedges	186.34	779.65	5.1	0.6	30.8	4	11	3.1	0.97
Chicken Goujons	277.35	1160.43	13.2	2.1	18.4	0	0.8	21.9	1.16
Sausage Roll	297	1242.65	15.4	7.8	28.6	14	0	10.9	1.43
Cheese & Onion Slice	507.3	2122.53	35.9	20.2	36.1	19	2.7	8.5	1.12
Chicken Slice	393	1644.31	19.2	9.2	36.9	2.4	1.5	16.8	1.5
Steak Slice	504	2108.74	33.6	17.6	35.2	2.6	2.7	13.8	1.36
Jamaican Beef Pattie	428.4	1792.43	22.3	10.8	49.3	0	5	9.4	1.54
Vegan Roll	394.5	1650.59	21.2	9.3	31.7	2.7	3	18	1.65
Tomato, Mozzarella and Pesto Panini	521.85	2183.42	21.1	6.8	62.4	0.4	4.5	18.7	2.27
Ham and Cheddar Panini	496.93	2079.16	14.3	7.2	63.6	0	3.9	27.6	4.22
Piri Piri Chicken Panini	535.9	2242.21	14.4	6.1	67.6	0	7.7	31.7	2.72
Southern Fried Chicken Panini	582.8	2438.44	17.6	6.7	75.1	0	6.7	29.5	3.22
Margherita Pizza	608.4	2545.55	23.4	14.3	66.8	5.7	1	29.4	2.2
Pepperoni Pizza	715.35	2993.02	33.1	18	67.8	5.7	1.7	33.9	2.83
Peri-Peri Chicken Pizza	598	2502.03	19.8	9.4	69.9	4.4	5.7	34.8	2.04
Premium Pepperoni Filled Baguette	707.4	2959.76	26.7	15.1	77.2	5.1	2.7	33.5	3.78
Premium Ham Filled Baguette	675	2824.2	20.1	12.6	77.7	4.8	3	40.5	5.09
Premium Piri Piri Filled Baguette	751.68	3145.02	23.1	12.8	88	5.5	10.9	42.1	4.53
Premium Vegetable Filled Baguette	640.49	2679.81	19.2	12	80.6	6.3	4.8	30.7	4.68
Tomato Mozzarella & Pesto Focaccia	755.2	3159.76	38.1	12.1	74.9	5.3	2.7	28.9	2.15
Smoked Cheese & Caramelised Onion Focaccia	967.6	4048.44	34.8	19.2	89.4	5.6	14.5	26	2.39
Roasted Chicken & Nduja Mayo Focaccia	548.1	2293.25	10.4	3.5	79.5	5.2	4.4	35.4	1.2
Brioche Egg Mayo and Spring Onion Knot	471.38	1972.25	29.1	5.3	38.8	1.6	4.9	14.9	1.42
Brioche Ham Cheese and Gherkin Knot	423.3	1771.09	20.2	9.5	39.3	1.5	6.3	20.4	3.09
Cheese & Salad Baguette	559	2338.86	18.2	8.3	76.7	5.1	3.9	19.9	2.58
Chicken & Bacon Baguette	350	1464.4	14.4	1.7	38.6	2	1.2	16.2	1.7
Chicken Club Baguette	811.25	3394.27	37.8	9.7	77.3	4.1	2.7	39.2	3.96
Chicken Salad Baguette	664.6	2780.68	25	1.8	80.5	5.3	4.9	28.5	3.29
Egg & Cress Baguette	580.8	2430.07	21.6	2.6	75.6	4.1	2.6	20.2	3.74
Egg Mayo & Salad Baguette	565.07	2364.24	19.4	2.4	77.5	4.9	3.9	19.7	3.02
Egg & Tomato Baguette	582.4	2436.76	21.6	2.9	75.9	4.2	3.1	20	2.34
Ham & Cheese Baguette	597.6	2500.36	19.2	8.6	75.4	3.8	2.4	29	4.29
Ham Salad Baguette	508.4	2127.15	9.3	2.2	78.7	4.7	4.3	25.4	4.37
Peri Peri Chicken Baguette	548.1	2293.25	7.5	0.9	89.6	4.6	13.6	29	3.68
Southern Fried Chicken Baguette	660.4	2763.11	25.7	2.3	85	4.4	3.1	22.1	2.76
Korean Chicken Baguette	497.82	2082.9	4.5	1.6	79.4	4	9.8	31	2.7
Tuna & Sweetcorn Baguette	628	2627.55	21.8	1.6	80.5	5.6	4.9	26.1	2.91

Recipe Name	Energy (kCal)	Energy (kJ)	Fat (g)	Saturates (g)	Carbohydrates (g)	Fibre (g)	Sugars (g)	Protein (g)	Salt (g)
Tuna Salad Baguette	613.18	2565.56	21.3	1.7	79.1	5.2	4.5	25.8	2.72
Chicken & Sweetcorn Baguette	683.2	2858.51	25.8	2	82.3	5.6	5	28.8	2.81
Chipotle Chicken & Avocado Wrap	395.5	1654.77	8.8	1.8	31.7	3.3	6.1	21	1.43
Fajita Chicken Wrap	440	1840.96	7.5	1	57.5	1.8	8	32.8	4.7
Pulled Pork & Apple Slaw Wrap	236.35	988.89	6.7	1.3	31.5	1.5	8.4	12.3	1.81
White Cheese Salad Bloomer	243	1016.71	9	4.8	29.8	1.6	11	10	0.41
Multiseed Cheese Salad Bloomer	255	1066.92	13	5.3	23.8	3.2	19	10	0.97
White Chicken & Bacon Bloomer	351	1468.58	17.6	2.6	30.8	1.2	0.6	17.8	0.66
Multiseed Chicken & Bacon Bloomer	328.28	1373.52	18.3	2.6	24.5	2.8	1.3	16.6	1.14
White Tuna Salad Bloomer	510.9	2137.61	19.4	2.1	61.6	3.4	2.9	23.1	0.79
Multiseed Tuna Salad Bloomer	502.5	2102.46	24.3	2.3	49	6.3	3.5	22.8	1.83
White Ham & Cheese Bloomer	314.69	1316.64	13.4	6.8	29.5	1.2	0.7	18.5	1.81
Multiseed Ham & Cheese Bloomer	324.41	1357.31	18	7.3	24.2	0	1.3	19.7	2.2
White Chicken Club Bloomer	373	1560.63	19	5	29.9	1.3	0.9	18.7	0.87
Multiseed Chicken Club Bloomer	367	1535.53	21.1	5.1	24.7	2.8	1.6	18.5	1.33
White Chicken Mayo salad Bloomer	284.36	1189.74	11.9	1.2	31.5	1.6	1.3	12.9	0.35
Multiseed Chicken Mayo Salad Bloomer	284	1188.26	14.4	1.3	25.6	3.2	2.1	13	0.89
Multiseed Ham Salad Bloomer	335.22	1402.56	10	2	44.6	5.8	3.8	15.8	2.16
White Ham Salad Bloomer	364.65	1525.7	5.5	1.8	60.8	3.3	2.7	16.6	1.17
Tuna Nicoise Salad	349.75	1463.36	19	3.4	12.3	5.5	10.7	32.2	1.67
Falafel and Feta Salad	425.13	1778.74	31.3	11	19.3	4.6	5.7	13.3	2.41
Chicken Avocado and Bacon Salad	303.09	1268.14	14.1	5.5	15.6	7.8	11.8	28.9	1.02
Big Breakfast Baguette	1141.44	4775.78	55.1	17.8	100.8	7.2	5	56.2	9.1
Breakfast Baguette	839.9	3514.14	38.1	13.7	75.5	4.4	3.3	45.9	7.66
Breakfast Roll	648.29	2712.45	35.9	15.9	45.1	5.4	2.5	34	23.76
Big Breakfast Roll	976.71	4086.57	61.6	23.1	49.6	6.3	4.3	52	26.72
The Wenzel's Breakfast	404	1690.34	2.2	6.7	29.6	5.6	4.2	18.7	3
All Day Breakfast	996.15	4167.89	63.1	18.7	50.5	2.6	3.5	55.2	7.41
White Bloomer	1030.95	4313.49	63.1	19.6	66.6	2.2	3	54.4	7.33
All Day Breakfast Multiseed Bloomer	372.5	155.85	1.7	0.2	4.7	0.6	0.2	0.5	0.12
Hashbrowns	221	924.66	11.2	8	24.8	0.7	4.3	4.8	0.61
Croissant	451.62	1889.58	23	3.9	55.3	2.3	33	6.1	0.27
Double Chocolate Muffin	433.19	1812.46	23.2	2.3	50.7	1.5	27.9	6.5	0.24
Almond Muffin	435.74	1823.15	21.2	2.4	59.5	1.6	29.3	5.9	0.27
Lemon & Blackberry Crumble Muffin	448	1874.43	28.1	10.6	46	1.8	15	3.8	0.57
Chocolate viennese	419	1753.1	24.4	9.1	48.3	1.4	19.8	3.2	0.56
Strawberry viennese	422.52	1767.82	24.9	9.2	47.5	1.4	19.4	3.4	0.56
Lemon viennese	294.59	1232.56	6.3	2.8	53.4	1.3	20.6	5.7	0.13
Iced Ring Donut	380.72	1592.92	9.1	3.7	65	2.1	18	8.6	0.2
Sugar Ring Donut	292.97	1225.8	5.7	2.5	55.1	1.4	22.4	5.3	0.13
Jam Doughnut									

Recipe Name	Energy (kCal)	Energy (kJ)	Fat (g)	Saturates (g)	Carbohydrates (g)	Fibre (g)	Sugars (g)	Protein (g)	Salt (g)
Iced England Doughnut	458.04	1916.44	21.3	9.1	58.1	2.2	15.2	7.4	0.18
Yummie	457.77	1915.32	16.8	7.7	68.2	1.8	24.7	7.6	0.17
Cinnamon Yummie	367.5	1537.62	13.5	6.2	54.7	1.4	20.3	6.1	0.15
Maple and Pecan Yummie	502.64	2103.05	21.5	7.7	70	1.8	35	6.4	0.2
Tottenham Slice	448.54	1876.67	21.4	2.2	60.8	1.2	35	4.8	1.14
Marble Cake Slice	517.5	2165.22	26.1	2.8	64.9	1.6	36.1	6.9	0.33
Victoria sponge cake Slice	365.34	1528.58	17.2	2.8	49.9	0.8	31.7	4	0.21
Marble Slab Cake	1490.4	6235.83	75.2	7.9	186.8	4.7	104	19.8	0.95
Almond Madeira	25.77	107.83	1.4	0.1	2.9	0.1	1.6	0.4	0.01
Cherry Bakewell Tart	344.97	1443.37	12.3	4.2	55.1	0.6	28.6	3.3	0.32
Apple & Mixed Spice Strudel	584.12	2443.95	13.9	5.9	74.7	5	113.6	7	0.52
Cornflake Cake	440.23	1841.91	11.2	9.5	43.5	0.9	22.4	2.3	0.27
Fairy Cake	242.82	1015.96	8.4	0.9	40	0.4	28.3	2.2	0.1
Two Cornflake Cakes	440	1840.96	11.2	9.5	43.5	1	22.5	2.2	0.27
BELGIAN BUN									
Demi White Baguette	335.4	1403.31	1.4	0.1	68	3.6	1.7	10.7	1.69
Multiseed Baguette	510.34	2135.28	14.4	1.9	70.1	7.8	2.1	18.1	0.97
Small Bloomer Loaf	1107.76	4634.87	4	0.8	221.6	10.5	1.6	41.6	1.3
Multiseed Bloomer	2225.15	9310.03	50.2	7.2	339.8	39.9	13.6	84.5	7.5
Sourdough Loaf	1553.87	6501.39	4.9	1.1	318.9	13.5	2.7	55.2	0.11
Multiseed Sourdough	1996.13	8351.79	38.6	6.1	320.7	25	8.8	77.1	3.92
Signature Sourdough	1589.66	6651.13	24.6	3.7	302.1	22.3	12.5	57.2	0.09
Large Bloomer Loaf	2289.66	9579.94	16.4	6.4	490.8	27.4	3.6	60.2	2.85
Seeded Bloomer Loaf	2546.19	10653.26	18.3	6.4	491.8	23.8	3.7	92.5	2.91
Crusty Roll	2247.68	9404.3	102.9	70	230.5	34.6	181	80.7	251.27
Soft Roll	198.2	829.25	0.6	0.1	40.2	1.8	0.3	7.2	0.19
4 Soft Rolls	196.14	820.66	0.9	0.3	39.3	1.7	1	7	0.82
4 Crusty Rolls	192.06	803.59	1.2	0.5	37.7	1.6	0.3	6.8	0.16
Iced Latte	171.6	717.97	11	18.3	40.9	11	7.9	14.3	0.18
Iced Americano	92.4	386.6	8.4	16.5	33	11	0	8.4	0.02
Strawberry Matcha Latte	210	878.64	2.8	1.8	39.8	0	38.5	6.5	0.17
Vanilla Matcha Latte	207.5	868.18	2.8	1.8	38.8	0	32	6.3	0.25
Ice Matcha Latte	125	523	3.3	2	16.8	0	15.8	7.3	0.2
Pink Lemonade	78	326.35	0	0	17.9	0	17.9	0	0.08
Dragon Fruit and Mango Chiller	5.2	21.76	0	0	1	0	1	0	0.01
Mango and Passion Fruit Chiller	10.4	43.51	0	0	1.8	0	1.6	0.3	0.03
Salted Caramel Frappe	315	1317.96	7.2	5.7	54.6	0	48	7.5	1.04
Vanilla Cream Frappe	359.9	1505.82	13.6	11.8	52.8	0	48.1	7.1	0.45
Coffee Frappe	220	920.48	7.7	7.2	33.6	11	29.7	7.4	0.33
Mocha Frappe Latte	260.4	1089.51	8.7	7.8	40.9	12	35.7	8.1	0.44
Cappuccino	161	673.62	7	7.7	22.4	3.2	13.3	12.3	0.32
Mochaccino	128.8	538.9	5.9	6.7	19	3.1	10.1	9.8	0.24
Macchiato	507	2121.29	15.6	10.7	66.3	1	62.4	27.3	1.51
Flat White	272.8	1141.4	9.9	6.8	28.5	0.6	26.7	20.5	0.61
Americano	117	489.53	5.5	6.5	18.2	3.1	9.1	9.1	0.22
Double Espresso	26	108.78	2.3	4.6	9.1	2.9	0	2.3	0.03
Espresso	25.2	105.44	2.2						

*Wenzel's*  
THE BAKERS

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