

9to5strength - Greggs Nutrition Tables

Greggs - Hot Sandwiches

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Southern Fried Chicken Baguette	593	26	90	12	14	6	2.4
Chicken & Chorizo Baguette	554	33	67	4	17	6	2.8
Steak & Cheese Baguette	516	27	73	9	12	4	2.4
Chicken, Bacon & Cheese Toastie	503	34	45	3	21	9	2.4
Ham & Cheese Toastie	433	26	42	2	17	10	2.1
Pulled Fajita Chicken Burrito	426	19	48	10	16	5	1.2

Greggs - Cold Sandwiches

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Ham & Cheese Baguette	526	30	66	3	16	8	2.7
Mexican Chicken Baguette	526	22	80	14	11	4	2.7
Tandoori Chicken Baguette	499	27	72	7	11	1	2.0
Chicken Club Baguette	493	26	69	5	12	2	2.1
Chicken Mayo Baguette	493	27	69	4	12	1	1.9
Cheese Salad Baguette	479	19	66	3	15	8	1.8
Prawn Mayo Baguette	478	21	69	3	13	1	2.7
Tuna Crunch Baguette	467	29	71	7	7	1	2.0
Tuna & Sweetcorn Baguette	465	27	69	4	9	1	1.9
Ham Salad Baguette	437	23	69	5	8	1	2.2
Cheese Roll	189	8	20	1	8	4	0.7
Ham Roll	164	12	21	2	4	1	1.1

Greggs - Balanced Choice

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Mexican Chicken Oval Bites	393	23	49	6	12	2	1.8
Chargrill Chicken Oval Bites	378	24	47	6	11	1	1.5
Cheese & Onion Bread Pack	366	17	48	6	12	3	1.4
Tuna Mayo Bread Pack	350	23	46	4	9	1	1.4
Egg Mayo Bread Pack	348	16	4	4	11	2	1.3
Ham & Egg Salad Bread Pack	347	18	48	6	10	2	1.6
Chicken Salad Sub Roll	342	19	44	3	10	1	1.3
Coconut, Lime & Chilli Chicken Wrap	340	17	49	16	8	3	1.5
Tuna Mayo Sub Roll	338	23	42	2	9	1	1.5
Mexican Chipotle Chilli Chicken Wrap	337	19	42	14	10	3	1.7
Ham & Egg Salad Sub Roll	332	17	44	3	10	2	1.6

Greggs - Fruit Pots

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Summer Berry	101	1	22	22	0	0	0.0
Mixed Grape	92	1	22	22	0	0	0.0
Fruit Medley	72	1	17	17	0	0	0.0

Greggs - Salads & Soup

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Mexican Chicken, Smoky Rice & Bean Cheese, Tomato & Basil Pasta	382	20	47	15	13	2	1.8
Falafel, Hariss, Roast Veg & Grains	328	14	44	9	9	4	1.3
Chargrill Chicken, Roast Veg & Grains	314	8	34	12	14	1	1.6
Roast Ham, Egg & Potato	235	18	25	10	6	1	1.8
Coconut, Lime & Chilli Chicken	232	14	20	9	11	2	1.3
Cream of Tomato	220	15	22	7	8	1	1.4
	213	6	27	21	9	2	1.6

Greggs - Hot Drinks

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Large Mocha	300	10	49	34	7	6	0.8
Large Hot Chocolate	281	9	47	42	7	5	0.6
Large Vanilla Latte	258	10	34	30	9	6	0.0
Regular Vanilla Latte	235	8	33	31	8	5	0.0
Regular Mocha	233	7	40	30	5	4	0.6
Regular Hot Chocolate	219	7	37	30	5	4	0.5
Large Latte	133	10	13	11	4	2	0.4
Large Cappuccino	111	8	13	10	3	2	0.3
Regular Latte	111	8	13	11	3	2	0.0
Regular Cappuccino	90	7	11	8	2	1	0.0
Flat White	71	5	9	6	2	1	0.0
Large White Coffee	45	4	6	4	1	1	0.0
Regular White Coffee	34	3	5	3	0	0	0.0
Large Decaf White	24	2	4	1	1	0	0.0
Regular Decaf White	19	1	3	1	1	0	0.0
Large White Tea	12	1	1	1	0	0	0.0
Double Espresso	11	1	2	0	0	0	0.0
Large Americano	11	1	2	0	0	0	0.0
Regular Americano	9	0	2	0	0	0	0.0
Regular White Tea	9	1	1	1	0	0	0.0
Espress Extra Shot	8	1	1	0	0	0	0.0
Large Decaf Black	7	1	2	0	0	0	0.0
Regular Decaf Black	6	1	2	0	0	0	0.0
Regular Green Tea	0	0	0	0	0	0	0.0
Regular Peppermint Tea	0	0	0	0	0	0	0.0

Greggs - Sweet Treats

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Triple Chocolate Muffin	466	7	63	37	21	5	0.7
Caramel & Pecan Greggsnut	457	5	60	33	22	11	0.4
Belgian Bun	403	6	85	54	5	2	0.6
White Chocolate Cookie	383	5	44	30	20	9	0.8
Milk Chocolate Cookie	380	5	44	29	20	9	0.8
Tripe Chocolate Cookie	373	5	42	29	20	8	0.8
Cream Eclair	346	5	27	17	25	15	0.4
Cream Doughnut	334	6	28	8	22	12	0.6
Pink Jammie	321	5	55	32	9	4	0.5
Caramel Custard Doughnut	303	5	46	26	11	5	0.7
Yum Yum	294	4	32	14	17	9	0.1
Caramel Shortbread	292	4	36	27	15	8	0.3
Jammy Heart Biscuit	284	3	37	14	14	8	0.3
Sugar Strand Doughnut	244	4	42	25	7	2	0.4
Novelty Ring Bun	243	2	34	25	11	1	0.4
Jam Doughnut	231	5	35	14	8	3	0.5
Iced Ring Doughnut	226	4	35	18	8	3	0.5
Glazed Ring Doughnut	191	4	29	13	6	2	0.4
Gingerbread Man	179	3	32	17	5	2	0.6
Mini Yum Yums	120	2	14	6	6	3	0.1
Triple Belgian Chocolate Brownies GF	97	1	11	9	5	3	0.1
Mini Doughnuts	64	1	8	4	3	1	0.2
Raspberry and Almond Bakes	63	1	9	5	3	1	0.1

Greggs - Snacks

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Thai Sweet Chili Flavour Crisps	203	3	20	2	12	1	0.4
Cheddar & Onion Crisps	200	2	23	1	11	1	0.5
Sea Salt Crisps	200	3	22	0	11	1	0.5
Sea Salt & Vinegar Crisps	194	3	23	1	10	1	0.7
Naked Nuts	156	5	4	1	13	2	0.0
Super Seeds	129	4	8	5	8	1	0.0
Sweet & Salty Popcorn	118	2	15	4	5	0	0.4
Sweet Mango	88	0	20	18	0	0	0.0
Berries & Cherries	81	0	19	17	0	0	0.0

Greggs - Cold Drinks

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Fairtrade Apple Juice - 500ml	236	3	57	57	0	0	0.0
Fairtrade Orange Juice - 500ml	230	3	53	53	0	0	0.0
Fairtrade Orange Juice - 250ml	115	2	27	27	0	0	0.0
Juicy Beet Cold Pressed Juice - 250ml	108	2	23	23	0	0	0.2
Zesty Greens Cold Pressed Juice - 250ml	105	0	23	23	0	0	0.0
Fruity Roots Cold Pressed Juice - 250ml	98	0	22	22	0	0	0.0
Still Tropical Fruit Juice	60	0	13	10	0	0	0.0
Still Summer Berry Juice	55	0	11	8	0	0	0.0
Sparkling Cloudy Lemonade	15	0	1	1	0	0	0.0
Apple & Blackcurrant Juice	13	0	2	2	0	0	0.0
Orange Juice	10	0	2	2	0	0	0.0
Sparkling Florida Orange	10	0	1	1	0	0	0.3
Sparkling Raspberry Lemonade	10	0	1	1	0	0	0.2
Sparkling Ginger Beer	5	0	0	0	0	0	0.4
Still Lemon & Lime Water	5	0	0	0	0	0	0.0
Still Strawberry Water	5	0	0	0	0	0	0.0
Natural Mineral Water	0	0	0	0	0	0	0.0

Greggs - Savouries

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Beef & Veg Pasty	509	11	41	2	33	17	1.6
Sausage, Bean & Cheese Melt	451	11	37	3	28	15	1.7
Thin & Crispy Pepperoni Slice	444	19	48	5	20	10	2.1
Cheese & Onion Bake	436	9	33	1	30	16	1.6
Chicken Bake	426	13	31	1	27	14	1.9
Steak Bake	405	14	29	0	26	13	1.4
Bacon & Cheese Wrap	385	14	25	1	26	13	1.6
Thin & Crispy Margherita Slice	365	17	48	5	12	7	1.4
Steak & Cheese Roll	340	13	22	1	22	12	1.2
Sausage Roll	327	9	24	0	22	13	1.6

Greggs - Breakfast Sandwiches

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Sausage & Cheese Omelette Baguette	622	28	71	4	25	9	3.4
Sausage Baguette	602	27	72	4	23	8	3.6
Bacon & Sausage Baguette	600	31	69	3	22	8	3.7
Bacon & Cheese Omelette Baguette	551	29	66	3	19	7	2.9
Bacon Baguette	507	28	65	2	15	6	3.0
Cheese Omelette Baguette	506	21	66	3	17	6	1.9
Bacon & Sausage Roll	429	23	39	2	20	7	2.9
Sausage & Cheese Omelette Roll	429	18	40	2	21	8	2.3
Sausage Roll	408	17	41	2	19	7	2.6
Bacon & Cheese Omelette Roll	380	20	36	2	17	6	2.0
Cheese Omelette Roll	380	17	37	2	18	7	1.5
Bacon Roll	337	19	36	1	13	5	2.1

Greggs - Breakfast Pastries

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Cinnamon Bun	425	10	62	29	15	6	1.0
Almond Croissant	343	7	36	9	18	10	0.7
All Butter Croissant	298	7	31	4	16	10	0.7
Pain au Chocolat	297	5	31	13	16	10	0.5

Greggs - Breakfast Balanced Choice

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Golden Syrup Flavour Porridge GF	270	7	52	10	5	1	0.1
Simply Cream Oats Porridge GF	268	8	51	10	5	2	0.2
Red Berry Porridge GF	261	8	51	14	3	1	0.2
Strawberry & Granola Yoghurt w Seeds	226	10	33	21	7	3	0.3