

9to5strength - Greggs Nutrition Tables

Greggs - Breakfast Sandwiches

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Sausage & Cheese Omelette Baguette	627	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	555	29	66	3	19	7	2.9
Cheese Omelette Baguette	513	22	67	4	17	6	1.9
Bacon Baguette	507	28	65	2	15	6	3.0
All Day Breakfast Wrap	491	23	39	10	27	10	2.5
Egg & Cheese Breakfast Wrap	446	20	36	9	25	10	1.6
Sausage & Cheese Omelette Roll	443	20	42	2	21	7	2.4
Bacon & Sausage Roll	440	23	41	2	20	7	2.9
Sausage Roll	419	19	43	2	19	6	2.6
Cheese Omelette Roll	398	18	39	2	18	6	1.5
Bacon & Cheese Omelette Roll	395	21	39	2	17	6	2.0
Bacon Roll	348	20	38	1	13	4	2.1

Greggs - Breakfast Pastries

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
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
Mango, Passion Fruit & Granola Yoghurt	207	12	31	18	4	1	0.2
Strawberry & Granola Yoghurt	194	11	29	17	3	1	0.3

Greggs - Hot Sandwiches

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Southern Fried Chicken Baguette	593	26	90	12	14	6	2.4
Steak & Cheese Baguette	519	26	74	9	14	4	2.4
Ham & Cheese Toastie	432	26	43	2	17	10	2.1

Greggs - Cold Sandwiches

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Ham & Cheese Baguette	526	30	66	3	16	8	2.7
Chicken Caesar Oval Bite	566	31	58	5	22	5	2.5
Mexican Chicken Baguette	518	28	80	14	10	4	2.6
Cheddar Cheese Ploughman's Oval Bite	508	21	60	10	20	8	1.9
Tandoori Chicken Baguette	503	27	73	6	11	1	1.9
Chicken Club Baguette	498	26	70	5	12	2	2.0
Chicken Mayo Baguette	497	27	70	4	12	1	1.8
Cheese Salad Baguette	479	19	66	3	15	8	1.8
Chargrill Chicken Oval Bites	471	27	54	5	15	2	1.9
Tuna Crunch Baguette	455	28	71	6	6	1	2.1
Ham Salad Baguette	437	23	69	5	8	1	2.2
Cheese Roll	195	8	21	1	8	4	0.7
Ham Roll	171	12	22	2	4	1	1.1

Greggs - Bread, Subs & Wraps

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Chicken Jalfrezi Sub Roll	374	16	54	8	10	1	1.4
Cheese & Onion Bread Pack	364	18	46	5	12	3	1.4
Chicken Mayo Salad Sub Roll	359	19	47	3	10	1	1.3
Egg Mayo Bread Pack	353	17	46	3	11	2	1.3
Tuna Mayo Bread Pack	348	23	45	4	8	1	1.5
Ham & Egg Salad Bread Pack	347	19	46	5	10	1	1.5
Ham & Egg Salad Sub Roll	346	18	46	3	10	1	1.6
Mexican Bean Wrap	345	8	48	15	13	4	1.6
Tandoori Chicken Wrap	340	16	40	12	12	3	1.1
Mexican Chicken Wrap	332	18	38	10	12	3	1.5

Greggs - Fruit Pots

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

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
Belgian Chocolate Dessert Pot	163	6	15	12	8	5	0.2
Naked Nuts	156	5	4	1	13	2	0.0
Carrot Sticks with Houmous Dip Pot	130	3	9	6	8	0	0.5
Super Seeds	129	4	8	5	8	1	0.0
Sweet & Salty Popcorn	118	2	15	4	5	0	0.4
Chicken Tikka Skewers with Dip	102	17	3	3	2	1	1.3
Sweet Mango	88	0	20	18	0	0	0.0
Berries & Cherries	81	0	19	17	0	0	0.0

Greggs - Salads & Soups

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Feta, Slow Roasted Tomato Pasta Salad	385	14	53	6	12	4	1.1
Mexican Chicken Pasta Salad	375	18	41	10	15	3	1.3
Oriental Chicken & Sticy Rice Salad	340	11	47	9	11	1	1.2
Lemon & Herb Chicken Salad	285	20	20	5	13	2	1.0
Feta, Roast Veg Grain & Beetroot Dip	255	9	20	6	15	4	1.1
Cream of Tomato Soup	213	6	27	21	9	2	1.6
Ham & Egg Salad with Coleslaw	212	13	11	9	12	2	1.6
Pea & Mint Soup	165	8	17	1	5	1	1.3

Greggs - Savouries

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
3 Cheese & Pepperoni Focaccia Pizza	616	22	57	5	33	12	2.2
3 Cheese Focaccia Pizza	550	20	57	5	27	10	1.6
Beef & Veg Pasty	511	11	41	2	33	17	1.6
Sausage, Bean & Cheese Melt	451	11	37	3	28	15	1.7
Vegetable Bake	423	9	33	3	28	15	1.5
Chicken Bake	422	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
Steak & Cheese Roll	340	13	22	1	22	12	1.2
Sausage Roll	327	9	24	0	22	13	1.6

Greggs - Hot Drinks

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Large Mocha	296	10	44	42	9	7	0.8
Large Hot Chocolate	294	10	43	42	9	7	0.8
Large Caramel/Vanilla Latte	263	10	34	31	9	6	0.0
Regular Caramel/Vanilla Latte	240	8	33	31	8	6	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	14	11	4	2	0.4
Large Cappuccino	114	8	14	11	3	2	0.3
Regular Latte	111	8	13	11	3	2	0.0
Regular Cappuccino	94	7	12	9	2	2	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 - 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
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 - Sweet Treats

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Triple Chocolate Muffin	472	7	63	37	21	5	0.7
Belgian Bun	408	6	85	54	5	2	0.6
Cinnamon Bun	372	11	56	21	11	4	0.9
White Chocolate Cookie	359	5	38	21	19	8	0.7
Milk Chocolate Cookie	356	5	37	20	19	8	0.7
Tripe Chocolate Cookie	346	5	38	21	18	7	0.8
Triple Choc and Vanilla Doughnut	340	5	47	28	15	6	0.6
Pink Jammie	321	5	55	32	9	4	0.5
Yum Yum	300	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	222	2	32	23	10	1	0.4
Jam Doughnut	231	5	35	14	8	3	0.5
Milk Choc Ring Doughnut	224	4	31	15	9	5	0.4
Iced Ring Doughnut	226	4	35	18	8	3	0.5
Spikey Mikey Novelty Biscuit	197	2	23	10	10	5	0.2
Glazed Ring Doughnut	191	4	29	13	6	2	0.4
Gingerbread Man	179	3	32	17	5	2	0.6
Choc Chunk Shortbread 2 pack	160	2	18	11	9	5	0.1
White Choc & Lemon Shortbread 2 pack	154	2	17	7	9	5	0.2
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