

Calories (kcal)	Fat (g)	Sat Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Salt (g)	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur Dioxide	Lupin	Molluscs
-----------------	---------	-------------	------------------	-----------	-------------	----------	--------	-------------	------	------	---------	----------	------	------	--------	---------	--------	-----------------	-------	----------

	Sweet																				
Sweet Crêpe	Lemon & Sugar	351	10.8	5.6	56.5	17.7	5.8	0.2	Yes	No	Yes	No	No	No	Yes	No	No	No	No	No	No
Sweet Crêpe	Lemon & Sugar Buckwheat Galette	432	17.1	6.5	57.4	18.7	8.8	1.5	No	No	No	No	No	No	No	No	No	No	No	No	No
Sweet Crêpe	Nutella	349	10.5	2.4	55	16.1	7.2	0	Yes	No	Yes	No	No	Yes	Yes	Yes	No	No	No	No	No
Sweet Crêpe	Nutella Buckwheat Galette	430	16.8	3.3	55.9	17	10.1	1.4	No	No	No	No	No	Yes	Yes	Yes	No	No	No	No	No
Sweet Crêpe	Belgian Chocolate	342	10.1	4.9	54.1	15.3	7.4	0.1	Yes	No	Yes	No	No	Yes	Yes	Yes	No	No	No	No	No
Sweet Crêpe	Belgian Chocolate Buckwheat Galette	423	16.4	5.8	55	16.3	10.4	1.4	No	No	No	No	No	Yes	Yes	No	No	No	No	No	No
Sweet Crêpe	Banana Split	N/A	N/A	N/A	N/A	N/A	N/A	N/A	Yes	No	Yes	No	No	Yes	Yes	Yes	No	No	No	No	No
Sweet Crêpe	Banana Split Buckwheat Galette	N/A	N/A	N/A	N/A	N/A	N/A	N/A	No	No	No	No	No	Yes	Yes	Yes	No	No	No	No	No
Sweet Crêpe	The Whole Shebang	N/A	N/A	N/A	N/A	N/A	N/A	N/A	Yes	No	Yes	No	No	Yes	Yes	Yes	No	No	No	No	No
Sweet Crêpe	The Whole Shebang Buckwheat Galette	N/A	N/A	N/A	N/A	N/A	N/A	N/A	No	No	No	No	No	Yes	Yes	Yes	No	No	No	No	No
Sweet Crêpe	I'll Have What She's Having	425	17.2	6.6	57.3	18.3	8.5	0.1	Yes	No	Yes	No	No	Yes	Yes	Yes	No	No	No	No	No
Sweet Crêpe	I'll Have What She's Having - Buckwheat Galette	506	23.5	7.6	58.2	19.3	11.5	1.4	No	No	No	No	No	Yes	Yes	Yes	No	No	No	No	No
Sweet Crêpe	Ultimate Nutella	788	41.9	15.3	92	52.7	11.6	0.2	Yes	No	Yes	No	No	Yes	Yes	Yes	No	No	No	No	No
Sweet Crêpe	Ultimate Nutella Buckwheat Galette	869	48.2	16.2	92.9	53.6	14.5	1.6	No	No	No	No	No	Yes	Yes	Yes	No	No	No	No	No
Sweet Crêpe	Oreo Cookie Opulence	903	36.9	19.5	125.8	51.5	14.8	0.8	Yes	No	Yes	No	No	Yes	Yes	Yes	No	No	No	No	No
Sweet Crêpe	Oreo Cookie Opulence Buckwheat Galette	984	43.2	20.4	126.7	52.5	17.7	2.1	Yes	No	No	No	No	Yes	Yes	Yes	No	No	No	No	No
Sweet Crêpe	Ferrero Rocher Extravagance	756	38.1	17.3	86	40	15.6	0.2	Yes	No	Yes	No	No	Yes	Yes	Yes	No	No	No	No	No
Sweet Crêpe	Ferrero Rocher Extravagance Buckwheat Galette	837	44.4	18.2	86.9	41	18.6	1.6	Yes	No	No	No	No	Yes	Yes	Yes	No	No	No	No	No
Sweet Crêpe	KitKat	N/A	N/A	N/A	N/A	N/A	N/A	N/A	Yes	No	Yes	No	No	Yes	Yes	Yes	No	No	No	No	No
Sweet Crêpe	KitKat Buckwheat Galette	N/A	N/A	N/A	N/A	N/A	N/A	N/A	Yes	No	No	No	No	Yes	Yes	Yes	No	No	No	No	No
Sweet Crêpe	Cinnamon, Banana & Butterscotch	N/A	N/A	N/A	N/A	N/A	N/A	N/A	Yes	No	Yes	No	No	Yes	Yes	Yes	No	No	No	Yes	No
Sweet Crêpe	Cinnamon, Banana & Butterscotch Buckwheat Galette	N/A	N/A	N/A	N/A	N/A	N/A	N/A	No	No	No	No	No	Yes	Yes	Yes	No	No	No	Yes	No
Sweet Crêpe	Strawberry Gingerbread Cheesecake	N/A	N/A	N/A	N/A	N/A	N/A	N/A	Yes	No	Yes	No	No	Yes	Yes	Yes	No	No	No	No	No
Vegan Sweet Crêpe	Vegan Banana Split	N/A	N/A	N/A	N/A	N/A	N/A	N/A	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Vegan Sweet Crêpe	Vegan I'll Have What She's Having	N/A	N/A	N/A	N/A	N/A	N/A	N/A	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Vegan Sweet Crêpe	Vegan Chocolate Galette	510.2	23.0	10.1	63.7	21.8	9.0	1.5	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Vegan Sweet Crêpe	Vegan Whole Shebang	N/A	N/A	N/A	N/A	N/A	N/A	N/A	No	No	No	No	No	Yes	No	No	Yes	No	No	No	No
Vegan Sweet Crêpe	Vegan Brownies & Cream	N/A	N/A	N/A	N/A	N/A	N/A	N/A	No	No	No	No	Yes	Yes	No	Yes	No	No	No	No	No
Sweet Crêpe	DIY Pancake Kit	N/A	N/A	N/A	N/A	N/A	N/A	N/A	Yes	No	Yes	No	No	Yes	Yes	Yes	No	No	No	No	No
Sweet Crêpe	DIY Vegan & Gluten Free Pancake Kit	N/A	N/A	N/A	N/A	N/A	N/A	N/A	No	No	No	No	No	Yes	No	Yes	Yes	No	No	No	No
Sweet Crêpe	DIY Pancake Mix Kit	N/A	N/A	N/A	N/A	N/A	N/A	N/A	Yes	No	Yes	No	No	Yes	Yes	Yes	No	No	No	No	No
Sweet Crêpe	DIY Vegan & Gluten Free Pancake Mix Kit	N/A	N/A	N/A	N/A	N/A	N/A	N/A	No	No	No	No	Yes	Yes	Yes	Yes	No	No	No	No	No
	Savory breakfast																				
Breakfast Crêpe	Maple Bacon	407	8	2.3	71.5	29.7	11.3	1.2	Yes	No	Yes	No	No	No	Yes	No	No	No	No	No	No
Breakfast Crêpe	Maple Bacon Buckwheat Galette	488	14.2	3.3	72.5	30.6	14.2	2.6	No	No	No	No	No	No	No	No	No	No	No	No	No
Breakfast Crêpe	Eggs Florentine	703	49.1	26.7	40.1	1.2	23.9	1.8	Yes	No	Yes	No	No	No	Yes	No	No	No	No	No	No
Breakfast Crêpe	Eggs Florentine Buckwheat Galette	784	55.4	27.6	41	2.2	26.8	3.1	No	No	Yes	No	No	Yes	No	No	No	No	No	No	No
Breakfast Crêpe	Eggs Benedict	772	51.2	27.4	40.5	1.6	36	3.8	Yes	No	Yes	No	No	No	Yes	No	No	No	No	No	No
Breakfast Crêpe	Eggs Benedict Buckwheat Galette	852	57.5	28.3	41.5	2.6	38.9	5.1	No	No	Yes	No	No	No	Yes	No	No	No	No	No	No
Breakfast Crêpe	All Day Breakfast	537	27.8	12.7	40.6	1.8	29.5	2.1	Yes	No	Yes	No	No	No	Yes	No	No	No	No	No	No
Breakfast Crêpe	All Day Breakfast Buckwheat Galette	618	34	13.6	41.6	2.8	32.5	3.5	No	No	Yes	No	No	No	Yes	No	No	No	No	No	No
Breakfast Crêpe	Eggs Royale	777	51.8	27.2	39.9	1	36.8	4.1	Yes	No	Yes	Yes	No	No	Yes	No	No	No	No	No	No
Breakfast Crêpe	Eggs Royale Buckwheat Galette	858	58.1	28.2	40.8	1.9	39.7	5.5	No	No	Yes	Yes	No	No	Yes	No	No	No	No	No	No
Breakfast Crêpe	Smoked Salmon & Cream Cheese	327	7.4	2.5	40.7	1.9	23.1	2.8	Yes	No	Yes	Yes	No	No	Yes	No	No	No	No	No	No
Breakfast Crêpe	Smoked Salmon & Cream Cheese Buckwheat Galette	408	13.7	3.4	41.6	2.9	26.1	4.1	No	No	No	Yes	No	No	Yes	No	No	No	No	No	No
Vegan Breakfast Crêpe	Vegan Breakfast Galette	N/A	N/A	N/A	N/A	N/A	N/A	N/A	Yes	No	No	No	No	No	Yes	No	No	No	No	No	No
Vegan Breakfast Crêpe	Blueberry, Strawberry & Maple Galette	N/A	N/A	N/A	N/A	N/A	N/A	N/A	No	No	No	No	No	No	No	No	No	No	No	No	No
	Savory																				
Savory Crêpe	Ham & Cheese	445	18.7	9.7	40.2	1.5	27.9	2.8	Yes	No	Yes	No	No	No	Yes	No	No	No	No	No	No
Savory Crêpe	Ham & Cheese Buckwheat Galette	526	25	10.7	41.2	2.4	30.9	4.2	No	No	No	No	No	No	Yes	No	No	No	No	No	No
Savory Crêpe	Ham Cheese & Egg	528	24.9	11.4	40.2	1.5	34.8	3	Yes	No	Yes	No	No	No	Yes	No	No	No	No	No	No
Savory Crêpe	Ham Cheese & Egg Buckwheat Galette	609	31.2	12.4	41.2	2.4	37.8	4.4	No	No	Yes	No	No	No	Yes	No	No	No	No	No	No
Savory Crêpe	Pesto Formaggio	418	19.7	7.2	40.9	1.8	17.9	0.7	Yes	No	Yes	No	Yes	No	Yes	Yes	No	No	No	No	No
Savory Crêpe	Pesto Formaggio Buckwheat Galette	568	27.6	8.6	41.8	2.7	34.4	2.1	No	No	Yes	No	Yes	No	Yes	Yes	No	No	No	No	No
Savory Crêpe	Mexican Chicken	538	22.3	12	54.1	4.9	28.8	1.1	Yes	No	Yes	No	Yes	No	Yes	Yes	No	Yes	No	No	No
Savory Crêpe	Mexican Chicken Buckwheat Galette	619	28.6	12.9	55.1	5.9	31.8	2.4	Yes	No	No	No	Yes	No	Yes	Yes	No	Yes	Yes	No	No
Savory Crêpe	Hunter's Chicken	N/A	N/A	N/A	N/A	N/A	N/A	N/A	Yes	No	Yes	No	No	No	Yes	No	No	No	No	No	No
Savory Crêpe	Hunter's Chicken Buckwheat Galette	N/A	N/A	N/A	N/A	N/A	N/A	N/A	Yes	No	No	No	No	No	Yes	No	No	Yes	No	No	No
Savory Crêpe	Margherita	N/A	N/A	N/A	N/A	N/A	N/A	N/A	Yes	No	Yes	No	No	Yes	No	No	No	No	No	No	No
Savory Crêpe	Margherita Galette	N/A	N/A	N/A	N/A	N/A	N/A	N/A	Yes	No	No	No	No	No	Yes	No	No	No	No	No	No
Savory Crêpe	Le Goat Deluxe	465	22	12.8	44.3	4.2	20.7	1.1	Yes	No	Yes	No	Yes	No	Yes	Yes	No	No	No	Yes	No
Savory Crêpe	Le Goat Deluxe Buckwheat Galette	546	28.3	13.7	45.2	5.2	23.7	2.4	No	No	No	No	Yes	No	Yes	Yes	No	No	No	Yes	No
Savory Crêpe	Smoked Salmon & Cream Cheese	327	7.4	2.5	40.7	1.9	23.1	2.8	Yes	No	Yes	Yes	No	No	Yes	No	No	No	No	No	No
Savory Crêpe	Smoked Salmon & Cream Cheese Buckwheat Galette	408	13.7	3.4	41.6	2.9	26.1	4.1	No	No	No	Yes	No	No	Yes	No	No	No	No	No	No
Savory Crêpe	Superveg	392	16.8	9.1	40.8	1.9	17.7	0.8	Yes	No	Yes	No	No	No	Yes	No	No	No	No	No	No
Savory Crêpe	Superveg Buckwheat Galette	473	23.1	10	41.7	2.9	20.6	2.1	No	No	No	No	No	No	Yes	No	No	No	No	No	No
Vegan Savory Crêpe	Supervegan	537	31	17	49	2	11	2	No	No	No	No	No	No	No	No	No	No	No	No	No
Vegan Savory Crêpe	Vegan BBQ Chick'n	670	35.9	17.8	54.2	2.9	26.9	2.7	Yes	No	No	No	No	Yes	No	No	No	Yes	No	No	No
Vegan Savory Crêpe	Vegan Spicy Chick'n	743	36.0	17.9	66.0	3.7	26.9	2.7	Yes	No	No	No	No	Yes	No	No	No	Yes	No	No	No
	Milkshakes																				
Thick Shakes	Vanilla Thick Shake	N/A	N/A	N/A	N/A	N/A	N/A	N/A	No	No	No	No	No	No	Yes	No	No	No	No	No	No
Thick Shakes	Chocolate Thick Shake	N/A	N/A	N/A	N/A	N/A	N/A	N/A	No	No	No	No	No	No	Yes	Yes	No	No	No	No	No
Thick Shakes	Strawberry Thick Shake	N/A	N/A	N/A	N/A	N/A	N/A	N/A	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Thick Shakes	Nutella Thick Shake	N/A	N/A	N/A	N/A	N/A	N/A	N/A	No	No	No	No	No	Yes	Yes	Yes	No	No	No	No	No
Thick Shakes	Oreo Thick Shake	N/A	N/A	N/A	N/A	N/A	N/A	N/A	Yes	No	No	No	No	Yes	Yes	No	No	No	No	No	No
Thick Shakes	Salted Caramel Thick Shake	N/A	N/A	N/A	N/A	N/A	N/A	N/A	No	No	No	No	No	No	Yes	No	No	No	No	No	No
Vegan Shakes	Vegan Vanilla Thick Shake	N/A	N/A	N/A	N/A	N/A	N/A	N/A	No	No	No	No	No	No	No	No	No	No	No	No	No
Vegan Shakes	Vegan Strawberry Thick Shake	N/A	N/A	N/A	N/A	N/A	N/A	N/A	No	No	No	No	No	No	No	No	No	No	No	No	No
Vegan Shakes	Vegan Salted Caramel Thick Shake	N/A	N/A	N/A	N/A	N/A	N/A	N/A	No	No	No	No	No	No	No	No	No	No	No	No	No
Hard Shakes	Oreo & Baileys Thick Shake	N/A	N/A	N/A	N/A	N/A	N/A	N/A	Yes	No	No	No	No	Yes	Yes	No	No	No	No	No	No
	Waffles																				

Allergen & Nutrition Guide
25th January 2021



Calories (k)	Fat (g)	Sat Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Salt (g)	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur Dioxide	Lupin	Molluscs
--------------	---------	-------------	------------------	-----------	-------------	----------	--------	-------------	------	------	---------	----------	------	------	--------	---------	--------	-----------------	-------	----------

Waffles	Nutella	270	13.6	3.2	27.6	16.3	5.4	0.4	Yes	No	Yes	No	No	Yes	Yes	Yes	No	No	No	No	No	No
Waffles	Belgian Chocolate	263	13.2	5.7	26.7	15.5	5.6	0.5	Yes	No	Yes	No	No	Yes	Yes	Yes	No	No	No	No	No	No
Waffles	I'll Have What She's Having	346	20.3	7.4	29.9	18.5	6.7	0.5	Yes	No	Yes	No	No	Yes	Yes	Yes	No	No	No	No	No	No
Waffles	The Whole Shebang	N/A	N/A	N/A	N/A	N/A	N/A	N/A	Yes	No	Yes	No	No	Yes	Yes	Yes	No	No	No	No	No	No
Waffles	Banana Split	N/A	N/A	N/A	N/A	N/A	N/A	N/A	Yes	No	Yes	No	No	Yes	Yes	Yes	No	No	No	No	No	No
Waffle Stacks																						
Waffles	Smoked Salmon & Cream Cheese	N/A	N/A	N/A	N/A	N/A	N/A	N/A	Yes	No	Yes	Yes	No	No	Yes	No	No	No	No	No	No	No
Waffles	Maple Bacon	N/A	N/A	N/A	N/A	N/A	N/A	N/A	Yes	No	Yes	No	No	Yes	No	No	No	No	No	No	No	No
Waffles	Avocado, Bacon & Chicken	N/A	N/A	N/A	N/A	N/A	N/A	N/A	Yes	No	Yes	No	No	No	Yes	No	No	No	No	No	No	No
Waffles	Smashed Avocado, Spinach & seed mix	N/A	N/A	N/A	N/A	N/A	N/A	N/A	Yes	No	Yes	No	No	No	Yes	No	No	No	No	No	No	No
Mini Pancakes																						
Mini Pancakes	Plain & Simple / Base	105	1.3	0.2	22.1	0.8	2.6	0.4	Yes	No	Yes	No	No	No	No	No	No	No	No	No	No	No
Mini Pancakes	Nutella	255	9.3	2.3	35.5	16.1	4.8	0.3	Yes	No	Yes	No	No	Yes	Yes	Yes	No	No	No	No	No	No
Mini Pancakes	Belgian Chocolate	248	8.9	4.8	34.6	15.3	5	0.4	Yes	No	Yes	No	No	Yes	Yes	Yes	No	No	No	No	No	No
Mini Pancakes	I'll Have What She's Having	331	16	6.5	37.8	18.3	6.1	0.4	Yes	No	Yes	No	No	Yes	Yes	Yes	No	No	No	No	No	No
Mini Pancakes	Banana Split	N/A	N/A	N/A	N/A	N/A	N/A	N/A	Yes	No	Yes	No	No	Yes	Yes	Yes	No	No	No	No	No	No
Mini Pancakes	The Whole Shebang	N/A	N/A	N/A	N/A	N/A	N/A	N/A	Yes	No	Yes	No	No	Yes	Yes	Yes	No	No	No	No	No	No
Crêpe & Roll																						
Crêpe & Roll	Love You Lotus								Yes	No	Yes	No	No	Yes	Yes	No	No	No	No	No	No	No
Crêpe & Roll	Tiramisu								Yes	No	Yes	No	No	Yes	Yes	No	No	No	No	No	No	No
Crêpe & Roll	White Choc Cherry Bakewell								Yes	No	Yes	No	No	No	Yes	Yes	No	No	No	No	No	No
Crêpe & Roll	Grow a Pear								Yes	No	Yes	No	No	No	Yes	Yes	No	No	No	No	No	No
Crêpe & Roll	iCrumble								Yes	No	Yes	No	No	Yes	Yes	No	No	No	No	No	No	No
Crêpe & Roll	Oreo Nutella Melt								Yes	No	Yes	No	No	Yes	Yes	Yes	No	No	No	No	No	No
Crêpe & Roll	The Londoner								Yes	No	Yes	No	No	No	Yes	No	Yes	No	No	No	No	No
Crêpe & Roll	Hot Mexican Chick								Yes	No	Yes	No	No	No	Yes	No	Yes	Yes	Yes	No	No	No
Crêpe & Roll	Cheese.i.ham								Yes	No	Yes	No	No	No	Yes	No	Yes	No	Yes	No	No	No
Crêpe & Roll	Pesto Superveg								Yes	No	Yes	No	No	Yes	No	No	No	No	No	No	No	No
Crêpe & Roll	Chicken & Bacon Club								Yes	No	Yes	No	No	No	Yes	No	No	Yes	No	No	No	No
Crêpe & Roll Boxes																						
Crêpe & Roll Boxes	The Breakfast Six								Yes	No	Yes	No	No	No	Yes	No	Yes	No	No	No	No	No
Crêpe & Roll Boxes	The Veggie Six								Yes	No	Yes	No	No	No	Yes	No	No	No	No	No	No	No
Crêpe & Roll Boxes	The Sandwich Killer Six								Yes	No	Yes	No	No	No	Yes	No	Yes	Yes	Yes	Yes	No	No
Crêpe & Roll Boxes	Six Appeal								Yes	No	Yes	No	No	No	Yes	Yes	No	No	No	No	No	No
Crêpe & Roll Boxes	Six Pack								Yes	No	Yes	No	No	Yes	Yes	Yes	No	No	No	No	No	No
Crêpe & Roll Boxes	The Breakfast Dozen								Yes	No	Yes	No	No	No	Yes	No	Yes	No	No	No	No	No
Crêpe & Roll Boxes	The Veggie Dozen								Yes	No	Yes	No	No	No	Yes	No	No	No	No	No	No	No
Crêpe & Roll Boxes	The Sandwich Killer Dozen								Yes	No	Yes	No	No	No	Yes	No	Yes	Yes	Yes	Yes	No	No
Crêpe & Roll Boxes	Dirty Dozen								Yes	No	Yes	No	No	Yes	Yes	Yes	No	No	No	No	No	No
Crêpe & Roll Boxes	The Works								Yes	No	Yes	No	No	No	Yes	Yes	No	Yes	No	Yes	No	No
Crêpe & Roll Boxes	Girls Night In								Yes	No	Yes	No	No	No	Yes	Yes	No	No	No	No	No	No