



M&S

EST. 1884

Café

NUTRITION
INFORMATION

M&S CAFÉ BREAKFAST

	PER PORTION							
	ENERGY	FAT	SATURATES	CARBS	SUGARS	FIBRE	PROTEIN	SALT
SMOKED BACON ROLL	473kcal	24.1	10.7	42.1	3.5	2.8	20.4	2.10
CUMBERLAND SAUSAGE BUN	531kcal	25.8	10.7	50.8	4.2	4.0	21.8	1.85
SMOKED SALMON BAGEL	442kcal	22	12.4	39.4	4.7	2.7	20.1	2.86
TOASTED TEACAKE	274kcal	4.3	1	49.6	19.9	3.1	7.6	0.25
WHOLEMEAL TOAST & BUTTER	286kcal	13.7	7.9	31.8	1.7	3.6	8.5	1.06
WHITE TOAST & BUTTER	282kcal	13	7.7	37.2	1.7	3.1	7.3	0.97
SCOTCH PANCAKES, YOGHURT & FRESH BERRIES	364kcal	8.3	2.2	64.2	34	2.5	10.2	0.8
FULL MARKS BREAKFAST	897kcal	52.6	22.5	55.2	6.8	7.2	47.3	3.78
CHUNKY SAUSAGE ROLL	625kcal	34.8	19.6	58.2	29.0	3.3	17.9	3.37

M&S CAFÉ BREAKFAST ON THE MOVE

	PER PORTION							
	ENERGY	FAT	SATURATES	CARBS	SUGARS	FIBRE	PROTEIN	SALT
BACON & SAUSAGE BLOOMER	678kcal	37.0	14.6	57.4	6.1	5.3	28.9	2.93
EAT WELL PORRIDGE	270kcal	5.7	2.7	37.2	7.2	4.2	12.6	0.54
BACON BUN	473kcal	24.1	10.7	42.1	3.5	2.8	20.4	2.10

M&S CAFÉ JACKETS

	PER PORTION							
	ENERGY	FAT	SATURATES	CARBS	SUGARS	FIBRE	PROTEIN	SALT
JACKET POTATO WITH BUTTER AND SIDE SALAD	401kcal	12.2	7.7	62.3	6.6	5.8	7.8	0.64
JACKET POTATO WITH BAKED BEANS AND SIDE SALAD	478kcal	2	0.1	89.5	11.2	16.4	17.7	1.7
JACKET POTATO WITH CHEDDAR CHEESE AND SIDE SALAD	708kcal	35.2	21.8	62.4	6.7	5.8	32.7	2.08
JACKET POTATO WITH TUNA AND SWEETCORN AND SIDE SALAD	484kcal	10.9	2.6	68.9	8.3	6.9	24.1	0.89
JACKET POTATO WITH CHILLI CON CARNE AND SIDE SALAD	476kcal	9.3	3.6	72.1	11.1	8.8	20.7	1.59

M&S CAFÉ TOASTIES

	PER PORTION							
	ENERGY	FAT	SATURATES	CARBS	SUGARS	FIBRE	PROTEIN	SALT
HAM & CHEESE TOASTIE	511kcal	22.1	12.6	47.6	4.3	1.4	29.6	2.95
GOAT'S CHEESE & ROASTED RED ONION MELT	385kcal	18.2	9.0	36.7	2.8	3.1	17.2	1.45
EMMENTAL AND MUSHROOM TOASTIE	517kcal	25.4	13.5	48.0	4.3	2.7	22.8	1.90
CHICKEN & BACON TOASTIE	515kcal	21.5	11.4	47.2	3.9	3.7	31.5	2.48
SAUSAGE AND ONION TOASTIE	517kcal	21.3	10.3	58.2	13.7	1.8	22.1	2.05

	PER PORTION							
	ENERGY	FAT	SATURATES	CARBS	SUGARS	FIBRE	PROTEIN	SALT
HAMHOCK MELT	459kcal	21.4	9.8	39.3	3.4	3.0	25.9	2.13

M&S CAFÉ SOUPS

	PER PORTION							
	ENERGY	FAT	SATURATES	CARBS	SUGARS	FIBRE	PROTEIN	SALT
TOMATO & BASIL SOUP WITH BREAD ROLLS AND BUTTER	387kcal	20.4	8.8	40	14.9	6.3	9.2	2.01
TOMATO & BASIL SOUP WITH GLUTEN FREE ROLL	439kcal	7.2	40.3	13.5	25.9	9.5	11.3	2.39
SUPER GREEN PEA, BROCCOLI, SPINACH SOUP WITH ROLLS AND BUTTER	384kcal	19.2	8.2	37.6	5.0	6.0	9.8	1.94
SUPER GREEN PEA, BROCCOLI, SPINACH SOUP WITH GLUTEN FREE ROLL AND BUTTER	378kcal	19.2	8.5	33.1	6.8	19.2	12.5	1.79
CHICKEN MUSHROOM & RICE WITH ROLL AND BUTTER	473kcal	22.9	10.2	48.0	6.5	5.5	15.6	2.29
CHICKEN MUSHROOM & RICE WITH GLUTEN FREE ROLL AND BUTTER	496kcal	27.3	10.3	44.5	5.5	9.2	13.2	2.30
SPICY LENTIL SOUP WITH ROLL AND BUTTER	265kcal	18.6	8.5	43.9	8.0	8.7	14.0	2.09

M&S CAFÉ COLD MEALS

	PER PORTION							
	ENERGY	FAT	SATURATES	CARBS	SUGARS	FIBRE	PROTEIN	SALT
HOT SMOKED SALMON NICOISE SALAD	354kcal	21.9	3.0	21.6	3.3	3.9	15.3	2.25
PULLED HAM HOCK WITH PEA SHOOTS	336kcal	14.4	2.0	25.6	7.6	14.2	18.9	2.10

M&S CAFÉ HOT MEALS

	PER PORTION							
	ENERGY	FAT	SATURATES	CARBS	SUGARS	FIBRE	PROTEIN	SALT
BEER BATTERED COD WITH CHUNKY CHIPS	825kcal	39.8	11.2	76.6	6.3	9.2	33.5	3.03
CRISPY CHICKEN KATSU CURRY	640kcal	19.3	2.2	83.8	8.1	4.8	30.5	2.32
GOATS CHEESE & RED ONION QUICHE	910kcal	71.4	35.9	45.4	14.8	3.7	18.1	1.89
CHICKEN & PANCETTA CARBONARA	644kcal	30.4	12.8	50.8	4.4	2.8	40.8	2.30
STAKE AND ALE PIE WITH MASH & VEGETABLES	1034kcal	54.2	29.8	92.1	20.4	13.2	38.0	4.76
MUSHROOM & CAMEMBER PIE WITH MASH & VEGETABLES	1202kcal	79.7	48.2	87.4	15.6	13.7	26.8	4.51

M&S CAFÉ KIDS

	PER PORTION							
	ENERGY	FAT	SATURATES	CARBS	SUGARS	FIBRE	PROTEIN	SALT
PIZZA	260kcal	10.2	3.6	30.9	2.3	1.8	10.4	0.9
MIGHTY MEATY PASTA	279kcal	8.3	2.7	31.1	5.2	5.4	17.3	
HAM & CHEESE TOASTIE	208kcal	7.7	4.5	24.3	2.1	1.7	9.5	1.08

M&S CAFÉ CAKES AND TARTS

	PER PORTION							
	ENERGY	FAT	SATURATES	CARBS	SUGARS	FIBRE	PROTEIN	SALT
CLASSIC AFTERNOON TEA	1256kcal	64.2	33.5	140.6	65.8	7.8	30.7	3.35
VEGETARIAN AFTERNOON TEA	1181kcal	61.2	30.6	132.1	63.9	6	27.8	1.85
BIRTHDAY TEA								
CARROT CAKE	757kcal	47.8	15.5	71.9	46	3	8.6	1.18
LEMON DRIZZLE LOAF	333kcal	13.6	8.2	47.5	30.7	2.2	4	0.16
VICTORIA SPONGE CAKE	618kcal	31.5	19.2	75.9	52.7	1.2	7.1	0.95
BAKEWELL TART	385kcal	22	9.8	39.9	27.9	2.2	6	0.05
FRUIT CAKE	482kcal	16.3	9	76.7	55.1	3.8	5.3	0.18
COFFEE & WALNUT CAKE	641kcal	35.8	20	71.8	52.1	1.6	7.1	0.95
MACMILLAN STICKY TOFFEE PUDDING	573kcal	29.0	8.8	71.5	31.7	1.6	5.7	0.75
CINNAMON BUN	270kcal	9.0	5.0	41.0	15.0	2.3	5.6	0.43

M&S CAFÉ SCONES

	PER PORTION							
	ENERGY	FAT	SATURATES	CARBS	SUGARS	FIBRE	PROTEIN	SALT
FRUIT SCONE	314kcal	11.5	7.1	45.9	16.4	1.9	5.7	1.15
DEVON SCONE	329kcal	14.5	9	42.2	8.3	1.7	6.5	1.3
CHEESE SCONE	319kcal	15.8	9.9	33.7	3.6	1.8	9.2	1.5
BROWN SCONE	238kcal	3.9	2	39.6	6.3	4.4	8.8	1.28

M&S CAFÉ FOOD ON THE MOVE

	PER PORTION							
	ENERGY	FAT	SATURATES	CARBS	SUGARS	FIBRE	PROTEIN	SALT
CHICKEN & AVOCADO BAGUETTE	562kcal	33.5	4.1	33.7	2.9	4.9	32.9	1.45
ROASTED VEGETABLE BULGER WHEAT SALAD	177kcal	9.8	1.5	16.4	4.0	4.3	2.7	0.62
TUNAY MAYO & CUCUMBER BAGUETTE	354kcal	1.8	0.9	51.4	3.5	2.8	19.1	1.91
ROAST BEEF & HORSERADISH BAGUETTE	489kcal	11.7	2.4	67.8	4.5	4.4	26.2	1.30
CAESAR SALAD	195kcal	15.2	2.7	4.9	1.6	0.9	9.3	1.38
EGG, BACON & TOMATO BAGUETTE	390kcal	12.5	2.9	46.1	3.1	3.2	21.4	1.15
BRIE, TOMATO & BASIL BAGUETTE	367kcal	13.5	7.7	44.7	3.3	3.1	15.3	1.27
WILTSHIRE HAM & MATURE CHEDDAR BAGUETTE	541kcal	16.1	8.7	67.1	4.9	4.5	29.6	2.82
SALMON & EGG MAYO STOTTIE	458kcal	16.2	4.3	49.0	3.2	3.7	26.9	2.83
ULTIMATE BURGER	911kcal	55.0	24.3	53.0	19.3	3.7	48.9	4.35
CHICKEN & BACON CAESAR BAGUETTE	618kcal	22.0	5.0	66.3	3.3	4.3	40.5	0.95
CHICKEN FILLET & BACON BURGER	563kcal	26.6	5.4	50.1	10.4	4.6	28.0	2.73

HALLOUMI BUN	529kcal	29.5	14.5	37.1	6.8	4.2	24.1	1.98
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M&S CAFÉ COLD DRINKS

	PER PORTION							
	ENERGY	FAT	SATURATES	CARBS	SUGARS	FIBRE	PROTEIN	SALT
TROPICAL FRUIT SMOOTHIE	196kcal	0.7	0.2	43.9	43.4	3.4	1.5	0.05
SUPER BERRY SMOOTHIE	180kcal	0.7	0.0	39.1	36.5	3.7	2	0.01
BREAKFAST BOOST SMOOTHIE	256kcal	2.6	0.5	51.6	22	4.2	4.2	0.05
WATERMELON, PAPAYA & PASSIONFRUIT SMOOTHIE	128kcal	0.5	0.0	30.8	29.8	2.4	0.5	0.01
SUMMER CHERRY, PEACH, RASPBERRY & POMEGRANATE	67kcal	0.4	0.3	35.8	35.8	2.0	1.6	0.03

M&S CAFÉ HOT DRINKS

	PER PORTION	
		ENERGY (kcal)
LATTE MADE WITH MILK	Small	108
	Medium	127
	Large	161
LATTE MADE WITH SOYA	Small	102
	Medium	120
	Large	151
CAPPUCCINO MADE WITH MILK	Small	104
	Medium	112

	Large	137
CAPPUCCINO MADE WITH SOYA	Small	98
	Medium	106
	Large	129
FLAT WHITE MADE WITH MILK	Standard	63
FLAT WHITE MADE WITH SOYA	Standard	59
AMERICANO MADE WITH MILK	Small	15
	Medium	15
	Large	15
AMERICANO MADE WITH SOYA	Small	15
	Medium	15
	Large	15
MOCHA MADE WITH MILK	Small	181
	Medium	228
	Large	261
MOCHA MADE WITH SOYA	Small	174
	Medium	220
	Large	251
MACCHIATO MADE WITH MILK	Single	3
	Double	6
MACCHIATO MADE WITH SOYA	Single	3
	Double	6
FILTER MADE WITH MILK	Small	22
	Medium	23
	Large	25
FILTER MADE WITH SOYA	Small	21
	Medium	22
	Large	24
HOT CHOCOLATE MADE WITH MILK	Small	183
	Medium	230

	Large	263
HOT CHOCOLATE MADE WITH SOYA	Small	175
	Medium	221
	Large	252
HOT CHOCOLATE LUX MADE WITH MILK	Small	178
	Medium	244
	Large	268
HOT CHOCOLATE LUX MADE WITH SOYA	Small	173
	Medium	238
	Large	260
ESPRESSO	Single	0
	Double	0
ESPRESSO DECAF	Single	0
	Double	0
BABYCCINO MADE WITH MILK	One size	35
BABYCCINO MADE WITH SOYA	One size	35
CHAI TEA MADE WITH MILK	One size	219
CHAI TEA MADE WITH SOYA	One size	185
HERBAL TEAS (GREEN TEAS, FRUIT TEAS, HERBAL INFUSIONS)	One size	0
TEAS MADE WITH MILK (ENGLISH BREAKFAST, EARL GREY)	One size	24
TEAS MADE WITH SOYA MILK (ENGLISH BREAKFAST, EARL GREY)	One size	22
GLASS OF MILK	One size	71

GLASS OF MILK (SOYA)	One size	66
SYRUP	One shot	50