

**allergen & nutritional  
information:  
heathrow breakfast**

**Last updated: 1<sup>st</sup> May 2023**



**Nutritional Information Recipe List (values per typical serving)**

<b>Recipe Name</b>	<b>Energy (kcal)</b>	<b>Energy (KJ)</b>	<b>Fat (g)</b>	<b>saturates (g)</b>	<b>mono (g)</b>	<b>poly (g)</b>	<b>Carb (g)</b>	<b>Starch (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Fibre (g)</b>	<b>Sodium (mg)</b>
Avocado & Eggs On Toast	562.2	2343.0	38.1	8.7	21.0	4.2	33.4	0.0	2.1	22.6	6.6	417.3
Bacon Breakfast Muffin	421.0	1758.6	20.9	7.8	0.0	0.0	30.6	0.0	1.8	26.4	2.2	1769.5
Benedict Classic	549.3	2297.9	31.2	12.2	5.9	1.4	33.5	0.0	2.7	33.6	2.3	1305.1
Benedict Royal	575.7	2407.5	34.0	12.4	5.9	1.4	33.7	0.0	2.8	33.5	2.3	1073.6
Breakfast Ramen	441.1	1849.6	17.5	5.0	1.9	1.8	49.4	28.3	12.4	21.5	3.2	2570.9
Cheese Breakfast Sando	678.5	2835.3	35.7	22.1	0.0	0.0	64.9	0.0	5.4	23.7	1.7	1198.6
Chocolate & Cream Waffle Dog	328.8	1382.4	13.0	8.7	0.0	0.0	48.1	0.0	29.9	5.5	1.3	169.9
Egg & Spinach Breakfast Muffin	427.2	1785.1	24.3	5.3	8.2	7.1	30.7	0.0	1.9	21.7	2.3	464.4
Fruit Pot	100.0	418.0	0.1	0.0	0.0	0.0	24.0	0.0	0.0	0.7	2.0	4.0
Full English Breakfast	884.9	3688.0	51.2	19.7	5.9	1.5	54.5	0.7	8.9	51.1	4.5	2768.5
Ham & Cheese Breakfast Sando	649.4	2718.1	30.3	17.9	0.0	0.0	64.4	0.0	5.4	29.2	1.7	1637.4
Kedgerree	927.8	3910.3	32.4	9.3	2.9	0.7	123.7	0.0	17.8	27.1	1.3	2369.0
Maple Waffle Dog	236.1	998.7	4.6	2.7	0.0	0.0	45.2	0.0	32.0	4.3	0.8	162.7
Sausage Breakfast Muffin	408.3	1706.6	19.6	7.2	0.0	0.0	37.8	0.0	1.8	19.1	2.3	804.7
Shiitake Mushrooms & Eggs On Toast	476.8	1996.2	22.1	8.9	5.9	1.5	48.2	1.4	7.7	22.1	0.9	802.4
Smoked Salmon & Eggs On Toast	498.6	2085.0	27.9	10.1	5.9	1.5	31.0	0.0	1.6	31.8	0.9	863.3
Yoghurt with Mango Compote & Granola	548.0	2285.5	32.9	17.8	3.0	4.3	45.5	0.0	30.7	19.1	4.4	268.0

# Menu FIR Intolerance Report

Breakfast Menu

Version 1

08 Mar 2023

## Breakfast '23

Dish Name	Cereals containing Gluten :										Tree Nuts :														
	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Fish	Crustaceans	Molluscs	Eggs	Soybeans	Milk	Almonds	Hazelnut	Walnut	Cashew nut	Pecan nut	Brazil nut	Pistachio nut	Macadamia nut or Queensland nut	Peanuts	Celery	Mustard	Sesame	Sulphur dioxide/sulphites

### Signature

Breakfast Ramen	✓	✓							✓	✓															✓	✓
Chocolate & Cream Waffle Dog	✓	✓							✓	✓		✓														
Kedgerree	✓	✓					✓		✓	✓																
Maple Waffle Dog	✓	✓							✓	✓		✓														

### On Toast

Avocado & Eggs On Toast	✓	✓		✓					✓	✓															✓	✓
Shiitake Mushrooms & Eggs On Toast	✓	✓		✓					✓	✓		✓													✓	✓
Smoked Salmon & Eggs On Toast	✓	✓		✓			✓		✓	✓		✓													✓	✓

### Classics

Benedict Classic	✓	✓			✓				✓	✓	✓												✓	✓		
Benedict Royal	✓	✓			✓		✓		✓	✓	✓												✓	✓		
Full English Breakfast	✓	✓		✓					✓	✓	✓													✓	✓	

### Breakfast Sando

Bacon Breakfast Muffin	✓	✓								✓														✓		
Cheese Breakfast Sando	✓	✓		✓						✓	✓												✓			
Egg & Spinach Breakfast Muffin	✓	✓							✓	✓	✓													✓		
Ham & Cheese Breakfast Sando	✓	✓		✓						✓	✓												✓			

