

SCAFF **STRONG**



A GUIDE TO  
**WILD BEAN CAFE**

FOOD AND DRINK MENU



0-300 Calories  
300-500 Calories  
+500 Calories

## HEAT TO EAT

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Sausage Bap	<b>487</b>	22.9	49	2.6	3.6	21.5	2.2
Bacon Bap	<b>390</b>	20.2	48.3	1.4	4.3	12.6	2.19
All Day Breakfast Baguette	<b>658</b>	31.2	64.5	3.4	6.2	29.8	3.3
Bacon Baguette	<b>456</b>	25.2	60	3.6	5.8	12	3
Steak Melt Baguette	<b>489</b>	26.4	70.7	3.9	12.3	10.3	2.3
Cheese and Onion Toastie	<b>511</b>	25.3	48.9	2.3	4.6	23.3	1.9
Chicken and Bacon Toastie	<b>563</b>	31.8	50.5	1.5	4.6	25.7	2.6
Ham and Cheese Toastie	<b>495</b>	30.2	48.7	1.5	3.3	19.5	2.5
Tuna Melt Panini	<b>492</b>	29.3	50.4	2.4	4.9	18.7	1.8
Ham and Cheese Panini	<b>463</b>	27	53.9	-	4.3	14.9	3
Mozzarella and Pepperoni Panini	<b>423</b>	19.9	53.5	3.6	6.1	13.5	2.4
Porridge	<b>843</b>	9.9	30.1	3.7	7.4	3.6	0.19

## HOT SAVOURIES

Sausage Roll	<b>639</b>	17.3	50.1	4.6	3.1	40	2.9
Premium Sausage Rol	<b>613.8</b>	20.5	41	-	2.3	40.1	2.9
Cornish Pasty	<b>723</b>	20.1	72.2	-	4.4	38.5	2.9
Chicken Slice	<b>489.2</b>	16.9	48.4	5.4	3	24.2	1.02
Steak Slice	<b>498.5</b>	19.5	48.2	3.9	2.6	24.4	1.5
West Country Cheese and Onion	<b>571</b>	17.3	50	4.83	2.6	32.5	1.4
Bacon and Cheese Turnover	<b>491.36</b>	15.5	42.6	2.5	2.07	28.1	2.1
Mini Sausage Rolls	<b>977.8</b>	5.2	16.3	-	1.2	16	1.3
All Day Breakfast Pasty	<b>2372.5</b>	20	63.5	-	4.3	42.5	3.15
Cheese and Onion Pasty	<b>3065.2</b>	19.5	67.5	-	8	41.6	3
Steak and Onion Pie	<b>2742.5</b>	25.5	75.6	-	3.5	30.5	3.1
Hash Browns	<b>431</b>	0.8	10	-	0.3	3.7	2
Potato Wedges	<b>627</b>	2.5	20	-	1	6.1	0.79

## SWEET TREATS

Chocolate Hazelnut Muffin	<b>571.1</b>	5.9	62.5	2.4	38.6	32.1	0.76
Double Chocolate Muffin	<b>642.6</b>	7.8	69.3	3.2	46.6	37.3	0.68
Blueberry Muffin	<b>501.8</b>	6	57.7	1.3	36	27.2	0.03

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Lemon Drizzle Muffin	<b>555</b>	5.9	74.3	0.4	43.1	25.9	0.85
Custard Doughnut	<b>905.8</b>	4.5	32.3	-	8.5	7.4	0.7
Jam Doughnut	<b>208.6</b>	4.1	33.8	1.6	13.7	6	0.65
Chocolate Doughnut	<b>232.4</b>	4	32	1.5	10	9.5	0.65
Milk Chocolate Chip Cookie	<b>360</b>	4.4	52.6	1.2	32.3	14.6	0.03
Double Chocolate Chip Cookie	<b>338.4</b>	4.7	53.3	1.9	39.9	11.4	0.2
White Chocolate Chip Cookie	<b>405</b>	5	59.2	1.4	36.4	16.5	0.3
Croissant	<b>255.5</b>	5.5	26.3	1.1	3.9	13.9	0.71
Almond Croissant	<b>356.3</b>	8.5	38.2	2.4	14.6	18.1	0.76
Pain aux Raisins	<b>319</b>	5.9	42.8	1.9	18.2	13.6	0.76
Pain au Chocolat	<b>285</b>	5.7	29.9	1.6	7.6	15.2	0.69
Maple and Pecan Plait	<b>395.3</b>	4.3	35.7	1.4	12.5	25.1	0.4
Chocolate Twist	<b>1292</b>	5.6	35.8	-	17.1	15.4	0.6
Cinnamon Swirl	<b>429</b>	6.2	67.2	0.9	19.6	14.7	0.68

## IN STORE BAKERY

Stone Baked Baguette	<b>1206.7</b>	46.4	204.6	19.4	13.3	18.1	3.7
Demi Baguette	<b>294</b>	9	60.6	3.4	1	1	1.68
Parisien	<b>133</b>	4.4	27	1.6	0.6	0.5	0.67
Tiger Bloomer	<b>121</b>	4.2	26.6	1.1	0.5	0.6	0.48
White Bloomer	<b>150</b>	5.1	23.7	1.1	0.6	3.7	0.48
White Crusty Roll	<b>211.7</b>	7	43.1	2	0.9	0.9	0.85

## SANDWICHES, WRAPS AND ROLLS

Ham and Cheese Sandwich	<b>408</b>	24.3	43.6	2.2	3.1	22.6	2.05
Chicken and Stuffing Sandwich	<b>430</b>	24.6	48.3	3.8	4.7	14.6	1.7
Prawn Mayo Sandwich	<b>319</b>	14.3	37.6	2.9	3	11.8	1.6
Cheese and Onion Sandwich	<b>402</b>	15	44.4	1.6	3.9	17.9	1.3
Egg Mayonnaise	<b>427</b>	17.1	38.9	2	2.6	22.2	1.12
Tuna and Sweetcorn Sandwich	<b>350</b>	18.3	45.4	3.5	4.1	9.8	1.3
Chicken and Bacon Sandwich	<b>417</b>	29.2	45.8	4.3	3.8	12.1	1.9
BLT Sandwich	<b>401</b>	20.2	40.4	3.5	4.4	16.9	2

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All Day Breakfast Sandwich	<b>524</b>	28.7	50	3.3	8	22.6	2.27
Chicken Salad Sandwich	<b>326</b>	20.1	40.9	4.6	4.4	8.1	1.1
Cheddar Ploughman's Sandwich	<b>471</b>	17.3	43.4	4.8	7.4	24.3	1.7
Classic Triple Selection Sandwich	<b>622</b>	30	61.3	3.6	5	27.8	2.1
Chicken Caesar Wrap	<b>525</b>	22.4	50.4	3.5	4.7	25.2	1.3
Southern Fried Chicken Wrap	<b>440</b>	27.4	54.2	4	10.7	18	1.2
Egg Salad Roll	<b>432</b>	29.8	59.8	3.8	8.6	13.4	1.62
Ham and Cheese Roll	<b>625</b>	24.7	56.6	3.4	4.6	28.8	2.4

## DRINK

Espresso Regular	<b>1</b>	-	-	-	-	-	-
Espresso Large	<b>2</b>	-	-	-	-	-	-
Americano Regular	<b>1</b>	-	-	-	-	-	-
Americano Large	<b>2</b>	-	-	-	-	-	-
Cappuccino Regular	<b>96</b>	-	-	-	-	-	-
Cappuccino Large	<b>119</b>	-	-	-	-	-	-
Latte Regular	<b>135</b>	-	-	-	-	-	-
Latte Large	<b>162</b>	-	-	-	-	-	-
Flat White Regular	<b>101</b>	-	-	-	-	-	-
Caramel Fudge Latte Large	<b>348</b>	-	-	-	-	-	-

