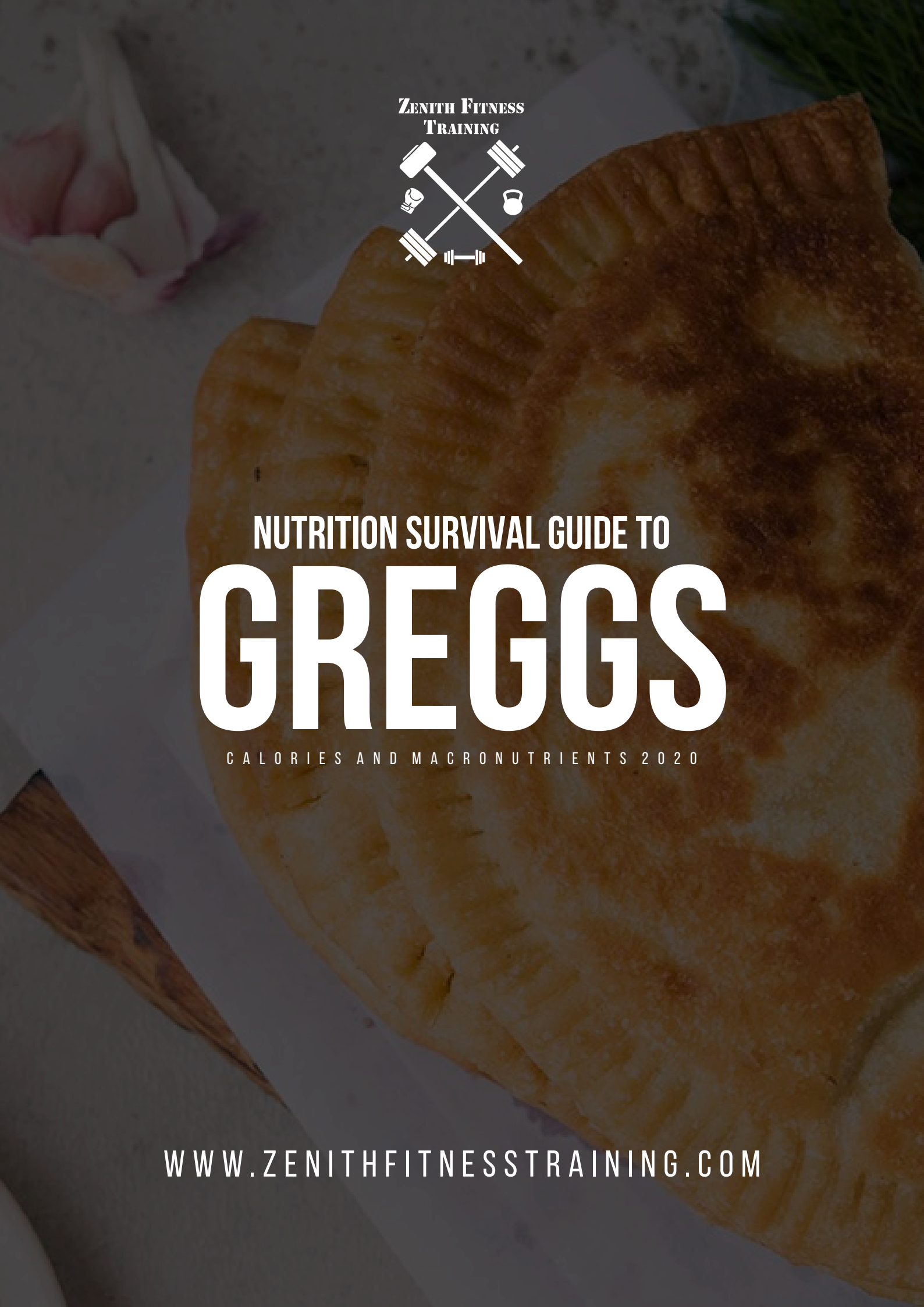

ZENITH FITNESS TRAINING

NUTRITION SURVIVAL GUIDE TO GREGGS

CALORIES AND MACRONUTRIENTS 2020

WWW.ZENITHFITNESSTRAINING.COM

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

BREAKFAST SANDWICH

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Bacon Breakfast Roll	348	19	38	-	0.6	13	2.2
Bacon & Omelette Breakfast Roll	395	21	39	-	1.4	17	2.1
Bacon & Sausage Breakfast Roll	438	22	43	-	1	19	2.6
Omelette Breakfast Roll	398	18	39	-	2.2	18	1.6
Sausage Breakfast Roll	416	16	46	-	1.2	18	2.1
Sausage & Omelette Breakfast Roll	441	19	44	-	1.8	21	2
Bacon Breakfast Baguette	509	28	65	-	1.4	15	3
Bacon & Omelette Breakfast Baguette	555	29	66	-	2.1	19	2.9
Bacon & Sausage Breakfast Baguette	598	30	70	-	1.8	21	3.4
Omelette Breakfast Baguette	515	22	67	-	2.9	17	2
Sausage Breakfast Baguette	600	24	76	-	2.2	22	2.8
Sausage & Omelette Breakfast Baguette	625	26	74	-	2.8	24	2.8
Bacon & Lorne Breakfast Roll	483	26	50	-	1.1	19	3
Lorne & Omelette Breakfast Roll	487	23	51	-	1.9	21	2.5
Lorne Breakfast Roll	395	18	50	-	1.1	13	2.1
Bacon & Lorne Breakfast Baguette	644	34	78	-	1.8	21	3.8
Lorne Breakfast Baguette	691	32	90	-	2.2	22	3.7
Lorne & Omelette Breakfast Baguette	695	32	85	-	2.8	24	3.5

BAGUETTES

Ham & Cheese Baguette	528	30	65	-	2.1	16	2.7
Honey Roast Ham Salad Baguette	438	23	69	-	4.1	7.6	2.2
Mature Cheddar Cheese Salad Baguette	482	19	66	-	2.6	15	1.8
Mexican Chicken Baguette	526	27	81	-	16	9.7	3
Roast Chicken & Bacon Club Baguette	500	26	70	-	4.3	12	2
Roast Chicken Mayonnaise Baguette	499	26	70	-	3.1	12	1.8
Southern Fried Chicken Baguette	602	26	91	-	14	14	2.3
Tandoori Chicken Baguette	505	26	73	-	5.9	11	1.9
Tuna Crunch Baguette	459	28	71	-	5.9	6.5	2.1

BREAD PACKS

BLT	387	17	46	-	5.8	14	1.8
Cheese & Onion (HS)	356	18	44	-	4.7	11	1.5
Cheese & Pickle	396	16	46	-	6.5	16	1.7
Cheese & Tomato	382	16	42	-	3.8	16	1.5
Egg Mayonnaise & Tomato	373	14	45	-	4.5	15	1.5
Free Range Egg Mayonnaise	356	16	44	-	3.4	13	1.5
Free Range Egg Salad (HS)	316	12	43	-	3.5	10	1.1
Honey Roast Ham & Egg (HS)	332	17	43	-	4.7	9.3	1.7
Honey Roast Ham & Egg Salad	335	18	44	-	4.6	9.3	1.6
Honey Roast Ham (HS)	316	16	41	-	3	9.3	1.6

1-200 CAL
201-300 CAL
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501+ CAL

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Mexican Chicken (HS)	347	21	44	-	4.5	9	1.7
Roast Chicken & Bacon	473	27	47	-	5.2	19	2.2
Roast Chicken Salad	348	19	45	-	4.4	9.8	1.3
Tandoori Chicken	348	19	47	-	5.6	9.1	1.3
Tuna Crunch (HS)	329	21	45	-	6.1	6.2	1.5
Tuna Mayonnaise & Cucumber	340	22	42	-	3.5	8.4	1.6

OVAL BITES

Chargrill Chicken Oval Bite	444	27	53	-	3.7	12	1.9
Mature Cheddar Cheese Ploughman's Oval Bite	504	20	57	-	6.8	20	1.9
Mexican Chicken Oval Bite	492	25	66	-	15	13	2.2

ROLLS

Chargrill Chicken Roll (HS)	349	23	42	-	3.7	9.2	1.8
Honey Roast Ham and Egg Salad Roll	337	17	42	-	3.1	10	1.7
Roast Chicken Mayonnaise Roll	350	18	43	-	2.9	11	1.4
Tuna Mayonnaise Roll	341	22	40	-	2	9.1	1.7

STOTTIES

Cheese & Onion Stottie	507	25	66	-	4.4	15	2.4
Tuna Mayonnaise Stottie	462	29	63	-	2.3	9.6	2.4

TOASTIES

BBQ Chicken & Bacon Toastie	510	36	56	-	7.4	15	2.6
Ham & Mature Cheddar Cheese Toastie	464	28	48	-	1.7	17	2.2
Mature Cheddar Cheese & Chutney Toastie	455	21	55	-	7.9	16	1.9

WRAPS

Chargrill Chicken Wrap	446	23	49	-	7.6	17	1.6
Mexican Chicken Wrap	469	21	62	-	19	15	1.8

SAVOURIES & PIZZAS

Bacon & Cheese Wrap	385	14	25	-	1	26	1.6
Beef & Veg Pasty	459	11	44	-	1.8	26	1.5
Cheese & Onion Bake	437	8.7	33	-	1.3	30	1.6
Chicken Bake	422	13	31	-	1.2	27	1.7
Corned Beef Bake	409	11	31	-	1.3	26	1.5
Nacho Chilli Cheese Bake	434	8.7	37	-	3.2	27	1.6
Potato & Meat Bake	440	9.2	32	-	1	30	1.3
Sausage Roll	329	9.3	24	-	0	22	1.6
Sausage, Bean & Cheese Melt	453	11	37	-	3	28	1.7
Savoury Mince Pie	417	12	34	-	1.1	26	0.99
Scotch Pie	367	11	35	-	1.8	20	1.9
Steak Bake	408	14	30	-	0	26	1.4
Vegan Sausage Roll	311	12	22	-	0.8	19	1.9

1-200 CAL
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	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Vegan Steak Bake	380	9.5	30	-	1	24	1.8
Vegetable Bake	425	8.6	33	-	2.8	28	1.4
Three Cheese & Pepperoni Pizza	617	22	57	-	4.6	33	2.4
Three Cheese Pizza	552	20	57	-	4.4	27	1.8

PASTRIES

All Butter Croissant	306	7.2	35	-	4.3	15	0.56
Almond Croissant	332	7.7	34	-	8.4	18	0.5
Chocolate Twist	315	4.8	39	-	15	15	0.51
Pain au Chocolat	312	6.9	36	-	8.5	15	0.5

PORRIDGE

Apple & Cinnamon Flavour Porridge	232	8	38	-	11	4.4	0.47
Golden Syrup Flavour Porridge	244	7.5	42	-	14	4.2	0.45
Simply Creamy Porridge	210	8	33	-	6.7	4.4	0.5

PASTAS & SALADS

Chicken and Bacon Pasta	450	18	48	-	6.6	20	1.6
Feta & Tomato Pasta	380	12	50	-	11	13	1.2
Tuna Crunch Pasta	378	19	55	-	5.3	8.1	1.3

HOT TO GO

Breakfast Box	357	18	30	-	8.1	17	2
Veggie Breakfast Box	327	15	31	-	8.2	14	1.7
Southern Fried Chicken Goujons	394	27	32	-	0	17	1.6
Southern Fried Potato Wedges	278	4	42	-	1.7	9.6	1.2
Spicy BBQ Chicken Bites	290	19	23	-	2.4	14	1.1
Heinz Classic BBQ Sauce Dip Pot	35	0	8	-	7	0	0.3
Heinz Sweet Chilli Sauce Dip Pot	47	0	12	-	11	0	0.38
Heinz Tomato Ketchup Dip Pot	26	0	5.8	-	5.7	0	0.45

SOUP

Spicy Chicken & Red Pepper Soup	120	5.8	16	-	6.5	2.3	1.5
Tomato Soup	216	6	27	-	21	9	1.6

CONFECTIONERY

Apple Danish	340	4.3	54	-	28	12	0.56
Bavarian Slice	389	4.8	54	-	28	17	0.75
Belgian Bun	393	6.7	82	-	49	3.9	0.82
Belgian Chocolate Caramel Shortbreads	293	3.5	36	-	27	15	0.3
Belgian Chocolate Chunk Shortbreads	161	2	18	-	11	8.7	0.13
Caramel Custard Doughnut	319	4.6	46	-	24	13	0.67
Cheese Scone	343	13	28	-	0.7	19	2.2
Chocolate Cake Bar	359	5.4	33	-	22	22	0.68
Cream Apple Danish	461	4.9	54	-	29	25	0.59

1-200 CAL

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	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Cream Coconut Finger	393	6.4	50	-	21	18	0.88
Cream Doughnut	363	5.4	29	-	8.3	25	0.55
Cream Éclair	344	4.4	27	-	18	24	0.4
Cream Finger Doughnut	363	5.4	29	-	8.3	25	0.55
Cream Iced Finger	407	6.4	50	-	22	20	0.89
Devon Doughnut	236	4.7	25	-	6.8	13	0.55
Empire Biscuit	280	2.4	44	-	26	9.5	0.3
Filled Milk Chocolate Doughnut	304	4.1	35	-	19	16	0.5
Fondant Fancy	278	2.8	48	-	35	8.1	0.44
Fruit Scone	298	6.4	48	-	19	8.7	1.7
Gingerbread Man	173	2.9	28	-	13	4.5	0.65
Glazed Ring Doughnut	195	2.9	29	-	13	7.1	0.46
Iced Finger	244	5.6	43	-	17	5.5	0.84
Iced Ring Doughnut	231	3.9	35	-	18	8.4	0.43
Iced Split	392	5.8	66	-	40	11	0.94
Jam Doughnut	237	4.6	33	-	12	9.4	0.51
Jammy Heart Biscuit	273	3.1	35	-	13	13	0.31
London Cheesecake	447	4.7	50	-	28	25	0.63
Milk Chocolate Cookie	358	5.4	38	-	20	19	0.7
Milk Chocolate Ring Doughnut	234	4	29	-	14	11	0.42
Mini Yum Yums	131	1.6	14	-	5.6	7.6	0.06
Novelty Biscuit	196	2.3	22	-	9.3	10	0.21
Novelty Bun	205	1.7	28	-	19	9.3	0.38
Peach Melba	375	2.6	42	-	26	21	0.19
Pineapple Cake	273	1.2	46	-	34	9.2	0.13
Pink Jammie	317	4.7	44	-	22	13	0.53
Sugar Strand Doughnut	232	3.8	32	-	16	9.7	0.42
Sweet Mince Pies	281	2.6	42	-	23	11	0.2
Tottenham Cake	389	4.3	55	-	38	17	0.48
Triple Belgian Chocolate Brownies	97	1.2	11	-	8.6	5.1	0.09
Triple Chocolate Cookie	347	5.2	37	-	21	18	0.74
Triple Chocolate Doughnut	343	4.9	40	-	21	18	0.58
Triple Chocolate Muffin	462	7.2	62	-	37	20	0.6
Vanilla Custard Slice	332	4.2	51	-	32	12	0.74
Vanilla Doughnut	300	4.7	38	-	19	14	0.58
White Chocolate Cookie	359	5.2	38	-	21	19	0.72
Yum Yum	300	3.7	32	-	14	17	0.14

FRUIT & CHILLED SNACKS

Braeburn apples class 1	69	0.5	15	-	15	0	0.01
Fairtrade Banana single x 24	155	1.8	35	-	31	0	0
Fruit Medley	82	1.2	17	-	17	0	0.02
Seedless Mixed Grapes	99	0.9	23	-	23	0	0
Tropical Fruit Pot	72	0.8	15	-	15	0	0.02

GREGGS OWN LABEL CRISPS & SNACKS

Greggs Cheese Puffs 35g	201	1.7	18	-	1.8	13	0.68
Greggs Chilli Tortilla Chips 40g	193	2.3	26	-	2	8.6	0.7
Greggs Mature Cheddar & Onion Hand Cooked Crisps 40g	198	3.1	23	-	1	10	0.58

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	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Greggs Salt & Vinegar Crunchy Sticks 35g	175	1.8	22	-	0.7	8.8	0.64
Greggs Sea Salt & Cider Vinegar Hand Cooked Crisps 40g	194	2.8	23	-	0.9	9.7	0.71
Greggs Thai Sweet Chilli Flavour Hand Cooked Crisps 40g	203	3	20	-	1.7	12	0.43
Chocolate & Yoghurt Coated Fruit Mix	128	1.1	24	-	23	3.2	0.08
Nut Mix 25g	157	4.7	4.1	-	1.3	13	0
Smoky BBQ Crunch	104	3.8	13	-	1.3	3.5	0.37
Tropical Mix	108	0.8	17	-	13	3.5	0.07

BREAD & ROLLS

Baguette	318	11	65	-	1.3	1.3	1.1
Corn Topped Roll	201	6.8	37	-	0.6	2.3	0.77
Floured White Rolls	197	6.8	36	-	0.6	2.3	0.77
Half Malted Brown Bloomer	134	4.9	24	-	1.5	1.4	0.48
Half White Bloomer	119	4.8	23	-	0	0.7	0.46
Large White Bloomer	119	4.8	23	-	0	0.7	0.46
Malted Brown Sandwich Loaf	110	4.1	20	-	1.2	1.2	0.4
Morning Rolls	170	5.8	31	-	0.5	2	0.68
Oval Bites	314	12	50	-	1	6.3	1.1
Stotties	157	5.7	30	-	0.6	1	0.7
White & Wholemeal Loaf	98	3.8	18	-	0	0.6	0.39
White & Wholemeal Rolls	221	7.6	39	-	0.9	3.1	0.91
White Sandwich Loaf	98	3.9	19	-	0	0.5	0.39

HOT DRINKS

Flat White	71	5.4	8.6	-	6.1	1.7	0
Espresso Shot	11	0.8	1.9	-	0	0	0
Extra Espresso Shot	8	0.6	1.3	-	0	0	0
Regular Americano	9	0	1.7	-	0	0	0
Regular Cappuccino	94	6.6	12	-	8.6	2.2	0
Regular Caramel Latte	223	8.3	29	-	27	8.3	0.04
Regular Hot Chocolate	219	6.7	37	-	30	5.3	0.48
Regular Ice Caramel Latte	170	8.4	26	-	25	3.5	0.24
Regular Ice Latte	111	8.4	12	-	10	3.5	0.28
Regular Ice Vanilla Latte	170	8.4	26	-	25	3.5	0.24
Regular Latte	111	7.8	13	-	11	3.2	0
Regular Mint Hot Chocolate	334	7.1	53	-	46	11	0
Regular Mint Mocha	346	7.5	56	-	46	10	0
Regular Mocha	233	7.2	40	-	30	5.2	0
Regular Salted Caramel Latte	223	8.2	30	-	28	8.2	0.48
Regular Soya Americano	19	0	2.3	-	0.6	1	0
Regular Soya Tea	9	0	0.7	-	0.6	0.7	0
Regular Vanilla Latte	223	8.3	29	-	27	8.3	0.04
Regular White Coffee	34	2.7	5	-	2.9	0	0
Regular White Tea	9	0.9	0.9	-	0.9	0	0
Regular Green Tea	0	0	0	-	0	0	0
Regular Peppermint Tea	0	0	0	-	0	0	0
Large Americano	11	0.6	2.3	-	0	0	0
Large Cappuccino	114	8.3	14	-	11	3.1	0
Large Caramel Latte	248	10	30	-	27	9.1	0.42

1-200 CAL

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501+ CAL

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Large Hot Chocolate	281	8.6	47	-	42	6.7	0.57
Large Latte	133	10	14	-	11	3.9	0.38
Large Mocha	296	10	44	-	42	8.7	0.78
Large Salted Caramel Latte	248	10	31	-	27	9	0.88
Large Soya Americano	20	0.6	2.9	-	0.6	1.1	0
Large Soya Tea	8	0	0.6	-	0.6	0.7	0
Large Vanilla Latte	248	10	30	-	27	9.1	0.42
Large White Coffee	45	3.9	5.5	-	3.5	0.8	0
Large White Tea	12	0.8	1.2	-	1.2	0	0

GREGGS COLD DRINKS

Fairtrade Apple Juice from Concentrate	71	0	17	-	17	0	0
Fairtrade Orange Juice from Concentrate	69	0.8	16	-	16	0	0
Fairtrade Orange Juice from Concentrate	69	0.8	16	-	16	0	0
Greggs Natural Mineral Water 500ml	0	0	0	-	0	0	0
Greggs Natural Mineral Water 750ml	0	0	0	-	0	0	0
Sparkling Cherryade	20	0	2.4	-	2.3	0	0.2
Sparkling Cloudy Lemonade	15	0	0.7	-	0.6	0	0
Sparkling Mango & Pineapple	15	0	2.1	-	1.9	0	0.15
Sparkling Raspberry Lemonade	10	0	0.6	-	0.6	0	0.2
Still Lemon & Lime Water	5	0	0	-	0	0	0
Still Strawberry Water	5	0	0	-	0	0	0