

# allergen & nutritional information: heathrow breakfast

Last updated: 5<sup>th</sup> July 2024









**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	666.6	2787.5	36.2	8.4	21.0	4.2	58.0	0.0	2.9	27.4	7.3	637.1
Bacon Breakfast Muffin	427.9	1787.5	20.9	7.8	0.0	0.0	31.9	0.0	1.9	26.7	2.3	1781.5
Benedict Classic	544.0	2277.0	29.6	11.7	5.9	1.4	34.8	0.0	2.8	33.6	2.4	1107.3
Benedict Royal	567.5	2375.0	31.7	11.9	5.9	1.4	35.0	0.0	2.9	34.6	2.4	1120.8
Breakfast Ramen	496.1	2077.6	21.7	6.7	1.9	1.8	49.5	28.3	8.3	24.8	3.2	2708.6
Cheese Breakfast Sando	915.6	3840.1	35.8	22.3	0.0	0.0	114.1	0.0	6.8	31.9	3.3	1642.0
Chocolate & Cream Waffle Dog	326.8	1372.8	13.3	8.9	0.2	0.1	47.0	0.6	29.1	5.3	1.1	175.6
Egg & Spinach Breakfast Muffin	419.6	1755.2	22.0	4.8	8.2	7.1	32.0	0.0	2.0	22.7	2.4	495.6
Extra Bacon	256.9	1064.5	19.7	7.4	0.0	0.0	0.0	0.0	0.0	19.7	0.0	1481.5
Extra Sausage	369.5	1532.2	27.9	10.3	0.0	0.0	10.8	0.0	0.0	18.8	0.3	781.9
Extra Shiitake Mushrooms	77.2	324.9	0.2	0.1	0.0	0.0	17.5	1.4	6.3	1.9	0.0	332.8
Extra Smoked Salmon	101.0	422.5	6.0	1.3	0.0	0.0	0.2	0.0	0.2	11.6	0.0	393.5
Extra Yuzu Avocado	239.1	986.7	24.4	5.1	15.1	2.7	2.7	0.0	0.7	2.4	5.7	7.5
Full English Breakfast	1047.2	4373.7	53.9	21.1	5.9	1.5	80.5	0.7	9.6	58.9	5.3	3136.8
Ham & Cheese Breakfast Sando	889.6	3735.1	31.3	18.1	0.0	0.0	113.7	0.0	6.7	36.3	3.3	1835.0
Kedgerree	901.4	3771.4	30.4	8.6	2.9	0.7	123.8	0.0	16.6	33.5	2.2	2169.6
Maple Waffle Dog	235.9	997.8	4.5	2.7	0.0	0.0	45.2	0.0	32.0	4.3	0.8	168.4
Sausage Breakfast Muffin	540.5	2255.2	29.1	10.7	0.0	0.0	42.7	0.0	1.9	25.8	2.5	1081.9
Shiitake Mushrooms & Eggs On Toast	578.5	2429.2	20.1	8.6	5.9	1.5	72.9	1.4	8.6	27.0	1.7	1038.4
Smoked Salmon & Eggs On Toast	602.3	2526.9	25.9	9.8	5.9	1.5	55.5	0.0	2.4	36.7	1.7	1099.1
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