



HOW TO SURVIVE A TRIP TO

# WILD BEAN CAFE

FOOD AND DRINK MENU

2021



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

## HOT SAVOURIES

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

## SWEET TREATS

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



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

## IN STORE BAKERY

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

## SANDWICHES, WRAPS AND ROLLS

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





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

## DRINK

|                           |     |   |   |   |   |   |   |
|---------------------------|-----|---|---|---|---|---|---|
| Espresso Regular          | 1   | - | - | - | - | - | - |
| Espresso Large            | 2   | - | - | - | - | - | - |
| Americano Regular         | 1   | - | - | - | - | - | - |
| Americano Large           | 2   | - | - | - | - | - | - |
| Cappucino Regular         | 96  | - | - | - | - | - | - |
| Cappucino Large           | 119 | - | - | - | - | - | - |
| Latte Regular             | 135 | - | - | - | - | - | - |
| Latte Large               | 162 | - | - | - | - | - | - |
| Flat White Regular        | 101 | - | - | - | - | - | - |
| Caramel Fudge Latte Large | 348 | - | - | - | - | - | - |





**WILD BEAN**  
CAFE™