

Menu FIR Intolerance Report

Luton Breakfast Menu

Version 1

16 Mar 2023

Luton Breakfast Menu

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

Breakfast

Avocado & Eggs On Toast	✓	✓		✓					✓															✓	✓			
Bacon & Eggs On Toast	✓	✓		✓					✓		✓													✓	✓	✓		
Benedict Classic	✓	✓			✓				✓	✓	✓											✓		✓	✓			
Benedict Royal	✓	✓			✓		✓		✓	✓	✓											✓		✓	✓			
Cheese Breakfast Sando	✓	✓		✓	✓				✓	✓	✓											✓		✓	✓			
Extra Bacon																												
Extra Sausage	✓	✓																									✓	
Extra Smoked Salmon							✓																					
Extra Yuzu Avocado																												
Fruit Pot																												
Full English Breakfast	✓	✓		✓					✓		✓													✓	✓			
Ham & Cheese Breakfast Sando	✓	✓		✓					✓	✓	✓													✓	✓	✓		
Poached Eggs On Toast	✓	✓		✓					✓		✓													✓	✓			
Sausage & Bacon Breakfast Muffin - Katsu sauce	✓	✓							✓	✓	✓													✓	✓	✓		
Sausage & Bacon Breakfast Muffin - Korean Ketchup	✓	✓							✓	✓	✓											✓		✓	✓	✓		
Smoked Salmon & Eggs On Toast	✓	✓		✓			✓		✓		✓													✓	✓			
Yoghurt with Mango Compote & Granola											✓	✓														✓		

Nutritional Information Recipe List (values per typical serving)

Recipe Name	Energy (kcal)	Energy (KJ)	Fat (g)	saturates (g)	mono (g)	poly (g)	Carb (g)	Starch (g)	Sugars (g)	Protein (g)	Fibre (g)	Sodium (mg)
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 & Eggs On Toast	650.7	2711.2	41.6	16.2	5.9	1.4	30.1	0.0	0.8	39.8	0.9	1950.3
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
Cheese Breakfast Sando	676.5	2826.9	35.7	22.1	0.0	0.0	64.5	0.0	4.5	23.6	1.7	1268.6
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	244.2	1012.5	18.4	6.8	0.0	0.0	7.2	0.0	0.0	12.4	0.2	516.7
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
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	839.8	3498.2	51.1	19.7	5.9	1.5	44.6	0.0	5.8	50.0	4.4	2601.9
Ham & Cheese Breakfast Sando	647.4	2709.7	30.3	17.9	0.0	0.0	64.0	0.0	4.5	29.1	1.7	1707.4
Poached Eggs On Toast	397.6	1662.5	21.9	8.8	5.9	1.5	30.8	0.0	1.4	20.2	0.9	469.8
Sausage & Bacon Breakfast Muffin - Katsu sauce	676.8	2819.6	39.3	14.6	0.0	0.0	40.6	0.0	4.2	38.9	2.3	2536.1
Sausage & Bacon Breakfast Muffin - Korean Ketchup	682.7	2845.3	39.5	14.6	0.1	0.1	41.4	0.0	5.0	39.0	2.5	2378.1
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