



PETE GAWTRY
FITNESS

NUTRITION SURVIVAL GUIDE TO
M&S CAFÉ

CALORIES AND MACRONUTRIENTS

PG-FITNESS.CO.UK

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

M & S CAFÉ BREAKFAST

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Smoked Bacon Roll	473	20.4	42.1	2.8	3.5	24.1	2.1
Cumberland Sausage Bun	531	21.8	50.8	4	4.2	25.8	1.85
Smoked Salmon Bagel	442	20.1	39.4	2.7	4.7	22	2.86
Toasted Teacake	274	7.6	49.6	3.1	19.9	4.3	0.25
Wholemeal Toast & Butter	286	8.5	31.8	3.6	1.7	13.7	1.06
White Toast & Butter	282	7.3	37.2	3.1	1.7	13	0.97
Scotch Pancakes, Yoghurt & Fresh Berries	364	10.2	64.2	2.5	34	8.3	0.8
Full Marks Breakfast	897	47.3	55.2	7.2	6.8	52.6	3.78

M & S CAFÉ BREAKFAST ON THE MOVE

Bacon & Sausage Bloomer	678	28.9	57.4	5.3	6.1	37	2.93
Eat Well Porridge	270	12.6	37.2	4.2	7.2	5.7	0.54
Bacon Bun	473	20.4	42.1	2.8	3.5	24.1	2.1

M & S CAFÉ SOUPS

Tomato & Basil Soup With Bread Rolls And Butter	387	9.2	40	6.3	14.9	20.4	2.01
Tomato & Basil Soup With Gluten Free Roll	439	11.3	13.5	9.5	25.9	7.2	2.39
Super Green Pea, Broccoli, Spinach Soup With Rolls And Butter	369	12.5	33.1	19.2	6.8	19.2	1.79
Super Green Pea, Broccoli, Spinach Soup With Gluten Free Roll And Butter	422	10.5	33.5	12.2	5.5	24.8	2.12
Chicken Mushroom & Rice With Roll And Butter	473	15.6	48	5.5	6.5	22.9	2.29
Chicken Mushroom & Rice With Gluten Free Roll And Butter	496	13.2	44.5	9.2	5.5	27.3	2.3
Spicy Lentil Soup With Roll And Butter	265	14	43.9	8.7	8	18.6	2.09

M & S CAFÉ JACKETS

Jacket Potato With Butter And Side Salad	401	7.8	62.3	5.8	6.6	12.2	0.64
Jacket Potato With Baked Beans And Side Salad	478	17.7	89.5	16.4	11.2	2	1.7
Jacket Potato With Cheddar Cheese And Side Salad	708	32.7	62.4	5.8	6.7	35.2	2.08
Jacket Potato With Tuna And Sweetcorn And Side Salad	484	24.1	68.9	6.9	8.3	10.9	0.89
Jacket Potato With Chilli Con Carne And Side Salad	476	20.7	72.1	8.8	11.1	9.3	1.59

M & S CAFÉ TOASTIES

Ham & Cheese Toastie	511	29.6	47.6	1.4	4.3	22.1	2.95
Emmental And Mushroom Toastie	517	22.8	48	2.7	4.3	25.4	1.9
Chicken & Bacon Toastie	515	31.5	47.2	3.7	3.9	21.5	2.48
Sausage And Onion Toastie	517	22.1	58.2	1.8	13.7	21.3	2.05
Hamhock Melt	459	25.9	39.3	3	3.4	21.4	2.13

1-200 CAL

M & S CAFÉ COLD MEALS

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Hot Smoked Salmon Nicoise Salad	354	15.3	21.6	3.9	3.3	21.9	2.25
Pulled Ham Hock With Pea Shoots	336	18.9	25.6	14.2	7.6	14.4	2.1

201-300 CAL

M & S CAFÉ HOT MEALS

Beer Battered Haddock With Chunky Chips & Mushy Peas	960	39.9	115.5	12.1	2.1	35.2	2.1
Crispy Chicken Katsu Curry	640	30.5	83.8	4.8	8.1	19.3	2.32
Goats Cheese & Red Onion Quiche	910	18.1	45.4	3.7	14.8	71.4	1.89
Chicken & Pancetta Carbonara	644	40.8	50.8	2.8	4.4	30.4	2.3
Steak And Ale Pie With Mash & Gravy	1034	38	92.1	13.2	20.4	54.2	4.76

301-400 CAL

M & S CAFÉ KIDS

Pizza	260	10.4	30.9	1.8	2.3	10.2	0.9
Mighty Meaty Pasta	279	17.3	31.1	5.4	5.2	8.3	0.68
Ham & Cheese Toastie	208	9.5	24.3	1.7	2.1	7.7	1.08

401-500 CAL

501+ CAL

M & S CAFÉ CAKES AND TARTS

Classic Afternoon Tea	1256	30.7	140.6	7.8	65.8	64.2	3.35
Vegetarian Afternoon Tea	1254	27.9	144	8.15	70	63.5	3.1
Carrot Cake	757	8.6	71.9	3	46	47.8	1.18
Lemon Drizzle Loaf	333	4	47.5	2.2	30.7	13.6	0.16
Victoria Sponge Cake	618	7.1	75.9	1.2	52.7	31.5	0.95
Bakewell Tart	385	6	39.9	2.2	27.9	22	0.05
Fruit Cake	482	5.3	76.7	3.8	55.1	16.3	0.18
Coffee & Walnut Cake	641	7.1	71.8	1.6	52.1	35.8	0.95
Macmillan Sticky Toffee Pudding	573	5.7	71.5	1.6	31.7	29	0.75

M & S CAFÉ SCONES

Fruit Scone	314	5.7	45.9	1.9	16.4	11.5	1.15
Devon Scone	329	6.5	42.2	1.7	8.3	14.5	1.3
Cheese Scone	319	9.2	33.7	1.8	3.6	15.8	1.5
Brown Scone	238	8.8	39.6	4.4	6.3	3.9	1.28

M & S CAFÉ FOOD TO GO

Chilli Beef, Black Bean & Rice Soup	159	8.1	23.4	5.7	6.6	2.4	1.53
Chicken & Avocado Baguette	562	32.9	33.7	4.9	2.9	33.5	1.45
Tuna Mayo & Cucumber Baguette	354	19.1	51.4	2.8	3.5	1.8	1.91
Roast Beef & Horseradish Baguette	489	26.2	67.8	4.4	4.5	11.7	1.3
Caesar Salad	195	9.3	4.9	0.9	1.6	15.2	1.38
Egg, Bacon & Tomato Baguette	390	21.4	46.1	3.2	3.1	12.5	1.15
Brie, Tomato & Basil Baguette	367	15.3	44.7	3.1	3.3	13.5	1.27
Wiltshire Ham & Mature Cheddar Baguette	541	29.6	67.1	4.5	4.9	16.1	2.82
Salmon & Egg Mayo Stottie	458	26.9	49	3.7	3.2	16.2	2.83
Ultimate Burger	911	48.9	53	3.7	19.3	55	4.35

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Chicken & Bacon Caesar Baguette	618	40.5	66.3	4.3	3.3	22	0.95
Chicken Fillet & Bacon Burger	563	28	50.1	4.6	10.4	26.6	2.73
Halloumi Bun	529	24.1	37.1	4.2	6.8	29.5	1.98
Pork & Bacon All Butter Sausage Roll	517	2.83	27.9	23.6	2.3	33.9	2.6
Avocado & Grain Salad	157	5.2	21.4	3.3	2.3	5.5	0.6
Egg, Roasted Tomato & Watercress Baguette	354	13.8	47.2	4.6	5.9	13.1	1.84

M & S CAFÉ COLD DRINKS

Freshly Squeezed Orange Juice	109	2	26.7	0.3	26.7	0	0
Tropical Fruit Smoothie	196	1.5	43.9	3.4	43.4	0.7	0.05
Super Berry Smoothie	180	2	39.1	3.7	36.5	0.7	0.01
Breakfast Boost Smoothie	256	4.2	51.6	4.2	22	2.6	0.05

M & S CAFÉ HOT DRINKS

Latte Made With Milk Small	108	-	-	-	-	-	-
Latte Made With Milk Medium	127	-	-	-	-	-	-
Latte Made With Milk Large	161	-	-	-	-	-	-
Latte Made With Soya Small	102	-	-	-	-	-	-
Latte Made With Soya Medium	120	-	-	-	-	-	-
Latte Made With Soya Large	151	-	-	-	-	-	-
Cappuccino Made With Milk Small	104	-	-	-	-	-	-
Cappuccino Made With Milk Medium	112	-	-	-	-	-	-
Cappuccino Made With Milk Large	137	-	-	-	-	-	-
Cappuccino Made With Soya Small	98	-	-	-	-	-	-
Cappuccino Made With Soya Medium	106	-	-	-	-	-	-
Cappuccino Made With Soya Large	129	-	-	-	-	-	-
Flat White Made With Milk Standard	63	-	-	-	-	-	-
Flat White Made With Soya Standard	59	-	-	-	-	-	-
Americano Made With Milk Small	15	-	-	-	-	-	-
Americano Made With Milk Medium	15	-	-	-	-	-	-
Americano Made With Milk Large	15	-	-	-	-	-	-
Americano Made With Soya Small	15	-	-	-	-	-	-
Americano Made With Soya Medium	15	-	-	-	-	-	-
Americano Made With Soya Large	15	-	-	-	-	-	-
Mocha Made With Milk Small	181	-	-	-	-	-	-
Mocha Made With Milk Medium	228	-	-	-	-	-	-
Mocha Made With Milk Large	261	-	-	-	-	-	-
Mocha Made With Soya Small	174	-	-	-	-	-	-
Mocha Made With Soya Medium	220	-	-	-	-	-	-
Mocha Made With Soya Large	251	-	-	-	-	-	-
Macchiato Made With Milk Single	3	-	-	-	-	-	-
Macchiato Made With Milk Double	6	-	-	-	-	-	-
Macchiato Made With Soya Single	3	-	-	-	-	-	-
Macchiato Made With Soya Double	6	-	-	-	-	-	-
Filter Made With Milk Small	22	-	-	-	-	-	-
Filter Made With Milk Medium	23	-	-	-	-	-	-
Filter Made With Milk Large	25	-	-	-	-	-	-
Filter Made With Soya Small	21	-	-	-	-	-	-

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Filter Made With Soya Medium	22	-	-	-	-	-	-
Filter Made With Soya Large	24	-	-	-	-	-	-
Hot Chocolate Made With Milk Small	183	-	-	-	-	-	-
Hot Chocolate Made With Milk Medium	230	-	-	-	-	-	-
Hot Chocolate Made With Milk Large	263	-	-	-	-	-	-
Hot Chocolate Made With Soya Small	175	-	-	-	-	-	-
Hot Chocolate Made With Soya Medium	221	-	-	-	-	-	-
Hot Chocolate Made With Soya Large	252	-	-	-	-	-	-
Hot Chocolate Lux Made With Milk Small	178	-	-	-	-	-	-
Hot Chocolate Lux Made With Milk Medium	244	-	-	-	-	-	-
Hot Chocolate Lux Made With Milk Large	268	-	-	-	-	-	-
Hot Chocolate Lux Made With Soya Small	173	-	-	-	-	-	-
Hot Chocolate Lux Made With Soya Medium	238	-	-	-	-	-	-
Hot Chocolate Lux Made With Soya Large	260	-	-	-	-	-	-
Espresso Singel	0	-	-	-	-	-	-
Espresso Double	0	-	-	-	-	-	-
Espresso Decaf Single	0	-	-	-	-	-	-
Espresso Decaf Double	0	-	-	-	-	-	-
Babyccino Made With Milk	35	-	-	-	-	-	-
Babyccino Made With Soya	35	-	-	-	-	-	-
Chai Tea Made With Milk	219	-	-	-	-	-	-
Chai Tea Made With Soya	185	-	-	-	-	-	-
Herbal Teas (Green Teas, Fruit Teas, Herbal Infusions)	0	-	-	-	-	-	-
Teas Made With Milk (English Breakfast, Earl Grey)	24	-	-	-	-	-	-
Teas Made With Soya Milk (English Breakfast, Earl Grey)	22	-	-	-	-	-	-
Glass Of Milk	71	-	-	-	-	-	-
Glass Of Milk (Soya)	66	-	-	-	-	-	-
Syrup One Shot	50	-	-	-	-	-	-