



PETE GAWTRY
FITNESS

NUTRITION SURVIVAL GUIDE TO

WILD BEAN CAFE

CALORIES AND MACRONUTRIENTS

PG-FITNESS.CO.UK

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

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
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

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	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
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
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	-	-	-	-	-	-
Flat White Large	-	-	-	-	-	-	-
Caramel Fudge Latte Regular	-	-	-	-	-	-	-
Caramel Fudge Latte Large	348	-	-	-	-	-	-