



THELEANBODYPROJECT  
ITSEASYWHENYOUKNOWHOW

NUTRITION SURVIVAL GUIDE TO  
**GREGGS**

CALORIES AND MACRONUTRIENTS

THELEANBODYPROJECT.CO.UK

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

## HOT SANDWICHES

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Southern Fried Chicken Baguette	593	26	90	-	12	14	2.4
Chicken & Chorizo Baguette	554	33	67	-	4	17	2.8
Steak & Cheese Baguette	516	27	73	-	9	12	2.4
Chicken, Bacon & Cheese Toastie	503	34	45	-	3	21	2.4
Ham & Cheese Toastie	433	26	42	-	2	17	2.1
Pulled Fajita Chicken Burrito	426	19	48	-	10	16	1.2

## COLD SANDWICHES

Ham & Cheese Baguette	526	30	66	-	3	16	2.7
Mexican Chicken Baguette	526	22	80	-	14	11	2.7
Tandoori Chicken Baguette	499	27	72	-	7	11	2
Chicken Club Baguette	493	26	69	-	5	12	2.1
Chicken Mayo Baguette	493	27	69	-	4	12	1.9
Cheese Salad Baguette	479	19	66	-	3	15	1.8
Prawn Mayo Baguette	478	21	69	-	3	13	2.7
Tuna Crunch Baguette	467	29	71	-	7	7	2
Tuna & Sweetcorn Baguette	465	27	69	-	4	9	1.9
Ham Salad Baguette	437	23	69	-	5	8	2.2
Cheese Roll	189	8	20	-	1	8	0.7
Ham Roll	164	12	21	-	2	4	1.1

## BALANCED CHOICE

Mexican Chicken Oval Bites	393	23	49	-	6	12	1.8
Chargrill Chicken Oval Bites	378	24	47	-	6	11	1.5
Cheese & Onion Bread Pack	366	17	48	-	6	12	1.4
Tuna Mayo Bread Pack	350	23	46	-	4	9	1.4
Egg Mayo Bread Pack	348	16	4	-	4	11	1.3
Ham & Egg Salad Bread Pack	347	18	48	-	6	10	1.6
Chicken Salad Sub Roll	342	19	44	-	3	10	1.3
Coconut, Lime & Chilli Chicken Wrap	340	17	49	-	16	8	1.5
Tuna Mayo Sub Roll	338	23	42	-	2	9	1.5
Mexican Chipotle Chilli Chicken Wrap	337	19	42	-	14	10	1.7
Ham & Egg Salad Sub Roll	332	17	44	-	3	10	1.6

## FRUIT POTS

Summer Berry	101	1	22	-	22	0	0
Mixed Grape	92	1	22	-	22	0	0
Fruit Medley	72	1	17	-	17	0	0

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## SALADS & SOUP

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Mexican Chicken, Smoky Rice & Bean	382	20	47	-	15	13	1.8
Cheese, Tomato & Basil Pasta	328	14	44	-	9	9	1.3
Falafel, Hariss, Roast Veg & Grains	314	8	34	-	12	14	1.6
Chargrill Chicken, Roast Veg & Grains	235	18	25	-	10	6	1.8
Roast Ham, Egg & Potato	232	14	20	-	9	11	1.3
Coconut, Lime & Chilli Chicken	220	15	22	-	7	8	1.4
Cream of Tomato	213	6	27	-	21	9	1.6

## HOT DRINKS

Large Mocha	300	10	49	-	34	7	0.8
Large Hot Chocolate	281	9	47	-	42	7	0.6
Large Vanilla Latte	258	10	34	-	30	9	0
Regular Vanilla Latte	235	8	33	-	31	8	0
Regular Mocha	233	7	40	-	30	5	0.6
Regular Hot Chocolate	219	7	37	-	30	5	0.5
Large Latte	133	10	13	-	11	4	0.4
Large Cappuccino	111	8	13	-	10	3	0.3
Regular Latte	111	8	13	-	11	3	0
Regular Cappuccino	90	7	11	-	8	2	0
Flat White	71	5	9	-	6	2	0
Large White Coffee	45	4	6	-	4	1	0
Regular White Coffee	34	3	5	-	3	0	0
Large Decaf White	24	2	4	-	1	1	0
Regular Decaf White	19	1	3	-	1	1	0
Large White Tea	12	1	1	-	1	0	0
Double Espresso	11	1	2	-	0	0	0
Large Americano	11	1	2	-	0	0	0
Regular Americano	9	0	2	-	0	0	0
Regular White Tea	9	1	1	-	1	0	0
Espress Extra Shot	8	1	1	-	0	0	0
Large Decaf Black	7	1	2	-	0	0	0
Regular Decaf Black	6	1	2	-	0	0	0
Regular Green Tea	0	0	0	-	0	0	0
Regular Peppermint Tea	0	0	0	-	0	0	0

## SWEET TREATS

Triple Chocolate Muffin	466	7	63	-	37	21	0.7
Caramel & Pecan Greggsnut	457	5	60	-	33	22	0.4
Belgian Bun	403	6	85	-	54	5	0.6
White Chocolate Cookie	383	5	44	-	30	20	0.8
Milk Chocolate Cookie	380	5	44	-	29	20	0.8
Tripe Chocolate Cookie	373	5	42	-	29	20	0.8
Cream Eclair	346	5	27	-	17	25	0.4
Cream Doughnut	334	6	28	-	8	22	0.6
Pink Jammie	321	5	55	-	32	9	0.5

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	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Caramel Custard Doughnut	303	5	46	-	26	11	0.7
Yum Yum	294	4	32	-	14	17	0.1
Caramel Shortbread	292	4	36	-	27	15	0.3
Jammy Heart Biscuit	284	3	37	-	14	14	0.3
Sugar Strand Doughnut	244	4	42	-	25	7	0.4
Novelty Ring Bun	243	2	34	-	25	11	0.4
Jam Doughnut	231	5	35	-	14	8	0.5
Iced Ring Doughnut	226	4	35	-	18	8	0.5
Glazed Ring Doughnut	191	4	29	-	13	6	0.4
Gingerbread Man	179	3	32	-	17	5	0.6
Mini Yum Yums	120	2	14	-	6	6	0.1
Triple Belgian Chocolate Brownies GF	97	1	11	-	9	5	0.1
Mini Doughnuts	64	1	8	-	4	3	0.2
Raspberry and Almond Bakes	63	1	9	-	5	3	0.1

## SNACKS

Thai Sweet Chili Flavour Crisps	203	3	20	-	2	12	0.4
Cheddar & Onion Crisps	200	2	23	-	1	11	0.5
Sea Salt Crisps	200	3	22	-	0	11	0.5
Sea Salt & Vinegar Crisps	194	3	23	-	1	10	0.7
Naked Nuts	156	5	4	-	1	13	0
Super Seeds	129	4	8	-	5	8	0
Sweet & Salty Popcorn	118	2	15	-	4	5	0.4
Sweet Mango	88	0	20	-	18	0	0
Berries & Cherries	81	0	19	-	17	0	0

## COLD DRINKS

Fairtrade Apple Juice - 500ml	236	3	57	-	57	0	0
Fairtrade Orange Juice - 500ml	230	3	53	-	53	0	0
Fairtrade Orange Juice - 250ml	115	2	27	-	27	0	0
Juicy Beet Cold Pressed Juice - 250ml	108	2	23	-	23	0	0.2
Zesty Greens Cold Pressed Juice - 250ml	105	0	23	-	23	0	0
Fruity Roots Cold Pressed Juice - 250ml	98	0	22	-	22	0	0
Still Tropical Fruit Juice	60	0	13	-	10	0	0
Still Summer Berry Juice	55	0	11	-	8	0	0
Sparkling Cloudy Lemonade	15	0	1	-	1	0	0
Apple & Blackcurrant Juice	13	0	2	-	2	0	0
Orange Juice	10	0	2	-	2	0	0
Sparkling Florida Orange	10	0	1	-	1	0	0.3
Sparkling Raspberry Lemonade	10	0	1	-	1	0	0.2
Sparkling Ginger Beer	5	0	0	-	0	0	0.4
Still Lemon & Lime Water	5	0	0	-	0	0	0
Still Strawberry Water	5	0	0	-	0	0	0
Natural Mineral Water	0	0	0	-	0	0	0



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## SAVOURIES

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Beef & Veg Pasty	509	11	41	-	2	33	1.6
Sausage, Bean & Cheese Melt	451	11	37	-	3	28	1.7
Thin & Crispy Pepperoni Slice	444	19	48	-	5	20	2.1
Cheese & Onion Bake	436	9	33	-	1	30	1.6
Chicken Bake	426	13	31	-	1	27	1.9
Steak Bake	405	14	29	-	0	26	1.4
Bacon & Cheese Wrap	385	14	25	-	1	26	1.6
Thin & Crispy Margherita Slice	365	17	48	-	5	12	1.4
Steak & Cheese Roll	340	13	22	-	1	22	1.2
Sausage Roll	327	9	24	-	0	22	1.6

## BREAKFAST SANDWICHES

Sausage & Cheese Omelette Baguette	622	28	71	-	4	25	3.4
Sausage Baguette	602	27	72	-	4	23	3.6
Bacon & Sausage Baguette	600	31	69	-	3	22	3.7
Bacon & Cheese Omelette Baguette	551	29	66	-	3	19	2.9
Bacon Baguette	507	28	65	-	2	15	3
Cheese Omelette Baguette	506	21	66	-	3	17	1.9
Bacon & Sausage Roll	429	23	39	-	2	20	2.9
Sausage & Cheese Omelette Roll	429	18	40	-	2	21	2.3
Sausage Roll	408	17	41	-	2	19	2.6
Bacon & Cheese Omelette Roll	380	20	36	-	2	17	2
Cheese Omelette Roll	380	17	37	-	2	18	1.5
Bacon Roll	337	19	36	-	1	13	2.1

## BREAKFAST PASTRIES

Cinnamon Bun	425	10	62	-	29	15	1
Almond Croissant	343	7	36	-	9	18	0.7
All Butter Croissant	298	7	31	-	4	16	0.7
Pain au Chocolat	297	5	31	-	13	16	0.5

## BREAKFAST BALANCED CHOICE

Golden Syrup Flavour Porridge GF	270	7	52	-	10	5	0.1
Simply Cream Oats Porridge GF	268	8	51	-	10	5	0.2
Red Berry Porridge GF	261	8	51	-	14	3	0.2
Strawberry & Granola Yoghurt w Seeds	226	10	33	-	21	7	0.3