

# SBUX MALTA STORES - NUTRITION AND ALLERGEN GUIDE

## FEBRUARY 2026

This guide will provide Nutritional and Allergen information for Fresh Food and Pastry Items. Allergens can be found in **BOLD CAPITALS** within the ingredient declaration. Information data detailed in the tables has been derived from Product Specification Sheets obtained from the suppliers. Please ensure you take extra care to identify all the possible allergens present in our food. If you require support please ask one of our trained baristas. This

booklet will provide information on the following 14 allergens:

**Cereals Containing Gluten**

Wheat (Spelt and Kamut), Rye, Barley and Oats

**• Nuts**

(Almond, Hazelnut, Walnut, Cashew, Pecan Nut, Brazil Nut, Pistachio Nut, Macadamia/Queensland Nut)

**• Egg**

**• Milk**

**• Soya**

**• Fish**

**• Crustaceans**

**Cross Contamination**

Due to the nature of how our partners handle our food items and share equipment and utensils, there is a risk of cross-contamination of allergens. Whilst we try to keep things separate we cannot guarantee any item is allergen free.

Please remember to check this information regularly as we're always working on our recipes.

- **Molluscs**
- **Sesame**
- **Lupin**
- **Celery**
- **Mustard**
- **Peanuts**
- **Sulphur Dioxide and Sulphites**

Product Name	INGREDIENTS	Values Per Portion (g)	Energy (KJ)	Energy (Kcal)	Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Sugar (g)	Fibre (g)	Protein (g)	Salt (g)
BAKERY ASSORTMENT											
PASTRIES											
PLAIN BUTTER CROISSANT	<b>WHEAT</b> flour, butter ( <b>MILK</b> ) 23%, water, yeast natural, sugar, <b>EGGS</b> , salt, <b>WHEAT GLUTEN</b> , enzymes (amylase, hemicellulose), treatment agent of the flour (ascorbic acid).	59	894	212	11.6	7.44	22.7	3.37	1.3	4.02	0.6
VANILLA CREAM FILLED CROISSANT	CROISSANT - <b>WHEAT</b> flour, butter ( <b>MILK</b> ) 23%, water, yeast natural, sugar, <b>EGGS</b> , salt, <b>WHEAT GLUTEN</b> , enzymes (amylase, hemicellulose), treatment agent of the flour (ascorbic acid). Vanilla - Glucose syrup, water, sugar, vegetable oils and fats (Shea Butter), modified starch (corn), whole <b>MILK</b> powder, rice starch lactose. Anti-caking agents: Calcium sulphate, powdered <b>EGG</b> yolk, Preservatives: potassium sulphate, emulsifiers: E473, natural flavorings, acidity regulators: citric acid, colorings: E100, E160c	59 + 22gr filling	1149	272.5	13.58	8.24	33.26	4.28	1.3	4.6	0.61
PISTACCHIO FILLED BUTTER CROISSANT	CROISSANT - <b>WHEAT</b> flour, butter ( <b>MILK</b> ) 23%, water, yeast natural, sugar, <b>EGGS</b> , salt, <b>WHEAT GLUTEN</b> , enzymes (amylase, hemicellulose), treatment agent of the flour (ascorbic acid). <b>PISTACCHIO</b> - Sugar, Vegetable oils and fats (palm oil, sunflower oil), <b>PISTACCHIO</b> 15%, Skimmed <b>MILK</b> , Whey, Lactose, Emulsifier: Sunflower lecithin, Natural flavourings, Salt.	59 + 22gr filling	1435	342	20.62	10.74	33.26	13.49	1.55	5.59	0.61
HAZELNUT FILLED BUTTER CROISSANT	CROISSANT - <b>WHEAT</b> flour, butter ( <b>MILK</b> ) 23%, water, yeast natural, sugar, <b>EGGS</b> , salt, wheat <b>GLUTEN</b> , enzymes (amylase, hemicellulose), treatment agent of the flour (ascorbic acid). <b>HAZELNUT</b> - Sugar, Vegetable oils and fats (palm oil, sunflower oil), <b>HAZELNUT</b> 10%, Skimmed <b>MILK</b> powder, Lean cocoa powder, <b>WHEY</b> , Lactose, Emulsifier: Sunflower lecithin, Flavourings.	59 + 22gr filling	1410	335	19.3	10.08	35.02	14.37	1.53	5.15	0.63
TRIPPLE CHOCOLATE EXTRAVAGANT	<b>WHEAT</b> flour type "0-1", water, fine butter ( <b>MILK</b> ) 14%, milk chocolate 8% (sugar, whole <b>MILK</b> powder, cocoa butter, cocoa mass, lactose ( <b>MILK</b> ), emulsifier ( <b>SOY lecithin</b> ), natural vanilla flavouring), sugar, <b>EGGS</b> , yeast, white chocolate 4% (sugar, cocoa butter, lactose ( <b>MILK</b> ), whole <b>MILK</b> powder, <b>MILK</b> skimmed powder, emulsifier (sunflower lecithin), vanilla flavouring), chocolate chips 3% (sugar, cocoa mass, cocoa butter, emulsifier ( <b>SOY lecithin</b> ), natural vanilla flavouring), corn starch, whole <b>MILK</b> powder, salt, <b>WHEAT GLUTEN</b> , whey powder, skimmed <b>MILK</b> powder, thickener (sodium alginate), <b>EGG</b> albumin powder, natural flavor ( <b>SOYA</b> ), flour treatment agents (alpha-amylase, hemicellulase, ascorbic acid), extract of turmeric, acidity regulator (citric acid), carrot extract.	86	1370	327	15.48	9.46	39.56	15.48	1.98	6.45	0.74

RAISIN SWIRL	<b>WHEAT</b> flour, butter ( <b>MILK</b> ) 14%, raisins 13%, sugar, yeast, modified starch, <b>EGGS</b> , whole <b>MILK</b> powder, salt, powdered <b>WHEY</b> , <b>WHEAT GLUTEN</b> , skimmed <b>MILK</b> powder, stabilizers (calcium acetate, tetrasodium diphosphate, disodium phosphate), enzymes (amylases, hemicellulases), colour (beta-carotene), flour treatment agent (ascorbic acid), flavouring.	95	1325	316	13.3	8.55	42.75	18.05	2.19	5.23	0.75
CINAMON SWIRL	<b>WHEAT</b> flour, Water; Sugar; Brown sugar, Butter ( <b>MILK</b> ), Margarine (Palm fat; Water; Emulsifier: Mono- and diglycerides of fatty acids; Palm oil; Acidity regulator: Citric acid), Glaze (Sugar; Vegetable fats: Palm, Coconut; Emulsifier: Lecithins; Flavouring (contains <b>MILK</b> ), Salt), Whole <b>EGG</b> , Yeast, Whole <b>MILK</b> powder, Cinnamon (1%), Iodised salt (Salt; Potassium iodate); <b>WHEAT</b> starch, <b>WHEAT GLUTEN</b> .	100	1732	415	18	11	56	25	2.1	6.1	0.82
<b>TRAYBAKES</b>	<b>INGREDIENTS</b>										
DARK BROWNIE SQUARE	Sugar, butter <b>MILK</b> , plain chocolate 13% (sugar, cocoa mass, cocoa butter, emulsifier E322 <b>SOYA</b> , natural flavouring), fortified <b>WHEAT</b> flour ( <b>GLUTEN</b> ) (calcium, iron, niacin, thiamin), free range whole <b>EGG</b> powder, vegetable oil (rapeseed), cocoa mass, skimmed <b>MILK</b> powder, fat reduced cocoa powder 2%, salt, raising agents (E500, E450).	80	1691	405	21.6	11.2	48	39.2	2	4.64	0.43
<b>MUFFINS</b>	<b>INGREDIENTS</b>										
TRIPPLE CHOCOLATE MUFFIN	Sugar; vegetable oils (rapeseed); flour ( <b>WHEAT</b> ; malted <b>WHEAT</b> ); <b>EGG</b> ; low fat cocoa powder*; cocoa mass*; stabilizer (E422; xanthan gum); water; sweet whey powder ( <b>MILK</b> ); modified starch; dextrose; raising agent (E450; E500); chocolate ( <b>MILK</b> ; <b>SOY</b> ); glucose syrup; starch ( <b>WHEAT</b> ); cocoa butter*; salt; concentrated butter ( <b>MILK</b> ) (0.2%); flour treatment agent (ascorbic acid); humectant (E422); natural flavour; preservative (E202); <b>WHEAT</b> proteins; skimmed <b>MILK</b> powder; emulsifier ( <b>SOYBEAN</b> lecithins; E471); <b>MILK</b> proteins; natural vanilla flavouring.	112	2068	495	26	4.7	57	34	2.8	6.3	1.10
LEMON & RASPBERRY MUFFIN	Sugar; flour ( <b>WHEAT</b> ; malted <b>WHEAT</b> ); <b>EGG</b> ; rapeseed oil; raspberries; water; stabilizer (E422; xanthan gum); modified starch; glucose-fructose syrup; sweet whey powder ( <b>MILK</b> ); raising agent (E450; E500); starch ( <b>WHEAT</b> ); natural flavour; salt; <b>WHEAT</b> proteins; <b>MILK</b> proteins; natural lemon flavouring; palm fat; skimmed <b>MILK</b> powder; flour treatment agent (ascorbic acid); gelling agent (E418); preservative (E202).	112	1911	456	20	1.9	63	35	1.7	5	0.67
APPLE & CINNAMON MUFFIN	flour ( <b>WHEAT</b> ; malted <b>WHEAT</b> ); sugar; vegetable oils (rapeseed); <b>EGG</b> ; apples; glucose syrup; sweetened condensed skimmed <b>MILK</b> (skimmed <b>MILK</b> ; sugar); modified starch; stabilizer (E422; xanthan gum); sweet whey powder ( <b>MILK</b> ); water; raising agent (E450; E500); concentrated butter ( <b>MILK</b> ); starch ( <b>WHEAT</b> ); flavouring; salt; <b>WHEAT</b> gluten; skimmed <b>MILK</b> powder; cinnamon; <b>MILK</b> proteins; emulsifier (E471; <b>SOYBEAN</b> lecithins); acidity regulator (E331iii; tartaric acid); dried glucose syrup; gelling agent (pectins); flour treatment agent (ascorbic acid); preservative (E202).	112	1854	442	20	2.2	59	31	1.7	5	1.10
HAZELNUT MUFFIN	Flour ( <b>WHEAT</b> , malted <b>WHEAT</b> ), sugar, vegetable oils and fats (rapeseed, sunflower), <b>EGG</b> , <b>HAZELNUTS</b> , stabilizer (E422, xanthan gum), modified starch, sweet whey powder ( <b>MILK</b> ), cocoa butter, raising agent (E500, E450), low fat cocoa powder, whole <b>MILK</b> powder, starch ( <b>WHEAT</b> ), emulsifier (lecithins), natural flavour, flavouring, salt, <b>WHEAT</b> proteins, skimmed <b>MILK</b> powder, <b>MILK</b> proteins, flour treatment agent (ascorbic acid).	112	2164	517	27	2.8	62	32	2.1	6.2	1.00
<b>COOKIES / BISCUITS</b>	<b>INGREDIENTS</b>										
WHITE CHOCOLATE MEGA COOKIE	<b>WHEAT</b> flour (with calcium, niacin, iron, thiamin), white chocolate 19%(sugar, cocoa butter, whole <b>MILK</b> powder, emulsifier (E322 <b>SOYA</b> ), natural vanilla flavouring), sugar, demerara sugar (sugar, cane molasses),butter ( <b>MILK</b> ), vegetable oils (palm, rapeseed), whole <b>EGG</b> powder, raising agent (E500), salt, sweet whey powder ( <b>MILK</b> ).	100	2001	478	23	13	63	42	0.6	4.9	0.8
TRIPPLE CHOCOLATE COOKIE	<b>WHEAT</b> flour (with calcium, niacin, iron, thiamin), sugar, white chocolate 11% (sugar, cocoa butter, whole <b>MILK</b> powder, emulsifier (E322 <b>SOYA</b> ), natural vanilla flavouring), plain chocolate 11% (sugar, cocoa mass, cocoa butter, sweet whey powder ( <b>MILK</b> ), emulsifier (E322 <b>SOYA</b> ), natural vanilla flavouring), milk chocolate 11% (sugar, whole <b>MILK</b> powder,cocoa butter, cocoa mass, emulsifier (E322 <b>SOYA</b> ), natural vanilla flavouring), Butter ( <b>MILK</b> ), vegetable oils (palm, rapeseed), fat reduced cocoa powder 3%, invert sugar syrup, whole <b>EGG</b> powder, cane molasses, raising agents (E500, E450), skimmed <b>MILK</b> powder, salt, natural flavouring, emulsifier (E471), stabiliser (E415).	76	1523	364	18.24	10.64	44.08	29.64	1.75	4.11	0.44



SALMON & SPINACH BAGEL	Bagel 44.7% [Flour ( <b>WHEAT</b> , <b>WHEAT &amp; BARLEY</b> Malt, <b>SOYA</b> ), Water, Rapeseed Oil, Sugar, <b>GLUTEN</b> , Yeast, Salt, Emulsifier: <b>SOYA</b> Lecithin, Flour Treatment Agent: E300], Smoked Salmon 34.2% – <b>FISH</b> (Salmon 97%, Salt, Natural Flavour, Vinegar), Cream Cheese - <b>MILK</b> , Spinach 11.8%	190	2023	482	20	6	50	5.8	2.2	24	3.2
ALL DAY BREAKFAST ROLL	Bread 35.7% ( <b>WHEAT</b> Flour, Water, Salt, Yeast, Malted Flour - <b>WHEAT</b> ), <b>EGGS</b> , Sausage (Mechanically Recovered Chicken 21%, Chicken Skin, Chicken 9%, Water, Rusk ( <b>WHEAT</b> Flour, Calcium Carbonate, Salt), Seasoning (Salt, Fortified <b>WHEAT</b> Flour, Flavour Enhancer: E621), Dextrose, Stabiliser: E450, Anti-Oxidant: E300, Black Pepper, Hydrolysed <b>SOYA</b> Protein, Spice Extracts (Nutmeg, Black Pepper, Mace, Chilli), Herb Extract: Thyme, Filled In Beef Collagen Casing), Cream Cheese - <b>MILK</b> , Bacon (Pork Bacon 92%, Water, Salt, Antioxidant [E301], Preservatives [E252, E250(sodium nitrite)], Natural Smoke).	280	2527	603	29	11	56	3.2	3.1	27	3.6
MUSHROOM GRAIN QUARK ROLL	Quark Roll 46.2% ( <b>WHEAT</b> Flour, Water, Low Fat Curd Cheese - <b>MILK</b> , Linseed, Sunflower Seeds, <b>WHEAT</b> Bruised Grain, <b>SESAME SEEDS</b> , Salt, Yeast, Blue Poppy Seeds, <b>OAT</b> Flakes, <b>BARLEY</b> Malt Extract, Malted <b>WHEAT</b> Extract, Rapeseed Oil, Roasted <b>BARLEY</b> Malt), Mushrooms 18.9 %, Onions, Cream Cheese - <b>MILK</b> , Cheddar Cheese – <b>MILK</b> , Salt, Sunflower Oil, Pepper.	300	2395	572	25	13	57	3.1	9.7	26	3
<b>SANDWICHES/PANINI</b>	<b>INGREDIENTS</b>										
HAM & CHEESE MELT	Bread 42.9% [ <b>WHEAT</b> Flour, Water, Yeast, Inactive <b>WHEAT</b> Sourdough, Salt, <b>WHEAT GLUTEN</b> ], Arrosto Ham 14.3% [Pork Meat 76%, Water, Potato Starch, Dextrose, Salt, Spices, Smoky Flavour, Natural Flavours, Stabilizers: E450, E451, Antioxidant E301, Preservative: E250(sodium nitrite)], Cream Cheese 7.5% - <b>MILK</b> , Red Leicester 7.5% - <b>MILK</b> , Cheddar Cheese 7.5% – <b>MILK</b> , Smoked Cheddar Cheese 7.5% – <b>MILK</b> , Mozzarella 7.5% (Pasteurised Cow's <b>MILK</b> , <b>PALM</b> Oil 23%, Salt, Starter Culture, Microbial Rennet, Anti Caking Agent: Potato Starch).	280	3108	742	36	21	61	3.2	3.1	41	4
FIVE CHEESE MELT	Bread 50% [ <b>WHEAT</b> Flour, Water, Yeast, Inactive <b>WHEAT</b> Sourdough, Salt, <b>WHEAT GLUTEN</b> ], Cream Cheese 15% - <b>MILK</b> , Red Leicester 8.8 % - <b>MILK</b> , Cheddar Cheese 8.8% – <b>MILK</b> , Smoked Cheddar Cheese 8.8% – <b>MILK</b> , Mozzarella 8.8% (Pasteurised Cow's <b>MILK</b> , <b>PALM OIL</b> 23%, Salt, Starter Culture, Microbial Rennet, Anti Caking Agent: Potato Starch).	240	2851	681	32	20	60	2.9	3.1	36	3
HAM & CHEESE PANINI	Ciabatta 53.8% ( <b>WHEAT</b> Flour, Water, Salt, Yeast, <b>WHEAT GLUTEN</b> , Extra Virgin Olive Oil, Deactivated Yeast, Malted <b>WHEAT</b> Flour), Arrosto Ham 23.1% [Pork Meat 76%, Water, Potato Starch, Dextrose, Salt, Spices, Smoky Flavour, Natural Flavours, Stabilizers: E450, E451, Antioxidant E301, Preservative: E250], Mayonnaise Light (Water, Refined Sunflower Oil, Thickener: Modified Corn Starch, Sugar, Salt, Emulsifier: Modified Corn Starch, Acidity Regulator: Acetic Acid, Citric Acid, Stabilizer: Guar Gum, Xanthan Gum, Preservative: Potassium Sorbate, <b>MUSTARD</b> Flavour, Anti-Oxidant: E385. Natural Dye, Beta Carotene, Black Pepper Natural Flavour), Cream Cheese 5.8% - <b>MILK</b> , Cheddar Cheese 5.8% – <b>MILK</b> , Mozzarella 7.5% (Pasteurised Cow's <b>MILK</b> , Palm Oil 23%, Salt, Starter Culture, Microbial Rennet, Anti Caking Agent: Potato Starch), Mustard (Water, <b>MUSTARD</b> Seed 30%, Sea Salt, Preservative: Sodium Hydrogen <b>SULPHITE</b> ).	264	2588	617	24	8.8	73	3.2	3.9	25	4
RED LEICESTER WHITE SANDWICH	Red Leicester Mix 55.2% [Red Leicester Cheese 27.6% - <b>MILK</b> , Mayonnaise (Water, Sunflower Oil, Glucose & Fructose Syrup, <b>EGG</b> Yolk, Thickener Modified Corn Starch, Wine Vinegar - <b>SULFITES</b> , Salt, Stabilizer E415, Flavours, Preservative E202, E270, Antioxidant E385, Colour E160a), Onions], Sandwich Bread 44.8% ( <b>CASHEW NUT</b> Flour, Water, Yeast, Salt, Stabilizer E416, Non-Hydrogenated Sunflower Oil, Sugar, Sequestrant E575, Preservative E200, E282, Flour Treatment Agent Ascorbic Acid), Spring Onions.	145	1772	423	26	8.4	36	2.6	2.6	16	1.6
TOMATO MOZZARELLA CIABATA	Ciabatta 47.4% [ <b>WHEAT</b> Flour, Water, Salt, Yeast, <b>WHEAT GLUTEN</b> , Extra Virgin Olive Oil 0.29%, Deactivated Yeast, Malted <b>WHEAT</b> Flour], Tomatoes 20.3%, Pesto [Tomato Pulp, Sunflower Seed Oil, Rehydrated Sundried Tomatoes, Tomato Puree, <b>CASHEW</b> Nuts, Basil, Salt, Potato Flakes, Parmigiano Reggiano Cheese - <b>MILK</b> , Pecorino Romano Cheese - <b>MILK</b> , Hard Cheese - <b>MILK</b> , Garlic, Acidity Regulator: Lactic Acid], Mozzarella 15.2% - <b>MILK</b> , Basil	188	2562	610	23	7.7	75	5.5	5.3	23	3.5



CRANBERRY GRANOLA YOGHURT	Greek Yoghurt 60.5% (Fresh Cow's <b>MILK</b> , <b>MILK</b> Cream, <b>MILK</b> Proteins, Yoghurt Culture), Granola 18.6% [ <b>OAT</b> Flakes 45%, Sunflower Oil, Cereal Crisps (Graham <b>WHEAT</b> Flour, Corn Grit, Sugar), Graham <b>WHEAT</b> Flour, Sunflower Seeds, Linseeds, Corn Grit, Honey], Cranberry Sauce 14% [Cranberries 50%, Sugar, Water, Thickener: Modified Maize Starch, Acidity Regulator: Citric Acid, Anti-Oxidant: Ascorbic Acid, Preservative: Potassium Sorbate, Colour: Beetroot Powder], Cranberry Dried 4.7%, Coconut Flakes.	215	1911	457	24	13	47	33	4.5	12	0.17
---------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-----	------	-----	----	----	----	----	-----	----	------