

* Eating Out ...

Here you'll find links to nutrition and allergen guides for the main cafes, fast food outlets, restaurants, pubs and cinemas. Click the links to access their information:

(Make sure you choose the per portion figure rather than the 100g)

Cafes:

Cafe Nero
Nutrition & Allergen Guide

Costa
Nutrition & Allergen Guide

Krispy Kreme
Nutrition & Allergen Guide

Starbucks
Food
Drinks

Tim Hortons
Nutrition & Allergen Guide on Menu

Pret A Manger
Allergen Guide

Greggs
Allergen Guide
Nutrition Info

Fast Food & Restaurants

Burger King
Nutrition Guide

McDonalds
Nutrition Calculator

Subway
Nutrition Menu

KFC
Nutrition & Allergen Guide

Gourmet Burger
Nutrition Guide

Nandos
Menu & Nutrition Guide

Pizza Express
Menu & Nutrition Guide

Pappa John's
Nutrition Guide

Prezzo
Main menu nutrition
Kids menu nutrition

Leon
Nutrition & Allergen Guide

Five Guys
Nutrition Guide
Allergen Guide

Yo! Sushi
Main menu nutrition

Taco Bell
Nutrition & Allergen Guide

Dominos
Nutrition & Allergen Guide

Pizza Hut
Dietary Information Booklet

Wagamama
Nutrition & Allergen Guide

Pubs:

Beefeater
Nutrition & Allergen
Guide

Harvester
Nutrition & Allergen
Guide

Hungry Horse
Nutrition Guide

JD Wetherspoon
Nutrition & Allergen
Guide

Slug & Lettuce
Nutrition & Allergen
Guide

Toby Carvery
Nutrition & Allergen
Guide

Stonehouse
Nutrition & Allergen
Guide

Cinemas:

Cineworld
Nutrition Guide
(under customer
information)

Odeon
Nutrition Guide

Vue
Nutrition Guide

*** This is a compilation of nutrition and allergen guides and DigiBete has no influence over their contents. These guides will be updated periodically and were last updated July 2024.**