

* 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
[Panini/Sandwiches](#)
[Deli Menu](#)
[Coffee](#)
[Cold Drinks](#)
[Snacks](#)

Costa
[Nutrition & Allergen Guide](#)

Krispy Kreme
[Nutrition & Allergen Guide](#)

M&S Cafe
[Nutrition Information](#)

Pret A Manger
[Nutrition Information](#)

Starbucks
[Food](#)
[Drinks](#)

Tim Hortons
[Nutrition & Allergen Guide](#)

Greggs
[Allergen Guide](#)
[Nutrition info](#)

Fast Food & Restaurants

Burger King
[Menu & 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
[Menu & Nutrition Guide](#)

Five Guys
[Nutrition & Allergen Guide](#)

Yo! Sushi
[Main menu nutrition](#)

Taco Bell
[Nutrition & Allergen Guide](#)

Dominos
[Main menu nutrition](#)
[Sides & Desserts](#)

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

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 2023.**