

Greggs Menu Prices 2026

Every Greggs item we hold, in the chain's own menu sections, with the price and the calories beside it. Prices are set branch by branch, so treat these as the figure to expect rather than a guarantee.

139 items

100 priced

139 with calories

0–4039 kcal

136 with an allergen list

Breakfast

ITEM	PRICE	CALORIES	ALLERGENS
All Butter Croissant Blissfully fluffy. Moreishly buttery. Fabulously flakey.	£1.75*	292 kcal	3
Apple & Cinnamon Flavour Porridge (Ready to eat) We've made this classic breakfast even more delicious, sprinkled with pieces of dried apple and ground...	£2.00*	232 kcal	2
Bacon and Cheese Wrap Delicious bacon and tangy Cheddar cheese wrapped in our famous flakey pastry.	varies by branch	358 kcal	2
Bacon and Omelette Breakfast Baguette Unsmoked Bacon rashers with Cheddar cheese omelette, stuffed into a crusty white baguette, freshly baked in...	£4.50*	504 kcal	3
Bacon and Omelette Breakfast Roll Wonderfully oven cooked unsmoked bacon with Cheddar cheese omelette, sandwiched between a soft corn topped...	£2.60*	363 kcal	4
Bacon and Sausage Breakfast Baguette Perfectly crispy bacon rashers and oven cooked pork suasages stuffed into a crusty white baguette. Freshly...	£4.50*	550 kcal	2
Bacon and Sausage Breakfast Roll A combo of sausage, bacon rashers and a pillow-soft corn topped roll. Breakfast IS the most important meal of...	£2.60*	405 kcal	3
Bacon Breakfast Baguette Rashers of succulent bacon packed in a crusty baguette, which are baked fresh in our shops every single day...	£3.20*	462 kcal	1
Bacon Breakfast Roll No frills. No fuss. Just three rashers of deliciously oven baked unsmoked bacon, in a pillow-soft...	£2.40*	321 kcal	2
Golden Syrup Flavour Porridge (Ready to eat) We've made this classic breakfast even more delicious, with a generous helping of golden syrup flavour. Oh...	£2.00*	249 kcal	2
Hash Brown (2 pack) Made from shredded potatoes, lovingly seasoned and perfectly fried, then baked in store until crisp and...	£1.85*	154 kcal	none listed

ITEM	PRICE	CALORIES	ALLERGENS
Omelette Breakfast Baguette Cheddar cheese omelette sandwiched between a freshly baked crusty baguette. Egg-cellent. Our baguette...	£3.20*	441 kcal	3
Omelette Breakfast Roll A cheesy omelette, packed into a pillow-soft, white breakfast roll, and lathered with an optional dollop of...	£2.40*	352 kcal	4
Pain au Chocolat Deliciously soft, our deliciously decadent Pain au Chocolat is great for snacking on the go.	£1.85*	299 kcal	3
Sausage and Omelette Breakfast Baguette Oven cooked pork sausages with Cheddar cheese omelette, sandwiched between a freshly baked crusty baguette...	£4.50*	557 kcal	4
Sausage and Omelette Breakfast Roll Sizzling pork sausages and Cheddar cheese omelette, sandwiched softly into a white corn topped roll.	£2.60*	395 kcal	5
Sausage Breakfast Baguette A freshly baked, crusty baguette, stuffed with delicious pork sausages. Breakfast-y bliss is coming your way...	£3.20*	543 kcal	2
Sausage Breakfast Roll Oven cooked sausages in a pillow-soft corn top breakfast roll, with an optional dollop of Heinz Ketchup or HP...	£2.40*	377 kcal	3
Simply Creamy Porridge (Ready to eat) This classic gluten-free porridge pot is a tasty way to fuel up on your way from A to B.	£2.00*	249 kcal	2

Savouries & Bakes

ITEM	PRICE	CALORIES	ALLERGENS
Buffalo Chicken Pizza Focaccia style pizza made with our classic focaccia base, topped with cheese and pizza sauce, then finished...	varies by branch	673 kcal	5
Cheese & Onion Bake Cheese heaven. A blend of Cheddar cheese and soft cream cheese with diced onions, enclosed in golden puff...	£2.10*	436 kcal	3
Chicken Bake Succulent chicken breast pieces in a creamy white sauce with soft cheese, all wrapped up in layers of golden...	£2.30*	426 kcal	2
Chicken Roll Seasoned chicken wrapped in layers of crisp, golden, glazed puff pastry. There's a new chick in town.	£1.70*	305 kcal	3
Margherita Pizza A focaccia style pizza base topped with our tasty pizza sauce and a blend of cheeses. You're going to want a...	varies by branch	586 kcal	3
Sausage Roll The Nation's favourite Sausage Roll, made from seasoned sausage meat and wrapped in layers of crisp, golden...	£1.45*	347 kcal	3

ITEM	PRICE	CALORIES	ALLERGENS
Sausage, Bean & Cheese Melt That feel-good childhood favourite (in a bake). Baked beans, mini sausage meatballs and melted cheese, in a...	£2.30*	456 kcal	3
Spicy Chicken Pizza Focaccia style pizza topped with succulent spicy chicken breast, sliced red onions and jalapenos. A fiery and...	varies by branch	687 kcal	3
Steak & Stilton Bake Diced beef cooked in a rich gravy, Blue Stilton cheese and grilled onions, enclosed in our flakey glazed puff...	£3.15*	465 kcal	2
Steak Bake Packed with diced cuts of prime beef in a rich and tasty gravy, this golden puff pastry parcel has been a...	£2.30*	411 kcal	2
Vegan Roll Pork-Free Greggs' most hotly-debated Vegan Roll Pork-Free. Seasoned Quorn with Mycoprotein filling wrapped in puff...	varies by branch	308 kcal	1

Drinks & Snacks

ITEM	PRICE	CALORIES	ALLERGENS
Caramel Crispy Bar Gluten free crisped rice coated in chocolate, topped with a layer of caramel and milk chocolate and finished...	£1.85*	242 kcal	2
Espresso Short, strong and full of beans. If you're after a no-nonsense, does what it says on the tin coffee boost...	varies by branch	12 kcal	none listed
Fairtrade Apple Juice Fairtrade Apple Juice made from concentrate. So classically refreshing that it doesn't need the big sell.	£2.45*	69 kcal	none listed
Flat White Double espresso, topped with steamed and lightly frothed milk. It's strong and served short, just how it's...	£1.90*	71 kcal	1
Free Range Egg Pot Two ready-to-eat free range hard boiled eggs. Pre-gym? Sorted. Post-gym? Even better.	£2.00*	127 kcal	1
Fruity Flapjack Flapjack with raisins, sultanas, pumpkin seeds and sunflower seeds. Whether you pair it with tea, coffee or a...	£1.85*	253 kcal	2
Large Americano A freshly ground Fairtrade espresso topped with hot water. Smooth, strong and full of beans.	£1.60*	11 kcal	none listed
Large Cappuccino Freshly ground coffee, a generous helping of foam on top and dusted with chocolate powder. Because coffee is...	£1.90*	114 kcal	1
Large Caramel Latte Freshly ground Fairtrade coffee, semi-skimmed milk and caramel flavour syrup with sugar and sweetener and a...	£3.40*	225 kcal	1

ITEM	PRICE	CALORIES	ALLERGENS
Large Hot Chocolate Hot chocolate made with fat reduced Fairtrade cocoa powder. This cup of magic is a favourite for every time...	£1.90*	290 kcal	1
Large Latte A freshly ground double shot of Fairtrade Espresso topped with steamed milk. This little cup of pick-me-up is...	£1.90*	133 kcal	1
Large Mocha Freshly ground espresso, steamed milk and cocoa. It's coffee and hot chocolate. Together. Genius.	£2.10*	300 kcal	1
Large Pumpkin Spice Latte with Salted Caramel Drizzle (New Recipe) Freshly ground Fairtrade coffee, semi-skimmed milk and pumpkin spice flavour syrup with sugar and sweetener...	£3.40*	232 kcal	1
Large Tea Fairtrade English Breakfast Tea. It's everyone's go-to drink, whatever the mood. And who can blame them?	£1.50*	12 kcal	—
Large Vanilla Latte Freshly ground Fairtrade coffee, semi-skimmed milk and vanilla flavour syrup with sugar and sweetener and a...	£3.40*	225 kcal	1
Large White Coffee Freshly ground Fairtrade coffee and semi-skimmed milk. A simple, quality coffee that tastes absolutely...	£2.20*	45 kcal	1
Mature Cheddar Cheese & Onion Crisps Mature cheddar & onion flavour hand cooked crisps. It's rumoured to be the nation's favourite crisp flavour...	£1.55*	198 kcal	1
Regular Americano A freshly ground Fairtrade espresso topped with hot water. Smooth, strong and full of beans.	£1.60*	9 kcal	none listed
Regular Cappuccino Freshly ground coffee, a generous helping of foam on top and dusted with chocolate powder. Because coffee is...	£1.90*	94 kcal	1
Regular Caramel Latte Freshly ground Fairtrade coffee, semi-skimmed milk and caramel flavour syrup with sugar and sweetener and a...	£3.40*	204 kcal	1
Regular Green Tea A classic Green Tea made with Fairtrade tea leaves. Our Green Tea is the perfect drink to warm you up...	varies by branch	0 kcal	none listed
Regular Hot Chocolate Hot chocolate made with fat reduced Fairtrade cocoa powder. This cup of magic is a favourite for every time...	£1.90*	219 kcal	1
Regular Latte A freshly ground double shot of Fairtrade espresso topped with steamed milk. This little cup of pick-me-up is...	£1.90*	114 kcal	1
Regular Mocha Freshly ground espresso, steamed milk and cocoa. It's coffee and hot chocolate. Together. Genius.	£2.10*	233 kcal	1

ITEM	PRICE	CALORIES	ALLERGENS
Regular Peppermint Tea A classic Peppermint Tea made with Fairtrade tea leaves. If herbal tea is your thing, this tasty tippie will...	varies by branch	0 kcal	none listed
Regular Pumpkin Spice Latte with Salted Caramel Drizzle(New Recipe) Freshly ground Fairtrade coffee, semi-skimmed milk and pumpkin spice flavour syrup with sugar and sweetener...	£3.40*	214 kcal	1
Regular Tea Fairtrade English Breakfast Tea. It's everyone's go-to drink, whatever the mood. And who can blame them?	£1.50*	9 kcal	—
Regular Vanilla Latte Freshly ground Fairtrade coffee, semi-skimmed milk and vanilla flavour syrup with sugar and sweetener and a...	£3.40*	204 kcal	1
Regular White Coffee Freshly ground Fairtrade coffee and semi-skimmed milk. A simple, quality coffee that tastes absolutely...	£2.20*	34 kcal	1
Sea Salt & Cider Vinegar Crisps Sea salt and cider vinegar flavour hand cooked crisps. Whether they accompany your lunch or are a snack on...	£1.55*	198 kcal	none listed
Small Orange Juice Fairtrade Orange Juice made from concentrate. Perfect for breakfast (or any meal, come to think of it).	£2.45*	69 kcal	none listed
Small Still Water Brecon Carreg Still Natural Mineral Water.	£1.65*	0 kcal	—
Sparkling Raspberry Lemonade Refreshing on a hot day, and just as tasty on a cold one; a lemon and raspberry flavoured soft drink with...	£2.15*	10 kcal	none listed
Thai Sweet Chilli Crisps Thai Sweet Chilli flavour hand cooked crisps. It'll be a matter of nano seconds until that packet is empty.	£1.55*	199 kcal	none listed

Sandwiches & Salads

ITEM	PRICE	CALORIES	ALLERGENS
BBQ Chicken & Bacon Pasta Cooked pasta in a yoghurt and herb dressing and mayonnaise with sweetcorn and tomatoes, topped with smoked...	£4.40*	487 kcal	5
Free Range Egg Mayo Sandwich Free range egg mayonnaise and sliced egg in sliced bread. Egg-cellent, if we do say so ourselves.	varies by branch	358 kcal	4
Ham and Cheese Baguette You can't beat a classic! Ham and cheese stuffed into a crusty baguette. Perfect with a bag of crisps.	£4.50*	482 kcal	2
Honey Roast Ham and Egg Salad Roll Honey roast ham, free range egg, tomato, cucumber and mixed salad leaves. Packed into a white & wholemeal...	£4.15*	333 kcal	4

ITEM	PRICE	CALORIES	ALLERGENS
Mature Cheddar Cheese Ploughmans Oval Bite Sliced Mature Cheddar Cheese with Sandwich Pickle, Fresh Salad Leaves, slices of Tomato, slices of Cucumber...	£4.40*	456 kcal	3
Mature Cheddar Cheese Salad Baguette A wonderfully cheesy number... Mature Cheddar and salad, served in a crusty baguette. Freshly prepared every...	varies by branch	441 kcal	2
Mexican Chicken Baguette Spicy chicken breast, Cheddar cheese with chilli, sliced red onion, fiery jalapeños and a dollop of chipotle...	£4.50*	492 kcal	3
Mexican Chicken Flatbread Spicy chicken, chipotle chilli sauce, fresh salad leaves, mixed peppers and spicy mayonnaise in a soft folded...	£4.40*	374 kcal	2
Mexican Chicken Oval Bite Slices of Mexican style chicken breast, chipotle chilli sauce, spicy mayo and mixed leaves in a seeded roll...	£4.40*	462 kcal	3
Prawn Layered Pasta Salad Cooked pasta in a Marie Rose sauce and vinaigrette dressing mixed with tomatoes and cucumber, layered with...	£4.40*	339 kcal	4
Roast Chicken & Honey Mustard Mayo Oval Bite Succulent slices of sliced roast chicken breast topped with tomato, cucumber, mixed leaf salad and honey...	varies by branch	411 kcal	4
Roast Chicken and Bacon Club Baguette Chicken breast in mayonnaise, bacon and tomato with mixed salad leaves in a crusty baguette. Spoiler alert...	£4.50*	457 kcal	3
Roast Chicken Mayonnaise Baguette Handmade with roast chicken breast in mayonnaise with fresh salad leaves. No secret blends of spice, no...	varies by branch	458 kcal	3
Roast Chicken Salad Roll Roast chicken breast in seasoned mayonnaise, tomato, sliced cucumber and fresh salad leaves packed into a...	£4.15*	357 kcal	4
Roast Chicken Salad Sandwich Roast chicken breast in seasoned mayonnaise, tomato, cucumber and mixed leaf salad – wedged between slices of...	varies by branch	349 kcal	4
Tandoori Chicken Baguette Treat yourself to a baguette that's big on flavour with our Tandoori Chicken Baguette. Roast chicken breast...	£4.40*	459 kcal	3
Tandoori Chicken Sandwich Roast chicken breast in tandoori style mayonnaise and fresh salad leaves lovingly packed into our soft malted...	£3.00*	350 kcal	4
Tomato & Mozzarella Pasta Cooked pasta in a mayonnaise, yoghurt and herb dressing with red pesto, tomato and herb dressing, tomatoes...	£4.40*	522 kcal	4
Tuna Crunch Baguette Made from a delectable combination of tuna in mayonnaise, red pepper relish and tangy red onion; this...	£4.50*	413 kcal	4

ITEM	PRICE	CALORIES	ALLERGENS
Tuna Crunch Roll Tuna in red pepper relish and mayonnaise, with tangy red onion and fresh salad leaves in a soft white and...	£4.15*	318 kcal	5
Tuna Mayonnaise & Cucumber Sandwich Made in tasty malted brown bread with tuna and mayonnaise. We add cucumber for a taste of crunchy freshness...	£3.00*	333 kcal	5

Sweet Treats

ITEM	PRICE	CALORIES	ALLERGENS
Apple & Strawberry Fruit Pot Apples and strawberries in a nifty pot for you to enjoy wherever you please.	£1.70*	43 kcal	none listed
Belgian Bun A soft fruit bun, lemon flavoured pieces, wonderfully soaked sultanas, tangy apricot jam, topped with fondant...	£1.75*	374 kcal	3
Bonfire Toffee Muffin A toffee flavour muffin with toffee pieces and a burnt toffee flavoured filling, topped with a chocolate and...	£2.00*	363 kcal	3
Caramel Custard Doughnut Flavour-filled doughnut with custard style filling, topped with a sweet caramel flavour fondant. A taste...	£1.70*	283 kcal	3
Caramel Shortbread (4 pack) Four delightfully crumbly Shortbreads topped with caramel and milk chocolate.	£1.10*	288 kcal	3
Chocolate Brownie Bar Chocolate brownie with dark chocolate, milk chocolate and white chocolate. Go on – get yourself a little...	£1.85*	215 kcal	4
Cream Éclair A pillowy-soft choux pasty filled with delicious cream and topped with dark chocolate flavour icing. This...	varies by branch	322 kcal	4
Fat Free Greek Style Yoghurt with Strawberry Compote Rich and thick Greek style yoghurt layered on top of a fruity strawberry compote.	£1.95*	114 kcal	1
Gingerbread Man A human shaped crunchy gingerbread biscuit decorated with chocolate sweets.	varies by branch	176 kcal	3
Glazed Ring Doughnut A delicious ring doughnut covered in a sugar glaze. Our classic Glazed Ring Doughnut is vegan friendly, so it...	£2.20*	204 kcal	2
Jam Doughnut The OG Doughnut. Topped with a sugar coating, and filled with apple and raspberry jam.	£3.40*	236 kcal	2
Jammy Heart Biscuit A crumbly shortbread biscuit filled with delicious raspberry jam. 5p from every biscuit goes to the Greggs...	varies by branch	271 kcal	2

ITEM	PRICE	CALORIES	ALLERGENS
Milk Chocolate Cookie Wonderfully Soft and crumbly cookie, with milk chocolate chunks. Perfect with a cuppa.	£1.65*	343 kcal	4
Novelty Bun Vanilla flavour fairy bun with fondant icing, sprinkles and sugar paste plaque.	£1.40*	196 kcal	3
Pineapple Fruit Pot Pieces of pineapple in a nifty pot for you to enjoy wherever you please. Packed with flavour that fits in the...	£1.70*	55 kcal	none listed
Pink Jammie Doughnut Fancy a bit of an extra special twist to your Jam Doughnut. Filled with apple and raspberry jam and topped...	£1.10*	309 kcal	3
Pumpkin Spice Doughnut A doughnut with a pumpkin spice flavour filling, topped with icing and a sugar pearl decoration. Move over...	£1.85*	310 kcal	3
Star Biscuit Made from crunchy biscuit, coated in milk chocolate and decorated with sugar sprinkles. Perfect on its own...	£1.75*	185 kcal	4
Sugar Strand Doughnut A ring doughnut coated with perfectly pink fondant, and coloured sugar sprinkles. The prettiest doughnut of...	£1.60*	224 kcal	2
Triple Chocolate Cookie A delicious chocolate flavour cookie made from smooth Fairtrade dark chocolate* and packed with...	£1.65*	333 kcal	4
Triple Chocolate Doughnut Packed full of delicious chocolatey flavours like our white and dark chocolate curls, dark chocolate flavour...	£1.70*	325 kcal	3
Triple Chocolate Muffin With chunks of moreish chocolate, this decadent chocolate muffin has a rich centre of smooth chocolate...	£1.90*	467 kcal	4
Vanilla Custard Cream Doughnut A ring doughnut with a custard-style filling with vanilla flavour, topped with white chocolate flavour icing...	£1.70*	243 kcal	3
White Chocolate Cookie Wonderfully Soft and crumbly cookie, with white chocolate chunks. Perfect with a cuppa.	£1.65*	343 kcal	4

Hot Food

ITEM	PRICE	CALORIES	ALLERGENS
2 Slice BBQ Chicken & Bacon Pizza Box (New Recipe) Two slices of pizza made with our classic focaccia style base, topped with cheese and pizza sauce, then...	varies by branch	1331 kcal	3
2 Slice Buffalo Chicken Pizza Box Two slices of Focaccia style pizza made with our classic focaccia base, topped with cheese and pizza sauce...	varies by branch	1346 kcal	5

ITEM	PRICE	CALORIES	ALLERGENS
2 Slice Margherita Pizza Box Two slices of pizza topped with a blend of cheeses and the sauciest pizza sauce. For when one slice just...	varies by branch	1075 kcal	3
2 Slice Pepperoni Pizza Box Two slices of pizza made with our classic focaccia style base, topped with cheese and pizza sauce, then...	varies by branch	1280 kcal	3
2 Slice Spicy Chicken Pizza Box Two slices of pizza made with our classic focaccia style base, topped with cheese and pizza sauce, then...	varies by branch	1213 kcal	3
2 Slice Veggie Feast Pizza Box Two slices of pizza made with our classic focaccia style base, topped with pizza sauce and cheese, sliced...	varies by branch	1228 kcal	3
4 Slice BBQ Chicken & Bacon Pizza Box (New Recipe) Four slices of pizza made with our classic focaccia style base, topped with cheese and tomato, then finished...	varies by branch	2663 kcal	3
4 Slice Margherita Pizza Box Four slices of focaccia style pizza topped with a blend of cheeses and the sauciest pizza sauce. Our rumbling...	varies by branch	2150 kcal	3
4 Slice Pepperoni Pizza Box Four slices of focaccia style pizza made with our classic focaccia base, topped with cheese and tomato, then...	varies by branch	2559 kcal	3
4 Slice Spicy Chicken Pizza Box Four slices of focaccia style pizza made with our classic focaccia base, topped with cheese and tomato, then...	varies by branch	2426 kcal	3
4 Slice Veggie Feast Pizza Box Four slices of pizza made with our classic focaccia style base, topped with pizza sauce and cheese, sliced...	varies by branch	2456 kcal	3
6 Slice BBQ Chicken & Bacon Pizza Box (New Recipe) Six slices of pizza made with our classic focaccia style base, topped with cheese and tomato, then finished...	varies by branch	3995 kcal	3
6 Slice Buffalo Chicken Pizza Box Six slices of Focaccia style pizza made with our classic focaccia base, topped with cheese and pizza sauce...	varies by branch	4039 kcal	5
6 Slice Margherita Pizza Box Six slices of focaccia style pizza topped with a blend of cheeses and the sauciest pizza sauce. Our rumbling...	varies by branch	3514 kcal	3
6 Slice Pepperoni Pizza Box Six slices of pizza made with our classic focaccia style base, topped with cheese and tomato, then finished...	varies by branch	3839 kcal	3
6 Slice Spicy Chicken Pizza Box Not for the faint of tastebuds. This spicy number is tongue-tingling and mouth-watering. A fiery and...	varies by branch	3639 kcal	3
6 Slice Veggie Feast Pizza Box Six slices of pizza made with our classic focaccia style base, topped with pizza sauce and cheese, sliced...	varies by branch	3685 kcal	3

ITEM	PRICE	CALORIES	ALLERGENS
Buffalo Chicken Baguette Buffalo style chicken mayonnaise, Mature Cheddar cheese and red onion, packed into a freshly baked baguette...	£5.00*	506 kcal	4
Cheese & Caramelised Onion Toastie Caramelised onion chutney, sliced mature Cheddar cheese and red onion sandwiched between white bread made...	£4.65*	548 kcal	3
Chicken & Pepperoni Pizza Toastie Chicken in a pizza style sauce, Mature Cheddar cheese and pepperoni sandwiched between white bread made with...	£4.65*	572 kcal	3
Ham & Cheese Toastie Honey roast ham and mature Cheddar cheese sandwiched between white bread with sourdough, topped with béchamel...	£4.65*	543 kcal	3
Hot Chocolate Brownies 8 pieces of chocolate brownie made with dark, milk and white chocolate chunks. Serves four of your sweetest...	varies by branch	758 kcal	4
Hot Ham and Cheese Baguette You can't beat a classic! Ham and cheese stuffed into a crusty baguette, and toasted. Pair with wedges, and...	£5.00*	484 kcal	2
Hot Mexican Chicken Baguette Here's a sandwich that's bursting with flavour and just enough kick to have you eyeing up your pal's iced...	£5.00*	495 kcal	3
Hot Southern Fried Chicken Baguette Southern fried style coated chicken strips, sliced mature Cheddar cheese, sliced red onion and chipotle...	£5.00*	557 kcal	2
Mozzarella & Cheddar Bites Made with soft, warm Cheddar cheese, covered in a crispy breaded crumb, and served in a handy little box- our...	varies by branch	322 kcal	1
Southern Fried Chicken Goujons Tender chicken breast goujons coated in lightly spiced southern fried style coating. Pair with our wedges and...	varies by branch	400 kcal	1
Southern Fried Potato Wedges (New Recipe) Our wedges are coated in a southern fried style seasoning.	varies by branch	279 kcal	1
Spicy BBQ Chicken Bites Crunchy, bite-sized Spicy BBQ flavour chicken breast pieces. Includes a free Heinz sauce pot. Small but...	varies by branch	286 kcal	1
Tomato Soup Delicious tomato soup made for warming up your hands and stomach on a cold winters day.	varies by branch	195 kcal	1

Where these figures come from. Prices: third-party: menuspot (71); third-party: menupricesuk (16); third-party: menupricesuk,menuspot (13).

Allergens: Greggs Allergen Guide, version 12 (3 September 2026) (136). The allergen column counts the regulated allergens the chain declares for that item. The item's own page names them.

* marks a price taken from a dated third-party listing rather than the chain itself. A shared kitchen means cross-contact is always possible, so ask staff in the restaurant if an allergy is severe.

Compiled September 2026 by ukmenuprices.co.uk. The live page for this chain is ukmenuprices.co.uk/greggs-menu-prices.