



# LOWEST CALORIE OPTIONS

These are the lowest calorie 'most commonly' chosen options, lower calorie options exist such as yogurts, fruit etc. For full nutritional breakdown (fats, protein, carbs etc) visit: <https://www.greggs.co.uk/nutrition>



**Simply Creamy Porridge**  
**210kcal**



**Bacon Breakfast Roll**  
**330kcal**



**Tomato Soup**  
**216kcal**



**Honey Roast Ham & Egg Salad Roll**  
**329kcal**



**Tuna Mayonnaise & Cucumber Sandwich**  
**351kcal**



**Tuna Crunch Pasta**  
**355kcal**



**Vegan Sausage Roll**  
**312kcal**



**Sausage Roll**  
**328kcal**



**Bacon & Cheese Wrap**  
**385kcal**



**Fruit Medley**  
**82kcal**



**Gingerbread Man**  
**173kcal**



**Glazed Ring Doughnut**  
**195kcal**