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## Marks and spencer cafe menu nutritional information



M&S has introduced epic new mac and cheese toasties to its food menu but shoppers are divided over the indulgent filling. The beloved British supermarket, which has been spoiling shoppers with its new click and collect experience, has dropped a mouth-watering dish on its cafe menu that you'll want to add to your list of toasted sandwich recipes. Well, that's us told, on your marks, get set...GO! Marks and Spencer Cafe, 1 small cupCalories: 75 •Carbs: 6g •Fat: 0g •Protein: 4gMarks and Spencer Cafe, 1 toastedCalories: 340 •Carbs: 58g •Fat: 8g •Protein: 10gMarks and Spencer Cafe, 1 sliceCalories: 385 •Carbs: 40g •Fat: 22g •Protein: 6gMarks and Spencer Cafe, 1 large cupCalories: 100 •Carbs: 10g •Fat: 4g •Protein: 7gMarks and Spencer Cafe, 1 medium cupCalories: 100 •Carbs: 0g •Fat: 0g •Protein: 0gMarks and Spencer Cafe, 1 sconeCalories: 329 •Carbs: 42g •Fat: 15g •Protein: 7gMarks and Spencer Cafe, 1 GlassCalories: 470 •Carbs: 63g •Fat: 18g •Protein: 14gMarks and Spencer Cafe, 1 shotCalories: 20 •Carbs: 5g •Fat: 0g •Protein: 0gMarks and Spencer, 179 gCalories: 780 •Carbs: 80g •Fat: 46g •Protein: 8gMarks and Spencer Cafe, 1 pizzaCalories: 260 •Carbs: 31g •Fat: 10g •Protein: 10g font loading for Top nav Using our site means you agree to the use of cookies and similar technologies. One shopper asked, 'How many calories please?' to which M&S spokesperson replied, 'There's 637 calories per pack! And another shopper added, 'Way too high. Please can we have more healthy eating items on the menu? We earn a commission for products purchased through some links in this article. They wrote, 'This time M&S it's too much! I love your mac n cheese but that's like hungover student food.' But a fan disagreed, and defended them to say, 'I do not agree M&S are returning to good old quality food.' The M&S mac and cheese toasties are available to order in the M&S Cafe now and carb-loving customers are being urged to hurry up and try it. Shouldn't you be encouraging lower calorie eating, especially after lockdown, when many people gained weight? And another agreed, 'Sorry, but that looks like a carb overload 😞' View this post on Instagram A post shared by M&S (@marksandspencer) Another unsure shopper likened it to 'student food'. Read about our policy and how to disable them here. In the M&S Café now – don't walk, RUN,' M&S penned on Instagram. M&S has a Passion Fruit Cake on its new café menu (Image: Marks and Spencer)Although lockdown rules have eased, one of M&S's priorities is to keep its customers safe.Coronavirus safety measures still apply, such as following social distance guidelines and wearing a mandatory face mask when not at a table.Tables are cleaned and sanitised after each use and spaced at least one metre apart.Additionally, only a maximum of six people are allowed on each table and customers must sanitise their hands before entering a café. M&S reopened its cafés this week with new and upgraded food items (Image: Marks and Spencer)To celebrate the reopenings, M&S has introduced 12 new lines to its food menu, as well as updated 14 of its products.Over the past few months, M&S said that its food and beverage team has had the time to look at its menu ingredients closely and perfected each dish.One of the products to be upgraded is the Oak Smoked British Bacon Ciabatta, which now includes six oak and beechwood smoked streaky bacon rashers sandwiched in a new ciabatta roll.This item costs £3.95 and was already a customer favourite pre-lockdown, according to M&S.DON'T MISS:McDonald's customer 'always get fresh chips' with ordering hack [COMMENT]Tesco recalls vegetable dumplings also sold in Morrisons [WARNING]Waitrose offers: Save £5 off groceries with code - plus get 25% off [INSIGHT]Other new food items include Frittatas that come in two different flavours – the Portobello Mushroom & Feta and the Chorizo, Red Pepper & Spinach.New salads have also been introduced to the menu, including the Roast British Chicken & Santini Tomato Salad and the Butternut Humous & Supergrain Salad.As for dessert, M&S is offering a new Passion Fruit Cake, as well as a Salted Caramel Tiffin Bar and a Vegan Chocolate Cookie.The retailer also has a children's meal deal, costing only £3.95 for a main meal, drink, a piece of fruit, and a snack. "ORDCONF":{ "mobileSiteStripe": false, "mobileSearchExposed": false }, "Login":{ "mobileSiteStripe": false, "mobileSearchExposed": false }, "Basket":{ "mobileSiteStripe": false, "mobileSearchExposed": false }, "AgeVerify":{ "mobileSiteStripe": false, "mobileSearchExposed": false }, "PDP":{ "mobileSiteStripe": true, "mobileSearchExposed": true }, DLP\_NONFEAR Marks and Spencer Cafe, 1 small cupCalories: 75 •Carbs: 6g •Fat: 0g •Protein: 4gMarks & Spencer Cafe, 1 sconeCalories: 304 •Carbs: 44g •Fat: 11g •Protein: 6gMarks&spencer Cafe, 1 CupCalories: 98 •Carbs: 9g •Fat: 4g •Protein: 7gMarks & Spencer Cafe, 10 flozCalories: 55 •Carbs: 6g •Fat: 2g •Protein: 4gMarks & Spencer, 1 sandwichCalories: 640 •Carbs: 0g •Fat: 0g •Protein: 0gMarks and Spencer Cafe, 1 toastedCalories: 340 •Carbs: 58g •Fat: 8g •Protein: 10gMarks and Spencer Cafe, 1 medium cupCalories: 100 •Carbs: 0g •Fat: 0g •Protein: 0gMarks and Spencer Cafe, 1 sliceCalories: 385 •Carbs: 40g •Fat: 22g •Protein: 6g Marks and Spencer cafés offered takeaway options only until Monday, May 17, when more lockdown rules eased. 'We've only gone and made a mac and cheese toastie. While others are undecided on the concept, with one summing up the dilemma perfectly by writing, 'Can't decide whether I'm disgusted or planning a lunch trip right now.' Among shoppers concerns are about it being too 'unhealthy' to eat. Move over Colin the Caterpillar cake jars, it's all about these savoury snacks. M&S shared the news of its latest addition on social media by uploading an irresistible snap of the new toastie and captioned it, 'STOP SCROLLING! EPIC NEW TOASTIE ALERT!' @ Our cafés are serving up a cheesy storm with the new Mac & Cheese Toastie – CHEESE-LOUISIE @ ' It's been revealed the toastie is, 'A sourdough toastie packed with a combination of pasta tumbled in our iconic cheesy sauce (the same used in Our Best Ever Mac & Cheese) With the ultimate blend of cave aged Cheddar cheese for richness, Pecorino for bite, Emmental for nutty sweetness and stringy Mozzarella for a perfect ooze.' Many food lovers are in love with the idea of an M&S mac and cheese toastie, tagging friends they want to go eat it with. Now, customers can enjoy eating and drinking indoors in all M&S cafés in England, Scotland, and Wales.

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