



Spring FY25 NUTRITION INFORMATION
UPDATED 04.03.25

Product Name	Serving Size (g)	Energy (KJ)	Energy (Kcal)	Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Sugar (g)	Fibre (g)	Protein (g)	Salt (g)
Bakery										
Butter Croissant	58g	1046	250	13	9	28	4.4	1.1	4.8	0.57
Cinnamon Swirl	120g	1632	387	7.6	3.1	67	25	3.1	11	0.47
Luxury Fruit Bread	145g	2072	491	11	4.5	84	38	4.1	12	0.26
Fruit Scone	95g	1444	343	10	6.7	54	15	2.1	6.8	0.95
Almond Croissant	85g	1434	343	18	7	37	13	1.4	7	0.66
Chocolate Twist	84g	1229	294	13	8	38	15	1.9	5.4	0.7
Chocolate & Hazelnut Croissant	80g	1497	358	19	10	40	14	1.9	5.4	0.56
Muffins										
Triple Chocolate Muffin	107g	1801	431	23.4	5.3	50.6	34.5	2.8	5.1	0.41
Blueberry Muffin	110g	1544	373	17.5	1.9	50.2	27.7	1.3	5.3	0.94
Lemon Muffin	110g	1655	395	18.8	2.9	52.1	32.4	1.3	5.4	0.51
Plant-Based Chocolate & Caramel Muffin	108g	1874	448	22	5.1	55	31	1.6	6.6	0.34
Cookies										
Chocolate Chunk Cookie	76g	1417	338	15	9	45	25	2	4.4	0.54
Viennese Whirl	73g	1508	361	21.024	13.432	37.887	23.7	1	3.7	0.43
Pistachio & Raspberry Cookie	80g	1396	332	13	6.4	49	32	1	4.2	0.53
Elderflower & Lemon Cookie Sandwich	92g	1690	404	19	12.9	53	34	1	3.8	0.38
Loaf Cakes										
Carrot Cake Loaf	100g	1634	390	18	3.3	51	31	3.3	4.4	0.73
Chocolate Orange Slice	75g	1465	350	19	5.9	40	26	1.4	3.3	0.31
Lemon Loaf	90g	1633	391	22	11	41	18	1.4	5.9	0.54
Banana Nut Loaf	90g	1538	368	20	2	41	22	1.1	5.4	0.6
Raspberry & Coconut Loaf	100g	1694	405	20	5	49	31	1.5	6.4	0.64
Lavender & Lemon Triple Layer Sponge	80g	1237	296	17	6.5	34	31	0.02	0.5	0.29
Bar cakes										
Fifteens	86g	1511	361	16.02	8.46	51.8	30.5	2.3	4.6	0.5
White Twizzle Stick	48g	855	203	5	3	38	29	0.1	1	0.04
Milk Twizzle Stick	42g	748	178	5	3	31	29	0.2	2	0.04
Teaser Slice	100g	2115	502	27	16	59	38	2.1	4.9	0.74
Pink Pop	34g	719	172	9.9	4.8	19	8.5	0.5	1.7	0.21
Cookies & Cream Pop	34g	701	168	9.5	5.1	19	14	0.5	1.5	0.21
Apple & Caramel Crumble Tartlet	90g	1,297	310	14	7.3	44	21	1.4	2.6	0.29
Caramelised Bickie Brookie	70g	1,091	260	13.23	8.2	31.01	20.5	1.2	2.7	0.29
S'mores Brownie	90g	1,640	392	19	9.3	49	37	1.2	4.2	0.39
Caramelised Biscuit Cake	95g	2,146	514	32	16	53	40	1.2	4.6	0.46
Millionaire Shortbread	110g	2,254	539	29	17	64	41	1.1	5.8	0.54
Coffee & Caramel Brownie	110g	2,117	505	26	16	61	48	1.4	4	0.39

Bakewell Macaroon Tartlet	80g	1,447	345	12.9	5.4	51.3	31.2	1.6	5	0.19
Toffee Popcorn Tiffin	80g	1,672	400	21	15	48	37	0.6	3.7	0.36
Raspberry Ruffie	92g	1,587	380	24.8	18.1	34.7	27.4	4	4.2	0.28
Easter Crispie	80g	1816	436	29	17	38	28	1.9	4.8	0.6
Salted Caramel Florentine	80g	1403	336	21	11	32	17	1.6	4.5	0.26
Lemon & White Chocolate Tartlet	86g	1595	381	18.5	9.9	48.7	29	1.3	4.2	0.21
Raspberry & Cream Ruffie	105g	2040	488	29	20	52	35	2.7	5.2	0.42
Breakfast	Serving Size (g)	Energy (KJ)	Energy (Kcal)	Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Sugar (g)	Fibre (g)	Protein (g)	Salt (g)
Porridge Made With Water	166g	548	130	2	0.4g	23g	0.3g	2.9g	3.9g	<0.01g
Porridge Made With Semi-Skimmed Milk	166g	919	217	5.3	2.4	32	9.2	2.9	10g	<0.01g
Granola Pot Strawberry	200g	897	215	9.4	4.8	22	13	5.8	7.6	0.16
Granola Pot Blueberry	200g	999	239	9.4	4.8	28	17	5.8	7.6	0.16
Ham And Cheese Croissant	109g	1283	307	16.4	10.2	25.1	3.9	1.4	14.2	1.62
Cheese & Mushroom Croissant	129.5g	1353	324	19	12	26	4.4	0	13	1.27
Breakfast Panini	188g	2132	508	21	3.3	57	1.3	2.2	22	2.48
Sandwiches	Serving Size (g)	Energy (KJ)	Energy (Kcal)	Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Sugar (g)	Fibre (g)	Protein (g)	Salt (g)
Chicken & Stuffing Sandwich	209g	2475	591	25.0	4.4	63.0	5.6	6.9	25.0	2.7
Gluten Free Egg & Tomato Tapenade Sandwich	156g	1444	347	20	2.7	27.6	2.8	11.8	8.3	1.2
Tuna Salad Sandwich	211g	2135	510	25	1.9	47	5.3	7.4	22	2
Toasties	Serving Size (g)	Energy (KJ)	Energy (Kcal)	Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Sugar (g)	Fibre (g)	Protein (g)	Salt (g)
Ham & Cheese Toastie	199g	1860	442	14	5.9	57	2.9	2.4	22	2.74
Chicken & Bacon Croque	200g	2069	493	19	7.4	50	2.2	2.1	29	2.24
Breakfast Toastie	192g	2030	484	22	3.8	52	5.8	0.8	20	1.50
Panini	Serving Size (g)	Energy (KJ)	Energy (Kcal)	Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Sugar (g)	Fibre (g)	Protein (g)	Salt (g)
Ham & Cheese Panini	185g	1975	469	15	8.9	55	1.1	2	27	3
Bap	Serving Size (g)	Energy (KJ)	Energy (Kcal)	Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Sugar (g)	Fibre (g)	Protein (g)	Salt (g)
Sausage Bap	155g	1895	453	23	8.6	45	2	2	17	1.92
Vegan Harissa Sweetcorn Fritter Onion Roll	178g	2186	522	24	3.5	63	8.1	7.1	11	1.94
Focaccia	Serving Size (g)	Energy (KJ)	Energy (Kcal)	Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Sugar (g)	Fibre (g)	Protein (g)	Salt (g)
Mediterranean Focaccia	182g	1712	409	21	6	41	4.1	1	14	2.57
Chorizo, Mozzarella & Red Pepper Romana	185g	1753	417	13.5	6.6	51	4.2	2.4	21.2	3.3
Wraps	Serving Size (g)	Energy (KJ)	Energy (Kcal)	Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Sugar (g)	Fibre (g)	Protein (g)	Salt (g)
Chicken & Bacon Caesar Wrap	221g	2527	603	27	6.3	59	3.8	4.4	29	1.81
Chicken Fajita Burrito	224g	1902	452	14	5.9	56	7.5	2.6	25	2.35
Curried Chickpea Wrap	229g	2047	488	18	4.6	62	6.6	9.2	14	0.98
Pretzel Roll	Serving Size (g)	Energy (KJ)	Energy (Kcal)	Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Sugar (g)	Fibre (g)	Protein (g)	Salt (g)
Bacon & Eggs Benedict Pretzel Roll	155g	1766	421	18	7.3	43	3.0	3.0	20	2.50
Buffalo Chicken Pretzel Roll	140g	1390	330	10	1.0	42	3.5	2.9	18	2.73
Impulse Items	Serving Size (g)	Energy (KJ)	Energy (Kcal)	Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Sugar (g)	Fibre (g)	Protein (g)	Salt (g)
Popchips	23g	418	99	3	0.4	16	1	1.1	1.5	0.25
O'Donnell's Crisps - Cheese & Onion	47.5g	1018	244	14	1.3	25.6	1.5	1.7	3.1	0.71
O'Donnell's Crisps - Salt & Vinegar	47.5g	1003	240	13.9	1.1	25.6	0.7	1.6	2.5	1.4
Iced Gingerbread Biscuit	45g	792	187	3.96	1.44	35	17	0.85	2.47	0.37
Cookie Straw	1 Piece	377	90	2.6	1.5	15	9.4	0.5	1.4	0.08
Swiss Chocolate Dark	40g	911	219	15	9	16	16	3.4	2.6	0

Swiss Chocolate Milk	40g	938	225	14	8.4	21	21	0.6	2.8	0.08
Roasted & Salted Nuts	35g	933	225	17.8	1.61	7.7	1.64	2.17	7.35	0.17
Chocolate Gold Coin	28g	501	120	6.4	3.8	14	14	0.7	1.4	0.01
Shortbread Biscuits	50g	561	135	8	5	14	4.8	0.5	1.4	0.18
Caramel Waffles	78g	739	176	8.2	4.7	24	14	0.6	1.2	0.23
GF Apricot & Yogurt Bar	55g	1005	239	8.3	6.1	37	18	2.9	2.7	0.1
Gluten Free Chocolate Brownie	60g	1098	263	14	3.4	31	20	0	2.9	0.15
Bottled Beverages	Serving Size (g)	Energy (KJ)	Energy (Kcal)	Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Sugar (g)	Fibre (g)	Protein (g)	Salt (g)
Ballygowan Still 500ml	500ml	0	0	0	0	0	0	0	0	0
Ballygowan Sparkling 500ml	500ml	0	0	0	0	0	0	0	0	0
Ballygowan Sportscap 750ml	500ml	0	0	0	0	0	0	0	0	0
VITHIT Sparkling Pink Grapefruit	330ml	48	11	0	0	1.7	1.3	1.4	0	0
VITHIT Sparkling Raspberry & Grapefruit	330ml	47	11	0	0	2	1.7	1.3	0	0
VITHIT Sparkling Mango & Pineapple	330ml	54	11	0	0	2	1.7	1.3	0	0
Innocent Berry Energise Smoothie	300ml	663	156	1.5	0.3	36	30	2.4	1.8	<0.02
Innocent Invigorate Super Smoothie	300ml	690	102	1.2	0.4	40	34	3.4	1.6	<0.02
Innocent Strawberry And Raspberry Kids	150ml	315	75	<0.75	<0.15	18	15	0.9	<0.75	<0.015
Innocent orange juice 330ml	330ml	508	119	0	0	25.7	25.7	2.3	2.31	0