



Summer FY25 NUTRITION INFORMATION
UPDATED 29.04.25

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	1216	289	9	3.6	44	15	1.57	6.7	0.65
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	Serving Size (g)	Energy (KJ)	Energy (Kcal)	Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Sugar (g)	Fibre (g)	Protein (g)	Salt (g)
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
Cookies	Serving Size (g)	Energy (KJ)	Energy (Kcal)	Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Sugar (g)	Fibre (g)	Protein (g)	Salt (g)
Chocolate Chunk Cookie	76g	1417	338	15	9	45	25	2	4.4	0.54
Viennese Whirl	73g	1508	361	21	13.4	37.9	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
Strawberry & Cream Viennese Swirl	65g	1341	321	18	12.5	35	20	0.7	3	0.4
Triple Chocolate Cookies & Cream	90g	1634	390	18	10	51	34	1.5	5.3	1.8
Loaf Cakes	Serving Size (g)	Energy (KJ)	Energy (Kcal)	Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Sugar (g)	Fibre (g)	Protein (g)	Salt (g)
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
Raspberry & Coconut Loaf	100g	1694	405	20	5	49	31	1.5	6.4	0.64
Pistachio & White Chocolate Loaf Cake	95g	1803	432	25	7.9	43	26	2.4	7.5	0.53
Matcha & Strawberry Loaf	85g	1703	407	23	7.9	46	31	0.9	3.4	0.3
Bar cakes	Serving Size (g)	Energy (KJ)	Energy (Kcal)	Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Sugar (g)	Fibre (g)	Protein (g)	Salt (g)
Fifteens	86g	1511	361	16	8.5	52	31	2.3	4.6	0.5
Fifteens (New recipe)	90g	1256	300	13	6.8	47	23	1.9	3.1	0.24
White Twizzle Stick	48g	855	203	5	3	38	29	0.1	1	0.04
White Twizzle Stick (New recipe)	40g	646	153	2.3	2.3	33	24	0.1	0.6	0.03
Milk Twizzle Stick	42g	748	178	5	3	31	29	0.2	2	0.04
Milk Twizzle Stick (New recipe)	36g	642	153	5	4.6	26.6	22	0.1	1	0.6
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	8.2	31	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 Ruffle	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	1280	307	18	9.9	33.4	26	0.2	2.5	0.18
Raspberry & Cream Ruffle	105g	2040	488	29	20	52	35	2.7	5.2	0.42
Millionaire Shortbread (new recipe)	110g	2238	535	28	16	64	39	0.9	5.3	0.6
Raspberry & White Chocolate Tiffin	105g	2155	528	26	15	65	43	1.8	4.9	0.82
Ultimate Chocolate Brownie	110g	1899	494	28	17.4	51	43	3.7	5.6	0.46
Bickie Pop	35g	720	172	9	5.1	21	14	0.3	1.2	0.09
Berry Sundae Tartlet	95g	1536	367	16	8.5	51.9	30	1.1	2.9	0.27
Dubai Style Pistachio Brownie	80g	1614	387	22	10	41	33	1.3	4.3	0.2
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	0.4	23	0.3	2.9	3.9	<0.01g
Porridge Made With Semi-Skimmed Milk	166g	919	217	5.3	2.4	32	9.2	2.9	10	<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	537	22.9	3.1	57.3	3.2	4.1	27.6	2.3
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
Lemon Chicken Sandwich	165g	1593	382	20.9	1.8	28.8	3.3	13.9	11.9	1.6
Italian Style Chicken Flatbread	199g	1715	407	12.0	1.9	51.0	6.9	3.2	22.0	1.4
Double Egg & Cress Sandwich	200g	1849	442	20.2	4.0	42.6	3.6	6.9	18.9	1.6
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
Chicken Pesto Toastie	196g	2189	522	22	5.7	54	3.0	2.6	25	2.31
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
Tuna Rustique	195g	2279	543	22	9.4	54	2.5	4.6	30	2.39
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	1724	411	21	4.6	46	4.8	5.3	12.8	2.75
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	215g	2255	540	27	5	46	7.7	4.2785	29	1.87

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
Salted Chilli Chicken Wrap	210g	1969	469	19	5.4	51	5.1	2.5	22	2.4
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
Omelette Tomato Pretzel Roll	170g	1728	411	15	5.9	48	4.8	3.8	19	2.07
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	3.9	1.4	35	17	0.9	2.5	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	1.6	7.7	1.6	2.2	7.4	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