



Food Nutritional Information Guide Ireland and Northern Ireland  
Autumn 2020

ver. 1.0

	Product Suitable for		Energy (kJ)		Energy (kcal)		Protein (g)		Carbohydrates (g)		of which are sugars (g)		Fat (g)		of which are saturates (g)		Fibre (g)		Equivalent as salt (g)		
	Vegetarian	Vegan	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	
<b>Bakery</b>																					
Pain au Chocolate	Yes	No	1,742.0	1,149.0	417.0	275.0	8.2	5.4	45.0	29.7	11.0	7.3	22.0	14.5	14.0	9.2	2.9	1.9	1.0	0.7	
Pain au Raisin	Yes	No	1,417.0	1,346.0	338.0	321.0	5.8	5.5	46.0	43.7	19.0	18.1	14.0	13.3	9.1	8.6	2.3	2.2	0.7	0.7	
Dark Chocolate Cookie	Yes	No	1,995.0	1,516.0	477.0	363.0	5.9	4.5	57.8	43.9	33.3	25.3	24.0	18.2	14.7	11.2			0.1	0.1	
Croissant	Yes	No	1,773.0	1,046.0	424.0	250.0	8.0	4.7	45.0	26.6	6.7	4.0	23.0	13.6	15.0	8.9	2.6	1.5	1.2	0.7	
Blueberry Muffin	Yes	No	1,194.0	1,313.0	341.0	375.0	5.6	6.2	41.0	45.0	16.0	18.0	12.0	14.0	1.6	1.8			0.4	0.5	
Chocolate Muffin	Yes	No	1,801.0	1,981.0	419.0	461.0	5.1	5.6	51.0	56.0	35.0	39.0	23.0	25.0	5.9	6.5			0.4	0.5	
Lemon Muffin	Yes	No	1,388.0	1,527.0	335.0	368.0	5.0	5.6	44.0	48.0	25.0	28.0	15.0	17.0	2.8	3.1			0.4	0.4	
Fruit Toast	Yes	No	1,378.0	1,516.0	327.0	360.0	7.1	7.8	55.0	61.0	17.0	18.0	7.1	7.8	2.5	2.8			0.9	1.0	
Cinnamon Swirl	Yes	No	1,415.0	1,981.0	335.0	469.0	8.0	11.2	56.3	78.8	19.9	27.9	9.2	12.9	2.8	3.9	2.0	2.8	0.5	0.7	
White Choc Twizzle	Yes	No	1,781.0	855.0	423.0	203.0	3.0	1.0	80.0	38.0	59.0	29.0	10.0	5.0	6.0	3.0	0.3	0.1	0.1	0.0	
Millionaire Shortbread	Yes	No	1,980.0	1,485.0	474.0	355.0	3.4	2.6	52.0	39.0	35.8	27.0	28.4	21.0	13.8	10.0	0.8	0.6	0.6	0.5	
Brownie	Yes	No	2,074.0	1,160.0	498.0	398.0	4.6	4.0	45.0	36.0	36.0	29.0	34.0	27.0	22.0	18.0	0.5	0.5	0.5	0.4	
Toffee Crispie	Yes	No	2,178.0	1,045.0	522.0	251.0	5.9	1.9	59.3	26.5	38.7	18.6	30.7	14.7	16.8	9.0	0.9	0.4	0.8	0.4	
Fifteens	No	No	1,531.0	1,072.0	364.0	255.0	6.0	4.2	65.5	45.9	47.7	33.4	8.3	5.8	4.6	3.3	1.0	0.7	2.0	1.4	
<b>Hot Breakfast</b>																					
Breakfast Panini	No	No	1,159.0	2,295.0	227.0	548.0	11.4	22.6	27.7	54.8	1.4	2.8	13.1	25.9	3.9	7.7	1.2	2.4	0.6	1.2	
Ham & Cheese Croissant	No	No	1,192.0	1,430.0	285.0	342.0	12.6	15.1	24.9	29.9	3.8	4.6	14.7	17.6	9.4	11.3	1.3	1.6	1.5	1.8	
<b>Lunch</b>																					
Chicken & Bacon Caesar Wrap	No	No	1,142.0	2,843.0	273.0	680.0	15.4	38.3	19.2	47.8	2.0	5.0	14.7	36.6	3.4	8.5	1.2	3.0	1.0	2.5	
Chicken & Stuffing Sandwich	No	No	1,190.0	2,546.0	284.0	608.0	11.7	25.0	29.4	62.9	2.6	5.6	12.6	27.0	2.2	4.7	3.1	6.6	1.3	2.8	
Egg & Cress Sandwich	Yes	No	969.0	1,840.0	232.0	440.0	9.8	18.6	20.3	38.6	2.2	4.2	12.0	22.8	2.3	4.4	1.6	3.0	1.6	3.0	
Ham & Cheese Panini	No	No	1,113.0	2,281.0	265.0	544.0	16.6	34.0	24.4	50.0	1.1	2.3	11.0	22.6	6.5	13.3	1.1	2.3	0.9	1.8	
Mozzarella & Tomato Panini	Yes	No	971.0	2,156.0	232.0	514.0	10.1	22.4	24.3	53.9	1.4	3.1	10.1	22.4	3.9	8.7	1.6	3.6	0.4	0.9	
<b>Fresh fruit &amp; Pots</b>																					
Blueberry Granola Yogurt	Yes	No	674.0	1,349.0	161.0	322.0	3.6	7.2	21.4	42.8	13.8	27.6	6.2	12.4	3.5	7.0	2.5	5.0	0.0	0.0	
<b>Snacks &amp; Sweets</b>																					
Almond Biscotti	Yes	No	842	379	201	90	4.6	2.1	27.8	12.5	15.1	6.8	7.9	3.6	1.8	0.8	2	0.9	0.09	0.04	
Caramel Waffle	Yes	No	739	576	176	137	1.2	0.9	24	18.7	14	10.9	8.2	6.4	4.7	3.7	0.6	0.5	0.23	0.18	
Ginger Biscuit	Yes	No	798	399	182	91	2.7	1.4	34	17.0	14	7.0	3.7	1.9	1.6	0.8	1	0.5	0.35	0.18	
Shortbread biscuit	Yes	No	282	141	68	34	0.7	0.4	7.1	3.6	2.4	1.2	4	2.0	2.5	1.3	0.2	0.1	0.1	0.05	
Milk Chocolate bar	Yes	No	709	213	170	51	1.9	0.6	15.8	4.7	15.5	4.7	10.9	3.3	6.9	2.1	0.6	0.2	0.08	0.02	
Dark chocolate bar	Yes	No	984	295	238	71	2.7	0.8	12.9	3.9	10.8	3.2	18.5	5.6	11.7	3.5	4.3	1.3	0.01	0.00	
Smoked Almonds	Yes	Yes	1260	630	305	153	13.1	6.6	3.5	1.8	2.7	1.4	26.4	13.2	2.2	1.1	5	2.5	0.1	0.05	
Almonds, Cashews, Cranberries & Raisins	Yes	Yes	975	488	233	117	5.4	2.7	24.9	12.5	17.1	8.6	11.8	5.9	1.5	0.8	3	1.5	0.01	0.01	
Chocolate Gold Coin	Yes	No	501	140	120	34	1.4	0.4	13.8	3.9	13.5	3.8	6.4	1.8	3.8	1.1	0.7	0.2	0.01	0.00	