



	Serving Size	Energy (KJ)	Energy (Kcal)	Fat	Saturated Fat	Carbohydrates	Sugar	Fibre	Protein	Salt	Caffeine
	g	KJ	Kcal	g	g	g	g	g	g	g	mg
Bakery											
Butter Croissant	59	1072	256	14	9	27	4	1.6	5.3	0.7	
Chocolate Twist	76	1111	265	11	7	35	16	2.2	4.6	0.5	
Cherry Crown	80	1217	292	18	8	28	10	2	4	0.44	
Pain au Chocolate	66	1174	281	15	10	30	8	2	5.5	0.68	
Fruit toast	110	1515	360	7.8	2.75	60.8	18	3.8	9.4	0.99	
Cinnamon Swirl	140	2016	479	13	3.9	78	28	2.8	11	0.7	
Sea Salted Caramel Pecan Swirl	120	1847	442	15.1	7.1	69.7	19.4	2.5	10.1	0.9	
Triple Chocolate Muffin	110	1801	419	23	5.9	50.6	35.1	2.9	5.1	0.41	
Blueberry Muffin	110	1194	341	12.3	1.6	40.8	16.2	5.6	5.6	0.42	
Lemon muffin	110	1527	368	16.6	3.1	47.8	28	3.5	5.6	0.41	
Chocolate Chunk Cookie	76	1509	361	18	11	44	25	2.3	4.5	0.08	
Brownie	70	1394	333	21	12	30	25	2.1	4.3	0.27	
Millionaire Shortbread	75	1628	390	23	14	41	23	0.9	4.3	0.45	
Caramel Crispie	60	1336.2	319.8	18	10.8	35.4	25.8	1.26	3.42	0.288	
Fifteens	80	1202	285	6.3	3	53.1	31	0.64	2.6	0.45	
Banana Bread	90	1564	374	20	2.3	42	19	1.9	5.6	0.53	
Raspberry Coconut Loaf Cake	100	1785	428	26	15	44	30	0.6	3.8	0.4	
Vegan Coconut Lime Mini cake	100	1573	376	18	8.8	48	29	2.4	4.2	0.47	
Bakewell Slice	85	1682	404	29	7.1	31	28	2.2	6.5	0.43	
White Twizzle Stick	48	855	203	5	3	38	29	0.1	1	0.04	
Milk Twizzle Stick	42	748	178	5	3	31	29	0.2	2	0.04	
Coconut Brownie	80	1531	367	22	15	39	33	1.4	3.4	0.2	
Savoury											
Everest - Blueberry Granola Yogurt	200	1349	322	12	7	43	28	5	7.2	0	
Porridge - Almond	190	192	46	2.3	0.2	4.9	4.8	0.6	0.95	0.11 g	
Porridge -Coconut	190	353	86	4.8	4.4	6.8	6.1	4	1.9	0.10 g	
Porridge -Oat	190	608	144	5.1	3	20.9	12.7	3.8	1.9	0.25 g	
Porridge -Semi Skimmed Milk	190	338	80	1.9	1.1	9.1	9.1	0	6.65	0.21 g	
Porridge -Skimmed Milk	190	315	74	0.6	0.4	10.1	10.1	0	7.22	0.23 g	
Porridge -Soy Milk	190	325	78	3.2	0.6	5.9	5.9	1	5.7	0.21 g	
Porridge - with Water	190	0	0	0	0	0	0	0	0	0.00 g	
Porridge -Whole Milk	190	507	122	6.7	4.2	8.9	8.9	0	6.46	0.21 g	
Breakfast Panini	198	2295	548	26	7.7	55	2.8	2.4	23	1.19	
Ham And Cheese Croissant	109	1283	307	16	10	25	3.9	1.4	14	1.6	
Omelette & Tomato Croissant	144	1549	371	22	12	27	5	2.5	15	1.03	
Chicken & Stuffing Sandwich	214	2546	608	27	4.7	63	5.6	6.6	25	2.8	
Smoked Cheddar & Carrot Chilli Jam Sandwich	184	1861	444	17	8.6	53	8.6	7.4	16	2.3	
Vegan Pesto, Chickpea & Red Pepper Sandwich	184	1845	441	20	1.7	48	5.5	8.5	13	1.27	
Bella Mozzarella Panini	222	2156	514	22	8.7	54	3.1	3.6	22	0.89	
Tuna Melt Panini	195	1933	464	29	6.4	33	3.7	6.8	13	2	
Ham And Cheese Panini	205	2281	544	23	13	50	2.3	2.3	34	1.85	
Chicken Caesar Wrap	249	2890	692	39	9.5	47	3.7	2.2	38	2.7	
Lemongrass Chicken Wrap	249	2415	576	26	2.5	65	12	1.5	20	2.02	
Gluten Free Ham, Cheese & Salad Sandwich	204	1577	376	16	5.1	41	4.0	3.9	15	2.3	
Jerk Chicken Ciabatta	240	1843	437	9.0	4.2	61	10	3.3	26	2.95	
Tuna Protein Box	292	1346	321	14	2.3	24	9	4.8	22	1.66	
Impulse Items											
O'Donnells Crisps - Ballymaloe Relish	50	1077	258	14.9	1.3	27.4	2.1	1.7	2.8	0.70 g	
O'Donnells Crisps - Cheese & Onion	50	1072	257	14.7	1.4	27	1.6	1.8	3.3	0.75 g	
O'Donnells Crisps - Salt & Vinegar	50	1056	253	14.7	1.2	26.9	0.7	1.7	2.6	1.50 g	
Caramel Waffle	78	739	176	8.2	4.7	24	14	0.6	1.2	0.23	
Shortbread Cookies	50	561	135	8	5	14	4.8	0.5	1.4	0.18	
Almonds Biscotti	45	842	201	7.9	1.8	28	15	2	4.6	0.1	
Smoked Almonds	50	1260	305	26	2.2	3.5	2.7	5	13	0.1	
Almonds, Cashews, Cranberries & Raisins	50	975	233	12	1.5	25	17	3	5.4	0.01	
Ginger Biscuit	50	561	133	4.6	2.3	22	12	1	1.4	0.25	
Chocolate Gold Coin	28	501	120	6.4	3.8	14	14	0.7	1.4	0.01	
Milk Chocolate Bar	30	709	170	11	6.9	16	16	0.6	1.9	0.08	
Dark Chocolate Bar	30	984	238	19	12	13	11	4.3	2.7	0.01	
Trio of favourites	50	1122	269	16	9	28	16	0.6	2.9	0.3	
Bottled Beverages											
Innocent Bubble Lemon, Lime, & Apple	330	383	89	0	0	22.4	17.8	0	0	0.00 g	

