

Product Name	Serving Size	Energy (KJ)	Energy (Kcal)	Fat	Saturated Fat	Carbohydrates	Sugar	Fibre	Protein	Salt
	N/A	KJ	Kcal	g	g	g	g	g	g	g
Bakery										
Butter Croissant	59g	1072	256	14	9	27	4	1.6	5.3	0.7
Chocolate Twist	76g	1111	265	11	7	35	16	2.2	4.6	0.5
Pain au Chocolate	66g	1174	281	15	10	30	8	2	5.5	0.68
Fruit toast	110g	1515	360	7.8	2.75	60.8	18	3.8	9.4	0.99
Cinnamon Swirl	140 g	2016	479	13	3.9	78	28	2.8	11	0.7
Sea Salted Caramel Pecan Swirl	120 g	1847	442	15.1	7.1	69.7	19.4	2.5	10.1	0.9
Fruit Scone	95g	1444	343	10	6.7	54	15	2.1	6.8	0.95
Raspberry Twist	71g	951	227	9.2	5.8	35	11	0.62	4.5	0.62
Chocolate Swirl	131 g	2023	482	21	9	65	21	10.7	2.9	0.6
Triple Chocolate Muffin	110g	1801	419	23	5.9	50.6	35.1	2.9	5.1	0.41
Blueberry Muffin	110g	1194	341	12.3	1.6	40.8	16.2	5.6	5.6	0.42
Lemon muffin	110g	1527	368	16.6	3.1	47.8	28	3.5	5.6	0.41
Chocolate Chunk Cookie	76 g	1509	361	18	11	44	25	2.3	4.5	0.08
Brownie	70g	976	233	14.7	8.4	21	17.5	1.5	3.0	0.19
Millionaire Shortbread	75g	1221	293	17	11	31	17	0.7	3.2	0.34
Caramel Crispie	60G	1336.2	319.8	18	10.8	35.4	25.8	1.26	3.42	0.288
Fifteens	80g	1202	285	6.3	3	53.1	31	0.64	2.6	0.45
Banana Bread	90g	1564	374	20	2.3	42	19	1.9	5.6	0.53
Raspberry Coconut Loaf Cake	100g	1785	428	26	15	44	30	0.6	3.8	0.4
Vegan Coconut Lime Mini cake	100g	1573	376	18	8.8	48	29	2.4	4.2	0.47
Bakewell Slice	85g	1682	404	29	7.1	31	28	2.2	6.5	0.43
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
Coconut Brownie	80g	1531	367	22	15	39	33	1.4	3.4	0.2
Trio of favourites	100g	1151	276	16	9.2	29	20	1.4	3.2	0.31
GRANOLA BAR	75g	1449	346	16	6	42	20	4.7	6.2	0.21
Cherry Cupcake	83g	1536	368	20	10	44	26	1.0	3.6	0.56
Smores Blondie Brownie	75g	1424	341	17	10	42	31	2.4	4.9	0.40
Pumpkin Loaf Cake	90g	1499	358	19	2.5	39	17	2.1	7.1	0.58
Pumpkin Spiced Cookie	76 g	1425	340	15.1	5.3	45.1	27.5	2.2	4.9	0.025
Savoury										
Everest - Blueberry Granola Yogurt	200g	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	7.32	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	198g	2295	548	26	7.7	55	2.8	2.4	23	1.19
Ham And Cheese Croissant	109g	1283	307	16	10	25	3.9	1.4	14	1.6
Omelette & Tomato Croissant	144g	1549	371	22	12	27	5	2.5	15	1.03
Chicken & Stuffing Sandwich	214g	2546	608	27	4.7	63	5.6	6.6	25	2.8
Vegan Pesto, Chickpea & Red Pepper Sandwich	184g	1845	441	20	1.7	48	5.5	8.5	13	1.27
Bella Mozzarella Panini	222g	2156	514	22	8.7	54	3.1	3.6	22	0.89
Ham And Cheese Panini	205g	2281	544	23	13	50	2.3	2.3	34	1.85
Chicken Caesar Wrap	249g	2890	692	39	9.5	47	3.7	2.2	38	2.7
Gluten Free Ham, Cheese & Salad Sandwich	204g	1577	376	16	5.1	41	4.0	3.9	15	2.3
Jerk Chicken Ciabatta	240g	1843	437	9.0	4.2	61	10	3.3	26	2.95
Sausage Bap	190g	2359	564	31	12	49	2.3	2.1	21	2.43
BLT Sandwich	221g	1861	443	16	4.8	55	10	6.6	18	2.76
Pulled Ham, Cheddar & Spiced Apple Chutney Wrap	212g	2472	590	27	17	53	11	2.7	31	1.99
Chicken Pesto Toast	198g	1663	395	10	3.7	54	3.4	3	20	1.58
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
Trio of favourites	50	1122	269	16	9	28	16	0.6	2.9	0.3
Skeleton Gingerbread Bearista	45g	801	190	4.1	1.6	35	17	0.9	2.6	0.4
Bottled Beverages										
Innocent Bubble Lemon, Lime, & Apple	330	383	89	0	0	22.4	17.8	0	0	0.00 g
Ballygowan Still 500ml	500	0	0	0	0	0	0	0	0	0.00 g
Ballygowan Sparkling 500ml	500	0	0	0	0	0	0	0	0	0.00 g
Ballygowan Sports cap 750ml	500	0	0	0	0	0	0	0	0	0.00 g
Innocent Apple Raspberry	330	409	96	0	0	22.1	20.1	0	1.98	0.00 g
Innocent orange juice 330ml	330	508	119	0	0	25.7	25.7	2.3	2.31	0.00 g