



SUMMER 1 FY22 NUTRITION INFORMATION
UPDATED 18.07.22

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	59g	1072	256	14	9	27	4	1.5	5.3	0.7
Chocolate Twist	76g	1111	265	11.4	7.1	35	16	2.2	4.6	0.5
Pain Aux Chocolat	66g	1149	275	14.5	9.2	27.9	7.3	1.9	5.4	0.7
Pain Aux Raisin	96g	1341	320	14	8.6	43	18	0	6	0.74
Cinnamon Swirl	140g	2016	479	13	3.9	78	28	2.8	11	0.7
Fruit Scone	95g	1444	343	10	6.7	54	15	2.1	6.8	0.95
Iced Raspberry Swirl	125g	1682	399	11	4	65	19	1.9	9.1	0.91
Muffins										
Triple Chocolate Muffin	110g	1801	419	23	5.9	50.6	35.1	2.9	5.1	0.41
Blueberry Muffin	110g	1194	373	17.5	1.9	50.2	27.7	1.3	5.3	0.94
Strawberry & Cream Muffin	110g	1870	447	23	7	54	31	1.3	5.5	0.63
Lemon Muffin	110g	1655	395	18.8	2.9	52.1	32.4	1.3	5.4	0.51
Cookies										
Chocolate Chunk Cookie	76g	1509	361	18	11	44	25	2.3	4.5	0.08
Triple Chocolate Cookie	76g	1573	377	21	12	41	27	2.6	4.6	0.15
Confetti Cookie Sandwich	73g	1400	334	15	8.6	45	32	0.5	3.7	0.37
Loaf Cakes										
Carrot Cake Loaf	90g	1350	323	15.9	3	42	28	2.5	3.8	0.57
Lemon Loaf	90g	1660	397	23	11	41	18	1.4	5.9	0.54
Banoffee Mini Loaf	100g	1555	368	14	5	56	31	1.5	4.3	0.83
Bar cakes										
Fifteens	80g	1202	285	6.3	3	53.1	31	0.64	2.6	0.45
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
Millionaire Shortbread	73g	1528	365	21	14	40	25	1.6	3.7	0.25
Golden Caramel Crispie	73g	1645	355	14.6	10.9	47.4	39.4		3.7	0.26
Chocolate Brownie	73g	1099	263	16	9.2	26	21		3.1	0.35
Ruby Rocky Road	61g	1288	308	16	10	37	27		3.3	0.24
Bueno Tiffin	63g	1478	355	23	12	33	27	0.9	3.6	0.15
Roll with it Brownie	73g	1238	293	16	8.4	35	28	0.5	3	0.53
White Chocolate & Raspberry Blondie	75g	1410	338	18	11	39	30	2.5	3.6	0.34
Mango & Berry Granola	65g	1065	254	11	6.4	33	23	1.8	4.1	0.08
Lemon Meringue Slice	62g	1249	298	14	9.2	41	31	0.5	2.1	0.15
Strawberry Shortcake	76g	1596	382	21	11	45	32	0.6	3	0.23
Breakfast										
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 Raspberry	200g	1265	301	11	5.8	40	32	4.8	8.2	0.14
Granola Pot Lemon	200g	1368	327	15	8.2	38	26	4.8	8	0.18
Ham And Cheese Croissant	109g	1283	307	16.4	10.2	25.1	3.9	1.4	14.2	1.62
Omelette, Sundried Tomato Croissant	144.5g	1498	359	21	11	27	5	2.1	15	1.37
Sausage Bap	180g	2310	542	29	11	48	2.2	2	20	2.29
All day spiced bean & cheese burrito	230g	2109	503	20	9.2	57	4.3	5.7	20	1.56
Sandwiches										
Chicken & Salad Sandwich	225g	1636	389	13	2	50	5.7	6.8	20	1.89
Tuna & Sweetcorn Sandwich	194	1907	421	18	2.3	52	5.3	7.2	19	2.4
BLT Sandwich	221g	1861	433	16	4.8	55	10	2.76	6.6	1.8
Egg Mayo GF Sandwich	165g	1532	366	18	2.6	40	2.6	3.8	10	1.77
Panini										
Breakfast Panini	198g	2461	587	26	7.6	65	2.2	0.2	24	2.85
Ham & Cheese Panini	185g	2133	507	16	9.1	60	1.6	0.2	30	3.22
Focaccia										
Mediterranean Focaccia	182g	1712	409	21	6	41	4.1	1	14	2.57
Wraps										
Chicken & Bacon Caesar Wrap	221g	2502	599	32	7.8	46	3.3	2.3	30	1.92
Baked Ham & Cheddar Wrap	212g	2472	590	27	17	53	11	2.7	31	1.99
Lemon Pepper Chicken	215g	1781	423	13	1.2	58	4.1	0.6	18	1.72
Katsu Wrap	235g	1650	390	5.1	1.7	70	12	3.7	14	2.22
Pretzel Roll										
Bacon & Egg Pretzel Roll	185g	1929	460	19	7.8	47	8.2	3.1	24	3.9
New York Beef Pretzel Roll	160g	1700	405	17	5.6	42	4.2	2.9	20	3.14
Salads										
Pesto Pasta & Rocket Salad	225g	2577	615	20	5.1	85	2.5	3.6	21	1.47
Impulse Items										
Nudi Snacks - Cauliflower Crisps Cheese & Caramelised Onion	22g	446	111	6.3	0.5	56.6	3.5	4.4	4.3	2.8
O'Donnell's Crisps - Cheese & Onion	50g	1072	257	14.7	1.4	27	1.6	1.8	3.3	0.75
O'Donnell's Crisps - Salt & Vinegar	50g	1056	253	14.7	1.2	26.9	0.7	1.7	2.6	1.5
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
Dark Chocolate Bar	40g	932	224	15.5	9.2	17.2	15.6		2.8	0.01
Milk Chocolate Bar	40g	925	222	14	8.4	20.8	20.4		2.8	0.09
Peanut Butter Cup	34g	813	196	15	7.1	9.2	7.5	2.5	4.8	0.1
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
Gold Coin	28g	501	120	6.4	3.8	14	14	0.7	1.4	0.01
Caramel Waffles	78g	739	176	8.2	4.7	24	14	0.6	1.2	0.23
Trio of favourites	100g	1151	276	16	9.2	29	20	1.4	3.2	0.31
Bottled Beverages										
Innocent Bubble Lemon, Lime, & Apple	330ml	383	89	0	0	22.4	17.8	0	0	0
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
Innocent Apple Raspberry	330ml	409	96	0	0	22.1	20.1	0	1.98	0
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