



**AUTUMN FY22 NUTRITION INFORMATION
UPDATED 02.09.22**

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
Luxury Fruit Bread	145g	1901	452	10	3.8	80	39	11	4.9	0.55
Fruit Scone	95g	1444	343	10	6.7	54	15	2.1	6.8	0.95
Sea Salted Caramel & Pecan Swirl	119g	1692	403	14	6	58	19	2.3	10	0.75
Muffins										
Double 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
Toffee Apple Muffin	110g	1751	418	18	4	58	32	1.9	5.2	0.62
Cookies										
Chocolate Chunk Cookie	76g	1509	361	18	11	44	25	2.3	4.5	0.08
Nutchock Cookie Sandwich	70g	1368	372	16	8.1	41	27	0.5	3.7	0.37
Double Dipped Chocolate Cookie	100g	2003	479	25	17	57	38	2.2	6.1	1.1
Pumkin Spice Cookie	76g	1421	339	15	5.3	45	27	2.2	4.9	0.02
Loaf Cakes										
Carrot Cake Loaf	90g	1350	323	15.9	3	42	28	2.5	3.8	0.57
Raspberry & Coconut Loaf	100g	1785	428	26	15	44	30	0.6	3.8	0.40
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
Chocolate Brownie	73g	1099	263	16	9.2	26	21		3.1	0.35
Bountiful Brownie	85g	1453	348	19	12	39	32	0.5	4	0.28
Cookie Bash Brownie	90g	1767	422	29	13.5	77	57	2.2	5.4	0.39
Jaffa Slice	70g	1147	274	14	7.5	32	25	0.7	3.3	0.29
Coffee Cake Slice	75g	1425	341	17	11	41	32	2.2	4.8	0.38
Cookie Dough Biscuit Cake	70g	1605	385	25	13	31	31	1.2	2.9	0.89
Breakfast										
Porridge Made With Water	50g	809	192	3.7	1.9	30	7.9g	2.5g	8.3g	<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
Cheese & Mushroom Croissant	129.5g	1353	324	19	12	26	4.4	0	13	1.27
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
Egg Mayo GF Sandwich	165g	1532	366	18	2.6	40	2.6	3.8	10	1.77
Ham, Cheese & Coleslaw Sandwich	209g	2076	496	22	9.9	49	4.6	7.3	22	3.39
Ham Cheese & Salad Sandwich GF	194g	671	159	4	1	24	9	1.3	5	0.7
Toasties										
Chicken & Bacon Croque	200	2069	493	19	7.4	50	2.2	2.1	29	2.24
Toasted Special Croque	242g	2137	509	20	12	58	4.4	2.4	24	2.8
Sourdough Bacon & Mushroom Toastie	244.5g	2037	482	9	3	82	13.9	0.6	19	3.35
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
Bap										
New York Beef Onion Bap	170g	2036	486	22	7.7	45	5.5	3.7	21	2.81
Focaccia										
Mediterranean Focaccia	182g	1712	409	21	6	41	4.1	1	14	2.57
Tuna Nicoise Focaccia	195g	1017	512	31	3.8	39	2.5	1.8	16	4.39
Wraps										
Chicken & Bacon Caesar Wrap	221g	2502	599	32	7.8	46	3.3	2.3	30	1.92
Katsu Wrap	235g	1650	390	5.1	1.7	70	12	3.7	14	2.22
Chipotle Chicken Burrito	231g	2944	700	18	7.6	111	6.3	10	18	1.62
Pretzel Roll										
Bacon & Egg Pretzel Roll	185g	1929	460	19	7.8	47	8.2	3.1	24	3.9
All Day Eggs Pretzel Roll	155g	1818	434	21	4.4	42	3.7	2.9	16	2.23
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
GF Fruit & Nut Bar	65g	1296	310	16	8.5	35	19	3.6	4.7	0.29
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