



**HOLIDAY FY22 NUTRITION INFORMATION
UPDATED 27.10.22**

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 Nut Muffin	110g	1764	422	22	4.3	50	31	1	5.4	0.52
Black Forest Muffin	110g	1556	378	15.7	2.7	53.5	34.9	2.2	4.3	0.37
Cookies										
Chocolate Chunk Cookie	76g	1509	361	18	11	44	25	2.3	4.5	0.08
Double Dipped Chocolate Cookie	100g	2003	479	25	17	57	38	2.2	6.1	1.1
South Pole Sam	43g	987	236	14	8.2	25	15	0.5	2.4	0.2
North Pole Ned	44g	1019	244	14	7.9	27	16	0.5	2.3	0.2
Santa Gingerbread Bearista	35g	623	147	2.9	1.1	28	13	0.5	2.1	0.33
Raspberry & White Chocolate Sandwich Cookie	76g	1565	369	19	11	46	34	0.5	4.2	0.41
Snowflake Cookie	70g	1176	281	11	6	42	23	2.4	1	0.52
Loaf Cakes										
Carrot Cake Loaf	90g	1350	323	15.9	3	42	28	2.5	3.8	0.57
Marble Loaf Cake	90g	1633	392	24	8.9	35	24	2.2	5.6	0.47
Ginger Mini Loaf	84g	1231	293	11	3.1	45	32	0.8	3.1	0.36
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
Quispies	95g	1798	430	18.8	10.8	61.6	47.8	0.5	3.1	0.4
Mince Pie	100g	1657	395	17.5	10.6	57	32.3	1.4	3.1	0.38
Biscoffy Rocky Road	70g	1569	375	21	8.8	43	28	0.6	3.5	0.32
Pistachio & Raspberry Brownie	75g	1317	314	18	9.6	34	29	1.1	3.9	0.43
Chocolate Snowball Brownie	95g	1450	394	18	9.8	41	33	1.5	4.7	0.48
Mint Tiffin	75g	1589	380	20	11	47	36	1.1	3.5	0.23
Plant-Based Crispy	75g	1026	245	13	8	28	16	1.6	2.8	0.15
Salted Caramel Tiffin Bar	75g	1531	360	21	6.8	41.2	31.5	0	1.8	0.47
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
Cheese & Mushroom Croissant	129.5g	1353	324	19	12	26	4.4	0	13	1.27
All day spiced bean & cheese burrito	230g	2109	503	20	9.2	57	4.3	5.7	20	1.56
Sandwiches										
Goats cheese & Sundried Tomato Rustique	179g	2234	533	24.3	8.75	56.2	4.6	5.4	19.8	2.38
Gluten Free Turkey & Ham Feast	195g	1708.40	409.07	19.15	2.03	36.93	9.69	12.44	16.03	2.55
Prawn Bloomer	200g	1871.00	448.00	23.66	2.42	41.94	4.62	2.36	15.54	2.52
Turkey Feast Sandwich	219g	2348.00	+	18.80	6.10	74.90	13.10	5.20	20.00	3.00
Toasties										
Sourdough Bacon & Mushroom Toastie	244.5g	2037	482	9	3	82	13.9	0.6	19	3.35
Cranberry & Brie Croque	208g	2353	559	18.2	10.4	76.8	9.21	2.68	20.78	2.1
Christmas Croque	229g	2564	610	23	7.2	74.6	7.2	2.45	25.03	2.73
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
Sausage & Caramelized Onion Bap	175g	1738	414	16.6	3.2	48.4	8.4	2.04	16.68	1.84
Focaccia										
Mediterranean Focaccia	182g	1712	409	21	6	41	4.1	1	14	2.57
Pulled Turkey Focaccia	198g	2481	593	31.1	6.57	58.9	5.13	0.34	21.2	2.95
Wraps										
Chicken & Bacon Caesar Wrap	221g	2502	599	32	7.8	46	3.3	2.3	30	1.92
Vegan Peking Wrap	230g	1661	395	12	3	52	10.2	7.8	16	3.68
Pretzel Roll										
Pulled Beef & Cheese Pretzel Roll	170g	1726.00	410.00	12.92	5.71	48.84	7.72	3.04	23.12	2.77
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