



WINTER FY23 NUTRITION INFORMATION
UPDATED 05.01.23

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
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
Carrot Cake Muffin	110g	1698	405	18.4	3.3	57.4	36.7	1.3	4.4	0.47
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
Raspberry & White Chocolate Sandwich Cookie	76g	1565	369	19	11	46	34	0.5	4.2	0.41
Salted Caramel Cookie Sandwich	90g	1591	379	14	7.8	58	37	0.5	4.1	1.5
Pumpkin 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
Caramelised Biscuit Loaf Cake	100g	1876	450	28	13	42	22	1.8	6.1	0.64
Raspberry & White chocolate Loaf	90g	1585	379	21.9	6.7	46.67	34.8	0.24	3.68	0.78
Apple & Custard Crumble	90g	1278	306	16	4.2	38.2	25.2	0.2	2.8	0.60
Bar cakes										
Fifteens	86g	1511	361	16.02	8.46	51.8	30.5	2.3	4.6	0.5
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
After Dark Brownie	110g	1986	473	20	11	69	57	2.7	2.3	0.29
Chocolate Brownie (Improved Recepte)	105g	1877	450	28	17	43	36	1.8	5.1	0.48
Peanut Heaven	82g	1889	453	29	13	37	30	2.2	9.6	0.15
Dime Bar	87g	1585	379	17.4	9.7	50.1	35.5	1.7	4.4	0.53
Chocolate Caramel Quispie	86g	1577	377	14	7.26	59.1	41.1	0.81	3.1	0.5
Dark Chocolate Bosch-Plant Based	75g	1026	245	13	8	28	16	1.6	2.8	0.15
Cookie Dough Biscuit Cake	70g	1605	385	25	13	31	31	1.2	2.9	0.89
Jaffa Slice	70g	1147	274	14	7.5	32	25	0.7	3.3	0.29
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
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 blueberry	200g	1349	322	12	7	43	28	5	7.2	0.02
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
Breakfast Panini	198g	2461	587	26	7.6	65	2.2	0.2	24	2.85
Sandwiches										
Classic Club	245g	2116.996	505.876	25.382	4.6305	42.434	5.1205	2.499	25.676	2.03
Chicken & stuffing	214g	2546.00	608.00	27.00	4.70	62.90	5.60	6.60	25.00	2.80
Gluten Free Ham, Cheese & Salad	194g	671	159	4	1	24	9	1.3	5	0.7
Toasties										
Chicken & Bacon Croque	200g	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
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
Coronation Chicken Bap	208g	2345.12	560.87	29.27	3.93	48.82	7.55	4.01	23.55	2.29
Sausage Bap	180g	2310	542	29	11	48	2.2	2	20	2.29
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
Katsu Wrap	235g	1650	390	5.1	1.7	70	12	3.7	14	2.22
Cajun Wrap	205g	1743.63	415.33	14.31	2.54	50.94	6.07	7.28	17.06	2.48
Pulled Beef Burrito	245g	1551.00	368.00	10.00	4.90	37.00	12.00	3.10	30.00	2.30
Pretzel Roll										
New York Beef Pretzel Roll	160g	1700	405	17	5.6	42	4.2	2.9	20	3.14
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