



SUMMER FY23 NUTRITION INFORMATION
UPDATED 29.06.23

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
Almond Croissant	85g	1434	343	14	7	36	13	2.4	7	0.84
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
Strawberry & Cream Muffin	110g	1873	448	23	7	54	31	1.3	5.5	0.63
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
Cookies & Cream Sandwich	95g	1504	360	20.5	9.8	40.5	39.8	1.5	2	0.44
Raspberry & White Chocolate Cookie Sandwich	80g	1598	382	19	11	47	35	0.5	4.2	0.42
Loaf Cakes										
Biscoffee Loaf Cake	100g	1876	450	28	13	42	22	1.8	6.1	0.64
Carrot Cake Loaf	100g	1634	390	18	3.3	51	31	3.3	4.4	0.73
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
Chocolate Brownie (Improved Recipe)	105g	1877	450	28	17	43	36	1.8	5.1	0.48
Chocolate Caramel Quispie	86g	1577	377	14	7.26	59.1	41.1	0.81	3.1	0.5
Raspberry & White Chocolate Biscuit Cake	115g	2391	589	31	16	68	50	0.9	5	0.68
Malteser Slice	115g	3217	580	32	17	65	48	2.3	6	0.69
Snickers Doodle	112g	2499	599	37	20	58	49	1.8	8.2	0.3
Salted Caramel Cookie Dough	99g	1990	476	25	13	57	45	0.9	3.9	0.99
Smores Brownie	88g	1416	338	15	6.8	47	26	0.5	3.2	0.37
Caramel Crunch	110g	1981	473	24	12	59	42	1.3	5.1	0.62
Peanut Heaven	82g	1889	453	29	13	37	30	2.2	9.6	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 Mandarin & Lime	200g	1299	309	11	5.8	42	32	4.8	8.2	0.14
Granola Pot Raspberry	200g	1265	301	11	5.8	40	32	4.8	8.2	0.14
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
Breakfast Panini	198g	2461	587	26	7.6	65	2.2	0.2	24	2.85
Omelette & Semi-Dried Tomato Rustique	206g	2118	504	18	10	56	3.6	5.3	26	2.4
Sandwiches										
Chicken Italiano	120g	782	185	2.4	0.5	26.0	3.3	2.4	14.1	0.8
Chicken & Salad Sandwich	225g	1636	389	13.0	2.0	50.0	5.7	6.8	20.0	1.9
Egg Mayo GF Sandwich	165g	1532	366	18.0	2.6	40.0	2.6	3.8	10.0	1.8
BLT	189g	1623	386	12.0	3.7	51.0	7.8	6.5	15.0	2.3
Toasties										
Ham & Cheese Toastie	242g	2137	509	20	12	58	4.4	2.4	24	2.8
Panini										
Ham & Cheese Panini	185g	2133	507	16	9.1	60	1.6	0.2	30	3.22
Bap										
Sausage Bap	180g	2310	542	29	11	48	2.2	2.0	20.0	2.3
Focaccia										
Mediterranean Focaccia	182g	1712	409	21	6	41	4.1	1	14	2.57
Tuna Focaccia	180g	2023	483	25.3	6.3	42.4	4.4	2.6	20.3	3.3
Wraps										
Chicken & Bacon Caesar Wrap	221g	2502	599	32	7.8	46	3.3	2.3	30	1.92
Curried Chickpea wrap	219g	2260	540	22.4	3.7	68.9	16.5	10.1	10.5	0.8
Greek Style Chicken Wrap	231g	1967	469	19.9	5.2	49.8	5.6	3.0	21.2	2.1
Korean BBQ Chicken wrap	237g	1678	398	7.6	3.1	60.0	16.0	5.6	19.0	1.5
Pretzel Roll										
New York Beef Pretzel Roll	160g	1700	405	17	5.6	42	4.2	2.9	20	3.14
Bacon & Egg Pretzel Roll	180g	1877	447	19	7.6	45	7.9	3	23	3.8
Impulse Items										
Eat Real Hummus Chips	25g	487	116	4	0.3	17.1	0.3	1	2.5	0.27
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 Sportsap 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