



Holidays Food NUTRITION INFORMATION
UPDATED 02.11.23

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
Pain Aux Chocolat	66g	1149	275	14.5	9.2	27.9	7.3	1.9	5.4	0.7
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
Almond Croissant	85g	1434	343	14	7	36	13	2.4	7	0.84
Chocolate & Hazelnut Cruffin	95g	1651	386	19	9	44	20	0.8	6	0.71
Strawberry & Custard Cruffin	95g	1151	273	10	6.4	37	14	0.2	4.7	0.71
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
Caramel Waffle Muffin	110g	1956	467	23	5.4	59	31	0.8	5.6	0.62
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
Double Dipped Chocolate Cookie (Xmas edition)	100g	2003	479	25	17	57	38	2.2	6.1	1.1
Wreath Shortbread	80g	1234	293	10	5.8	48	30	2.6	0.9	0.48
Toffee Nut Cookie	70g	1521	364	20	11	42	22	0.9	3.5	0.13
Bearista Santa Bear Cookie	35g	623	147	2.9	1.1	28	13	0.5	2.1	0.33
Loaf Cakes										
Carrot Cake Loaf	100g	1634	390	18	3.3	51	31	3.3	4.4	0.73
Chocolate Triple Layer Sponge	75g	1643	394	22.2	8.1	42.6	40	0.77	2.4	0.4
Biscoff Triple Layer Sponge	75g	1474	353	20.6	7.1	37.7	36	0.06	1.6	0.4
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
Classic Chocolate Brownie	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
Snickers Doodle	112g	2499	599	37	20	58	49	1.8	8.2	0.3
Chocolate & Hazelnut Brownie	110g	2213	523	30	14	61	47	2.3	3.7	0.3
Irish Cream Brownie	110g	2217	531	29	16	61	48	2.8	3.4	0.32
Peanut Butter & Jelly Ruffle	111g	2466	591	36	17	57	45	2	9.4	0.36
Biscoff Biscuit Cake	108g	2404	576	33	16	63	43	0.9	4.7	0.56
Tiramisu Shortbread	103g	2223	532	30	15	61	44	0.5	3.8	0.42
Double Chocolate Brownie	107g	2203	528	32	17	54	45	1.4	5.3	0.25
Salted Caramel Caramac Brownie	110g	2077	496	25	12	63	44	0.9	5.4	0.64
Mince Pie Tartlet	90g	1172	281	11.8	5.7	41.9	33	0.85	1.4	0.14
Lemon & White Chocolate Tartlet	80g	1469	352	20.5	11.2	38.9	31	0.26	2.8	0.21
Salted Caramel Millionaire Tartlet	80g	1685	403	23.2	12.8	45.6	37	0.78	2.7	0.32
Dime Bar	87g	1585	379	17.4	9.7	50.1	35.5	1.7	4.4	0.53
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 Apple & Cinnamon	200g	1279	305	11.2	5.8	40	28	5.2	8.4	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										
Egg Mayo GF Sandwich	165g	1532	366	18.0	2.6	40.0	2.6	3.8	10.0	1.8
Turkey Feast Sandwich	241g	2247	536	22.1	3.6	63	9.7	2.7	20	2.14
Prawn Sandwich	197g	1772	423	18.9	1.7	42	4.3	6.6	18	2.69
Turkey Club Slimbo	131g	1389	331	13	1.4	36	7.5	2.8	16	1.28
Toasties										
Beef Wellington Toastie	227g	1795	426	12.5	4.7	56	3.8	2.9	21	2.02
Holiday Ham & Cheese Toastie	196g	2081	495	19	8.9	56	5.1	2.3	25	2.49
Bacon, Brie & Cranberry Toastie	204g	2306	550	24	13	64	12	2.3	18	2.04
Panini										
Ham & Cheese Panini	185g	2133	507	16	9.1	60	1.6	0.2	30	3.22
Cuban Panini	200g	2151	511	16.5	6.1	64.6	5.2	25.8	0.4	3.3
Chicken & Pesto Rustique	166g	1676	398	10.9	5.8	46.6	1.5	26.5	3.8	1.6
Bap										
Sausage Bap	180g	2310	542	29	11	48	2.2	2.0	20.0	2.3
Salmon Royale Bagel	166g	1673	398	13	3.8	50	7.6	3.1	18	1.16
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
Onion Bhaji Vegan Wrap	209g	2223	531	25	3.6	62	7.7	3.5	11.6	1.5
BBQ Pulled Pork Wrap	225g	2128	506	17	7.4	65	15	5.1	22	1.98
Pretzel Roll										
Bacon & Egg Pretzel Roll	180g	1877	447	19	7.6	45	7.9	3	23	3.8
Turkey Cracker Pretzel Roll	190g	2265	541	25	7.0	55	7.4	3.0	22	3.27
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	47.5g	1018	244	14	1.3	25.6	1.5	1.7	3.1	0.71
O'Donnell's Crisps - Salt & Vinegar	47.5g	1003	240	13.9	1.1	25.6	0.7	1.6	2.5	1.4
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										

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
VITHIT Sparkling Pink Grapefruit	330ml	48	11	0	0	1.7	1.3	1.4	0	0
VITHIT Sparkling Raspberry & Grapefruit	330ml	47	11	0	0	2	1.7	1.3	0	0
VITHIT Sparkling Mango & Pineapple	330ml	54	11	0	0	2	1.7	1.3	0	0
Innocent Apple Raspberry	330ml	409	96	0	0	22.1	20.1	0	1.98	0
Innocent Berry Energise Smoothie	300ml	663	156	1.5	0.3	36	30	2.4	1.8	<0.02
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