



Spring FY24 NUTRITION INFORMATION
UPDATED 15.04.24

| 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 |
| Blueberry Cruffin | 88g | 1164 | 277 | 9.33 | 5.93 | 40 | 18 | 0.42 | 4.27 | 0.65 |
| Lemon Curd Cruffin | 85g | 1256 | 298 | 11.5 | 7.14 | 40 | 16 | 0 | 4.76 | 0.69 |
| 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 |
| Salted Caramel Muffin | 110g | 1674 | 399 | 20 | 3.5 | 50.4 | 27.7 | 1.1 | 5.5 | 1 |
| Cookies | | | | | | | | | | |
| Chocolate Chunk Cookie | 76g | 1509 | 361 | 18 | 11 | 44 | 25 | 2.3 | 4.5 | 0.08 |
| Double Dipped Chocolate Cookie (updated edition) | 100g | 2003 | 479 | 25 | 17 | 57 | 38 | 2.2 | 6.1 | 1.1 |
| Biscotti Cookie | 68g | 1421 | 340 | 18 | 10 | 39 | 20 | 2.4 | 4.3 | 0.25 |
| Brookie | 90g | 1849 | 442 | 21.1 | 12.9 | 55.4 | 35.8 | 2.5 | 4.7 | 0.4 |
| Raspberry & Pistachio Shortbread | 88g | 1334 | 317 | 10 | 5.61 | 53 | 30 | 3.2 | 1.2 | 0.62 |
| Lemon Curd Shortbread | 88g | 1441 | 342 | 12 | 6.72 | 56 | 34 | 2.71 | 1.1 | 0.58 |
| 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 | 40.4 | 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 |
| Banana Nut | 90g | 1538 | 368 | 20 | 2 | 41 | 22 | 1.1 | 5.4 | 0.6 |
| Caramel Spiced Loaf | 100g | 1710 | 409 | 23 | 7.4 | 42 | 20 | 2.8 | 7 | 0.71 |
| Bar cakes | | | | | | | | | | |
| Fifteens | 86g | 1511 | 361 | 16.02 | 8.46 | 51.8 | 30.5 | 2.3 | 4.6 | 0.5 |
| Twizzle Stick White Chocolate Marshmallow | 48g | 855 | 203 | 5 | 3 | 38 | 29 | 0.1 | 1 | 0.04 |
| Twizzle Stick Chocolate Marshmallow | 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 |
| Snickers Doodle | 112g | 2499 | 599 | 37 | 20 | 58 | 49 | 1.8 | 8.2 | 0.3 |
| Biscoff Biscuit Cake | 108g | 2404 | 576 | 33 | 16 | 63 | 43 | 0.9 | 4.7 | 0.56 |
| Caramel Coffee Shortbread | 103g | 2223 | 532 | 30 | 15 | 61 | 44 | 0.5 | 3.8 | 0.42 |
| Triple Chocolate Brownie | 107g | 2203 | 528 | 32 | 17 | 54 | 45 | 1.4 | 5.3 | 0.25 |
| Salted Caramel Brownie | 110g | 2077 | 496 | 25 | 12 | 63 | 44 | 0.9 | 5.4 | 0.64 |
| Lemon & White Chocolate Tartlet | 80g | 1469 | 352 | 20.5 | 11.2 | 38.9 | 31 | 0.26 | 2.8 | 0.21 |

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|--------------------------------------|--------|-------|-----|------|------|------|------|------|------|--------|
| Salted Caramel Millionaire Tartlet | 80g | 1685 | 403 | 23.2 | 12.8 | 45.6 | 37 | 0.78 | 2.7 | 0.32 |
| Malteser Slice | 115g | 3217 | 580 | 32 | 17 | 65 | 48 | 2.3 | 6 | 0.69 |
| Golden Toffee Tiffin | 110g | 2373 | 568 | 32 | 17 | 64 | 48 | 1.2 | 5 | 0.46 |
| Chocolate Caramel Brownie | 115g | 2343 | 561 | 32 | 17 | 61 | 50 | 1.6 | 5.9 | 0.43 |
| Fruit & Nut Brownie | 118g | 2390 | 573 | 35 | 17 | 57 | 45 | 2 | 6.8 | 0.36 |
| Pink Pop | 34g | 719 | 172 | 9.9 | 4.8 | 19 | 8.5 | 0.5 | 1.7 | 0.21 |
| Easter Crispie | 80g | 1816 | 436 | 29 | 17 | 38 | 28 | 1.9 | 4.8 | 0.6 |
| Chocolate Caramel Quispie | 86g | 1577 | 377 | 14 | 7.26 | 59.1 | 41.1 | 0.81 | 3.1 | 0.5 |
| Bueno Quispie | 85g | 1,577 | 376 | 19.2 | 8.1 | 54.2 | 31 | 0.8 | 3.9 | 0.5 |
| 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 Blueberry | 200g | 1349 | 322 | 12 | 7 | 43 | 28 | 5 | 7.2 | 0.02 |
| 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 |
| Brunch Burrito | 234g | 2236 | 533 | 23 | 8.4 | 58 | 5.5 | 4 | 21.9 | 2.71 |
| Bacon Ciabatta | 150g | 1540 | 366 | 12 | 3.8 | 50 | 1.1 | 2.4 | 14 | 2.37 |
| Sandwiches | | | | | | | | | | |
| Egg Mayo GF Sandwich | 156g | 1444 | 347 | 20.0 | 2.7 | 27.6 | 2.8 | 11.8 | 8.2 | 1.2 |
| Tuna Sandwich | 196g | 2052 | 489 | 19.6 | 2.4 | 53.7 | 5.5 | 7.3 | 20.2 | 2.5 |
| Chicken Salad | 225g | 1636 | 389 | 13.0 | 2.0 | 50.0 | 5.7 | 6.8 | 20.0 | 1.9 |
| Toasties | | | | | | | | | | |
| Ham & Cheese Toastie | 199g | 2037 | 485 | 18 | 8.7 | 52 | 2.6 | 2.3 | 27 | 3.00 |
| Chicken & Chorizo Toastie | 223g | 2609 | 623 | 30.8 | 8.3 | 55.6 | 4.3 | 2.4 | 29.7 | 2.6 |
| Panini | | | | | | | | | | |
| Ham & Cheese Panini | 185g | 2133 | 507 | 16 | 9.1 | 60 | 1.6 | 0.2 | 30 | 3.22 |
| 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 |
| 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 |
| Salted Chilli Chicken Wrap | 213g | 2226 | 531 | 22 | 4.5 | 56 | 6.6 | 4.7 | 25 | 1.38 |
| Chicken Fajita Burrito | 224g | 1902 | 452 | 14 | 5.9 | 56 | 7.5 | 2.6 | 25 | 2.35 |
| Curried Chickpea Wrap | 219g | 2260 | 540 | 22.4 | 3.7 | 68.9 | 16.5 | 10.1 | 10.5 | 0.8 |
| Pretzel Roll | | | | | | | | | | |
| Philly Beef Pretzel Roll | 165g | 1594 | 380 | 14 | 5.2 | 43 | 3.8 | 3.0 | 20 | 2.06 |
| Impulse Items | | | | | | | | | | |
| Popchips | 23g | 418 | 99 | 3 | 0.4 | 16 | 1 | 1.1 | 1.5 | 0.25 |
| Eat Real Hummus Chips | 25g | 487 | 116 | 4 | 0.3 | 17.1 | 0.3 | 1 | 2.5 | 0.27 |
| 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 |
| Bearista Bear/ Iced Latte Cookie | 45g | 792 | 187 | 3.96 | 1.44 | 35 | 17 | 0.85 | 2.47 | 0.37 |

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| 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 |
| Dark Peanut Cups | 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 |