



Summer FY24 NUTRITION INFORMATION
UPDATED 07.05.24

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
Cinnamon Swirl (updated recipe)	120g	1632	387	7.6	3.1	67	25	3.1	11	0.47
Luxury Fruit Bread	145g	1901	452	10	3.8	80	39	11	4.9	0.55
Luxury Fruit Bread (updated recipe)	145g	2072	491	11	4.5	84	38	4.1	12	0.26
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										
	Serving Size (g)	Energy (KJ)	Energy (Kcal)	Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Sugar (g)	Fibre (g)	Protein (g)	Salt (g)
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										
	Serving Size (g)	Energy (KJ)	Energy (Kcal)	Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Sugar (g)	Fibre (g)	Protein (g)	Salt (g)
Chocolate Chunk Cookie	76g	1509	361	18	11	44	25	2.3	4.5	0.08
Chocolate Chunk Cookie (new recipe)	76g	1417	338	15	9	45	25	2	4.4	0.54
Double Dipped Chocolate Cookie (updated edition)	100g	2003	479	25	17	57	38	2.2	6.1	1.1
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
Raspberry Mallow Top	72g	1299	310	14	7.2	42	32	2	3	0.24
Loaf Cakes										
	Serving Size (g)	Energy (KJ)	Energy (Kcal)	Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Sugar (g)	Fibre (g)	Protein (g)	Salt (g)
Carrot Cake Loaf	100g	1634	390	18	3.3	51	31	3.3	4.4	0.73
Banana Nut	90g	1538	368	20	2	41	22	1.1	5.4	0.6
Victoria Triple Layer Sponge	75g	1495	358	19.2	5.1	41.7	36.9	0.21	1.8	1.4
Bar cakes										
	Serving Size (g)	Energy (KJ)	Energy (Kcal)	Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Sugar (g)	Fibre (g)	Protein (g)	Salt (g)
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
Snicker 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
Salted Caramel Millionaire Tartlet	80g	1685	403	23.2	12.8	45.6	37	0.78	2.7	0.32
Banoffee Tart	90g	1503	359	17.8	8.7	45.2	29	1.4	3.1	0.22
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
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
Neapolitan Slice	115g	2,417	579	34	17	63	44	1.4	4.7	0.82
Toffee Popcorn Tiffin	100g	1,801	429	16	8.4	67	49	1.2	3.6	0.89
Chocolate Pop	34g	702	168	10	4.4	17	12	0.9	2.1	0.22
Cookies and Cream Caramel Brownie	115g	2,301	551	31	18	62	49	1.5	5.5	0.6
Cookie Dough Millionaire	110g	1,680	401	19	11	52	32	1.7	4.9	1.5
Raspberry & Pistachio Loaf	95g	1,853	443	25	7	51	33	0.7	3.8	0.34
Breakfast	Serving Size (g)	Energy (KJ)	Energy (Kcal)	Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Sugar (g)	Fibre (g)	Protein (g)	Salt (g)
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
Granola Pot Blueberry (New Recipe)	200g	1039	247	7.2	4.4	28.2	23.1	2.6	18	0.42
Granola Pot Raspberry (New Recipe)	200g	1022	243	7.1	1.6	27.2	22.9	2.95	19	0.42
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	Serving Size (g)	Energy (KJ)	Energy (Kcal)	Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Sugar (g)	Fibre (g)	Protein (g)	Salt (g)
Chicken Salad	225g	1636	389	13.0	2.0	50.0	5.7	6.8	20.0	1.9
Lemon Chicken Sandwich	165g	1593	382.338	20.9	1.8	28.8	3.3	13.9	11.9	1.6
Italian Chicken Flatbread	199g	1715	407	12.0	1.9	51.0	6.9	3.2	22.0	1.4
Double Egg & Cress Sandwich	200g	1849	441.7728	20.2	4.0	42.6	3.6	6.9	18.9	1.6
Toasties	Serving Size (g)	Energy (KJ)	Energy (Kcal)	Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Sugar (g)	Fibre (g)	Protein (g)	Salt (g)
Ham & Cheese Toastie	199g	2037	485	18	8.7	52	2.6	2.3	27	3.00
Panini	Serving Size (g)	Energy (KJ)	Energy (Kcal)	Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Sugar (g)	Fibre (g)	Protein (g)	Salt (g)
Ham & Cheese Panini	185g	2133	507	16	9.1	60	1.6	0.2	30	3.22
Bap	Serving Size (g)	Energy (KJ)	Energy (Kcal)	Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Sugar (g)	Fibre (g)	Protein (g)	Salt (g)
Sausage Bap	180g	2310	542	29	11	48	2.2	2.0	20.0	2.3
Focaccia	Serving Size (g)	Energy (KJ)	Energy (Kcal)	Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Sugar (g)	Fibre (g)	Protein (g)	Salt (g)
Mediterranean Focaccia	182g	1712	409	21	6	41	4.1	1	14	2.57
Chorizo, Mozzarella & Red Pepper Romana	185g	1753	417	13.5	6.6	51	4.2	2.4	21.2	3.3
Wraps	Serving Size (g)	Energy (KJ)	Energy (Kcal)	Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Sugar (g)	Fibre (g)	Protein (g)	Salt (g)
Chicken & Bacon Caesar Wrap	221g	2502	599	32	7.8	46	3.3	2.3	30	1.92
Chicken Fajita Burrito	224g	1902	452	14	5.9	56	7.5	2.6	25	2.35

Green Thai Chicken Wrap	224g	1722	409	11	4.6	53	6.0	5.1	22	1.28
Sweet Chilli Chickpea Wrap	240g	1997	475	13.7	3	69	15.3	11.5	12.8	2.3
Pretzel Roll	Serving Size (g)	Energy (KJ)	Energy (Kcal)	Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Sugar (g)	Fibre (g)	Protein (g)	Salt (g)
Bacon & Eggs Benedict Pretzel Roll	156g	1772	423	18	7.3	43	3.0	3.0	20	2.50
Chicken, Bacon & Smoky Cheese Pretzel Roll	168g	2040	487	23	7.6	44	3.8	3.2	24	2.84
Impulse Items	Serving Size (g)	Energy (KJ)	Energy (Kcal)	Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Sugar (g)	Fibre (g)	Protein (g)	Salt (g)
Popchips	23g	418	99	3	0.4	16	1	1.1	1.5	0.25
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
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	Serving Size (g)	Energy (KJ)	Energy (Kcal)	Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Sugar (g)	Fibre (g)	Protein (g)	Salt (g)
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