



**Winter FY26 NUTRITION INFORMATION  
UPDATED 020126**

Product Name	Serving Size (g)	Energy (KJ)	Energy (Kcal)	Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Sugar (g)	Fibre (g)	Protein (g)	Salt (g)
<b>Bakery</b>										
Butter Croissant	58g	1046	250	13	9	28	4.4	1.1	4.8	0.57
Cinnamon Swirl	120g	1632	387	7.6	3.1	67	25	3.1	11	0.47
Luxury Fruit Bread	145g	2072	491	11	4.5	84	38	4.1	12	0.26
Fruit Scone	95g	1216	289	9	3.6	44	15	1.57	6.7	0.65
Chocolate & Hazelnut Croissant	80g	1497	358	19	10	40	14	1.9	5.4	0.56
Pistachio Croissant	75g	1175	281	14	7.5	32	6.8	2.1	6.5	0.83
Pain au Chocolat	75g	1149	275	14.5	9.2	29.7	7.3	0.7	1.9	0.7
<b>Muffins &amp; Donuts</b>										
Triple 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
S'mores Muffin	110g	1883	449	20.4	4.6	60	36	1.4	5.5	0.35
Caramel & Cream Donut	118g	1630	389	17	12	53	24	1.7	5	0.87
<b>Cookies</b>										
Chocolate Chunk Cookie	76g	1417	338	15	9	45	25	2	4.4	0.54
Viennese Swirl	73g	1508	361	21	13.4	38	24	1	3.7	0.43
Matcha & White Chocolate Cookie	90g	1666	397	17	8.5	55	33	1.2	5.6	0.45
Speculoos Cookie	80g	1473	351	15	6.9	50	28	0.8	4.7	0.6
<b>Loaf Cakes</b>										
Carrot Cake Loaf	100g	1634	390	18	3.3	51	31	3.3	4.4	0.73
Vanilla Blueberry Loaf	100g	1821	436	27	11	44	30	1.3	5	0.56
Red Velvet Loaf	100g	1750	419	23	7	45	28	2.3	6.8	0.78
Black Forest Yule Log	70g	1311	314	16	7.4	41	33	0.7	2.1	0.34
Raspberry & White Chocolate Swiss Roll	70g	1310	313	16	7.4	40	31	0.4	2.1	0.36
Pistachio Latte Loaf	100g	1729	415	27	9	35	28	1.8	7	0.51
<b>Bar cakes</b>										
Fifteens	90g	1256	300	13	6.8	47	23	1.9	3.1	0.24
White Twizzle Stick	40g	646	153	2.3	2.3	33	24	0.1	0.6	0.03
Milk Twizzle Stick	36g	642	153	5	4.6	26.6	22	0.1	1	0.6
Teaser Slice	100g	2115	502	27	16	59	38	2.1	4.9	0.74
Pink Pop	34g	719	172	9.9	4.8	19	8.5	0.5	1.7	0.21
Cookies & Cream Pop	34g	701	168	9.5	5.1	19	14	0.5	1.5	0.21
Millionaire Shortbread	110g	2238	535	28	16	64	39	0.9	5.3	0.6
Ultimate Chocolate Brownie	110g	1899	494	28	17.4	51	43	3.7	5.6	0.46
Cookies & Cream Pop	34g	701	168	9.5	5.1	19	14	0.5	1.5	0.21
Bakewell Tartlet	75g	1290	308	12.5	5.9	45	25.7	1.2	3.3	0.26
Cookies & Cream Brookie	98g	1968	470	23	14	62	46	1.7	4.2	0.58
Mince Pie	120g	2061	490	17	11	79	48	2.2	4.2	0.3
Chocolate Orange Biscuit Cake	105g	2162	517	27	17	62	39	2.4	4.5	0.77
Speculoos & Caramel Crispie	85g	1681	401	18	7.7	56	41	0	3.1	0.57
Salted Caramel Brownie	90g	1705	408	22	10	49	37	0.9	4	0.7
Pistachio Pop	34g	700	168	10	4.8	17	13	0.3	1.5	0.16
Chocolate & Hazelnut Brookie	83g	1780	431	24	13.5	49	36	1.8	4.6	0.39
Snickerdoodle Crispie	60g	1185	283	14	5.7	35	26	0.9	4.8	0.31
Caramel & Chocolate Brownie	75g	1468	351	19	9.7	41	32	0.9	3.6	0.53
Teaser Slice	100g	2115	502	27	16	59	38	2.1	4.9	0.74
Valentines Bear	35g	730	175	10	14	19	14	0.8	1.8	0.23
<b>Breakfast</b>										
Porridge Made With Water	166g	548	130	2	0.4	23	0.3	2.9	3.9	<0.01g
Porridge Made With Semi-Skimmed Milk	166g	919	217	5.3	2.4	32	9.2	2.9	10	<0.01g
Granola Pot Strawberry	200g	897	215	9.4	4.8	22	13	5.8	7.6	0.16
Granola Pot Blueberry	200g	999	239	9.4	4.8	28	17	5.8	7.6	0.16
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 Breakfast Ciabatta	188g	2132	508	21	3.3	57	1.3	2.2	22	2.48
Bacon & Eggs Benedict Pretzel Roll	155g	1766	421	18.1313	7.3085	43.08905	3.0167	3.0167	20.26165	2.50355
<b>Sandwiches</b>										
Chicken & Stuffing Sandwich	209g	2475	537	22.9	3.1	57.3	3.2	4.1	27.6	2.3
Lemon Chicken Sandwich	165g	1593	382	20.9	1.8	28.8	3.3	13.9	11.9	1.6
Turkey & Ham Feast Sandwich	206g	2343	545	21.0	3.8	71.0	10.0	4.0	21.0	2.5
Gluten Free Egg & Tomato Tapenade Sandwich	156g	1444	347	19.9973	2.69015	27.6168	2.8	11.83355	8.22595	1.2
<b>Toasties/ Croques</b>										
Ham & Cheese Croque	199g	1860	442	14	5.9	57	2.9	2.4	22	2.74
Breakfast Toastie	192g	2030	484	22	3.8	52	5.8	0.8	20	1.50
Chicken Pesto Croque	196g	2189	522	22	5.7	54	3.0	2.6	25	2.31
Holiday Ham & Cheese Croque	194g	1990	473	16	7.4	56	5.2	2.5	25	2.97
Bacon, Brie & Cranberry Croque	204g	2281	543	20	11.0	62	12.0	3.6	24	3.02
Turkey, Stuffing & Cranberry Croque	221g	2298	546	16	6.0	73	11.0	3.5	27	2.08
Feta, Roasted Red Pepper & Balsamic Croque	208g	2290	547	25	8.3	60	8.0	3.3	18	2.39
<b>Ciabatta</b>										
Ham & Cheese Ciabatta	185g	1975	469	15	8.9	55	1.1	2	27	3
Beetroot, Roasted Veg and Hummus Ciabatta	223g	2263	538	16	4.9	79	6.4	6.4	16	2.79
Chicken & Hot Honey Ciabatta	227g	2318	550	19	5	69	10	6	28	1.04
<b>Bap</b>										
Sausage Bap	155g	1895	453	23	8.6	45	2	2	17	1.92
<b>Focaccia</b>										
Mediterranean Focaccia	182g	1724	411	21	4.6	46	4.8	5.3	12.8	2.75
Chorizo, Mozzarella & Red Pepper Romana	185g	1753	417	13.5	6.6	51	4.2	2.4	21.2	3.3
<b>Wraps</b>										
Chicken & Bacon Caesar Wrap	215g	2255	540	27	5	46	7.7	4.2785	29	1.87
Korean Style Hot Honey Chicken Wrap	222g	1777	422	11	2.8	57	10	3.3	21	1.22
<b>Pretzel Roll</b>										
NY Deli Pretzel Roll	160g	1700	405	17	5.6	42	4.2	2.9	20	3.14
<b>Impulse Items</b>										
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	3.9	1.4	35	17	0.9	2.5	0.37
Cookie Straw	1 Piece	377	90	2.6	1.5	15	9.4	0.5	1.4	0.08
Swiss Chocolate Dark	40g	911	219	15	9	16	16	3.4	2.6	0
Swiss Chocolate Milk	40g	938	225	14	8.4	21	21	0.6	2.8	0.08
Roasted & Salted Nuts	35g	933	225	17.8	1.6	7.7	1.6	2.2	7.4	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
Caramel Waffles	78g	739	176	8.2	4.7	24	14	0.6	1.2	0.23
Gluten Free Chocolate Brownie	60g	1098	263	14	3.4	31	20	0	2.9	0.15
Gluten Free Fruit & Nut Bar	65g	1296	310	16	8.5	35	19	3.6	4.7	0.29
<b>Bottled Beverages</b>	<b>Serving Size (g)</b>	<b>Energy (KJ)</b>	<b>Energy (Kcal)</b>	<b>Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Carbohydrates (g)</b>	<b>Sugar (g)</b>	<b>Fibre (g)</b>	<b>Protein (g)</b>	<b>Salt (g)</b>
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 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