



Spring FY26 NUTRITION INFORMATION
UPDATED 060326

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 (NEW)	55g	968	232	12	7.6	26	4	1	4.4	0.5
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
Irish Fruit Scone (NEW)	70g	864	205	3.6	1.1	37	13	1.3	5.5	2.8
Pain au Chocolat (NEW)	86g	1208	289	15.1	8.9	32	9.5	0	5.6	0.7
Biscoff Croissant	70g	1256	300	17	6.5	31	8.5	1.2	5.2	0.8
Almondine Croissant	102g	1713	410	20.8	8.9	45	18.5	2.5	9.5	0.9
Muffins & Donuts										
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
Cookies										
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
Speculoos Cookie	80g	1473	351	15	6.9	50	28	0.8	4.7	0.6
Lemon Blossom Shortbread	67g	1447	347	21	13	37	20	1.9	0.5	0.25
Loaf Cakes										
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
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
Salted Caramel Swiss Roll	70g	1281	306	16	6	38	30	0.3	2	0.44
Bar cakes										
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
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
Egg-Cellent Chocolate Brownie	93g	1833	439	23	16	53	42	2.3	2.6	0.18
Easter Chick	35g	718	172	9.8	4.9	19	14	0.7	1.6	0.22
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	0.4	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 (NEW)	200g	989	236	11	5.6	26	16	2.8	7.8	0.18
Granola Pot Blueberry (NEW)	200g	1052	251	11	5.6	30	20	2.6	7.6	0.18
Ham And Cheese Croissant (NEW)	108g	1363	326	18	12	28	4.5	1	13	1.5
Cheese & Mushroom Croissant	129.5g	1353	324	19	12	26	4.4	0	13	1.27
All Day Breakfast Ciabatta (NEW)	170g	1946	464	20	4.4	51	4.3	4.4	18	1.9
Italian Style Caprese Croissant	90g	1095	263	18	8.6	17	2.3	<0.5	9.2	0.97
Protein Breakfast Muffin	147g	1363	326	15	4.7	26	1.9	6.3	19	1.6
Gourmet Sausage Roll	130g	1443	346	17	7.9	29	3.1	1.6	18	1.47
Sandwiches	Serving Size (g)	Energy (KJ)	Energy (Kcal)	Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Sugar (g)	Fibre (g)	Protein (g)	Salt (g)
Protein Chicken & Stuffing Sandwich (NEW)	175g	1728	412	17.0	1.8	40.0	3.3	2.8	24.0	1.6
Double Free Range Egg & Rocket Sandwich	186g	1807	432	23	3.3	39	3.2	2.6	17	1.6
Toasties/ Croques	Serving Size (g)	Energy (KJ)	Energy (Kcal)	Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Sugar (g)	Fibre (g)	Protein (g)	Salt (g)
Ham & Cheese Croque Monsieur (NEW)	164g	1675	398	11	4.9	54	1.5	2.5	19	2.60
Spicy Cajun Chicken & Jalapeno Croque	218g	2264	539	20	5.2	63	3.5	3.9	25	3.50
Ciabatta	Serving Size (g)	Energy (KJ)	Energy (Kcal)	Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Sugar (g)	Fibre (g)	Protein (g)	Salt (g)
Ham & Cheese Ciabatta (NEW)	185g	2004	478	19	9.3	49	3.1	3.5	25	2.6
Tuna Melt Panini	220g	2526	604	30	8.8	55	5.1	3.1	27	2.1
Bap	Serving Size (g)	Energy (KJ)	Energy (Kcal)	Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Sugar (g)	Fibre (g)	Protein (g)	Salt (g)
Artisan Sausage Blaa	160g	1891	451	20	6.6	47	7	4	18	2.3
NY Style Reuben Bagel	165g	1530	363	9.4	4.3	48	8.6	2.8	20	2.4
Gluten Free Double Cheddar & Caramelised Onion Bagel	128g	1309	314	15	8.1	27	6.4	10	12	1.2
Focaccia	Serving Size (g)	Energy (KJ)	Energy (Kcal)	Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Sugar (g)	Fibre (g)	Protein (g)	Salt (g)
Chorizo, Mozzarella & Red Pepper Romana (NEW)	175g	1716	408	14	6.5	48	3.5	2.1	21	3.2
Wraps	Serving Size (g)	Energy (KJ)	Energy (Kcal)	Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Sugar (g)	Fibre (g)	Protein (g)	Salt (g)
Chicken Caesar Wrap with Crunchy Dipper (NEW)	237g	2724	652	37	8.8	51	4	3.8	27	2.6
Vegan Onion Bhaji Wrap with Mint Raita Dipper	263g	2267	541	25	3.9	65	15	6.8	12	2.4
Protein Chicken & Chipotle Avocado Flatbread	196g	1795	427	14	2.5	49	10	3.7	24	1.2
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	3.9	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
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 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