



**Autumn FY24 NUTRITION INFORMATION**  
**UPDATED 04.09.24**

Product Name	Serving Size (g)	Energy (KJ)	Energy (Kcal)	Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Sugar (g)	Fibre (g)	Protein (g)	Salt (g)
<b>Bakery</b>										
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	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	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
Brown Butter, Maple & Pecan Bun	100g	1623	387	16	5.4	52	21	2.7	7.4	0.34
Chocolate Twist	84g	1229	294	13	8	38	15	1.9	5.4	0.7
<b>Muffins</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
Toffee Apple Muffin	110g	1756	419	18	4.1	58	32	1.9	5.2	0.62
<b>Cookies</b>										
Chocolate Chunk Cookie	76g	1417	338	15	9	45	25	2	4.4	0.54
Brookie	90g	1849	442	21.1	12.9	55.4	35.8	2.5	4.7	0.4
Raspberry Mallow Top	72g	1299	310	14	7.2	42	32	2	3	0.24
Raspberry & White Chocolate Cookie	80g	1531	365	17	8.4	49	31	1	4.6	0.57
Dulce de Leche Chocolate Cookie	85g	1732	415	23	14	45	28	3.5	5.2	0.34
<b>Loaf Cakes</b>										
Carrot Cake Loaf	100g	1634	390	18	3.3	51	31	3.3	4.4	0.73
Victoria Triple Layer Sponge	75g	1495	358	19.2	5.1	41.7	36.9	0.21	1.8	1.4
Raspberry & Coconut Loaf	100g	1694	405	20	5	49	31	1.5	6.4	0.64
Coffee & Walnut Loaf Cake Bar	80g	1588	380	21	5.9	43	27	0.6	3.4	0.3
<b>Bar cakes</b>										
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
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
Lemon & White Chocolate Tartlet	80g	1469	352	20.5	11.2	38.9	31	0.26	2.8	0.21
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
Chocolate & Caramel Brownie	115g	2343	561	32	17	61	50	1.6	5.9	0.43
Pink Pop	34g	719	172	9.9	4.8	19	8.5	0.5	1.7	0.21
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

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
Biscoff Quispie	75g	1,420	339	15	8	50	24	1	2	0.4
Gingerbread Black Cat & Pumpkin Cookie	55g	972	230	3.7	1.3	46	25	1.3	2.5	0.3
Bueno Biscuit Cake	80g	1,588	380	21	5.9	43	27	0.6	3.4	0.3
Cookies & Cream Pop	34g	701	168	9.5	5.1	19	14	0.5	1.5	0.21
Apple & Caramel Crumble Tartlet	90g	1,297	310	14	7.3	44	21	1.4	2.6	0.29
Pumpkin Shaped Brownie	65g	1,472	354	25	13	28	28	0.1	4.1	0.35
<b>Breakfast</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>
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	1039	247	7.2	4.4	28.2	23.1	2.6	18	0.42
Granola Pot Raspberry	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	188g	2132	508	21	3.3	57	1.3	2.2	22	2.48
Brunch Burrito	234g	2236	533	23	8.4	58	5.5	4	21.9	2.71
<b>Sandwiches</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>
Chicken Salad Sandwich	225g	1636	389	13.0	2.0	50.0	5.7	6.8	20.0	1.9
Lemon Chicken Sandwich	165g	1593	383	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	442	20.2	4.0	42.6	3.6	6.9	18.9	1.6
Chicken & Stuffing Sandwich	209g	2475	591	25.0	4.4	63.0	5.6	6.9	25.0	2.7
<b>Toasties</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>
Ham & Cheese Toastie	199g	1860	442	14	5.9	57	2.9	2.4	22	2.74
Tuna Melt Toastie	194g	1962	467	17	5.7	54	3.2	2.5	24	2.11
<b>Panini</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>
Ham & Cheese Panini	185g	1975	469	15	8.9	55	1.1	2	27	3
<b>Bap</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>
Sausage Bap	155g	1895	453	23	8.6	45	2	2	17	1.92
<b>Focaccia</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>
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
<b>Wraps</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>
Chicken & Bacon Caesar Wrap	221g	2527	603	27	6.3	59	3.8	4.4	29	1.81
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
<b>Pretzel Roll</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>
Bacon & Eggs Benedict Pretzel Roll	155g	1766	421	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
NY Deli Pretzel Roll	160g	1700	405	17	5.6	42	4.2	2.9	20	3.14
<b>Impulse Items</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>
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
Caramel Waffles	78g	739	176	8.2	4.7	24	14	0.6	1.2	0.23
GF 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 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