



UK Fresh and Packaged Food Nutritional
Winter 2015

Product	Product Suitable for		Made using ingredients that are			Energy (kJ)		Energy (kcal)		Fat (g)		of which are saturates (g)		Carbohydrates (g)		of which are sugars (g)		Protein (g)		Fibre (g)		Sodium (g)		Equivalent as salt (g)		
	Vegetarian	Vegan	Wheat Free	Gluten Free	Dairy Free	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	
Toast																										
Luxury Fruit Toast	Y	N	N	N	N	1398	2027	332	481	8.0	11.6	3.6	5.2	55.7	80.8	26.9	39.0	7.5	10.9	3.4	4.93	0.1	0.2	0.28	0.41	
Bars, Biscuits, Shortbreads, & Cookies																										
Belgian Chocolate Brownie Gluten Free	Y	N	Y	Y	N	2413	1737	514	370	31.7	22.8	17.5	12.6	51.9	37.4	43.9	31.6	4.1	3.0	2.6	1.9	0.0	0.0	0.10	0.1	
Chocolate Caramel Shortbread	Y	N	N	N	N	2258	1490	541	357	31.4	20.7	18.2	12.0	59.9	39.5	38.1	25.1	4.2	2.8	0.8	0.5	0.2	0.1	0.47	0.3	
Chocolate Chunk Shortbread Fairtrade	Y	N	N	N	N	2162	2076	518	497	30.2	28.9	18.9	18.1	53.5	51.4	21.8	20.1	6.2	5.9	3.1	2.9	0.01	0.0	0.1	0.1	
Granola Bar	Y	N	Y	N	N	1958	1661	466	397	25.9	22.0	8.8	7.5	48.9	41.6	29.9	25.4	7.2	6.1	5.1	4.3	0.1	0.1	0.20	0.2	
Marshmallow Twizzle	N	N	N	N	N	2021	807	483	193	21.6	8.6	12.4	5.0	66.9	26.8	63.1	25.2	4.4	1.8	0.7	0.0	0.0	0.10	0.0		
Rocky Road	N	N	N	N	N	2136	1666	512	399	31.1	24.3	16.3	12.7	53.7	41.9	34.0	26.4	4.3	3.3	0.5	0.4	1.0	0.8	0.24	0.2	
Milk Chocolate Chunk Cookie	Y	N	N	N	N	1970	1556	471	372	22.9	18.0	14.1	11.1	58.3	46.0	41.2	32.5	6.4	5.0	2.8	2.2	0.1	0.1	0.34	0.3	
Nutella and Oat Cookie	Y	N	N	N	N	1954	1602	467	383	22.2	18.2	8.9	7.3	58.7	48.1	36.9	30.3	6.3	5.2	3.5	2.9	0.2	0.2	0.49	0.4	
Chocolate Sandwich Cookie	Y	N	N	N	N	2038	1467	487	351	25.1	18.1	13.1	9.4	59.1	42.6	52.3	37.7	4.5	3.2	3.5	2.5	0.18	0.1	0.44	0.3	
Cakes, Doughnuts																										
Carrot Cake	Y	N	N	N	N	1872	2340	449	560	28.3	35.4	10.0	12.5	43.5	54.4	35.3	44.1	3.8	4.8	2.5	3.1	0.1	0.1	0.14	0.2	
Chocolate Velvet Cake	Y	N	N	N	N	1690	2366	404	566	19.7	27.6	7.3	10.2	54.1	75.7	38.7	54.1	3.9	5.5	3.0	4.2	0.12	0.16	0.30	0.40	
Loaf Cakes																										
Loaf Cake Lemon	Y	N	N	N	N	1774	1526	424	364	23.5	20.2	6.6	5.7	47.3	40.7	29.4	25.3	5.0	4.3	1.6	1.4	0.2	0.2	0.50	0.4	
Loaf Cake Raspberry and Coconut	Y	N	N	N	N	1891	1664	452	397	25.6	22.5	5.8	5.1	49.9	43.9	36.1	31.8	4.5	4.0	2.1	1.8	0.2	0.2	0.43	0.4	
Muffins																										
Mississippi Mud Muffin	Y	N	N	N	N	1496	1915	356	456	13.2	16.9	5.1	6.5	52.1	66.7	34.6	44.3	6.3	8.1	1.9	2.4	0.24	0.26	0.59	0.76	
Classic Blueberry Muffin	Y	N	N	N	N	1533	1870	367	448	18.9	23.1	2.1	2.6	43.2	52.7	23.0	28.1	5.0	6.1	1.8	2.2	0.26	0.32	0.64	0.78	
Dark Chocolate and Ginger Muffin	Y	N	N	N	N	1759	2005	420	479	21.3	24.3	3.3	3.8	51.7	58.9	30.5	24.8	4.7	5.4	1.5	1.7	0.13	0.15	0.33	0.38	
Rise and Shine Muffin	Y	N	N	N	N	1552	1925	372	461	20.9	25.9	2.0	2.5	37.1	46.0	21.8	27.0	6.7	8.3	4.2	5.2	0.2	0.3	0.38	0.47	
Lemon Poppyseed Muffin	Y	N	N	N	N	1657	2005	396	479	18.1	21.9	1.5	1.8	52.5	63.5	36.5	44.1	4.6	5.6	2.1	2.5	0.2	0.2	0.39	0.47	
Skinny Blueberry Muffin	Y	N	N	N	N	1108	1341	262	317	2.1	2.5	0.9	1.1	52.6	63.6	20.3	24.6	6.8	8.2	2.5	3.0	0.3	0.3	0.70	0.85	
Apple and Cinnamon Duffin	Y	N	N	N	N	1580	1975	378	472	19.4	24.3	3.9	4.8	46.7	58.5	25.5	31.9	4.7	5.9	1.1	1.4	0.1	0.2	0.30	0.40	
Pastries Gist Delivery																										
Almond Croissant	Y	N	N	N	N	1727	2193	413	525	20.6	26.1	9.8	12.4	49.7	63.1	30	38.1	6.3	8.0	1.6	2.0	0.4	0.5	0.96	1.2	
Butter Croissant	Y	N	N	N	N	1623	1136	389	272	23.6	16.5	14.6	10.2	37.1	25.9	5.3	3.7	5.9	4.1	1.6	1.1	0.5	0.4	1.31	0.9	
Pain Au Chocolat	Y	N	N	N	N	1744	1134	418	272	25.4	16.5	15.7	10.2	39.9	25.9	15	9.8	6.2	4.0	2.7	1.8	0.5	0.3	1.18	0.8	
Pain Aux Raisins	Y	N	N	N	N	1404	1544	336	370	17.7	19.5	10.9	12.0	39.8	42.7	15.6	17.2	4.5	5.0	1.4	1.5	0.3	0.4	0.82	0.9	
Chocolate Swirl	Y	N	N	N	N	1351	1797	321	427	13.0	17.4	6.4	8.5	47.4	63.0	20.5	27.3	7.2	9.6	3.5	4.6	0.23	0.30	0.58	0.77	
Cinnamon Swirl	Y	N	N	N	N	1359	1984	323	472	10.2	14.9	4.0	5.8	49.1	71.7	18.4	26.9	7.4	10.8	2.6	3.8	0.2	0.3	0.4	0.6	
Pastries Direct Delivery																										
Almond Croissant	Y	N	N	N	N	1618	2103	387	503	22.1	28.8	10.9	14.1	39.5	51.3	17.4	22.6	7.5	9.8	2.2	2.9	0.4	0.5	1.0	1.3	
Butter Croissant	Y	N	N	N	N	1681	1513	402	362	20.7	18.7	12.5	11.3	45.5	40.9	9.5	8.5	8.3	7.5	2.4	2.2	0.6	0.5	1.5	1.3	
Pain Au Chocolat	Y	N	N	N	N	1786	1607	427	384	23.1	20.8	14.0	12.6	46.4	41.8	13.5	12.2	8.3	7.5	3.3	3.0	0.5	0.5	1.3	1.2	
Maple Pecan Twist	Y	N	N	N	N	1555	2022	371	483	18.3	23.8	9.2	12.0	45.3	58.9	25.4	33.0	6.3	8.2	2.3	3.0	0.4	0.5	1.0	1.3	
Pain Aux Raisins	Y	N	N	N	N	1308	1569	311	374	12.7	15.3	7.5	9.0	43.3	52.0	22.3	26.8	5.9	7.0	2.1	2.5	0.3	0.4	0.9	1.0	
Porridge/ Fruit																										
Porridge Dairy	Y	N	Y	N	N	449	1032	106	244	2.7	6.2	1.6	3.7	17.4	40.0	2.8	6.4	4.1	9.4	1.8	4.1	0.0	0.0	0.00	0.0	
Porridge Soy	Y	Y	Y	N	Y	374	858	89	205	2.1	4.8	0.3	0.7	13.9	32.0	0.6	1.4	4.6	10.6	2.2	5.0	0.1	0.3	0.33	0.8	
Fairtrade Banana (per unit =whole)	Y	Y	Y	Y	Y	373	448	90	108	0.4	0.5	0.0	0.0	22.6	27.1	12.4	14.9	0.8	1.0	2.7	3.2	0.0	0.0	0.00	0.0	
Sunshine Bircher	Y	N	N	N	N	491	933	116	220	1.0	2.1	0.4	0.7	19.5	37.0	11.8	22.3	6.0	11.4	2.2	4.1	0.0	0.0	0.1	0.1	
Berry Good Bircher	Y	N	N	N	N	559	1062	132	251	1.9	3.5	0.3	0.5	21.7	41.3	13.9	26.4	5.9	11.2	2.6	4.9	0.0	0.1	0.1	0.1	
Berry Crunch	Y	N	Y	N	N	550	1321	130	313	5.4	13.0	2.0	4.9	12.8	30.1	3.8	9.1	2.0	4.9	1.0	2.3	0.0	0.1	0.2	0.3	
Fruit Mix	Y	Y	Y	Y	Y	236	248	56	104	0.1	0.2	0.0	0.0	11.4	21.0	11.2	20.7	1.0	1.9	2.2	4.0	0.0	0.0	0.0	0.0	
Get Fruity	Y	Y	Y	Y	Y	204	377	48	89	0.2	0.4	0.0	0.0	10.0	18.5	9.6	17.7	0.7	1.2	1.9	3.5	0.0	0.0	0.0	0.0	



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	Vegetarian	Vegan	Wheat Free	Gluten Free	Dairy Free	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit
Breakfast																									
All Day Great British Breakfast	N	N	N	N	N	1110	1796	265	429	11.5	18.6	4.2	6.8	26.8	43.4	2.5	4.0	13.3	21.0	1.0	1.6	0.60	0.87	1.40	2.20
Panini, Cheese and Marmite	Y	N	N	N	N	1219	1584	291	378	13.7	17.6	7.7	10.0	27.1	35.2	0.9	1.1	14.3	18.6	1.1	1.4	0.50	0.60	1.20	1.50
Bacon Butty	N	N	N	N	Y	1512	1890	361	451	16.8	21.0	6.2	7.7	31.5	39.3	2.0	2.4	20.3	25.4	1.3	1.6	0.90	1.10	2.20	2.70
Sausage Sarnie	N	N	N	N	Y	1091	1855	260	442	11.0	18.6	3.7	6.3	28.0	47.6	1.4	2.4	11.7	19.8	1.5	2.5	0.50	0.90	1.40	2.30
Croissants																									
Croissant Cheese and Mushroom	Y	N	N	N	N	1302	2161	313	519	21.2	35.3	13.0	21.7	21.9	36.3	3.6	5.9	7.9	13.2	1.1	1.9	0.20	0.30	0.50	0.80
Croissant Ham and Cheese	N	N	N	N	N	1282	2065	306	493	15.5	25.0	9.5	15.3	27.1	43.7	4.3	7.0	13.9	22.3	1.5	2.3	0.60	0.90	1.50	2.40
Lunch Panini																									
Triple Cheese Toastie	Y	N	N	N	N	1290	1690	309	404	17.0	22.2	10.2	13.4	24.8	32.5	0.6	0.8	13.6	17.8	1.2	1.5	0.40	0.60	1.10	1.40
Ham and Cheese Toastie	N	N	N	N	N	1019	1539	243	367	11.5	17.3	6.6	10.0	21.6	32.6	1.0	1.5	12.9	19.5	1.1	1.6	0.50	0.70	1.20	1.90
Croque Monsieur Panini	N	N	N	N	N	996	1942	238	463	10.9	21.2	4.8	9.3	21.4	41.7	0.8	1.6	13.1	25.6	0.8	1.6	0.60	1.20	1.60	3.10
Bella Mozzarella Panini	Y	N	N	N	N	1166	2133	279	510	15.3	28	5.9	10.8	23.3	42.6	1.6	2.9	11.4	20.8	1.3	2.4	0.5	0.9	1.2	2.3
Tuna or Later Panini	N	N	N	N	N	1091	2018	261	482	12.9	23.9	4.0	7.4	22.3	41.3	0.7	1.4	13.3	24.7	0.8	1.5	0.50	0.8	1.10	2.10
Smokehouse Chicken and Bacon Panini	N	N	N	N	N	1077	2024	257	483	11.4	21.3	4.4	8.3	24.0	45.1	2.3	4.3	14.1	26.6	1.1	2.1	0.50	1.0	1.30	2.40
Mediterranean Lemon Chicken Panini	N	N	N	N	N	1027	1951	245	466	11.4	21.6	2.3	4.3	22.4	42.5	1.0	1.8	12.8	24.4	1.0	1.8	0.50	0.9	1.20	2.30
Limited Edition Goats Cheese and Pepper	Y	N	N	N	N	900	1629	215	389	9.0	16.2	3.0	5.5	25.3	45.7	0.8	1.5	7.2	13.1	2.0	3.6	0.40	0.6	0.90	1.60
Limited Edition Meatball Melt Panini	N	N	N	N	N	1087	2338	260	559	13.4	28.8	4.5	9.7	24.0	51.6	2.9	6.2	10.1	21.6	1.6	3.5	0.50	1.1	1.30	2.70
Limited Edition Pulled Pork and Bean	N	N	N	N	N	960	2017	229	480	8.2	17.2	3.0	6.2	27.6	57.9	6.3	13.1	10.4	21.8	1.6	3.3	0.40	0.7	0.90	1.90
Limited Edition Chicken Jambalaya	N	N	N	N	N	777	1639	184	388	4.2	8.8	1.6	3.3	25.6	54.1	3.1	6.6	10.0	21.1	2.1	4.3	0.30	0.7	0.80	1.70
Sandwiches																									
Salmon Bagel	N	N	N	N	N	972	1506	231	358	6.9	10.7	2.9	4.5	28.9	44.8	5.6	8.6	12.4	19.2	1.6	2.6	0.5	0.7	1.1	1.8
Limited Edition Chicken Bacon Sandwich	N	N	N	N	Y	1216	2153	291	514	14.1	25	2.9	5.2	22.9	40.6	1	1.8	16.9	30	2	3.6	0.5	0.9	1.3	2.2
Limited Edition BLT Sandwich	N	N	N	N	Y	1082	2024	259	484	13.6	25.5	3.2	6.0	22.4	41.9	1.7	3.1	10.6	19.9	2.1	3.8	0.43	0.8	1.10	2.10
Chicken Sunshine Salad Sandwich	N	N	N	N	N	756	1815	180	433	7.7	18.5	1.9	4.6	17.6	42.3	1.5	3.6	9.3	22.3	1.7	4.1	0.24	0.6	0.60	1.50
Sure as Eggs is Eggs Sandwich	Y	N	N	N	N	817	1626	195	388	7.8	15.4	1.5	3.1	20.2	40.1	0.7	1.4	10.1	20.1	1.9	3.8	0.24	0.5	0.60	1.30
To the Manor Prawn Sandwich	N	N	N	N	N	882	1623	211	388	10.2	18.8	2.1	3.8	18.4	33.8	2.5	4.6	10.1	18.6	2.4	4.4	0.40	0.7	1.00	1.80
Wraps																									
Vegan Veggie Good Humus Wrap	Y	Y	Y	Y	Y	764	1544	182	368	5.4	10.8	0.6	1.2	26.9	54.3	7	14.2	0.6	1.2	4.3	8.7	0.3	0.6	0.7	1.5
Limited Edition Vietnamese Asian Wrap	N	N	N	N	Y	874	1643	207	390	5.1	9.6	3.3	6.1	28.5	53.6	3.3	6.2	10.6	20	2.6	4.8	0.3	0.6	0.7	1.4
Limited Edition Chicken Caesar Wrap	N	N	N	N	N	1296	2489	310	596	17.2	33.0	4.8	9.2	23.5	45.2	1.3	2.4	14.3	27.5	2.1	4.1	0.40	0.8	1.10	2.10
Salads																									
Limited Edition Caesar Salad	N	N	N	N	N	784	1568	189	377	13.3	26.6	2.5	4.9	4.7	9.3	1.4	2.8	12.1	24.1	0.9	1.9	0.31	0.6	0.8	1.6
Limited Edition From The Hamper Salad	N	N	N	N	N	537	1579	129	379	7.9	23.1	1.2	3.6	7	20.6	1.1	3.1	7	20.6	1.1	3.1	0.40	1.20	1.00	3.00
Thai and Mighty Salad	N	N	N	N	Y	344	985	82	235	2.9	8.4	0.4	1.1	9.4	27.0	3.9	11.1	4.0	11.4	0.8	2.2	0.70	0.3	0.60	1.80
Moreish Meze Salad	Y	Y	N	N	Y	600	1943	143	465	6.3	20.3	0.7	2.4	15.7	51.0	2.2	7.1	4.1	13.2	3.9	12.5	0.20	0.7	0.54	1.75
Packaged Foods																									
Shortbread	Y	N	N	N	N	2129	319	509	76	25.8	3.9	16.1	2.4	64.9	9.7	21.3	11.6	4.2	0.6	1.2	0.2	0.33	0.1	0.84	0.13
Almond Biscotto	Y	N	N	N	N	1867	709	446	169	17.6	6.7	3.9	1.5	61.6	23.4	33.5	12.7	10.4	4.0	11.4	4.3	0.09	0.0	0.23	0.09
Mini Caramel Waffles Per Unit = Per Waffle	N	N	N	N	N	1858	152	443	36	20.3	1.7	12.4	1.0	62.2	5.0	33.6	2.8	3.2	0.3	1.1	0.1	0.20	0.0	0.50	0.05
Large Caramel Waffle Per Unit = Pack of 2	Y	N	N	N	N	1858	1449	443	356	20.3	16.2	12.4	9.7	62.2	49.8	33.6	26.8	3.2	2.6	1.1	0.8	0.20	0.2	0.50	0.40
Ginger Snaps	Y	N	N	N	N	1874	561	445	133	15.4	4.6	7.7	1.8	71.9	21.6	38.5	11.6	4.8	1.4	1.5	0.5	0.27	0.1	0.69	0.21
Fruit and Oat Cookie	Y	N	N	N	N	1819	910	433	217	17.6	8.8	7.3	3.7	64.3	32.2	34.6	17.3	4.4	2.2	3.1	1.6	0.37	0.2	0.94	0.47
Roasted Almonds	Y	N	N	Y	Y	2704	2028	646	484	55.2	41.4	4.2	3.2	17.7	13.3	4.6	3.5	21.2	15.9	10.5	7.9	0.34	0.3	0.86	0.65
Nut Mix	Y	N	Y	Y	Y	2242	1681	535	401	33.6	25.2	4.1	3.0	41.1	30.8	20.8	15.6	17.7	13.3	6.7	5.0	0.01	0.0	0.01	0.02
Fairtrade Chocolate Bar - dark	Y	N	Y	Y	Y	2461	985	594	238	46.3	18.5	29.2	11.7	32.2	12.9	27.0	10.8	6.7	2.7	10.7	4.3	0.01	0.0	0.00	0.00
Fairtrade Chocolate Bar - milk	Y	N	Y	Y	N	2404	962	577	231	38.6	15.4	24.2	9.7	50.0	20.0	48.9	19.6	6.4	2.6	2.2	0.9	0.09	0.0	0.46	0.18
Fruit & Nut Bar - Cranberry, Pumpkin Seed & Blueberry	Y	N	Y	Y	N	1968	984	470	235	24.8	12.4	4.2	2.1	49.5	24.8	32.4	16.2	12.3	6.2	1.0	0.5	0.01	0.0	0.03	0.00
Starbucks Gold Coins	Y	N	Y	Y	N	2166	498	518	119	27.6	6.3	17.4	4.0	60.5	13.9	59.3	13.6	6.3	1.4	2.3	0.5	0.10	0.0	0.25	0.05
Lollipops	Y	Y	N	N	Y	1649	214	388	50	0.0	0.0	0.0	0.0	97.0	12.6	62.0	8.0	0.0	0.0	0.0	0.0	0.00	0.0	0.00	0.00
Sugar Free Chewing Gum	Y	N	Y	N	Y	836	42	166	5	0.0	0.0	0.0	0.0	80.0	1.6	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.00	0.00
After Coffee Mints	Y	Y	Y	N	Y	1045	20.9	250	5	0.0	0.0	0.0	0.0	100.0	2.0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.00	0.00
Popchips BBQ Flavour	Y	N	Y	N	N	1747	402	416	96	14.1	3.2	1.8	0.4	62.3	14.3	9.5	2.2	6.2	1.4	3.9	0.9	0.79	0.18	2.01	0.46
Popchips Salt Original	Y	Y	Y	N	Y	1735	399	413	95	13.9	3.2	1.8	0.4	61.8	14.2	2.2	0.5	6.0	1.4	4.3	1.0	0.76	0.17	1.94	0.44
Popchips Salt and Vinegar	Y	Y	Y	N	Y	1724	397	410	94	13.3	3.1	1.6	0.4	63.9	14.7	5.5	1.3	5.8	1.3	4.0	0.9	0.86	0.20	2.19	0.51
Popchips Sour Cream and Onion	Y	N	Y	N	N	1741	400	414	95	14.0	3.2	2.0	0.5	62.6	14.4	4.2	1.0	6.5	1.5	4.1	0.9	0.91	0.21	2.32	0.53