



Fresh and Packaged Food Nutritional Winter 2014

Product	Product Suitable for		Made using ingredients that are			Energy (kJ)		Energy (kcal)		Protein (g)		Carbohydrates (g)		of which are sugars (g)		Fat (g)		of which are saturates (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
Petites																									
Petite - Salted Pecan	Y	N	N	N	N	2071	1038	495	248	4.1	2.0	63.0	31.0	42.9	21.0	26.8	13.4	8.2	4.1	2.4	1.2	0.4	0.2	0.91	0.5
Petite - Black Forest Treat	Y	N	N	N	N	1949	780	466	186	5.4	2.2	58.7	23.5	48.2	19.3	24.1	9.6	5.3	2.1	3.3	1.32	0.1	0.0	0.14	0.1
Scones and Toast																									
Fruit Scone ROI / NI Only	Y	N	N	N	N	1419	1064	336	252	7.6	5.7	60.1	45.1	22.6	17.0	7.3	5.5	4.0	3.0	1.9	1.4	0.2	0.2	0.50	0.4
Luxury Fruit Bread	Y	N	N	N	N	1398	2027	332	481	7.5	10.9	55.7	80.8	26.9	39.0	8	11.6	3.6	5.2	3.4	4.93	0.1	0.2	0.28	0.41
Plain Scone ROI / NI Only	Y	N	N	N	N	1416	1062	336	252	8.5	6.4	56.3	42.2	11.7	8.8	8.6	6.5	4.8	3.6	1.8	1.4	0.2	0.2	0.50	0.4
Wheaten Scone ROI / NI Only	Y	N	N	N	N	1106	830	262	197	8.6	6.5	43.3	32.5	9.7	7.3	6.2	4.7	3.3	2.5	2.7	2.0	0.5	0.4	1.27	1.0
Bars, Biscuits, Shortbreads, & Cookies																									
Belgian Chocolate Brownie Gluten Free Fairtrade	Y	N	Y	Y	N	2413	1737	514	370	4.1	3.0	51.9	37.4	43.9	31.6	31.7	22.8	17.5	12.6	2.6	1.9	0.0	0.0	0.10	0.1
Chocolate Caramel Shortbread	Y	N	N	N	N	2258	1490	541	357	4.2	2.8	59.9	39.5	38.1	25.1	31.4	20.7	18.2	12.0	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	6.2	5.9	53.5	51.4	21.8	20.1	30.2	28.9	18.9	18.1	3.1	2.9	0.01	0.0	0.1	0.1
Granola Bar	Y	N	Y	N	N	1958	1661	468	397	7.2	6.1	48.9	41.6	29.9	25.4	25.9	22.0	8.8	7.5	5.1	4.3	0.1	0.1	0.20	0.2
Marshmallow Twizzle	N	N	N	N	N	2021	807	483	193	4.4	1.8	66.9	26.8	63.1	25.2	21.6	8.6	12.4	5.0	1.8	0.7	0.0	0.0	0.10	0.0
Rocky Road	N	N	N	N	N	2136	1666	512	399	4.3	3.3	53.7	41.9	34.0	26.4	31.1	24.3	16.3	12.7	0.5	0.4	1.0	0.8	0.24	0.2
Chocolate Chunk Cookie	Y	N	N	N	N	2080	1789	495	425	7.2	6.1	60.3	51.9	21.5	18.5	25.2	21.7	13.8	11.9	1.5	1.3	0.17	0.10	0.40	0.34
Raspberry & White Choc Cookie	Y	N	N	N	N	1940	1668	462	397	6.9	5.9	61.4	52.8	40.6	34.9	21.1	18.1	11.3	9.7	2.2	1.9	0.18	0.20	0.50	0.43
Cakes, Doughnuts																									
Carrot Cake	Y	N	N	N	N	1872	2340	449	560	3.8	4.8	43.5	54.4	35.3	44.1	28.3	35.4	10.0	12.5	2.5	3.1	0.1	0.1	0.14	0.2
Blueberry Cheese Cake	Y	N	N	N	N	1615	2018	386	482	5.5	6.9	33.6	42.0	23.4	29.3	25.3	31.6	12.9	16.1	0.8	1.0	0.2	0.2	0.54	0.69
Chocolate Velvet Cake	Y	N	N	N	N	1690	2366	404	566	3.9	5.5	54.1	75.7	38.7	54.1	19.7	27.6	7.3	10.2	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	5.0	4.3	47.3	40.7	29.4	25.3	23.5	20.2	6.6	5.7	1.6	1.4	0.2	0.2	0.50	0.4
Loaf Cake Banana Nut	Y	N	N	N	N	1746	1798	418	431	6.5	6.7	40.5	41.7	15.3	15.8	25.0	25.8	4.5	4.6	2.8	2.9	0.1	0.1	0.4	0.4
Loaf Cake Raspberry and Coconut	Y	N	N	N	N	1891	1664	452	397	4.5	4.0	49.9	43.9	36.1	31.8	25.6	22.5	5.8	5.1	2.1	1.8	0.2	0.2	0.43	0.4
Muffins																									
Triple Belgian Chocolate Muffin / Mississippi Mud	Y	N	N	N	N	1496	1915	356	456	6.3	8.1	52.1	66.7	34.6	44.3	13.2	16.9	5.1	6.5	1.9	2.4	0.24	0.26	0.59	0.76
Classic Blueberry Muffin	Y	N	N	N	N	1533	1870	367	448	5.0	6.1	43.2	52.7	23.0	28.1	18.9	23.1	2.1	2.6	1.8	2.2	0.26	0.32	0.64	0.78
Rise and Shine Muffin	Y	N	N	N	N	1552	1925	372	461	6.7	8.3	37.1	46.0	21.8	27.0	20.9	25.9	2.0	2.5	4.2	5.2	0.2	0.3	0.38	0.47
Skinny Blueberry Muffin	Y	N	N	N	N	1098	1296	259	306	5.7	6.7	54.5	64.3	29.4	34.7	1.6	1.9	0.7	0.8	1.9	2.2	0.3	0.4	0.65	0.77
Skinny Lemon and Poppyseed Muffin	Y	N	N	N	N	1174	1432	277	338	5.4	6.6	58.5	71.4	36.3	44.3	1.9	2.3	0.7	0.9	2.2	2.7	0.2	0.2	0.54	0.66
Duffin	Y	N	N	N	N	1676	1927	400	460	4.6	5.3	50.7	58.3	37.3	42.9	19.4	22.3	10.9	13.3	2.2	2.53	0.19	0.2	0.48	0.55
Pastries Gist Delivery																									
Almond Croissant	Y	N	N	N	N	1727	2193	413	525	6.3	8.0	49.7	63.1	30.0	38.1	20.6	26.1	9.8	12.4	1.6	2.0	0.4	0.5	0.96	1.2
Butter Croissant	Y	N	N	N	N	1623	1136	389	272	5.9	4.1	37.1	25.9	5.3	3.71	23.6	16.5	14.6	10.2	1.6	1.1	0.5	0.4	1.31	0.9
Pain Au Chocolat	Y	N	N	N	N	1744	1134	418	272	6.2	4.0	39.9	25.9	15.0	9.75	25.4	16.5	15.7	10.2	2.7	1.8	0.5	0.3	1.18	0.8
Pain Aux Raisins	Y	N	N	N	N	1404	1544	336	370	4.5	5.0	39.8	42.7	15.6	17.2	17.7	19.5	10.9	12.0	1.4	1.5	0.3	0.4	0.82	0.9
Chocolate Swirl	Y	N	N	N	N	1351	1797	321	427	7.2	9.6	47.4	63.0	20.5	27.3	13.0	17.4	63.0	8.5	3.5	4.6	0.23	0.30	0.58	0.77
Cinnamon Swirl	Y	N	N	N	N	1359	1984	323	372	7.4	10.8	49.1	71.7	18.4	26.9	10.2	14.9	4.0	5.8	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	7.5	9.8	39.5	51.3	17.4	22.6	22.1	28.8	10.9	14.1	2.2	2.9	0.4	0.5	1.0	1.3
Butter Croissant	Y	N	N	N	N	1681	1513	402	362	8.3	7.5	45.5	40.9	9.5	8.5	20.7	18.7	12.5	11.3	2.4	2.2	0.6	0.5	1.5	1.3
Pain Au Chocolat	Y	N	N	N	N	1786	1607	427	384	8.3	7.5	46.4	41.8	13.5	12.2	23.1	20.8	14.0	12.6	3.3	3.0	0.5	0.5	1.3	1.2
Pain Aux Raisins	Y	N	N	N	N	1308	1569	311	374	5.9	7.0	43.3	52.0	22.3	26.8	12.7	15.3	7.5	9.0	2.1	2.5	0.3	0.4	0.9	1.0
Fruit, Yoghurt																									
Fairtrade Banana (per unit =whole)	Y	Y	Y	Y	Y	373	448	90	108	0.8	1.0	22.6	27.1	12.4	14.9	0.4	0.5	0.0	0.0	2.7	3.2	0.0	0.0	0.00	0.0
Sunshine Bircher	Y	N	Y	N	N	649	1461	154	346	3.5	7.8	29.0	65.3	21.5	48.4	2.2	4.9	1.1	2.6	2.0	4.5	0.1	0.1	0.1	0.3
Berry Good Bircher	Y	N	Y	N	N	701	1514	166	359	4.0	8.6	30.1	65.1	20.3	43.8	2.7	5.8	1.1	2.4	2.6	5.6	0.0	0.1	0.1	0.2
Berry Crunch	Y	N	Y	N	N	550	1321	130	313	5.4	13.0	18.0	43.3	12.8	30.1	3.8	9.1	2.0	4.9	1.0	2.3	0.0	0.1	0.2	0.3
New Seasonal Cup	Y	Y	Y	Y	Y	140	196	33	46	1.0	1.4	6.0	8.4	6.0	8.4	0.1	0.1	0.0	0.0	1.9	2.7	0.0	0.0	0.0	0.0
Get Fruity	Y	Y	Y	Y	Y	204	377	48	89	0.7	1.2	10.0	18.5	9.6	17.7	0.2	0.4	0.0	0.0	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																									
Great British Breakfast	N	N	N	N	N	1106	1880	264	448	13.3	22.6	26.0	44.1	1.6	2.7	11.6	19.7	4.2	7.1	1.3	2.1	0.60	0.90	1.40	2.40
Panini, Cheese and Marmite	Y	N	N	N	N	1219	1584	291	378	14.3	18.6	27.1	35.2	0.9	1.1	13.7	17.6	7.7	10.0	1.1	1.4	0.50	0.60	1.20	1.50
Bacon Butty	N	N	N	N	Y	1512	1890	361	451	20.3	25.4	31.5	39.3	2.0	2.4	16.8	21.0	6.2	7.7	1.3	1.6	0.90	1.10	2.20	2.70
Sausage Sarnie	N	N	N	N	Y	1091	1855	260	442	11.7	19.8	28.0	47.6	1.4	2.4	11.0	18.6	3.7	6.3	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	7.9	13.2	21.9	36.3	3.6	5.9	21.2	35.3	13.0	21.7	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	13.9	22.3	27.1	43.7	4.3	7.0	15.5	25.0	9.5	15.3	1.5	2.3	0.60	0.90	1.50	2.40
Lunch Panini																									
Meatball Panini	N	N	N	N	N	1009	2181	241	520	11.2	24.1	25.0	54.0	1.4	3.1	10.4	22.4	3.8	8.2	1.4	3.0	0.46	1.00	1.16	2.50
Steak Cheese and Caramelised Onion Panini	N	N	N	N	N	1051	2208	250	526	14.9	31.3	25.3	53.2	2.4	5.0	9.7	20.4	3.0	6.2	1.0	2.1	0.43	0.9	1.07	2.25
Croque Monsieur Ham and Cheese Panini	N	N	N	N	N	1008	1915	240	456	12.8	24.3	25.9	49.2	0.9	1.8	9.3	17.6	4.1	7.8	0.9	1.8	0.58	1.1	1.45	2.75
Italian Mozzarella and Slow Roast Tomato Panini	Y	N	N	N	N	1103	1963	264	469	11.2	20.0	28.0	49.8	1.7	3.0	11.5	20.4	4.6	8.1	1.5	2.7	0.45	0.8	1.12	2.00
Roasted Chicken and Tomato Panini	N	N	N	N	N	710	1577	168	374	10.2	20.6	23.1	51.3	1.4	3.1	3.6	8.0	0.4	0.9	1.4	3.1	0.41	0.9	1.00	2.25
Tuna Melt and Mature Cheddar Panini	N	N	N	N	N	1034	2068	246	493	13.3	26.7	24.2	48.4	0.5	1.1	10.5	21.0	3.8	7.6	0.9	1.8	0.50	1.0	1.25	2.50
Sandwiches																									
Free Range Egg Mayo	Y	N	N	N	Y	802	1532	191	365	10.3	19.6	18.6	35.5	1.9	3.6	8.0	15.3	1.4	2.6	1.9	3.6	0.21	0.4	0.52	1.00
New York Deli Style Beef Pastrami and Emmental	N	N	N	N	N	799	1647	190	392	11.0	22.6	18.9	38.9	2.6	5.3	7.6	15.6	3.4	7.0	1.5	3.0	0.44	0.9	1.09	2.25
Roasted Chicken with Herb Mayonnaise	N	N	N	N	N	658	1322	156	314	10.6	21.3	19.2	38.6	3.0	6.0	3.6	7.3	0.4	0.8	2.1	4.2	0.35	0.7	0.87	1.75
Gluten Free Roll Ham and Coleslaw	N	N	Y	Y	N	1069	1688	256	405	11.5	18.2	17.9	28.3	2.3	3.7	14.6	23.1	5.6	8.8	3.4	5.4	0.44	0.7	1.11	1.75
Wraps																									
Roasted Chicken Salsa Wrap	N	N	N	N	N	832	1630	198	387	10.1	19.8	25.9	50.7	4.4	10.6	2.4	4.7	2.5	4.9	2.5	4.9	0.31	0.6	0.77	1.50
Salads																									
Holy Guacomole Salad	N	N	Y	Y	Y	541	1570	129	374	7.3	21.1	15.0	43.4	2.1	6.2	3.9	11.2	0.7	2.0	2.6	7.4	0.40	1.2	1.03	3.00
Thai and Mighty Salad	N	N	N	N	Y	432	1236	103	293	4.9	14.0	14.7	42.0	3.9	11.1	2.5	7.2	0.4	1.1	0.8	2.2	0.20	0.5	0.44	1.25
Moreish Meze Salad	Y	Y	N	N	Y	600	1943	143	465	4.1	13.2	15.7	51.0	2.2	7.1	6.3	20.3	0.7	2.4	3.9	12.5	0.20	0.7	0.54	1.75
Packaged Foods																									
Shortbread	Y	N	N	N	N	2129	319	509	76	4.2	0.6	64.9	9.7	21.3	11.6	25.8	3.9	16.1	2.4	1.2	0.2	0.33	0.1	0.84	0.13
Almond Biscotto	Y	N	N	N	N	1867	709	446	169	10.4	4.0	61.6	23.4	33.5	12.7	17.6	6.7	3.9	1.5	11.4	4.3	0.09	0.0	0.23	0.09
Mini Caramel Waffles	Y	N	N	N	N	1858	152	443	36	3.2	0.3	62.2	5.0	33.6	2.8	20.3	1.7	12.4	1.0	1.1	0.1	0.20	0.0	0.50	0.05
Large Caramel Waffle	Y	N	N	N	N	1858	1449	443	356	3.2	2.6	62.2	49.8	33.6	26.8	20.3	16.2	12.4	9.7	1.1	0.8	0.20	0.2	0.50	0.40
Ginger Snaps	Y	N	N	N	N	1874	561	445	133	4.8	1.4	71.9	21.6	38.5	11.6	15.4	4.6	7.7	1.8	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	4.4	2.2	64.3	32.2	34.6	17.3	17.6	8.8	7.3	3.7	3.1	1.6	0.37	0.2	0.94	0.47
Roasted Almonds	Y	N	Y	Y	Y	2704	2028	646	484	21.2	15.9	17.7	13.3	4.6	3.5	55.2	41.4	4.2	3.2	10.5	7.9	0.34	0.3	0.86	0.65
Nut Mix	Y	N	Y	Y	Y	2242	1681	535	401	17.7	13.3	41.1	30.8	20.8	15.6	33.6	25.2	4.1	3.0	6.7	5.0	0.01	0.0	0.01	0.02
Fairtrade Chocolate Bar - dark	Y	N	Y	Y	Y	2382	1072	575	259	6.7	3.0	27.6	12.4	27.0	12.0	46.3	20.8	29.2	13.1	10.7	4.8	0.01	0.0	0.00	0.00
Fairtrade Chocolate Bar - milk	Y	N	Y	Y	N	2387	1074	537	242	6.4	2.9	49.0	22.1	48.9	22.0	38.6	17.4	24.2	10.9	2.2	1.0	0.09	0.0	0.23	0.10
Fruit & Nut Bar - Cranberry, Pumpkin seed & Blueberry	Y	N	Y	Y	N	1968	984	470	235	12.3	6.2	49.5	24.8	32.4	16.2	24.8	12.4	4.2	2.1	1.0	0.5	0.01	0.0	0.03	0.00
Starbucks Gold Coins	Y	N	Y	Y	N	2166	498	518	119	6.3	1.4	60.5	13.9	59.3	13.6	27.6	6.3	17.4	4.0	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	97.0	12.6	62.0	8.0	0.0	0.0	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	80.0	1.6	0.0	0.0	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	100.0	2.0	0.0	0.0	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	6.2	1.4	62.3	14.3	9.5	2.2	14.1	3.2	1.8	0.4	3.9	0.9	0.79	0.18	2.01	0.46
Popchips Salt Original	Y	Y	Y	N	Y	1735	399	413	95	6.0	1.4	61.8	14.2	2.2	0.5	13.9	3.2	1.8	0.4	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	5.8	1.3	63.9	14.7	5.5	1.3	13.3	3.1	1.6	0.4	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	6.5	1.5	62.6	14.4	4.2	1.0	14.0	3.2	2.0	0.5	4.1	0.9	0.91	0.21	2.32	0.53