



Fresh & Packaged Food Nutritional Information
WINTER 2019

ver 1.0

| | 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) | | Equivalent as salt (g) | | | |
|---|----------------------|-------|---------------------------------|-------------|-----------|----------|-------------|----------|---------------|----------|-------------|----------|-------------------|----------|-------------------------|----------|----------|----------|----------------------------|----------|-----------|----------|------------------------|----------|----------|--|
| | Vegetarian | Vegan | Wheat Free | Gluten Free | Milk 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 | |
| FRESH FOODS | | | | | | | | | | | | | | | | | | | | | | | | | | |
| BUTTER CROSSANT | Y | N | N | N | N | 1,115.0 | 991.0 | 340.0 | 238.0 | 7.2 | 5.0 | 40.9 | 28.6 | 6.0 | 4.2 | 15.7 | 11.0 | 7.0 | 2.3 | 1.6 | 1.1 | 0.8 | | | | |
| PAIN AU CHOC | N | N | N | N | N | 1,205.0 | 1,145.0 | 290.0 | 276.0 | 4.8 | 4.6 | 39.5 | 37.5 | 16.6 | 15.8 | 12.2 | 11.6 | 7.8 | 7.4 | 2.7 | 1.9 | 0.7 | 0.7 | | | |
| PAIN AU RAISIN | Y | N | N | N | N | 1,565.0 | 1,017.0 | 375.0 | 244.0 | 6.7 | 4.4 | 4.8 | 3.1 | 10.2 | 6.6 | 20.1 | 13.1 | 12.9 | 8.4 | 2.0 | 1.8 | 0.9 | 0.6 | | | |
| NATURE CHEDDAR AND MUSHROOM CROSSANT | Y | N | N | N | N | 1,039.0 | 1,828.0 | 249.0 | 439.0 | 9.0 | 15.8 | 17.5 | 30.8 | 2.6 | 4.6 | 15.6 | 27.5 | 9.2 | 16.2 | 1.4 | 2.5 | 1.0 | 1.8 | | | |
| HAM AND CHEESE CROSSANT | N | N | N | N | N | 1,192.0 | 1,430.0 | 285.0 | 342.0 | 14.7 | 17.6 | 24.9 | 29.9 | 3.8 | 4.6 | 14.7 | 17.6 | 9.4 | 11.3 | 1.3 | 1.6 | 1.5 | 1.8 | | | |
| MULTISEED TOAST | Y | Y | N | N | Y | 1,081.0 | 1,048.0 | 255.0 | 248.0 | 9.6 | 9.3 | 47.4 | 46.0 | 2.9 | 2.8 | 2.3 | 2.2 | 0.6 | 0.6 | 3.3 | 3.2 | 1.4 | 1.4 | | | |
| PANCAKE STACK | Y | N | N | N | N | 1,001.0 | 580.0 | 236.7 | 137.3 | 5.7 | 3.3 | 43.5 | 25.2 | 17.7 | 10.3 | 4.4 | 2.5 | 0.6 | 0.3 | 1.2 | 0.7 | 1.2 | 0.7 | | | |
| BACON BUTTIE | N | N | N | N | N | 1,283.0 | 1,514.0 | 306.0 | 361.0 | 15.4 | 18.2 | 33.1 | 39.1 | 1.2 | 1.4 | 12.0 | 14.2 | 4.0 | 4.7 | 1.8 | 2.1 | 2.0 | 2.4 | | | |
| SAUSAGE SARNIE | N | N | N | N | N | 1,232.0 | 2,340.0 | 295.0 | 560.0 | 11.0 | 20.9 | 25.7 | 48.8 | 1.2 | 2.3 | 16.4 | 31.2 | 6.4 | 12.2 | 0.1 | 0.2 | 1.3 | 2.5 | | | |
| OMELETTE & TOMATOE BAP | Y | N | N | N | N | 900.0 | 1,664.0 | 215.0 | 397.0 | 9.9 | 18.3 | 21.4 | 39.6 | 1.6 | 3.0 | 9.8 | 18.1 | 4.1 | 7.6 | 0.6 | 1.1 | 0.7 | 1.3 | | | |
| PANINI ALL DAY BREAKFAST | N | N | N | N | N | 962.0 | 1,905.0 | 232.0 | 460.0 | 9.8 | 19.4 | 4.3 | 8.5 | 1.2 | 2.4 | 19.5 | 38.6 | 3.7 | 7.3 | 0.1 | 0.2 | 0.6 | 1.2 | | | |
| SANDWICH EGG & CRESS (NEW RECIPE) | Y | N | N | N | Y | 969.0 | 1,840.0 | 232.0 | 440.0 | 9.8 | 18.6 | 20.3 | 38.6 | 2.2 | 4.2 | 12.0 | 22.8 | 2.3 | 4.4 | 1.6 | 3.0 | 0.6 | 1.1 | | | |
| SANDWICH CLUB BACON & CHICKEN | N | N | N | N | Y | 863.0 | 2,027.0 | 205.0 | 482.0 | 13.2 | 31.0 | 21.6 | 50.8 | 2.5 | 5.9 | 6.7 | 15.7 | 1.6 | 3.8 | 2.9 | 6.8 | 0.8 | 1.9 | | | |
| SANDWICH CHICKEN & BACON STUFFING | N | N | N | N | N | 1,197.0 | 2,429.0 | 286.0 | 580.0 | 12.0 | 24.4 | 27.3 | 55.4 | 2.7 | 5.5 | 14.0 | 28.4 | 2.5 | 5.1 | 1.3 | 2.6 | 1.1 | 2.2 | | | |
| GLUTEN FREE CAESAR BACON SUB | N | N | Y | Y | N | 1,226.0 | 2,329.0 | 294.0 | 558.0 | 10.1 | 19.2 | 27.0 | 51.3 | 3.4 | 6.5 | 14.9 | 28.3 | 3.5 | 6.7 | 5.5 | 10.5 | 1.5 | 2.9 | | | |
| FLATBREAD HAM SALAD | N | N | N | N | N | 712.0 | 1,366.0 | 170.0 | 326.0 | 7.3 | 14.0 | 18.0 | 34.6 | 4.0 | 7.7 | 7.5 | 14.4 | 1.2 | 2.3 | 0.5 | 1.0 | 1.1 | 2.1 | | | |
| FLATBREAD CHICKEN SPINACH & HUMMUS | N | N | N | N | Y | 721.0 | 1,186.0 | 171.0 | 282.0 | 10.4 | 17.1 | 20.4 | 33.6 | 3.8 | 6.2 | 5.1 | 8.4 | 0.7 | 1.2 | 1.1 | 1.8 | 0.7 | 1.1 | | | |
| WRAP CHICKEN CAESAR | N | N | N | N | N | 1,183.0 | 2,946.0 | 283.0 | 705.0 | 15.1 | 37.6 | 18.9 | 47.1 | 2.0 | 5.0 | 16.1 | 40.1 | 3.7 | 9.2 | 1.2 | 3.0 | 1.0 | 2.5 | | | |
| WRAP BBQ JACKFRUIT | Y | Y | N | N | Y | 905.0 | 2,126.0 | 216.0 | 508.0 | 3.1 | 7.3 | 28.5 | 67.0 | 7.8 | 18.3 | 9.2 | 21.6 | 1.6 | 3.8 | 3.4 | 8.0 | 0.7 | 1.6 | | | |
| HOT WRAP BBQ PULLED PORK & CHEESE | N | N | N | N | N | 846.0 | 2,504.0 | 202.0 | 596.0 | 8.6 | 25.5 | 24.6 | 72.8 | 3.4 | 10.1 | 6.9 | 20.4 | 3.4 | 10.1 | 3.3 | 9.8 | 1.0 | 3.0 | | | |
| HOT WRAP CHIPOTLE CHICKEN | N | N | N | N | N | 817.0 | 2,542.0 | 195.0 | 605.0 | 10.0 | 31.1 | 23.1 | 71.8 | 3.1 | 9.6 | 6.3 | 19.6 | 2.8 | 8.7 | 2.7 | 8.4 | 0.8 | 2.5 | | | |
| PANINI HAM AND CHEESE | N | N | N | N | N | 1,113.0 | 2,281.0 | 265.0 | 544.0 | 16.6 | 34.0 | 24.4 | 50.0 | 1.1 | 2.3 | 11.0 | 22.6 | 6.5 | 13.3 | 1.1 | 2.3 | 0.9 | 1.8 | | | |
| FOCACCIA CAPRESE | Y | N | N | N | N | 971.0 | 2,466.0 | 232.0 | 590.0 | 8.7 | 22.1 | 20.5 | 52.1 | 2.2 | 5.6 | 12.5 | 31.8 | 4.3 | 10.9 | 1.5 | 3.8 | 1.0 | 2.5 | | | |
| FOCACCIA CHICKEN CHORIZO JALAPENO | N | N | N | N | N | 258.0 | 534.0 | 1,083.0 | 2,242.0 | 13.2 | 27.3 | 26.2 | 54.2 | 3.6 | 7.5 | 10.8 | 22.4 | 5.6 | 11.6 | 1.7 | 3.5 | 1.7 | 3.5 | | | |
| SALAD MOROCCAN CHICKEN | N | N | N | N | Y | 502.0 | 1,757.0 | 120.0 | 419.0 | 8.9 | 31.2 | 10.7 | 37.5 | 3.2 | 11.2 | 4.0 | 14.0 | 0.5 | 1.8 | 2.6 | 9.1 | 0.3 | 1.1 | | | |
| FRUIT POT - MELON & LIME / PEAR, APPLE & BLACKBERRY | Y | Y | Y | Y | Y | 227.0 | 307.0 | 54.0 | 73.0 | 0.4 | 0.5 | 11.5 | 15.5 | 11.5 | 15.5 | 0.2 | 0.3 | 0.0 | 0.0 | 2.2 | 3.0 | 0.0 | 0.0 | | | |
| EVEREST - BLUEBERRY GRANOLA YOGURT | Y | N | N | N | N | 604.0 | 1,208.0 | 144.0 | 288.0 | 5.0 | 10.0 | 17.9 | 35.8 | 9.9 | 19.8 | 4.9 | 9.8 | 2.9 | 5.8 | 4.2 | 8.4 | 0.1 | 0.2 | | | |
| EVEREST - MANGO GRANOLA YOGURT | Y | N | N | N | N | 567.9 | 1,135.8 | 135.0 | 270.0 | 6.0 | 12.0 | 17.3 | 34.6 | 9.1 | 18.2 | 4.6 | 9.2 | 2.8 | 5.6 | 4.6 | 9.2 | 0.1 | 0.3 | | | |

| | 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) | | Equivalent as salt (g) | | | |
|-----------------------------|----------------------|-------|---------------------------------|-------------|-----------|----------|-------------|----------|---------------|----------|-------------|----------|-------------------|----------|-------------------------|----------|----------|----------|----------------------------|----------|-----------|----------|------------------------|----------|----------|--|
| | Vegetarian | Vegan | Wheat Free | Gluten Free | Milk 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 | |
| BAKERY | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Choc Chip Cookie | Y | N | N | N | N | 1,774.0 | 1,597.0 | 426.0 | 383.0 | 7.7 | 6.9 | 59.0 | 53.0 | 37.0 | 33.0 | 18.0 | 16.0 | 11.0 | 10.0 | | | | | | | |
| Triple Chocolate Cookie | Y | N | N | N | N | 1,907.0 | 2,288.0 | 458.0 | 550.0 | 5.9 | 7.1 | 53.0 | 64.0 | 42.0 | 50.0 | 24.0 | 29.0 | 15.0 | 18.0 | | | | | | | |
| Brownie Cookies & Cream | Y | N | N | N | N | 2,016.0 | 1,613.0 | 482.0 | 390.0 | 5.0 | 4.0 | 48.0 | 38.0 | 30.0 | 30.0 | 24.0 | 17.0 | 14.0 | | | | | | | | |
| Raspberry Chocolate Brownie | N | N | N | N | N | 1,822.2 | 1,275.5 | 438.3 | 306.8 | 5.1 | 3.5 | 45.4 | 31.7 | 37.6 | 48.5 | 26.6 | 18.6 | 16.1 | 11.2 | | | | | | | |
| Chocolate Muffin | Y | N | N | N | N | 1,640.0 | 2,000.0 | 392.0 | 478.0 | 5.3 | 6.5 | 48.3 | 58.9 | 29.3 | 35.7 | 19.3 | 23.5 | 4.7 | 5.7 | 1.9 | 2.3 | 0.6 | 0.7 | | | |
| Blueberry Muffin | Y | N | N | N | N | 1,470.0 | 1,793.0 | 350.0 | 427.0 | 5.0 | 6.0 | 46.8 | 57.1 | 22.1 | 30.0 | 15.5 | 18.9 | 1.9 | 2.3 | 1.5 | 1.8 | 0.5 | 0.6 | | | |
| Lemon Cheesecake Muffin | Y | N | N | N | N | 1,742.0 | 2,090.0 | 416.0 | 499.0 | 5.0 | 6.0 | 49.8 | 59.8 | 29.1 | 34.9 | 21.9 | 26.3 | 4.6 | 5.5 | 0.5 | 0.6 | 0.7 | 0.8 | | | |
| Boston Cream Muffin | Y | N | N | N | N | 1,672.0 | 1,890.0 | 401.0 | 454.0 | 5.1 | 5.8 | 52.4 | 59.2 | 33.1 | 37.4 | 19.2 | 21.7 | 5.4 | 6.1 | 1.6 | 1.8 | 0.4 | 0.4 | | | |
| Chocolate Swirl | Y | N | N | N | N | 1,544.0 | 2,023.0 | 368.0 | 482.0 | 8.2 | 10.7 | 49.6 | 10.7 | 16.0 | 21.0 | 14.7 | 19.3 | 7.0 | 9.1 | 2.2 | 2.9 | 0.5 | 0.6 | | | |
| Cinnamon Swirl | Y | N | N | N | N | 1,415.0 | 1,981.0 | 335.0 | 469.0 | 8.0 | 11.2 | 56.3 | 78.8 | 1,939.0 | 27.9 | 9.2 | 12.9 | 2.8 | 3.9 | 2.0 | 2.8 | 0.5 | 0.7 | | | |
| Loaf Lemon & Blueberry | Y | N | N | N | N | 1,667.0 | 1,667.0 | 399.0 | 399.0 | 4.9 | 4.9 | 42.0 | 42.0 | 28.0 | 28.0 | 23.8 | 33.8 | 10.9 | 10.9 | 1.2 | 1.2 | 0.5 | 0.5 | | | |
| Loaf Red Velvet Swirl | Y | N | N | N | N | 1,527.0 | 1,374.0 | 365.0 | 329.0 | 5.1 | 4.6 | 44.0 | 40.0 | 31.0 | 28.0 | 18.7 | 17.0 | 10.1 | 9.0 | 1.2 | 1.1 | 0.7 | 0.6 | | | |
| Loaf Banana Nut | Y | N | N | N | N | 1,726 | 1,553 | 412 | 371 | 4.7 | 4.2 | 43 | 39 | 24 | 22 | 21.0 | 18.6 | 2.0 | 1.6 | 1.6 | 1.4 | 0.39 | 0.35 | | | |
| Red Velvet Blondie | Y | N | N | N | N | 1,918 | | 459 | | 5.0 | | 51 | | 40 | | 26.2 | | 15.4 | | 1.0 | | | | | | |
| Millionaire Shortbread | Y | N | N | N | N | 2,150.0 | 1,398.0 | 515.0 | 335.0 | 5.4 | 3.5 | 51.0 | 33.2 | 34.0 | 22.1 | 33.0 | 21.5 | 20.4 | 13.3 | 1.4 | 0.9 | 0.7 | 0.5 | | | |
| Brownie | Y | N | Y | Y | N | 1,910.0 | 1,335.0 | 460.0 | 320.0 | 5.7 | 4.0 | 44.1 | 30.9 | 35.4 | 24.8 | 27.6 | 19.3 | 16.1 | 11.2 | 3.0 | 2.1 | 0.4 | 0.3 | | | |
| Fifteens | N | N | N | N | N | 1,582.0 | 1,332.0 | 376.0 | 316.0 | 5.2 | 4.5 | 69.0 | 57.0 | 45.2 | 41.5 | 8.4 | 7.2 | 4.6 | 4.0 | 1.4 | 0.9 | 0.2 | 0.2 | | | |
| Toffee Crispe | Y | N | N | N | N | 2,103.0 | 1,030.0 | 503.0 | 246.0 | 3.6 | 1.8 | 62.4 | 30.6 | 43.4 | 21.2 | 27.3 | 13.4 | 16.0 | 7.8 | 0.2 | 0.1 | 0.5 | 0.2 | | | |
| Twizzles Stick Choc Mallow | N | N | N | N | N | 1,792.0 | 1,033.0 | 425.0 | 238.0 | 4.9 | 2.8 | 72.2 | 40.5 | 62 | | | | | | | | | | | | |