



Ireland Fresh & Packaged Food Nutritional Information
AUTUMN 2016

Product by Supplier	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	
HUNGRY HOUSE																										
GRAB & GO - MARSHMALLOW TWIZZLE	N	N	N	N	N	1,697.0	951.0	274.0	154.0	2.1	1.2	79.2	44.3	66.2	37.1	8.7	4.9	3.9	2.2	0.3	0.1	0.0	0.0	0.0	0.0	
BAR CAKE - FIFTEENS	N	N	N	N	N	1,531.0	612.0	362.0	325.8	6.0	2.4	65.5	26.2	47.7	19.1	8.3	3.3	4.6	5.2	1.0	0.4	0.0	0.0	0.2	0.1	
BAR CAKE - TOFFEE CRISPIE	Y	N	N	N	N	2,207.0	552.0	395.0	189.6	3.7	0.9	60.0	15.0	37.3	9.3	31.4	7.8	9.4	4.5	1.1	0.3	0.3	0.1	0.9	0.2	
BAR CAKE - LOAFLEMON	Y	N	N	N	N	1,774.0	1,526.0	424.0	364.0	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	0.5	0.4	
BAR CAKE - LOAF RASPBERRY & COCONUT	Y	N	N	N	N	1,891.0	1,664.0	452.0	397.0	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	0.4	0.4	

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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	
AROUND NOON																										
BAGEL - BREAKFAST	N	N	N	N	N	1,127.0	2,265.0	269.0	541.0	13.4	26.9	23.9	48.0	3.8	7.6	13.0	26.1	3.3	6.6	1.5	3.0	0.5	1.0	1.3	2.6	
BAP - SAUSAGE	N	N	N	N	N	1,246.0	2,367.0	298.0	566.0	12.1	23.0	26.0	49.4	1.9	3.6	15.9	30.2	6.1	11.6	1.2	2.3	0.8	1.6	2.1	4.0	
BAP - BACON	N	N	N	N	N	1,293.0	1,551.0	308.0	370.0	13.7	16.4	32.4	38.9	1.8	2.2	13.5	16.2	4.6	5.5	1.2	1.4	0.8	1.0	2.0	2.4	
CROISSANT -CHEESE ROASTED MUSHROOM	Y	N	N	N	N	1,264.4	1,770.2	302.2	423.1	9.5	13.2	23.3	32.7	3.8	5.4	19.3	27.0	12.3	17.3	1.0	1.5	0.4	0.6	1.0	1.5	
CROISSANT -GAMMON HAM AND CHEESE	N	N	N	N	N	1,367.3	1,640.7	327.2	392.7	14.5	17.3	26.3	31.5	4.0	4.8	18.6	22.4	11.5	13.8	0.9	1.0	0.5	0.6	1.3	1.5	
BAKERY - TOAST 7 SEED	Y	Y	N	N	Y	1,021.0	918.8	244.0	219.6	13.3	12.0	43.6	39.2	4.8	4.3	1.8	1.6	0.3	0.3	4.1	3.7	0.5	0.4	1.2	1.0	
BAP GLUTEN FREE HAM, EGG & TOMATO	N	N	Y	Y	Y	767.0	1,657.0	183.0	396.0	7.7	16.6	18.6	40.2	1.6	3.5	7.8	16.8	1.1	2.4	3.9	8.4	0.5	1.2	1.4	3.0	
SLIMBO HAM AND CHEESE	N	N	N	N	N	1,009.4	1,080.1	239.9	256.7	17.1	18.3	17.1	18.3	1.4	1.5	11.8	12.6	5.0	5.4	1.8	1.9	0.8	0.8	2.0	2.2	
PANINI MEATBALL MARINARA	N	N	N	N	Y	1,146.0	2,635.0	273.0	629.0	12.0	27.6	28.3	65.1	2.2	5.1	12.1	27.8	4.9	11.3	1.6	3.7	0.6	1.3	1.4	3.2	
PANINI BREAKFAST	N	N	N	N	N	1,124.3	2,417.2	267.8	575.8	12.7	27.3	26.0	55.9	1.9	4.1	13.8	29.7	3.6	7.7	1.2	2.5	0.6	1.3	1.8	3.8	
PANINI HAM AND CHEESE	N	N	N	N	N	1,124.5	2,305.1	267.5	548.3	17.4	35.7	25.6	52.4	1.7	3.5	11.3	23.2	5.9	12.2	1.1	2.3	0.6	1.3	1.6	3.4	
PANINI GOATS CHEESE, BEETROOT & ROAST VEG	Y	N	N	N	N	833.0	1,942.0	198.0	462.0	7.3	17.0	27.0	62.9	5.4	12.6	6.4	14.9	2.4	5.6	1.7	4.0	0.8	1.9	0.8	1.9	
PANINI PESTO, TOMATO & MOZZARELLA	Y	N	N	N	Y	1,026.0	2,278.0	245.0	543.0	11.6	25.8	25.3	56.2	1.9	4.2	10.5	23.3	3.4	7.5	1.3	2.9	0.3	0.7	0.8	1.8	
SANDWICH EGG MAYO ON GRANARY	Y	N	N	N	N	794.7	1,589.4	188.7	377.5	9.9	19.8	20.2	40.4	1.6	3.2	8.8	17.5	1.7	3.5	2.4	4.8	0.8	1.7	0.8	1.7	
SANDWICH SIGNATURE BLT	N	N	N	N	N	802.0	1,821.0	192.0	435.0	7.4	16.8	19.3	43.8	2.7	6.1	8.9	20.2	1.8	4.1	2.4	5.4	0.5	1.2	1.3	3.0	
SANDWICH CHICKEN & STUFFING	N	N	N	N	N	1,031.0	2,207.0	245.0	523.0	11.2	23.9	26.8	57.3	2.4	5.1	12.8	27.5	1.9	4.1	2.4	5.1	0.5	1.2	1.4	3.0	
SANDWICH NY DELI	N	N	N	N	N	769.0	1,677.0	183.0	399.0	11.9	25.9	19.9	43.4	2.9	6.3	5.7	12.4	2.3	5.0	2.2	4.8	0.7	1.4	1.7	3.7	
WRAP CHICKEN AND BACON CAESAR	N	N	N	N	N	1,016.6	2,531.4	242.1	602.8	12.5	31.2	23.1	57.6	1.4	3.4	12.5	31.2	2.4	5.9	0.1	0.0	0.0	0.0	1.2	3.0	
WRAP CHICKEN TAGINE	N	N	N	N	Y	1,007.0	2,518.0	240.0	599.0	8.5	21.3	30.8	77.0	2.3	5.8	8.9	22.3	0.6	1.5	1.2	3.0	0.2	0.6	0.6	1.5	
WRAP DUCK HOISIN & CUCUMBER	N	N	N	N	N	820.0	1,804.0	194.0	427.0	9.5	20.9	29.9	65.8	4.4	9.7	3.8	8.4	0.9	2.0	1.2	2.6	0.2	0.3	0.4	0.9	
WRAP GOATS CHEESE, CRANBERRY & MANGO	Y	N	N	N	N	803.9	1,736.3	221.0	477.3	6.9	14.9	37.9	82.0	3.1	6.6	5.6	12.2	2.5	5.4	2.2	4.6	0.5	1.1	0.5	1.1	
CROQUE CHICKEN & PESTO	N	N	N	N	N	1,068.8	2,650.7	254.5	631.2	13.8	34.2	25.5	63.3	2.0	4.9	11.5	28.5	2.3	5.7	0.7	1.7	2.0	4.9	2.0	4.9	
CROQUE MONSIEUR	N	N	N	N	N	1,052.9	2,053.1	249.9	487.4	13.3	26.0	31.3	61.1	2.1	4.2	8.8	17.2	4.2	8.3	0.8	1.5	2.5	4.9	2.5	4.9	
SALAD SPICY CHICKEN NOODLE	N	N	N	N	Y	322.0	942.0	76.0	223.0	4.8	14.1	10.3	30.2	2.3	6.7	1.6	4.7	0.2	0.6	0.7	2.1	0.1	0.3	0.3	0.9	
SALAD SMOKED SALMON & GREENS	N	N	N	N	N	614.8	1,598.5	147.9	384.5	6.9	17.9	5.8	15.1	1.9	4.9	10.5	27.3	1.7	4.4	1.3	3.4	0.3	0.8	0.3	0.8	
FRUIT SALAD - STRAWBERRY BERRY	Y	N	Y	Y	Y	169.1	236.8	40.3	56.4	0.7	1.0	8.7	12.2	5.7	7.9	0.3	0.4	0.0	0.0	n/a	n/a	n/a	n/a	0.0	0.0	
EVEREST GRANOLA YOGHURT	Y	N	N	N	N	507.6	1,015.2	120.2	240.4	5.8	11.6	14.9	29.8	7.1	14.2	4.3	8.6	2.6	5.2	na	na	0.0	0.0	0.1	0.3	

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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	
AMBIENT/GIST																										
GRAB & GO IMPULSE ALMOND BISCOTTI	Y	N	N	N	N	1,867.0	709.0	446.0	169.0	10.4	4.0	61.6	23.4	33.5	12.7	17.6	6.7	3.9	1.5	11.4	4.3	0.1	0.0	0.2	0.1	
GRAB & GO CARAMEL WAFFLE	Y	N	N	N	N	1,858.0	1,449.0	443.0	356.0	3.2	2.6	62.2	49.8	33.6	26.8	20.3	16.2	12.4	9.7	1.1	0.8	0.2	0.2	0.5	0.4	
GRAB & GO GINGER BISCUIT	Y	N	N	N	N	1,874.0	561.0	445.0	133.0	4.8	1.4	71.9	21.6	38.5	11.6	15.4	4.6	7.7	1.8	1.5	0.5	0.3	0.1	0.7	0.2	
GRAB & GO DARK CHOCOLATE BAR - FAIRTRADE	Y	N	Y	Y	Y	2,382.0	1,072.0	575.0	259.0	6.7	3.0	27.6	12.4	27.0	12.0	46.3	20.8	29.2	13.1	10.7	4.8	0.0	0.0	0.0	0.0	
GRAB & GO MILK CHOCOLATE BAR - FAIRTRADE	Y	N	Y	Y	N	2,387.0	1,074.0	537.0	242.0	6.4	2.9	49.0	22.1	48.9	22.0	38.6	17.4	24.2	10.9	2.2	1.0	0.1	0.0	0.2	0.1	
GRAB & GO GOLD COIN	Y	N	Y	Y	N	2,166.0	498.0	518.0	119.0	6.3	1.4	60.5	13.9	69.3	13.6	27.6	6.3	17.4	4.0	2.3	0.5	0.1	0.0	0.3	0.1	

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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	
MUSGRAVE- BRODERICKS RANGE																										
BAR CAKE-ROCKY ROAD	Y	N	N	N	N	2,000.0	1,800.0	490.0	432.0	6.2	5.6	59.7	53.7	25.5	22.9	24.9	22.4	12.3	11.1	-	-	0.1	0.1	0.3	0.3	
BAR CAKE- PEACAN BROWNIE	Y	N	N	N	N	1,920.0	1,728.0	460.0	368.0	5.6	4.5	51.6	41.3	38.1	30.5	26.3	21.0	14.2	11.4	-	-	0.1	0.1	0.3	0.3	
BAR CAKE- GLUTEN FREE BROWNIE	Y	N	Y	Y	N	1,844.0	1,106.4	517.7	465.9	4.8	2.9	52.0	31.2	34.0	20.4	24.0	14.4	18.6	16.7	-	-	0.2	0.1	0.5	0.3	
BAR CAKE - GRANOLA BAR	Y	N	N	N	N	1,939.5	1,260.7	435.0	348.0	6.5	4.2	49.3	32.0	22.2	14.4	26.8	17.4	10.1	8.1	-	-	<0.04	<0.04	<0.1	<0.1	
BAR CAKE - PEANUT HEAVEN	Y	N	N	N	N	493.0	443.6	8.6	7.8	49.6	44.6	43.0	38.7	28.9	26.0	9.9	8.9	-	-	<						

MUSGRAVE	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
BAKERY - BUTTER CROISSANT	Y	N	N	N	N	1,588.0	1,111.0	381.0	266.0	5.8	4.1	38.2	26.7	5.9	4.1	22.5	15.8	13.3	9.3	1.3	0.9	0.3	0.2	0.8	0.6
BAKERY - CINNAMON SWIRL	Y	N	N	N	N	1,359.0	1,984.0	323.0	372.0	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
BAKERY - PAIN AU CHOCOLAT	Y	N	N	N	N	1,725.0	1,121.0	414.0	269.0	5.7	3.7	42.2	27.4	15.4	10.0	24.4	19.9	14.6	9.5	2.6	1.7	0.2	0.1	0.5	0.3
BAKERY-PAIN AUX RAISINS	Y	N	N	N	N	1,417.0	1,559.0	339.0	373.0	4.7	5.2	40.3	44.3	11.0	12.1	17.5	19.3	10.3	11.3	1.4	1.5	0.2	0.2	0.6	0.6
BAKERY - LUXURY FRUIT BREAD	Y	N	N	N	N	1,398.0	2,027.0	332.0	481.0	7.5	10.9	55.7	80.8	26.9	39.0	8.0	11.6	3.6	5.2	3.4	4.9	0.1	0.2	0.3	0.4
MUFFIN CHOCOLATE	Y	N	N	N	N	1,653.0	2,016.0	397.0	484.0	5.0	6.1	47.2	57.6	29.8	36.3	20.1	24.5	5.1	6.3	2.5	3.1	0.2	0.2	0.5	0.6
MUFFIN BLUEBERRY	Y	N	N	N	N	1,449.0	1,768.0	348.0	424.0	5.1	6.3	45.2	55.2	21.7	26.4	15.9	19.4	1.8	2.2	1.5	1.8	0.2	0.6	0.5	0.6
MUFFIN LEMON AND POPPYSEED	Y	N	N	N	N	1,387.0	1,941.8	266.0	320.0	4.5	6.3	43.8	61.3	25.8	36.1	15.3	21.4	1.3	1.6	2.3	2.8	0.2	0.3	0.4	0.6
MUFFIN SKINNY BLUEBERRY	Y	N	N	N	N	951.0	1,142.0	224.0	268.0	4.5	5.4	45.5	54.6	25.3	30.3	2.2	2.7	1.2	1.5	1.8	2.2	0.2	0.3	0.6	0.7
MUFFIN -MINI GF CHOC TWIN PACK	Y	N	Y	Y	Y	1,750.0	710.0	419.0	169.0	4.1	1.5	52.5	21.9	30.4	12.1	21.9	8.4	4.9	1.1	0.8	0.3	0.3	0.1	0.8	0.3
MUFFIN -MINI GF LEMON TWIN PACK	Y	N	Y	Y	Y	1,770.0	718.0	423.0	171.0	2.9	1.1	54.2	22.4	32.9	11.3	21.9	8.5	2.0	0.7	0.5	0.2	0.4	0.1	0.9	0.4
BAKERY - CARROT CAKE MINI'S	Y	N	N	N	N	1,578.0	1,759.5	377.0	420.4	4.3	4.7	40.3	45.0	30.0	33.5	22.8	25.4	5.4	6.0	1.3	1.5	0.3	0.3	0.6	0.7
BAKERY MALLOW TOP CHOCOLATE	N	N	N	N	N	1,810.0	1,991.0	432.0	475.2	22.3	24.5	12.6	13.9	52.2	57.4	40.3	44.3	4.8	5.3	1.5	1.7	0.2	0.2	0.5	0.6
SCONE FRUIT	Y	N	N	N	N	1,419.0	1,064.3	336.0	252.0	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	0.5	0.4
SCONE PLAIN	Y	N	N	N	N	1,416.0	1,062.0	336.0	252.0	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	0.5	0.4