



Ireland Fresh & Packaged Food Nutritional Information
Autumn2020

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)		Sodium (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 CROISSANT	Y	N	N	N	N	1,517.0	895.0	363.0	214.0	6.8	4.0	38.5	22.7	5.7	3.4	19.7	11.6	12.6	7.4	2.2	1.3	0.0	0.0	1.0	0.6	
PAIN AU CHOC	Y	N	N	N	N	1,573.0	1,022.0	376.0	245.0	6.7	4.4	40.8	26.5	10.2	6.6	20.1	13.1	12.9	8.4	2.7	1.8	0.0	0.0	0.9	0.6	
PAIN AU RAISIN	N	N	N	N	N	1,221.0	1,159.0	291.0	276.0	4.8	4.6	39.5	37.5	16.6	15.8	12.2	11.6	7.8	7.4	2.0	1.9	0.0	0.0	0.7	0.7	
HAM AND CHEESE CROISSANT	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	0.0	0.0	1.5	1.8	
PANINI ALL DAY BREAKFAST	N	N	N	N	N	1,159.0	2,295.0	277.0	548.0	11.4	22.6	27.7	54.8	1.4	2.8	13.1	25.9	3.9	7.7	1.2	2.4	0.2	0.5	0.6	1.2	
CHICKEN STUFFING SANDWICH	N	N	N	N	N	1190.0	2546.0	284.0	608.0	11.7	25.0	29.4	62.9	2.6	5.6	12.6	27	2.2	4.7	3.1	6.6	0.4	0.5	1.3	2.8	
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	0.0	0.0	0.6	1.1	
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	0.0	0.0	0.9	1.8	
PANINI MOZZARELLA & TOMATO	Y	N	N	N	N	971.0	2156.0	232.0	514.0	10.1	22.4	24.3	53.9	1.4	3.1	10.1	22.4	3.9	8.7	1.6	3.6	0.2	0.4	0.4	0.9	
BLUEBERRY GRANOLA YOGURT	Y	N	N	N	N	674.0	1,349.0	161.0	322.0	3.6	7.2	21.4	42.8	13.8	27.6	6.2	12.4	3.5	7.0	2.5	5.0	0.0	0.0	0.0	0.0	
BAKERY																										
Millionaire Shortbread	Y	N	N	N	N	2,150.0	1,398.0	515.0	335.0	5.4	3.5	51.0	33.0	34.0	22.0	33.0	22.0	20.0	13.0	1.4	0.9	0.3	0.2	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	0.2	0.1	0.4	0.3	
Chocolate Muffin	Y	N	N	N	N	1,801.0	1,981.1	419.0	460.9	5.1	5.6	50.6	55.7	35.1	38.6	23.0	25.3	5.9	6.5	2.9	3.2	0.17	0.19	0.41	0.45	
Blueberry Muffin	Y	N	N	N	N	1,194.0	1,313.4	341.0	375.1	5.6	6.2	40.8	44.9	16.2	17.8	12.3	13.5	16.2	17.8	5.6	6.2	0.18	0.20	0.42	0.46	
Lemon Muffin	Y	N	N	N	N	1,527.0	1,679.7	368.0	404.8	5.6	6.2	47.8	52.6	28.0	30.8	16.6	18.3	3.1	3.4	3.5	3.9	0.17	0.19	0.41	0.45	
Toffee Crispie	Y	N	N	N	N	2117.0	1016.0	507.0	243.0	3.5	1.7	59.0	28.0	38.0	18.0	29.0	14.0	16.0	7.8	0.5	0.3	0.0	0.0	0.7	0.3	
Luxury Fruit Bread	Y	N	N	N	N	1,378.0	1,516.0	327.0	360.0	8.6	9.5	55.3	60.8	16.6	18.3	7.1	7.8	2.5	2.8	3.5	3.8	0.4	0.4	0.9	1.0	
Sprinkle Cup Cake	Y	N	N	N	N	1,713.0	1,970.0	409.0	470.0	2.5	2.9	54.0	62.0	38.0	44.0	20.0	23.0	11.0	13.0	3.0	3.5	0.2	0.2	0.5	0.6	
Raspberry & Coconut Loaf Cake	Y	N	N	N	N	1,719.0	1,719.0	411.0	411.0	4.1	4.1	47.0	47.0	30.0	30.0	24.3	24.3	14.8	14.8	0.7	0.7	0.17	0.17	0.44	0.44	
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	19.9	27.9	9.2	12.9	2.8	3.9	2.0	2.8	0.2	0.3	0.5	0.7	