



Ireland Fresh & Packaged Food Nutritional Information  
CHRISTMAS 2018

ver. 1.0

FRESH FOODS	Product Suitable for		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	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
BUTTER CROISSANT	Y	N	1,415.0	991.0	340.0	238.0	7.2	5.0	40.9	28.6	6.0	4.2	15.7	11.0	10.0	7.0	2.3	1.6	0.4	0.3	1.1	0.8
PAIN AU CHOC	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	2.0	1.9	0.3	0.3	0.7	0.7
PAIN AU RAISIN	Y	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	2.7	1.8	0.4	0.2	0.9	0.6
RED BERRY PASTRY	Y	N	2,211.0	1,659.0	534.0	400.0	4.1	3.1	28.2	21.2	5.7	4.3	44.7	33.5	19.6	14.7	1.0	0.8	0.5	0.4	1.2	0.9
MATURE CHEDDAR AND MUSHROOM CROISSANT	Y	N	1,039.0	1,828.0	249.0	439.0	9.0	15.9	17.5	30.9	2.8	4.8	15.6	27.5	9.2	16.2	1.4	2.5	0.4	0.7	1.0	1.8
HAM AND CHEESE CROISSANT	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	0.6	0.7	1.5	1.8
MULTISEED TOAST	Y	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	0.6	0.6	1.4	1.4
PANCAKE STACK	Y	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	0.5	0.3	1.2	0.7
BACON BUTTIE	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	0.8	1.0	2.0	2.4
SAUSAGE SARNIE	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	0.5	1.0	1.3	2.5
OMELETTE & TOMATOE BAP	Y	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	0.3	0.5	0.7	1.3
PANNINI ALL DAY BREAKFAST	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	0.2	0.5	0.6	1.2
SANDWICH EGG & CRESS (NEW RECIPE)	Y	N	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	0.2	0.4	0.6	1.1
SANDWICH CLUB BACON & CHICKEN	N	N	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	0.3	0.8	0.8	1.9
SANDWICH TURKEY FEAST WITH SAUSAGE	N	N	1,036.0	2,559.0	247.0	610.0	9.9	24.5	29.2	72.1	5.1	12.6	9.6	23.7	3.0	7.4	2.0	4.9	0.4	1.1	1.1	2.7
GLUTEN FREE SANDWICH CHICKEN SALAD	N	N	717.0	1,528.0	172.0	366.0	8.0	17.0	15.3	32.6	2.2	4.7	7.6	16.2	0.7	1.5	5.0	10.7	0.4	0.8	1.0	2.1
FLATBREAD HAM SALAD	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	0.4	0.8	1.1	2.1
FLATBREAD CHICKEN SPINACH & HUMMUS	N	N	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	0.3	0.4	0.7	1.1
WRAP CHICKEN CAESAR	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	0.4	1.0	1.0	2.5
WRAP VEGAN CAULIFLOWER	Y	Y	681.0	1,908.0	162.0	454.0	4.5	12.6	22.6	63.3	2.5	7.0	5.4	15.1	0.6	1.7	2.6	7.3	0.3	0.8	0.7	2.0
HOT WRAP BBQ PULLED PORK & CHEESE	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	0.4	1.2	1.0	3.0
HOT WRAP CHIPOTLE CHICKEN	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	0.3	1.0	0.8	2.5
PANNINI HAM AND CHEESE	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	0.4	0.7	0.9	1.8
PANNINI TURKEY BRIE & STUFFING	N	N	1,107.0	2,490.0	263.0	592.0	13.5	30.4	33.3	74.9	4.6	10.4	8.1	18.2	3.8	8.6	1.4	3.2	0.4	0.9	1.0	2.3
SALAD MOROCCAN CHICKEN	N	N	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	0.1	0.4	0.3	1.1
FRUIT POT - MELON & LIME / PEAR, APPLE & BLACKBERRY	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	0.0	0.0
EVEREST - BLUEBERRY GRANOLA YOGURT	Y	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	0.0	0.1	0.1	0.2
EVEREST - MANGO GRANOLA YOGURT	Y	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	0.0	0.1	0.1	0.3

BAKERY	Product Suitable for		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	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
Choc Chip Cookie	Y	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			0.3	0.2	0.7	0.6
Triple Chocolate Cookie	Y	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			0.3	0.3	0.7	0.8
Brownie Cookies & Cream	Y	N	2,016.0	1,613.0	482.0	390.0	5.0	4.0	48.0	38.0	38.0	30.0	30.0	24.0	17.0	14.0			0.1	0.1	0.4	0.3
Christmas Tree Brownie			1,810.0	1,448.0	434.0	347.2	5.9	4.7	48.0	38.4	37.0	29.6	25.0	20.0	15.0	12.0			120.0	96.0	0.3	0.2
Chocolate Muffin	Y	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	0.2	0.2	0.6	0.7
Blueberry Muffin	Y	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	0.2	0.2	0.5	0.6
Lemon Cheesecake Muffin	Y	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	0.3	0.4	0.7	0.8
Boston Cream Muffin	Y	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	0.2	0.2	0.4	0.4
Chocolate Swirl	Y	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	0.2	0.2	0.5	0.6
Cinnamon Swirl	Y	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	0.2	0.3	0.5	0.7
Loaf Lemon & Blueberry	Y	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	0.2	0.2	0.5	0.5
Loaf Red Velvet Swirl	Y	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	0.3	0.2	0.7	0.6
Loaf Ginger	Y	N	1,535.0	1,382.0	365.0	329.0	3.3	3.0	60.0	53.8	39.0	35.1	12.0	10.8	3.0	2.7	2.4	2.4	0.2	0.2	0.5	0.5
Cookie Snowman	Y	N	1,620.0	1,053.0	383.0	249.0	4.2	3.0	75.0	49.0	48.0	31.0	7.4	4.8	4.5	2.9	1.2	0.8	0.2	0.1	0.4	0.3
Millionaire Shortbread	Y	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	0.3	0.2	0.7	0.5
Brownie	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
Fifteens	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	0.0	0.0	0.2	0.2
Toffee Crispie	Y	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	0.0	0.0	0.5	0.2
Twizzles Stick Choc Mallow	N	N	1,792.0	1,033.0	425.0	238.0	4.9	2.8	72.2	40.5	62.0	34.7	14.1	7.9	8.6	4.8	0.3	0.2	0.0	0.0	0.1	0.1
Twizzles Stick Choc Mallow White	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
Mini Mince Pie	N	N	1,611.0	1,096.0	383.0	261.0	2.2	1.5	59.0	40.0	35.0	24.0	15.0	10.0	9.2	6.3	0.5	0.4	0.0	0.0	0.3	0.2
Large Mince Pie	N	N	1,611.0	1,526.0	383.0	362.0	2.2	2.0	59.0	59.0	35.0	37.0	15.0	13.0	9.2	7.8	0.5	0.4	0.0	0.0	0.3	0.2
Score Raisin	Y	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
Score Plain	Y	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
Luxury Fruit Bread	Y	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
S'mores Brownie	Y	N	1,895.0	1,516.0	453.0	362.0	5.4	4.3	53.0	42.0	38.0	30.0	23.9	19.1	12.8	10.2	2.4	1.9	0.4	0.3	0.2	0.1