



Ireland Fresh & Packaged Food Nutritional Information
 SPRING 2020
 ver. 1.0

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	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
BREAKFAST																									
MULTISEED GRANARY BLOOMER 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	0.0	0.0	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	0.0	0.0	1.2	0.7
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	0.0	0.0	1.3	2.5
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	0.0	0.0	2.0	2.4
MATURE CHEDDAR AND MUSHROOM CROISSANT	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	0.0	0.0	1.0	1.8
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
OMELETTE TOMATO CROISSANT	Y	N	N	N	N	1,083.0	1,451.0	259.0	347.0	10.0	13.4	20.7	27.7	4.6	6.2	14.7	19.7	8.4	11.3	2.1	2.8	0.4	0.0	0.9	1.2
ALMOND CROISSANT	Y	N	N	N	N	1,516.0	1,061.0	362.0	253.0	8.50	6.00	41.8	29.3	15.5	10.9	17.5	12.3	7.7	5.4	1.7	1.2	0.3	0.2	0.8	0.6
SPICE AVOCADO, EGG & SPINAGE BAGEL	Y	N	N	N	N	1,100.0	2,332.0	263.0	557.0	10.1	21.4	28.0	59.4	3.2	6.8	11.6	24.6	4.1	8.7	2.9	6.1	0.0	0.0	0.8	1.7
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
SANDWICHES/ WRAPS																									
CHICKEN STUFFING SANDWICH	N	N	N	N	N	1,190.0	2,546.0	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
CHICKEN & BACON STUFFING	N	N	N	N	N	1,197.0	2,429.0	286.0	590.0	12.0	24.4	27.3	55.4	2.7	5.5	14.0	28.4	2.5	5.1	1.3	2.6	0.0	0.0	1.1	2.2
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	0.0	0.0	0.8	1.9
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
WRAP BANG BANG CHICKEN	N	N	N	N	N	905.0	2,079.0	214.0	493.0	11.7	25.7	31.2	68.6	3.7	8.1	5.1	11.2	2.3	5.1	3.4	7.5	0.2	0.4	0.5	1.1
CHIPOTLE CHICKEN WRAP	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	0.3	1.0	0.8	2.5
BUFFALO WRAP	N	N	N	N	N	723.0	1,736.0	172.0	412.0	8.1	19.4	23.9	57.4	3.3	7.9	4.5	10.8	1.5	3.6	1.6	3.8	0.3	0.7	0.8	1.9
GLUTEN FREE CAESAR ROLL	N	N	Y	Y	N	1,226.0	2,329.0	294.0	558.0	14.9	28.3	27.0	51.3	3.4	6.5	14.9	28.3	3.5	6.7	5.5	10.5	0.0	0.0	1.5	2.9
WRAP CHICKEN CAESAR	N	N	N	N	N	1,142.0	2,843.0	273.0	680.0	14.7	36.6	19.2	47.8	2.0	5.0	14.7	36.6	3.4	8.5	1.2	3.0	0.4	1.0	1.0	2.5
VEGAN CORNATION CAROT & FALAFEL WRAP	Y	Y	N	N	Y	965.0	2,141.0	230.0	511.0	4.0	8.9	29.6	65.7	8	17.8	10.2	22.6	1.9	4.2	2.0	4.4	0.1	0.2	0.4	0.9
CHICKEN CAESAR I WRAP	N	N	N	N	N	1,161.0	2,890.0	278.0	692.0	15.1	37.6	18.8	46.8	1.5	3.7	15.6	38.8	3.8	9.5	0.9	2.2	0.4	1.0	1.1	2.7
PANINIS																									
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	2,156.0	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
TOASTIE HAM & CHEESE	N	N	N	N	N	1,020.0	1,540.0	244.0	368.0	13.0	19.6	22.7	34.2	1.1	1.6	10.8	16.3	6.2	9.3	1.7	2.6	0.5	0.8	1.3	1.9
TOASTIE FIVE CHEESE	Y	N	N	N	N	1,155.0	1,929.0	275.0	459.0	10.8	18.0	30.4	50.8	0.8	1.3	11.8	19.7	7.1	11.9	2.3	3.8	0.5	0.8	1.2	1.9
FOCACCIA BELLA MOZZARELLA	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	0.0	0.0	1.0	2.5
FOCACCIA CHICKEN CHORIZO JALAPENO	N	N	N	N	N	1,083.0	2,242.0	258.0	534.0	13.2	27.3	26.2	54.2	3.6	7.5	10.8	22.4	5.6	11.6	1.7	3.5	0.0	0.0	1.7	3.5
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	0.0	0.0	0.8	2.5
SMOKED HAM & CHEESE TOASTIE	N	N	N	N	N	995.0	1,692.0	238.0	404.0	14.3	24.3	19.4	33	0.7	1.2	10.9	18.5	5.6	9.5	2.4	4.1	0.6	1.0	1.5	2.6
PESTO CHICKEN & TAPENADE TOASTIE	N	N	N	N	N	912.0	1,531.0	217.0	364.0	12.6	21.2	25.2	42.3	1.2	2	6.6	11.1	2.2	3.7	3.1	5.2	0.4	0.7	1.1	1.8
SPICY CHICKEN & CHORIZO TOASTIE	N	N	N	N	N	890.0	1,450.0	211.0	344.0	13.1	21.4	26.4	43	2	3.3	5.2	8.5	2	3.3	3.2	5.2	0.5	0.9	1.3	2.1
VEGETABLE & BEAN FAJITA FLATBREAD	Y	N	N	N	N	772.0	1,737.0	183.0	412.0	6.3	14.2	28.1	33.2	2.6	5.9	4.8	10.8	2.3	5.2	1.2	2.7	0.4	0.8	0.9	2.0
FLATBREAD CHICKEN SPINACH & HUMMUS	N	N	N	N	Y	721.0	1,186.0	171.0	282.0	10.4	17.1	20.4	63.6	3.8	6.2	5.1	8.4	0.7	1.2	1.1	1.8	0.0	0.0	0.7	1.1
SALADS																									
MORROCCAN CHICKEN SALAD	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	0.0	0.0	0.3	1.1
VEGAN GRAIN SALAD	Y	Y	N	N	Y	622.0	2,208.0	148.0	524.0	6.7	23.8	21.9	77.7	3.9	13.8	3.3	11.7	0.5	1.8	1.7	6	0.2	0.6	0.4	1.4
MANGO GRANOLA YOGURT	Y	N	N	N	N	631.0	1,262.0	151.0	301.0	3.6	7.2	18.8	37.6	11.5	23.0	6.2	12.4	3.5	7.0	2.6	5.2	0.0	0.0	0.0	0.0
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
FRUIT POT BLUEBERRY, PEAR & APPLE	Y	Y	Y	Y	Y	241.0	337.0	57.0	80.0	0.4	0.6	11.9	16.7	11.9	16.7	0.4	0.6	0.0	0.0	2.1	2.9	0.0	0.0	0.0	0.0
FRUIT POT CANTALOPE, PINEAPPLE, KIWI & LIME	Y	Y	Y	Y	Y	97.0	135.0	23.0	32.0	0.6	0.8	4.4	6.2	4.4	6.2	0.1	0.1	0.0	0.0	1.0	1.4	0.0	0.0	0.0	0.0

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	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																									
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 with Chocolate Chips	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
Marshmallow Chocolate Muffin	N	N	N	N	N	1,708.0	1,878.8	407.0	447.7	4.7	5.2	59.7	65.7	38.7	42.6	16.3	17.9	4.3	4.8	1.2	1.3	0.1	0.1	0.34	0.37
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</																									