



Ireland Fresh & Packaged Food Nutritional Information
SUMMER 1 2019

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FRESH FOODS	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
BUTTER CROISSANT	Y	N	N	N	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			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	2.0	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	2.7	1.8			0.9	0.6
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			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			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
PANNINI 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	14.9	28.3	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 CHICKEN BACON & 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
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
PANNINI 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 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			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			1.7	3.5
CHICKEN PROTEIN BOX	N	N	N	N	Y	524.0	1,861.0	125.0	444.0	8.9	31.6	9.4	33.4	2.3	8.2	5.2	18.5	0.8	2.8	2.6	9.2			0.2	0.7
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
SALAD SALMON & FENNEL	N	N	N	N	N	1,923.0	1,899.0	459.0	454.0	10.7	30.7	10.5	30.1	0.9	2.6	7.8	22.4	1.5	4.3	1.6	4.6	133.0		0.3	0.9
WRAP CORONATION CHICKPEA	Y	Y	N	N	Y	901.0	2,055.0	217.0	489.0	5.1	11.5	30.3	68.2	3.8	8.6	7.9	17.8	2.0	4.5	2.4	5.4	0.2	0.4	0.4	0.9
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
Fruit pot strawberry blueberry	Y	Y	Y	Y	Y	164.0	236.0	38.0	56.0	0.8	1.3	6.6	10.6	6.6	10.6	0.3	0.5	0.0	0.0	1.3	2.1	0.0	0.0	0.0	0.0
Fruit pot tropical	Y	Y	Y	Y	Y	164.0	275.0	38.0	65.0	0.7	1.1	8.9	13.4	8.8	13.2	0.3	0.5	0.0	0.0	1.1	1.7	0.0	0.0	0.0	0.0

BAKERY	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
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	0.2	0.2	0.5	0.5
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
Millionaire Shortbread	Y	N	N	N	N	2,025.0	1,519.0	491.0	368.0	5.0	3.8	53.0	40.0	35.0	26.0	29.0	22.0	14.1	10.6	1.1	0.8	0.3	0.2	0.7	0.5
Brownie	Y	N	Y	Y	N	1,910.0	1,935.0	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
Raspberry White Chocolate Muffin	Y	N	N	N	N	1,563.0	1,828.7	381.0	445.8	4.9	5.7	51.6	60.4	34.3	40.1	16.5	19.3	3.1	3.6	1.3	1.5	0.2	0.2	0.5	0.5
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	0.2	0.2	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	0.20	0.20	0.50	0.60
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	0.30	0.40	0.70	0.80
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	0.0	0.0	0.2	0.2
Toffee Crispie	Y	N	N	N	N	2,103.0	1,030.0	503.0	246.0	3.8	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	N	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	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
Score Raisin	Y	N	N	N	N	1,419.0	1,064.3	336.0	252.0	7.6	5.7	61.0	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	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
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	0.2	0.2	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	0.2	0.3	0.5	0.7
Carrot Loaf Cake	Y	N	N	N	N	1,500.0	1,350.0	359.0	323.0	4.2	3.8	46.0	42.0	32.0	28.0	17.7	15.9	3.3	3.0	2.8	2.5	0.25	0.22	0.63	0.57
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
Strawberry Bakewell Crumble	Y	N	N	N	N	1,908.0	1,526.0	456.0	365.0	5.5	4.4	48.4	38.7	27.8	22.3	26.7	21.3	13.3	10.7	2.0	1.6	0.18	0.14	0.45	0.36
Chocolate & Hazelnut Traybake	Y	N	N	N	N	2,374.0	1,899.0	568.0	455.0	7.0	5.6	42.5	34.0	28.6	22.9	40.6	32.5	17.5	14.0	3.1	2.5	0.19	0.15	0.47	0.38
Cookie- Warm Chocolate Chunks	Y	N	N	N	N	1,995.0	1,516.0	477.0	363.0	5.9	4.5	57.8	43.9	33.3	25.3	24.0	18.2	14.7	11.2	3.0	2.3	0.0	0.0	0.1	0.1
Cookie- Warmed Oat & Raisin	Y	N	N	N	N	1,766.0	1,342.0	420.0	319.0	5.3	4.0	66.1	50.2	40.0	30.4	14.1	10.7	6.4	4.9	3.8	2.9	0.1	0.0	0.1	0.1
Mint Chocolate Slice	Y	N	N	N	N	2,080.0	1,456.0	497.0	347.9	3.8	2.7	59.0	41.3	48.0	33.6	27.0	19.0	13.0	9.1			112.0	78.4	0.3	0.2
Brownie Raspberry &																									