



Ireland Fresh & Packaged Food Nutritional Information  
AUTUMN 2019

ver. 1.0

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 CROSSANT	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	1,565.0	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	0.0	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
MATURE CHEDDAR AND MUSHROOM CROSSANT	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 CROSSANT	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
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	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
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
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
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	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	0.0	0.0	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	0.0	0.0	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	0.0	0.0	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	0.0	0.0	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	0.0	0.0	1.5	2.9
FLATBREAD CHICKEN SPINACH & 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	0.0	0.0	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	0.0	0.0	1.0	2.5
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
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
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
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
MORROCAN 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
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 CANTALOUPE, 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

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
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
Banoffee Muffin	Y	N	N	N	N	1,594.0	1,753.0	381.0	419.0	3.9	4.3	55.3	60.8	32.9	36.2	16.9	18.6	3.8	4.2	1.6	1.8	0.2	0.2	0.4	0.5
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
Fifteens	N	N	N	N	N	1,531.0	1,072.0	364.0	255.0	6.0	4.2	65.5	45.9	47.7	33.4	8.3	5.8	4.6	3.3	1.0	0.7	0.1	0.1	0.2	0.1
Toffee Crispie	Y	N	N	N	N	2,117.0	1,016.0	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
Twizzles Stick Choc Mallow	N	N	N	N	N	1,781.0	748.0	423.0	178.0	4.5	2.0	72.0	31.0	69.0	29.0	13.0	5.0	8.0	3.0	0.3	0.2	0.0	0.0	0.1	0.0
Twizzles Stick Choc Mallow White	N	N	N	N	N	1,781.0	855.0	423.0	203.0	3.0	1.0	80.0	38.0	59.0	29.0	10.0	5.0	6.0	3.0	0.3	0.1	0.0	0.0	0.1	0.0
Scone Raisin	Y	N	N	N	N	1,236.0	1,545.0	293.0	366.0	5.4	6.8	53.3	66.6	19.6	24.5	6.4	8.0	2.6	3.3	1.9	2.4	0.0	0.0	2.1	2.6
Scone Plain	Y	N	N	N	N	1,219.0	1,523.0	289.0	361.0	5.7	7.1	50.5	63.1	13.2	16.5	7.1	8.9	2.8	3.5	1.9	2.4	0.0	0.0	2.2	2.8
Chocolate Swirl	Y	N	N	N	N	1,544.0	2,023.0	368.0	482.0	8.2	10.7	49.6	65.0	16.0	21.0	14.7	19.3	6.9	9.0	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	19.9	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	0.2	0.2	0.6	0.6
Lemon Loaf Cake	Y	N	N	N	N	1,630.0	1,467.0	391.0	352.0	4.8	4.3	40.0	36.0	26.0	24.0	24.0	21.0	9.8	8.8	1.2	1.1	0.3	0.2	0.6	0.6
Raspberry & Coconut Loaf Cake	Y	N	N	N	N	1,719.0	1,547.0	411.0	370.0	4.1	3.7	47.0	42.0	30.0	27.0	24.0	22.0	15.0	13.0	0.7	0.6	0.2	0.2	0.4	0.4
Strawberry Bakewell Crumble	Y	N	N	N	N	1,911.0	1,529.0	457.0	366.0	5.5	4.4	48.0	39.0	28.0	23.0	27.0	21.0	13.0	11.0	2.0	1.6	0.2	0.1	0.5	0.4
Salted Caramel Brownie	Y	N	N	N	N	1,958.0	1,370.0	468.0	327.0	3.5	2.4	54.8	38.3	43.2	30.2	25.2	17.6	13.9	9.7	0.0	0.0	0.2	0.2	0.6	0.4
Blackberry & Apple Crumble Slice	Y	N	N	N	N	1,834.0	1,467.0	439.0	351.0	5.3	4.3	45.0	36.0	25.0	20.0	26.0	21.0	13.0	11.0	2.0	1.6	0.2	0.1	0.5	0.4
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	321.0	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	0.0	0.0	0.0	0.0	0.3	0.2
Luxury Fruit Bread	Y	N	N	N	N	1,																			