



Ireland Fresh & Packaged Food Nutritional Information
 SPRING 2019

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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	1,415.0	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	278.0	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
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			0.6	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 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			0.7	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
WRAP BBQ JACKFRUIT	Y	Y	N	N	Y	905.0	2,126.0	216.0	508.0	3.1	7.3	28.5	67.0	7.8	18.3	9.2	21.6	1.6	3.8	3.4	8.0			0.7	1.6
HOT WRAP BEAN & CHEESE	Y	N	N	N	N	838.0	2,513.0	199.0	598.0	6.4	19.2	26.9	80.7	2.9	8.7	6.8	20.4	2.7	8.1	2.5	7.5			1.0	3.0
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
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			0.9	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	924.0	1,981.0	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
PEAR, APPLE & BLUEBERRY	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
FRUIT POT - MELON & LIME /	Y	Y	N	N	N	152.0	215.0	36.0	51.0	0.5	0.7	7.6	10.8	7.6	10.8	0.2	0.3	0.0	0.0	0.8	1.1			0.0	0.1
EVEREST - BLUEBERRY GRANOLA YOGURT	Y	N	N	N	N	694.0	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			0.1	0.2
EVEREST - MANGO GRANOLA YOGURT	Y	N	N	N	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			0.1	0.3

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	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																									
Vegan Nanaimo Almond Butter	Y	Y	N	N	N	2,262.0	1,357.0	544.0	326.0	8.5	5.1	40.0	24.0	30.0	18.0	39.0	23.0	15.0	9.2	4.2	2.5	0.3	0.2	0.8	0.5
Burnt Caramel Brownie	Y	N	N	N	N	2,039.0	1,631.0	489.0	391.0	6.2	5.0	44.0	35.0	39.0	32.0	32.0	26.0	15.0	12.0	2.3	1.8	0.2	0.2	0.5	0.4
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
Loaf Banana Nut	Y	N	N	N	N	1,728.0	1,553.0	412.0	371.0	4.7	4.2	43.0	39.0	24.0	22.0	21.0	18.6	2.0	1.6	1.6	1.4	0.2	0.1	0.4	0.4
Loaf Red Velvet Swirl	Y	N	N	N	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
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	1,335.0	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 Chunk Cookie	Y	N	N	N	N	1,744.0	1,569.6	426.0	383.4	7.7	6.9	58.6	52.7	37.3	33.6	17.5	15.8	10.7	9.6			276.0	248.4	0.7	0.6
Triple Chocolate Cookie	Y	N	N	N	N	1,907.0	1,716.3	458.0	412.2	5.9	5.3	53.0	47.7	42.0	37.8	24.0	21.6	15.0	13.5			284.0	255.6	0.7	0.6
Raspberry White Chocolate Rocky Road	N	N	N	N	N	2,209.0	1,435.0	530.0	344.0	5.4	3.5	57.4	37.3	45.0	29.2	30.7	20.0	19.5	12.6			120.0	78.0	0.3	0.2
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	3.6	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	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	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	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	49.8	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
Red Velvet Blondie	Y	N	N	N	N	1,918.0	1,534.0	459.0	367.0	5.0	4.0	51.0	41.0	40.0	32.0	26.2	21.0	15.4	12.3	1.0	0.8	0.1	0.1	0.4	0.3