



GB / ROI / NI 2012

Fresh / Packaged Food Nutritional

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	Dairy 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
<b>Petites</b>																									
Petite - Salted Pecan Bar	Y	N	N	N	N	2071	1038	495	248	3.6	1.8	60.8	30.4	42.0	21.0	26.0	13.0	8.1	4.1	2.0	1.0	0.3	0.1	0.71	0.4
Petite - White Choc Raspberry Cake	Y	N	N	N	N	1747	996	418	238	4.5	2.6	49.8	28.4	35.7	20.3	21.9	12.5	8.0	4.6	1.7	1.0	0.2	0.11	0.48	0.27
Petite - Magic Bar	Y	N	Y	N	N	1895	833	453	199	7.2	3.2	53.6	23.6	42.9	18.9	22.5	9.9	13.0	5.7	3.6	1.6	0.1	0.0	0.27	0.1
<b>Scones &amp; Bread</b>																									
Berry Scone GB Only	Y	N	N	N	N	1286	1839	305	436	6.0	8.6	52.7	75.4	20.6	29.5	7.3	10.4	4.1	5.9	2.3	3.3	0.38	0.5	0.96	1.4
Fruit Scone ROI/NI Only	Y	N	N	N	N	1419	1064	336	252	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	0.50	0.4
Luxury Fruit Bread	Y	N	N	N	N	1398	2027	332	481	7.5	10.9	55.7	80.8	26.9	39.0	8	11.6	3.6	5.2	3.4	4.93	0.1	0.2	0.28	0.41
Plain Scone ROI / NI Only	Y	N	N	N	N	1416	1062	336	252	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	0.50	0.4
Wheaten Scone ROI / NI Only	Y	N	N	N	N	1106	830	262	197	8.6	6.5	43.3	32.5	9.7	7.3	6.2	4.7	3.3	2.5	2.7	2.0	0.5	0.4	1.27	1.0
<b>Bars, Biscuits, Shortbreads, &amp; Cookies</b>																									
Belgian Chocolate Brownie Gluten Free Fairtrade	Y	N	Y	Y	N	2413	1737	514	370	4.1	3.0	51.9	37.4	43.9	31.6	31.7	22.8	17.5	12.6	2.6	1.9	0.0	0.0	0.10	0.1
Chocolate Caramel Shortbread	Y	N	N	N	N	2258	1490	541	357	4.2	2.8	59.9	39.5	38.1	25.1	31.4	20.7	18.2	12.0	0.8	0.5	0.2	0.1	0.47	0.3
Chocolate Chunk Cookie	Y	N	N	N	N	1955	2092	466	499	7.4	7.9	65.0	69.6	35.8	38.3	19.2	20.5	11.5	12.3	1.7	1.8	0.2	0.21	0.4	0.43
Chocolate Chunk Shortbread Fairtrade	Y	N	N	N	N	2162	2076	518	497	6.2	5.9	53.5	51.4	21.8	20.1	30.2	28.9	18.9	18.1	3.1	2.9	0.01	0.0	0.1	0.1
Granola Bar	Y	N	Y	N	N	1958	1661	468	397	7.2	6.1	48.9	41.6	29.9	25.4	25.9	22.0	8.8	7.5	5.1	4.3	0.1	0.1	0.20	0.2
Marshmallow Twizzle Chocolate (Dark & White)	N	N	N	N	N	2021	807	483	193	4.4	1.8	66.9	26.8	63.1	25.2	21.6	8.6	12.4	5.0	1.8	0.7	0.0	0.0	0.10	0.0
Marshmallow Twizzle & Coloured Sugar Strands	N	N	N	N	N	1916	767	458	183	3.0	1.2	74.2	29.7	68.9	27.6	16.1	6.4	8.7	3.5	2.2	0.9	0.0	0.0	0.00	0.0
Rocky Road	N	N	N	N	N	2268	1766	542	422	4.3	3.4	51.5	40.2	34.6	27.0	34.8	27.1	16.4	12.8	2.7	2.1	0.2	0.2	0.49	0.4
<b>Cakes, Doughnuts (per unit =per slice)</b>																									
Blueberry Cheese Cake	Y	N	N	N	N	1615	2018	386	482	5.5	6.9	33.6	42.0	23.4	29.3	25.3	31.6	12.9	16.1	0.8	1.0	0.2	0.2	0.54	0.69
Carrot Cake	Y	N	N	N	N	1872	2340	449	560	3.8	4.8	43.5	54.4	35.3	44.1	28.3	35.4	10.0	12.5	2.5	3.1	0.1	0.1	0.14	0.2
Chocolate Velvet Cake	Y	N	N	N	N	1722	2238	411	534	4.8	6.2	53.0	68.9	37.7	49.0	19.3	25.1	7.1	9.2	3.1	4.0	0.08	0.11	0.20	0.28
Doughnut Apple Fritter	Y	N	N	N	N	1724	2243	412	536	6.7	8.7	40.0	52.0	17.5	22.8	25.0	32.5	12.2	15.9	1.9	2.5	0.1	0.2	0.31	0.4
Doughnut Classic Cake	Y	N	N	N	N	1880	1880	449	449	3.6	3.6	54.5	54.5	33.8	33.8	24.1	24.1	10.8	10.8	1.0	1.0	0.1	0.1	0.20	0.2
<b>Loaf Cakes</b>																									
Loaf Cake Banana Nut	Y	N	N	N	N	1746	1798	418	431	6.5	6.7	40.5	41.7	15.3	15.8	25.0	25.8	4.5	4.6	2.8	2.9	0.1	0.1	0.4	0.4
Loaf Cake Lemon	Y	N	N	N	N	1774	1526	424	364	5.0	4.3	47.3	40.7	29.4	25.3	23.5	20.2	6.6	5.7	1.6	1.4	0.2	0.2	0.50	0.4
Loaf Cake Chocolate Hazelnut	Y	N	Y	Y	Y	1627	1383	389	330	4.0	3.4	38.4	32.4	31.5	26.8	24.5	20.8	3.7	3.1	3.2	2.7	0.1	0.1	0.32	0.3
Loaf Cake Raspberry and Coconut	Y	N	N	N	N	1891	1664	452	397	4.5	4.0	49.9	43.9	36.1	31.8	25.6	22.5	5.8	5.1	2.1	1.8	0.2	0.2	0.43	0.4
<b>Muffins</b>																									
Apple and Cinnamon Muffin	Y	N	N	N	N	1452	1771	347	423	4.8	5.9	44.2	53.9	22.9	27.9	16.2	19.8	1.8	2.2	2.4	2.9	0.18	0.22	0.46	0.56
Chocolate & Belgian Choc Sauce Muffin	Y	N	N	N	N	1516	1804	361	430	6.6	7.8	48.7	57.9	29.3	34.9	15	17.8	2.8	3.3	2.6	3.1	0.3	0.4	0.7	0.8
Classic Blueberry Muffin	Y	N	N	N	N	1539	1831	437	481	5.6	6.0	47.4	56.4	24.3	31.8	16.9	22.1	1.7	2.2	1.6	2.1	0.3	0.4	0.7	0.9
Rise and Shine Muffin	Y	N	N	N	N	1514	1877	361	448	7.1	6.7	47.8	59.3	25.3	31.4	15.2	18.8	1.7	2.1	2.3	2.8	0.24	0.3	0.6	0.7
Skinny Blueberry Muffin	Y	N	N	N	N	1115	1572	264	372	4.1	5.8	51.9	73.2	27.9	39.3	3.9	5.5	0.6	0.8	2.3	3.2	0.24	0.3	0.6	0.8
Skinny Lemon and Poppyseed Iced Muffin	Y	N	N	N	N	1212	1685	287	399	3.9	5.4	56.6	78.7	35.7	49.6	4.4	6.1	0.5	0.7	2.6	3.6	0.2	0.3	0.56	0.8
Skinny Peach and Raspberry Muffin	Y	N	N	N	N	1147	1560	271	369	6.2	8.4	53.9	73.3	30.1	40.9	2.9	3.9	0.6	0.8	2.3	3.1	0.22	0.30	0.54	0.2
Skinny Stem Ginger Iced Muffin	Y	N	N	N	N	1220	1684	288	397	3.2	4.4	61.0	84.2	43.6	60.2	2.9	4.0	0.3	0.4	2.6	3.6	0.3	0.4	0.6	0.8
<b>Pastries</b>																									
Almond Croissant	Y	N	N	N	N	1739	1809	416	433	6.4	6.6	50.1	52.1	30.1	31.3	21	21.8	9.3	9.7	2.0	2.1	0.2	0.2	0.50	0.5
Butter Croissant	Y	N	N	N	N	1588	1111	381	266	5.8	4.1	38.2	26.7	5.9	4.1	22.5	15.8	13.3	9.3	1.3	0.9	0.3	0.2	0.80	0.6
Cinnamon Swirl	Y	N	N	N	N	1359	1984	323	372	7.4	10.8	49.1	71.7	18.4	26.9	10.2	14.9	4.0	5.8	2.6	3.8	0.2	0.3	0.4	0.6
Pain Au Chocolat	Y	N	N	N	N	1725	1121	414	269	5.7	3.7	42.2	27.4	15.4	10	24.4	19.9	14.6	9.5	2.6	1.7	0.2	0.1	0.50	0.3
Pain Aux Raisins	Y	N	N	N	N	1417	1559	339	373	4.7	5.2	40.3	44.3	11.0	12.1	17.5	19.3	10.3	11.3	1.4	1.5	0.2	0.2	0.56	0.6
<b>Porridge, Fruit, Yogurt</b>																									
Buttermilk Pancakes	Y	N	N	N	N	1068	961	252	227	4.6	4.1	51.9	46.7	20.1	18.1	2.7	2.4	0.2	0.2	1.2	1.1	0.22	0.2	0.56	0.50
Porridge	Y	N	N	N	N	1690	1014	402	241	14.0	8.4	57.0	34.2	13.9	8.3	11.6	7.0	6.5	3.9	6.6	4.0	0.0	0.0	0.00	0.0
Breakfast Pot	Y	N	Y	N	N	742	1335	177	318	4.1	7.3	24.3	43.8	16.6	29.9	6.6	11.8	3.7	6.7	2.1	3.7	0.11	0.2	0.28	0.50
Creamy Natural Yogurt	Y	N	Y	Y	N	392	549	94	132	5.5	7.7	7.5	10.5	7.5	10.5	4.6	6.4	2.8	3.9	0.0	0.0	0.0	0.0	0.00	0.0
Fruit Salad	Y	Y	Y	Y	Y	218	403	52	95	0.6	1.2	11.1	20.5	9.8	18.1	0.2	0.3	0.0	0.0	1.6	2.9	0.0	0.0	0.00	0.0
Fairtrade Banana	Y	Y	Y	Y	Y	373	448	90	108	0.8	1.0	22.6	27.1	12.4	14.9	0.4	0.5	0.0	0.0	2.7	3.2	0.0	0.0	0.00	0.0
<b>Toppings</b>																									
Condiment Maple & Honey Granola	Y	N	N	N	Y	1881	470	448	112	9.0	2.3	64.5	16.0	19.8	5.0	15.9	4.0	1.8	0.5	5.6	1.4	0.0	0.0	0.02	0.0
Condiment Very Berry Compote	Y	Y	Y	Y	Y	503	251	119	59	0.6	0.3	29.7	0.3	26.4	13.2	0.2	0.1	0.0	0.02	2.1	1.0	0.1	0.0	0.03	0.0
Condiment Maple and Honey Sauce	Y	N	Y	Y	Y	128	509	300	120	0.1	0.03	74.8	29.9	64.8	25.9	0.1	0.03	0.00	0.01	0.2	0.1	0.0	0.0	0.02	0.0
<b>Breakfast</b>																									
All Day Breakfast Panini	N	N	N	N	N	923	1459	220	348	11.1	17.6	20.6	32.6	0.4	0.7	10.1	15.9	2.1	3.3	1.3	2.1	0.40	0.60	1.00	1.50
Bacon Buttie	N	N	N	N	Y	1339	1580	319</																	

Smoked Salmon Bagel With Cream Cheese	N	N	N	N	N	941	1553	224	369	12.7	21.0	27.2	44.9	5.3	8.7	6.7	11.1	2.1	3.5	1.7	2.8	0.48	0.80	1.21	2.00
<b>Croissant</b>																									
Cheddar & Mushroom Croissant	Y	N	N	N	N	1270	1779	305	427	9.2	12.9	22.6	31.6	3.9	5.4	19.5	27.3	12.3	17.2	1.1	1.5	0.36	0.5	0.89	1.25
Ham & Emmental Croissant	N	N	N	N	N	1318	1581	315	378	13.8	16.6	25.2	30.2	4.0	4.8	17.5	21.0	11.5	13.8	0.9	1.1	0.50	0.6	1.30	1.50
<b>Lunch Panini</b>																									
Brie & Caramelised Onion Panini	Y	N	N	N	N	1195	2295	285	547	10.1	19.4	32.2	61.9	7.0	13.5	12.6	24.2	6.9	13.3	1.1	2.2	0.47	0.90	1.17	2.25
Chicken Pastrami Panini	N	N	N	N	N	908	2087	216	497	12.4	28.6	22.2	51.1	1.2	2.8	8.4	19.3	2.7	6.1	1.0	2.3	0.52	1.20	1.30	3.00
Steak Cheese and Caramelised Onion Panini	N	N	N	N	N	1051	2208	250	526	14.9	31.3	25.3	53.2	2.4	5.0	9.7	20.4	3.0	6.2	1.0	2.1	0.43	0.9	1.07	2.25
Croque Monsieur Ham and Cheese Panini	N	N	N	N	N	1008	1915	240	456	12.8	24.3	25.9	49.2	0.9	1.8	9.3	17.6	4.1	7.8	0.9	1.8	0.58	1.1	1.45	2.75
Italian Mozzarella and Slow Roast Tomato Panini	Y	N	N	N	N	1103	1963	263	468	11.2	20.0	28.0	49.8	1.7	3.0	11.5	20.4	4.6	8.1	1.5	2.7	0.45	0.8	1.12	2.00
Roasted Chicken and Tomato Panini	N	N	N	N	N	710	1577	168	347	10.2	20.6	23.1	51.3	1.4	3.1	3.6	8.0	0.4	0.9	1.4	3.1	0.41	0.9	1.00	2.25
Tuna Melt and Mature Cheddar Panini	N	N	N	N	N	1034	2068	246	493	13.3	26.7	24.2	48.4	0.5	1.1	10.5	21.0	3.8	7.6	0.9	1.8	0.50	1.0	1.25	2.50
<b>Sandwiches</b>																									
BLT (bacon, lettuce, tomato)	N	N	N	N	N	1035	1843	248	441	11.6	20.6	20.9	37.2	2.8	4.9	12.7	22.6	3.4	6.1	1.7	3.0	0.45	0.8	1.12	2.00
Free Range Egg Mayo	Y	N	N	N	Y	805	1562	192	372	10.4	20.2	20.0	38.8	2.1	4.1	7.8	15.1	1.3	2.6	2.0	3.8	0.20	0.4	0.50	1.00
New York Deli Style Beef Pastrami and Emmental	N	N	N	N	N	799	1647	190	392	11.0	22.6	18.9	38.9	2.6	5.3	7.6	15.6	3.4	7.0	1.5	3.0	0.44	0.9	1.09	2.25
Roasted Chicken with Herb Mayonnaise	N	N	N	N	N	658	1322	156	314	10.6	21.3	19.2	38.6	3.0	6.0	3.6	7.3	0.4	0.8	2.1	4.2	0.35	0.7	0.87	1.75
Gluten Free Tuna Nicoise	N	N	Y	Y	Y	1038	1619	248	388	9.8	15.3	21.5	33.6	2.9	4.5	12.6	19.6	1.8	2.8	5.0	7.8	0.38	0.60	0.96	1.50
<b>Wraps</b>																									
Mexican Style Bean and Cheese Burrito	Y	N	N	N	N	886	2038	211	486	6.8	15.6	26.2	60.2	5.2	12.0	8.4	19.4	4.0	9.1	1.7	3.9	0.26	0.6	0.65	1.50
Roasted Chicken Salsa Wrap	N	N	N	N	N	832	1630	198	387	10.1	19.8	25.9	50.7	4.4	10.6	2.4	4.7	2.5	4.9	2.5	4.9	0.31	0.6	0.77	1.50
<b>Bistro Boxes</b>																									
Cured Ham Hock	N	N	Y	Y	Y	535	1614	128	386	7.9	23.8	8.2	24.7	0.5	1.6	6.8	20.5	0.9	2.7	1.3	3.9	0.30	0.9	0.75	2.25
Falafel Mezze	Y	N	N	N	N	632	2072	150	493	5.0	16.5	20.9	68.5	2.8	9.1	4.4	14.4	0.6	2.0	3.6	11.8	0.27	0.9	0.69	2.25
Cheese and Oat Cake	Y	N	Y	N	N	1064	2088	254	499	9.6	18.9	20.8	40.9	9.2	18.1	14.3	28.1	7.1	13.9	2.9	5.7	0.41	0.8	1.02	2.00
<b>Packaged Foods</b>																									
Shortbread	Y	N	N	N	N	2129	319	509	76	4.2	0.6	64.9	9.7	21.3	11.6	25.8	3.9	16.1	2.4	1.2	0.2	0.33	0.1	0.84	0.13
Dolcetto al Cacao	Y	N	N	N	N	2220	622	530	148	6.7	1.9	54.8	15.3	31.1	8.7	31.6	8.8	20.6	5.8	1.4	0.4	0.04	0.011	0.10	0.03
Almond Biscotto	Y	N	N	N	N	1867	709	446	169	10.4	4.0	61.6	23.4	33.5	12.7	17.6	6.7	3.9	1.5	11.4	4.3	0.09	0.0	0.23	0.09
Caramel Waffle Large	Y	N	N	N	N	1858	1449	443	356	3.2	2.6	62.2	49.8	33.6	26.8	20.3	16.2	12.4	9.7	1.1	0.8	0.20	0.2	0.50	0.40
Ginger Snaps	Y	N	N	N	N	1874	561	445	133	4.8	1.4	71.9	21.6	38.5	11.6	15.4	4.6	7.7	1.8	1.5	0.5	0.27	0.1	0.69	0.21
Fruit and Oat Cookie	Y	N	N	N	N	1819	910	433	217	4.4	2.2	64.3	32.2	34.6	17.3	17.6	8.8	7.3	3.7	3.1	1.6	0.37	0.2	0.94	0.47
Roasted Almonds	Y	Y	Y	Y	Y	2704	2028	646	484	21.2	15.9	17.7	13.3	4.6	3.5	55.2	41.4	4.2	3.2	10.5	7.9	0.34	0.3	0.86	0.65
Nut Mix	Y	Y	Y	Y	Y	2242	1681	535	401	17.7	13.3	41.1	30.8	20.8	15.6	33.6	25.2	4.1	3.0	6.7	5.0	0.01	0.0	0.01	0.02
Fairtrade Chocolate Bar - dark	Y	Y	Y	Y	Y	2382	1072	575	259	6.7	3.0	27.6	12.4	27.0	12.0	46.3	20.8	29.2	13.1	10.7	4.8	0.01	0.0	0.00	0.00
Fairtrade Chocolate Bar - milk	Y	N	Y	Y	N	2387	1074	537	242	6.4	2.9	49.0	22.1	48.9	22.0	38.6	17.4	24.2	10.9	2.2	1.0	0.09	0.0	0.23	0.10
Fruit & Nut Bar - Cranberry, Pumpkin seed & Blueberry	Y	N	Y	Y	N	1968	984	470	235	12.3	6.2	49.5	24.8	32.4	16.2	24.8	12.4	4.2	2.1	1.0	0.5	0.01	0.0	0.03	0.00
Starbucks Gold Coins	Y	N	Y	Y	N	2166	498	518	119	6.3	1.4	60.5	13.9	59.3	13.6	27.6	6.3	17.4	4.0	2.3	0.5	0.10	0.0	0.25	0.05
Lollipops	Y	Y	N	N	Y	1649	214	388	50	0.0	0.0	97.0	12.6	62.0	8.0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.00	0.00
Sugar Free Chewing Gum	Y	N	Y	N	Y	836	42	166	5	0.0	0.0	80.0	1.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.00	0.00
After Coffee Mints	Y	Y	Y	N	Y	1045	20.9	250	5	0.0	0.0	100.0	2.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.00	0.00
Mature Cheddar and Spring Onion Potato Chips	Y	N	N	N	N	1008	1004	481	240	6.6	3.3	52.8	26.9	2.9	1.5	28.9	14.4	3.8	1.9	4.4	2.2	0.70	0.3	1.70	0.80
Pepperoni Potato Chips	Y	N	Y	Y	N	1980	990	478	239	6.0	3.0	53.6	26.8	1.8	0.9	28.2	14.1	3.4	1.7	4.9	2.5	0.60	0.3	1.50	0.75
Sea Salt Potato Chips	Y	Y	Y	Y	Y	2037	1018	488	244	5.6	2.8	53.3	26.6	0.4	0.2	30.0	15.0	3.7	1.9	4.5	2.3	0.50	0.3	1.30	0.70
Sea Salt and Cider Vinegar Potato Chips	Y	Y	N	N	Y	2074	1037	496	248	6.2	3.1	54.2	27.1	2.9	1.5	28.3	14.2	3.5	1.8	4.3	2.2	0.60	0.3	1.50	0.80