



HOLIDAY 2022 / Food Nutritional Information

Product Name	Portion Size (g)	Product Suitable for		Energy (kJ)		Energy (kcal)		Fat (g)		of which are saturates (g)		Carbohydrates (g)		of which are sugars (g)		Fibre (g)		Protein (g)		Salt (g)	
		Vegetarian	Vegan	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
Pastries																					
Croissants precooked	60	Yes	No	1785	1071	425	255	23	14	15	9.0	45	27	8.9	5.3	2.4	1.4	8.5	5.1	0.59	0.35
Chocolate broodjes precooked	70	Yes	No	1795	1077	430	258	23	14	15	8.9	47	28	13.8	8.3	2.9	1.7	8.0	4.8	0.52	0.31
Croissant baked in store	65	Oui	Non	1838	1048	441	251	27	16	19	11	40	23	6.3	3.6	2.3	1	8	5	1	1
Chocolate broodjes in store	75	Yes	No	1772	1221	424	292	24	17	16	11.0	41	29	13.5	9.3	3.0	2.1	8.4	5.8	0.93	0.64
Chocolate Twist	76	Yes	No	1516	1152	362	275	16	12	10	7.3	47	36	21.0	16.0	3.0	2.3	5.7	4.3	0.73	0.55
Raisin Roll baked in store	118	Yes	No	1422	1678	339	400	14	17	9	10.6	46	54	19.0	22.0	2.3	2.7	6.1	7.2	0.74	0.90
Raisin Roll precooked	100	Yes	No	1228	1228	293	293	12	12	8	7.9	40	40	17.0	17.0	2.0	2.0	5.0	5.0	0.67	0.67
Sweet Buns/Breads																					
Brioche	85	Yes	No	1268	1078	303	258	15	13	9	7.5	33	28	12.0	10.2	0.7	0.6	8.6	7.3	0.30	0.26
Trio of Pancakes	120	Yes	No	1242	1490	298	358	14	16	3	3.1	36	43	14.2	17.0	0.9	1.1	6.7	8.0	1.09	1.31
Waffle	90	Yes	No	1850	1665	441	397	20	18	11	10.0	59	53	30.8	27.7	1.8	1.6	5.8	5.2	0.70	0.63
Mapel Pecan Roll precooked	100	Yes	No	1905	1905	455	455	24	24	13	13.0	55	55	31.0	31.0	0.0	0.0	4.8	4.8	0.70	0.70
Mapel Pecan Roll baked in store	110	Yes	No	1335	1469	319	351	12	13	5	5.2	47	52	21.0	23.0	1.5	1.7	5.4	5.9	0.76	0.84
Cinnamon Roll cut backed in store with icing	122	Yes	No	1325	1617	315	384	12	15	6	6.7	47	57	23.5	28.7	1.6	2.0	4.9	5.9	0.72	0.88
Cinnamon Roll baked in store	122	Yes	N	1325	1617	315	384	12	15	6	6.7	47	57	24.0	29.0	1.6	2.0	4.9	5.9	0.72	0.90
Cinnamon Roll precooked	100	Yes	N	1618	1618	386	386	16	16	10	10.0	54	54	22.0	22.0	2.1	2.1	6.2	6.2	0.50	0.50
Traybakes																					
Cookies & Cream Brownie	75	Yes	No	2002	1501	480	360	31	23	16	12.2	44	33	38.8	29.1	2.5	1.9	6.2	4.7	0.50	0.38
Shortbread Millionaire	85	Yes	No	2099	1766	503	423	31	26	18	15.0	51	43	34.0	29.0	0.8	0.8	4.6	3.9	0.28	0.23
Brownie	90	Yes	No	1785	1607	426	383	22	20	13	11.7	50	45	37.0	33.3	2.4	2.2	6.0	5.4	0.30	0.27
Precooked Cookies																					
Chocolate Chip Cookie	80	Yes	No	1990	1592	475	390	22	18	9	7.3	62	50	37.8	30.2	-	-	5.9	4.7	0.76	0.61
Double Chocolate Cookie	80	Yes	No	1898	1518	452	362	19	15	9	7.2	64	51	38.0	30.4	-	-	5.1	4.1	0.64	0.51
White & Cranberry Cookie	80	Yes	No	1820	1456	433	346	18	14	9	7.6	64	51	40.2	32.2	-	-	4.7	3.8	0.62	0.50
White & Macadamia Cookie	80	Yes	No	1971	1577	470	376	22	18	11	8.8	59	47	37.7	30.2	-	-	8.6	6.9	0.57	0.57
Cookie chocolat au lait noisette fourré	80	Yes	No	2061	1945	492	393	25	20	9	7.3	59	47	38.0	30.0	1.9	1.5	6.9	5.5	0.60	0.50
Baked in store cookies																					
Chocolate Chunk Cookie	85	Yes	No	1983	1686	474	403	24	21	13	10.6	58	49	35.8	30.4	2.8	2.4	4.9	4.2	0.60	0.50
Double Chocolate Cookie	85	Yes	No	1978	1688	472	401	24	21	13	10.9	57	49	36.6	32.8	2.6	2.2	4.9	4.2	0.60	0.50
White Macadamia Cookie	81	Yes	No	1886	1528	450	365	22	18	14	11.3	56	45	37.0	30.0	1.8	1.5	5.2	4.2	0.96	0.78
White & Cranberry Cookie	85	Yes	No	1788	1520	427	363	17	15	10	8.3	63	53	41.7	35.4	1.9	1.6	4.3	3.7	0.90	0.77
Cookie chocolat au lait noisette fourré	83	Yes	No	1966	1632	470	390	24	20	9	7.2	56	46	36.3	30.0	1.8	1.5	6.5	5.4	0.60	0.50
Muffins																					
Blueberry Muffin	130	Yes	No	1402	1823	334	434	14	18	3	3.8	45	59	23.1	30.0	1.5	2.1	6.0	7.8	1.14	1.50
Chocolate Hazelnut Muffin	130	Yes	No	1570	2042	375	487	17	22	4	5.7	48	62	27.8	36.1	3.0	3.9	6.6	8.6	1.13	1.50
Double Chocolate Muffin	130	Yes	No	1443	1876	344	447	16	20	4	5.7	44	57	26.0	33.8	2.2	2.9	5.6	7.3	1.00	1.30
Chocolate Chunk Muffin	130	Yes	No	1569.3	2040.0	374.4	486.7	16.6	21.6	4.6	6.0	48.7	63.3	27.8	36.1	2.3	3.0	6.4	8.3	1.2	1.5
Red Velvet Muffin	130.0	Yes	No	1699.0	2209.0	406.0	528.0	21.0	27.3	5.7	7.4	49.0	63.7	32.0	41.6	1.3	1.7	4.8	6.2	0.5	0.7
Donuts																					
Cristal Donut	65	Yes	No	1.839.0	1.195.4	440	286	26	17	12	8	45	29.3	15	10	1.0	0.7	6.2	4.0	0.6	0.4
White Donut	75	Yes	No	1.895.0	1.421.3	453	340	28	21	17	13	45	33.8	21	16	1.1	0.8	5.0	3.8	1.0	0.8
Strawberry Donut	80	Yes	No	1.891.0	1.328.6	450	270	30	18	17	10	38	22.8	13	8	1.5	0.9	5.9	3.5	1.0	0.8
Dark Donut	73	Yes	No	1.557.0	1.136.6	372	272	20	15	10	7	43	31.4	25	10	1.2	0.9	5.2	3.8	0.9	0.7
Sugar Donut Croissant	80	Yes	No	1.725.0	1.365.0	413	327	23	18	12	10	45	36.0	12	10	1.1	0.9	5.9	4.7	1.0	0.8
Dark Donut Croissant	95	Yes	No	1.856.0	1.779.0	445	428	27	26	16	15	44	42.0	16	15	1.5	1.4	5.7	5.4	0.9	0.8
Cocoa filled & iced donut	82	Yes	No	1.796.0	1.473.0	431	353	27	22	12	10	39	32.0	21	17	2.1	1.7	6.7	5.5	1.1	0.9



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		Vegetarian	Vegan	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
Cakes																					
Banana Bread	91	Yes	No	1521.3	1384	363.3	331	18	16	1.8	1.6	46	41	30	27.2	1.7	1.5	5.2	4.7	0.62	0.60
Carrot Loaf Cake	91	Yes	No	1740	1584	415	378	18	17	3.0	2.7	58	52	41	37	1.0	0.9	5.0	4.6	0.75	0.70
Lemon Loaf Cake	91	Yes	No	1614	1468	385	351	18	17	4.4	4.0	50	45	35	32	1.2	1.10	4.7	4.3	0.60	0.50
Chocolate Loaf Cake	83	Yes	No	1712	1426	410	341	23	19	11	9.5	44	37	38	32	2.4	2.0	5.3	4.4	0.20	0.20
Marble hazelnut loaf cake	91	Yes	No	1757	1604	420	384	22	20	7	6.1	49	45	37	34	2	1.8	5.5	5.5	0.38	0.34
Round Cakes																					
Cookies & Cream Cake	175	No	No	1503	2630	360	630	21	37	9.4	16.5	37	64	26	46	2.3	4.0	4.6	8.1	0.53	0.93
Raspberry Cheesecake	132	Yes	No	1392	1838	334	441	21	28	12.7	16.8	31	40	20	26	0.6	0.8	5.1	6.7	0.42	0.55
Caramel Cheesecake	132	Yes	No	1478	1957	355	470	24	31	14.1	18.6	29	39	18	24	0.6	0.79	5.4	7.1	0.48	0.63
Chocolate Lover Cake	182	Yes	No	1575	2867	377	686	21	39	10	18.6	42	76	32	59	3.1	5.6	4.7	8.6	0.70	1.30
Chocolate Lava Cake	90	Yes	No	1765	1606	425	387	33	30	20.0	18.0	24	22	22	20	-	-	8.0	7.2	0.03	0.03
Dulche de Leche & Chocolate Lava Cake	90	Yes	No	1660	1485	399	356	27	24	16.0	14.0	31	28	29	16	-	-	7.9	7.1	0.10	0.09
Apple Pecan Pie	208	Yes	No	1031	2144	246	512	10	21	3.7	7.7	35	73	22	47	2.1	4.40	3	6.2	0.23	0.50
Sandwiches																					
Breakfast Croissant Bun	150	No	No	1242	1863	297	446	16	24	9.6	14.5	25	38	25	38	-	-	9.7	14.5	1.10	1.65
Ham & Cheese Croissant	90	No	No	1193	1074	285	257	14	13	9.7	8.7	25	22	4	4	-	-	14.3	13.0	1.56	1.40
Ham & Emmental Sandwich	150	No	No	1051	1577	251	377	12	18	6.2	9.3	22	32	0	1	-	-	13.7	20.6	1.57	2.36
Chicken & Cheddar Sandwich	145	No	No	1194	1731	286	415	16	23	4	5.5	24	34	1	1	-	-	11.8	17.1	1.66	2.41
Tomato & Mozzarella Sandwich	185	Yes	No	1084	2005	259	479	11	21	5.4	10.0	30	55	3	5	-	-	9.4	17.4	1.30	2.41
Barbecue Vegan Sandwich	185	Yes	Yes	862	1595	205	379	6	12	2.7	14.5	26	38	6	12	-	-	9.0	14.5	1.20	2.20
Club Bacon Sandwich	170	No	No	1150	1955	275	468	13	22	6.0	10.0	24	41	4	7	-	-	13	22.0	1.60	2.70
Caljun Chicken Club Sandwich	190	No	No	1354	1537	303	365	7	13	2.7	4.9	21	38	40	14	1.2	0.65	4.9	2.5	0.59	0.90
Bagel au painstrami	135	No	No	949	1277	226	305	5	7	1.9	2.6	32	43	4	5	-	-	11.4	15.0	1.50	2.00
Ranch Vegetarian Wrap	185	Yes	No	1214	2246	289	535	13	25	4.3	14.5	33	38	4	8	-	-	9.2	14.5	1.44	2.70
Ham & Cheese Toastie	185	No	No	906	1676	217	401	9	16	5	9.6	14	25	2	4	-	-	12.8	23.7	1.30	2.41
Five Cheese Toastie																					