





















BUTTER CROISSANT  <p>Typical values per 100g: Energy 1733kJ/415kcal; Fat 22.7g, of which saturates 15.7g; Carbohydrate 42.6g, of which sugars 6.2g; Fibre 2.3g; Protein 8.7g; Salt 1.11g. CONTAINS: W, M</p>	CHOCOLATE HAZELNUT CROISSANT  <p>Typical values per 100g: Energy 1817kJ/435kcal; Fat 23.2g, of which saturates 11.1g; Carbohydrate 46.7g, of which sugars 15.6g; Fibre 2.9g; Protein 8.3g; Salt 1.00g. CONTAINS: W, M, H</p>	PAIN AU CHOCOLAT  <p>Typical values per 100g: Energy 1700kJ/408kcal; Fat 23.5g, of which saturates 14.2g; Carbohydrate 39.2g, of which sugars 9.3g; Fibre 3.0g; Protein 8.2g; Salt 0.68g. CONTAINS: W, M, E, So</p>	DANISH PASTRY  <p>Typical values per 100g: Energy 1337kJ/323kcal; Fat 11.2g, of which saturates 7.2g; Carbohydrate 47.3g, of which sugars 18.2g; Fibre 1.6g; Protein 6.2g; Salt 0.76g. CONTAINS: M, W, E</p>
DANISH MAPLE AND PECAN PLAIT  <p>Typical values per 100g: Energy 1890kJ/454kcal; Fat 30.5g, of which saturates 12.1g; Carbohydrate 38.3g, of which sugars 12.0g; Fibre 2.0g; Protein 5.6g; Salt 0.37g. CONTAINS: W, M, E, Pe</p>	TOFFEE TWISTED YUM YUM (FILLED)  <p>Typical values per 100g: Energy 2108kJ/507kcal; Fat 34.9g, of which saturates 17.1g; Carbohydrate 42.9g, of which sugars 17.9g; Fibre 1.5g; Protein 4.4g; Salt 0.40g. CONTAINS: W, M, E</p>	APPLE TURNOVER  <p>Typical values per 100g: Energy 1309kJ/313kcal; Fat 15.7g, of which saturates 10.3g; Carbohydrate 37.8g, of which sugars 13.1g; Fibre 1.6g; Protein 4.3g; Salt 0.40g. CONTAINS: W, M, E</p>	PASTEL DE NATA  <p>Typical values per 100g: Energy 1084kJ/257kcal; Fat 9.4g, of which saturates 3.7g; Carbohydrate 39.0g, of which sugars 22.0g; Fibre 0.8g; Protein 4.3g; Salt 0.28g. CONTAINS: W, M, E, So</p>
CHOCOLATE BROWNIE  <p>Typical values per 100g: Energy 1969kJ/471kcal; Fat 26.1g, of which saturates 6.2g; Carbohydrate 52.7g, of which sugars 37.6g; Fibre 3.1g; Protein 4.9g; Salt 0.55g. CONTAINS: W, H, M, E</p>	LARGE FRUIT SCONES  <p>Typical values per 100g: Energy 1260kJ/299kcal; Fat 6.3g, of which saturates 2.2g; Carbohydrate 52.0g, of which sugars 20.5g; Fibre 2.1g; Protein 7.6g; Salt 1.06g. CONTAINS: W, M, E</p>	RED BERRY SCONES  <p>Typical values per 100g: Energy 1254kJ/297kcal; Fat 6.4g, of which saturates 2.2g; Carbohydrate 50.8g, of which sugars 12.5g; Fibre 1.4g; Protein 8.2g; Salt 1.02g. CONTAINS: W, M, E</p>	BAVARIAN PRETZEL  <p>Typical values per 100g: Energy 1210kJ/287kcal; Fat 4.5g, of which saturates 0.5g; Carbohydrate 49.9g, of which sugars 3.0g; Fibre 4.0g; Protein 9.6g; Salt 2.24g. CONTAINS: W</p>
WHITE CHOCOLATE CHIP COOKIE  <p>Typical values per 100g: Energy 2007kJ/479kcal; Fat 23.3g, of which saturates 12.0g; Carbohydrate 63.0g, of which sugars 29.5g; Fibre 1.0g; Protein 5.0g; Salt 0.43g. CONTAINS: W, M, So, E</p>	DOUBLE CHOCOLATE CHIP COOKIE  <p>Typical values per 100g: Energy 1948kJ/465kcal; Fat 21.6g, of which saturates 11.2g; Carbohydrate 63.4g, of which sugars 30.4g; Fibre 1.9g; Protein 5.2g; Salt 0.40g. CONTAINS: W, M, So, E</p>	TRIPLE CHOCOLATE CHIP COOKIE  <p>Typical values per 100g: Energy 1948kJ/465kcal; Fat 22.5g, of which saturates 11.7g; Carbohydrate 61.1g, of which sugars 29.1g; Fibre 3.0g; Protein 5.6g; Salt 0.40g. CONTAINS: W, M, So, E</p>	SALTED CARAMEL CHOCOLATE CHIP COOKIE  <p>Typical values per 100g: Energy 2020kJ/482kcal; Fat 22.0g, of which saturates 10.0g; Carbohydrate 67.0g, of which sugars 37.0g; Fibre 1.2g; Protein 4.0g; Salt 0.92g. CONTAINS: W, M, E</p>
MINI APPLE TARTS  <p>Typical values per 100g: Energy 1416kJ/338kcal; Fat 15.7g, of which saturates 6.4g; Carbohydrate 46.6g, of which sugars 16.8g; Fibre 2.5g; Protein 3.9g; Salt 0.53g. CONTAINS: W, So, M, Su</p>	MINCE PIE  <p>Typical values per 100g: Energy 1589kJ/379kcal; Fat 16.3g, of which saturates 6.6g; Carbohydrate 55.4g, of which sugars 26.0g; Fibre 3.5g; Protein 4.5g; Salt 0.19g. CONTAINS: W, So, M</p>	GINGERBREAD MAN  <p>Typical values per 100g: Energy 1434kJ/399kcal; Fat 3.0g, of which saturates 0.3g; Carbohydrate 68.0g, of which sugars 30.0g; Fibre 2.0g; Protein 7.7g; Salt 0.13g. CONTAINS: W</p>	

Important allergy advice





















We have made every effort to provide you with accurate allergen information. However, there is always a risk of cross contamination. For details on allergens contained within bakery products, please see above and refer to abbreviations listed below.

Abbreviations/Allergen Definitions :

A: Almonds	C: Crustaceans	Ma: Macadamia nuts	P: Peanuts	So: Soybeans
B: Barley	E: Eggs	M: Milk	Pe: Pecan nuts	Sp: Spelt
Br: Brazil nuts	F: Fish	Mo: Molluscs	Pi: Pistachio nuts	Su: Sulphur Dioxide & Sulphites
Ca: Cashew nuts	H: Hazelnuts	Mu: Mustard	R: Rye	Wa: Walnuts
Ce: Celery	L: Lupin	O: Oats	Se: Sesame seeds	W: Wheat

IF YOU ARE ALLERGIC TO ANY OF THE ALLERGENS OUTLINED IN THE BAKERY PRODUCTS THEN IT IS NOT SAFE FOR YOU TO CONSUME.



FRENCH BAGUETTE  <p>Typical values per 100g: Energy 993kJ/234kcal; Fat 0.7g, of which saturates 0.1g; Carbohydrate 47.9g, of which sugars 4.3g; Fibre 2.7g; Protein 7.7g; Salt 0.86g.</p> <p>CONTAINS: W</p>	DEMI BAGUETTE  <p>Typical values per 100g: Energy 1081kJ/255kcal; Fat 1.1g, of which saturates 0.2g; Carbohydrate 51.4g, of which sugars 4.7g; Fibre 2.7g; Protein 8.5g; Salt 1.10g.</p> <p>CONTAINS: W</p>	SMALL WHITE ROLL  <p>Typical values per 100g: Energy 1060kJ/250kcal; Fat 1.0g, of which saturates 0.3g; Carbohydrate 50.0g, of which sugars 3.2g; Fibre 2.9g; Protein 8.8g; Salt 1.00g.</p> <p>CONTAINS: W</p>	COUNTRY CRUSTY ROLL  <p>Typical values per 100g: Energy 1070kJ/256kcal; Fat 1.5g, of which saturates 0.4g; Carbohydrate 49.0g, of which sugars 3.5g; Fibre 2.1g; Protein 9.3g; Salt 0.77g.</p> <p>CONTAINS: W</p>
SOURDOUGH ROLL  <p>Typical values per 100g: Energy 1071kJ/256kcal; Fat 0.8g, of which saturates 0.2g; Carbohydrate 51.0g, of which sugars 2.0g; Fibre 1.8g; Protein 9.8g; Salt 0.55g.</p> <p>CONTAINS: W, R</p>	HIGH FIBRE MULTISEED ROLL  <p>Typical values per 100g: Energy 1240kJ/296kcal; Fat 7.7g, of which saturates 1.0g; Carbohydrate 39.0g, of which sugars 2.3g; Fibre 6.5g; Protein 15.0g; Salt 0.85g.</p> <p>CONTAINS: W, M, R, O</p>	ANCIENT GRAIN ROLL  <p>Typical values per 100g: Energy 1182kJ/283kcal; Fat 9.0g, of which saturates 1.2g; Carbohydrate 30.0g, of which sugars 3.2g; Fibre 12.0g; Protein 14.0g; Salt 0.82g.</p> <p>CONTAINS: W, M, R, O, B</p>	ITALIAN STYLE PANINI ROLL  <p>Typical values per 100g: Energy 1060kJ/253kcal; Fat 2.5g, of which saturates 0.8g; Carbohydrate 46.0g, of which sugars 3.0g; Fibre 3.0g; Protein 8.9g; Salt 0.88g.</p> <p>CONTAINS: W, M</p>
ITALIAN STYLE SEEDED BAGUETTE  <p>Typical values per 100g: Energy 1090kJ/261kcal; Fat 2.4g, of which saturates 0.6g; Carbohydrate 47.0g, of which sugars 3.5g; Fibre 5.2g; Protein 9.4g; Salt 0.87g.</p> <p>CONTAINS: W</p>	ITALIAN STYLE WHITE BAGUETTE  <p>Typical values per 100g: Energy 1080kJ/258kcal; Fat 1.9g, of which saturates 0.6g; Carbohydrate 49.0g, of which sugars 3.6g; Fibre 3.2g; Protein 9.4g; Salt 0.80g.</p> <p>CONTAINS: W</p>	CIABATTA  <p>Typical values per 100g: Energy 1027kJ/245kcal; Fat 1.9g, of which saturates 0.4g; Carbohydrate 47.0g, of which sugars 2.8g; Fibre 2.7g; Protein 8.4g; Salt 0.80g.</p> <p>CONTAINS: W</p>	CHEESE AND ONION ROLL  <p>Typical values per 100g: Energy 1110kJ/265kcal; Fat 3.6g, of which saturates 1.9g; Carbohydrate 46.0g, of which sugars 3.4g; Fibre 1.7g; Protein 11.0g; Salt 0.67g.</p> <p>CONTAINS: W, M</p>
GOUDA CHEESE ROLL  <p>Typical values per 100g: Energy 1211kJ/287kcal; Fat 6.1g, of which saturates 4.3g; Carbohydrate 44.0g, of which sugars 3.2g; Fibre 4.4g; Protein 11.9g; Salt 1.00g.</p> <p>CONTAINS: W, M</p>	COUNTRY LOAF  <p>Typical values per 100g: Energy 977kJ/231kcal; Fat 1.7g, of which saturates 0.3g; Carbohydrate 43.7g, of which sugars 1.3g; Fibre 5.3g; Protein 7.6g; Salt 1.00g.</p> <p>CONTAINS: W, R</p>	MULTISEED LOAF  <p>Typical values per 100g: Energy 1168kJ/278kcal; Fat 6.9g, of which saturates 0.8g; Carbohydrate 41.8g, of which sugars 2.0g; Fibre 5.1g; Protein 9.5g; Salt 1.00g.</p> <p>CONTAINS: W, R, Se, B</p>	HIGH FIBRE MULTISEED COB  <p>Typical values per 100g: Energy 1206kJ/287kcal; Fat 8.5g, of which saturates 1.0g; Carbohydrate 36.0g, of which sugars 3.8g; Fibre 8.0g; Protein 13.2g; Salt 0.90g.</p> <p>CONTAINS: W, O, R, So, B, M</p>
SOURDOUGH COB  <p>Typical values per 100g: Energy 960kJ/229kcal; Fat 0.8g, of which saturates 0.2g; Carbohydrate 44.0g, of which sugars 2.7g; Fibre 3.2g; Protein 9.0g; Salt 0.65g.</p> <p>CONTAINS: W</p>	IRISH BROWN SODA BREAD  <p>Typical values per 100g: Energy 1058kJ/251kcal; Fat 5.3g, of which saturates 1.0g; Carbohydrate 44.5g, of which sugars 2.8g; Fibre 4.5g; Protein 8.6g; Salt 1.90g.</p> <p>CONTAINS: W, M, So</p>	CHEESE LOAF  <p>Typical values per 100g: Energy 1040kJ/249kcal; Fat 3.5g, of which saturates 1.8g; Carbohydrate 42.0g, of which sugars 2.5g; Fibre 2.6g; Protein 11.0g; Salt 0.75g.</p> <p>CONTAINS: W, M</p>	VEGETARIAN FOCACCIA  <p>Typical values per 100g: Energy 860kJ/206kcal; Fat 5.2g, of which saturates 1.7g; Carbohydrate 32.0g, of which sugars 2.4g; Fibre 1.8g; Protein 6.9g; Salt 0.92g.</p> <p>CONTAINS: W, M</p>

Important allergy advice

We have made every effort to provide you with accurate allergen information. However, there is always a risk of cross contamination. For details on allergens contained within bakery products, please see above and refer to abbreviations listed below.

Abbreviations/Allergen Definitions :











A: Almonds	C: Crustaceans	Ma: Macadamia nuts	P: Peanuts	So: Soybeans
B: Barley	E: Eggs	M: Milk	Pe: Pecan nuts	Sp: Spelt
Br: Brazil nuts	F: Fish	Mo: Molluscs	Pi: Pistachio nuts	Su: Sulphur Dioxide & Sulphites
Ca: Cashew nuts	H: Hazelnuts	Mu: Mustard	R: Rye	Wa: Walnuts
Ce: Celery	L: Lupin	O: Oats	Se: Sesame seeds	W: Wheat

IF YOU ARE ALLERGIC TO ANY OF THE ALLERGENS OUTLINED IN THE BAKERY PRODUCTS THEN IT IS NOT SAFE FOR YOU TO CONSUME.



The Bakery

Q4/2021
Nutritional Information per 100g

JAM FILLED DOUGHNUT 	Typical values per 100g: Energy 1445kJ/345kcal; Fat 15.4g, of which saturates 5.4g; Carbohydrate 44.6g, of which sugars 16.1g; Fibre 1.9g; Protein 6.0g; Salt 0.54g. CONTAINS: W, E, M	SUGAR DOUGHNUT 	Typical values per 100g: Energy 1714kJ/410kcal; Fat 23.6g, of which saturates 11.1g; Carbohydrate 41.3g, of which sugars 14.3g; Fibre 2.0g; Protein 7.2g; Salt 1.12g. CONTAINS: W, M, So	CHOCOLATE RING DOUGHNUT 	Typical values per 100g: Energy 1768kJ/423kcal; Fat 24.0g, of which saturates 9.5g; Carbohydrate 44.1g, of which sugars 13.4g; Fibre 2.9g; Protein 6.3g; Salt 0.81g. CONTAINS: W, M	SALTED CARAMEL DOUGHNUT 	Typical values per 100g: Energy 1724kJ/413kcal; Fat 23.2g, of which saturates 12.8g; Carbohydrate 43.4g, of which sugars 21.6g; Fibre 1.6g; Protein 6.7g; Salt 0.93g. CONTAINS: W, M, So
DOTTED DOUGHNUT (COLOURS) 	Typical values per 100g: Energy 1826kJ/437kcal; Fat 26.0g, of which saturates 14.0g; Carbohydrate 45.0g, of which sugars 25.0g; Fibre 1.2g; Protein 6.5g; Salt 0.67g. CONTAINS: W, M, So	DOTTED DOUGHNUT (COOKIES) 	Typical values per 100g: Energy 1829kJ/438kcal; Fat 26.0g, of which saturates 14.0g; Carbohydrate 44.0g, of which sugars 19.0g; Fibre 1.4g; Protein 6.9g; Salt 0.87g. CONTAINS: W, So, M	PINK DOUGHNUT WITH SUGAR SPRINKLES 	Typical values per 100g: Energy 1941kJ/465kcal; Fat 27.5g, of which saturates 15.5g; Carbohydrate 48.7g, of which sugars 18.7g; Fibre 1.8g; Protein 4.7g; Salt 0.66g. CONTAINS: W, R	SQUARE DOUGHNUT (BACK TO SCHOOL) 	Typical values per 100g: Energy 1758kJ/421kcal; Fat 26.0g, of which saturates 13.0g; Carbohydrate 40.0g, of which sugars 16.0g; Fibre 1.1g; Protein 6.9g; Salt 0.60g. CONTAINS: W, So, M
SQUARE DOUGHNUT (PINK) 	Typical values per 100g: Energy 1781kJ/427kcal; Fat 25.0g, of which saturates 16.0g; Carbohydrate 43.0g, of which sugars 21.0g; Fibre 0.6g; Protein 6.3g; Salt 0.59g. CONTAINS: W, So, M	PIZZA DOUGHNUT 	Typical values per 100g: Energy 1184kJ/281kcal; Fat 6.6g, of which saturates 4.2g; Carbohydrate 42.7g, of which sugars 3.1g; Fibre 2.7g; Protein 11.3g; Salt 1.49g. CONTAINS: W, M				

Important allergy advice

We have made every effort to provide you with accurate allergen information. However, there is always a risk of cross contamination. For details on allergens contained within bakery products, please see above and refer to abbreviations listed below.

Abbreviations/Allergen Definitions :

A: Almonds	C: Crustaceans	Ma: Macadamia nuts	P: Peanuts	So: Soybeans
B: Barley	E: Eggs	M: Milk	Pe: Pecan nuts	Sp: Spelt
Br: Brazil nuts	F: Fish	Mo: Molluscs	Pi: Pistachio nuts	Su: Sulphur Dioxide & Sulphites
Ca: Cashew nuts	H: Hazelnuts	Mu: Mustard	R: Rye	Wa: Walnuts
Ce: Celery	L: Lupin	O: Oats	Se: Sesame seeds	W: Wheat

IF YOU ARE ALLERGIC TO ANY OF THE ALLERGENS OUTLINED IN THE BAKERY PRODUCTS THEN IT IS NOT SAFE FOR YOU TO CONSUME.