



Butter Croissant



Typical values	per 100g	per serving 57g
Energy	1817kJ/434kcal	1919kJ/244kcal
Fat	23.5g	13.4g
<i>of which saturates</i>	15.7g	8.9g
Carbohydrate	44.4g	25.3g
<i>of which sugars</i>	7.2g	4.1g
Fibre	1.8g	1.0g
Protein	8.7g	5.0g
Salt	1.00g	0.57g

Chocolate Hazelnut Croissant



Typical values	per 100g	per serving 85g
Energy	1813kJ/434kcal	1542kJ/369kcal
Fat	24.1g	20.5g
<i>of which saturates</i>	13.4g	11.4g
Carbohydrate	45.1g	38.1g
<i>of which sugars</i>	17.0g	14.5g
Fibre	2.4g	2.0g
Protein	8.0g	6.8g
Salt	1.00g	0.85g

Almond Croissant



Typical values	per 100g	per serving 85g
Energy	1698kJ/406kcal	1443kJ/345kcal
Fat	20.8g	17.7g
<i>of which saturates</i>	9.8g	8.3g
Carbohydrate	42.0g	35.7g
<i>of which sugars</i>	10.8g	9.2g
Fibre	3.0g	2.6g
Protein	11.2g	9.5g
Salt	0.91g	0.77g

Danish Pastry



Typical values	per 100g	per serving 110g
Energy	1337kJ/318kcal	1471kJ/350kcal
Fat	11.2g	12.3g
<i>of which saturates</i>	7.2g	7.9g
Carbohydrate	47.3g	52.0g
<i>of which sugars</i>	18.2g	20.0g
Fibre	1.6g	1.8g
Protein	6.2g	6.8g
Salt	0.76g	0.84g

Chocolate Mini Cake



Typical values	per 100g	per serving 55g
Energy	1969kJ/472kcal	1084kJ/260kcal
Fat	26.1g	14.4g
<i>of which saturates</i>	6.2g	3.4g
Carbohydrate	52.7g	29.0g
<i>of which sugars</i>	37.6g	20.7g
Fibre	3.1g	1.7g
Protein	4.9g	2.7g
Salt	0.55g	0.30g

Large Fruit Scone



Typical values	per 100g	per serving 100g
Energy	1162kJ/274kcal	1162kJ/274kcal
Fat	5.0g	5.0g
<i>of which saturates</i>	1.6g	1.6g
Carbohydrate	52.9g	52.9g
<i>of which sugars</i>	17.0g	17.0g
Fibre	1.7g	1.7g
Protein	6.7g	6.7g
Salt	1.05g	1.05g

Luxury Sultana Scone



Typical values	per 100g	per serving 140g
Energy	1479kJ/351kcal	2072kJ/493kcal
Fat	11.0g	15.4g
<i>of which saturates</i>	5.9g	8.3g
Carbohydrate	54.8g	76.7g
<i>of which sugars</i>	19.2g	26.9g
Fibre	2.1g	2.9g
Protein	7.3g	10.2g
Salt	1.16g	1.62g

Red Berry Scone



Typical values	per 100g	per serving 100g
Energy	1256kJ/298kcal	1256kJ/298kcal
Fat	5.9g	5.9g
<i>of which saturates</i>	1.8g	1.8g
Carbohydrate	52.0g	52.0g
<i>of which sugars</i>	13.2g	13.2g
Fibre	2.0g	2.0g
Protein	7.9g	7.9g
Salt	1.04g	1.04g

White Choc Chip Cookie



Typical values	per 100g	per serving 70g
Energy	1993kJ/476kcal	1403kJ/335kcal
Fat	23.0g	16.1g
<i>of which saturates</i>	12.0g	8.4g
Carbohydrate	62.0g	43.4g
<i>of which sugars</i>	40.0g	28.0g
Fibre	2.2g	1.5g
Protein	4.8g	3.4g
Salt	0.87g	0.61g

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Ca: Cashew nuts	H: Hazelnuts	Mu: Mustard	R: Rye	Wa: Walnuts
Ce: Celery	L: Lupin	O: Oats	Se: Sesame seeds	W: Wheat

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Double Choc Chip Cookie



Typical values	per 100g	per serving 70g
Energy	1964kJ/469kcal	1381kJ/330kcal
Fat	22.0g	15.4g
<i>of which saturates</i>	12.0g	8.4g
Carbohydrate	62.0g	43.4g
<i>of which sugars</i>	40.0g	28.0g
Fibre	2.1g	1.5g
Protein	5.2g	3.6g
Salt	0.85g	0.60g

Triple Choc Chip Cookie



Typical values	per 100g	per serving 70g
Energy	2015kJ/481kcal	1405kJ/335kcal
Fat	23.0g	16.1g
<i>of which saturates</i>	13.0g	9.1g
Carbohydrate	62.0g	43.4g
<i>of which sugars</i>	41.0g	28.7g
Fibre	1.9g	1.3g
Protein	5.1g	3.6g
Salt	0.77g	0.54g

Bavarian Pretzel



Typical values	per 100g	per serving 95g
Energy	1295kJ/282kcal	1135kJ/268kcal
Fat	2.6g	2.5g
<i>of which saturates</i>	0.6g	0.6g
Carbohydrate	54.7g	52.0g
<i>of which sugars</i>	1.3g	1.2g
Fibre	3.0g	2.9g
Protein	8.5g	8.1g
Salt	1.58g	1.50g

Apple Turnover



Typical values	per 100g	per serving 113g
Energy	1228kJ/294kcal	1388kJ/332kcal
Fat	16.1g	18.2g
<i>of which saturates</i>	8.0g	9.0g
Carbohydrate	31.7g	35.8g
<i>of which sugars</i>	11.8g	13.3g
Fibre	3.6g	4.1g
Protein	3.8g	4.3g
Salt	0.30g	0.34g

Pain au Chocolat



Typical values	per 100g	per serving 70g
Energy	1668kJ/398kcal	1167kJ/79kcal
Fat	17.8g	12.5g
<i>of which saturates</i>	11.4g	8.0g
Carbohydrate	50.2g	35.1g
<i>of which sugars</i>	11.2g	7.8g
Fibre	2.1g	1.5g
Protein	8.1g	5.7g
Salt	1.02g	0.71g

Apple Lattice



Typical values	per 100g	per serving 80g
Energy	1443kJ/346kcal	1160kJ/277kcal
Fat	17.0g	13.6g
<i>of which saturates</i>	8.5g	6.8g
Carbohydrate	42.0g	33.6g
<i>of which sugars</i>	13.0g	10.4g
Fibre	2.7g	2.2g
Protein	5.0g	4.0g
Salt	0.47g	0.38g

Chocolate & Vanilla Twist



Typical values	per 100g	per serving 90g
Energy	1386kJ/330kcal	1247kJ/297kcal
Fat	12.1g	10.9g
<i>of which saturates</i>	7.7g	6.9g
Carbohydrate	47.7g	42.9g
<i>of which sugars</i>	16.8g	15.1g
Fibre	1.7g	1.5g
Protein	6.7g	6.0g
Salt	0.82g	0.74g

Ultimate Brownie



Typical values	per 100g	per serving 66g
Energy	1954kJ/467kcal	1290kJ/308kcal
Fat	25.4g	16.8g
<i>of which saturates</i>	16.8g	11.1g
Carbohydrate	53.0g	35.0g
<i>of which sugars</i>	39.9g	26.3g
Fibre	2.2g	1.5g
Protein	5.6g	3.7g
Salt	0.40g	0.26g

Toffee Yum Yum



Typical values	per 100g	per serving 85g
Energy	2108kJ/507kcal	1791kJ/430kcal
Fat	34.9g	29.7g
<i>of which saturates</i>	17.1g	14.5g
Carbohydrate	42.9g	36.5g
<i>of which sugars</i>	17.9g	15.2g
Fibre	1.5g	1.3g
Protein	4.4g	3.7g
Salt	0.40g	0.34g

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French Baguette



Typical values	per 100g	per serving 20g
Energy	1040kJ/250kcal	221kJ/52kcal
Fat	0.1g	<0.1g
<i>of which saturates</i>	0.1g	<0.1g
Carbohydrate	56.0g	11.2g
<i>of which sugars</i>	2.4g	0.5g
Fibre	3.6g	0.5g
Protein	7.7g	1.5g
Salt	1.01g	0.20g

Demi Baguette



Typical values	per 100g	per serving 125g
Energy	1149kJ/271kcal	1436kJ/339kcal
Fat	0.4g	0.5g
<i>of which saturates</i>	0.1g	0.1g
Carbohydrate	56.0g	70.0g
<i>of which sugars</i>	3.3g	4.1g
Fibre	3.6g	4.5g
Protein	9.0g	11.3g
Salt	0.86g	1.08g

Small White Roll



Typical values	per 100g	per serving 65g
Energy	1194kJ/282kcal	776kJ/183kcal
Fat	1.0g	0.7g
<i>of which saturates</i>	0.2g	0.1g
Carbohydrate	57.5g	37.4g
<i>of which sugars</i>	3.8g	2.5g
Fibre	2.9g	1.9g
Protein	9.2g	6.0g
Salt	1.00g	0.65g

Country Crusty Roll



Typical values	per 100g	per serving 64g
Energy	1254kJ/297kcal	851kJ/202kcal
Fat	5.7g	3.6g
<i>of which saturates</i>	0.7g	0.4g
Carbohydrate	53.9g	34.5g
<i>of which sugars</i>	4.3g	2.8g
Fibre	4.4g	2.8g
Protein	9.8g	6.3g
Salt	1.25g	0.80g

Sourdough Roll



Typical values	per 100g	per serving 85g
Energy	1040kJ/250kcal	889kJ/210kcal
Fat	0.6g	0.5g
<i>of which saturates</i>	0.1g	<0.1g
Carbohydrate	48.9g	41.6g
<i>of which sugars</i>	1.3g	1.1g
Fibre	3.5g	3.0g
Protein	9.7g	8.2g
Salt	0.55g	0.47g

High Fibre Multiseed Roll



Typical values	per 100g	per serving 75g
Energy	1323kJ/315kcal	1114kJ/265kcal
Fat	9.4g	7.1g
<i>of which saturates</i>	1.4g	1.1g
Carbohydrate	50.5g	37.9g
<i>of which sugars</i>	4.1g	3.1g
Fibre	9.6g	7.2g
Protein	11.9g	8.9g
Salt	1.25g	0.94g

Ancient Grain Roll



Typical values	per 100g	per serving 80g
Energy	1108kJ/263kcal	886kJ/210kcal
Fat	4.3g	3.4g
<i>of which saturates</i>	0.6g	0.5g
Carbohydrate	41.3g	33.0g
<i>of which sugars</i>	2.8g	2.2g
Fibre	6.2g	5.0g
Protein	11.6g	9.3g
Salt	0.70g	0.56g

Italian Style Panini Roll



Typical values	per 100g	per serving 80g
Energy	1134kJ/268kcal	907kJ/214kcal
Fat	2.6g	2.1g
<i>of which saturates</i>	0.8g	0.6g
Carbohydrate	50.9g	40.7g
<i>of which sugars</i>	3.4g	2.7g
Fibre	2.9g	2.3g
Protein	8.8g	7.0g
Salt	0.79g	0.63g

San Francisco Sourdough Bloomer



Typical values	per 100g	per serving 20g
Energy	1115kJ/268kcal	233kJ/53kcal
Fat	1.2g	0.2g
<i>of which saturates</i>	0.2g	<0.1g
Carbohydrate	50.5g	10.1g
<i>of which sugars</i>	1.9g	0.4g
Fibre	3.6g	0.7g
Protein	10.8g	2.2g
Salt	1.11g	0.22g

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Italian Style Seeded Baguette



Typical values	per 100g	per serving 107g
Energy	1090kJ/261kcal	1165kJ/276kcal
Fat	2.4g	2.6g
of which saturates	0.6g	2.6g
Carbohydrate	47.0g	50.3g
of which sugars	3.5g	3.7g
Fibre	5.2g	5.6g
Protein	9.4g	10.1g
Salt	0.87g	0.93g

Italian Style White Baguette



Typical values	per 100g	per serving 105g
Energy	1080kJ/258kcal	1143kJ/270kcal
Fat	1.9g	2.0g
of which saturates	0.6g	0.6g
Carbohydrate	49.0g	51.5g
of which sugars	3.6g	3.8g
Fibre	3.2g	3.4g
Protein	9.4g	9.9g
Salt	0.80g	0.84g

White Sourdough Baguette



Typical values	per 100g	per serving 20g
Energy	1020kJ/244kcal	204kJ/48kcal
Fat	0.6g	0.1g
of which saturates	0.1g	<0.1g
Carbohydrate	46.8g	9.4g
of which sugars	2.8g	0.6g
Fibre	3.4g	0.7g
Protein	10.3g	2.1g
Salt	0.66g	0.13g

Cheese & Onion Roll



Typical values	per 100g	per serving 75g
Energy	1110kJ/265kcal	837kJ/198kcal
Fat	3.6g	2.7g
of which saturates	1.9g	1.4g
Carbohydrate	46.0g	34.5g
of which sugars	3.4g	2.6g
Fibre	1.7g	1.3g
Protein	11.0g	8.3g
Salt	0.67g	0.50g

Country Loaf



Typical values	per 100g	per serving 20g
Energy	977kJ/231kcal	196kJ/46kcal
Fat	1.7g	0.3g
of which saturates	0.3g	<0.1g
Carbohydrate	43.7g	8.7g
of which sugars	1.3g	0.3g
Fibre	5.3g	1.1g
Protein	7.6g	1.5g
Salt	1.00g	0.20g

Multiseed Loaf



Typical values	per 100g	per serving 20g
Energy	1168kJ/278kcal	234kJ/56kcal
Fat	6.9g	1.4g
of which saturates	0.8g	0.2g
Carbohydrate	41.8g	8.4g
of which sugars	2.0g	0.4g
Fibre	5.1g	1.0g
Protein	9.5g	1.9g
Salt	1.00g	0.20g

High Fibre Multiseed Cob



Typical values	per 100g	per serving 20g
Energy	1206kJ/287kcal	243kJ/58kcal
Fat	8.5g	1.7g
of which saturates	1.0g	0.2g
Carbohydrate	36.0g	7.2g
of which sugars	3.8g	0.8g
Fibre	8.0g	1.6g
Protein	13.2g	2.6g
Salt	0.90g	0.18g

Sourdough Cob



Typical values	per 100g	per serving 20g
Energy	960kJ/229kcal	191kJ/45kcal
Fat	0.8g	0.2g
of which saturates	0.2g	<0.1g
Carbohydrate	44.0g	8.8g
of which sugars	2.7g	0.5g
Fibre	3.2g	0.6g
Protein	9.0g	1.8g
Salt	0.65g	0.13g

Kaiser Roll



Typical values	per 100g	per serving 70g
Energy	1114kJ/263kcal	781kJ/185kcal
Fat	1.9g	1.3g
of which saturates	0.4g	0.3g
Carbohydrate	50.4g	35.3g
of which sugars	3.3g	2.3g
Fibre	3.8g	2.7g
Protein	9.3g	6.5g
Salt	1.13g	0.79g

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Irish Brown Soda Bread



Typical values	per 100g	per serving 20g
Energy	969kJ/229kcal	204kJ/48kcal
Fat	4.1g	0.8g
<i>of which saturates</i>	0.7g	0.1g
Carbohydrate	39.4g	7.9g
<i>of which sugars</i>	4.1g	0.8g
Fibre	4.0g	1.0g
Protein	10.3g	2.1g
Salt	1.70g	0.34g

White Sourdough Loaf



Typical values	per 100g	per serving 20g
Energy	968kJ/231kcal	194kJ/46kcal
Fat	0.3g	<0.1g
<i>of which saturates</i>	0.1g	<0.1g
Carbohydrate	46.6g	9.3g
<i>of which sugars</i>	3.7g	0.7g
Fibre	3.4g	0.7g
Protein	8.2g	1.6g
Salt	0.82g	0.16g

Poppy Seed Sourdough Loaf



Typical values	per 100g	per serving 20g
Energy	1052kJ/249kcal	211kJ/50kcal
Fat	3.3g	0.7g
<i>of which saturates</i>	0.4g	<0.1g
Carbohydrate	44.0g	8.8g
<i>of which sugars</i>	3.3g	0.7g
Fibre	3.9g	0.8g
Protein	8.9g	1.8g
Salt	0.80g	0.16g

Brennan's Fresh Loaf



Typical values	per 100g	per serving 20g
Energy	920kJ/219kcal	191kJ/45kcal
Fat	1.4g	0.3g
<i>of which saturates</i>	0.4g	<0.1g
Carbohydrate	43.0g	8.6g
<i>of which sugars</i>	2.4g	0.5g
Fibre	2.8g	0.6g
Protein	8.7g	1.7g
Salt	1.10g	0.22g

Irish Oats with Honey Loaf



Typical values	per 100g	per serving 20g
Energy	979kJ/234kcal	196kJ/46kcal
Fat	0.8g	0.2g
<i>of which saturates</i>	0.2g	<0.1g
Carbohydrate	46.3g	9.3g
<i>of which sugars</i>	5.1g	1.0g
Fibre	3.7g	0.7g
Protein	7.9g	1.6g
Salt	0.56g	0.11g

Brown Sourdough Loaf



Typical values	per 100g	per serving 20g
Energy	973kJ/226kcal	188kJ/44kcal
Fat	0.3g	<0.1g
<i>of which saturates</i>	0.1g	<0.1g
Carbohydrate	44.1g	8.8g
<i>of which sugars</i>	3.6g	0.7g
Fibre	4.6g	0.9g
Protein	8.5g	1.7g
Salt	0.80g	0.06g

Classic Focaccia Roll



Typical values	per 100g	per serving 85g
Energy	1207kJ/285kcal	1074kJ/254kcal
Fat	5.8g	4.9g
<i>of which saturates</i>	1.0g	0.9g
Carbohydrate	52.9g	45.0g
<i>of which sugars</i>	0.4g	0.3g
Fibre	2.2g	1.9g
Protein	7.8g	6.6g
Salt	0.81g	0.69g

Pumpkin Seed Roll



Typical values	per 100g	per serving 85g
Energy	1231kJ/294kcal	1231kJ/294kcal
Fat	7.3g	7.3g
<i>of which saturates</i>	1.5g	1.5g
Carbohydrate	46.1g	46.1g
<i>of which sugars</i>	1.6g	1.6g
Fibre	4.6g	4.6g
Protein	11.6g	11.6g
Salt	0.71g	0.71g

Sea Salt & Rosemary Focaccia Roll



Typical values	per 100g	per serving 85g
Energy	1206kJ/285kcal	1078kJ/255kcal
Fat	5.9g	5.0g
<i>of which saturates</i>	1.0g	0.9g
Carbohydrate	52.9g	45.0g
<i>of which sugars</i>	0.7g	0.3g
Fibre	2.6g	1.9g
Protein	7.8g	6.6g
Salt	1.02g	0.69g

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Cookies & Cream Doughnut



Typical values	per 100g	per serving 85g
Energy	1602kJ/382kcal	1361kJ/326kcal
Fat	20.0g	17.0g
of which saturates	10.0g	8.5g
Carbohydrate	43.5g	37.0g
of which sugars	21.4g	18.2g
Fibre	1.2g	1.0g
Protein	6.6g	5.6g
Salt	0.66g	0.56g

Jam Filled Doughnut



Typical values	per 100g	per serving 75g
Energy	1441kJ/344kcal	1081kJ/258kcal
Fat	14.6g	11.0g
of which saturates	4.6g	3.5g
Carbohydrate	45.9g	34.4g
of which sugars	15.5g	11.6g
Fibre	1.9g	1.4g
Protein	6.2g	4.7g
Salt	0.52g	0.39g

Sugar Doughnut



Typical values	per 100g	per serving 50g
Energy	1685kJ/403kcal	842kJ/202kcal
Fat	21.1g	10.6g
of which saturates	9.2g	4.6g
Carbohydrate	46.1g	23.1g
of which sugars	15.1g	7.6g
Fibre	1.8g	0.9g
Protein	6.2g	3.1g
Salt	1.36g	0.68g

Chocolate Doughnut



Typical values	per 100g	per serving 56g
Energy	1802kJ/432kcal	1009kJ/242kcal
Fat	25.7g	14.4g
of which saturates	12.2g	6.8g
Carbohydrate	42.2g	23.6g
of which sugars	14.0g	7.8g
Fibre	2.3g	1.3g
Protein	6.8g	3.8g
Salt	0.75g	0.42g

Pinky Doughnut



Typical values	per 100g	per serving 54g
Energy	1827kJ/437kcal	978kJ/234kcal
Fat	24.8g	13.2g
of which saturates	10.3g	5.2g
Carbohydrate	47.6g	25.5g
of which sugars	14.1g	7.2g
Fibre	1.7g	0.9g
Protein	5.1g	2.9g
Salt	0.76g	0.41g

Speculoos Puddle Doughnut



Typical values	Per 100g	per serving 85g
Energy	1652kJ/395kcal	1408kJ/336kcal
Fat	19.2g	16.3g
of which saturates	6.6g	5.6g
Carbohydrate	48.7g	41.4g
of which sugars	22.0g	18.7g
Fibre	1.3g	1.1g
Protein	6.3g	5.4g
Salt	0.71g	0.60g

Maple & Pecan Plait



Typical values	per 100g	per serving 84g
Energy	1676kJ/401kcal	1407kJ/337kcal
Fat	22.7g	19.1g
of which saturates	8.3g	7.0g
Carbohydrate	41.5g	34.9g
of which sugars	10.9g	9.2g
Fibre	2.6g	2.2g
Protein	6.4g	5.4g
Salt	0.35g	0.29g

Focaccia Pizza Pepperoni



Typical values	per 100g	per serving 110g
Energy	1189kJ/284kcal	1308kJ/312kcal
Fat	12.9g	14.2g
of which saturates	4.6g	5.1g
Carbohydrate	31.0g	34.1g
of which sugars	1.1g	1.2g
Fibre	2.1g	2.3g
Protein	9.9g	10.9g
Salt	1.32g	1.45g

Cheddar Twist



Typical values	per 100g	per serving 95g
Energy	1276kJ/306kcal	1212kJ/291kcal
Fat	18.9g	18.0g
of which saturates	12.4g	11.8g
Carbohydrate	25.7g	24.4g
of which sugars	3.5g	3.3g
Fibre	0.9g	0.9g
Protein	7.8g	7.4g
Salt	1.01g	0.96g

IMPORTANT ALLERGY ADVICE

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Abbreviations/Allergen Definitions :

A: Almond	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
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Mini Pizza Oval Tomato & Pesto



Typical values	per 100g	per serving 140g
Energy	918kJ/218kcal	1285kJ/305kcal
Fat	5.0g	7.0g
<i>of which saturates</i>	2.2g	3.1g
Carbohydrate	34.3g	48.0g
<i>of which sugars</i>	2.5g	3.5g
Fibre	1.9g	2.7g
Protein	7.9g	11.1g
Salt	1.63g	2.28g

Pizza Margherita



Typical values	per 100g	per serving 120g
Energy	1030kJ/245kcal	1236kJ/294kcal
Fat	6.3g	7.6g
<i>of which saturates</i>	3.3g	4.0g
Carbohydrate	36.0g	43.2g
<i>of which sugars</i>	2.4g	2.9g
Fibre	2.5g	3.0g
Protein	9.7g	11.6g
Salt	1.60g	1.92g

Ham & Cheese Jambons



Typical values	per 100g	per serving 110g
Energy	1104kJ/265kcal	1214kJ/292kcal
Fat	17.0g	18.7g
<i>of which saturates</i>	8.6g	9.5g
Carbohydrate	21.0g	23.1g
<i>of which sugars</i>	1.8g	2.0g
Fibre	0.9g	1.0g
Protein	6.5g	7.2g
Salt	0.99g	1.09g

Sausage Roll



Typical values	per 100g	per serving 60g
Energy	1276kJ/305kcal	766kJ/183kcal
Fat	16.9g	10.2g
<i>of which saturates</i>	7.6g	4.5g
Carbohydrate	28.7g	17.2g
<i>of which sugars</i>	2.4g	1.5g
Fibre	1.7g	1.0g
Protein	10.4g	6.3g
Salt	0.76g	0.45g

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