



## BUTTER CROISSANT



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 1.00g.

## CHOCOLATE HAZELNUT CROISSANT



Typical values per 100g:  
Energy 1813kJ/434kcal;  
Fat 24.1g,  
of which saturates 13.4g;  
Carbohydrate 45.1g,  
of which sugars 17.0g;  
Fibre 2.4g;  
Protein 8.0g;  
Salt 1.00g.

## PAIN AU CHOCOLAT



Typical values per 100g:  
Energy 1668kJ/398kcal;  
Fat 17.8g,  
of which saturates 11.4g;  
Carbohydrate 50.2g,  
of which sugars 11.2g;  
Fibre 2.1g;  
Protein 8.1g;  
Salt 1.02g.

## DANISH PASTRY



Typical values per 100g:  
Energy 1337kJ/318kcal;  
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.

## CHOCOLATE MINI CAKE



Typical values per 100g:  
Energy 1969kJ/472kcal;  
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.

## LARGE FRUIT SCONE



Typical values per 100g:  
Energy 1162kJ/274kcal;  
Fat 5.0g,  
of which saturates 1.6g;  
Carbohydrate 52.9g,  
of which sugars 17.0g;  
Fibre 1.7g; Protein 6.7g;  
Salt 1.05g.

## LUXURY SULTANA SCONE



Typical values per 100g:  
Energy 1479kJ/351kcal;  
Fat 11.0g,  
of which saturates 5.9g;  
Carbohydrate 54.8g,  
of which sugars 19.2g;  
Fibre 2.1g; Protein 7.3g;  
Salt 1.16g.

## RED BERRY SCONE



Typical values per 100g:  
Energy 1256kJ/298kcal;  
Fat 5.9g,  
of which Saturates 1.8g;  
Carbohydrate 52.0g,  
of which sugars 13.2g;  
Fibre 2.0g; Protein 7.9g;  
Salt 1.04g.

## WHITE CHOCOLATE CHIP COOKIE



Typical values per 100g:  
Energy 1993kJ/476kcal;  
Fat 23.0g,  
of which saturates 12.0g;  
Carbohydrate 62.0g,  
of which sugars 40.0g;  
Fibre 2.2g;  
Protein 4.8g;  
Salt 0.87g.

## DOUBLE CHOCOLATE CHIP COOKIE



Typical values per 100g:  
Energy 1964kJ/469kcal;  
Fat 22.0g,  
of which saturates 12.0g;  
Carbohydrate 62.0g,  
of which sugars 40.0g;  
Fibre 2.1g; Protein 5.2g;  
Salt 0.85g.

## TRIPLE CHOCOLATE CHIP COOKIE



Typical values per 100g:  
Energy 2015kJ/481kcal;  
Fat 23.0g,  
of which saturates 13.0g;  
Carbohydrate 62.0g,  
of which sugars 41.0g;  
Fibre 1.9g; Protein 5.1g;  
Salt 0.77g.

## BAVARIAN PRETZEL



Typical values per 100g:  
Energy 1295kJ/282kcal;  
Fat 2.6g,  
of which saturates 0.6g;  
Carbohydrate 54.7g,  
of which sugars 1.3g;  
Fibre 3.0g; Protein 8.5g;  
Salt 1.58g.

## MAPLE AND PECAN PLAIT



Typical values per 100g:  
Energy 1676kJ/401kcal;  
Fat 22.7g,  
of which saturates 8.3g;  
Carbohydrate 41.5g,  
of which sugars 10.9g;  
Fibre 2.6g; Protein 6.4g;  
Salt 0.35g.

## ALMOND CROISSANT



Typical values per 100g:  
Energy 1698kJ/406kcal;  
Fat 20.8g,  
of which saturates 9.8g;  
Carbohydrate 42.0g,  
of which sugars 10.8g;  
Fibre 3.0g;  
Protein 11.2g;  
Salt 0.91g.

## APPLE LATTICE



Typical values per 100g:  
Energy 1443kJ/346kcal;  
Fat 17.0g,  
of which saturates 8.5g;  
Carbohydrate 42.0g,  
of which sugars 13.0g;  
Fibre 2.7g;  
Protein 5.0g;  
Salt 0.47g.

## APPLE TURNOVER



Typical values per 100g:  
Energy 1228kJ/294kcal;  
Fat 16.1g,  
of which saturates 8.0g;  
Carbohydrate 31.7g,  
of which sugars 11.8g;  
Fibre 3.6g; Protein 3.8g;  
Salt 0.30g.

## CHOCOLATE AND VANILLA TWIST



Typical values per 100g:  
Energy 1386kJ/330kcal;  
Fat 12.1g,  
of which saturates 7.7g;  
Carbohydrate 47.7g,  
of which sugars 16.8g;  
Fibre 1.7g;  
Protein 6.7g;  
Salt 0.82g.

## ULTIMATE BROWNIE



Typical values per 100g:  
Energy 1954kJ/467kcal;  
Fat 25.4g,  
of which saturates 16.8g;  
Carbohydrate 53.0g,  
of which sugars 39.9g;  
Fibre 2.2g; Protein 5.6g;  
Salt 0.40g.

## TOFFEE YUM YUM



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.

## CHEDDAR TWIST



Typical values per 100g:  
Energy 1276kJ/306kcal;  
Fat 18.9g,  
of which saturates 12.4g;  
Carbohydrate 25.7g,  
of which sugars 3.5g;  
Fibre 0.9g; Protein 7.8g;  
Salt 1.01g.

## HAM & CHEESE JAMBONS



Typical values per 100g:  
Energy 1104kJ/265kcal;  
Fat 17.0g,  
of which saturates 8.6g;  
Carbohydrate 21.0g,  
of which sugars 1.8g;  
Fibre 0.9g; Protein 6.5g;  
Salt 0.99g.

## VANILLA RASPBERRY MUFFIN



Typical values per 100g:  
Energy 1564kJ/372kcal;  
Fat 14.7g,  
of which saturates 1.6g;  
Carbohydrate 57.2g,  
of which sugars 34.9g;  
Fibre 1.6g; Protein 2.1g;  
Salt 0.55g.

## ULTIMATE FLAPJACK



Typical values per 100g:  
Energy 2006kJ/480kcal; Fat 25.5g, of which saturates 17.1g;  
Carbohydrate 55.9g, of which sugars 31.6g;  
Fibre 3.3g; Protein 5.1g;  
Salt 0.31g.

## Important allergy advice

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### Abbreviations/Allergen Definitions :

**A:** Almond  
**B:** Barley  
**Br:** Brazil nuts  
**Ca:** Cashew nuts  
**Ce:** Celery

**C:** Crustaceans  
**E:** Eggs  
**F:** Fish  
**H:** Hazelnuts  
**L:** Lupin

**Ma:** Macadamia nuts  
**M:** Milk  
**Mo:** Molluscs  
**Mu:** Mustard  
**O:** Oats

**P:** Peanuts  
**Pe:** Pecan nuts  
**Pi:** Pistachio nuts  
**R:** Rye  
**Se:** Sesame seeds

**So:** Soybeans  
**Sp:** Spelt  
**Su:** Sulphur Dioxide & Sulphites  
**Wa:** Walnuts  
**W:** Wheat

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## FRENCH BAGUETTE



Typical values per 100g:  
Energy 1040kJ/250kcal;  
Fat 0.1g,  
of which saturates 0.1g;  
Carbohydrate 56.0g,  
of which sugars 2.4g;  
Fibre 3.6g;  
Protein 7.7g;  
Salt 1.01g.

## DEMI BAGUETTE



Typical values per 100g:  
Energy 1181kJ/279kcal;  
Fat 0.5g,  
of which saturates 0.1g;  
Carbohydrate 57.0g,  
of which sugars 3.0g;  
Fibre 5.3g;  
Protein 8.9g;  
Salt 0.98g.

## SMALL WHITE ROLL



Typical values per 100g:  
Energy 1194kJ/282kcal;  
Fat 1.0g,  
of which saturates 0.2g;  
Carbohydrate 57.5g,  
of which sugars 3.8g;  
Fibre 2.9g;  
Protein 9.2g;  
Salt 1.00g.

## COUNTRY CRUSTY ROLL



Typical values per 100g:  
Energy 1254kJ/297kcal;  
Fat 5.7g,  
of which saturates 0.7g;  
Carbohydrate 53.9g,  
of which sugars 4.3g;  
Fibre 4.4g;  
Protein 9.8g;  
Salt 1.25g.

## BROWN SOURDOUGH BLOOMER



Typical values per 100g:  
Energy 973kJ/226kcal;  
Fat 0.3g,  
of which saturates 0.1g;  
Carbohydrate 44.1g,  
of which sugars 3.6g;  
Fibre 4.6g;  
Protein 8.5g;  
Salt 0.80g.

## HIGH FIBRE MULTISEED ROLL



Typical values per 100g:  
Energy 1323kJ/315kcal;  
Fat 9.4g,  
of which saturates 1.4g;  
Carbohydrate 50.5g,  
of which sugars 4.1g;  
Fibre 9.6g;  
Protein 11.9g;  
Salt 1.25g.

## ANCIENT GRAIN ROLL



Typical values per 100g:  
Energy 1110kJ/263kcal;  
Fat 4.4g,  
of which saturates 0.6g;  
Carbohydrate 41.1g,  
of which sugars 3.5g;  
Fibre 5.6g;  
Protein 12.0g;  
Salt 0.88g.

## ITALIAN STYLE PANINI ROLL



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.

## ITALIAN STYLE SEEDED BAGUETTE



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.

## ITALIAN STYLE WHITE BAGUETTE



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.

## WHITE SOURDOUGH BAGUETTE



Typical values per 100g:  
Energy 1020kJ/244kcal;  
Fat 0.6g,  
of which saturates 0.1g;  
Carbohydrate 46.8g,  
of which sugars 2.8g;  
Fibre 3.4g;  
Protein 10.3g;  
Salt 0.66g.

## CHEESE AND ONION ROLL



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.

## IRISH OATS WITH HONEY LOAF



Typical values per 100g:  
Energy 979kJ/234kcal;  
Fat 0.8g,  
of which saturates 0.2g;  
Carbohydrate 46.3g,  
of which sugars 5.1g;  
Fibre 3.7g;  
Protein 7.9g;  
Salt 0.56g.

## COUNTRY LOAF



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.

## MULTISEED LOAF



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.

## HIGH FIBRE MULTISEED COB



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.

## SOURDOUGH COB



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.

## IRISH BROWN SODA BREAD



Typical values per 100g:  
Energy 969kJ/229kcal;  
Fat 4.1g,  
of which saturates 0.7g;  
Carbohydrate 39.4g,  
of which sugars 4.1g;  
Fibre 2.8g;  
Protein 10.3g;  
Salt 1.70g.

## WHITE SOURDOUGH BLOOMER



Typical values per 100g:  
Energy 968kJ/231kcal;  
Fat 0.3g,  
of which saturates 0.1g;  
Carbohydrate 46.6g,  
of which sugars 3.7g;  
Fibre 3.4g;  
Protein 8.2g;  
Salt 0.82g.

## POPPY SEED SOURDOUGH LOAF



Typical values per 100g:  
Energy 1052kJ/249kcal;  
Fat 3.3g,  
of which saturates 0.4g;  
Carbohydrate 44.0g,  
of which sugars 3.3g;  
Fibre 3.9g;  
Protein 8.9g;  
Salt 0.80g.

## BRENNAN'S FRESH LOAF



Typical values per 100g:  
Energy 920kJ/219kcal;  
Fat 1.4g,  
of which saturates 0.4g;  
Carbohydrate 43.0g,  
of which sugars 2.4g;  
Fibre 2.8g;  
Protein 8.7g;  
Salt 1.10g.

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**C:** Crustaceans  
**E:** Eggs  
**F:** Fish  
**H:** Hazelnuts  
**L:** Lupin

**Ma:** Macadamia nuts  
**M:** Milk  
**Mo:** Molluscs  
**Mu:** Mustard  
**O:** Oats

**P:** Peanuts  
**Pe:** Pecan nuts  
**Pi:** Pistachio nuts  
**R:** Rye  
**Se:** Sesame seeds

**So:** Soybeans  
**Sp:** Spelt  
**Su:** Sulphur Dioxide & Sulphites  
**Wa:** Walnuts  
**W:** Wheat

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## PLAIN FOCACCIA



Typical values per 100g:  
Energy 1207kJ/285kcal;  
Fat 5.8g,  
of which saturates 1.0g;  
Carbohydrate 52.9g,  
of which sugars 0.4g;  
Fibre 2.2g; Protein 7.8g;  
Salt 0.81g.

## PUMPKIN SEED ROLL



Typical values per 100g:  
Energy 1231kJ/294kcal;  
Fat 7.3g,  
of which saturates 1.5g;  
Carbohydrate 46.1g,  
of which sugars 1.6g;  
Fibre 4.6g; Protein 11.6g;  
Salt 0.71g.

## SEA SALT AND ROSEMARY FOCACCIA



Typical values per 100g:  
Energy 1206kJ/285kcal;  
Fat 5.9g,  
of which saturates 1.0g;  
Carbohydrate 52.9g,  
of which sugars 0.7g;  
Fibre 2.6g; Protein 7.8g;  
Salt 1.02g.

## JAM FILLED DOUGHNUT



Typical values per 100g:  
Energy 1441kJ/344kcal;  
Fat 14.6g,  
of which saturates 4.6g;  
Carbohydrate 45.9g,  
of which sugars 15.5g;  
Fibre 1.9g; Protein 6.2g;  
Salt 0.52g.

## SUGAR DOUGHNUT



Typical values per 100g:  
Energy 1685kJ/403kcal;  
Fat 21.1g,  
of which saturates 9.2g;  
Carbohydrate 46.1g,  
of which sugars 15.1g;  
Fibre 1.8g;  
Protein 6.2g;  
Salt 1.36g.

## CHOCOLATE DOUGHNUT



Typical values per 100g:  
Energy 1802kJ/432kcal;  
Fat 25.7g,  
of which saturates 12.2g;  
Carbohydrate 42.2g,  
of which sugars 14.0g;  
Fibre 2.3g;  
Protein 6.8g;  
Salt 0.75g.

## PINKY DOUGHNUT



Typical values per 100g:  
Energy 1810kJ/433kcal;  
Fat 24.4g,  
of which saturates 9.7g;  
Carbohydrate 47.3g,  
of which sugars 13.4g;  
Fibre 1.7g;  
Protein 5.3g;  
Salt 0.76g.

## SPECULOOS PUDDLE DOUGHNUT



Typical values per 100g:  
Energy 1652kJ/395kcal;  
Fat 19.2g,  
of which saturates 6.6g;  
Carbohydrate 48.7g,  
of which sugars 22.0g;  
Fibre 1.3g; Protein 6.3g;  
Salt 0.71g.

## COOKIES & CREAM DOUGHNUT



Typical values per 100g:  
Energy 1602kJ/382kcal;  
Fat 20.0g,  
of which saturates 10.0g;  
Carbohydrate 43.5g,  
of which sugars 21.4g;  
Fibre 1.2g; Protein 6.6g;  
Salt 0.66g.

## PIZZA MARGHERITA



Typical values per 100g:  
Energy 1030kJ/245kcal;  
Fat 6.3g,  
of which saturates 3.3g;  
Carbohydrate 36.0g,  
of which sugars 2.4g;  
Fibre 2.5g; Protein 9.7g;  
Salt 1.60g.

## MINI PIZZA OVAL TOMATO AND PESTO



Typical values per 100g:  
Energy 918kJ/218kcal;  
Fat 5.0g,  
of which saturates 2.2g;  
Carbohydrate 34.3g,  
of which sugars 2.5g;  
Fibre 1.9g; Protein 7.9g;  
Salt 1.63g.

## FOCACCIA PIZZA PEPPERONI



Typical values per 100g:  
Energy 1189kJ/284kcal;  
Fat 12.9g,  
of which saturates 4.6g;  
Carbohydrate 31.0g,  
of which sugars 1.1g;  
Fibre 2.1g; Protein 9.9g;  
Salt 1.32g.

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**O:** Oats

**P:** Peanuts  
**Pe:** Pecan nuts  
**Pi:** Pistachio nuts  
**R:** Rye  
**Se:** Sesame seeds

**So:** Soybeans  
**Sp:** Spelt  
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