







# The Bakery

Q1/2025  
Nutritional Information per 100g

<b>BUTTER CROISSANT</b> 	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.	<b>CHOCOLATE HAZELNUT CROISSANT</b> 	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.	<b>PAIN AU CHOCOLAT</b> 	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.	<b>DANISH PASTRY</b> 	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.
<b>CHOCOLATE MINI CAKE</b> 	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.	<b>LARGE FRUIT SCONES</b> 	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.	<b>LUXURY SULTANA SCONES</b> 	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.	<b>RED BERRY SCONES</b> 	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.
<b>WHITE CHOCOLATE CHIP COOKIE</b> 	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.	<b>DOUBLE CHOCOLATE CHIP COOKIE</b> 	Typical values per 100g: Energy 1974kJ/471kcal; Fat 21.0g, of which saturates 11.0g; Carbohydrate 64.0g, of which sugars 38.0g; Fibre 2.8g; Protein 5.1g; Salt 0.95g.	<b>TRIPLE CHOCOLATE CHIP COOKIE</b> 	Typical values per 100g: Energy 1967kJ/470kcal; Fat 22.0g, of which saturates 12.0g; Carbohydrate 62.0g, of which sugars 38.0g; Fibre 3.0g; Protein 5.1g; Salt 1.02g.	<b>BAVARIAN PRETZEL</b> 	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.
<b>MINI CROISSANTS</b> 	Typical values per 100g: Energy 1816kJ/435kcal; Fat 26.0g, of which saturates 16.8g; Carbohydrate 39.3g, of which sugars 5.9g; Fibre 2.6g; Protein 9.7g; Salt 1.04g.	<b>ALMOND CROISSANT</b> 	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.	<b>APPLE LATTICE</b> 	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.	<b>APPLE TURNOVER</b> 	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.
<b>CHOCOLATE AND VANILLA TWIST</b> 	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.	<b>ULTIMATE BROWNIE</b> 	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.	<b>TOFFEE YUM YUM</b> 	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.		

## Important allergy advice
























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### Abbreviations/Allergen Definitions :

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

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<b>FRENCH BAGUETTE</b> 	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.	<b>DEMI BAGUETTE</b> 	Typical values per 100g: Energy 1100kJ/263kcal; Fat 0.53g, of which saturates 0.1g; Carbohydrate 57.0g, of which sugars 3.0g; Fibre 5.3g; Protein 8.9g; Salt 0.98g.	<b>SMALL WHITE ROLL</b> 	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.	<b>COUNTRY CRUSTY ROLL</b> 	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.
<b>SOURDOUGH ROLL</b> 	Typical values per 100g: Energy 1040kJ/250kcal; Fat 0.6g, of which saturates 0.1g; Carbohydrate 48.9g, of which sugars 1.3g; Fibre 3.5g; Protein 9.7g; Salt 0.55g.	<b>HIGH FIBRE MULTISEED ROLL</b> 	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.	<b>ANCIENT GRAIN ROLL</b> 	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.	<b>ITALIAN STYLE PANINI ROLL</b> 	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.
<b>ITALIAN STYLE SEEDED BAGUETTE</b> 	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.	<b>ITALIAN STYLE WHITE BAGUETTE</b> 	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.	<b>WHITE SOURDOUGH BAGUETTE</b> 	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.	<b>CHEESE AND ONION ROLL</b> 	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.
<b>RUSTIC BAGUETTE</b> 	Typical values per 100g: Energy 1169kJ/276kcal; Fat 0.8g, of which saturates 0.2g; Carbohydrate 57.5g, of which sugars 2.8g; Fibre 2.2g; Protein 8.5g; Salt 1.00g.	<b>COUNTRY LOAF</b> 	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.	<b>MULTISEED LOAF</b> 	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.	<b>HIGH FIBRE MULTISEED COB</b> 	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.
<b>SOURDOUGH COB</b> 	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.	<b>IRISH BROWN SODA BREAD</b> 	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.	<b>WHITE SOURDOUGH BLOOMER</b> 	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.	<b>POPPY SEED SOURDOUGH LOAF</b> 	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.
<b>BRENNAN'S FRESH LOAF</b> 	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.	<b>IRISH OATS WITH HONEY LOAF</b> 	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.	<b>BROWN SOURDOUGH BLOOMER</b> 	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.		

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<b>Ca:</b> Cashew nuts	<b>H:</b> Hazelnuts	<b>Mu:</b> Mustard	<b>R:</b> Rye	<b>Wa:</b> Walnuts
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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.

## PIZZA DOUGHNUT



Typical values per 100g:  
Energy 973kJ/231kcal;  
Fat 6.0g,  
of which saturates 3.1g;  
Carbohydrate 34.6g,  
of which sugars 1.9g;  
Fibre 2.4g; Protein 8.6g;  
Salt 1.43g.

## 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 1781kJ/427kcal;  
Fat 24.8g,  
of which saturates 12.0g;  
Carbohydrate 44.3g,  
of which sugars 14.9g;  
Fibre 1.7g; Protein 5.7g;  
Salt 0.76g.

## 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 2.3g;  
Protein 6.9g;  
Salt 0.60g.

## SQUARE DOUGHNUT (PINK)



Typical values per 100g:  
Energy 1800kJ/431kcal;  
Fat 24.0g,  
of which saturates 13.0g;  
Carbohydrate 49.0g,  
of which sugars 19.0g;  
Fibre 1.0g; Protein 4.2g;  
Salt 0.40g.

## 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.

## POP DOTS FILLED STRAWBERRY SENSATIONS



Typical values per 100g:  
Energy 1947kJ/467kcal;  
Fat 28.0g,  
of which saturates 17.0g;  
Carbohydrate 46.0g,  
of which sugars 30.0g;  
Fibre 1.9g;  
Protein 6.7g;  
Salt 0.98g.

## POP DOTS FILLED STRACCIATELLA



Typical values per 100g:  
Energy 1922kJ/460kcal;  
Fat 27.0g,  
of which saturates 17.0g;  
Carbohydrate 47.0g,  
of which sugars 31.0g;  
Fibre 2.1g;  
Protein 6.3g;  
Salt 1.00g.

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