

## GB / ROI / NI Autumn 2012

## Fresh / Packaged Food Nutritional

Product	Product S	Guitable for	Made usi	ng ingredients	s that are	Energ	y (kJ)	Energy	(kcal)	Prote	ein (g)	Carbohyo	drates (g)	of which ar		Fat (g)		of whice saturat		Fibre	(g)	Sodiu	m (g)	Equivalent	as salt (g)
	Vegetarian	Vegan	Wheat	Gluten	Dairy Free	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g F	er Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit
										Petites													<u> </u>		
Petite - Salted Pecan Bar	Y	N	N	N	N	2071	1038	495	248	4.1	2.0	63.0	31.0	42.9	21.0	26.8	13.4	8.2	4.1	2.4	1.2	0.4	0.2	0.91	0.5
Petite - Strawberry Shortcake	N	N	N	N	N	2095	864	501	207	4.7	1.9	60.2	24.8	37.8	15.6	27.4	11.3	15.2	6.3	2.5	1.0	0.3	0.10	0.76	0.28
Petite - Chocolate Chilli Cake	Υ	N	N	N	N	1873	712	448	170	5.3	2.0	57.6	21.8	44.7	16.9	22.8	8.7	12.9	4.9	4.4	1.7	0.1	0.0	0.15	0.1
									Sco	nes & Bread															
Berry Scone GB Only	Y	N	N	N	N	1286	1839	305	436	6.0	8.6	52.7	75.4	20.6	29.5	7.3	10.4	4.1	5.9	2.3	3.3	0.38	0.5	0.96	1.4
Fruit Scone ROI/NI Only	Y	N	N	N	N	1419	1064	336	252	7.6	5.7	60.1	45.1	22.6	17.0	7.3	5.5	4.0	3.0	1.9	1.4	0.2	0.2	0.50	0.4
Luxury Fruit Bread	Υ	N	N	N	N	1398	2027	332	481	7.5	10.9	55.7	80.8	26.9	39.0	8	11.6	3.6	5.2	3.4	4.93	0.1	0.2	0.28	0.41
Plain Scone ROI / NI Only	Y	N	N	N	N	1416	1062	336	252	8.5	6.4	56.3	42.2	11.7	8.8	8.6	6.5	4.8	3.6	1.8	1.4	0.2	0.2	0.50	0.4
Wheaten Scone ROI / NI Only	Y	N	N	N	N	1106	830	262	197	8.6	6.5	43.3	32.5	9.7	7.3	6.2	4.7	3.3	2.5	2.7	2.0	0.5	0.4	1.27	1.0
Wilder Scotte Roll, Hi Olly		.,				1100	000	Bars		Shortbreads		40.0	OL.O	0.7	7.0	U.L		0.0	2.0	2	2.0	0.0	0.1		1.0
Belgian Chocolate Brownie Gluten Free Fairtrade	Y	N	Y	Y	N	2413	1737	514	370	4.1	3.0	51.9	37.4	43.9	31.6		22.8	17.5	12.6	2.6	1.9	0.0	0.0	0.10	0.1
Chocolate Caramel Shortbread	Y	N	N	N	N	2258	1490	541	357	4.2	2.8	59.9	39.5	38.1	25.1	31.4	20.7	18.2	12.0	0.8	0.5	0.2	0.1	0.47	0.3
Chocolate Chunk Cookie Chocolate Chunk Shortbread Fairtrade	Y	N N	N N	N N	N N	1955 2162	2092	466 518	499 497	7.4 6.2	7.9	65.0 53.5	69.6 51.4	35.8 21.8	38.3 20.1	19.2 30.2	20.5	11.5 18.9	12.3 18.1	1.7	1.8	0.2	0.21	0.4	0.43
Granola Bar	Y	N N	Y	N N	N N	1958	1661	468	397	7.2	6.1	48.9	41.6	29.9	25.4		22.0	8.8	7.5	5.1	4.3	0.01	0.0	0.20	0.1
Marshmallow Twizzle Chocolate (Dark & White)	N	N	N	N	N	2021	807	483	193	4.4	1.8	66.9	26.8	63.1	25.2	21.6	8.6	12.4	5.0	1.8	0.7	0.0	0.0	0.10	0.0
Marshmallow Twizzle Autumn Strands	N	N N	N N	N N	N	1771	620	421	147	4.4	1.5	68.8 E1.E	24.0	63.3	22.1	13.9	4.9	7.8	2.7	1.6	0.6	0.0	0.0	0.08	0.0
Rocky Road	N	N	N	N	N	2268	1766	542 Cake	422 s. Doughni	4.3 uts (per unit	3.4 = per slice)	51.5	40.2	34.6	27.0	34.8	27.1	16.4	12.8	2.7	2.1	0.2	0.2	0.49	0.4
Blueberry Cheese Cake	Y	N	N	N	N	1615	2018	386	482	5.5	6.9	33.6	42.0	23.4	29.3	25.3	31.6	12.9	16.1	0.8	1.0	0.2	0.2	0.54	0.69
Carrot Cake	Y	N	N	N	N	1872	2340	449	560	3.8	4.8	43.5	54.4	35.3	44.1	28.3	35.4	10.0	12.5	2.5	3.1	0.1	0.1	0.14	0.2
Chocolate Cake	Y	N N	N N	N N	N N	1690 1720	2366 1978	404 411	566 472	3.9 6.0	5.5 6.9	54.1 47.5	75.7 54.6	38.7 20.3	54.1 23.3	19.7 21.1	27.6 24.3	7.3 10.4	10.2 12.0	3.0	4.2 3.6	0.12	0.16	0.30 0.48	0.40
Doughnut Apple Fritter	1 1	IN	IN.	IN	IN	1720	1976	411		oaf Cakes	6.9	47.5	54.6	20.3	23.3	21.1	24.3	10.4	12.0	3.1	3.0	0.2	0.2	0.46	0.6
Loaf Cake Banana Nut	Y	N	N	N	N	1746	1798	418	431	6.5	6.7	40.5	41.7	15.3	15.8	25.0	25.8	4.5	4.6	2.8	2.9	0.1	0.1	0.4	0.4
Loaf Cake Lemon	Y	N	N	N	N	1774	1526	424	364	5.0	4.3	47.3	40.7	29.4	25.3	23.5	20.2	6.6	5.7	1.6	1.4	0.2	0.2	0.50	0.4
Loaf Cake Chocolate Hazelnut Loaf Cake Raspberry and Coconut	Y	N N	Y N	Y	Y N	1627 1891	1383 1664	389 452	330 397	4.0 4.5	3.4 4.0	38.4 49.9	32.4 43.9	31.5 36.1	26.8 31.8	24.5 25.6	20.8	3.7 5.8	3.1 5.1	3.2 2.1	2.7 1.8	0.1 0.2	0.1	0.32	0.3
Loaf Cake Pumpkin Spice	Y	N	N	N	N	1705	1552	408	371	4.3	3.9	50.2	45.7	23.9	21.7	21.5	19.6	5.6	5.0	2.1	1.9	0.2	0.1	0.42	0.4
	'									Muffins								'							
Bramley Apple Crumble Muffin	Y	N	N	N	N	1584	1869	378	446	4.2	4.9	48.0	56.6	32.4	38.2	18.3	21.6	2.2	2.6	2.4	2.8	0.2	0.2	0.50	0.6
Triple Belgian Chocolate Muffin Classic Blueberry Muffin	Y	N N	N N	N N	N N	1610 1564	2029 1986	384 374	484 475	6.7 4.8	8.4 6.1	50.4 42.3	63.5 53.7	30.9 21.8	38.9 27.7	16.7 20.1	21.0 25.5	4.1 2.2	5.2 2.8	2.7	3.4	0.3	0.3	0.67 0.52	0.84
Rise and Shine Muffin	Y	N	N	N	N	1501	1771	360	425	6.2	7.3	36.0	42.5	20.9	24.7	20.0	23.6	2.0	2.4	5.5	6.5	0.2	0.2	0.48	0.57
Skinny Blueberry Muffin	Υ	N	N	N	N	1106	1294	261	305	5.3	6.2	51.7	60.5	25.9	30.3	3.3	3.9	0.6	0.7	1.8	2.1	0.3	0.3	0.63	0.74
Skinny Lemon and Poppyseed Muffin	Y	N	N	N	N	1168	1506	276	356	5.2 Pastries	6.7	57.8	74.6	34.4	44.4	2.2	2.8	0.6	0.9	2	2.6	0.3	0.3	0.62	0.80
Almond Croissant	ΙΥ	l N	l N	l N l	N	1739	1809	416	433	6.4	6.6	50.1	52.1	30.1	31.3	21	21.8	9.3	9.7	2.0	2.1	0.2	0.2	0.50	0.5
Butter Croissant	Υ	N	N	N	N	1588	1111	381	266	5.8	4.1	38.2	26.7	5.9	4.1	22.5	15.8	13.3	9.3	1.3	0.9	0.3	0.2	0.80	0.6
Cinnamon Swirl	Y	N	N	N	N	1359	1984	323	372	7.4	10.8	49.1	71.7	18.4	26.9	10.2	14.9	4.0	5.8	2.6	3.8	0.2	0.3	0.4	0.6
Pain Aux Raisins	Y	N N	N N	N N	N N	1725 1417	1121 1559	414 339	269 373	5.7	3.7 5.2	42.2 40.3	27.4 44.3	15.4	10	24.4 17.5	19.9	14.6 10.3	9.5	2.6 1.4	1.7	0.2	0.1	0.50	0.3
1 dill Aux Italiania							1000	000	Porridg	e, Fruit, Yog		40.0	11.0	11.0	12.1	17.0	10.0	10.0	11.0		1.0	0.2	U.L	0.00	0.0
Buttermilk Pancakes	Y	N	N	N	N	1068	961	252	227	4.6	4.1	51.9	46.7	20.1	18.1	2.7	2.4	0.2	0.2	1.2	1.1	0.22	0.2	0.56	0.50
Porridge Dairy	Y	N	Y	N N	N	449 374	1032 858	106 89	244	4.1 4.6	9.4 10.6	17.4 13.9	40.0 32.0	2.8 0.6	6.4 1.4	2.7	6.2 4.8	1.6 0.3	3.7 0.7	1.8	4.1 5.0	0.0	0.0	0.00	0.0
Porridge Soy Breakfast Pot	Y	N N	Y	N N	N N	742	1335	177	318	4.b 4.1	7.3	24.3	43.8	16.6	29.9		11.8	3.7	6.7	2.2	3.7	0.1	0.3	0.33	0.8
Creamy Natural Yogurt	Y	N	Y	Y	N	392	549	94	132	5.5	7.7	7.5	10.5	7.5	10.5	4.6	6.4	2.8	3.9	0.0	0.0	0.0	0.0	0.00	0.0
Fruit Salad	Y	Y	Y	Y	Y	218 373	403 448	52 90	95 108	0.6	1.2	11.1 22.6	20.5 27.1	9.8 12.4	18.1 14.9	0.2	0.3	0.0	0.0	1.6 2.7	2.9 3.2	0.0	0.0	0.00	0.0
Fairtrade Banana	l Y	1 Y	, Y	ſ	f	3/3	448	90		0.8 oppings	1.0	22.b	21.1	12.4	14.9	0.4	0.5	0.0	0.0	2.1	3.2	0.0	U.U	0.00	0.0
Condiment Maple & Honey Granola	Y	N	N	N	Υ	1881	470	448	112	9.0	2.3	64.5	16.0	19.8	5.0	15.9	4.0	1.8	0.5	5.6	1.4	0.0	0.0	0.02	0.0
Condiment Very Berry Compote	Y	Y	Y	Y	Υ	503	251	119	59	0.6	0.3	29.7	0.3	26.4	13.2	0.2	0.1	0.0	0.02	2.1	1.0	0.1	0.0	0.03	0.0
Condiment Maple and Honey Sauce Dried Fruit	Y	N Y	Y	Y	Y	1255 1270	502 381	300 299	120 90	0.1 1.9	0.03	74.8 73.0	29.9 21.9	64.8 57.2	25.9 17.1		0.03	0.00	0.01	0.2 2.0	0.1 0.6	0.00	0.00	0.02 0.00	0.00
All Day Breakfast Panini	l N	l N	N	l n l	N	895	1414	214	338	reakfast	18.1	19.7	31.2	0.4	0.7	9.6	15.1	2.0	3.1	1.4	2.2	0.32	0.50	0.79	1.25
Bacon Buttie	N	N	N	N	Y	1472	1737	351	414	19.1	22.5	33.3	39.3	2.0	2.4		18.2	5.7	6.7	1.4	1.6	0.59	0.50	1.48	1.75
Cheese & Marmite Panini	Y	N	N	N	N	1200	1561	287	373	14.3	18.6	26.0	33.8	0.8	1.1	13.7	17.8	7.7	10.0	1.1	1.4	0.46	0.6	1.15	1.50
Sausage Buttie Smoked Salmon Bagel With Cream Cheese	N N	N N	N N	N N	Y N	1139 941	2005 1553	272 224	479 369	12.3 12.7	21.6 21.0	27.0 27.2	47.5 44.9	3.2 5.3	5.7 8.7	12.6 6.7	22.1 11.1	4.4 2.1	7.7 3.5	0.9	1.6 2.8	0.40 0.48	0.7	1.00 1.21	1.75 2.00
Simona Salinon Dayer With Great Greese	I IN	I IN	I IN	IN IN	14	o+1	1000	224		roissant	21.0	41.4	77.3	5.3	0.1	0.7	711.1	4.1	J.J	1.7	4.0	U. <del>4</del> 0	0.00	1.41	2.00
Cheddar & Mushroom Croissant	Y	N	N	N	N	1270	1779	305	427	9.2	12.9	22.6	31.6	3.9	5.4		27.3	12.3	17.2	1.1	1.5	0.36	0.5	0.89	1.25
Ham & Emmental Croissant	N	N	N	N	N	1318	1581	315	378	13.8	16.6	25.2	30.2	4.0	4.8	17.5	21.0	11.5	13.8	0.9	1.1	0.50	0.6	1.30	1.50
Meatball Panini	N.	l N	N.	l N I	N	1009	2181	241	520	nch Panini 11.2	24.1	25.0	54.0	1.4	3.1	10.4	22.4	3.8	8.2	1.4	3.0	0.46	1.00	1.16	2.50
Meatball Panini Steak Cheese and Caramelised Onion Panini	N N	N N	N N	N N	N N	1009	2208	250	526	14.9	31.3	25.0	53.2	2.4	5.0	9.7	20.4	3.0	6.2	1.4	2.1	0.43	0.9	1.07	2.50
Croque Monsieur Ham and Cheese Panini	N	N	N	N	N	1008	1915	240	456	12.8	24.3	25.9	49.2	0.9	1.8	9.3	17.6	4.1	7.8	0.9	1.8	0.58	1.1	1.45	2.75
Italian Mozzarella and Slow Roast Tomato Panini	Y	N	N	N	N	1103	1963	264	469	11.2	20.0	28.0	49.8	1.7	3.0	11.5	20.4	4.6	8.1	1.5	2.7	0.45	0.8	1.12	2.00
Roasted Chicken and Tomato Panini Tuna Melt and Mature Cheddar Panini	N N	N N	N N	N N	N N	710 1034	1577 2068	168 246	374 493	10.2	20.6 26.7	23.1	51.3 48.4	1.4 0.5	3.1 1.1	3.6 10.5	8.0 21.0	0.4 3.8	0.9 7.6	1.4 0.9	3.1 1.8	0.41	0.9 1.0	1.00	2.25
runa mon dilu mature Cireudai Faillili	I IN	IN	IN	IN	14	1034	2000	∠40	493	13.3	20.7	24.2	40.4	U.D	1.1	10.0	21.U	3.0	0.1	0.9	1.0	0.50	1.0	1.20	Z.JU

Sandwiches																									
Free Range Egg Mayo	Y	N	N	N	Y	802	1532	191	365	10.3	19.6	18.6	35.5	1.9	3.6	8.0	15.3	1.4	2.6	1.9	3.6	0.21	0.4	0.52	1.00
New York Deli Style Beef Pastrami and Emmental	N	N	N	N	N	799	1647	190	392	11.0	22.6	18.9	38.9	2.6	5.3	7.6	15.6	3.4	7.0	1.5	3.0	0.44	0.9	1.09	2.25
Roasted Chicken with Herb Mayonnaise	N	N	N	N	N	658	1322	156	314	10.6	21.3	19.2	38.6	3.0	6.0	3.6	7.3	0.4	0.8	2.1	4.2	0.35	0.7	0.87	1.75
Gluten Free Tuna Mayo	N	N	Y	Y	N	945	1758	226	420	7.1	13.2	23.5	43.7	2.3	4.2	10.9	20.2	4.7	8.7	2.9	5.4	0.27	0.50	0.67	1.25
Wraps																									
Roasted Chicken Salsa Wrap	N	N	N	N	N	832	1630	198	387	10.1	19.8	25.9	50.7	4.4	10.6	2.4	4.7	2.5	4.9	2.5	4.9	0.31	0.6	0.77	1.50
									В	stro Box															
Cured Ham Hock	N	N	Y	Υ	Y	535	1614	128	386	7.9	23.8	8.2	24.7	0.5	1.6	6.8	20.5	0.9	2.7	1.3	3.9	0.30	0.9	0.75	2.25
Falafel Mezze	Υ	N	N	N	N	632	2072	150	493	5.0	16.5	20.9	68.5	2.8	9.1	4.4	14.4	0.6	2.0	3.6	11.8	0.27	0.9	0.69	2.25
Chicken and Red Pesto	N	N	N	N	N	389	1151	93	275	5.1	15.2	7.1	20.9	6.2	18.4	4.7	13.8	0.7	2.2	1.1	3.3	0.10	0.4	0.34	1.00
Tuna, Potato and Pea	N	N	Y	Y	N	470	1340	112	320	6.3	18.0	9.5	27.2	0.7	1.9	5.1	14.4	0.8	2.3	1.7	4.8	0.10	0.4	0.35	1.00
Packaged Foods																									
Shortbread	Υ	N	N	N	N	2129	319	509	76	4.2	0.6	64.9	9.7	21.3	11.6	25.8	3.9	16.1	2.4	1.2	0.2	0.33	0.1	0.84	0.13
Almond Biscotto	Υ	N	N	N	N	1867	709	446	169	10.4	4.0	61.6	23.4	33.5	12.7	17.6	6.7	3.9	1.5	11.4	4.3	0.09	0.0	0.23	0.09
Caramel Waffle Large	Y	N	N	N	N	1858	1449	443	356	3.2	2.6	62.2	49.8	33.6	26.8	20.3	16.2	12.4	9.7	1.1	0.8	0.20	0.2	0.50	0.40
Ginger Snaps	Υ	N	N	N	N	1874	561	445	133	4.8	1.4	71.9	21.6	38.5	11.6	15.4	4.6	7.7	1.8	1.5	0.5	0.27	0.1	0.69	0.21
Fruit and Oat Cookie	Υ	N	N	N	N	1819	910	433	217	4.4	2.2	64.3	32.2	34.6	17.3	17.6	8.8	7.3	3.7	3.1	1.6	0.37	0.2	0.94	0.47
Roasted Almonds	Y	Y	Y	Y	Υ	2704	2028	646	484	21.2	15.9	17.7	13.3	4.6	3.5	55.2	41.4	4.2	3.2	10.5	7.9	0.34	0.3	0.86	0.65
Nut Mix	Y	Y	Y	Y	Y	2242	1681	535	401	17.7	13.3	41.1	30.8	20.8	15.6	33.6	25.2	4.1	3.0	6.7	5.0	0.01	0.0	0.01	0.02
Fairtrade Chocolate Bar - dark	Y	Y	Y	Y	Y	2382	1072	575	259	6.7	3.0	27.6	12.4	27.0	12.0	46.3	20.8	29.2	13.1	10.7	4.8	0.01	0.0	0.00	0.00
Fairtrade Chocolate Bar - milk	Υ	N	Y	Y	N	2387	1074	537	242	6.4	2.9	49.0	22.1	48.9	22.0	38.6	17.4	24.2	10.9	2.2	1.0	0.09	0.0	0.23	0.10
Fruit & Nut Bar - Cranberry, Pumpkin seed & Blueberry	Y	N	Y	Y	N	1968	984	470	235	12.3	6.2	49.5	24.8	32.4	16.2	24.8	12.4	4.2	2.1	1.0	0.5	0.01	0.0	0.03	0.00
Starbucks Gold Coins	Y	N	Y	Y	N	2166	498	518	119	6.3	1.4	60.5	13.9	59.3	13.6	27.6	6.3	17.4	4.0	2.3	0.5	0.10	0.0	0.25	0.05
Lollipops	Y	Y	N	N	Y	1649	214	388	50	0.0	0.0	97.0	12.6	62.0	8.0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.00	0.00
Sugar Free Chewing Gum	Υ	N	Y	N	Υ	836	42	166	5	0.0	0.0	80.0	1.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.00	0.00
After Coffee Mints	Y	Y	Y	N	Y	1045	20.9	250	5	0.0	0.0	100.0	2.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.0	0.00	0.00
Mature Cheddar and Spring Onion Potato Chips	Y	N	N	N	N	1008	1004	481	240	6.6	3.3	52.8	26.9	2.9	1.5	28.9	14.4	3.8	1.9	4.4	2.2	0.70	0.3	1.70	0.80
Pepperoni Potato Chips	Y	N	Y	Y	N	1980	990	478	239	6.0	3.0	53.6	26.8	1.8	0.9	28.2	14.1	3.4	1.7	4.9	2.5	0.60	0.3	1.50	0.75
Sea Salt Potato Chips	Y	Υ	Y	Υ	Υ	2037	1018	488	244	5.6	2.8	53.3	26.6	0.4	0.2	30.0	15.0	3.7	1.9	4.5	2.3	0.50	0.3	1.30	0.70
Sea Salt and Cider Vinegar Potato Chips	Υ	Y	N	N	Υ	2074	1037	496	248	6.2	3.1	54.2	27.1	2.9	1.5	28.3	14.2	3.5	1.8	4.3	2.2	0.60	0.3	1.50	0.80