



Nutritional Information

Bakery: Muffins, Cupcakes, Cakes, Pastries, Breads, Bagels

Muffins	Calories (kcal) per unit sold	Fat (g)	Carbs (g)	Fibre (g)	Protein (g)
Berry Berry with Raspberry Sauce Filling	402	2.4	54.1	2.1	4.4
Blueberry & Yoghurt Muffin	620	18.4	39.5	1.2	5.3
Blueberry Muffin	578	27.2	78.1	2.4	9.4
Breakfast Bran	482	21.8	62.4	6.5	9.2
Chocolate Muffin	599	30.6	72.0	3.3	9.0
Lemon & White Chocolate Muffin	566	28.2	67.8	1.2	10.4
Low Fat Blueberry Muffin	389	3.9	81.2	1.2	7.4
Raspberry & White Chocolate Muffin	578	27.2	78.1	2.4	9.4
Toffee & Apple Crumble Muffin	546	28.2	65.7	1.2	7.8
Cupcakes	Calories (kcal) per unit sold	Fat (g)	Carbs (g)	Fibre (g)	Protein (g)
Belgian Bliss Cupcake	360	15.3	54.7	0.4	2.2
Belgian Dark Cupcake	252	13.3	30.6	0.5	2.2
Belgian Milk Cupcake	251	13.6	30.8	0.5	2.3
Belgian White Cupcake	255	13.8	31.1	0.1	2.3
Loves Lemon Cupcake	354	15.8	53.3	0.4	2.2
Simply Carrot Cupcake	330	12.9	50.5	1.0	3.1
Toffee Apple Treat Cupcake	389	15.8	60.9	0.6	2.5
Vanilla Iced Cream Cupcake	301	12.6	46.0	0.5	2.0
Wild Berry Cheesecake Cupcake	280	19.1	43.9	1.9	7.6
Logs / Cakes	Calories (kcal) per unit sold	Fat (g)	Carbs (g)	Fibre (g)	Protein (g)
Apple Bread	377	15.1	58.4	0.9	5.4
Apple Tart	262	13.6	33.9	1.7	3.1
Banana Bread	338	13.6	52.7	1.5	4.4
Carrot Cake	350	23.4	32.1	0.5	5.0
Chocolate Fudge Log	346	17.0	47.0	0.3	4.0
Coffee Walnut Cake	248	15.7	37.2	1.0	3.2
Death By Chocolate	358	14.3	55.7	0.9	5.2
Lemon Drizzle Cake	377	15.1	58.4	0.9	5.4
Pecan Slice	426	26.0	42.4	1.5	5.3
Rhubarb & Strawberry Crumble	291	16.5	32.5	0.8	2.5
Tartelet au Chocolat	529	32.0	53.6	2.2	6.7
Tartelet au Citron	383	19.3	47.7	0.8	4.6
Tea Brack	314	4.3	67.8	0.5	4.1
Pasteries, Breads, Bagels, scones	Calories (kcal) per unit sold	Fat (g)	Carbs (g)	Fibre (g)	Protein (g)
Almond Croissant	510	25.0	63.0	3.0	13.0
Apple Chausson	371	28.0	48.0	2.0	5.0
Bagel - Plain	310	2.0	72.0	2.0	11.0
Bagel - Poppy Seed	350	2.8	74.0	2.0	11.0
Bagel - Sesame Seed	380	4.8	75.0	3.0	11.2
Chocolate Baton	365	17.4	45.5	2.0	6.7
Cinammon Swirl	371	18.0	48.0	2.0	5.0
Croissant	339	17.0	35.9	2.0	7.0
German Grain Sliced (2 slices)	227	9.6	38.9	6.1	14.7
Pain au Chocolat	320	16.8	47.1	2.0	6.1
Pain au Raisin	355	14.6	38.9	5.9	14.9
Pear Danish	365	12.4	47.0	3.1	11.5
Scones	394	10.8	70.3	2.5	8.1
Fresh Filled croissants	Calories (kcal) per unit sold	Fat (g)	Carbs (g)	Fibre (g)	Protein (g)
Bacon, Free Range Egg & Sausage	607	45.3	28.5	1.1	21.9
Ham, Swiss Cheese & Apple Chutney	448	28.9	29.0	1.1	16.4
Fresh Mozzarella, Tomato & Pesto	377	31.4	25.6	1.1	16.9
Porridge	Calories (kcal) per unit sold	Fat (g)	Carbs (g)	Fibre (g)	Protein (g)
100% Wholegrain Porridge	174	1.8	30.0	6.1	9.1

low fat

Vegetarian