



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 1.11g.	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/323kcal; 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.
DANISH MAPLE AND PECAN PLAIT  Typical values per 100g: Energy 1889kJ/454kcal; Fat 30.5g, of which saturates 12.1g; Carbohydrate 38.3g, of which sugars 12.0g; Fibre 2.0g; Protein 5.6g; Salt 0.33g.	CHOC CHUNK COOKIE  Typical values per 100g: Energy 1737kJ/414kcal; Fat 17.1g, of which saturates 9.0g; Carbohydrate 58.7g, of which sugars 39.1g; Fibre 2.3g; Protein 4.7g; Salt 0.99g.	APPLE TURNOVER  Typical values per 100g: Energy 1100kJ/263kcal; Fat 11.3g, of which saturates 5.5g; Carbohydrate 35.0g, of which sugars 19.5g; Fibre 2.8g; Protein 3.8g; Salt 0.33g.	CHOCOLATE MINI CAKE  Typical values per 100g: Energy 1969kJ/471kcal; 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.
TRIPLE CHOCOLATE CHIP COOKIE  Typical values per 100g: Energy 1927kJ/460kcal; Fat 21.0g, of which saturates 11.0g; Carbohydrate 60.0g, of which sugars 38.0g; Fibre 4.0g; Protein 5.4g; Salt 0.98g.	LARGE FRUIT SCONES  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.	RED BERRY SCONES  Typical values per 100g: Energy 1254kJ/297kcal; Fat 6.4g, of which saturates 2.2g; Carbohydrate 50.8g, of which sugars 12.5g; Fibre 1.4g; Protein 8.2g; Salt 1.02g.	BAVARIAN PRETZEL  Typical values per 100g: Energy 1208kJ/286kcal; Fat 4.4g, of which saturates 0.5g; Carbohydrate 50.2g, of which sugars 3.1g; Fibre 3.9g; Protein 9.4g; Salt 2.20g.
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 1940kJ/464kcal; Fat 21.0g, of which saturates 11.0g; Carbohydrate 62.0g, of which sugars 37.0g; Fibre 3.1g; Protein 5.1g; Salt 0.94g.	LUXURY SULTANA SCONES  Typical values per 100g: Energy 1532kJ/364kcal; Fat 12.0g, of which saturates 6.2g; Carbohydrate 57.9g, of which sugars 20.1g; Fibre 2.7g; Protein 7.1g; Salt 1.20g.	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.
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.			

Important allergy advice

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Abbreviations/Allergen Definitions :

A: Almonds	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
Ce: Celery	L: Lupin	O: Oats	Se: Sesame seeds	W: Wheat

IF YOU ARE ALLERGIC TO ANY OF THE ALLERGENS LISTED ABOVE, THE BAKERY PRODUCTS MAY NOT BE SAFE FOR YOU TO CONSUME.



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 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.	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.
SOURDOUGH ROLL 	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.	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.	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 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.	WHOLEGRAIN RYE BOULE 	Typical values per 100g: Energy 649kJ/155kcal; Fat 0.1g, of which saturates 0.1g; Carbohydrate 31.6g, of which sugars 1.3g; Fibre 2.7g; Protein 5.3g; Salt 0.25g.	VEGETARIAN FOCACCIA 	Typical values per 100g: Energy 872kJ/209kcal; Fat 5.2g, of which saturates 1.7g; Carbohydrate 32.5g, of which sugars 1.5g; Fibre 2.4g; Protein 6.9g; Salt 0.91g.
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.	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.	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.	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.
RUSTIC BAGUETTE 	Typical values per 100g: Energy 1171kJ/276kcal; Fat 0.8g, of which saturates 0.2g; Carbohydrate 57.5g, of which sugars 2.8g; Fibre 2.2g; Protein 8.5g; Salt 1.28g.	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.				

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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
Ce: Celery	L: Lupin	O: Oats	Se: Sesame seeds	W: Wheat

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JAM FILLED DOUGHNUT



Typical values per 100g:
Energy 1445kJ/345kcal;
Fat 15.4g,
of which saturates 5.4g;
Carbohydrate 44.6g,
of which sugars 16.1g;
Fibre 1.9g;
Protein 6.0g;
Salt 0.54g.

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.

SQUARE DOUGHNUT (PINK)



Typical values per 100g:
Energy 1781kJ/427kcal;
Fat 25.0g,
of which saturates 16.0g;
Carbohydrate 43.0g,
of which sugars 21.0g;
Fibre 0.6g;
Protein 6.3g;
Salt 0.59g.

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.

DOTTED DOUGHNUT (COLOURS)



Typical values per 100g:
Energy 1826kJ/437kcal;
Fat 26.0g,
of which saturates 14.0g;
Carbohydrate 45.0g,
of which sugars 25.0g;
Fibre 1.2g;
Protein 6.5g;
Salt 0.67g.

DOTTED DOUGHNUT (COOKIES)



Typical values per 100g:
Energy 1828kJ/438kcal;
Fat 26.0g,
of which saturates 14.0g;
Carbohydrate 44.0g,
of which sugars 13.1g;
Fibre 1.4g;
Protein 6.9g;
Salt 0.87g.

PINKY DOUGHNUT



Typical values per 100g:
Energy 1894kJ/454kcal;
Fat 28.5g,
of which saturates 18.1g;
Carbohydrate 42.9g,
of which sugars 18.7g;
Fibre 1.9g;
Protein 5.6g;
Salt 0.85g.

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.

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.

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.

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