

| Product Name | Portion Size (g/ml) | Energy (kJ) per 100g | Energy (kJ) portion | Energy (kcal) per 100g | Energy (kcal) portion | Energy % RI (2000 kcal) | Total Fat (100g) | Total Fat (g) portion | Fat % RI (70g) | Saturates (100g) | Saturates (g) portion | Saturates %RI (20g) | Carbohydrate (100g) | Carbohydrate (g) portion | Sugars (100g) | Sugars (g) portion | Sug %RI (90g) | Protein (100g) | Protein (g) portion | Salt (100g) | Salt (g) portion | Salt %RI (6g) |
|---|---------------------|----------------------|---------------------|------------------------|-----------------------|-------------------------|------------------|-----------------------|----------------|------------------|-----------------------|---------------------|---------------------|--------------------------|---------------|--------------------|---------------|----------------|---------------------|-------------|------------------|---------------|
| 30.09.17 - guide only, information correct at time of print | | | | | | | | | | | | | | | | | | | | | | |
| Sandwiches | | | | | | | | | | | | | | | | | | | | | | |
| Cheese Salad Baguette | 223.00 | 903 | 2014 | 215 | 479 | 24% | 6.7 | 15.0 | 21% | 3.4 | 7.6 | 38% | 30.0 | 66.0 | 1.5 | 3.4 | 4% | 8.7 | 19.0 | 0.81 | 1.8 | 30% |
| Chicken Club Baguette | 249.10 | 836 | 2082 | 198 | 493 | 25% | 4.8 | 12.0 | 17% | 0.9 | 2.3 | 12% | 28.0 | 69.0 | 2.0 | 4.9 | 5% | 11.0 | 26.0 | 0.84 | 2.1 | 35% |
| Chicken Mayonnaise Baguette | 232.40 | 894 | 2078 | 212 | 493 | 25% | 5.0 | 12.0 | 17% | 0.5 | 1.3 | 7% | 30.0 | 69.0 | 1.6 | 3.7 | 4% | 12.0 | 27.0 | 0.81 | 1.9 | 32% |
| Egg Mayonnaise, Sunblush® Tomato & Spinach Baguette | 244.00 | 839 | 2047 | 199 | 486 | 24% | 5.3 | 13.0 | 19% | 0.9 | 2.3 | 12% | 29.0 | 70.0 | 1.9 | 4.7 | 5% | 8.4 | 21.0 | 0.96 | 2.3 | 38% |
| Ham & Cheese Baguette | 208.00 | 1066 | 2217 | 253 | 526 | 26% | 7.6 | 16.0 | 23% | 3.8 | 7.8 | 40% | 31.0 | 66.0 | 1.3 | 2.7 | 3% | 14.0 | 30.0 | 1.3 | 2.7 | 45% |
| Ham Salad Baguette | 251.00 | 735 | 1845 | 174 | 437 | 22% | 3.0 | 7.5 | 11% | 0.4 | 1.1 | 6% | 27.0 | 69.0 | 1.8 | 4.6 | 5% | 9.2 | 23.0 | 0.87 | 2.2 | 37% |
| Mexican Chicken Baguette | 232.75 | 954 | 2220 | 226 | 526 | 26% | 4.6 | 11.0 | 16% | 1.8 | 4.2 | 21% | 35.0 | 80.0 | 6.0 | 14.0 | 16% | 9.6 | 22.0 | 1.2 | 2.7 | 45% |
| Prawn Mayonnaise Baguette | 229.60 | 874 | 2007 | 208 | 478 | 24% | 5.6 | 13.0 | 19% | 0.5 | 1.2 | 6% | 30.0 | 69.0 | 1.4 | 3.3 | 4% | 9.1 | 21.0 | 1.2 | 2.7 | 45% |
| Tandoori Chicken Baguette | 233.00 | 902 | 2102 | 214 | 499 | 25% | 4.6 | 11.0 | 16% | 0.5 | 1.2 | 6% | 31.0 | 72.0 | 2.8 | 6.5 | 7% | 12.0 | 27.0 | 0.85 | 2.0 | 33% |
| Tuna & Sweetcorn Baguette | 226.60 | 859 | 1946 | 204 | 462 | 23% | 3.9 | 8.8 | 13% | 0.4 | 1.0 | 5% | 31.0 | 69.0 | 1.7 | 3.8 | 4% | 11.0 | 25.0 | 0.90 | 2.0 | 33% |
| Tuna Crunch Baguette | 246.00 | 798 | 1963 | 189 | 465 | 23% | 3.1 | 7.5 | 11% | 0.4 | 0.9 | 5% | 29.0 | 71.0 | 2.7 | 6.5 | 7% | 11.0 | 28.0 | 0.88 | 2.2 | 37% |
| Cheese & Ham Baguette (Hot) | 199.68 | 1110 | 2216 | 264 | 527 | 26% | 7.9 | 16.0 | 23% | 4.0 | 7.9 | 40% | 33.0 | 65.0 | 1.4 | 2.7 | 3% | 15.0 | 30.0 | 1.4 | 2.7 | 45% |
| Chicken & Chorizo Baguette (Hot) | 212.35 | 1097 | 2329 | 261 | 554 | 28% | 7.9 | 17.0 | 24% | 2.7 | 5.8 | 29% | 31.0 | 67.0 | 1.7 | 3.5 | 4% | 16.0 | 33.0 | 1.3 | 2.8 | 47% |
| Mexican Chicken Baguette (Hot) | 223.44 | 993 | 2219 | 236 | 527 | 26% | 4.8 | 11.0 | 16% | 1.9 | 4.2 | 21% | 36.0 | 80.0 | 6.2 | 14.0 | 16% | 10.0 | 22.0 | 1.2 | 2.7 | 45% |
| Southern Fried Chicken Baguette (Hot) | 235.20 | 1060 | 2493 | 252 | 593 | 30% | 5.8 | 14.0 | 20% | 2.7 | 6.4 | 32% | 38.0 | 90.0 | 5.3 | 12.0 | 13% | 11.0 | 26.0 | 1.0 | 2.4 | 40% |
| Steak and Cheese Baguette (Hot) | 216.96 | 1004 | 2178 | 238 | 516 | 26% | 5.7 | 12.0 | 17% | 2.0 | 4.3 | 22% | 34.0 | 73.0 | 4.2 | 9.0 | 10% | 12.0 | 27.0 | 1.1 | 2.4 | 40% |
| Chicken, Bacon & Cheese Toastie (Hot) | 203.52 | 1037 | 2111 | 247 | 503 | 25% | 10.0 | 21.0 | 30% | 4.2 | 8.8 | 43% | 22.0 | 45.0 | 1.6 | 3.2 | 4% | 17.0 | 34.0 | 1.2 | 2.4 | 40% |
| Ham & Cheese Toastie (Hot) | 169.92 | 1068 | 1815 | 255 | 433 | 22% | 9.9 | 17.0 | 24% | 6.0 | 10.8 | 50% | 25.0 | 43.0 | 0.9 | 1.6 | 2% | 16.0 | 26.0 | 1.2 | 2.1 | 35% |
| Katsu Chicken Wrap (Hot) | 168.96 | 979 | 1654 | 233 | 394 | 20% | 8.2 | 14.0 | 20% | 3.0 | 5.1 | 26% | 29.0 | 50.0 | 5.1 | 8.6 | 10% | 9.8 | 17.0 | 0.89 | 1.5 | 25% |
| Red Thai Chicken Bloomer | 215.60 | 887 | 1912 | 210 | 453 | 23% | 7.0 | 15.0 | 21% | 1.3 | 2.9 | 15% | 25.0 | 55.0 | 2.8 | 6.1 | 7% | 12.0 | 25.0 | 0.82 | 1.8 | 30% |
| Tuna Crunch Bloomer | 236.00 | 811 | 1914 | 193 | 455 | 23% | 5.5 | 13.0 | 19% | 0.9 | 2.2 | 11% | 24.0 | 56.0 | 3.6 | 8.4 | 9% | 12.0 | 28.0 | 0.84 | 2.0 | 33% |
| Cheese & Onion BP | 153.00 | 1007 | 1541 | 239 | 366 | 18% | 7.8 | 12.0 | 17% | 2.2 | 3.4 | 17% | 31.0 | 48.0 | 3.6 | 5.5 | 6% | 11.0 | 17.0 | 0.91 | 1.4 | 23% |
| Free Range Egg Mayonnaise BP | 161.30 | 918 | 1481 | 218 | 352 | 18% | 7.1 | 11.0 | 16% | 1.5 | 2.5 | 13% | 28.0 | 45.0 | 2.0 | 3.2 | 4% | 10.0 | 16.0 | 0.80 | 1.3 | 22% |
| Ham and Egg Salad BP | 197.00 | 748 | 1474 | 178 | 351 | 18% | 5.0 | 9.8 | 14% | 0.9 | 1.7 | 9% | 24.0 | 47.0 | 2.6 | 5.0 | 6% | 9.2 | 18.0 | 0.79 | 1.6 | 27% |
| Tuna Mayonnaise and Cucumber BP | 183.20 | 808 | 1480 | 192 | 352 | 18% | 4.8 | 8.7 | 12% | 0.7 | 1.3 | 7% | 25.0 | 45.0 | 2.0 | 3.7 | 4% | 12.0 | 22.0 | 0.82 | 1.5 | 25% |
| Chargrill Chicken Brown Oval Bite | 197.00 | 814 | 1604 | 193 | 380 | 19% | 5.4 | 11.0 | 16% | 0.7 | 1.5 | 8% | 23.0 | 46.0 | 2.6 | 5.2 | 6% | 12.0 | 24.0 | 0.77 | 1.5 | 25% |
| Mexican Chicken Brown Oval Bite | 166.00 | 1003 | 1665 | 238 | 395 | 20% | 7.2 | 12.0 | 17% | 1.0 | 1.7 | 9% | 29.0 | 48.0 | 3.3 | 5.4 | 6% | 14.0 | 23.0 | 1.1 | 1.8 | 30% |
| Chicken Mayonnaise Salad Sub Roll | 193.10 | 747 | 1442 | 177 | 342 | 17% | 5.2 | 10.0 | 14% | 0.7 | 1.3 | 7% | 23.0 | 44.0 | 1.4 | 2.7 | 3% | 9.8 | 19.0 | 0.69 | 1.3 | 22% |
| Ham and Egg Salad Sub Roll | 191.00 | 732 | 1398 | 174 | 332 | 17% | 5.2 | 9.9 | 14% | 0.8 | 1.5 | 8% | 23.0 | 44.0 | 1.5 | 2.9 | 3% | 9.0 | 17.0 | 0.85 | 1.6 | 27% |
| Tuna Mayo Sub Roll | 192.20 | 736 | 1415 | 175 | 336 | 17% | 4.6 | 8.9 | 13% | 0.6 | 1.1 | 6% | 22.0 | 42.0 | 1.0 | 1.8 | 2% | 11.0 | 22.0 | 0.82 | 1.6 | 27% |
| Cheese Roll | 64.00 | 1238 | 792 | 295 | 189 | 9% | 13.0 | 8.4 | 12% | 6.6 | 4.3 | 21% | 32.0 | 20.0 | 1.8 | 1.2 | 1% | 13.0 | 8.1 | 1.2 | 0.74 | 12% |
| Ham Roll | 81.00 | 858 | 695 | 203 | 164 | 8% | 4.8 | 3.9 | 6% | 1.5 | 1.2 | 6% | 26.0 | 21.0 | 2.0 | 1.6 | 2% | 15.0 | 12.0 | 1.3 | 1.1 | 18% |
| Cheese Savoury Stottie | 235.60 | 894 | 2106 | 213 | 502 | 25% | 6.4 | 15.0 | 21% | 1.8 | 4.3 | 22% | 28.0 | 66.0 | 2.1 | 5.0 | 6% | 10.0 | 25.0 | 0.99 | 2.3 | 38% |
| Tuna Mayonnaise and Cucumber Stottie | 256.60 | 752 | 1930 | 179 | 459 | 23% | 3.8 | 9.6 | 14% | 0.5 | 1.3 | 7% | 25.0 | 63.0 | 1.1 | 2.9 | 3% | 12.0 | 30.0 | 0.92 | 2.1 | 40% |
| Cocunut, Lime & Chili Chicken Wrap | 191.00 | 748 | 1429 | 178 | 340 | 17% | 4.1 | 7.8 | 11% | 1.4 | 2.7 | 14% | 26.0 | 49.0 | 8.3 | 16.0 | 18% | 9.1 | 17.0 | 0.78 | 1.5 | 25% |
| Mexican Chipotle Chili Chicken Wrap | 167.00 | 848 | 1416 | 202 | 337 | 17% | 6.0 | 10.0 | 14% | 1.6 | 2.7 | 14% | 25.0 | 42.0 | 8.5 | 14.0 | 16% | 11.0 | 19.0 | 1.0 | 1.7 | 28% |
| BLT (Platter) | 181.00 | 929 | 1681 | 221 | 400 | 20% | 8.4 | 15.0 | 21% | 2.1 | 3.8 | 19% | 27.0 | 48.0 | 3.5 | 6.3 | 7% | 9.4 | 17.0 | 0.99 | 1.8 | 30% |
| Cheese BP (Platter) | 126.00 | 1192 | 1502 | 284 | 358 | 18% | 12.0 | 15.0 | 21% | 6.1 | 7.7 | 39% | 32.0 | 40.0 | 0.5 | 0.7 | 1% | 13.0 | 16.0 | 1.1 | 1.4 | 23% |
| Cheese & Mango Chutney BP (Platter) | 179.00 | 967 | 1731 | 230 | 412 | 21% | 7.6 | 14.0 | 20% | 4.0 | 7.2 | 36% | 31.0 | 55.0 | 8.1 | 15.0 | 17% | 9.3 | 17.0 | 0.90 | 1.6 | 27% |
| Cheese & Tomato BP (Platter) | 162.00 | 1019 | 1651 | 243 | 394 | 20% | 10.0 | 16.0 | 23% | 5.0 | 8.8 | 40% | 28.0 | 45.0 | 2.6 | 4.1 | 5% | 10.0 | 16.0 | 0.88 | 1.4 | 23% |
| Cheese & Ham BP (Platter) | 158.00 | 1053 | 1664 | 251 | 397 | 20% | 9.8 | 15.0 | 21% | 5.0 | 7.9 | 40% | 26.0 | 41.0 | 0.7 | 1.1 | 1% | 15.0 | 23.0 | 1.3 | 2.0 | 33% |
| Chicken & Bacon BP (Platter) | 176.10 | 1090 | 1919 | 259 | 456 | 23% | 9.8 | 1 | | | | | | | | | | | | | | |

| Product Name | Portion Size (g/ml) | Energy (kJ) per 100g | Energy (kJ) portion | Energy (kcal) per 100g | Energy (kcal) portion | Energy % RI (2000 kcal) | Total Fat (100g) | Total Fat (g) portion | Fat % RI (70g) | Saturates (100g) | Saturates (g) portion | Saturates %RI (20g) | Carbohydrate (100g) | Carbohydrate (g) portion | Sugars (100g) | Sugars (g) portion | Sugars %RI (90g) | Protein (100g) | Protein (g) portion | Salt (100g) | Salt (g) portion | Salt %RI (6g) |
|---|---------------------|----------------------|---------------------|------------------------|-----------------------|-------------------------|------------------|-----------------------|----------------|------------------|-----------------------|---------------------|---------------------|--------------------------|---------------|--------------------|------------------|----------------|---------------------|-------------|------------------|---------------|
| Confectionery | | | | | | | | | | | | | | | | | | | | | | |
| Apple Danish | 104.50 | 1323 | 1383 | 314 | 328 | 16% | 11.0 | 11.0 | 16% | 5.5 | 5.8 | 29% | 50.0 | 52.0 | 27.0 | 29.0 | 31% | 4.3 | 4.5 | 0.58 | 0.61 | 10% |
| Apricot & Yoghurt Bun | 96.00 | 1194 | 1146 | 283 | 272 | 14% | 7.0 | 6.7 | 10% | 2.2 | 2.2 | 11% | 48.0 | 46.0 | 18.0 | 17.0 | 19% | 6.8 | 6.5 | 0.73 | 0.70 | 12% |
| Banoffee Doughnut | 88.70 | 1606 | 1425 | 385 | 341 | 17% | 18.0 | 16.6 | 23% | 7.3 | 6.5 | 33% | 50.0 | 45.0 | 29.0 | 26.0 | 29% | 5.5 | 4.9 | 0.68 | 0.60 | 10% |
| Bat Biscuit | 68.28 | 1828 | 1248 | 435 | 297 | 15% | 15.0 | 10.0 | 14% | 8.5 | 5.5 | 29% | 68.0 | 47.0 | 41.0 | 26.0 | 31% | 6.1 | 4.2 | 1.2 | 0.82 | 14% |
| Bavarian Slice | 133.00 | 1274 | 1694 | 303 | 403 | 20% | 14.0 | 18.0 | 26% | 8.4 | 11.8 | 55% | 42.0 | 55.0 | 24.0 | 31.8 | 36% | 3.4 | 4.5 | 0.54 | 0.72 | 12% |
| Belgian White Chocolate & Lemon Shortbread 2 pack | 29.50 | 2182 | 644 | 523 | 154 | 8% | 30.0 | 8.8 | 13% | 18.0 | 5.2 | 27% | 57.0 | 17.0 | 25.0 | 7.4 | 8% | 6.2 | 1.8 | 0.50 | 0.15 | 3% |
| Belgian Bun | 130.00 | 1314 | 1708 | 310 | 403 | 20% | 3.6 | 4.6 | 7% | 1.5 | 2.0 | 10% | 65.0 | 85.0 | 42.0 | 54.8 | 60% | 4.6 | 6.0 | 0.49 | 0.64 | 11% |
| Belgian Chocolate Chunk shortbreads | 30.00 | 2223 | 667 | 532 | 160 | 8% | 29.0 | 8.8 | 12% | 18.0 | 5.8 | 27% | 62.0 | 18.0 | 36.0 | 15.8 | 12% | 6.3 | 1.9 | 0.42 | 0.13 | 2% |
| Blush Biscuit | 46.80 | 1749 | 819 | 415 | 194 | 10% | 10.0 | 4.7 | 7% | 3.5 | 1.6 | 8% | 74.0 | 35.0 | 40.0 | 16.8 | 21% | 6.7 | 3.1 | 1.4 | 0.66 | 11% |
| Bread Pudding | 148.00 | 1042 | 1542 | 248 | 367 | 18% | 8.0 | 12.0 | 17% | 1.4 | 2.1 | 11% | 41.0 | 60.0 | 25.0 | 37.8 | 41% | 4.5 | 6.7 | 0.95 | 1.4 | 23% |
| Caramel Cookie Doughnut | 88.70 | 1628 | 1444 | 389 | 345 | 17% | 18.0 | 16.0 | 23% | 7.1 | 6.3 | 32% | 51.0 | 45.0 | 29.0 | 26.0 | 28% | 5.6 | 5.0 | 0.70 | 0.62 | 10% |
| Caramel Custard Doughnut | 101.70 | 1253 | 1274 | 298 | 303 | 15% | 11.0 | 11.0 | 16% | 4.6 | 4.7 | 24% | 45.0 | 46.0 | 25.0 | 26.0 | 29% | 4.7 | 4.8 | 0.66 | 0.67 | 11% |
| Caramel Finger Doughnut | 82.00 | 1504 | 1233 | 359 | 294 | 15% | 15.0 | 12.0 | 17% | 6.5 | 5.3 | 27% | 49.0 | 41.0 | 27.0 | 22.8 | 24% | 6.5 | 5.3 | 0.72 | 0.59 | 10% |
| Caramel Offcuts | 62.00 | 1967 | 1220 | 471 | 292 | 15% | 24.0 | 15.0 | 21% | 12.0 | 7.7 | 39% | 58.0 | 36.0 | 43.0 | 27.0 | 30% | 5.7 | 3.5 | 0.49 | 0.30 | 5% |
| Caramel Shortbread 4 pack - per product | 62.00 | 1967 | 1220 | 471 | 292 | 15% | 24.0 | 15.0 | 21% | 12.0 | 7.7 | 39% | 58.0 | 36.0 | 43.0 | 27.0 | 30% | 5.7 | 3.5 | 0.49 | 0.30 | 5% |
| Chocolate Rainbow Muffin | 86.00 | 1512 | 1300 | 361 | 310 | 16% | 15.0 | 13.0 | 19% | 4.0 | 3.5 | 18% | 52.0 | 44.0 | 36.0 | 31.8 | 34% | 4.9 | 4.2 | 0.40 | 0.34 | 6% |
| Children In Need Ring Bun | 60.50 | 1680 | 1016 | 401 | 243 | 12% | 18.0 | 11.8 | 16% | 2.3 | 1.4 | 7% | 56.0 | 34.0 | 40.0 | 24.8 | 27% | 3.4 | 2.0 | 0.73 | 0.44 | 12% |
| Cinnamon Bun | 122.50 | 1459 | 1787 | 348 | 426 | 21% | 12.0 | 15.0 | 21% | 4.9 | 5.9 | 30% | 51.0 | 62.0 | 23.0 | 35.8 | 32% | 8.2 | 10.0 | 0.79 | 0.97 | 16% |
| Cream Apple Danish | 134.50 | 1370 | 1843 | 326 | 438 | 22% | 17.0 | 23.8 | 33% | 9.7 | 13.8 | 65% | 39.0 | 53.0 | 22.0 | 39.8 | 32% | 3.8 | 5.1 | 0.46 | 0.62 | 10% |
| Cream Apple Turnover | 115.00 | 1401 | 1611 | 335 | 385 | 19% | 24.0 | 27.8 | 39% | 13.0 | 15.8 | 75% | 27.0 | 31.0 | 9.3 | 11.0 | 12% | 3.3 | 3.8 | 0.51 | 0.59 | 10% |
| Cream Belgian Bun | 151.00 | 1388 | 2096 | 329 | 497 | 25% | 13.0 | 19.0 | 27% | 7.9 | 12.8 | 60% | 50.0 | 75.0 | 31.0 | 48.8 | 51% | 4.3 | 6.6 | 0.44 | 0.67 | 11% |
| Cream Coconut Finger | 112.00 | 1453 | 1627 | 345 | 386 | 19% | 16.0 | 18.0 | 26% | 11.0 | 12.8 | 60% | 46.0 | 51.0 | 21.0 | 23.0 | 26% | 5.0 | 5.6 | 0.50 | 0.56 | 9% |
| Cream Coffee Choux Bun | 118.00 | 1569 | 1851 | 374 | 441 | 22% | 26.0 | 30.0 | 43% | 15.0 | 18.0 | 90% | 32.0 | 37.0 | 20.0 | 24.0 | 27% | 4.4 | 5.2 | 0.28 | 0.33 | 6% |
| Cream Eclair | 86.00 | 1686 | 1450 | 402 | 346 | 17% | 29.0 | 25.0 | 36% | 17.0 | 15.8 | 75% | 32.0 | 27.0 | 20.0 | 17.0 | 19% | 5.2 | 4.5 | 0.47 | 0.41 | 7% |
| Cream Finger Doughnut | 101.00 | 1387 | 1401 | 331 | 334 | 17% | 22.0 | 22.0 | 31% | 12.0 | 12.8 | 60% | 28.0 | 28.0 | 8.1 | 8.2 | 9% | 5.6 | 5.6 | 0.54 | 0.55 | 9% |
| Crispy Nest | 53.00 | 2014 | 1067 | 480 | 254 | 13% | 20.0 | 11.8 | 16% | 16.0 | 8.4 | 42% | 69.0 | 37.0 | 39.0 | 21.0 | 23% | 4.9 | 2.6 | 0.25 | 0.13 | 2% |
| Custard Slice | 134.00 | 1094 | 1466 | 260 | 348 | 17% | 9.3 | 12.0 | 17% | 6.0 | 8.0 | 40% | 40.0 | 54.0 | 27.0 | 36.8 | 40% | 3.0 | 4.0 | 0.52 | 0.70 | 12% |
| Dripping Cake | 80.00 | 1646 | 1317 | 392 | 314 | 16% | 18.0 | 14.8 | 20% | 5.8 | 4.8 | 23% | 53.0 | 42.0 | 27.0 | 21.8 | 23% | 5.7 | 4.6 | 0.41 | 0.33 | 6% |
| Empire Biscuit | 68.00 | 1863 | 1267 | 443 | 301 | 15% | 14.0 | 9.5 | 14% | 4.9 | 3.3 | 17% | 75.0 | 51.0 | 48.0 | 31.8 | 37% | 3.5 | 2.4 | 0.44 | 0.30 | 5% |
| Giant Chocolate Cupcake - approx 1/16 of a cake | 97.00 | 1746 | 1694 | 420 | 407 | 20% | 21.0 | 21.8 | 30% | 5.0 | 4.8 | 25% | 54.0 | 52.0 | 42.0 | 42.8 | 46% | 3.5 | 3.4 | 0.81 | 0.79 | 13% |
| Giant Raspberry Cupcake - approx 1/16 of a cake | 103.70 | 1795 | 1861 | 433 | 449 | 22% | 22.0 | 22.8 | 31% | 5.0 | 5.1 | 26% | 57.0 | 59.0 | 47.0 | 48.8 | 54% | 2.3 | 2.4 | 0.62 | 0.64 | 11% |
| Gingerbread Man | 42.00 | 1796 | 754 | 426 | 179 | 9% | 11.0 | 4.5 | 6% | 3.8 | 1.6 | 8% | 75.0 | 32.0 | 40.0 | 17.8 | 19% | 7.1 | 3.0 | 1.5 | 0.62 | 10% |
| Glazed Ring Doughnut | 58.00 | 1387 | 804 | 330 | 191 | 10% | 11.0 | 6.4 | 9% | 4.0 | 2.3 | 12% | 51.0 | 29.0 | 22.0 | 13.0 | 14% | 7.1 | 4.1 | 0.75 | 0.44 | 7% |
| Hazelnut Praline Doughnut | 86.70 | 1650 | 1431 | 394 | 342 | 17% | 19.0 | 17.8 | 24% | 8.0 | 7.8 | 35% | 48.0 | 42.0 | 26.0 | 23.8 | 26% | 6.4 | 5.6 | 0.63 | 0.55 | 9% |
| Iced Ring Doughnut | 65.00 | 1460 | 949 | 347 | 226 | 11% | 11.0 | 7.5 | 11% | 4.9 | 3.2 | 16% | 54.0 | 35.0 | 28.0 | 18.0 | 20% | 6.5 | 4.2 | 0.69 | 0.45 | 8% |
| Jam Doughnut | 73.70 | 1315 | 969 | 314 | 231 | 12% | 11.0 | 8.0 | 11% | 4.1 | 3.0 | 15% | 48.0 | 35.0 | 19.0 | 14.0 | 16% | 6.4 | 4.7 | 0.71 | 0.52 | 9% |
| Jammy Heart Biscuit | 61.00 | 1947 | 1188 | 466 | 284 | 14% | 23.0 | 14.8 | 20% | 13.0 | 8.0 | 40% | 60.0 | 37.0 | 22.0 | 14.0 | 16% | 5.3 | 3.2 | 0.54 | 0.33 | 6% |
| Lemon Meringue Pie Slice | 135.00 | 1097 | 1481 | 261 | 352 | 18% | 9.7 | 13.0 | 19% | 3.3 | 4.5 | 23% | 40.0 | 55.0 | 28.0 | 37.8 | 41% | 3.2 | 4.3 | 0.16 | 0.22 | 4% |
| Milk Choc Ring Doughnut | 63.00 | 1486 | 936 | 354 | 223 | 11% | 15.0 | 9.1 | 13% | 7.3 | 4.8 | 23% | 49.0 | 31.0 | 24.0 | 15.8 | 17% | 6.8 | 4.3 | 0.70 | 0.44 | 7% |
| SC Milk Choc Ring Doughnut | 83.00 | 1448 | 1202 | 345 | 286 | 14% | 17.0 | 14.0 | 20% | 11.0 | 8.8 | 45% | 43.0 | 36.0 | 24.0 | 20.8 | 22% | 5.3 | 4.4 | 0.62 | 0.52 | 9% |
| Milk Chocolate Cookie | 75.00 | 2115 | 1586 | 506 | 380 | 19% | 27.0 | 28.8 | 29% | 11.0 | 8.8 | 43% | 59.0 | 44.0 | 39.0 | 38.8 | 32% | 7.0 | 5.2 | 1.1 | 0.80 | 13% |
| Mini Doughnuts | 17.50 | 1509 | 264 | 363 | 64 | 3% | 17.0 | 2.9 | 4% | 7.0 | 1.8 | 6% | 47.0 | 8.2 | 25.0 | 4.4 | 5% | 5.9 | 1.0 | 1.3 | 0.23 | 4% |
| Mini Yum Yums | 30.00 | 1702 | 511 | 407 | 122 | 6% | 23.0 | 7.8 | 10% | 12.0 | 3.8 | 18% | 44.0 | 13.0 | 17.0 | 5.0 | 6% | 5.2 | 1.5 | 0.20 | 0.06 | 1% |
| Novelty Ring Bun | 60.50 | 1681 | 1017 | 401 | 243 | 12% | 18.0 | 11.8 | 16% | 2.3 | 1.4 | 7% | 56.0 | 34.0 | 41.0 | 25.8 | 28% | 3.4 | 2.0 | 0.73 | 0.44 | 7% |
| Pink Finger (Raspberry) Doughnut | 84.00 | 1444 | 1213 | 343 | 288 | 14% | 12.0 | 10.0 | 14% | 4.7 | 4.0 | 20% | 53.0 | 44.0 | 29.0 | 25.8 | 28% | 5.9 | 5.0 | 0.73 | 0.61 | 10% |
| Pink Jammie | 97.70 | 1384 | 1352 | 329 | 321 | 16% | 9.5 | 9.3 | 13% | 4.1 | 4.0 | 20% | 56.0 | 55.0 | 32.0 | 31.8 | 36% | 5.0 | 4.9 | 0.55 | 0.54 | 9% |
| Pudsey Biscuit | 49.60 | 2154 | 1068 | 514 | 255 | 13% | 25.0 | 12.8 | 17% | 8.6 | 4.3 | 22% | 67.0 | 33.0 | 25.0 | 17.8 | 13% | 5.9 | 2.9 | 0.61 | 0.30 | 10% |
| Rainbow Doughnut | 66.00 | 1459 | 963 | 347 | 229 | 11% | 11.0 | 7.4 | 11% | 4.7 | 3.1 | 16% | 55.0 | 36.0 | 29.0 | 19.8 | 21% | 6.3 | 4.2 | 0.68 | 0.45 | 8% |
| Raspberry and Almond Bakes | 16.00 | 1658 | 265 | 396 | 63 | 3% | 18.0 | 2.8 | 4% | 8.6 | 1.4 | 7% | 54.0 | 8.6 | 30.0 | 4.8 | 5% | 4.8 | 0.8 | 0.80 | 0.13 | 2% |
| SC Vanilla Doughnut | 88.00 | 1315 | 1157 | 313 | 275 | 14% | 12.0 | 11.0 | 16% | 6.7 | 5.8 | 30% | 45.0 | 40.0 | 22.0 | 19.0 | 21% | 5.8 | 5.1 | 0.67 | 0.59 | 10% |
| Spikely Mikey - Novelty Biscuit | 38.10 | 2222 | 847 | 530 | 202 | 10% | 26.0 | 8.8 | 14% | 12.0 | 4.8 | 23% | 68.0 | 26.0 | 33.0 | 13.8 | 14% | 5.4 | 2.1 | 0.56 | 0.21 | 4% |
| Spooky Ring Bun (Orange) | 60.50 | 1680 | 1016 | 400 | 242 | 12% | 18.0 | 11.8 | 16% | 2.3 | 1.4 | 7% | 56.0 | 34.0 | 40.0 | 24.8 | 27% | 3.4 | 2.1 | 0.73 | 0.44 | 7% |
| Spooky Ring Bun (Purple) | 60.50 | 1681 | 1017 | 400 | 242 | 12% | 18.0 | 11.8 | 16% | 2.3 | 1.4 | 7% | 56.0 | 34.0 | 40.0 | 24.8 | 27% | 3.4 | 2.0 | 0.73 | 0.44 | 7% |
| Strawberry Tart | 70.00 | 1072 | 750 | 256 | 179 | 9% | 9.3 | 6.5 | 9% | 3.9 | 2.7 | 14% | 41.0 | 29.0 | 20.0 | 14.0 | 16% | 2.0 | 1.4 | 0.19 | 0.13 | 2% |
| Strawberry Tart with Cream Topping | 88.00 | 1297 | 1141 | 309 | 272 | 14% | 16.0 | 14.0 | 20% | 6.9 | 6.8 | 30% | 39.0 | 35.0 | 16.0 | 14.0 | 16% | 2.7 | 2.4 | 0.22 | 0.19 | 3% |
| Sweet Mince Pie | 70.00 | 1654 | 1158 | 396 | 277 | 14% | 16.0 | 11.0 | 16% | 5.6 | 3.8 | 20% | 60.0 | 42.0 | 35.0 | 28.8 | 28% | 3.6 | 2.5 | 0.27 | 0.19 | 3% |
| Sugar Strand Doughnut | 71.00 | 1451 | 1030 | 344 | 244 | 12% | 9.1 | 6.5 | 9% | 3.4 | 2.4 | 12% | 60.0 | 42.0 | 35.0 | 28.0 | 28% | 5.8 | 4.1 | 0.62 | 0.44 | 7% |
| Toffee Apple Cookie | 75.00 | 2065 | 1549 | 493 | 370 | 19% | 24.0 | 18.8 | 26% | 11.0 | 7.8 | 40% | 63.0 | 47.0 | 41.0 | 31.8 | 34% | 6.4 | 4.8 | 0.99 | 0.74 | 12% |
| Toffee Apple Ring Doughnut | 67.00 | 1518 | 1017 | 362 | 243 | 12% | 15.0 | 10.0 | 14% | 6.4 | 4.3 | 22% | 51.0 | 34.0 | 27.0 | 18.0 | 20% | 6.3 | 4.2 | 0.74 | 0.50 | 8% |
| Triple Chocolate Cheesecake Slice | 104.00 | 1542 | 1604 | 369 | 384 | 19% | 20.0 | 20.8 | 29% | 10.0 | 11.8 | 55% | 40.0 | 42.0 | 31.0 | 32.0 | 36% | 6.7 | 7.0 | 0.38 | 0.40 | 7% |
| Triple Belgian Chocolate Brownies - gluten-free | 21.00 | 1932 | 406 | 462 | 97 | 5% | 24.0 | 5.1 | 7% | 15.0 | 3.1 | 16% | 54.0 | 11.0 | 44.0 | | | | | | | |

| Product Name | Portion Size (g/ml) | Energy (kJ) per 100g | Energy (kJ) portion | Energy (kcal) per 100g | Energy (kcal) portion | Energy % RI (2000 kcal) | Total Fat (100g) | Total Fat (g) portion | Fat % RI (70g) | Saturates (100g) | Saturates (g) portion | Saturates %RI (20g) | Carbohydrate (100g) | Carbohydrate (g) portion | Sugars (100g) | Sugars (g) portion | Sugars %RI (90g) | Protein (100g) | Protein (g) portion | Salt (100g) | Salt (g) portion | Salt %RI (6g) |
|---------------------------------------|---------------------|----------------------|---------------------|------------------------|-----------------------|-------------------------|------------------|-----------------------|----------------|------------------|-----------------------|---------------------|---------------------|--------------------------|---------------|--------------------|------------------|----------------|---------------------|-------------|------------------|---------------|
| Gosforth | | | | | | | | | | | | | | | | | | | | | | |
| Bran and Rye Bread Roll | 63.00 | 1196 | 753 | 283 | 178 | 9% | 5.7 | 3.6 | 5% | 1.0 | 0.7 | 4% | 45.0 | 29.0 | 2.4 | 1.5 | 2% | 12.0 | 7.3 | 0.86 | 0.54 | 9% |
| Peach Melba | 99.00 | 1580 | 1564 | 377 | 373 | 19% | 22.0 | 11.0 | 30% | 12.0 | 12.0 | 60% | 43.0 | 42.0 | 27.0 | 20.0 | 29% | 2.6 | 2.5 | 0.18 | 0.18 | 3% |
| SC Pink Iced Finger (Iced Split) | 120.00 | 1367 | 1640 | 324 | 389 | 19% | 6.9 | 8.2 | 12% | 5.4 | 6.5 | 33% | 61.0 | 73.0 | 35.0 | 42.0 | 47% | 4.6 | 5.5 | 0.53 | 0.64 | 11% |
| Leeds | | | | | | | | | | | | | | | | | | | | | | |
| Custard Tart | 82.00 | 1037 | 850 | 248 | 203 | 10% | 13.0 | 11.0 | 16% | 4.9 | 4.0 | 20% | 27.0 | 22.0 | 11.0 | 8.7 | 10% | 4.8 | 3.9 | 0.26 | 0.21 | 4% |
| Iced Finger | 74.00 | 1293 | 957 | 305 | 226 | 11% | 4.0 | 3.0 | 4% | 1.4 | 1.0 | 5% | 64.0 | 47.0 | 29.0 | 21.0 | 23% | 6.3 | 4.7 | 0.62 | 0.46 | 8% |
| Manchester | | | | | | | | | | | | | | | | | | | | | | |
| Cream Iced Finger | 116.00 | 1492 | 1731 | 355 | 412 | 21% | 18.0 | 20.0 | 30% | 12.0 | 14.0 | 70% | 44.0 | 52.0 | 21.0 | 24.0 | 27% | 4.5 | 5.3 | 0.47 | 0.55 | 9% |
| Egg Custard Tart (3 Pack) | 91.00 | 1149 | 1046 | 275 | 250 | 13% | 15.0 | 13.0 | 19% | 5.5 | 5.0 | 25% | 30.0 | 27.0 | 12.0 | 11.0 | 12% | 5.4 | 4.9 | 0.31 | 0.28 | 5% |
| Egg Custard Tart (4 Pack) | 91.00 | 1149 | 1046 | 275 | 250 | 13% | 15.0 | 13.0 | 19% | 5.5 | 5.0 | 25% | 30.0 | 27.0 | 12.0 | 11.0 | 12% | 5.4 | 4.9 | 0.31 | 0.28 | 5% |
| Iced Finger | 80.00 | 1373 | 1098 | 323 | 258 | 13% | 3.3 | 2.7 | 4% | 1.5 | 1.2 | 6% | 70.0 | 56.0 | 35.0 | 20.0 | 31% | 5.5 | 4.4 | 0.63 | 0.50 | 8% |
| Micro Bakery | | | | | | | | | | | | | | | | | | | | | | |
| Large Crusty Bloomer | 96.00 | 987 | 948 | 233 | 224 | 11% | 1.7 | 1.6 | 2% | 0.7 | 0.6 | 3% | 45.0 | 43.0 | 0.5 | 0.5 | 1% | 9.4 | 9.0 | 0.80 | 0.77 | 13% |
| Large Teacake | 86.00 | 1064 | 915 | 251 | 216 | 11% | 4.4 | 3.8 | 5% | 2.0 | 1.8 | 9% | 49.0 | 43.0 | 14.0 | 12.0 | 13% | 6.8 | 5.9 | 0.80 | 0.69 | 12% |
| Large Tiger Loaf | 96.00 | 952 | 914 | 225 | 216 | 11% | 2.3 | 2.2 | 3% | 0.7 | 0.7 | 4% | 42.0 | 40.0 | 0.5 | 0.5 | 1% | 8.8 | 8.5 | 0.76 | 0.73 | 12% |
| Small Crusty Bloomer | 60.00 | 994 | 596 | 234 | 140 | 7% | 1.7 | 1.0 | 1% | 0.7 | 0.4 | 2% | 45.0 | 27.0 | 0.5 | 0.3 | 0% | 9.5 | 5.7 | 0.80 | 0.48 | 8% |
| Belgian Bun | 115.00 | 1292 | 1486 | 305 | 351 | 18% | 3.8 | 4.4 | 6% | 1.8 | 2.0 | 10% | 65.0 | 74.0 | 33.0 | 30.0 | 42% | 5.7 | 6.5 | 0.65 | 0.75 | 13% |
| Bread Pudding | 180.00 | 880 | 1584 | 208 | 374 | 19% | 3.8 | 6.8 | 10% | 1.5 | 2.7 | 14% | 42.0 | 76.0 | 32.0 | 52.0 | 63% | 2.8 | 5.0 | 0.22 | 0.40 | 7% |
| Cream Fruit Scone | 143.50 | 1339 | 1921 | 319 | 458 | 23% | 16.0 | 23.0 | 33% | 8.5 | 12.0 | 60% | 40.0 | 58.0 | 18.0 | 26.0 | 29% | 5.0 | 7.2 | 1.2 | 1.7 | 28% |
| Eccles Cake | 129.50 | 1488 | 1927 | 354 | 458 | 23% | 15.0 | 20.0 | 29% | 7.3 | 9.4 | 47% | 54.0 | 69.0 | 37.0 | 47.0 | 52% | 3.3 | 4.2 | 0.51 | 0.66 | 11% |
| Fruit Scone | 95.00 | 1297 | 1232 | 308 | 293 | 15% | 8.9 | 8.5 | 12% | 3.1 | 3.0 | 15% | 53.0 | 51.0 | 21.0 | 20.0 | 22% | 6.8 | 6.4 | 1.8 | 1.7 | 28% |
| Iced Finger | 68.50 | 1214 | 832 | 286 | 196 | 10% | 3.6 | 2.5 | 4% | 1.7 | 1.1 | 6% | 61.0 | 42.0 | 29.0 | 20.0 | 22% | 5.3 | 3.6 | 0.64 | 0.44 | 7% |
| Iced Ring Doughnut | 61.00 | 1414 | 863 | 337 | 206 | 10% | 11.0 | 6.8 | 10% | 4.4 | 2.7 | 14% | 52.0 | 32.0 | 24.0 | 19.0 | 17% | 6.7 | 4.1 | 0.72 | 0.44 | 7% |
| London Cheesecake | 96.00 | 1983 | 1904 | 475 | 456 | 23% | 27.0 | 10.0 | 37% | 17.0 | 16.0 | 80% | 51.0 | 49.0 | 28.0 | 27.0 | 30% | 5.0 | 4.8 | 0.73 | 0.70 | 12% |
| Sugar Strand Doughnut | 68.00 | 1461 | 993 | 347 | 236 | 12% | 11.0 | 7.2 | 10% | 4.1 | 2.8 | 14% | 56.0 | 38.0 | 30.0 | 20.0 | 22% | 6.3 | 4.3 | 0.69 | 0.47 | 8% |
| Treforest | | | | | | | | | | | | | | | | | | | | | | |
| Crusty Roll | 52.00 | 1203 | 626 | 284 | 148 | 7% | 2.1 | 1.1 | 2% | 0.8 | 0.4 | 2% | 55.0 | 28.0 | 0.6 | 0.3 | 0% | 11.0 | 6.0 | 0.97 | 0.51 | 9% |
| Fruit Pancake 5's | 50.00 | 1314 | 657 | 311 | 156 | 8% | 7.7 | 3.8 | 5% | 1.2 | 0.6 | 3% | 55.0 | 28.0 | 30.0 | 15.0 | 17% | 6.2 | 3.1 | 0.73 | 0.37 | 6% |
| Small Oatie Loaf | 60.00 | 1213 | 728 | 286 | 172 | 9% | 3.1 | 1.9 | 3% | 0.7 | 0.4 | 2% | 52.0 | 31.0 | 1.0 | 0.6 | 1% | 11.0 | 6.7 | 0.85 | 0.51 | 9% |
| Small Seeded Brown Loaf | 60.00 | 1474 | 884 | 350 | 210 | 11% | 12.0 | 7.0 | 10% | 1.7 | 1.0 | 5% | 49.0 | 29.0 | 1.7 | 1.0 | 1% | 15.0 | 8.8 | 0.83 | 0.50 | 8% |
| Chocolate Flaked Fancy | 75.00 | 1824 | 1368 | 438 | 329 | 16% | 26.0 | 19.0 | 27% | 9.0 | 6.7 | 34% | 46.0 | 34.0 | 31.0 | 25.0 | 26% | 5.7 | 4.3 | 1.0 | 0.77 | 13% |
| Custard Slice | 226.00 | 787 | 1779 | 187 | 423 | 21% | 5.1 | 11.0 | 16% | 3.2 | 7.3 | 37% | 33.0 | 74.0 | 23.0 | 51.0 | 57% | 2.3 | 5.2 | 0.43 | 0.97 | 16% |
| Custard Tart | 90.00 | 1198 | 1078 | 287 | 258 | 13% | 15.0 | 14.0 | 20% | 5.5 | 5.0 | 25% | 31.0 | 28.0 | 13.0 | 12.0 | 13% | 6.6 | 5.9 | 0.33 | 0.30 | 5% |
| Custard Tart 3PK | 90.00 | 1198 | 1078 | 287 | 258 | 13% | 15.0 | 14.0 | 20% | 5.5 | 5.0 | 25% | 31.0 | 28.0 | 13.0 | 12.0 | 13% | 6.6 | 5.9 | 0.33 | 0.30 | 5% |
| Mini Doughnut 10's | 13.00 | 1603 | 208 | 385 | 50 | 3% | 19.0 | 2.5 | 4% | 8.0 | 1.0 | 5% | 47.0 | 6.1 | 23.0 | 3.0 | 3% | 6.5 | 0.8 | 1.5 | 0.19 | 3% |
| Welsh Cake | 40.00 | 1845 | 738 | 439 | 176 | 9% | 18.0 | 7.3 | 10% | 6.4 | 2.8 | 13% | 62.0 | 25.0 | 32.0 | 13.0 | 14% | 7.6 | 3.0 | 0.89 | 0.36 | 6% |
| Ireland | | | | | | | | | | | | | | | | | | | | | | |
| Banoffee Doughnut | 88.70 | 1606 | 1425 | 385 | 342 | 17% | 18.0 | 16.0 | 23% | 7.3 | 6.5 | 33% | 50.0 | 45.0 | 29.0 | 20.0 | 29% | 5.5 | 4.9 | 0.68 | 0.60 | 10% |
| Belgian Bun | 130.00 | 1308 | 1700 | 309 | 402 | 20% | 3.6 | 4.7 | 7% | 1.5 | 2.0 | 10% | 65.0 | 84.0 | 41.0 | 52.0 | 59% | 4.6 | 6.0 | 0.50 | 0.65 | 11% |
| Caramel Custard Doughnut | 101.70 | 1253 | 1274 | 298 | 303 | 15% | 11.0 | 11.0 | 16% | 4.6 | 4.7 | 24% | 45.0 | 46.0 | 25.0 | 26.0 | 29% | 4.7 | 4.8 | 0.66 | 0.67 | 11% |
| Chocolate Muffin | 129.40 | 1509 | 1953 | 360 | 466 | 23% | 16.0 | 21.0 | 30% | 4.1 | 5.3 | 27% | 49.0 | 63.0 | 29.0 | 32.0 | 41% | 5.7 | 7.4 | 0.52 | 0.67 | 11% |
| Cinnamon Bun | 122.50 | 1459 | 1787 | 348 | 426 | 21% | 12.0 | 15.0 | 21% | 4.9 | 5.9 | 30% | 51.0 | 62.0 | 23.0 | 29.0 | 32% | 8.2 | 10.0 | 0.79 | 0.97 | 16% |
| Cream Apple Turnover | 115.00 | 1401 | 1611 | 335 | 385 | 19% | 24.0 | 17.0 | 39% | 13.0 | 10.0 | 75% | 27.0 | 31.0 | 9.3 | 11.0 | 12% | 3.3 | 3.8 | 0.51 | 0.59 | 10% |
| Cream Eclair | 86.00 | 1686 | 1450 | 402 | 346 | 17% | 29.0 | 20.0 | 36% | 17.0 | 10.0 | 75% | 32.0 | 27.0 | 20.0 | 17.0 | 19% | 5.2 | 4.5 | 0.47 | 0.41 | 7% |
| Cream Doughnut | 101.00 | 1387 | 1401 | 331 | 334 | 17% | 22.0 | 22.0 | 31% | 12.0 | 12.0 | 60% | 28.0 | 28.0 | 8.1 | 8.2 | 9% | 5.6 | 5.6 | 0.54 | 0.55 | 9% |
| Cream Fruit Scone | 141.70 | 1299 | 1841 | 309 | 438 | 22% | 15.0 | 21.0 | 30% | 8.0 | 11.0 | 55% | 39.0 | 55.0 | 16.0 | 23.0 | 26% | 5.2 | 7.3 | 1.3 | 1.8 | 30% |
| Gingerbread Man | 42.00 | 1797 | 755 | 426 | 179 | 9% | 11.0 | 4.5 | 6% | 3.8 | 1.6 | 8% | 75.0 | 32.0 | 40.0 | 17.0 | 19% | 7.1 | 3.0 | 1.5 | 0.62 | 10% |
| Hazelnut Praline Doughnut | 86.70 | 1650 | 1431 | 394 | 342 | 17% | 19.0 | 17.0 | 24% | 8.0 | 7.0 | 35% | 48.0 | 42.0 | 26.0 | 23.0 | 26% | 6.4 | 5.6 | 0.63 | 0.55 | 9% |
| Iced Ring Doughnut | 65.00 | 1455 | 946 | 346 | 225 | 11% | 12.0 | 7.5 | 11% | 4.9 | 3.2 | 16% | 54.0 | 35.0 | 27.0 | 10.0 | 20% | 6.5 | 4.2 | 0.70 | 0.46 | 8% |
| Jam Doughnut | 73.70 | 1313 | 968 | 313 | 231 | 12% | 11.0 | 8.0 | 11% | 4.1 | 3.0 | 15% | 47.0 | 35.0 | 19.0 | 14.0 | 16% | 6.4 | 4.7 | 0.71 | 0.52 | 9% |
| Jammy Heart Biscuit | 61.00 | 1947 | 1188 | 466 | 284 | 14% | 23.0 | 14.0 | 20% | 13.0 | 8.0 | 40% | 60.0 | 37.0 | 22.0 | 14.0 | 16% | 5.3 | 3.2 | 0.54 | 0.33 | 6% |
| Milk Chocolate Ring Doughnut | 63.00 | 1486 | 936 | 354 | 223 | 11% | 15.0 | 9.1 | 13% | 7.3 | 4.2 | 23% | 49.0 | 31.0 | 24.0 | 12.0 | 17% | 6.8 | 4.3 | 0.70 | 0.44 | 7% |
| Milk Chocolate Cookie | 75.00 | 2115 | 1586 | 506 | 380 | 19% | 27.0 | 20.0 | 29% | 11.0 | 8.5 | 43% | 59.0 | 44.0 | 39.0 | 29.0 | 32% | 7.0 | 5.2 | 1.1 | 0.80 | 13% |
| Pink Jammie | 97.70 | 1379 | 1347 | 328 | 320 | 16% | 9.5 | 9.3 | 13% | 4.1 | 4.0 | 20% | 56.0 | 54.0 | 31.0 | 29.0 | 34% | 5.0 | 4.9 | 0.55 | 0.54 | 9% |
| Rainbow Doughnut | 66.00 | 1454 | 960 | 346 | 228 | 11% | 11.0 | 7.4 | 11% | 4.7 | 3.1 | 16% | 55.0 | 36.0 | 28.0 | 18.0 | 20% | 6.3 | 4.2 | 0.68 | 0.45 | 8% |
| Spikey Mikey | 38.10 | 2222 | 847 | 530 | 202 | 10% | 26.0 | 9.9 | 14% | 12.0 | 4.8 | 23% | 68.0 | 26.0 | 33.0 | 13.0 | 14% | 5.4 | 2.1 | 0.56 | 0.21 | 4% |
| Sugar Strand Doughnut | 71.00 | 1496 | 1062 | 356 | 253 | 13% | 11.0 | 8.0 | 11% | 5.4 | 3.8 | 19% | 58.0 | 41.0 | 35.0 | 20.0 | 28% | 5.8 | 4.1 | 0.62 | 0.44 | 7% |
| Triple Chocolate and Vanilla Doughnut | 90.70 | 1575 | 1429 | 376 | 341 | 17% | 16.0 | 15.0 | 21% | 7.0 | 6.3 | 32% | 52.0 | 47.0 | 31.0 | 20.0 | 32% | 5.3 | 4.8 | 0.62 | 0.56 | 9% |
| Triple Chocolate Cookie | 75.00 | 2079 | 1559 | 497 | 373 | 19% | 27.0 | 20.0 | 29% | 11.0 | 8.5 | 42% | 56.0 | 42.0 | 39.0 | 20.0 | 32% | 6.5 | 4.9 | 1.1 | 0.80 | 13% |
| White Chocolate Cookie | 75.00 | 2132 | 1599 | 510 | 383 | 19% | 27.0 | 20.0 | 29% | 12.0 | 8.5 | 43% | 59.0 | 44.0 | 40.0 | 20.0 | 33% | 6.8 | 5.1 | 1.1 | 0.81 | 14% |
| Toffee Apple Cookie | 75.00 | 2065 | 1549 | 493 | 370 | 19% | 24.0 | 18.0 | 26% | 11.0 | 7.5 | 40% | 63.0 | 47.0 | 41.0 | 21.0 | 34% | 6.4 | 4.8 | 0.99 | 0.74 | 12% |
| Toffee Apple Ring Doughnut | 67.00 | 1518 | 1017 | 362 | 243 | 12% | 15.0 | 10.0 | 14% | 6.4 | 4.3 | 22% | 51.0 | 34.0 | 27.0 | 18.0 | 20% | 6.3 | 4.2 | 0.74 | 0.50 | 8% |
| Hot Drinks | | | | | | | | | | | | | | | | | | | | | | |
| Double Espresso | 60.00 | 79 | 47 | 19 | 11 | 1% | 0.0 | 0.0 | 0% | 0.0 | 0.0 | 0% | 3.2 | 1.9 | 0.0 | 0.0 | 0% | 1.3 | 0.8 | 0.0 | 0.0 | 0% |
| Espresso - Extra Shot | 39.60 | 79 | 31 | 19 | 8 | 0% | 0.0 | 0.0 | 0% | 0.0 | 0.0 | 0% | 3.2 | 1.3 | 0.0 | 0.0 | 0% | 1.3 | 0.5 | 0.0 | | |