

# BOSWELL'S

	Energy (KJ)		Energy (kcal)		Fat (g)		Saturates (g)		Carbohydrates (g)		Sugar (g)		Protein (g)		Fibre (g)		Salt (g)	
	per 100g	per serving	per 100g	per serving	per 100g	per serving	per 100g	per serving	per 100g	per serving	per 100g	per serving	per 100g	per serving	per 100g	per serving	per 100g	per serving
<b>BREAKFAST</b>																		
All Day Breakfast	3754	3776	905	904	52.1	45.9	22.7	15.2	56.2	79.3	6.9	7.3	47.8	37.1	8.2	11.0	5.8	3.6
American Breakfast Total	2477	1558	597	372	40.7	23.3	15.6	9.3	24.0	23.0	3.2	2.6	32.8	17.2	3.7	3.6	4.5	2.5
English Breakfast Inc. Scrambled Egg	4247	2649	1026	633	56.3	31.6	21.2	11.7	74.7	52.9	15.0	11.4	48.9	29.7	9.2	7.3	6.5	3.8
English Breakfast Inc. Fried egg	4446	2648	1074	633	60.3	31.8	22.2	11.7	73.9	52.3	14.0	10.7	52.9	30.0	9.2	7.3	6.7	3.8
Veggie Breakfast Inc. Scrambled egg	1837	1516	442	362	21.7	15.9	8.8	6.5	41.5	39.0	10.5	9.2	19.2	14.2	9.8	8.7	1.5	1.3
Veggie Breakfast Inc. Fried egg	2035	1516	490	362	25.7	16.1	9.8	6.5	40.7	38.4	9.5	8.5	23.2	14.6	9.8	8.7	1.7	1.3
Hot Bacon Baguette	1989	1919	475	454	19.5	10.7	8.0	4.1	50.9	70.9	5.5	7.5	23.3	18.3	3.7	5.2	4.5	3.2
Hot Bacon & Mushroom Baguette	2155	2003	515	474	22.5	12.2	10.0	5.1	53.9	72.4	6.5	8.0	25.3	19.3	5.7	6.2	4.7	3.2
Hot Sausage Baguette	2346	2956	561	702	26.0	29.9	9.7	11.1	62.5	84.4	8.3	10.8	18.4	22.9	5.0	6.7	2.2	2.8
Hot Bacon Sandwich	1949	1144	471	273	19.8	10.1	8.2	4.1	47.0	31.0	5.1	3.3	23.6	13.0	3.8	2.5	4.5	2.4
Hot Sausage Sandwich	2306	2181	557	521	26.3	29.4	9.9	11.1	58.6	44.4	7.9	6.7	18.7	17.6	5.1	4.0	2.2	2.0
Fried Egg On Toast	1793	1409	433	337	16.3	14.7	4.6	4.2	47.4	31.5	5.3	3.6	21.7	18.0	3.8	2.5	1.5	1.1
Scrambled Egg On Toast	1594	1410	385	337	12.3	14.3	3.6	4.2	48.2	32.7	6.3	4.9	17.7	17.3	3.8	2.5	1.3	1.1
Bacon Bap	1986	1467	480	351	20.2	10.9	8.1	4.1	46.4	43.9	3.8	3.5	24.9	16.5	3.7	3.5	4.3	2.5
Bacon & Egg Bap	2798	1845	676	441	35.2	17.8	12.4	6.1	47.2	44.3	4.2	3.7	38.9	22.9	3.7	3.5	4.8	2.7
Beans On Toast	1341	1200	324	287	1.8	1.6	0.4	0.3	60.7	51.9	10.4	11.5	12.0	11.5	7.9	8.7	1.5	1.4
Kids Brekkie With Sausage inc. Scrambled Egg	2298	1323	555	316	36.5	21.2	13.0	7.5	27.7	14.9	9.9	5.3	25.3	14.5	5.4	2.8	2.1	1.2
Kids Brekkie With Sausage inc. Fried Egg	2496	1322	603	316	40.5	21.4	14.0	7.5	26.9	14.3	8.9	4.6	29.3	14.9	5.4	2.8	2.2	1.2
Kids Brekkie With Bacon Inc. Scrambled egg	1941	804	469	192	30.0	11.6	11.3	4.0	16.1	8.1	7.1	3.7	30.2	12.2	4.1	2.1	4.4	1.3
Kids Brekkie With Bacon Inc. Fried egg	2140	804	517	192	34.0	11.8	12.3	4.0	15.3	7.5	6.1	3.0	34.2	12.6	4.1	2.1	4.5	1.4
Porridge With Semi Skimmed Milk	1741	747	420	179	9.8	4.0	2.3	0.8	62.8	27.3	5.8	1.6	14.6	5.8	10.8	4.9	0.1	0.0
Porridge With Oat Milk	1717	741	414	177	9.5	4.0	1.3	0.6	64.8	27.7	4.3	1.2	11.3	5.0	12.2	4.9	0.1	0.0
Porridge With Coconut Milk	1588	710	384	170	9.2	3.9	2.3	0.8	58.0	26.1	1.0	0.5	11.1	5.0	10.9	4.9	0.0	0.0
<b>BREAKFAST EXTRAS</b>																		
Baked Beans	360	182	87	44	0.5	0.3	0.1	0.1	14.1	7.1	5.5	2.8	4.3	2.2	4.1	2.1	0.5	0.3
Bacon Rasher	968	245	234	59	18.5	4.6	7.9	2.0	0.4	0.1	0.2	0.1	15.9	4.0	0.0	0.0	3.5	0.9
Sausage	1325	763	320	182	25.0	14.3	9.6	5.5	12.0	6.8	3.0	1.7	11.0	6.3	1.3	0.7	1.2	0.7
Hash Browns	623	623	149	149	7.0	7.0	3.4	3.4	18.9	18.9	0.0	0.0	2.0	2.0	2.5	2.5	0.5	0.5
Fried Egg	811	377	196	90	15.0	6.9	4.3	2.0	0.8	0.4	0.4	0.2	14.0	6.4	0.0	0.0	0.5	0.2
Whole Tomato	75	68	18	16	0.2	0.2	0.0	0.0	3.9	3.5	2.6	2.3	0.9	0.8	1.2	1.1	0.0	0.0
Fried Bread	2082	1158	503	277	32.2	17.7	4.2	2.3	48.5	26.7	4.9	2.7	7.9	4.3	1.6	0.9	1.0	0.6
Toast (no butter)	981	545	237	130	1.3	0.7	0.3	0.2	46.6	25.6	4.9	2.7	7.7	4.2	3.8	2.1	1.0	0.5
Plain White Baguette	1021	1429	241	337	1.0	1.4	0.1	0.1	50.5	70.7	5.3	7.4	7.4	10.4	3.7	5.2	1.0	1.4
Portion of Butter	3062	306	745	75	82.2	8.2	52.1	5.2	0.6	0.1	0.6	0.1	0.6	0.1	0.0	0.0	0.1	0.0
Heinz Tomato Ketchup	427	43	102	10	0.1	0.0	0.0	0.0	23.2	2.3	22.8	2.3	1.2	0.1	0.0	0.0	1.8	0.2
Brown Sauce	510	51	122	12	0.1	0.0	0.0	0.0	28.3	2.8	23.1	2.3	0.9	0.1	0.0	0.0	1.3	0.1
Strawberry Jam	1145	321	270	76	0.0	0.0	0.0	0.0	66.0	18.5	66.0	18.5	0.0	0.0	0.0	0.0	0.0	0.0
Raspberry Jam	1140	319	268	75	0.0	0.0	0.0	0.0	66.0	18.5	66.0	18.5	0.7	0.2	0.0	0.0	0.0	0.0
Blackcurrant Jam	1145	321	270	76	0.0	0.0	0.0	0.0	66.0	18.5	66.0	18.5	0.0	0.0	0.0	0.0	0.1	0.0
Honey	1229	344	288	81	0.0	0.0	0.0	0.0	76.0	21.3	76.0	21.3	0.0	0.0	0.0	0.0	0.0	0.0
Orange Marmalade	1141	319	269	75	0.0	0.0	0.0	0.0	67.0	18.8	67.0	18.8	0.0	0.0	0.0	0.0	0.0	0.0
Golden Syrup	1380	386	325	91	0.0	0.0	0.0	0.0	80.5	22.5	80.5	22.5	0.5	0.1	0.0	0.0	0.8	0.2

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per 100g	per serving	per 100g	per serving	per 100g	per serving	per 100g	per serving	per 100g	per serving	per 100g	per serving	per 100g	per serving	per 100g	per serving	per 100g	per serving

## JACKET POTATOES

Jacket Potato & Cheddar Cheese	2088	1822	499	436	34.5	17.5	21.7	10.9	21.1	52.6	1.3	3.1	27.5	18.8	2.2	5.5	0.1	0.3
Jacket Potato & Coleslaw	900	1432	215	342	10.0	9.2	0.9	0.8	28.2	59.0	8.1	9.2	4.0	7.6	4.0	7.1	0.6	0.7
Jacket Potato & Baked Beans	728	1413	174	338	0.5	0.8	0.1	0.1	33.3	68.5	6.4	9.8	7.6	12.9	5.9	10.3	0.1	0.3
Jacket Potato & Cheddar Cheese & Coleslaw	2598	1942	621	464	44.4	19.5	22.6	7.3	28.3	59.0	8.2	9.2	29.0	15.1	4.0	7.1	0.6	0.7
Jacket Potato & Ham Hock & Coleslaw	1573	1668	375	398	15.2	11.0	2.7	1.4	28.6	59.1	8.4	9.3	31.4	17.2	5.0	7.5	2.2	1.3
Jacket Potato & Cheddar Cheese & Baked Beans	2427	1923	580	460	34.9	11.1	21.8	6.6	33.4	68.5	6.5	9.8	32.6	20.4	5.9	10.3	0.1	0.3
Jacket Potato & Chicken Mayor	2715	2081	649	497	45.7	15.3	3.6	1.4	28.2	55.4	4.5	4.1	33.1	36.6	2.8	6.1	1.5	1.2
Jacket Potato & Tuna Mayonna	2574	2064	614	493	44.3	18.2	3.2	1.3	27.2	55.0	4.4	4.3	27.9	28.9	2.2	5.5	1.8	1.4
Jacket Potato & Coronation Chicken	1464	2317	350	554	14.1	17.8	1.5	1.9	39.1	75.1	15.8	21.3	17.6	25.1	2.8	6.3	0.3	0.5
Jacket Potato & Chicken Tikka	3146	2335	752	558	52.2	20.1	6.9	2.0	36.5	56.5	9.4	4.6	34.8	39.7	4.5	6.2	2.2	1.3
Jacket Potato with Chilli con Carne & Cheese	2536	3020	606	722	5.4	6.7	2.6	3.1	63.8	131.2	5.0	9.1	23.6	34.8	6.4	13.4	1.4	1.9
Jacket Potato & Chilli Con Carne	837	1734	200	414	2.7	4.7	1.3	2.2	31.9	71.0	2.5	5.2	11.8	22.1	3.2	7.2	0.7	1.3
Jacket Potato & Atlantic Prawns	2456	1631	587	390	44.8	9.9	3.4	0.9	27.2	53.7	4.4	3.6	19.9	22.5	2.2	5.5	2.6	2.1
Jacket Potato & Griddled Chicken	975	1559	233	373	2.0	2.2	0.5	0.5	22.0	53.5	1.3	3.1	32.7	36.5	2.8	6.1	0.8	1.0

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per 100g	per serving	per 100g	per serving	per 100g	per serving	per 100g	per serving	per 100g	per serving	per 100g	per serving	per 100g	per serving	per 100g	per serving	per 100g	per serving

## SEASONAL SALADS

Mixed Leaf House Salad	220	308	53	74	3.9	5.5	0.6	0.8	2.6	3.6	1.8	2.5	1.4	2.0	1.0	1.4	0.1	0.1
Prawn Marie Rose Salad	997	1007	240	243	17.8	18.0	1.6	1.7	7.6	8.1	4.4	4.9	11.5	11.1	1.7	2.0	1.2	1.1
Griddled Chicken Salad	4137	1454	992	348	58.0	17.3	5.1	2.1	77.5	20.5	8.9	4.1	36.5	26.1	6.5	2.5	3.4	1.2
Griddled Chicken & Bacon Salad	1641	1245	394	298	23.7	16.0	8.9	5.2	5.0	6.0	2.0	2.7	39.0	31.5	1.0	1.4	2.7	1.7
Tuna Nicoise Salad	5942	1593	1465	389	130.0	28.6	19.9	4.8	27.5	7.8	13.6	4.6	44.8	24.4	17.8	7.5	3.8	1.4
Homous & Falafel Salad	3146	1591	752	380	56.2	28.2	7.3	3.7	46.3	23.7	17.2	8.6	14.1	7.9	16.4	8.6	3.6	1.3
Warm Bacon & Egg Salad	4809	1619	1154	389	71.1	25.8	14.3	6.6	81.3	19.0	13.4	4.6	44.4	19.3	15.6	7.2	5.1	1.8
Ham Hock & Coleslaw Salad	5232	1650	1268	398	123.3	32.1	18.1	4.9	8.2	7.0	6.4	5.3	29.7	18.9	3.4	2.8	2.2	1.4
Basic Ploughmans (with white baguette)	6111	2487	1472	592	104.9	18.2	55.0	6.5	118.8	94.8	62.7	27.5	11.3	11.8	9.1	7.1	5.4	2.6
Ham Hock & Cheddar Ploughmans	8509	3413	2038	811	144.5	33.8	78.5	15.8	119.3	95.0	63.1	27.6	63.7	31.4	10.1	7.5	7.0	3.2
Ham Hock & Brie Ploughmans	8220	3441	1979	822	141.1	35.5	78.8	18.1	119.7	95.2	63.5	27.8	55.7	29.9	10.1	7.5	8.2	3.8
Brie Ploughmans	7547	3205	1819	766	135.9	33.7	77.0	17.5	119.3	95.1	63.2	27.7	28.3	20.3	9.1	7.1	6.6	3.2
Cheddar Ploughmans	3161	2098	753	498	65.4	43.0	43.7	28.4	0.6	0.3	0.6	0.3	42.0	28.5	0.0	0.0	1.2	0.6
Brie & Cheddar Ploughmans	9272	3895	2225	928	170.3	47.5	98.7	26.1	119.4	95.1	63.3	27.8	53.3	30.3	9.1	7.1	6.6	3.2
Ham Hock Ploughmans	6784	2958	1632	704	110.1	21.9	56.8	7.7	119.2	95.1	63.0	27.7	38.7	31.0	10.1	7.8	7.0	3.7

## PLUS TOPPINGS AND EXTRAS

Homous	1332	666	322	161	28.0	14.0	3.6	1.8	8.9	4.5	0.4	0.2	6.6	3.3	2.5	1.3	1.2	0.6
Cheese	1725	863	406	203	34.4	17.2	21.7	10.9	0.1	0.1	0.1	0.1	25.0	12.5	0.0	0.0	0.0	0.0
Coleslaw	639	383	155	93	14.2	8.5	1.4	0.8	5.2	3.1	4.3	2.6	0.9	0.5	1.4	0.8	0.5	0.3
Boiled Egg	547	274	131	66	9.0	4.5	2.5	1.3	0.5	0.3	0.5	0.3	13.0	6.5	9.5	4.8	0.4	0.2
Ham Hock	673	404	160	96	5.2	3.1	1.8	1.1	0.4	0.2	0.3	0.2	27.4	16.4	1.0	0.6	1.6	1.0
Tuna	1725	1035	406	244	34.4	20.6	21.7	13.0	0.1	0.1	0.1	0.1	25.0	15.0	0.0	0.0	0.0	0.0
Griddled Chicken	453	453	107	107	1.3	1.3	0.4	0.4	2.4	2.4	0.2	0.2	21.4	21.4	0.0	0.0	0.5	0.5
Prawn Marie Rose	777	699	187	168	13.9	12.5	1.0	0.9	5.0	4.5	2.6	2.3	10.1	9.1	0.7	0.6	1.1	1.0
Bacon	968	484	234	117	18.5	9.3	7.9	4.0	0.0	0.0	0.0	0.0	16.2	8.1	0.0	0.0	2.1	1.1
Olives (Pitted Black)	640	128	155	31	14.5	2.9	2.0	0.4	3.3	0.7	0.1	0.0	1.3	0.3	3.1	0.6	2.0	0.4
Sweet Potato Falafel	788	473	183	110	9.7	5.8	1.0	0.6	23.5	14.1	8.7	5.2	3.8	2.3	8.7	5.2	0.2	0.1
Tomato	71	36	17	9	0.1	0.1	0.1	0.1	3.0	1.5	3.0	1.5	0.5	0.3	1.0	0.5	0.0	0.0
Sweetcorn	338	68	80	16	1.9	0.4	0.4	0.1	11.6	2.3	6.8	1.4	2.8	0.6	2.9	0.6	0.0	0.0
Sweet Pepper	102	26	24	6	0.2	0.1	0.1	0.0	4.3	1.1	4.2	1.1	0.8	0.2	1.0	0.3	0.0	0.0
Cucumber	65	10	16	2	0.6	0.1	0.1	0.0	1.2	0.2	1.2	0.2	1.0	0.2	0.7	0.1	0.0	0.0
Courgette	83	21	20	5	0.4	0.1	0.1	0.0	1.8	0.5	1.7	0.4	1.8	0.5	0.9	0.2	0.0	0.0
Red Onion	166	25	39	6	0.1	0.0	0.1	0.0	8.0	1.2	6.2	0.9	1.0	0.2	1.1	0.2	0.1	0.0
Plain White Baguette	1021	1429	241	337	1.0	1.4	0.1	0.1	50.5	70.7	5.3	7.4	7.4	10.4	3.7	5.2	1.0	1.4
Plain Malted Wheat Baguette	1063	1488	250	350	1.0	1.4	0.1	0.1	52.9	74.0	2.5	3.5	7.4	10.4	4.0	5.6	1.2	1.7
Portion Butter	3062	306	745	75	82.2	8.2	52.1	5.2	0.6	0.1	0.6	0.1	0.6	0.1	0.0	0.0	0.1	0.0

## PLUS DRESSINGS

Caesar	1618	243	393	59	40.9	6.1	3.0	0.5	4.9	0.7	2.7	0.4	1.0	0.2	0.4	0.1	1.5	0.2
Sweet Chilli	1319	198	311	47	0.3	0.0	0.0	0.0	75.6	11.3	65.6	9.8	0.3	0.0	0.4	0.1	4.4	0.7
French Dressing	597	90	142	21	7.7	1.2	1.0	0.2	16.6	2.5	12.7	1.9	0.5	0.1	0.5	0.1	1.7	0.3
Balsamic	1228	184	297	45	27.8	4.2	2.2	0.3	10.6	1.6	6.9	1.0	1.1	0.2	0.0	0.0	1.2	0.2
Piri Piri	241	24	57	6	2.0	0.2	0.2	0.0	6.6	0.7	1.6	0.2	0.9	0.1	2.0	0.2	6.0	0.6
Olive Oil	3700	555	900	135	100.0	15.0	14.3	2.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Pesto	1366	273	331	66	31.9	6.4	4.7	0.9	4.5	0.9	2.6	0.5	4.7	0.9	3.7	0.7	1.1	0.2
Vinagrette (Fat Free)	221	33	52	8	0.1	0.0	0.1	0.0	12.3	1.8	12.0	1.8	0.1	0.0	0.9	0.1	0.9	0.1

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Branston Pickle	667	167	157	39	0.5	0.1	0.3	0.1	36.0	9.0	31.0	7.8	0.5	0.1	2.1	0.5	3.5	0.9
Heinz Mayonaise	2694	269	644	64	70.0	7.0	5.3	0.5	3.0	0.3	1.5	0.2	0.8	0.1	0.0	0.0	1.0	0.1
Heinz Salad Cream	1226	123	293	29	23.8	2.4	1.8	0.2	18.5	1.9	17.0	1.7	1.3	0.1	0.0	0.0	1.5	0.2

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per 100g	per serving	per 100g	per serving	per 100g	per serving	per 100g	per serving	per 100g	per serving	per 100g	per serving	per 100g	per serving	per 100g	per serving	per 100g	per serving

## TOASTIES AND PANINI

Cheddar Cheese Panini	2766	2613	652	616	36.8	27.3	22.0	15.6	46.5	62.7	5.4	7.2	32.7	27.9	4.1	5.5	0.9	1.2
Ham & Cheese Panini	3439	2537	812	599	42.0	22.5	23.8	12.0	46.9	62.9	5.7	7.3	60.1	33.9	5.1	5.9	2.5	1.8
Mozzarella & Tomato Panini	3460	2368	830	564	52.4	22.1	17.8	9.2	54.5	65.5	11.5	9.5	30.9	22.6	8.8	6.9	2.4	1.7
Tuna Melt Panini	3914	2760	927	652	54.9	29.3	34.8	17.3	55.1	64.1	12.2	8.3	51.7	30.9	5.2	5.7	1.4	1.3
Brie & Bacon Panini	3445	2462	827	588	51.9	25.2	30.2	14.2	46.9	62.9	5.8	7.4	40.9	24.6	4.1	5.5	4.2	2.5
Chicken & Bacon & Mozzarella Panini	3444	2221	823	528	40.2	15.6	21.3	7.6	49.4	63.8	6.1	7.5	63.3	30.2	4.1	5.5	3.9	2.1
Chicken, Tomato & Pesto Panini	2931	2096	701	497	35.7	12.2	5.5	1.9	56.3	66.8	11.1	9.3	34.3	26.8	8.8	6.9	2.5	1.8
Ham, Tomato & Grain Mustard Panini	2516	1883	599	446	17.7	7.4	2.6	1.4	59.2	65.6	14.6	9.6	42.5	25.4	6.1	6.5	7.7	2.8
Piri Piri Chicken & Pepper Panini	4531	2006	1078	475	75.9	11.3	6.3	1.2	62.7	66.5	12.8	9.1	31.6	23.7	7.1	6.1	8.4	2.2
Cheddar Cheese Toastie	2738	2048	645	483	36.6	22.8	22.2	13.5	45.7	45.7	2.6	2.6	33.1	23.1	2.3	2.3	0.9	0.9
Ham & Cheese Toastie	3411	1972	805	465	41.8	18.0	24.0	9.9	46.1	45.8	2.9	2.7	60.5	29.1	3.3	2.7	2.5	1.5
Mozzarella & Tomato Toastie	3432	1813	823	432	52.2	17.6	18.0	7.8	53.7	48.3	8.7	4.8	31.3	18.3	7.0	3.5	2.4	1.3
Tuna Melt Toastie	3886	2195	920	519	54.7	24.8	35.0	15.2	54.3	47.0	9.4	3.7	52.1	26.2	3.4	2.5	1.4	1.0
Brie & Bacon Toastie	3417	2070	820	494	51.7	24.2	30.4	14.3	46.1	45.9	3.0	2.8	41.3	22.3	2.3	2.3	4.2	2.2
Chicken & Bacon & Mozzarella Toastie	3416	1806	816	429	40.0	14.5	21.5	7.7	48.6	46.7	3.3	2.8	63.7	26.8	2.3	2.3	3.9	1.8
Chicken, Tomato & Pesto Toastie	2903	1594	694	378	35.5	9.4	5.7	1.7	55.5	49.4	8.3	4.6	34.7	22.1	7.0	3.5	2.5	1.4
Ham, Tomato & Grain Mustard Toastie	2488	1413	592	335	17.5	5.8	2.8	1.3	58.4	48.1	11.8	4.4	42.9	20.2	4.3	3.0	7.7	2.3
Piri Piri Chicken & Pepper Toastie	4503	1564	1071	370	75.7	10.1	6.5	1.3	61.9	49.1	10.0	4.2	32.0	19.2	5.3	2.8	8.4	1.8

## TOASTED FLATBREADS

Sweet Chilli Chicken Focaccia	3071	1682	726	398	7.2	5.3	1.0	0.7	131.2	65.6	71.5	23.3	31.0	20.2	4.1	2.7	5.7	2.3
Mozzarella, Pesto & Tomato Focaccia	3647	1759	875	420	55.5	19.6	18.0	6.7	58.3	43.3	8.9	4.9	32.0	15.7	7.4	3.7	2.3	1.1
Chicken Fajita Flatbread	4891	2284	1167	543	83.9	25.4	7.3	2.5	69.4	48.3	13.1	6.2	33.1	29.4	5.0	3.1	2.6	1.5
Hunters Chicken Flatbread	4374	2425	1038	575	59.7	27.4	30.5	12.9	52.7	41.9	3.0	2.3	71.4	39.3	2.7	2.2	3.4	1.9
Houmous Flatbread	8966	2584	2152	617	151.0	32.3	20.6	4.0	173.8	66.8	87.8	15.3	23.4	13.6	17.5	8.0	6.9	2.0
Club Sandwich	4159	2460	986	582	56.4	18.8	30.5	74.7	48.1	69.4	2.8	3.9	70.7	32.3	2.3	3.5	3.5	2.1

# BOSWELL'S

Energy (KJ)		Energy (kcal)		Fat (g)		Saturates (g)		Carbohydrates (g)		Sugar (g)		Protein (g)		Fibre (g)		Salt (g)	
per 100g	per serving	per 100g	per serving	per 100g	per serving	per 100g	per serving	per 100g	per serving	per 100g	per serving	per 100g	per serving	per 100g	per serving	per 100g	per serving

## BAGUETTES

Marie Rose Baguette	1222	2079	292	497	17.7	30.1	6.5	11.1	21.9	37.2	2.2	3.7	10.3	17.5	2.1	3.6	1.0	1.8
Coronation Chicken Baguette	1075	1431	257	342	10.8	14.4	0.9	1.2	26.4	35.1	1.8	2.4	12.5	16.6	2.0	2.7	0.7	1.0
Chicken Mayo & Bacon Baguette	5136	2725	1226	647	90.8	22.3	13.7	5.2	55.9	73.3	7.0	7.8	45.8	37.8	3.7	5.2	4.6	3.1
Sausage & Bacon Baguette	3314	2784	795	662	44.5	26.9	17.6	10.3	62.5	78.5	8.3	9.4	34.6	25.6	5.0	6.0	4.3	3.2
Chicken Salad & Mayo Baguette	4372	2373	1041	562	73.5	13.6	6.1	1.4	61.8	75.0	12.9	9.1	31.9	34.5	6.3	5.7	2.5	2.1
Bacon & Cheese Baguette	3714	2603	881	617	53.9	24.4	29.7	12.8	50.6	70.7	5.4	7.5	48.6	28.5	3.7	5.2	3.1	2.5
BLT Baguette	4822	2360	1152	561	90.1	21.3	13.5	4.9	58.2	72.8	11.5	9.3	25.7	18.9	5.6	5.8	4.1	2.6
Sausage Baguette	2346	3170	561	753	26.0	33.9	9.7	12.6	62.5	86.3	8.3	11.3	18.4	24.7	5.0	6.9	2.2	3.0
Tuna Mayo Baguette	1777	2140	423	508	11.6	11.6	1.5	1.5	57.1	76.5	8.4	9.7	21.4	23.7	5.4	6.4	2.0	2.4
Cheddar Cheese & Salad Baguette	2950	2505	696	591	36.6	22.3	22.1	13.2	56.5	72.0	11.3	8.7	34.7	25.8	6.3	5.7	1.0	1.4
Cheddar Cheese & Pickle Baguette	3413	2698	804	636	35.9	22.2	22.1	13.3	86.6	83.4	36.4	18.3	32.9	25.5	5.8	5.9	4.5	2.6
Egg Mayo Baguette	1912	2259	456	537	17.2	17.0	2.0	2.0	54.4	74.2	6.5	8.2	19.9	21.3	5.3	5.7	1.7	2.1
Ham Hock & Salad Baguette	1898	1874	450	443	7.4	4.7	2.2	1.3	56.8	72.2	11.5	8.8	37.1	27.3	7.3	6.3	2.6	2.4

## BAGUETTE EXTRAS

Houmous	1332	666	322	161	28.0	14.0	3.6	1.8	8.9	4.5	0.4	0.2	6.6	3.3	2.5	1.3	1.2	0.6
Cheese	1725	1035	406	244	34.4	20.6	21.7	13.0	0.1	0.1	0.1	0.1	25.0	15.0	0.0	0.0	0.0	0.0
Coleslaw	639	256	155	62	14.2	5.7	1.4	0.6	5.2	2.1	4.3	1.7	0.9	0.4	1.4	0.6	0.5	0.2
Boiled Egg	547	274	131	66	9.0	4.5	2.5	1.3	0.5	0.3	0.5	0.3	13.0	6.5	9.5	4.8	0.4	0.2
Ham Hock	673	404	160	96	5.2	3.1	1.8	1.1	0.4	0.2	0.3	0.2	27.4	16.4	1.0	0.6	1.6	1.0
Tuna	1725	1035	406	244	34.4	20.6	21.7	13.0	0.1	0.1	0.1	0.1	25.0	15.0	0.0	0.0	0.0	0.0
Griddled Chicken	453	453	107	107	1.3	1.3	0.4	0.4	2.4	2.4	0.2	0.2	21.4	21.4	0.0	0.0	0.5	0.5
Egg Mayo	826	826	199	199	15.6	15.6	1.9	1.9	3.5	3.5	0.8	0.8	10.9	10.9	0.5	0.5	0.7	0.7
Coronation Chicken	905	724	217	174	14.2	11.4	1.4	1.1	10.0	8.0	7.3	5.8	12.1	9.7	0.7	0.6	0.8	0.6
Prawn Marie Rose	777	699	187	168	13.9	12.5	1.0	0.9	5.0	4.5	2.6	2.3	10.1	9.1	0.7	0.6	1.1	1.0
Tuna Mayo	691	691	166	166	10.0	10.0	1.3	1.3	5.4	5.4	1.9	1.9	13.0	13.0	1.0	1.0	1.0	1.0
Bacon	968	484	234	117	18.5	9.3	7.9	4.0	0.0	0.0	0.0	0.0	16.2	8.1	0.0	0.0	2.1	1.1
Sausage	1325	861	320	208	25.0	16.3	9.6	6.2	12.0	7.8	3.0	2.0	11.0	7.2	1.3	0.8	1.2	0.8
Olives (Pitted Black)	640	128	155	31	14.5	2.9	2.0	0.4	3.3	0.7	0.1	0.0	1.3	0.3	3.1	0.6	2.0	0.4
Sweet Potato Falafel	788	473	183	110	9.7	5.8	1.0	0.6	23.5	14.1	8.7	5.2	3.8	2.3	8.7	5.2	0.2	0.1
Cucumber	65	16	16	4	0.6	0.2	0.1	0.0	1.2	0.3	1.2	0.3	1.0	0.3	0.7	0.2	0.0	0.0
Courgette	83	21	20	5	0.4	0.1	0.1	0.0	1.8	0.5	1.7	0.4	1.8	0.5	0.9	0.2	0.0	0.0
Red Onion	166	25	39	6	0.1	0.0	0.1	0.0	8.0	1.2	6.2	0.9	1.0	0.2	1.1	0.2	0.1	0.0
Tomato	71	18	17	4	0.1	0.0	0.1	0.0	3.0	0.8	3.0	0.8	0.5	0.1	1.0	0.3	0.0	0.0
Pepper	102	26	24	6	0.2	0.1	0.1	0.0	4.3	1.1	4.2	1.1	0.8	0.2	1.0	0.3	0.0	0.0
Lettuce (round)	68	7	16	2	0.5	0.1	0.1	0.0	1.7	0.2	1.7	0.2	0.8	0.1	0.9	0.1	0.0	0.0
Sweetcorn	338	85	80	20	1.9	0.5	0.4	0.1	11.6	2.9	6.8	1.7	2.8	0.7	2.9	0.7	0.0	0.0
Cress	65	3	16	1	0.6	0.0	0.0	0.0	0.4	0.0	0.4	0.0	1.6	0.1	1.1	0.1	0.0	0.0
Mango Chutney	992	397	234	94	0.4	0.2	0.1	0.0	56.5	22.6	52.4	21.0	0.2	0.1	1.4	0.6	2.5	1.0
Cranberry Sauce	865	260	204	61	0.5	0.2	0.1	0.0	49.2	14.8	41.8	12.5	0.2	0.1	0.8	0.2	0.1	0.0
Branston Pickle	667	233	157	55	0.5	0.2	0.3	0.1	36.0	12.6	31.0	10.9	0.5	0.2	2.1	0.7	3.5	1.2
Heinz Mayonaisse	2694	404	644	97	70.0	10.5	5.3	0.8	3.0	0.5	1.5	0.2	0.8	0.1	0.0	0.0	1.0	0.2
Heinz Salad Cream	1226	123	293	29	23.8	2.4	1.8	0.2	18.5	1.9	17.0	1.7	1.3	0.1	0.0	0.0	1.5	0.2
Mustard (English)	810	81	290	29	12.0	1.2	0.7	0.1	13.0	1.3	13.0	1.3	7.0	0.7	0.0	0.0	8.5	0.9

# BOSWELL'S

Energy (KJ)		Energy (kcal)		Fat (g)		Saturates (g)		Carbohydrates (g)		Sugar (g)		Protein (g)		Fibre (g)		Salt (g)	
per 100g	per serving	per 100g	per serving	per 100g	per serving	per 100g	per serving	per 100g	per serving	per 100g	per serving	per 100g	per serving	per 100g	per serving	per 100g	per serving

## KIDS MEALS

### HOT MEALS

Spaghetti Bolognese	398	995	94	235	2.7	6.8	0.6	1.5	11.4	28.5	2.5	6.3	4.9	12.3	0.0	0.0	0.4	1.0
Macaroni Cheese	592	1184	141	282	6.1	12.2	3.4	6.8	15.7	31.4	2.7	5.4	6.4	12.8	1.0	2.0	0.7	1.5
Fish Fillet Finger	857	600	205	144	10.7	7.5	1.4	1.0	15.8	11.1	0.5	0.4	11.0	7.7	0.5	0.4	0.8	0.6
Chicken Fillet Bites	1118	1006	272	245	15.9	14.3	2.3	2.1	12.4	11.2	0.6	0.5	15.8	14.2	0.5	0.5	0.6	0.5
Sausages	849	484	205	117	10.7	6.1	9.6	5.5	15.8	9.0	0.5	0.3	11.0	6.3	1.3	0.7	1.2	0.7
Kids Brekkie With Sausage inc. Scrambled Egg	2298	1323	555	316	36.5	21.2	13.0	7.5	27.7	14.9	9.9	5.3	25.3	14.5	5.4	2.8	2.1	1.2
Kids Brekkie With Sausage inc. Fried Egg	2496	1322	603	316	40.5	21.4	14.0	7.5	26.9	14.3	8.9	4.6	29.3	14.9	5.4	2.8	2.2	1.2
Kids Brekkie With Bacon Inc. Scrambled egg	1764	760	426	182	11.5	7.0	16.8	5.4	15.7	8.0	6.9	3.6	30.2	12.2	4.1	2.1	4.4	1.3
Kids Brekkie With Bacon Inc. Fried egg	1962	759	474	181	15.5	7.2	17.8	5.4	14.9	7.4	5.9	2.9	34.2	12.6	4.1	2.1	4.5	1.4

### HOT MEAL EXTRAS

Kids Chips	765	918	183	220	7.4	8.9	0.8	1.0	25.1	30.1	0.5	0.6	2.6	3.1	2.8	3.4	0.1	0.1
1/2 Baked Potato	385	481	93	116	0.1	0.1	0.0	0.0	21.0	26.3	1.2	1.5	2.5	3.1	2.2	2.8	0.1	0.1
Baked Beans	335	168	81	41	0.4	0.2	0.1	0.1	12.3	6.2	5.2	2.6	5.1	2.6	3.7	1.9	0.0	0.0
Peas	368	147	89	36	1.6	0.6	0.3	0.1	9.2	3.7	1.1	0.4	6.7	2.7	5.6	2.2	0.0	0.0

### KIDS JACKETS

1/2 Jacket Potato & Cheddar Cheese	2110	826	499	197	34.5	7.0	21.7	374.3	21.1	26.3	1.3	1.5	27.5	8.1	2.2	2.8	0.1	0.1
1/2 Jacket Potato, Cheese & Baked Beans	2439	991	580	238	34.9	7.2	21.8	4.4	33.4	32.4	6.5	4.1	32.6	10.7	5.9	4.6	0.1	0.1
1/2 Jacket Potato & Tuna Mayonnaise	3479	1123	842	271	70.6	10.9	5.4	0.9	24.0	26.7	2.7	1.7	28.3	17.0	2.2	2.8	2.1	0.8

### KIDS LUNCH BOXES

Ham Sandwich	864	605	205	144	3.8	2.7	5.1	3.6	39.1	27.4	1.7	1.2	12.5	8.8	1.4	1.0	1.1	0.7
Cheese Sandwich	1252	876	299	209	13.1	9.2	7.8	5.5	41.4	29.0	2.9	2.0	13.2	9.2	1.8	1.3	1.1	0.8
Yoghurt	370	174	88	41	2.4	1.1	1.6	0.8	10.4	4.9	9.8	4.6	5.3	2.5	0.1	0.0	0.1	0.1
Chocolate (eg Milky Way)	1864	289	443	69	15.0	2.3	7.1	1.1	73.4	11.4	66.2	10.3	3.3	0.5	0.0	0.0	0.5	0.1
Quavers	2245	359	536	86	30.8	4.9	2.7	0.4	62.1	9.9	2.7	0.4	2.5	0.4	0.0	0.0	2.1	0.3
Bannana (medium)	372	446	90	108	0.3	0.4	0.1	0.1	23.0	27.6	12.0	14.4	1.1	1.3	2.6	3.1	0.0	0.0
Apple	217	326	52	78	0.2	0.3	0.0	0.0	14.0	21.0	10.0	15.0	2.4	3.6	2.4	3.6	0.0	0.0
My5 Fruit Shoot	141	282	33	66	0.0	0.0	0.0	0.0	7.6	15.2	7.6	15.2	0.0	0.0	0.0	0.0	0.0	0.0
Mini Water	0	0	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Strawberry Flavoured Milk	280	560	66	132	1.7	3.4	1.0	2.0	9.5	19.0	9.5	19.0	3.3	6.6	0.0	0.0	0.1	0.2
Chocolate Flavoured Milk	288	576	68	136	1.8	3.6	1.1	2.2	9.5	19.0	9.4	18.8	3.5	7.0	0.0	0.0	0.1	0.2

### PLUS SAUCES AND EXTRAS

Heinz Tomato Ketchup	435	44	102	10	0.1	0.0	0.0	0.0	23.2	2.3	22.8	2.3	1.2	0.1	0.0	0.0	1.8	0.2
HP Brown Sauce	517	52	122	12	0.1	0.0	0.0	0.0	28.3	2.8	23.1	2.3	0.9	0.1	0.0	0.0	1.3	0.1
Heinz Mayonnaise	2650	265	644	64	70.0	7.0	5.3	0.5	3.0	0.3	1.5	0.2	0.8	0.1	0.0	0.0	1.0	0.1
Heinz Salad Cream	1272	127	293	29	23.8	2.4	1.8	0.2	18.5	1.9	17.0	1.7	1.3	0.1	0.0	0.0	1.5	0.2
Portion Butter	3062	306	745	75	82.2	8.2	52.1	5.2	0.6	0.1	0.6	0.1	0.6	0.1	0.0	0.0	0.1	0.0

# BOSWELL'S

Energy (KJ)		Energy (kcal)		Fat (g)		Saturates (g)		Carbohydrates (g)		Sugar (g)		Protein (g)		Fibre (g)		Salt (g)	
per 100g	per serving	per 100g	per serving	per 100g	per serving	per 100g	per serving	per 100g	per serving	per 100g	per serving	per 100g	per serving	per 100g	per serving	per 100g	per serving

## SWEET TREATS

### CAKES

Traditional Chocolate Cake	1823	2078	436	497	23.5	26.8	10.2	11.6	50.0	57.0	38.0	43.3	5.3	6.0	2.8	3.2	0.5	0.6
Black Forest Cake	1693	1862	405	446	20.8	22.9	8.4	9.2	48.2	53.0	35.5	39.1	5.2	5.7	2.5	2.8	0.4	0.5
Coffee & Walnut Cake	1860	1711	445	409	21.1	19.4	7.1	6.5	58.0	53.4	42.6	39.2	5.4	5.0	1.1	1.0	0.7	0.7
Buttercream & Jam Cake	1899	1899	454	454	22.5	22.5	9.5	9.5	58.2	58.2	42.1	42.1	4.5	4.5	1.1	1.1	0.8	0.8
Earl Grey & Blackcurrant Cake	1919	2111	459	505	25.4	27.9	13.9	15.3	54.1	59.5	39.2	43.1	4.5	5.0	0.9	1.0	0.8	0.9
Superfood Fruit Cake	1082	1233	259	295	4.9	5.6	1.4	1.6	49.3	56.2	34.4	39.2	3.0	3.4	1.6	1.8	0.2	0.2
Orange & Poppyseed Cake	1752	1840	419	440	22.2	23.3	9.8	10.3	50.3	52.8	32.7	34.3	4.5	4.7	2.0	2.1	0.7	0.7
Zucchini & Lime Cake	1880	1936	449	462	20.8	21.4	7.7	7.9	61.9	63.8	43.3	44.6	4.3	4.4	0.9	0.9	0.4	0.4
Sticky Toffee Sponge	1651	1469	395	352	13.8	12.3	7.4	6.6	63.2	56.2	46.6	41.5	3.9	3.5	0.9	0.8	0.5	0.5
Apple & Blackcurrant Crumble	1672	2023	400	484	19.0	23.0	7.0	8.5	54.0	65.3	35.7	43.2	2.9	3.5	1.1	1.3	0.4	0.5
Vegan Chocolate Cake	1581	2119	378	507	18.0	24.1	4.8	6.4	49.0	65.7	36.0	48.2	3.6	4.8	4.7	6.3	0.2	0.3
Lemon Shortbread Cheesecake	1308	1766	313	423	16.7	22.5	9.0	12.2	35.4	47.8	22.8	30.8	5.3	7.2	0.5	0.7	0.2	0.2
Caramel Apple Pie	1223	1896	292	453	12.5	19.4	4.8	7.4	41.6	64.5	21.7	33.6	4.1	6.4	1.1	1.7	0.2	0.3
Daim Bar Cake	1908	954	456	228	27.0	13.5	10.0	5.0	43.0	21.5	38.0	19.0	11.0	5.5	2.0	1.0	0.5	0.2
Chocolate Lumpy Bumpy Cake	1565	2207	374	527	24.5	34.5	13.5	19.0	33.0	46.5	26.0	36.7	4.7	6.6	1.6	2.3	0.3	0.4
Cookie Dough Cheesecake	1554	2020	371	482	22.4	29.1	12.3	16.0	38.6	50.2	26.4	34.3	6.1	7.9	1.0	1.3	0.4	0.5
Carrot Cake Tray Slice	1682	2187	402	523	19.6	25.5	2.0	2.6	50.2	65.3	33.5	43.6	5.2	6.8	1.4	1.8	0.9	1.2

### GLUTEN FREE CAKES & BAKES

Gluten Free Milk Choc Brownie	2002	1702	480	408	33.0	28.1	16.0	13.6	41.0	34.9	39.0	33.2	8.1	6.9	1.7	1.4	0.4	0.3
Gluten Free Snowy Hills	2072	1761	498	423	37.0	31.5	15.0	12.8	36.0	30.6	25.0	21.3	7.7	6.5	3.4	2.9	0.7	0.6
Gluten Free Chocolate Caramel	2220	1887	531	451	35.0	29.8	14.0	11.9	52.0	44.2	41.0	34.9	6.2	5.3	3.0	2.6	0.5	0.4
Gluten & Dairy Free Oat & Raspberry	1970	1103	531	297	30.0	16.8	20.0	11.2	50.0	28.0	24.0	13.4	4.2	2.4	3.1	1.7	0.4	0.2
G Free & Vegan Oat, Coconut & Chocolate	1950	1092	466	261	25.0	14.0	18.0	10.1	58.0	32.5	31.0	17.4	5.2	2.9	3.4	1.9	0.4	0.2
Gluten Free Ginger Cake	1658	1658	396	396	16.9	16.9	7.5	7.5	56.6	56.6	42.9	42.9	4.0	4.0	0.9	0.9	0.9	0.9
Gluten Free Mint Chocolate Cake	1859	1710	444	408	21.3	19.6	9.8	9.0	57.3	52.7	44.1	40.6	4.7	4.3	1.8	1.7	0.6	0.5
Daim Bar Cake	1908	954	456	228	27.0	13.5	10.0	5.0	43.0	21.5	38.0	19.0	11.0	5.5	2.0	1.0	0.5	0.2
Gluten Free Apricot & Orange Slice	1808	1266	432	302	22.1	15.5	7.0	4.9	58.1	40.7	30.1	21.1	4.6	3.2	1.8	1.3	0.6	0.4
Gluten Free Pecan & Walnut Slice	2058	1379	492	330	30.5	20.4	11.3	7.6	50.5	33.8	28.6	19.2	3.1	2.1	0.8	0.5	0.4	0.3
Vegan & Gluten Free Crumble Slice	1819	1401	435	335	18.1	13.9	6.7	5.2	65.6	50.5	31.7	24.4	2.0	1.5	1.3	1.0	0.5	0.4

### TRAYBAKES

Caramel Shortcake Traybake	2109	1708	504	408	28.6	23.2	16.8	13.6	57.7	46.7	41.3	33.5	4.6	3.7	0.9	0.7	0.6	0.5
Lemon Drizzle Slice	1683	1178	402	281	18.5	13.0	11.3	7.9	55.3	38.7	39.1	27.4	4.4	3.1	0.8	0.6	0.6	0.4
Salted Caramel & Nut Slice	2097	1678	501	401	30.6	24.5	14.9	11.9	52.1	41.7	35.5	28.4	4.9	3.9	1.3	1.0	0.8	0.6
Classic Chocolate Brownie	1970	1537	471	367	27.7	21.6	20.6	16.1	48.6	37.9	40.5	31.6	5.4	4.2	4.1	3.2	0.4	0.3
Granola Slice	1831	1465	438	350	20.0	16.0	8.8	7.0	56.3	45.0	34.5	27.6	7.6	6.1	5.3	4.2	0.2	0.2
Maple & Pecan Traybake	2133	1706	510	408	30.4	24.3	12.0	9.6	52.1	41.7	30.0	24.0	5.1	4.1	3.6	2.9	0.7	0.6
White Chocolate & Cranberry Tiffin	2097	1741	501	416	28.7	23.8	12.5	10.4	53.9	44.7	40.1	33.3	5.9	4.9	1.9	1.6	0.6	0.5
Honeycomb Tiffin	2091	1777	500	425	27.0	23.0	13.8	11.7	57.1	48.5	38.3	32.6	6.3	5.4	1.9	1.6	0.8	0.7



# BOSWELL<sup>S</sup>

	Energy (KJ)		Energy (kcal)		Fat (g)		Saturates (g)		Carbohydrates (g)		Sugar (g)		Protein (g)		Fibre (g)		Salt (g)	
	per 100g	per serving	per 100g	per serving	per 100g	per serving	per 100g	per serving	per 100g	per serving	per 100g	per serving	per 100g	per serving	per 100g	per serving	per 100g	per serving
<b>MUFFINS &amp; DOUGHNUTS</b>																		
Blueberry Muffin	1594	1993	381	476	20.7	25.9	2.5	3.1	43.9	54.9	22.2	27.8	4.3	5.4	1.3	1.6	0.4	0.6
Raspberry & White Chocolate Muffin	1644	2055	393	491	21.6	27.0	3.3	4.1	44.8	56.0	24.0	30.0	4.6	5.8	1.0	1.3	0.4	0.6
Banana & Toffee Muffin	1770	2213	423	529	22.1	27.6	3.3	4.1	51.2	64.0	29.8	37.3	4.4	5.5	0.8	1.0	0.6	0.8
Double Chocolate Muffin	1905	2381	455	569	26.3	32.9	5.6	7.0	48.4	60.5	30.8	38.5	5.2	6.5	2.7	3.4	0.4	0.4
Plain Iced Ring Doughnut	1456	641	348	153	14.3	6.3	7.4	3.3	48.6	21.4	30.0	13.2	3.4	1.5	0.0	0.0	0.2	0.1
Vanilla Doughnut	1678	1342	401	321	23.4	18.7	12.7	10.2	42.4	33.9	18.8	15.0	4.6	3.7	1.8	1.4	0.5	0.4
Jam Doughnut	1230	800	294	191	9.7	6.3	3.3	2.1	44.2	28.7	14.7	9.6	6.1	4.0	2.0	1.3	0.9	0.6
<b>COOKIES &amp; PASTRIES</b>																		
Teacake	1207	1026	288	245	3.8	3.2	1.2	1.0	54.7	46.5	26.1	22.2	8.0	6.8	2.2	1.9	0.9	0.7
Sultana Scones	1409	1198	337	286	10.5	8.9	3.8	3.2	56.6	48.1	19.1	16.2	6.1	5.2	1.9	1.6	0.9	0.8
Triple Chocolate Cookies	2038	1467	487	351	24.5	17.6	12.2	8.8	59.9	43.1	43.2	31.1	5.2	3.7	2.9	2.1	0.6	0.4
Milk Chocolate Cookies	2097	1510	501	361	26.1	18.8	13.1	9.4	60.3	43.4	36.1	26.0	5.8	4.2	1.5	1.1	0.8	0.6
Gingerbread Man	1611	806	386	193	8.7	4.4	3.3	1.7	70.5	35.3	37.5	18.8	5.2	2.6	1.3	0.7	0.5	0.3
Ice Cream Sundae Cupcake	1935	1258	462	300	22.9	14.9	8.1	5.3	61.0	39.7	44.2	28.7	2.5	1.6	1.0	0.7	0.5	0.3
Cinnamon Whirl	1856	1578	444	377	26.0	22.1	11.1	9.4	46.5	39.5	18.1	15.4	5.7	4.8	2.2	1.9	0.3	0.3
Egg Custard Tart	1208	785	289	188	12.1	7.9	6.1	4.0	40.3	26.2	23.0	15.0	3.6	2.3	1.7	1.1	0.3	0.2
Croissant	1728	1469	413	351	21.9	18.6	13.9	11.8	44.1	37.5	2.3	2.0	8.9	7.6	6.2	5.3	0.8	0.7
Chocolate Twist	1499	1499	358	358	17.1	17.1	11.4	11.4	42.9	42.9	19.6	19.6	6.8	6.8	2.7	2.7	0.7	0.7
Vanilla Cream Crown	1559	1512	373	362	21.9	21.2	8.9	8.6	37.6	36.5	10.9	10.6	5.6	5.4	2.0	1.9	0.3	0.3