

Nährwerte Food Autumn 2019

Produkt	Portion size	Energiewert (kcal)	Fett (g)	davon gesättigt (g)	Kohlenhydrate (g)	davon Zucker (g)	Ballaststoffe (g)	Eiweiss (g)	Salzgehalt (g)
Product	Portion size	Energy (kcal)	Fat (g)	Sat Fat (g)	Carbs (g)	Sugar (g)	Fibre (g)	Protein(g)	Salt (g)
Butter Croissant	60	255	14	9.0	27	5.3	1.4	5.1	0.35
Pain au Chocolat	70	301	16	10	33	9.7	2.0	5.6	0.36
Chocolate Twist	76	275	12	7.3	36	16	2.3	4.3	0.55
Trio of Pancakes	120	283	6.1	1.0	49	20	1.3	7.7	1.10
Cinnamon Roll	100	386	16	10	54	22	2.1	6.2	0.50
Apple Pie	117	357	15	10.0	50	21		4.0	0.50
Belgian Waffle	115	513	29	15	56	26	1.7	6.2	0.95
New York Cheesecake	146	477	29	18	46	32	0.6	7.3	0.73
Raspberry Cheesecake	142	427	26	16	42	28	0.9	6.4	0.57
Cookies & Cream Cake	147	629	28	10.3	87	71	2.6	6.9	0.85
Carrot Muffin	120	474	27	2.4	49	31	3.4	7.8	0.60
Blueberry Muffin	116	409	19	3.1	53	23	1.3	5.8	0.38
Triple Chocolate Muffin	118	470	25	7.3	54	30	2.1	6.8	0.41
Raspberry Cheesecake Muffin	122	441	24	5.3	49	23	1.7	6.8	0.50
Lemon Loaf Cake	90	352	21	8.8	36	24	1.1	4.3	0.54
Vegan Chocolate & Raspberry Cake	70	256	11	3.2	38	18	1.5	1.5	0.45
Banana Bread	100	381	21	1.8	43	24	1.6	4.7	0.39
Marble Loaf Cake	90	392	24.0	8.9	35	25	2.2	5.6	0.45
Apple Cinnamon Donut	115	473	24	12	55	23	3.6	7.2	0.55
Chocolate Crumble Donut	55	256	16	8.3	24	8.2	1.7	4.1	0.40
Vanilly Donut	76	306	18	7.4	31	14	1.2	4.1	0.41
Triple Chocolate Cookie	80	385	19	12.0	48	31	1.7	4.9	0.24
Warm Choc Chunk Cookie	76	362	18	11	44	25	2.3	4.5	0.08
Warm Salted Caramel Cookie	83	363	14	7.8	55	36	1.7	4.2	0.44
Chocolate Crispy Pop	40	182	8	5.1	25	18.8	1.1	1.76	0.16
Cookies & Cream Brownie	75	360	23	12	33	29	1.9	4.7	0.38
Chocolate Brownie	70	338	22	12	30	27	2.2	4.6	0.36
Dark Chocolate & Hazelnut Bar	55	272	14.0	3.0	27	13	8.0	10.0	0.17
Vegan Berry Bircher	200	288	11	2.2	34	12	8.2	9.4	0.12
Superfood Müsli	175	323	10	2.8	45	22	5.9	11	0.20
House Chicken Salad	245	363	20	1.6	29	5.4	4.6	14	1.2
Italian Roast Veggie & Pasta Salad	250	443	29	1.5	29	1.5	3.9	14	1.0
BBQ Beef Toastie	205	488	16	9	62	5.9	4.5	18	2.20
Hickory Ham & Cheese Toastie	215	561	18	11	75	1.7	5.7	21	2.40
Five Cheese Toastie	185	509	22	13	56	1.4	4.2	20	2.13
Croissant Roll - Bacon & Egg	193	368	14	1.0	47	1.2		10	0.20
Chipotle Chicken Baguette	215	473	18	6.2	53	3.6	3.2	23	2.24
Mozzarella & Grilled Veggie Focaccia	206	519	24	7.0	57	5.3	0.9	16	2.86
Ham & Cheese Ciabatta	227	522	19	12	57	2.2	3.0	29	3.5

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Tomato & Mozzarella Ciabatta	210	477	19	11	59	3.4	3.4	17	2.1
Chicken & Bacon Ciabatta	230	502	19	6.1	59	2.6	3.3	23	2.5
Cream Cheese Bagel	125	396	22	0.5	40	3.6	2.5	8.8	1.13
Pastrami Sandwich	220	438	22	9.2	40	4.4	3.1	20	2.7
Ham & Cheese Croissant	175	588	39	24	34	3.9	1.6	25	2.7