



# NUTRITION & ALLERGEN GUIDE

## NUTRITION INFORMATION – FOOD SUMMER

Produkt	Portionsgrösse	Energiewert (kcal)	Fett (g)	davon gesättigt (g)	Kohlenhydrate (g)	davon Zucker (g)	Ballaststoffe (g)	Eiweiss (g)	Salzgehalt (g)
Butter Croissant	60	255	14	9	27	5.3	1.4	5.1	0.35
Pain au Chocolat	70	301	16	10	33	10	2.0	5.6	0.36
Brioche	55	208	11	6.1	21	0.7	1.2	5.3	0.77
Belgian Waffle	115	513	29	15	56	26	1.7	6.2	0.95
Belgian Waffle	115	520	29	15	58	24	3.3	6.4	0.90
Trio of Pancakes	120	283	6	1.0	49	20	1.3	7.7	1.1
Cookies & Cream Brownie	75	360	23	12	33	29	1.9	4.7	0.38
Chocolate Brownie	70	321	20	11	31	23	2.3	4.0	0.26
Lemon Loaf Cake	90	352	21	8.8	36	24	1.1	4.3	0.54
Marble Loaf Cake	90	392	24	8.9	35	25	2.2	5.6	0.45
Banana Bread	100	381	21	1.8	43	24	1.6	4.7	0.39
Cinnamon Roll	100	386	16	9.5	54	22	2.1	6.2	0.50
Carrot Muffin	120	474	27	2.4	49	31	3.4	7.8	0.60
Triple Chocolate Cookie	80	385	19	12	48	31	1.7	4.9	0.24
Blueberry Muffin	115	407	21	2.9	50	24		6.0	0.61
Triple Chocolate Muffin	130	569	34	8.6	57	40	4.7	7.0	0.80
Raspberry Muffin	115	402	21	2.9	49	23		6.1	0.61
Warm Choc Chunk Cookie	76	362	18	11	44	25	2.3	4.5	0.08
New York Cheesecake	119	432	30	16	33	21	1.2	7.1	0.90
Raspberry Cheesecake	176	625	44	26	48	33	1.8	8.8	1.1

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Vanilly Donut	76	306	18	7.4	31	14	1.2	4.1	0.41
Sugar Donut	48	202	11	4.9	23	7.1	1.0	2.5	0.35
Crème Brûlée Donut	69	315	19	10	34	16	1.0	2.8	0.46
Vegan Strawberry Stack	129	366	24	17	34	26	1.7	2.7	0.46
Vegan Apple Cake	188	314	9	4.5	53	32	3.8	2.8	0.19
Croissant Roll - Bacon & Egg	203	650	44	22.0	39	0.8		25	2.20
Cream Cheese Bagel	125	396	22	0.5	40	3.6	2.5	8.8	1.1
Chipotle Chicken Baguette	215	473	18	6.2	53	3.6	3.2	23	2.2
Mozzarella & Grilled Veggie Focaccia	206	519	24	7.0	57	5.3	0.9	16	2.9
Salmon Bagel	165	373	13	5.4	47	3.8	2.6	17	2.0
Focaccia Italia	125	305	12	5.4	34	1	2.4	14	1.40
Pastrami Sandwich	220	438	22	9.2	40	4.4	3.1	20	2.7
Ham & Cheese Croissant	175	543	36	22	31	3.3	1.6	23	2.6
Italian Roast Veggie & Pasta Salad	250	443	29	1.5	29	1.5	3.9	14	1.0
Ham & Cheese Ciabatta	220	522	19	12	57	2.2	3.0	29	3.5
Tomato & Mozzarella Ciabatta	210	477	19	11	59	3.4	3.4	17	2.1
Ham Sandwich	228	488	23	5	40	2.3	7.3	26	2.8
Kantwurst-Weckerl	152	458	28	13	29	3.3	4.1	20	2.8
Vegan Berry Bircher	240	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