



## Nutrition Information

# Biscuits, Cookies & Crackers

## Almond biscotti

77 Calories per Serving of 15 Grams

	1 Serving 15.0 Grams	Per 100 Grams
Carbohydrates (g)	9.3	62.0
Protein (g)	1.6	10.8
Fat (g)	24.3	24.3
Total Sugar (g)	2.7	17.9
Added Sugar (g)	2.3	15.3
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	1.7	11.4
Unsaturated fat (g)	2.0	13.0
MUFA (g)	1.5	10.2
PUFA (g)	0.4	2.8
Cholesterol (mg)	0.0	0.0
Sodium (mg)	41.3	275.6

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Eggs, Gluten, Dairy, Nuts.

## Chocolate Chip Cookies

111 Calories per Serving of 23 Grams

	1 Serving 23.0 Grams	Per 100 Grams
Carbohydrates (g)	14.7	63.7
Protein (g)	1.5	6.4
Fat (g)	22.5	22.5
Total Sugar (g)	7.0	30.3
Added Sugar (g)	7.0	30.3
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	3.5	15.4
Unsaturated fat (g)	1.6	7.1
MUFA (g)	1.4	6.2
PUFA (g)	0.2	0.1
Cholesterol (mg)	6.6	28.6
Sodium (mg)	59.2	257.5

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Eggs, Gluten, Dairy, Chocolate, contains Soya.

## Pure Butter Palmiers

102 Calories per Serving of 20 Grams

	1 Serving 20.0 Grams	Per 100 Grams
Carbohydrates (g)	13.8	69.0
Protein (g)	1.3	6.6
Fat (g)	23.0	23.0
Total Sugar (g)	5.1	25.7
Added Sugar (g)	4.7	23.3
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	3.6	17.9
Unsaturated fat (g)	1.0	4.9
MUFA (g)	0.8	4.2
PUFA (g)	0.1	0.7
Cholesterol (mg)	0.0	0.0
Sodium (mg)	34.2	170.8

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Gluten, Dairy.

## Double Chocolate Chip Cookies

107 Calories per Serving of 23 Grams

	1 Serving 23.0 Grams	Per 100 Grams
Carbohydrates (g)	14.0	61.0
Protein (g)	1.6	6.8
Fat (g)	21.7	21.7
Total Sugar (g)	7.2	31.4
Added Sugar (g)	7.2	31.4
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	3.4	14.8
Unsaturated fat (g)	1.6	6.9
MUFA (g)	1.4	6.0
PUFA (g)	0.2	0.9
Cholesterol (mg)	7.5	32.8
Sodium (mg)	61.0	265.2

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Egg, Gluten, Dairy, Chocolate contains soya.

# Biscuits, Cookies & Crackers

## Butter Cookies



119 Calories per Serving of 20 Grams

	1 Serving 20.0 Grams	Per 100 Grams
Carbohydrates (g)	8.6	43.0
Protein (g)	2.3	11.3
Fat (g)	42.2	42.2
Total Sugar (g)	3.1	15.3
Added Sugar (g)	3.1	15.3
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	5.4	27.2
Unsaturated fat (g)	3.0	15.0
MUFA (g)	2.4	12.1
PUFA (g)	0.6	2.9
Cholesterol (mg)	28.0	139.8
Sodium (mg)	7.9	39.6

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Gluten, Dairy, Nuts.

## Black Pepper Sour Dough Crackers



46 Calories per Serving of 10 Grams

	1 Serving 10.0 Grams	Per 100 Grams
Carbohydrates (g)	7.0	70.0
Protein (g)	1.1	11.2
Fat (g)	14.4	14.4
Total Sugar (g)	0.3	2.8
Added Sugar (g)	0.1	0.7
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	0.3	3.3
Unsaturated fat (g)	1.6	16.1
MUFA (g)	1.3	13.1
PUFA (g)	0.3	3.0
Cholesterol (mg)	0.0	0.0
Sodium (mg)	64.7	646.6

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Gluten.

## Chocolate Coated Biscuits



110 Calories per Serving of 20 Grams

	1 Serving 20.0 Grams	Per 100 Grams
Carbohydrates (g)	11.8	59.0
Protein (g)	1.4	7.1
Fat (g)	31.5	31.5
Total Sugar (g)	4.3	21.6
Added Sugar (g)	4.3	21.6
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	3.8	19.1
Unsaturated fat (g)	2.5	12.3
MUFA (g)	2.0	10.2
PUFA (g)	0.4	2.1
Cholesterol (mg)	29.4	147.2
Sodium (mg)	41.4	206.8

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Gluten, Dairy, Nuts, Soya.

## Ragi Crackers



40 Calories per Serving of 10 Grams

	1 Serving 10.0 Grams	Per 100 Grams
Carbohydrates (g)	8.1	81.0
Protein (g)	1.2	11.7
Fat (g)	3.7	3.7
Total Sugar (g)	0.3	3.1
Added Sugar (g)	0.0	0.0
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	0.1	0.8
Unsaturated fat (g)	0.3	2.9
MUFA (g)	0.1	1.2
PUFA (g)	0.2	1.7
Cholesterol (mg)	0.0	0.0
Sodium (mg)	106.9	1068.6

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Gluten, Honey.

## French Baguette



149 Calories per Serving of 50 Grams

	1 Serving 50.0 Grams	Per 100 Grams
Carbohydrates (g)	31.0	62.0
Protein (g)	4.5	8.9
Fat (g)	1.4	1.4
Total Sugar (g)	2.1	4.2
Added Sugar (g)	1.1	2.2
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	0.3	0.5
Unsaturated fat (g)	0.5	0.9
MUFA (g)	0.2	0.4
PUFA (g)	0.3	0.5
Cholesterol (mg)	0.0	0.0
Sodium (mg)	20.5	41.0

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Gluten, Soya.

## Multigrain Loaf



160 Calories per Serving of 60 Grams

	1 Serving 60.0 Grams	Per 100 Grams
Carbohydrates (g)	27.3	45.5
Protein (g)	5.3	8.8
Fat (g)	5.5	5.5
Total Sugar (g)	3.2	5.3
Added Sugar (g)	1.5	2.4
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	0.8	1.3
Unsaturated fat (g)	2.5	4.2
MUFA (g)	0.8	1.4
PUFA (g)	1.6	2.8
Cholesterol (mg)	0.0	0.0
Sodium (mg)	251.8	419.7

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Gluten, Soya.

## Wheat Bread Loaf



146 Calories per Serving of 60 Grams

	1 Serving 60.0 Grams	Per 100 Grams
Carbohydrates (g)	29.1	48.5
Protein (g)	4.7	7.9
Fat (g)	2.0	2.0
Total Sugar (g)	3.4	5.6
Added Sugar (g)	1.9	3.1
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	0.6	1.0
Unsaturated fat (g)	0.6	1.0
MUFA (g)	0.3	0.5
PUFA (g)	0.3	0.4
Cholesterol (mg)	0.0	0.0
Sodium (mg)	312.0	520.0

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Gluten, Soya.

## Wheat Sourdough Loaf



159 Calories per Serving of 60 Grams

	1 Serving 60.0 Grams	Per 100 Grams
Carbohydrates (g)	34.0	56.7
Protein (g)	4.5	7.5
Fat (g)	0.9	0.9
Total Sugar (g)	2.6	4.4
Added Sugar (g)	1.4	2.4
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	0.3	0.4
Unsaturated fat (g)	0.3	0.5
MUFA (g)	0.1	0.2
PUFA (g)	0.2	0.3
Cholesterol (mg)	0.0	0.0
Sodium (mg)	344.0	573.4

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Gluten, Soya.

## Eggless Assorted Brownies



Box of 12

270 Calories per Serving of 65 Grams

	1 Serving 65.0 Grams	Per 100 Grams
Carbohydrates (g)	42.3	65.1
Protein (g)	4.5	6.9
Fat (g)	14.2	14.2
Total Sugar (g)	14.6	22.5
Added Sugar (g)	14.6	22.5
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	3.8	5.9
Unsaturated fat (g)	5.4	8.3
MUFA (g)	5.2	8.0
PUFA (g)	0.2	0.3
Cholesterol (mg)	5.4	8.3
Sodium (mg)	111.2	171.1

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Gluten, Dairy, Nuts, Soya.

## Eggless Assorted Brownies



Box of 6

287 Calories per Serving of 65 Grams

	1 Serving 65.0 Grams	Per 100 Grams
Carbohydrates (g)	32.0	49.3
Protein (g)	4.3	6.6
Fat (g)	24.2	24.2
Total Sugar (g)	10.4	15.9
Added Sugar (g)	10.4	15.9
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	10.6	16.3
Unsaturated fat (g)	5.2	7.9
MUFA (g)	3.4	5.3
PUFA (g)	1.7	2.6
Cholesterol (mg)	2.4	3.7
Sodium (mg)	170.3	262.0

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Gluten, Dairy, Nuts, Soya.

## Assorted Brownies



Box of 12

340 Calories per Serving of 65 Grams

	1 Serving 65.0 Grams	Per 100 Grams
Carbohydrates (g)	33.3	51.2
Protein (g)	2.9	4.5
Fat (g)	33.4	33.4
Total Sugar (g)	17.5	26.9
Added Sugar (g)	17.5	26.9
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	10.5	16.2
Unsaturated fat (g)	11.2	17.2
MUFA (g)	8.7	13.4
PUFA (g)	2.5	3.8
Cholesterol (mg)	11.1	17.1
Sodium (mg)	180.0	277.0

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Eggs, Gluten, Dairy, Nuts, Soya.

## Assorted Brownies



Box of 6

318 Calories per Serving of 65 Grams

	1 Serving 65.0 Grams	Per 100 Grams
Carbohydrates (g)	34.4	52.9
Protein (g)	4.1	6.4
Fat (g)	28.1	28.1
Total Sugar (g)	16.9	26.0
Added Sugar (g)	16.9	26.0
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	8.4	13.0
Unsaturated fat (g)	9.8	15.1
MUFA (g)	9.6	14.8
PUFA (g)	0.2	0.3
Cholesterol (mg)	7.2	11.1
Sodium (mg)	177.9	273.6

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Eggs, Gluten, Dairy, Nuts, Soya.

## Eggless Walnut Brownie



254 Calories per Serving of 65 Grams

	1 Serving 65.0 Grams	Per 100 Grams
Carbohydrates (g)	34.8	53.5
Protein (g)	4.1	6.3
Fat (g)	16.9	16.9
Total Sugar (g)	14.2	21.8
Added Sugar (g)	14.2	21.8
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	5.6	8.6
Unsaturated fat (g)	5.4	8.3
MUFA (g)	5.1	7.8
PUFA (g)	0.3	0.5
Cholesterol (mg)	7.6	11.6
Sodium (mg)	110.5	170.0

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Gluten, Dairy, Nuts, Soya.

## Eggless Millionaire Brownie



393 Calories per Serving of 95 Grams

	1 Serving 95.0 Grams	Per 100 Grams
Carbohydrates (g)	48.3	50.9
Protein (g)	5.8	6.1
Fat (g)	20.7	20.7
Total Sugar (g)	24.9	26.2
Added Sugar (g)	24.9	26.2
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	13.4	14.1
Unsaturated fat (g)	6.2	6.6
MUFA (g)	5.4	5.7
PUFA (g)	0.8	0.8
Cholesterol (mg)	2.8	3.0
Sodium (mg)	178.9	188.3

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Gluten, Dairy, Soya.

## Walnut Brownie



278 Calories per Serving of 65 Grams

	1 Serving 65.0 Grams	Per 100 Grams
Carbohydrates (g)	40.0	61.5
Protein (g)	4.5	6.9
Fat (g)	17.1	17.1
Total Sugar (g)	14.0	21.6
Added Sugar (g)	14.0	21.6
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	5.0	7.8
Unsaturated fat (g)	6.0	9.3
MUFA (g)	4.5	7.0
PUFA (g)	1.5	2.3
Cholesterol (mg)	13.0	20.0
Sodium (mg)	181.3	278.9

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Eggs, Gluten, Dairy, Nuts, Soya.

## Millionaire Brownie



431 Calories per Serving of 95 Grams

	1 Serving 95.0 Grams	Per 100 Grams
Carbohydrates (g)	57.6	60.7
Protein (g)	5.8	6.1
Fat (g)	20.7	20.7
Total Sugar (g)	24.7	26.0
Added Sugar (g)	24.7	26.0
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	10.2	10.7
Unsaturated fat (g)	9.5	10.0
MUFA (g)	9.4	9.9
PUFA (g)	0.1	0.1
Cholesterol (mg)	11.8	12.4
Sodium (mg)	192.6	202.7

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Eggs, Gluten, Dairy, Soya.

## Eggless Cookie Brownie



286 Calories per Serving of 70 Grams

	1 Serving 70.0 Grams	Per 100 Grams
Carbohydrates (g)	37.8	54.1
Protein (g)	3.8	5.4
Fat (g)	18.9	18.9
Total Sugar (g)	14.9	21.3
Added Sugar (g)	14.9	21.3
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	6.6	9.5
Unsaturated fat (g)	6.6	9.5
MUFA (g)	5.9	8.4
PUFA (g)	0.7	1.1
Cholesterol (mg)	3.3	4.8
Sodium (mg)	170.8	244.0

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Gluten, Dairy, Soya.

## Eggless Choco Chip Brownie



270 Calories per Serving of 65 Grams

	1 Serving 65.0 Grams	Per 100 Grams
Carbohydrates (g)	35.8	55.0
Protein (g)	4.1	6.3
Fat (g)	18.8	18.8
Total Sugar (g)	14.1	21.7
Added Sugar (g)	14.1	21.7
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	4.2	6.4
Unsaturated fat (g)	8.0	12.4
MUFA (g)	6.0	9.3
PUFA (g)	2.0	3.1
Cholesterol (mg)	3.6	5.5
Sodium (mg)	79.5	122.3

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Gluten, Dairy, Soya.

## Cookie Brownie



299 Calories per Serving of 70 Grams

	1 Serving 70.0 Grams	Per 100 Grams
Carbohydrates (g)	40.1	57.3
Protein (g)	4.6	6.5
Fat (g)	19.1	19.1
Total Sugar (g)	14.3	20.5
Added Sugar (g)	14.3	20.5
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	6.7	9.5
Unsaturated fat (g)	6.7	9.6
MUFA (g)	6.0	8.5
PUFA (g)	0.7	1.0
Cholesterol (mg)	11.5	16.5
Sodium (mg)	221.1	315.9

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Eggs, Gluten, Dairy, Soya.

## Choco Chip Brownie



291 Calories per Serving of 65 Grams

	1 Serving 65.0 Grams	Per 100 Grams
Carbohydrates (g)	40.7	62.6
Protein (g)	4.3	6.6
Fat (g)	19.0	19.0
Total Sugar (g)	17.0	26.1
Added Sugar (g)	17.0	26.1
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	5.0	7.6
Unsaturated fat (g)	7.4	11.3
MUFA (g)	7.3	11.2
PUFA (g)	0.1	0.2
Cholesterol (mg)	3.3	5.1
Sodium (mg)	180.0	276.9

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Eggs, Gluten, Dairy, Soya.

## Eggless Outrageous Brownie



321 Calories per Serving of 65 Grams

	1 Serving 65.0 Grams	Per 100 Grams
Carbohydrates (g)	35.2	54.2
Protein (g)	6.0	9.2
Fat (g)	26.7	26.7
Total Sugar (g)	15.2	23.4
Added Sugar (g)	15.2	23.4
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	6.2	9.5
Unsaturated fat (g)	11.2	17.12
MUFA (g)	7.5	11.6
PUFA (g)	3.6	5.6
Cholesterol (mg)	4.7	7.3
Sodium (mg)	145.4	223.7

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Gluten, Dairy, Nuts, Soya.

## Overload Brownie



330 Calories per Serving of 80 Grams

	1 Serving 80.0 Grams	Per 100 Grams
Carbohydrates (g)	53.3	66.6
Protein (g)	3.6	4.5
Fat (g)	14.3	14.3
Total Sugar (g)	21.6	26.9
Added Sugar (g)	21.6	26.9
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	7.3	9.1
Unsaturated fat (g)	4.1	5.2
MUFA (g)	3.5	4.3
PUFA (g)	0.7	0.9
Cholesterol (mg)	12.1	15.1
Sodium (mg)	196.6	245.7

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Eggs, Gluten, Dairy, Soya.



## Eggless Dutch Truffle Cake



1 Kg

240 Calories per Serving of 65 Grams

	1 Serving 65.0 Grams	Per 100 Grams
Carbohydrates (g)	33.3	51.2
Protein (g)	3.1	4.7
Fat (g)	16.2	16.2
Total Sugar (g)	16.3	25.1
Added Sugar (g)	16.3	25.1
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	5.5	8.4
Unsaturated fat (g)	5.1	7.8
MUFA (g)	3.0	4.6
PUFA (g)	2.0	3.1
Cholesterol (mg)	2.5	3.8
Sodium (mg)	126.3	194.4

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Gluten, Dairy, Soya.

## Eggless Dutch Truffle Cake



1/2 Kg

307 Calories per Serving of 65 Grams

	1 Serving 65.0 Grams	Per 100 Grams
Carbohydrates (g)	17.3	26.5
Protein (g)	2.7	4.1
Fat (g)	38.9	38.9
Total Sugar (g)	12.7	19.6
Added Sugar (g)	12.7	19.6
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	8.8	13.5
Unsaturated fat (g)	16.5	25.4
MUFA (g)	10.4	16.0
PUFA (g)	6.1	9.4
Cholesterol (mg)	0.0	0.0
Sodium (mg)	101.5	156.1

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Gluten, Dairy, Soya.

## Dutch Truffle Cake



1 Kg

224 Calories per Serving of 65 Grams

	1 Serving 65.0 Grams	Per 100 Grams
Carbohydrates (g)	28.7	44.1
Protein (g)	3.3	5.0
Fat (g)	16.4	16.4
Total Sugar (g)	12.8	19.8
Added Sugar (g)	12.8	19.8
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	5.5	8.5
Unsaturated fat (g)	5.1	7.9
MUFA (g)	3.1	4.7
PUFA (g)	2.1	3.2
Cholesterol (mg)	0.0	0.0
Sodium (mg)	54.7	84.1

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Eggs, Gluten, Dairy, Soya.

## Dutch Truffle Cake



1/2 Kg

228 Calories per Serving of 65 Grams

	1 Serving 65.0 Grams	Per 100 Grams
Carbohydrates (g)	29.8	45.9
Protein (g)	3.2	4.9
Fat (g)	16.4	16.4
Total Sugar (g)	13.4	20.6
Added Sugar (g)	13.4	20.6
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	8.2	12.6
Unsaturated fat (g)	7.7	11.8
MUFA (g)	4.6	7.1
PUFA (g)	3.1	4.7
Cholesterol (mg)	31.1	47.8
Sodium (mg)	62.0	95.4

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Eggs, Gluten, Dairy, Soya.

## Eggless Fresh Cream Pineapple Cake



1 Kg

170 Calories per Serving of 65 Grams

	1 Serving 65.0 Grams	Per 100 Grams
Carbohydrates (g)	20.9	32.1
Protein (g)	3.1	4.8
Fat (g)	12.6	12.6
Total Sugar (g)	8.3	12.8
Added Sugar (g)	4.2	6.5
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	5.5	8.5
Unsaturated fat (g)	2.7	4.1
MUFA (g)	2.2	3.4
PUFA (g)	0.5	0.7
Cholesterol (mg)	1.6	2.5
Sodium (mg)	88.7	136.4

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Gluten, Dairy, Nuts, Soya.

## Eggless Fresh Cream Pineapple Cake



1/2 Kg

167 Calories per Serving of 65 Grams

	1 Serving 65.0 Grams	Per 100 Grams
Carbohydrates (g)	19.8	30.4
Protein (g)	3.3	5.2
Fat (g)	12.7	12.7
Total Sugar (g)	9.2	14.1
Added Sugar (g)	5.4	8.4
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	5.6	8.5
Unsaturated fat (g)	2.7	4.2
MUFA (g)	2.2	3.4
PUFA (g)	0.5	0.8
Cholesterol (mg)	0.0	0.0
Sodium (mg)	126.7	195.0

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Gluten, Dairy, Nuts Soya.

## Fresh Cream Pineapple Cake



1 Kg

156 Calories per Serving of 65 Grams

	1 Serving 65.0 Grams	Per 100 Grams
Carbohydrates (g)	17.8	27.4
Protein (g)	2.4	3.8
Fat (g)	12.8	12.8
Total Sugar (g)	9.2	14.2
Added Sugar (g)	5.6	8.6
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	5.6	8.6
Unsaturated fat (g)	2.7	4.2
MUFA (g)	2.2	3.5
PUFA (g)	0.5	0.7
Cholesterol (mg)	20.0	30.8
Sodium (mg)	33.9	52.2

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Eggs, Gluten, Dairy, Nuts.

## Fresh Cream Pineapple Cake



1/2 Kg

166 Calories per Serving of 65 Grams

	1 Serving 65.0 Grams	Per 100 Grams
Carbohydrates (g)	20.0	30.7
Protein (g)	3.0	4.7
Fat (g)	12.7	12.7
Total Sugar (g)	10.4	15.9
Added Sugar (g)	5.9	9.1
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	5.5	8.5
Unsaturated fat (g)	2.7	4.2
MUFA (g)	2.2	3.4
PUFA (g)	0.5	0.7
Cholesterol (mg)	24.7	38.0
Sodium (mg)	40.0	61.6

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Eggs, Gluten, Dairy, Nuts.

## Eggless Red Velvet Cake

1/2 Kg



275 Calories per Serving of 65 Grams

	1 Serving 65.0 Grams	Per 100 Grams
Carbohydrates (g)	33.8	52.0
Protein (g)	2.4	3.6
Fat (g)	22.2	22.2
Total Sugar (g)	14.2	21.9
Added Sugar (g)	14.2	21.9
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	10.7	16.4
Unsaturated fat (g)	3.7	5.7
MUFA (g)	3.6	5.6
PUFA (g)	0.1	0.1
Cholesterol (mg)	11.6	17.9
Sodium (mg)	109.6	168.6

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Gluten, Dairy.

## Eggless Opium Cake

1/2 Kg



246 Calories per Serving of 65 Grams

	1 Serving 65.0 Grams	Per 100 Grams
Carbohydrates (g)	32.5	50.0
Protein (g)	2.6	4.0
Fat (g)	18.1	18.1
Total Sugar (g)	14.0	21.6
Added Sugar (g)	14.0	21.6
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	7.2	11.1
Unsaturated fat (g)	4.6	7.0
MUFA (g)	3.0	4.6
PUFA (g)	1.5	2.4
Cholesterol (mg)	0.0	0.0
Sodium (mg)	107.3	165.1

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Gluten, Dairy, Soya.

## Red Velvet Cake

1/2 Kg



280 Calories per Serving of 65 Grams

	1 Serving 65.0 Grams	Per 100 Grams
Carbohydrates (g)	31.7	48.7
Protein (g)	2.0	3.1
Fat (g)	24.9	24.9
Total Sugar (g)	15.3	23.6
Added Sugar (g)	15.3	23.6
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	11.0	16.9
Unsaturated fat (g)	5.2	7.9
MUFA (g)	3.0	4.6
PUFA (g)	2.2	3.3
Cholesterol (mg)	0.0	0.0
Sodium (mg)	127.3	195.8

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Eggs, Gluten, Dairy.

## Opium Cake

1/2 Kg



280 Calories per Serving of 65 Grams

	1 Serving 65.0 Grams	Per 100 Grams
Carbohydrates (g)	26.7	41.1
Protein (g)	3.6	5.5
Fat (g)	27.1	27.1
Total Sugar (g)	13.7	21.1
Added Sugar (g)	13.7	21.1
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	10.7	16.5
Unsaturated fat (g)	6.9	10.6
MUFA (g)	5.2	8.0
PUFA (g)	1.7	2.6
Cholesterol (mg)	6.3	9.7
Sodium (mg)	54.1	83.2

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Eggs, Gluten, Dairy, Soya.

## Chocoholic Cake

1/2 Kg



259 Calories per Serving of 65 Grams

	1 Serving 65.0 Grams	Per 100 Grams
Carbohydrates (g)	20.6	31.8
Protein (g)	2.5	3.9
Fat (g)	28.4	28.4
Total Sugar (g)	11.2	17.2
Added Sugar (g)	11.2	17.2
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	12.3	18.9
Unsaturated fat (g)	6.1	9.5
MUFA (g)	5.1	7.8
PUFA (g)	1.1	1.7
Cholesterol (mg)	12.5	19.3
Sodium (mg)	42.7	65.7

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Gluten, Dairy, Soya.

## New York Style Baked Cheesecake

1/2 Kg



204 Calories per Serving of 65 Grams

	1 Serving 65.0 Grams	Per 100 Grams
Carbohydrates (g)	25.0	38.4
Protein (g)	4.5	7.0
Fat (g)	14.6	14.6
Total Sugar (g)	9.6	14.7
Added Sugar (g)	9.6	14.7
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	4.7	7.2
Unsaturated fat (g)	2.0	3.1
MUFA (g)	1.8	2.7
PUFA (g)	0.3	0.4
Cholesterol (mg)	34.0	52.3
Sodium (mg)	117.5	180.7

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Eggs, Gluten, Dairy.

## Hazelnut Praline Mousse Cake

1/2 Kg



258 Calories per Serving of 65 Grams

	1 Serving 65.0 Grams	Per 100 Grams
Carbohydrates (g)	26.5	40.8
Protein (g)	4.1	6.2
Fat (g)	23.1	23.1
Total Sugar (g)	12.9	19.9
Added Sugar (g)	12.9	19.9
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	8.4	12.9
Unsaturated fat (g)	6.7	10.2
MUFA (g)	5.7	8.7
PUFA (g)	1.0	1.5
Cholesterol (mg)	8.1	12.5
Sodium (mg)	40.1	61.8

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Gluten, Dairy, Nuts, Soya.

## Almond Rocks

250 g



282 Calories per Serving of 50 Grams

	1 Serving 50.0 Grams	Per 100 Grams
Carbohydrates (g)	24.0	48.0
Protein (g)	5.4	10.8
Fat (g)	36.5	36.5
Total Sugar (g)	14.2	28.3
Added Sugar (g)	12.8	25.6
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	7.2	14.4
Unsaturated fat (g)	11.0	22.1
MUFA (g)	8.7	17.4
PUFA (g)	2.3	4.6
Cholesterol (mg)	2.6	5.1
Sodium (mg)	21.6	43.3

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Nuts, Soya.

## Almond Rocks

500 g



282 Calories per Serving of 50 Grams

	1 Serving 50.0 Grams	Per 100 Grams
Carbohydrates (g)	24.0	48.0
Protein (g)	5.4	10.8
Fat (g)	36.5	36.5
Total Sugar (g)	14.2	28.3
Added Sugar (g)	12.8	25.6
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	7.2	14.4
Unsaturated fat (g)	11.0	22.1
MUFA (g)	8.7	17.4
PUFA (g)	2.3	4.6
Cholesterol (mg)	2.6	5.1
Sodium (mg)	21.6	43.3

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Nuts, Soya.

# Croissants & Danishes

## Pain Au Chocolat



372 Calories per Serving of 80 Grams

	1 Serving 80.0 Grams	Per 100 Grams
Carbohydrates (g)	39.6	49.6
Protein (g)	4.9	6.1
Fat (g)	26.9	26.9
Total Sugar (g)	12.5	15.7
Added Sugar (g)	12.5	15.7
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	14.7	18.3
Unsaturated fat (g)	6.8	8.5
MUFA (g)	5.9	7.3
PUFA (g)	1.0	1.2
Cholesterol (mg)	0.0	0.0
Sodium (mg)	309.3	386.6

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Gluten, Dairy, Soya.

## Butter Croissant



362 Calories per Serving of 80 Grams

	1 Serving 80.0 Grams	Per 100 Grams
Carbohydrates (g)	35.1	43.9
Protein (g)	5.4	6.7
Fat (g)	27.7	27.7
Total Sugar (g)	5.0	6.3
Added Sugar (g)	5.0	6.3
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	16.0	20.0
Unsaturated fat (g)	5.8	7.2
MUFA (g)	5.2	6.4
PUFA (g)	0.6	0.8
Cholesterol (mg)	31.2	39.0
Sodium (mg)	473.0	591.2

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Gluten, Dairy, Soya.

# Desserts & Cupcakes

## Banoffee High

496 Calories per Serving of 160 Grams

	1 Serving 160.0 Grams	Per 100 Grams
Carbohydrates (g)	63.3	39.6
Protein (g)	8.7	5.4
Fat (g)	14.5	14.5
Total Sugar (g)	25.1	15.7
Added Sugar (g)	8.8	5.5
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	15.0	9.4
Unsaturated fat (g)	8.1	5.1
MUFA (g)	6.2	3.9
PUFA (g)	1.9	1.2
Cholesterol (mg)	14.4	9.0
Sodium (mg)	361.1	225.7

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Eggs, Gluten, Dairy.

## Lemon Tart

539 Calories per Serving of 120 Grams

	1 Serving 120.0 Grams	Per 100 Grams
Carbohydrates (g)	41.3	34.4
Protein (g)	6.8	5.6
Fat (g)	32.1	32.1
Total Sugar (g)	15.2	12.7
Added Sugar (g)	15.2	12.7
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	23.4	19.5
Unsaturated fat (g)	15.1	12.6
MUFA (g)	11.3	9.5
PUFA (g)	3.7	3.1
Cholesterol (mg)	19.6	16.4
Sodium (mg)	278.7	232.3

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Eggs, Gluten, Dairy, Soya.

## Chocolate Mousse Cup

370 Calories per Serving of 100 Grams

	1 Serving 100.0 Grams	Per 100 Grams
Carbohydrates (g)	33.3	33.3
Protein (g)	2.9	2.9
Fat (g)	25.0	25.0
Total Sugar (g)	17.1	17.1
Added Sugar (g)	17.1	17.1
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	17.5	17.5
Unsaturated fat (g)	7.5	7.5
MUFA (g)	6.4	6.4
PUFA (g)	1.1	1.1
Cholesterol (mg)	29.1	29.1
Sodium (mg)	24.5	24.5

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Dairy, Soya.

## Chocolate Tart

527 Calories per Serving of 120 Grams

	1 Serving 120.0 Grams	Per 100 Grams
Carbohydrates (g)	59.2	49.3
Protein (g)	6.2	5.2
Fat (g)	24.6	24.6
Total Sugar (g)	18.1	15.1
Added Sugar (g)	18.1	15.1
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	18.9	15.8
Unsaturated fat (g)	10.7	8.9
MUFA (g)	8.9	7.4
PUFA (g)	1.8	1.5
Cholesterol (mg)	10.0	8.3
Sodium (mg)	224.6	187.2

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Gluten, Dairy, Soya.

# Desserts & Cupcakes

## Chocolate Cupcake

361 Calories per Serving of 85 Grams

	1 Serving 85.0 Grams	Per 100 Grams
Carbohydrates (g)	48.9	57.5
Protein (g)	3.6	4.2
Fat (g)	19.8	19.8
Total Sugar (g)	21.1	24.8
Added Sugar (g)	21.1	24.8
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	12.2	14.4
Unsaturated fat (g)	4.6	5.4
MUFA (g)	3.8	4.5
PUFA (g)	0.8	0.9
Cholesterol (mg)	9.2	10.8
Sodium (mg)	63.8	75.0

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Eggs, Gluten, Dairy, Soya.

## Red Velvet Cupcake

341 Calories per Serving of 85 Grams

	1 Serving 85.0 Grams	Per 100 Grams
Carbohydrates (g)	47.4	55.8
Protein (g)	3.7	4.3
Fat (g)	17.9	17.9
Total Sugar (g)	19.1	22.4
Added Sugar (g)	19.1	22.4
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	10.7	12.6
Unsaturated fat (g)	4.5	5.2
MUFA (g)	4.0	4.7
PUFA (g)	0.5	0.6
Cholesterol (mg)	6.4	7.5
Sodium (mg)	184.1	216.6

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Eggs, Gluten, Dairy.

## Chocolate & Hazelnut Cupcake

415 Calories per Serving of 85 Grams

	1 Serving 85.0 Grams	Per 100 Grams
Carbohydrates (g)	35.3	41.5
Protein (g)	5.7	6.8
Fat (g)	32.9	32.9
Total Sugar (g)	16.9	19.8
Added Sugar (g)	16.9	19.8
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	16.0	18.8
Unsaturated fat (g)	11.9	14.0
MUFA (g)	10.5	12.3
PUFA (g)	1.5	1.7
Cholesterol (mg)	43.8	51.5
Sodium (mg)	185.6	218.3

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Eggs, Gluten, Dairy, Nuts, Soya.

## Vanilla & Blueberry Cupcake

367 Calories per Serving of 85 Grams

	1 Serving 85.0 Grams	Per 100 Grams
Carbohydrates (g)	39.0	45.9
Protein (g)	4.0	4.7
Fat (g)	25.5	25.5
Total Sugar (g)	16.9	19.8
Added Sugar (g)	12.8	15.1
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	15.0	17.7
Unsaturated fat (g)	6.7	7.9
MUFA (g)	5.9	6.9
PUFA (g)	0.8	0.9
Cholesterol (mg)	17.3	20.4
Sodium (mg)	184.3	216.8

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Eggs, Gluten, Dairy, Soya.



# Desserts & Cupcakes

## Assorted Cupcakes

Box of 4



362 Calories per Serving of 85 Grams

	1 Serving 85.0 Grams	Per 100 Grams
Carbohydrates (g)	43.7	51.4
Protein (g)	4.3	5.1
Fat (g)	22.2	22.2
Total Sugar (g)	22.0	25.9
Added Sugar (g)	22.0	25.9
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	13.6	16.0
Unsaturated fat (g)	5.2	6.2
MUFA (g)	4.5	5.2
PUFA (g)	0.8	0.9
Cholesterol (mg)	25.1	29.6
Sodium (mg)	187.4	220.4

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Eggs, Gluten, Dairy, Nuts, Soya.

## Eggless Assorted Pastries

Box of 4



353 Calories per Serving of 100 Grams

	1 Serving 100.0 Grams	Per 100 Grams
Carbohydrates (g)	46.7	46.7
Protein (g)	3.7	3.7
Fat (g)	16.8	16.8
Total Sugar (g)	20.7	20.7
Added Sugar (g)	20.7	20.7
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	11.8	11.8
Unsaturated fat (g)	5.0	5.0
MUFA (g)	3.3	3.3
PUFA (g)	1.7	1.7
Cholesterol (mg)	18.1	18.1
Sodium (mg)	182.3	182.3

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Gluten, Dairy, Soya.

## Chocoholic Pastry



431 Calories per Serving of 100 Grams

	1 Serving 100.0 Grams	Per 100 Grams
Carbohydrates (g)	30.3	30.3
Protein (g)	5.4	5.4
Fat (g)	32.0	32.0
Total Sugar (g)	22.1	22.1
Added Sugar (g)	22.1	22.1
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	22.5	22.5
Unsaturated fat (g)	9.5	9.5
MUFA (g)	6.6	6.6
PUFA (g)	2.9	2.9
Cholesterol (mg)	5.2	5.2
Sodium (mg)	126.8	126.8

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Gluten, Dairy, Soya.

## Assorted Pastries

Box of 4



384 Calories per Serving of 100 Grams

	1 Serving 100.0 Grams	Per 100 Grams
Carbohydrates (g)	40.8	40.8
Protein (g)	4.2	4.2
Fat (g)	22.7	22.7
Total Sugar (g)	21.7	21.7
Added Sugar (g)	21.7	21.7
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	14.9	14.9
Unsaturated fat (g)	7.8	7.8
MUFA (g)	4.9	4.9
PUFA (g)	2.9	2.9
Cholesterol (mg)	88.3	88.3
Sodium (mg)	93.9	93.9

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Eggs, Gluten, Dairy, Soya.

## New York Style Baked Cheesecake Pastry



277 Calories per Serving of 100 Grams

	1 Serving 100.0 Grams	Per 100 Grams
Carbohydrates (g)	39.0	39.0
Protein (g)	6.9	6.9
Fat (g)	10.3	10.3
Total Sugar (g)	15.3	15.3
Added Sugar (g)	0.0	0.0
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	7.8	7.8
Unsaturated fat (g)	6.9	6.9
MUFA (g)	6.1	6.1
PUFA (g)	0.7	0.7
Cholesterol (mg)	31.9	31.9
Sodium (mg)	180.3	180.3

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Eggs, Gluten, Dairy.

## Eggless Fresh Cream Pineapple Pastry



249 Calories per Serving of 100 Grams

	1 Serving 100.0 Grams	Per 100 Grams
Carbohydrates (g)	30.0	30.0
Protein (g)	2.9	2.9
Fat (g)	13.1	13.1
Total Sugar (g)	16.8	16.8
Added Sugar (g)	10.4	10.4
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	9.4	9.4
Unsaturated fat (g)	3.6	3.6
MUFA (g)	2.7	2.7
PUFA (g)	0.9	0.9
Cholesterol (mg)	4.7	4.7
Sodium (mg)	153.2	153.2

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Gluten, Dairy.

## Eggless Red Velvet Pastry



423 Calories per Serving of 100 Grams

	1 Serving 100.0 Grams	Per 100 Grams
Carbohydrates (g)	47.6	47.6
Protein (g)	4.2	4.2
Fat (g)	24.0	24.0
Total Sugar (g)	30.7	30.7
Added Sugar (g)	30.7	30.7
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	19.7	19.7
Unsaturated fat (g)	4.3	4.3
MUFA (g)	3.7	3.7
PUFA (g)	0.6	0.6
Cholesterol (mg)	21.3	21.3
Sodium (mg)	282.1	282.1

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Gluten, Dairy.

## Fresh Cream Pineapple Pastry



316 Calories per Serving of 100 Grams

	1 Serving 100.0 Grams	Per 100 Grams
Carbohydrates (g)	23.1	23.1
Protein (g)	4.0	4.0
Fat (g)	23.1	23.1
Total Sugar (g)	16.8	16.8
Added Sugar (g)	10.4	10.4
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	11.5	11.5
Unsaturated fat (g)	11.6	11.6
MUFA (g)	10.3	10.3
PUFA (g)	1.3	1.3
Cholesterol (mg)	5.4	5.4
Sodium (mg)	104.8	104.8

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Gluten, Dairy.

## Red Velvet Pastry



464 Calories per Serving of 100 Grams

	1 Serving 100.0 Grams	Per 100 Grams
Carbohydrates (g)	47.2	47.2
Protein (g)	3.6	3.6
Fat (g)	29.0	29.0
Total Sugar (g)	32.0	32.0
Added Sugar (g)	32.0	32.0
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	17.7	17.7
Unsaturated fat (g)	11.3	11.3
MUFA (g)	7.4	7.4
PUFA (g)	3.9	3.9
Cholesterol (mg)	7.3	7.3
Sodium (mg)	226.3	226.3

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Eggs, Gluten, Dairy.

## Eggless Dutch Truffle Pastry



371 Calories per Serving of 100 Grams

	1 Serving 100.0 Grams	Per 100 Grams
Carbohydrates (g)	46.0	46.0
Protein (g)	4.5	4.5
Fat (g)	18.8	18.8
Total Sugar (g)	20.6	20.6
Added Sugar (g)	20.6	20.6
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	11.5	11.5
Unsaturated fat (g)	7.3	7.3
MUFA (g)	4.6	4.6
PUFA (g)	2.7	2.7
Cholesterol (mg)	2.7	2.7
Sodium (mg)	201.2	201.2

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Gluten, Dairy, Soya.

## Eggless Opium Pastry



357 Calories per Serving of 100 Grams

	1 Serving 100.0 Grams	Per 100 Grams
Carbohydrates (g)	47.7	47.7
Protein (g)	3.4	3.4
Fat (g)	17.0	17.0
Total Sugar (g)	24.7	24.7
Added Sugar (g)	24.7	24.7
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	6.8	6.8
Unsaturated fat (g)	10.2	10.2
MUFA (g)	7.2	7.2
PUFA (g)	3.0	3.0
Cholesterol (mg)	0.0	0.0
Sodium (mg)	153.4	153.4

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Gluten, Dairy, Soya.

## Dutch Truffle Pastry



426 Calories per Serving of 100 Grams

	1 Serving 100.0 Grams	Per 100 Grams
Carbohydrates (g)	42.7	42.7
Protein (g)	5.9	5.9
Fat (g)	25.8	25.8
Total Sugar (g)	20.5	20.5
Added Sugar (g)	20.5	20.5
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	16.5	16.5
Unsaturated fat (g)	9.3	9.3
MUFA (g)	7.2	7.2
PUFA (g)	2.0	2.0
Cholesterol (mg)	5.7	5.7
Sodium (mg)	71.2	71.2

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Eggs, Gluten, Dairy, Soya.

## Opium Pastry



416 Calories per Serving of 100 Grams

	1 Serving 100.0 Grams	Per 100 Grams
Carbohydrates (g)	39.5	39.5
Protein (g)	3.8	3.8
Fat (g)	26.9	26.9
Total Sugar (g)	26.1	26.1
Added Sugar (g)	26.1	26.1
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	17.6	17.6
Unsaturated fat (g)	9.3	9.3
MUFA (g)	7.7	7.7
PUFA (g)	1.6	1.6
Cholesterol (mg)	9.7	9.7
Sodium (mg)	78.2	78.2

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Eggs, Gluten, Dairy, Soya.

## Hazelnut Praline Mousse Pastry



449 Calories per Serving of 100 Grams

	1 Serving 100.0 Grams	Per 100 Grams
Carbohydrates (g)	48.2	48.2
Protein (g)	6.5	6.5
Fat (g)	25.6	25.6
Total Sugar (g)	24.4	24.4
Added Sugar (g)	24.4	24.4
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	9.0	9.0
Unsaturated fat (g)	16.5	16.5
MUFA (g)	14.8	14.8
PUFA (g)	1.7	1.7
Cholesterol (mg)	0.0	0.0
Sodium (mg)	64.5	64.5

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Gluten, Dairy, Soya.

## Devils Mousse Pastry



454 Calories per Serving of 100 Grams

	1 Serving 100.0 Grams	Per 100 Grams
Carbohydrates (g)	55.6	55.6
Protein (g)	10.2	10.2
Fat (g)	21.2	21.2
Total Sugar (g)	20.5	20.5
Added Sugar (g)	20.5	20.5
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	9.8	9.8
Unsaturated fat (g)	11.3	11.3
MUFA (g)	10.2	10.2
PUFA (g)	1.1	1.1
Cholesterol (mg)	7.5	7.5
Sodium (mg)	120.4	120.4

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Eggs, Dairy, Soya.

# Sandwiches & Rolls

## Spinach Corn & Cheese Sandwich



615 Calories per Serving of 250 Grams

	1 Serving 250.0 Grams	Per 100 Grams
Carbohydrates (g)	77.0	30.8
Protein (g)	20.5	8.2
Fat (g)	9.9	9.9
Total Sugar (g)	8.5	3.4
Added Sugar (g)	0.0	0.0
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	16.4	6.6
Unsaturated fat (g)	8.6	3.4
MUFA (g)	5.6	2.3
PUFA (g)	2.9	1.2
Cholesterol (mg)	28.8	11.5
Sodium (mg)	1354.5	541.8

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Gluten, Dairy, Soya.

## Egg & Mayo Sandwich



642 Calories per Serving of 200 Grams

	1 Serving 200 Grams	Per 100 Grams
Carbohydrates (g)	54.0	27.0
Protein (g)	14.8	7.4
Fat (g)	20.4	20.4
Total Sugar (g)	7.4	3.7
Added Sugar (g)	0.0	0.0
Trans Fat (g)	0.2	0.2
Saturated Fat (g)	15.0	7.5
Unsaturated fat (g)	25.8	12.9
MUFA (g)	11.4	5.7
PUFA (g)	14.4	7.2
Cholesterol (mg)	360.0	180.0
Sodium (mg)	682.0	341.0

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Eggs, Gluten, Dairy, Mustard.

## Rosted Chicken & Mustard Sandwich



710 Calories per Serving of 250 Grams

	1 Serving 250.0 Grams	Per 100 Grams
Carbohydrates (g)	73.5	29.4
Protein (g)	24.5	9.8
Fat (g)	14.2	14.2
Total Sugar (g)	8.8	3.5
Added Sugar (g)	0.0	0.0
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	12.7	5.1
Unsaturated fat (g)	22.8	9.1
MUFA (g)	9.3	3.7
PUFA (g)	13.5	5.4
Cholesterol (mg)	48.3	19.3
Sodium (mg)	677.5	271.0

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Eggs, Gluten, Dairy, Soya, Mustard.

## Chicken Mayonnaise Roll



682 Calories per Serving of 190 Grams

	1 Serving 190.0 Grams	Per 100 Grams
Carbohydrates (g)	48.3	25.4
Protein (g)	20.5	10.8
Fat (g)	23.8	23.8
Total Sugar (g)	7.2	3.8
Added Sugar (g)	0.0	0.0
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	6.2	3.3
Unsaturated fat (g)	39.0	20.5
MUFA (g)	13.8	7.3
PUFA (g)	25.3	13.3
Cholesterol (mg)	60.2	31.7
Sodium (mg)	818.9	431.0

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Gluten, Dairy, Soya, Mustard.

# Sandwiches & Rolls

## Paneer Jungle Roll



407 Calories per Serving of 190 Grams

	1 Serving 190 Grams	Per 100 Grams
Carbohydrates (g)	63.5	33.4
Protein (g)	18.2	9.6
Fat (g)	4.7	4.7
Total Sugar (g)	6.7	3.5
Added Sugar (g)	0.0	0.0
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	4.8	2.5
Unsaturated fat (g)	4.0	2.1
MUFA (g)	2.2	1.1
PUFA (g)	1.8	1.0
Cholesterol (mg)	11.4	6.0
Sodium (mg)	652.1	343.2

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Gluten, Dairy, Soya.

# Puff & Quiches

## Quiche Veg



408 Calories per Serving of 150 Grams

	1 Serving 150.0 Grams	Per 100 Grams
Carbohydrates (g)	25.4	16.9
Protein (g)	13.1	8.7
Fat (g)	18.8	18.8
Total Sugar (g)	7.3	4.9
Added Sugar (g)	4.0	2.7
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	19.5	13.9
Unsaturated fat (g)	8.8	5.8
MUFA (g)	7.5	5.0
PUFA (g)	1.2	0.8
Cholesterol (mg)	0.0	0.0
Sodium (mg)	658.2	438.8

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Gluten, Dairy.

## Curried Veg Puff



248 Calories per Serving of 65 Grams

	1 Serving 65 Grams	Per 100 Grams
Carbohydrates (g)	18.5	28.5
Protein (g)	4.9	7.6
Fat (g)	26.4	26.4
Total Sugar (g)	3.0	4.7
Added Sugar (g)	1.6	2.5
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	11.3	17.4
Unsaturated fat (g)	5.9	9.0
MUFA (g)	4.0	6.1
PUFA (g)	1.9	2.9
Cholesterol (mg)	0.0	0.0
Sodium (mg)	417.3	641.9

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Gluten, Dairy.

## Quiche Non-Veg



539 Calories per Serving of 150 Grams

	1 Serving 150.0 Grams	Per 100 Grams
Carbohydrates (g)	27.0	18.0
Protein (g)	19.3	12.9
Fat (g)	26.2	26.2
Total Sugar (g)	7.3	4.9
Added Sugar (g)	3.5	2.3
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	25.0	16.7
Unsaturated fat (g)	14.3	9.6
MUFA (g)	11.4	7.6
PUFA (g)	3.0	2.0
Cholesterol (mg)	7.8	5.2
Sodium (mg)	929.8	619.9

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Eggs, Gluten, Dairy.

## Chicken & Cheese Pasty



265 Calories per Serving of 65 Grams

	1 Serving 65.0 Grams	Per 100 Grams
Carbohydrates (g)	17.3	26.6
Protein (g)	9.5	14.6
Fat (g)	26.9	26.9
Total Sugar (g)	3.2	4.9
Added Sugar (g)	1.6	2.5
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	11.0	16.9
Unsaturated fat (g)	6.5	10.0
MUFA (g)	5.1	7.9
PUFA (g)	1.4	2.1
Cholesterol (mg)	7.6	11.7
Sodium (mg)	392.7	604.2

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Eggs, Gluten, Dairy.



## Banana Cake



177 Calories per Serving of 50 Grams

	1 Serving 50.0 Grams	Per 100 Grams
Carbohydrates (g)	23.3	46.5
Protein (g)	2.6	5.2
Fat (g)	16.3	16.3
Total Sugar (g)	7.9	15.7
Added Sugar (g)	7.9	15.7
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	3.4	6.7
Unsaturated fat (g)	4.8	9.6
MUFA (g)	2.9	5.8
PUFA (g)	1.9	3.8
Cholesterol (mg)	24.9	49.7
Sodium (mg)	121.8	243.7

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Eggs, Dairy, Gluten.

## Eggless Dense Loaf



203 Calories per Serving of 50 Grams

	1 Serving 50.0 Grams	Per 100 Grams
Carbohydrates (g)	25.8	51.5
Protein (g)	2.3	4.6
Fat (g)	20.2	20.2
Total Sugar (g)	9.8	19.5
Added Sugar (g)	9.8	19.5
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	7.2	14.3
Unsaturated fat (g)	2.9	5.9
MUFA (g)	2.6	5.2
PUFA (g)	0.3	0.7
Cholesterol (mg)	16.7	33.4
Sodium (mg)	97.8	195.5

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Gluten, Dairy, Soya.

## Dense Loaf



203 Calories per Serving of 50 Grams

	1 Serving 50.0 Grams	Per 100 Grams
Carbohydrates (g)	25.8	51.5
Protein (g)	2.3	4.6
Fat (g)	20.2	20.2
Total Sugar (g)	9.8	19.5
Added Sugar (g)	9.8	19.5
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	7.2	14.3
Unsaturated fat (g)	2.9	5.9
MUFA (g)	2.6	5.2
PUFA (g)	0.3	0.7
Cholesterol (mg)	16.7	33.4
Sodium (mg)	97.8	195.5

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Eggs, Gluten, Dairy, Soya.

## Pound Cake



198 Calories per Serving of 50 Grams

	1 Serving 50.0 Grams	Per 100 Grams
Carbohydrates (g)	21.5	43.0
Protein (g)	2.8	5.6
Fat (g)	22.4	22.4
Total Sugar (g)	8.4	16.7
Added Sugar (g)	8.4	16.7
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	8.0	15.9
Unsaturated fat (g)	3.2	6.4
MUFA (g)	2.8	5.6
PUFA (g)	0.4	0.8
Cholesterol (mg)	33.0	66.1
Sodium (mg)	108.2	216.3

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Eggs, Gluten, Dairy.

## Mava Cake



205 Calories per Serving of 50 Grams

	1 Serving 50.0 Grams	Per 100 Grams
Carbohydrates (g)	20.9	41.8
Protein (g)	4.2	8.3
Fat (g)	23.1	23.1
Total Sugar (g)	9.7	19.3
Added Sugar (g)	6.4	12.7
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	8.0	15.9
Unsaturated fat (g)	3.6	7.2
MUFA (g)	2.8	5.6
PUFA (g)	0.8	1.6
Cholesterol (mg)	26.0	51.9
Sodium (mg)	106.8	321.5

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Eggs, Gluten, Dairy.

## Eggless Mava Cake



192 Calories per Serving of 50 Grams

	1 Serving 50.0 Grams	Per 100 Grams
Carbohydrates (g)	20.9	41.9
Protein (g)	5.1	10.2
Fat (g)	19.4	19.4
Total Sugar (g)	9.8	19.5
Added Sugar (g)	6.8	13.7
Trans Fat (g)	0.1	0.1
Saturated Fat (g)	6.9	13.8
Unsaturated fat (g)	2.8	5.5
MUFA (g)	2.1	4.3
PUFA (g)	0.6	1.2
Cholesterol (mg)	9.4	18.8
Sodium (mg)	126.8	253.7

Based on 2000 Kcal Energy requirements for average adult per day, however, calorie needs may vary.

**ALLERGEN DETAILS:** Gluten, Dairy.