



Bakery Nutrition Facts

Product		Energy (kJ)	Energy (Kcal)	Fat (g)	Sat Fat (g)	Carb (g)	Sugar (g)	Fiber (g)	Protein (g)	Sodium (mg)
Bakery										
Plain Bagel	1 bagel	1213	290	1	0	62	5	3	12	540
Everything Bagel	1 bagel	1213	290	4	0	58	7	8	12	500
Corn Bagel	1 bagel	1213	290	4	0	58	7	8	12	500
New York Bagel	1 bagel	1213	290	4	0	58	7	8	12	500
Sesame Bagel	1 bagel	1297	310	2,5	0,5	61	5	3	12	450
Croissant	1 croissant	1172	280	14	9	31	5	3	7	290
Cranberry & Yoghurt Muffin	1 muffin	1590	380	20	4	45	24	1	6	450
Chocolate Extreme Muffin	1 muffin	1841	440	25	7	46	21	3	6	250
Caramel Pecan Muffin	1 muffin	1966	470	30	5	42	20	2	7	560
Triple Chocolate Cookie	1 cookie	1046	250	13	7	31	20	2	2	140
Chocolate Cookie	1 cookie	920	220	13	7	31	20	2	2	140
Raspberry & White Cookie	1 cookie	920	220	7	3,5	35	22	1	2	140

