



Nutritional Booklet



CBTL Nutritional Booklet

Welcome to CBTL, your urban oasis for refreshment and well-being. We understand that what you consume matters, which is why we've prepared this guide to help you navigate our menu with clarity and confidence. From invigorating coffees to wholesome bites, discover the nutritional details that empower you to make choices aligned with your lifestyle. Enjoy the moment, fuel your day, and thrive with every delicious selection.



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1. Californian Egg.

 Californian Egg	Energy	Protein	Fat	Carbohydrate	Sugar	Saturated Fat	trans fat	Sodium (mg)	Dietary Fiber
	kcal	g	g	g	g	g	g	mg	g
Value per 100 g	141.5	6.4	7.3	12.6	1.2	2.5	0.1	589.6	0.7
Per Serving (326.5g)	467.1	21.0	24.1	41.5	4.0	8.4	0.2	1945.7	2.3

Per serve Percentage contribution to Recommended Dietary Allowance for Average Adult	% contribution per (100 g)	% contribution per serving (350 g)	Rec Dietary allowance		Allergen Info: Contains	Gluten	Milk	Egg
	7.1	23.4	2000	Energy				
	10.9	36.0	67	Total Fat				
	11.5	38.0	22	Sat. Fat				
	3.7	12.1	2	Trans Fat				
	2.4	8.1	50	Add Sugar				
	29.5	97.3	2000	sodium				

2. Avacado Toast

Avacado Toast 	Energy	Protein	Fat	Carbohydrate	Sugar	Saturated Fat	trans fat	Sodium (mg)	Dietary Fiber
	kcal	g	g	g	g	g	g	mg	g
Value per 100 g	213.4	3.9	14.2	17.4	0.4	2.2	0.0	196.5	4.9
Per Serving (350g)	746.8	13.7	49.8	60.8	1.6	7.6	0.0	687.7	17.1



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Per serve Percentage contribution to Recommended Dietary Allowance for Average Adult	% contribution per (100 g)	% contribution per serving (350 g)	Rec Dietary allowance		Allergen Info: Contains	Gluten			
	10.7	37.3	2000	Energy					
	21.3	74.4	67	Total Fat					
	9.9	34.5	22	Sat. Fat					
	0.0	0.0	2	Trans Fat					
	0.9	3.1	50	Add Sugar					
	9.8	34.4	2000	sodium					

3. Truffle Mushroom Toast

Nutrition Information									
Truffle Mushroom Toast 	Energy	Protein	Fat	Carbohydrate	Sugar	Saturated Fat	trans fat	Sodium (mg)	Dietary Fiber
	kcal	g	g	g	g	g	g	mg	g
Value per 100 g	160.5	5.7	8.1	16.3	0.4	1.7	0.0	232.6	1.8
Per Serving (350g)	561.6	20.0	28.2	56.9	1.4	6.0	0.0	814.2	6.4



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Per serve Percentage contribution to Recommended Dietary Allowance for Average Adult	% contribution on per (100 g)	% contribution per serving (350 g)	Rec Dietary allowance		Allergen Info: Contains	Gluten	Milk		
	8.0	28.1	2000	Energy					
	12.0	42.1	67	Total Fat					
	7.8	27.3	22	Sat. Fat					
	0.0	0.0	2	Trans Fat					
	0.8	2.7	50	Add Sugar					
	11.6	40.7	2000	sodium					





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4. Texas Chilli Cheese Toast

Chilli Cheese Toast 	Energy	Protein	Fat	Carbohydrate	Sugar	Saturated Fat	trans fat	Sodium (mg)	Dietary Fiber
	kcal	g	g	g	g	g	g	mg	g
Value per 100 g	304.9	11.3	20.3	19.3	0.0	11.0	0.2	632.8	1.3
Per Serving (224g)	683.0	25.4	45.4	43.1	0.0	24.5	0.5	1417.4	3.0

Per serve Percentage contribution to Recommended Dietary Allowance for Average Adult	% contribution per (100 g)	% contribution per serving (350 g)	Rec Dietary allowance		Allergen Info: Contains	Gluten	Milk		
	15.2	34.2	2000	Energy					
	30.3	67.8	67	Total Fat					
	49.8	111.5	22	Sat. Fat					
	10.7	23.6	2	Trans Fat					
	0.0	0.0	50	Add Sugar					
	31.6	70.9	2000	sodium					



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5. Garlic Bread Toast

Garlic Toast 	Energy	Protein	Fat	Carbohydrate	Sugar	Saturated Fat	trans fat	Sodium (mg)	Dietary Fiber
	kcal	g	g	g	g	g	g	mg	g
Value per 100 g	398.7	6.0	26.6	33.9	0.0	13.3	0.7	597.5	2.1
Per Serving (120g)	478.5	7.2	31.9	40.6	0.0	16.0	0.8	717.0	2.5

Per serve Percentage contribution to Recommended Dietary Allowance for Average Adult	% contribution per (100 g)	% contribution per serving (350 g)	Rec Dietary allowance		Allergen Info: Contains	Gluten			
	19.9	23.9	2000	Energy					
	39.7	47.6	67	Total Fat					
	60.6	72.7	22	Sat. Fat					
	33.3	40.0	2	Trans Fat					
	0.0	0.0	50	Add Sugar					
	29.9	35.9	2000	sodium					



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6. Sunset Boulevard French Toast.

Sunset Boulevard French Toast 	Energy	Protein	Fat	Carbohydrate	Sugar	Saturated Fat	trans fat	Sodium (mg)	Dietary Fiber
	kcal	g	g	g	g	g	g	mg	g
Value per 100 g	256.1	6.5	15.5	22.6	3.0	8.8	0.5	636.4	0.7
Per Serving (237.5g)	606.9	15.4	36.8	53.5	7.1	20.9	1.1	1508.2	1.7

Per serve Percentage contribution to Recommended Dietary Allowance for Average Adult	% contribution per (100 g)	% contribution per serving (350 g)	Rec Dietary allowance		Allergen Info: Contains	Gluten	Milk		
	12.8	30.3	2000	Energy					
	23.2	54.9	67	Total Fat					
	40.1	95.0	22	Sat. Fat					
	22.7	53.9	2	Trans Fat					
	6.0	14.2	50	Add Sugar					
	31.8	75.4	2000	sodium					

7. Falafel Hummus Salad.

Nutrition Information									
Falafel Hummus Salad 	Energy	Protein	Fat	Carbohydrate	Sugar	Saturated Fat	trans fat	Sodium (mg)	Dietary Fiber
	kcal	g	g	g	g	g	g	mg	g
Value per 100 g	250.8	8.0	16.2	18.3	0.0	0.0	0.0	167.5	0.8
Per Serving (350g)	877.9	27.9	56.6	64.2	0.0	0.0	0.0	586.3	2.9



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Per serve Percentage contribution to Recommended Dietary Allowance for Average Adult	% contribution per (100 g)	% contribution per serving (350 g)	Rec Dietary allowance		Allergen Info: Contains	Gluten	Milk		
	12.5	43.9	2000	Energy					
	24.1	84.5	67	Total Fat					
	0.0	0.0	22	Sat. Fat					
	0.0	0.0	2	Trans Fat					
	0.0	0.0	50	Add Sugar					
	8.4	29.3	2000	sodium					

8. Chicken Caesar Salad

Nutrition Information									
 Chicken Pinwheel Caesar Salad	Energy	Protein	Fat	Carbohydrate	Sugar	Saturated Fat	trans fat	Sodium (mg)	Dietary Fiber
	kcal	g	g	g	g	g	g	mg	g
Value per 100 g	371.2	1.4	37.3	7.4	1.4	20.7	1.1	356.7	0.6
Per Serving (350g)	1299.4	5.0	130.7	25.9	5.0	72.4	4.0	1248.3	2.1

Per serve Percentage contribution to Recommended Dietary Allowance for Average Adult	% contribution per (100 g)	% contribution per serving (350 g)	Rec Dietary allowance		Allergen Info: Contains	Gluten	Milk		
	18.6	65.0	2000	Energy					
	55.7	195.0	67	Total Fat					
	94.1	329.2	22	Sat. Fat					



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	56.5	197.9	2	Trans Fat
	2.8	9.9	50	Add Sugar
	17.8	62.4	2000	sodium

9. Peri Peri Cottage Cheese Bowl

Nutrition Information									
Peri Peri Cottage Cheese Bowl 	Energy	Protein	Fat	Carbohydrate	Sugar	Saturated Fat	trans fat	Sodium (mg)	Dietary Fiber
	kcal	g	g	g	g	g	g	mg	g
Value per 100 g	306.8	10.3	25.6	8.8	0.0	12.2	0.7	517.9	1.8
Per Serving (350g)	1073.6	36.1	89.5	30.8	0.2	42.7	2.5	1812.7	6.3

Per serve Percentage contribution to Recommended Dietary Allowance for Average Adult	% contribution per (100 g)	% contribution per serving (350 g)	Rec Dietary allowance	
	15.3	53.7	2000	Energy
	38.2	133.6	67	Total Fat
	55.5	194.2	22	Sat. Fat
	35.5	124.2	2	Trans Fat
	0.1	0.3	50	Add Sugar
	25.9	90.6	2000	sodium

10. Harissa Spiced Grilled Chicken Bowl

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 Harrisa Chicken Bowl	Energy	Protein	Fat	Carbohydrate	Sugar	Saturated Fat	trans fat	Sodium (mg)	Dietary Fiber
	kcal	g	g	g	g	g	g	mg	g
Value per 100 g	162.4	8.5	9.6	10.6	0.0	3.4	0.1	349.1	1.1
Per Serving (350g)	568.4	29.6	33.5	37.0	0.1	12.0	0.4	1221.9	3.8

Per serve Percentage contribution to Recommended Dietary Allowance for Average Adult	% contribution per (100 g)	% contribution per serving (350 g)	Rec Dietary allowance	
	8.1	28.4	2000	Energy
	14.3	50.0	67	Total Fat
	15.6	54.5	22	Sat. Fat
	6.3	22.2	2	Trans Fat
	0.0	0.1	50	Add Sugar
	17.5	61.1	2000	sodium

11. LA Cheese Melt

Nutrition Information									
LA Cheese Sandwich  VEG	Energy	Protein	Fat	Carbohydrate	Sugar	Saturated Fat	trans fat	Sodium (mg)	Dietary Fiber
	kcal	g	g	g	g	g	g	mg	g
Value per 100 g	428.5	12.8	29.5	27.9	2.7	16.6	0.4	635.6	1.4
Per Serving (350g)	1499.8	44.8	103.3	97.7	9.4	58.2	1.3	2224.5	4.9



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Per serve Percentage contribution to Recommended Dietary Allowance for Average Adult	% contribution per (100 g)	% contribution per serving (350 g)	Rec Dietary allowance	
	21.4	75.0	2000	Energy
	44.1	154.2	67	Total Fat
	75.6	264.7	22	Sat. Fat
	19.2	67.2	2	Trans Fat
	5.4	18.9	50	Add Sugar
	31.8	111.2	2000	sodium

12. LA Ham & Cheese Melt

Nutrition Information									
 LA Chicken Ham & Cheese Melt Sandwich	Energy	Protein	Fat	Carbohydrate	Sugar	Saturated Fat	trans fat	Sodium (mg)	Dietary Fiber
	kcal	g	g	g	g	g	g	mg	g
Value per 100 g	411.3	13.0	27.6	27.7	2.7	15.7	0.4	635.5	1.3
Per Serving (350g)	1439.4	45.6	96.5	97.1	9.5	54.9	1.4	2224.4	4.6

Per serve Percentage contribution to Recommended Dietary Allowance for Average Adult	% contribution per (100 g)	% contribution per serving (350 g)	Rec Dietary allowance	
	20.6	72.0	2000	Energy



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	41.2	144.0	67	Total Fat
	71.3	249.5	22	Sat. Fat
	19.3	67.6	2	Trans Fat
	5.4	19.0	50	Add Sugar
	31.8	111.2	2000	sodium

13. Harissa Grilled Chicken Panini.

Nutrition Information									
 Harissa Chicken Panini	Energy	Protein	Fat	Carbohydrate	Sugar	Saturated Fat	trans fat	Sodium (mg)	Dietary Fiber
	kcal	g	g	g	g	g	g	mg	g
Value per 100 g	243.2	12.6	14.9	14.7	1.0	4.0	0.1	304.6	1.1
Per Serving (326.5g)	802.7	41.5	49.2	48.4	3.3	13.3	0.3	1005.1	3.7

Per serve Percentage contribution to Recommended Dietary Allowance for Average Adult	% contribution per (100 g)	% contribution per serving (350 g)	Rec Dietary allowance		Allergen Info: Contains	Gluten			
	12.2	40.1	2000	Energy					
	22.3	73.5	67	Total Fat					
	18.3	60.5	22	Sat. Fat					
	4.7	15.5	2	Trans Fat					
	2.0	6.6	50	Add Sugar					
	15.2	50.3	2000	sodium					



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14. Pesto Mozzarella Panini

Nutrition Information									
Pesto Mozzarella Panini 	Energy	Protein	Fat	Carbohydrate	Sugar	Saturated Fat	trans fat	Sodium (mg)	Dietary Fiber
	kcal	g	g	g	g	g	g	mg	g
Value per 100 g	249.7	7.5	16.1	18.7	1.3	5.3	0.1	334.1	2.3
Per Serving (350g)	873.9	26.4	56.3	65.3	4.6	18.5	0.5	1169.5	7.9

Per serve Percentage contribution to Recommended Dietary Allowance for Average Adult	% contribution per (100 g)	% contribution per serving (350 g)	Rec Dietary allowance		Allergen Info: Contains	Gluten	Milk		
	12.5	43.7	2000	Energy					
	24.0	84.1	67	Total Fat					
	24.0	84.0	22	Sat. Fat					
	7.4	25.8	2	Trans Fat					
	2.6	9.2	50	Add Sugar					
	16.7	58.5	2000	sodium					



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15. Grilled Chicken & Cheese Sandwich

 Grilled Chicken & Cheese Sandwich	Energy	Protein	Fat	Carbohydrate	Sugar	Saturated Fat	trans fat	Sodium (mg)	Dietary Fiber
	kcal	g	g	g	g	g	g	mg	g
Value per 100 g	300.5	9.0	18.6	24.4	1.9	6.9	0.2	502.9	1.5
Per Serving (350g)	1051.7	31.5	64.9	85.3	6.5	24.2	0.6	1760.0	5.4

Per serve Percentage contribution to Recommended Dietary Allowance for Average Adult	% contribution per (100 g)	% contribution per serving (350 g)	Rec Dietary allowance	
	15.0	52.6	2000	Energy
	27.7	96.9	67	Total Fat
	31.5	110.1	22	Sat. Fat
	8.0	28.0	2	Trans Fat
	3.7	13.0	50	Add Sugar
	25.1	88.0	2000	sodium

16. Mexican Paneer Croissant Sandwich.

Nutrition Information									
Mexican Paneer Croissant Sandwich  VEG	Energy	Protein	Fat	Carbohydrate	Sugar	Saturated Fat	trans fat	Sodium (mg)	Dietary Fiber
	kcal	g	g	g	g	g	g	mg	g
Value per 100 g	291.9	8.6	20.1	19.2	1.9	9.8	0.6	928.7	1.8
Per Serving (350g)	1021.8	30.3	70.2	67.2	6.8	34.1	2.2	3250.5	6.4



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Per serve Percentage contribution to Recommended Dietary Allowance for Average Adult	% contribution per (100 g)	% contribution per serving (350 g)	Rec Dietary allowance		Allergen Info: Contains	Gluten	Milk		
	14.6	51.1	2000	Energy					
	29.9	104.8	67	Total Fat					
	44.3	155.2	22	Sat. Fat					
	31.8	111.2	2	Trans Fat					
	3.9	13.6	50	Add Sugar					
	46.4	162.5	2000	sodium					

17. Chicken Shawarma.

Nutrition Information									
 Chicken Shawarma	Energy	Protein	Fat	Carbohydrate	Sugar	Saturated Fat	trans fat	Sodium (mg)	Dietary Fiber
	kcal	g	g	g	g	g	g	mg	g
Value per 100 g	255.0	21.4	17.5	2.9	0.0	3.2	0.0	77.1	0.1
Per Serving (171g)	433.4	36.5	29.8	4.9	0.0	5.5	0.0	131.1	0.1

Per serve Percentage contribution to Recommended Dietary Allowance for Average Adult	% contribution per (100 g)	% contribution per serving (350 g)	Rec Dietary allowance		Allergen Info: Contains	None			
	12.7	21.7	2000	Energy					
	26.1	44.4	67	Total Fat					
	14.6	24.9	22	Sat. Fat					
	0.0	0.0	2	Trans Fat					



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	0.0	0.0	50	Add Sugar
	3.9	6.6	2000	sodium

18. Falafel Wrap

Nutrition Information									
Falafel Wrap 	Energy	Protein	Fat	Carbohydrate	Sugar	Saturated Fat	trans fat	Sodium (mg)	Dietary Fiber
	kcal	g	g	g	g	g	g	mg	g
Value per 100 g	282.9	7.1	15.4	29.0	0.0	0.6	0.0	471.3	0.9
Per Serving (350g)	990.0	24.8	53.9	101.4	0.1	1.9	0.1	1649.5	3.3

Per serve Percentage contribution to Recommended Dietary Allowance for Average Adult	% contribution per (100 g)	% contribution per serving (350 g)	Rec Dietary allowance		Allergen Info: Contains	Gluten	Milk		
	14.1	49.5	2000	Energy					
	23.0	80.5	67	Total Fat					
	2.5	8.8	22	Sat. Fat					
	2.0	7.1	2	Trans Fat					
	0.1	0.3	50	Add Sugar					
	23.6	82.5	2000	sodium					

19. Mexican Spiced paneer Pizza.

Nutrition Information									
Mexican Spiced Paneer Pizza 	Energy	Protein	Fat	Carbohydrate	Sugar	Saturated Fat	trans fat	Sodium (mg)	Dietary Fiber
	kcal	g	g	g	g	g	g	mg	g
Value per 100 g	232.6	11.2	8.2	28.4	0.7	4.5	0.3	0.2	0.2



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Per Serving (470g)	1093.2	52.9	38.7	133.4	3.3	21.4	1.3	1.1	0.8
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Per serve Percentage contribution to Recommended Dietary Allowance for Average Adult	% contribution per (100 g)	% contribution per serving	Rec Dietary allowance		Allergen Info: Contains	Gluten	Milk		
	11.6	54.7	2000	Energy					
	12.3	57.7	67	Total Fat					
	20.7	97.2	22	Sat. Fat					
	14.3	67.4	2	Trans Fat					
	1.4	6.7	50	Add Sugar					
	0.0	0.1	2000	sodium					

20. Truffled wild mushroom Pizza

Nutrition Information									
Truffled Wild Mushroom Pizza 	Energy	Protein	Fat	Carbohydrate	Sugar	Saturated Fat	trans fat	Sodium (mg)	Dietary Fiber
	kcal	g	g	g	g	g	g	mg	g
Value per 100 g	231.2	9.4	7.9	30.7	0.0	2.7	0.1	52.3	0.1
Per Serving (240g)	554.9	22.6	18.9	73.6	0.0	6.6	0.3	125.5	0.2

Per serve Percentage contribution to Recommended Dietary Allowance for Average Adult	% contribution per (100 g)	% contribution per serving	Rec Dietary allowance		Allergen Info: Contains	Gluten	Milk		
	11.6	27.7	2000	Energy					
	11.8	28.2	67	Total Fat					
	12.4	29.8	22	Sat. Fat					
	6.3	15.2	2	Trans Fat					
	0.0	0.0	50	Add Sugar					
	2.6	6.3	2000	sodium					



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21. Chicken Tikka Pizza

 Chicken Tikka Pizza	Energy	Protein	Fat	Carbohydrate	Sugar	Saturated Fat	trans fat	Sodium (mg)	Dietary Fiber
	kcal	g	g	g	g	g	g	mg	g
Value per 100 g	207.9	11.3	6.7	25.5	0.7	2.7	0.1	43.8	0.2
Per Serving (500g)	1039.6	56.4	33.7	127.7	3.3	13.5	0.5	219.1	0.8

Per serve Percentage contribution to Recommended Dietary Allowance for Average Adult	% contribution per (100 g)	% contribution per serving	Rec Dietary allowance	
	10.4	52.0	2000	Energy
	10.1	50.3	67	Total Fat
	12.2	61.1	22	Sat. Fat
	5.5	27.5	2	Trans Fat
	1.3	6.6	50	Add Sugar
	2.2	11.0	2000	sodium



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22. Margherita Pizza

Margherita Pizza 	Energy	Protein	Fat	Carbohydrate	Sugar	Saturated Fat	trans fat	Sodium (mg)	Dietary Fiber
	kcal	g	g	g	g	g	g	mg	g
Value per 100 g	227.5	9.9	6.2	33.0	0.9	2.8	0.1	43.1	0.0
Per Serving (380g)	864.4	37.5	23.6	125.6	3.3	10.6	0.6	163.9	0.1



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Per serve Percentage contribution to Recommended Dietary Allowance for Average Adult	% contribution per (100 g)	% contribution per serving	Rec Dietary allowance	
	11.4	43.2	2000	Energy
	9.3	35.2	67	Total Fat
	12.7	48.4	22	Sat. Fat
	7.3	27.7	2	Trans Fat
	1.8	6.7	50	Add Sugar
	2.2	8.2	2000	sodium

23. Penne Arrabbiata with Grilled Veggies

Nutrition Information									
Penne Arrabbiata 	Energy	Protein	Fat	Carbohydrate	Sugar	Saturated Fat	trans fat	Sodium (mg)	Dietary Fiber
	kcal	g	g	g	g	g	g	mg	g
Value per 100 g	224.9	6.9	14.1	17.7	0.2	3.9	0.1	364.3	1.5
Per Serving (467g)	1034.6	31.6	64.8	81.2	0.9	17.7	0.3	1675.7	7.0

Per serve Percentage contribution to Recommended Dietary Allowance for Average Adult	% contribution per (100 g)	% contribution per serving	Rec Dietary allowance		Allergen Info: Contains	Gluten	Milk		
	11.2	51.7	2000	Energy					



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	21.0	96.7	67	Total Fat
	17.5	80.6	22	Sat. Fat
	3.2	14.6	2	Trans Fat
	0.4	1.8	50	Add Sugar
	18.2	83.8	2000	sodium

24. Butter Garlic Chicken Spaghetti

Nutrition Information									
 Butter Garlic Chicken Spaghetti	Energy	Protein	Fat	Carbohydrate	Sugar	Saturated Fat	trans fat	Sodium (mg)	Dietary Fiber
	kcal	g	g	g	g	g	g	mg	g
Value per 100 g	305.0	12.0	15.2	30.2	0.2	3.8	0.0	323.6	0.4
Per Serving (550g)	1677.7	65.8	83.4	165.9	0.9	20.6	0.2	1779.8	2.1

Per serve Percentage contribution to Recommended Dietary Allowance for Average Adult	% contribution per (100 g)	% contribution per serving	Rec Dietary allowance	
	15.3	83.9	2000	Energy
	22.6	124.5	67	Total Fat
	17.0	93.8	22	Sat. Fat
	1.8	9.8	2	Trans Fat
	0.3	1.8	50	Add Sugar
	16.2	89.0	2000	sodium

25. Penne Pesto Sundried Tomato.



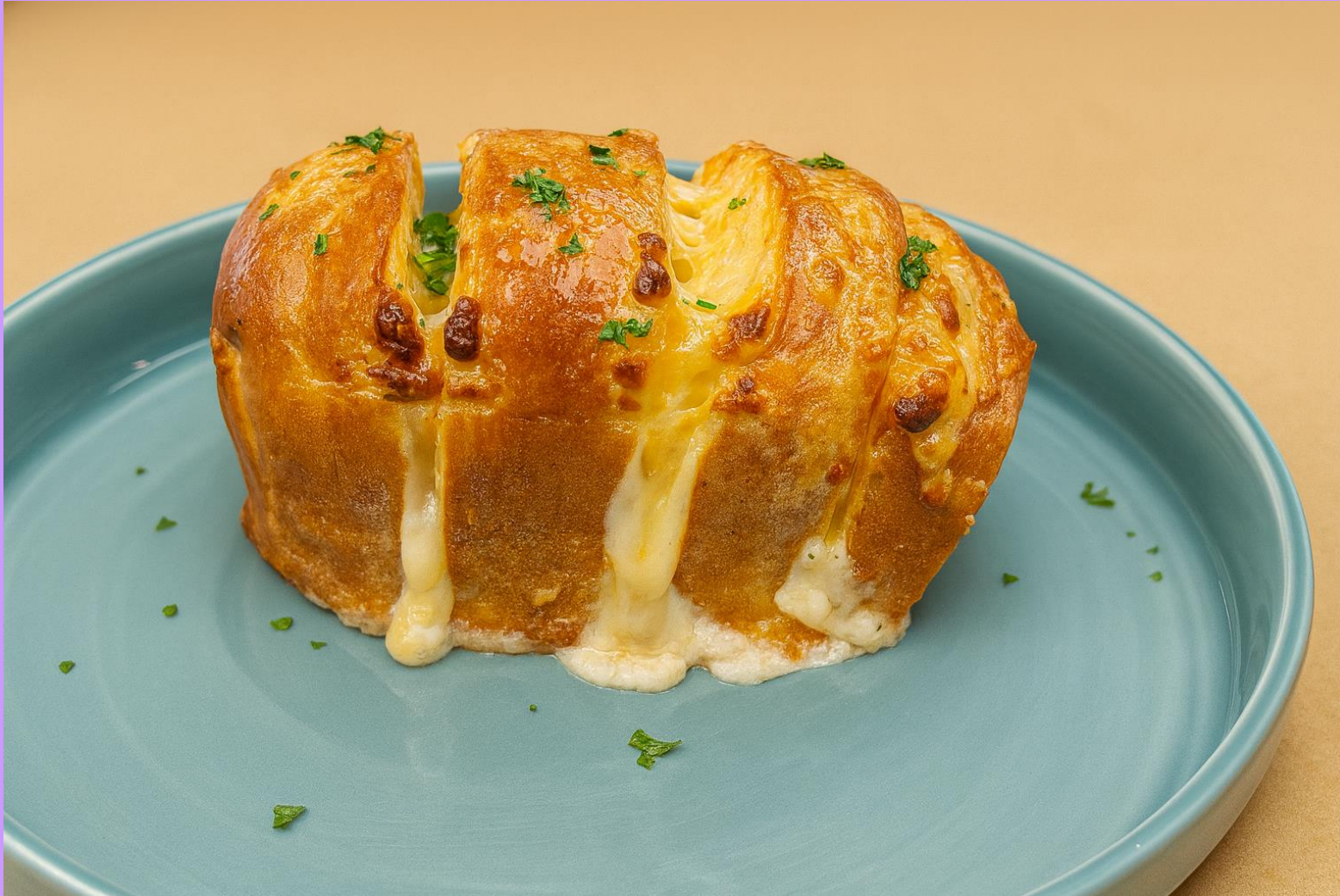
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Penne Pesto Sundried Tomato 	Energy	Protein	Fat	Carbohydrate	Sugar	Saturated Fat	trans fat	Sodium (mg)	Dietary Fiber
	kcal	g	g	g	g	g	g	mg	g
Value per 100 g	241.9	6.6	13.7	23.0	0.2	4.4	0.1	397.1	1.8
Per Serving (467g)	1112.7	30.6	63.0	105.9	1.1	20.1	0.6	1826.5	8.1

Per serve Percentage contribution to Recommended Dietary Allowance for Average Adult	% contribution per (100 g)	% contribution per serving	Rec Dietary allowance		Allergen Info: Contains	Gluten	Milk		
	12.1	55.6	2000	Energy					
	20.4	94.0	67	Total Fat					
	19.9	91.6	22	Sat. Fat					
	6.9	31.9	2	Trans Fat					
	0.5	2.3	50	Add Sugar					
	19.9	91.3	2000	sodium					



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26. LA Bake House Pull Apart

LA Bake House Pull Apart 	Energy	Protein	Fat	Carbohydrate	Sugar	Saturated Fat	trans fat	Sodium (mg)	Dietary Fiber
	kcal	g	g	g	g	g	g	mg	g
Value per 100 g	319.2	7.3	24.2	18.0	0.0	13.2	0.4	737.0	0.9
Per Serving (310g)	989.6	22.6	75.1	55.9	0.0	40.9	1.3	2284.6	2.9

Per serve Percentage contribution to Recommended Dietary Allowance for Average Adult	% contribution per (100 g)	% contribution per serving (350 g)	Rec Dietary allowance	
	16.0	49.5	2000	Energy
	36.1	112.1	67	Total Fat
	60.0	186.0	22	Sat. Fat
	21.1	65.5	2	Trans Fat
	0.0	0.0	50	Add Sugar
	36.8	114.2	2000	sodium

27. Penne Mushroom Alfredo



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Penne Mushroom Alfredo 	Energy	Protein	Fat	Carbohydrate	Sugar	Saturated Fat	trans fat	Sodium (mg)	Dietary Fiber
	kcal	g	g	g	g	g	g	mg	g
Value per 100 g	155.3	4.6	7.1	18.3	0.4	3.2	0.2	252.8	1.2
Per Serving (434g)	667.8	19.6	30.5	78.8	1.6	13.7	0.7	1087.0	5.3

Per serve Percentage contribution to Recommended Dietary Allowance for Average Adult	% contribution per (100 g)	% contribution per serving	Rec Dietary allowance		Allergen Info: Contains	Gluten	Milk		
	7.8	33.4	2000	Energy					
	10.6	45.5	67	Total Fat					
	14.5	62.2	22	Sat. Fat					
	8.2	35.1	2	Trans Fat					
	0.8	3.2	50	Add Sugar					
	12.6	54.3	2000	sodium					





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28. Mushroom Danish

Nutrition Information									
Mushroom Danish  VEG	Energy	Protein	Fat	Carbohydrate	Sugar	Saturated Fat	trans fat	Sodium (mg)	Dietary Fiber
	kcal	g	g	g	g	g	g	mg	g
Value per 100 g	148.8	3.5	9.2	13.1	0.0	5.5	0.0	347.5	1.5
Per Serving (160g)	238.0	5.6	14.6	21.0	0.0	8.8	0.0	556.0	2.4

Per serve Percentage contribution to Recommended Dietary Allowance for Average Adult	% contribution per (100 g)	% contribution per serving	Rec Dietary allowance		Allergen Info: Contains	Gluten	Milk		
	7.4	11.9	2000	Energy					
	13.7	21.9	67	Total Fat					
	25.0	40.0	22	Sat. Fat					
	0.0	0.0	2	Trans Fat					
	0.0	0.0	50	Add Sugar					
	17.4	27.8	2000	sodium					



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29. Smoked Chicken Danish

Smoked Chicken Danish 	Energy	Protein	Fat	Carbohydrate	Sugar	Saturated Fat	trans fat	Sodium (mg)	Dietary Fiber
	kcal	g	g	g	g	g	g	mg	g
Value per 100 g	186.6	3.3	13.7	12.5	0.8	5.7	0.0	839.2	1.4



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Per Serving (185g)	336.0	5.9	24.7	22.5	1.5	10.3	0.0	1510.5	2.6
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Per serve Percentage contribution to Recommended Dietary Allowance for Average Adult	% contribution per (100 g)	% contribution per serving	Rec Dietary allowance		Allergen Info: Contains	Gluten	Milk		
	9.3	16.8	2000	Energy					
	20.5	36.9	67	Total Fat					
	26.0	46.8	22	Sat. Fat					
	0.0	0.0	2	Trans Fat					
	1.7	3.0	50	Add Sugar					
	42.0	75.5	2000	sodium					



30. Pain Au Chocolate

Nutrition Information									
Pain AU Chocolate 	Energy	Protein	Fat	Carbohydrate	Sugar	Saturated Fat	trans fat	Sodium (mg)	Dietary Fiber
	kcal	g	g	g	g	g	g	mg	g
Value per 100 g	292.0	5.0	20.0	23.0	0.0	13.0	0.0	770.0	5.2



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Per Serving (185g)	525.6	9.0	36.0	41.4	0.0	23.4	0.0	1386.0	9.4
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Per serve Percentage contribution to Recommended Dietary Allowance for Average Adult	% contribution per (100 g)	% contribution per serving	Rec Dietary allowance		Allergen Info: Contains	Gluten	Milk		
	14.6	26.3	2000	Energy					
	29.9	53.7	67	Total Fat					
	59.1	106.4	22	Sat. Fat					
	0.0	0.0	2	Trans Fat					
	0.0	0.0	50	Add Sugar					
	38.5	69.3	2000	sodium					

31. Pan Suisse

Nutrition Information									
Pan Suisse 	Energy	Protein	Fat	Carbohydrate	Sugar	Saturated Fat	trans fat	Sodium (mg)	Dietary Fiber
	kcal	g	g	g	g	g	g	mg	g
Value per 100 g	310.0	4.0	22.0	24.0	0.0	14.0	0.0	693.0	2.4
Per Serving (185g)	558.0	7.2	39.6	43.2	0.0	25.2	0.0	1247.4	4.3

Per serve Percentage contribution to Recommended Dietary Allowance for Average Adult	% contribution per (100 g)	% contribution per serving	Rec Dietary allowance		Allergen Info: Contains	Gluten	Milk		
	15.5	27.9	2000	Energy					
	32.8	59.1	67	Total Fat					
	63.6	114.5	22	Sat. Fat					
	0.0	0.0	2	Trans Fat					
	0.0	0.0	50	Add Sugar					
	34.7	62.4	2000	sodium					



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32. Patakha Fries

Nutrition Information									
Patakha Fries 	Energy	Protein	Fat	Carbohydrate	Sugar	Saturated Fat	trans fat	Sodium (mg)	Dietary Fiber
	kcal	g	g	g	g	g	g	mg	g
Value per 100 g	153.8	2.7	6.3	21.7	0.1	1.8	0.1	291.1	1.0
Per Serving (300g)	461.4	8.0	18.8	65.1	0.3	5.4	0.3	873.3	3.0

Per serve Percentage contribution to Recommended Dietary Allowance for Average Adult	% contribution per (100 g)	% contribution per serving	Rec Dietary allowance	
	7.7	23.1	2000	Energy
	9.3	28.0	67	Total Fat
	8.2	24.6	22	Sat. Fat
	5.3	15.8	2	Trans Fat
	0.2	0.6	50	Add Sugar
	14.6	43.7	2000	sodium

33. French Fries

Nutrition Information									
French Fries 	Energy	Protein	Fat	Carbohydrate	Sugar	Saturated Fat	trans fat	Sodium (mg)	Dietary Fiber
	kcal	g	g	g	g	g	g	mg	g
Value per 100 g	152.0	2.7	5.0	24.0	0.0	1.2	0.0	408.7	0.0
Per Serving (300g)	456.1	8.2	15.1	71.9	0.0	3.7	0.0	1226.0	0.0



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Per serve Percentage contribution to Recommended Dietary Allowance for Average Adult	% contribution per (100 g)	% contribution per serving	Rec Dietary allowance		Allergen Info: Contains				
	7.6	22.8	2000	Energy	None				
	7.5	22.5	67	Total Fat					
	5.6	16.8	22	Sat. Fat					
	0.0	0.0	2	Trans Fat					
	0.0	0.0	50	Add Sugar					
	20.4	61.3	2000	sodium					

34. Butter Croissant

Butter Croissant 	Energy	Protein	Fat	Carbohydrate	Sugar	Saturated Fat	trans fat	Sodium (mg)	Dietary Fiber
	kcal	g	g	g	g	g	g	mg	g
Value per 100 g	401.0	8.0	21.0	45.0	0.0	11.0	0.0	250.0	0.0
Per Serving (150g)	601.5	12.0	31.5	67.5	0.0	16.5	0.0	400.0	0.0

Per serve Percentage contribution to Recommended Dietary Allowance for Average Adult	% contribution per (100 g)	% contribution per serving	Rec Dietary allowance		Allergen Info: Contains				
	20.1	30.1	2000	Energy	Gluten	Milk			
	31.3	47.0	67	Total Fat					
	50.0	75.0	22	Sat. Fat					
	0.0	0.0	2	Trans Fat					
	0.0	0.0	50	Add Sugar					
	12.5	20.0	2000	sodium					

35. Blueberry Muffin



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Blueberry Muffin 	Energy	Protein	Fat	Carbohydrate	Sugar	Saturated Fat	trans fat	Sodium (mg)	Dietary Fiber
	kcal	g	g	g	g	g	g	mg	g
Value per 100 g	433.2	5.3	19.2	59.8	37.3	0.0	0.0	189.0	0.0
Per Serving (100g)	433.2	5.3	19.2	59.8	37.3	0.0	0.0	189.0	0.0

Per serve Percentage contribution to Recommended Dietary Allowance for Average Adult	% contribution per (100 g)	% contribution per serving	Rec Dietary allowance		Allergen Info: Contains	Gluten	Milk		
	21.7	21.7	2000	Energy					
	28.7	28.7	67	Total Fat					
	0.0	0.0	22	Sat. Fat					
	0.0	0.0	2	Trans Fat					
	74.6	74.6	50	Add Sugar					
	9.5	9.5	2000	sodium					

36. Carrot Cake

Carrot Cake 	Energy	Protein	Fat	Carbohydrate	Sugar	Saturated Fat	trans fat	Sodium (mg)	Dietary Fiber
	kcal	g	g	g	g	g	g	mg	g
Value per 100 g	535.1	5.0	33.5	53.4	42.0	15.3	0.0	230.0	0.0
Per Serving (160g)	856.2	8.0	53.6	85.4	67.2	24.5	0.0	368.0	0.0

Per serve Percentage contribution to Recommended Dietary Allowance for Average Adult	% contribution per (100 g)	% contribution per serving	Rec Dietary allowance		Allergen Info: Contains	Egg	Gluten	Milk	
	26.8	42.8	2000	Energy					
	50.0	80.0	67	Total Fat					
	69.5	111.3	22	Sat. Fat					



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	0.0	0.0	2	Trans Fat
	84.0	134.4	50	Add Sugar
	11.5	18.4	2000	sodium

37. Illicit Dark Affair

Illicit Dark Affair (Chocolate Chilli Cake) 	Energy	Protein	Fat	Carbohydrate	Sugar	Saturated Fat	trans fat	Sodium (mg)	Dietary Fiber
	kcal	g	g	g	g	g	g	mg	g
Value per 100 g	477.0	7.3	27.0	51.2	37.0	16.4	0.0	280.0	0.0
Per Serving (160g)	763.2	11.7	43.2	81.9	59.2	26.2	0.0	448.0	0.0

Per serve Percentage contribution to Recommended Dietary Allowance for Average Adult	% contribution per (100 g)	% contribution per serving	Rec Dietary allowance		Allergen Info: Contains	Egg	Gluten	Milk
	23.9	38.2	2000	Energy				
	40.3	64.5	67	Total Fat				
	74.5	119.3	22	Sat. Fat				
	0.0	0.0	2	Trans Fat				
	74.0	118.4	50	Add Sugar				
	14.0	22.4	2000	sodium				

38. Coffee Chocolate Chip Cookies

Coffee Chocolate Chip Cookies 	Energy	Protein	Fat	Carbohydrate	Sugar	Saturated Fat	trans fat	Sodium (mg)	Dietary Fiber
	kcal	g	g	g	g	g	g	mg	g
Value per 100 g	521.0	6.5	27.0	63.0	30.0	15.0	0.0	250.0	0.0
Per Serving (150g)	781.5	9.8	40.5	94.5	45.0	22.5	0.0	400.0	0.0



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Per serve Percentage contribution to Recommended Dietary Allowance for Average Adult	% contribution per (100 g)	% contribution per serving	Rec Dietary allowance		Allergen Info: Contains	Gluten	Milk		
	26.1	39.1	2000	Energy					
	40.3	60.4	67	Total Fat					
	68.2	102.3	22	Sat. Fat					
	0.0	0.0	2	Trans Fat					
	60.0	90.0	50	Add Sugar					
	12.5	20.0	2000	sodium					

39. Oat Meal Cookies

Oat Meal Cookies 	Energy	Protein	Fat	Carbohydrate	Sugar	Saturated Fat	trans fat	Sodium (mg)	Dietary Fiber
	kcal	g	g	g	g	g	g	mg	g
Value per 100 g	426.0	6.0	18.0	60.0	30.0	5.0	0.0	200.0	1.5
Per Serving (150g)	639.0	9.0	27.0	90.0	45.0	7.5	0.0	320.0	2.4

Per serve Percentage contribution to Recommended Dietary Allowance for Average Adult	% contribution per (100 g)	% contribution per serving	Rec Dietary allowance		Allergen Info: Contains	Gluten	Milk		
	21.3	32.0	2000	Energy					
	26.9	40.3	67	Total Fat					
	22.7	34.1	22	Sat. Fat					
	0.0	0.0	2	Trans Fat					
	60.0	90.0	50	Add Sugar					
	10.0	16.0	2000	sodium					



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40. Date & Walnut Cake

Date & Walnut Cake 	Energy	Protein	Fat	Carbohydrate	Sugar	Saturated Fat	trans fat	Sodium (mg)	Dietary Fiber
	kcal	g	g	g	g	g	g	mg	g
Value per 100 g	392.6	5.6	19.8	48.0	31.0	7.2	0.0	357.0	0.0
Per Serving (150g)	588.9	8.4	29.7	72.0	46.5	10.8	0.0	571.2	0.0

Per serve Percentage contribution to Recommended Dietary Allowance for Average Adult	% contribution per (100 g)	% contribution per serving	Rec Dietary allowance		Allergen Info: Contains	Gluten	Milk	Nuts
	19.6	29.4	2000	Energy				
	29.6	44.3	67	Total Fat				
	32.7	49.1	22	Sat. Fat				
	0.0	0.0	2	Trans Fat				
	62.0	93.0	50	Add Sugar				
	17.9	28.6	2000	sodium				

41. Basque Cheese Cake

Basque Cheese Cake 	Energy	Protein	Fat	Carbohydrate	Sugar	Saturated Fat	trans fat	Sodium (mg)	Dietary Fiber
	kcal	g	g	g	g	g	g	mg	g
Value per 100 g	328.0	6.0	24.0	22.0	17.0	17.0	0.0	200.0	0.0
Per Serving (150g)	492.0	9.0	36.0	33.0	25.5	25.5	0.0	320.0	0.0

Per serve Percentage contribution to Recommended Dietary Allowance for Average Adult	% contribution per (100 g)	% contribution per serving	Rec Dietary allowance		Allergen Info: Contains	Egg	Gluten	Milk



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	16.4	24.6	2000	Energy
	35.8	53.7	67	Total Fat
	77.3	115.9	22	Sat. Fat
	0.0	0.0	2	Trans Fat
	34.0	51.0	50	Add Sugar
	10.0	16.0	2000	sodium

42. Biscoff Cheese Cake

Biscoff Cheese Cake 	Energy	Protein	Fat	Carbohydrate	Sugar	Saturated Fat	trans fat	Sodium (mg)	Dietary Fiber
	kcal	g	g	g	g	g	g	mg	g
Value per 100 g	862.6	11.4	57.0	76.0	47.0	34.0	0.0	200.0	0.0
Per Serving (150g)	1293.9	17.1	85.5	114.0	70.5	51.0	0.0	320.0	0.0

Per serve Percentage contribution to Recommended Dietary Allowance for Average Adult	% contribution per (100 g)	% contribution per serving	Rec Dietary allowance		Allergen Info: Contains	Gluten	Milk		
	43.1	64.7	2000	Energy					
	85.1	127.6	67	Total Fat					
	154.5	231.8	22	Sat. Fat					
	0.0	0.0	2	Trans Fat					
	94.0	141.0	50	Add Sugar					
	10.0	16.0	2000	sodium					

43. Orange Tea Cake

Orange Tea Cake 	Energy	Protein	Fat	Carbohydrate	Sugar	Saturated Fat	trans fat	Sodium (mg)	Dietary Fiber
	kcal	g	g	g	g	g	g	mg	g
Value per 100 g	416.0	14.0	20.0	45.0	20.0	11.0	0.0	200.0	0.0
Per Serving (150g)	624.0	21.0	30.0	67.5	30.0	16.5	0.0	320.0	0.0



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Per serve Percentage contribution to Recommended Dietary Allowance for Average Adult	% contribution per (100 g)	% contribution per serving	Rec Dietary allowance		Allergen Info: Contains	Egg	Gluten	Milk	
	20.8	31.2	2000	Energy					
	29.9	44.8	67	Total Fat					
	50.0	75.0	22	Sat. Fat					
	0.0	0.0	2	Trans Fat					
	40.0	60.0	50	Add Sugar					
	10.0	16.0	2000	sodium					

44. Marble Swirl Cake

Marble Swirl Cake 	Energy	Protein	Fat	Carbohydrate	Sugar	Saturated Fat	trans fat	Sodium (mg)	Dietary Fiber
	kcal	g	g	g	g	g	g	mg	g
Value per 100 g	415.7	3.4	10.9	76.0	36.0	2.5	0.0	230.0	0.0
Per Serving (150g)	623.6	5.1	16.4	114.0	54.0	3.8	0.0	368.0	0.0

Per serve Percentage contribution to Recommended Dietary Allowance for Average Adult	% per (100 g)	% RDA per serve	Rec Dietary allowance		Allergen Info: Contains	Egg	Gluten	Milk	
	20.8	31.2	2000	Energy					
	16.3	24.4	67	Total Fat					
	11.4	17.0	22	Sat. Fat					
	0.0	0.0	2	Trans Fat					
	72.0	108.0	50	Add Sugar					
	11.5	18.4	2000	sodium					



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45. Hazelnut Brownie

Hazelnut Brownie 	Energy	Protein	Fat	Carbohydrate	Sugar	Saturated Fat	trans fat	Sodium (mg)	Dietary Fiber
	kcal	g	g	g	g	g	g	mg	g
Value per 100 g	398.0	5.0	26.0	36.0	27.0	7.0	0.0	200.0	0.0
Per Serving (150g)	597.0	7.5	39.0	54.0	40.5	10.5	0.0	320.0	0.0

Per serve Percentage contribution to Recommended Dietary Allowance for Average Adult	% contribution per (100 g)	% contribution per serving	Rec Dietary allowance		Allergen Info: Contains	Egg	Gluten	Milk	Nuts
	19.9	29.9	2000	Energy					
	38.8	58.2	67	Total Fat					
	31.8	47.7	22	Sat. Fat					
	0.0	0.0	2	Trans Fat					
	54.0	81.0	50	Add Sugar					
	10.0	16.0	2000	sodium					



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There may be variations in nutritional content across servings based on variations in overall size and quantities of ingredients, and based on special ordering. Changes in product recipes, and therefore nutritional information, may not be reflected in this brochure.

Our products are made in a facility that may also process common food allergens such as milk, soy, egg, wheat, peanuts and tree nuts

