

Nutrition_Desserts-Oct 2009

Name of Product	Number Pieces/ Slices Per Portion	Energy per 100g (kcal)	Energy per Food Portion (kcal)	Protein (g/100g)	Protein per Food Portion(g)	Carbohydrate (g/100g)	Carbohydrate per Food Portion (g)	Fat (g/100g)	Fat per Food Portion (g)	Saturated Fat per (g/100g)	Saturated Fat per Food Portion (g)	Salt (g/100g)	Salt per Food Portion (g)	Sugar (g/100g)	Sugar per Food portion (g)
Desserts															
Traditional Ice Cream	N/A	193	254	2.6	3.4	22.4	29.6	10.4	13.7	6.8	9.0	0.10	0.13	22.4	29.6
Profiteroles	1	381	381	4.6	4.6	20.1	20.1	31.3	31.3	18.3	18.3	0.20	0.20	13.5	13.50
Chocolate Fudge Cake	1	384	686	4.2	7.5	51.4	91.8	17.9	32.0	6.2	11.1	0.50	0.89	46.1	82.32
Tiramisu	1	297	248	3.9	3.3	39.5	32.9	13.7	11.4	9.1	7.6	0.36	0.30	29.5	24.58
Cream	N/A	336	153	2.1	0.9	3.2	1.5	35.0	15.9	22.4	10.2	0.10	0.05	3.2	1.50
Trio of Cheesecakes															
Chocolate Cheesecake	N/A	360	228	5.6	3.5	44.9	28.4	17.5	11.1	9.0	5.7	0.47	0.30	34.1	21.60
Lemon & Ginger Cheesecake	N/A	323	205	4.2	2.7	42.4	26.9	15.2	9.6	8.4	5.3	0.67	0.42	29.1	18.43
Clotted Cream Cheesecake	N/A	323	205	4.6	2.9	39.3	24.9	16.4	10.4	8.0	5.1	0.69	0.44	23.7	15.01
Cherries in Sauce	N/A	142	28	0.5	0.1	34.9	7.0	0.1	0.0	0.1	0.0	0.10	0.02	25.4	5.08
Cookie Dough	N/A	487	973	6.1	12.2	60.4	120.9	24.6	49.1	15.2	30.4	0.00	0.00	39.1	78.2
Toffee Apple Meltdown	N/A	269	807	3.4	10.2	41.4	124.2	10.5	31.5	3.2	9.6	0.2	0.60	25.3	75.9
Ice Cream Factory															
Ice Cream Mix	N/A	147	N/A	4	N/A	18.8	N/A	6.2	N/A	4.1	N/A	0.15	N/A	18.8	n/a
Coated Chocolate Beans	N/A	475	N/A	5.5	N/A	72.2	N/A	18.1	N/A	11.1	N/A	0.25	N/A	55.8	n/a
Mini Marshmallows	N/A	320	N/A	5.4	N/A	74.3	N/A	nil	N/A	nil	N/A	nil	N/A	71	n/a
Chocolate Raisins	N/A	405	N/A	5.4	N/A	63.3	N/A	14.2	N/A	8.3	N/A	0.25	N/A	51.7	n/a
Strawberry Sauce	N/A	280	N/A	0	N/A	69.5	N/A	0.0	N/A	0.0	N/A	0.17	N/A	68	n/a
Chocolate Sauce	N/A	298	N/A	2	N/A	66.8	N/A	2.5	N/A	1.5	N/A	0.20	N/A	64.9	n/a
Lemon Sauce	N/A	280	N/A	0.1	N/A	69.0	N/A	0.0	N/A	0.0	N/A	0.25	N/A	67.6	n/a
Caramel Sauce	N/A	307	N/A	0.7	N/A	67.2	N/A	3.9	N/A	2.6	N/A	0.08	N/A	65.1	n/a
Single Cream	1	188	75	2.6	1.0	3.9	1.6	18.0	7.2	11.8	4.7	0.1	0.05	3.9	1.56
Frozen Fruits	N/A	33.6	7	1.03	0.2	12.1	2.4	0.3	0.1	0.0	0.0	0.00	0.00	n/a	n/a
UHT Cream	N/A	367	46	2.3	0.3	3.4	0.4	28.4	3.6	18.7	2.3	0.04	0.01	n/a	n/a
Cookie Dough (Delivery Only)	N/A	487	706	6.1	8.9	60.4	87.6	24.6	35.6	15.2	22.1	0.002	0.00	39.1	56.7
Toffee Apple Meltdown (Delivery Only)	N/A	271	325	3.3	4.0	43.7	52.4	9.2	11.0	2.9	3.5	0.2	0.24	31.6	37.92
Festive Fruit Meltdown	N/A	290	667	3.5	8.1	44.7	102.8	11	25.3	3.3	7.6	0.4	0.92	30.4	69.92
Vanilla Ice Cream Pots (Delivery Only)	N/A	200	110	2.8	1.5	19.9	10.9	11.6	6.4	7.1	3.9	0.2	0.11	21.2	11.66
Chocolate Obsession (Delivery Onlu)	N/A	157	N/A	2	N/A	22.1	N/A	6.8	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Cookie Craving Ice Cream (Delivery Only)	N/A	149	N/A	1.6	N/A	20.1	N/A	6.9	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Coco Mango Ice Cream (Delivery Only)	N/A	87.7	N/A	0.6	N/A	17.3	N/A	1.8	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Choccy Chunks (delivery only)	N/A	288	N/A	3.1	N/A	28.3	N/A	18	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Tiramisu	N/A	297	223	3.9	2.9	39.5	29.6	13.7	10.3	9.1	6.8	0.36	0.27	29.5	22.125
Fudge Brownie	N/A	398	418	4.3	4.5	60.1	63.1	15.6	16.4	3.3	3.5	0.79	0.83	40.6	42.63
Banoffee Pie	N/A	350	350	4.2	4.2	34.9	34.9	21.5	21.5	13.0	13.0	0.37	0.37	24.7	24.7

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Smoothies & Milkshakes															
Very Berry	N/A	86	189	0.57	1.2	20.44	45.0	0.12	0.3	0.0	0.0	0.07	0.16	18.4	40.49
Truly Tropical	N/A	98	234	0.64	1.5	24.02	57.6	0.14	0.3	0.0	0.1	0.01	0.02	20.46	49.1
Strawberry Cheesecake	N/A	157	371	3.45	8.2	22.31	52.7	5.95	14.0	4.4	10.4	0.18	0.43	19.75	46.6
The Chocoholic	N/A	178	442	3.63	9.0	22.78	56.5	8.22	20.4	6.0	14.8	0.16	0.39	20.91	51.86
Toffee Banoffee Shake	N/A	189	763	2.38	9.6	32.27	130.1	5.59	22.5	3.9	15.5	0.1	0.39	30.45	122.7
BananaBerry Split Smoothie	N/A	151	258	1.48	2.5	33.65	57.2	0.21	0.4	0.0	0.0	0.01	0.02	28.64	48.68