

Nutritional Information - Food

ALLERGY INFO / FACTS AND FIGURES			Average Quantity Per Serving								Average Quantity Per 100 g								Contains these allergens											
Category	Product Name	Serving Size	Energy			Fat		Carbohydrates			Sodium (mg)	Energy		Protein (g)	Fat		Carbohydrates			Sodium (mg)	Gluten Cereals	Crustacea	Egg	Milk Products	Fish	Peanuts	Soy	Sesame	Tree Nuts	Sulphites
			Kilojoules (kJ)	Calories (Cal)	Protein (g)	Total (g)	Saturated (g)	Carbs (g)	Sugars (g)	Kilojoules (kJ)		Calories (Cal)	Total (g)		Saturated (g)	Carbs (g)	Sugars (g)													
SAVOURY PRODUCTS																														
Tramezzini	Tramezzini al Tonno	219 g	1840 kJ	438 Cal	27.1 g	17.0 g	2.6 g	42.6 g	7.6 g	1630 mg	840 kJ	200 Cal	12.4 g	7.7 g	1.2 g	19.5 g	3.4 g	743 mg	YES	NO	YES	YES	YES	MCT	YES	MCT	MCT	YES		
	Tramezzini CIBO BLT	192 g	2160 kJ	514 Cal	14.2 g	31.0 g	10.5 g	42.1 g	8.0 g	844 mg	1120 kJ	266 Cal	7.4 g	16.1 g	5.5 g	21.9 g	4.2 g	439 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	MCT	YES		
	Tramezzini di Uova	190 g	1560 kJ	371 Cal	18.0 g	14.3 g	3.0 g	40.4 g	6.7 g	1010 mg	824 kJ	196 Cal	9.5 g	7.5 g	1.6 g	21.2 g	3.5 g	533 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	MCT	YES		
Brioche	Brioche Con Frittata di Funghi	178 g	1340 kJ	319 Cal	19.1 g	13.6 g	6.3 g	29.3 g	4.7 g	682 mg	756 kJ	180 Cal	10.7 g	7.6 g	3.6 g	16.5 g	2.6 g	383 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	MCT	NO		
	Brioche Uova e Pancetta	153 g	1500 kJ	357 Cal	18.7 g	18.8 g	6.5 g	27.8 g	3.2 g	736 mg	978 kJ	283 Cal	12.2 g	12.3 g	4.3 g	18.1 g	2.1 g	481 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	MCT	NO		
Breakfast Bap	Panino di Colazione	175 g	1270 kJ	302 Cal	13.5 g	11.9 g	5.7 g	11.2 g	6.0 g	961 mg	727 kJ	173 Cal	7.7 g	6.8 g	3.3 g	6.4 g	3.4 g	549 mg	YES	NO	YES	YES	NO	NO	YES	NO	NO	YES		
Insalata	Insalata di Pasta con Pollo Pesto	249 g	2350 kJ	560 Cal	24.1 g	27.9 g	4.2 g	50.4 g	5.9 g	902 mg	945 kJ	225 Cal	9.7 g	11.2 g	1.7 g	20.2 g	2.4 g	362 mg	YES	NO	YES	YES	NO	NO	NO	NO	NO	NO		
	Insalata di Prosciutto Père e Gorgonzola	120 g	567 kJ	135 Cal	6.1 g	11.4 g	2.2 g	9.7 g	3.7 g	520 mg	473 kJ	112 Cal	5.0 g	9.5 g	1.9 g	8.0 g	3.1 g	433 mg	YES	NO	YES	YES	NO	NO	NO	NO	NO	YES		
	Insalata di Quinoa	214 g	524 kJ	125 Cal	1.8 g	9.0 g	0.7 g	8.1 g	4.6 g	1390 mg	245 kJ	58 Cal	0.9 g	4.2 g	0.3 g	3.8 g	2.2 g	648 mg	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
	Panzanella con Pollo	170 g	742 kJ	177 Cal	9.7 g	11.0 g	1.3 g	9.1 g	4.3 g	423 mg	512 kJ	122 Cal	6.7 g	7.6 g	0.9 g	6.3 g	2.9 g	292 mg	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Baguette	Baguette Arrosto di Manzo	271 g	3300 kJ	786 Cal	42.3 g	23.9 g	6.7 g	96.8 g	11.5 g	2040 mg	1220 kJ	290 Cal	15.6 g	8.8 g	2.5 g	35.7 g	4.2 g	752 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	MCT	NO		
	Baguette Tre Colore	280 g	2700 kJ	643 Cal	25.7 g	21.3 g	8.5 g	83.5 g	10.1 g	1460 mg	963 kJ	229 Cal	9.2 g	7.6 g	3.0 g	29.8 g	3.6 g	523 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	MCT	NO		
Focaccia	Focaccia Calabrese	195 g	1720 kJ	330 Cal	18.5 g	18.2 g	8.0 g	37.0 g	1.4 g	1060 mg	882 kJ	210 Cal	9.5 g	9.3 g	4.1 g	19.0 g	0.7 g	543 mg	YES	NO	NO	YES	NO	NO	YES	NO	NO	YES		
	Focaccia Pollo	215 g	2370 kJ	564 Cal	28.5 g	32.9 g	9.5 g	37.0 g	1.4 g	735 mg	1100 kJ	261 Cal	13.2 g	15.3 g	4.4 g	17.2 g	0.7 g	342 mg	YES	NO	YES	YES	NO	NO	YES	YES	YES	YES		
	Focaccia Vegetarian	246 g	1900 kJ	452 Cal	12.6 g	26.7 g	6.9 g	38.9 g	3.4 g	1190 mg	773 kJ	184 Cal	5.1 g	10.9 g	2.8 g	15.8 g	1.4 g	482 mg	YES	NO	NO	YES	NO	NO	YES	NO	NO	YES		
	Focaccia al Cotto	202 g	1540 kJ	366 Cal	19.3 g	13.6 g	5.9 g	39.8 g	1.3 g	1040 mg	763 kJ	181 Cal	9.6 g	6.7 g	2.9 g	19.7 g	0.7 g	516 mg	YES	NO	NO	YES	NO	NO	YES	NO	NO	YES		
Flourless Focaccia	Focaccia con Pollo e Pesto*	168 g	1700 kJ	405 Cal	16.0 g	21.3 g	5.6 g	38.4 g	5.0 g	204 mg	1010 kJ	240 Cal	9.5 g	12.7 g	3.4 g	22.8 g	2.9 g	122 mg	YES	NO	YES	YES	NO	NO	NO	NO	YES	YES		
	Focaccia con Ricotta e Zucchine*	190 g	1340 kJ	319 Cal	6.5 g	15.3 g	5.6 g	38.9 g	6.7 g	240 mg	708 kJ	169 Cal	3.4 g	8.1 g	3.0 g	20.5 g	3.5 g	126 mg	NO	NO	NO	YES	NO	NO	YES	NO	NO	NO		
Piadina	Piadina Boscaiola	225 g	2450 kJ	584 Cal	27.8 g	24.4 g	9.5 g	61.9 g	0.7 g	1520 mg	959 kJ	229 Cal	10.9 g	9.6 g	3.7 g	24.3 g	0.3 g	596 mg	YES	MCT	MCT	YES	MCT	MCT	MCT	MCT	MCT	MCT		
	Piadina Capocollo	233 g	2670 kJ	639 Cal	31.5 g	28.3 g	10.0 g	62.1 g	0.9 g	1250 mg	1150 kJ	274 Cal	13.5 g	12.1 g	4.3 g	26.7 g	0.4 g	538 mg	YES	MCT	YES	YES	MCT	MCT	YES	MCT	MCT	MCT		
Tostino	Tostino al Cotto	283 g	3209 kJ	763 Cal	38.9 g	12.6 g	6.5 g	87.9 g	1.2 g	1123 mg	1146 kJ	273 Cal	15.0 g	4.9 g	2.6 g	39.5 g	0.6 g	496 mg	YES	MCT	MCT	YES	MCT	MCT	YES	YES	MCT	YES		
Filone	Cibo Filone Loaf	80 g	895 kJ	214 Cal	6.6 g	0.7 g	0.1 g	43.2 g	LESS THAN 0.1g	476 mg	1120 kJ	267 Cal	8.3 g	0.9 g	0.2 g	54.0 g	LESS THAN 0.1g	595 mg	YES	NO	YES	NO	NO	MCT	NO	MCT	MCT	NO		
Tigelle	Tigelle al Prosciutto	61 g	602 kJ	143 Cal	5.9 g	4.7 g	1.2 g	18.8 g	0.8 g	391 mg	987 kJ	235 Cal	9.7 g	7.7 g	1.9 g	30.8 g	1.3 g	641 mg	YES	NO	YES	YES	NO	NO	YES	NO	NO	NO		
	Tigelle al Tartufo	82 g	709 kJ	168 Cal	7.0 g	6.5 g	3.0 g	20.4 g	1.5 g	578 mg	865 kJ	206 Cal	8.5 g	7.9 g	3.7 g	24.9 g	1.8 g	704 mg	YES	NO	YES	YES	YES	NO	NO	NO	NO	YES		
Torta	Torta di Spinaci	148 g	1775 kJ	423 Cal	13.0 g	29.0 g	5.5 g	26.5 g	2.5 g	400 mg	1190 kJ	283 Cal	8.7 g	19.5 g	3.7 g	17.8 g	1.7 g	269 mg	YES	NO	YES	YES	NO	MCT	MCT	MCT	MCT	YES		

Items marked with a * are made from gluten free ingredients MCT = MAY CONTAIN TRACES

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Nutritional Information - Food

ALLERGY INFO / FACTS AND FIGURES		Average Quantity Per Serving									Average Quantity Per 100 g									Contains these allergens										
Category	Product Name	Serving Size	Energy		Protein (g)	Fat		Carbohydrates		Sodium (mg)	Energy		Protein (g)	Fat		Carbohydrates		Sodium (mg)	Gluten Cereals	Crustacea	Egg	Milk Products	Fish	Peanuts	Soy	Sesame	Tree Nuts	Sulphites		
			Kilojoules (kJ)	Calories (Cal)		Total (g)	Saturated (g)	Carbs (g)	Sugars (g)		Kilojoules (kJ)	Calories (Cal)		Total (g)	Saturated (g)	Carbs (g)	Sugars (g)												Sodium (mg)	
SWEET PRODUCTS																														
Tortino Sweet	Tortino Cioccolato	130 g	2170 kJ	516 Cal	6.9 g	26.7 g	5.4 g	61.2 g	50.5 g	75 mg	1670 kJ	397 Cal	5.3 g	20.6 g	4.1 g	47.0 g	40.4 g	58 mg	YES	MCT	YES	YES	MCT	MCT	NO	MCT	MCT	NO		
	Tortino di Canella e Caffè	125 g	2060 kJ	490 Cal	7.1 g	21.9 g	13.6 g	65.4 g	34.5 g	416 mg	1640 kJ	390 Cal	5.7 g	17.5 g	10.9 g	52.3 g	27.6 g	332 mg	YES	NO	YES	YES	NO	NO	NO	NO	NO	NO		
	Tortino Rosso Velutto	90 g	1320 kJ	314 Cal	4.6 g	14.1 g	8.5 g	41.9 g	29.5 g	494 mg	1470 kJ	350 Cal	5.1 g	15.7 g	9.4 g	46.6 g	32.8 g	548 mg	YES	NO	YES	YES	NO	NO	NO	NO	NO	NO		
	Vaniglia Cup Cake	60 g	855 kJ	203 Cal	2.4 g	8.5 g	4.8 g	29.0 g	20.3 g	156 mg	1420 kJ	338 Cal	4.1 g	14.2 g	8.0 g	48.3 g	33.8 g	261 mg	YES	NO	YES	YES	NO	YES	YES	MCT	MCT	MCT		
	Tortino all' Arancia*	80 g	1390 kJ	331 Cal	4.8 g	20.4 g	11.6 g	32.4 g	26.8 g	101 mg	1740 kJ	414 Cal	6.0 g	25.5 g	14.5 g	40.6 g	33.5 g	127 mg	NO	NO	YES	YES	NO	NO	NO	NO	YES	NO		
	Tortino di Mela e Pistachio	117 g	2120 kJ	504 Cal	6.2 g	27.6 g	12.2 g	57.4 g	30.8 g	370 mg	1820 kJ	433 Cal	5.3 g	23.6 g	10.5 g	49.1 g	26.3 g	316 mg	YES	MCT	YES	YES	MCT	MCT	MCT	MCT	YES	NO		
	Tortino di Banana e Nutella	125 g	2180 kJ	519 Cal	7.6 g	18.7 g	3.7 g	78.5 g	50.5 g	259 mg	1740 kJ	414 Cal	6.1 g	15.0 g	2.9 g	62.8 g	40.4 g	207 mg	YES	MCT	YES	YES	MCT	MCT	YES	MCT	MCT	NO		
	Tortino di Formaggio e Lamponi*	125 g	1610 kJ	383 Cal	9.6 g	25.6 g	15.8 g	27.6 g	26.4 g	279 mg	1280 kJ	304 Cal	7.7 g	20.4 g	12.7 g	22.1 g	21.1 g	223 mg	NO	MCT	YES	YES	MCT	MCT	MCT	MCT	MCT	MCT		
Biscotti	Biscotti di Mandorle e Vangilia	26 g	520 kJ	123 Cal	2.1 g	3.6 g	1.7 g	20.4 g	12.6 g	136 mg	2000 kJ	476 Cal	8.2 g	13.7 g	6.7 g	78.4 g	48.5 g	524 mg	YES	NO	YES	YES	NO	MCT	NO	MCT	MCT	NO		
	Biscotti di Pistachio e Mirtilli	28 g	556 kJ	132 Cal	2.7 g	4.2 g	1.1 g	20.3 g	12.4 g	130 mg	1990 kJ	488 Cal	9.8 g	15.0 g	3.8 g	72.6 g	44.1 g	462 mg	YES	NO	YES	YES	NO	MCT	NO	MCT	YES	NO		
	Biscotti di Mandorle	36 g	674 kJ	161 Cal	3.8 g	9.3 g	0.6 g	14.9 g	14.9 g	12 mg	1870 kJ	447 Cal	10.7 g	25.8 g	1.7 g	41.3 g	41.3 g	32 mg	YES	MCT	YES	MCT	MCT	MCT	MCT	MCT	YES	YES		
	Cantucci al Cioccolato	37 g	636 kJ	151 Cal	3.4 g	6.4 g	1.4 g	19.6 g	11.1 g	123 mg	1720 kJ	409 Cal	9.1 g	17.2 g	3.9 g	52.8 g	30.0 g	333 mg	YES	NO	YES	YES	NO	NO	NO	NO	YES	NO		
	Biscotti di Mandorle e Limone*	29 g	514 kJ	122 Cal	2.5 g	5.7 g	0.4 g	14.8 g	14.7 g	8 mg	1770 kJ	421 Cal	8.7 g	19.7 g	1.3 g	51.2 g	50.8 g	27 mg	NO	NO	YES	YES	NO	NO	NO	NO	YES	NO		
	Biscotti al Zenzero	45 g	859 kJ	205 Cal	2.9 g	7.8 g	5.0 g	30.0 g	15.3 g	116 mg	1900 kJ	454 Cal	6.5 g	17.4 g	11.2 g	66.6 g	33.9 g	258 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	MCT	MCT		
	Biscotti Smartie	50 g	1049 kJ	251 Cal	3.1 g	12.9 g	9.2 g	30 g	14.9 g	65 mg	2098 kJ	501 Cal	6.1 g	25.8 g	18.3 g	60 g	29.7 g	130 mg	YES	NO	MCT	YES	NO	MCT	YES	MCT	MCT	MCT		
	Biscotti al Cioccolato e Caramello Salato	50 g	1009 kJ	241 Cal	3.3 g	11.8 g	7.6 g	29.6 g	16.1 g	550 mg	2018 kJ	482 Cal	6.6 g	23.6 g	15.2 g	59.1 g	32.2 g	1100 mg	YES	NO	MCT	YES	NO	MCT	YES	MCT	MCT	MCT		
	Biscotti al Limone	50 g	1059 kJ	253 Cal	3.1 g	12.3 g	8.5 g	32.3 g	11.1 g	48 mg	2117 kJ	506 Cal	6.1 g	24.5 g	16.9 g	64.6 g	22.1 g	95 mg	YES	NO	MCT	YES	MCT	MCT	MCT	MCT	MCT	MCT		
Viennese	Viennese al Cioccolato Bianco	31 g	616 kJ	146 Cal	1.8 g	9.0 g	4.9 g	14.5 g	5.6 g	101 mg	1990 kJ	473 Cal	5.9 g	29.0 g	15.8 g	46.9 g	18.0 g	326 mg	YES	NO	YES	YES	NO	NO	YES	NO	NO	NO		
	Viennese	29 g	568 kJ	136 Cal	1.6 g	8.4 g	4.7 g	13.4 g	5.5 g	92 mg	1960 kJ	468 Cal	5.5 g	28.8 g	16.3 g	46.3 g	18.9 g	318 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	MCT	YES		
Tortes, Tortas & Crostata	Torte di Mandorle	165 g	2790 kJ	664 Cal	13.1 g	46.1 g	21.7 g	40.7 g	35.4 g	422 mg	1690 kJ	402 Cal	7.9 g	28.0 g	13.2 g	24.7 g	21.4 g	256 mg	YES	MCT	YES	YES	MCT	MCT	YES	MCT	YES	NO		
	Torta di Carrote e Noce	183 g	3560 kJ	847 Cal	9.0 g	56.1 g	14.5 g	76.3 g	61.1 g	612 mg	1940 kJ	461 Cal	4.9 g	30.6 g	7.9 g	41.7 g	33.4 g	334 mg	YES	MCT	YES	YES	MCT	MCT	MCT	MCT	YES	MCT		
	Torta al Cioccolato*	60 g	1030 kJ	245 Cal	4.0 g	15.9 g	9.7 g	21.2 g	18.8 g	69 mg	1710 kJ	407 Cal	6.7 g	26.4 g	16.2 g	35.4 g	31.3 g	114 mg	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO		
	Torta alla Crema	83 g	1350 kJ	321 Cal	3.2 g	22.9 g	14.2 g	26.2 g	12.3 g	21 mg	1630 kJ	388 Cal	3.9 g	27.6 g	17.2 g	31.5 g	14.9 g	25 mg	YES	NO	YES	YES	NO	NO	NO	NO	NO	NO		
	Torta Tiramisu	165 g	2250 kJ	535 Cal	5.8 g	34.5 g	21.6 g	50.4 g	37.6 g	176 mg	1360 kJ	323 Cal	3.5 g	20.9 g	13.1 g	30.5 g	22.8 g	107 mg	YES	MCT	YES	YES	MCT	MCT	YES	MCT	YES	NO		
	Torta al Limone	78 g	1130 kJ	270 Cal	4.5 g	18.8 g	10.4 g	20.8 g	16.6 g	126 mg	1450 kJ	346 Cal	5.8 g	24.1 g	13.3 g	26.4 g	21.3 g	162 mg	YES	MCT	YES	YES	MCT	MCT	YES	MCT	MCT	YES		
	Crostata al Limone e Meringa	100 g	1400 kJ	333 Cal	4.5 g	14.2 g	8.2 g	46.2 g	32.5 g	30 mg	1400 kJ	333 Cal	4.5 g	14.2 g	8.2 g	46.2 g	32.5 g	30 mg	YES	NO	YES	YES	NO	NO	NO	NO	NO	NO		
	Torta al Formaggio	135 g	1490 kJ	356 Cal	9.2 g	22.8 g	14.0 g	28.6 g	27.1 g	252 mg	1100 kJ	264 Cal	6.8 g	16.9 g	10.4 g	21.2 g	20.1 g	187 mg	YES	MCT	YES	YES	MCT	MCT	YES	MCT	YES	MCT		

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Category	Product Name	Serving Size	Energy			Fat		Carbohydrates		Sodium (mg)	Energy		Protein (g)	Fat		Carbohydrates		Sodium (mg)	Gluten Cereals	Crustacea	Egg	Milk Products	Fish	Peanuts	Soy	Sesame	Tree Nuts	Sulphites
			Kilojoules (kJ)	Calories (Cal)	Protein (g)	Total (g)	Saturated (g)	Carbs (g)	Sugars (g)		Kilojoules (kJ)	Calories (Cal)		Total (g)	Saturated (g)	Carbs (g)	Sugars (g)											
SWEET PRODUCTS																												
Breakfast Pastries	Plain Croissant	100 g	1560 kJ	372 Cal	7.8 g	22.1 g	14.1 g	41.1 g	5.1 g	273 mg	1670 kJ	397 Cal	7.8 g	22.1 g	14.1 g	41.1 g	5.1 g	273 mg	YES	MCT	YES	YES	MCT	MCT	YES	MCT	MCT	NO
	Croissant al Cotto	231 g	2800 kJ	669 Cal	22.9 g	38.6 g	22.9 g	58.0 g	7.6 g	932 mg	1320 kJ	314 Cal	10.7 g	18.1 g	10.7 g	27.2 g	3.6 g	439 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	MCT	YES
	Croissant al Caprese	165 g	1900 kJ	452 Cal	13.2 g	27.0 g	17.4 g	38.0 g	5.7 g	604 mg	1150 kJ	273 Cal	8.0 g	16.4 g	10.6 g	23.0 g	3.4 g	366 mg	YES	NO	YES	YES	NO	NO	YES	NO	NO	NO
	Rotolo al Cotto	180 g	2000 kJ	478 Cal	22.3 g	22.2 g	12.1 g	47.3 g	7.5 g	1020 mg	1110 kJ	266 Cal	12.4 g	12.3 g	6.7 g	26.3 g	4.2 g	568 mg	YES	MCT	YES	YES	MCT	MCT	YES	MCT	MCT	MCT
	Rotolo di Spinaci e Feta	75 g	906 kJ	215 Cal	5.8 g	8.4 g	2.9 g	28.2 g	6.1 g	332 mg	1210 kJ	288 Cal	7.7 g	11.2 g	3.9 g	37.6 g	8.2 g	442 mg	YES	NO	YES	YES	NO	MCT	NO	MCT	MCT	NO
	Cornetto di Nutella	135 g	2760 kJ	657 Cal	9.0 g	40.0 g	18.7 g	66.6 g	40.0 g	2420 mg	2050 kJ	488 Cal	6.7 g	29.6 g	13.8 g	49.4 g	29.6 g	1790 mg	YES	NO	YES	YES	NO	YES	YES	MCT	YES	NO
	Cornetto di Crema	135 g	2130 kJ	507 Cal	8.3 g	34.8 g	20.7 g	41.2 g	16.2 g	2330 mg	1580 kJ	376 Cal	6.1 g	25.8 g	15.3 g	30.5 g	12.0 g	1720 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	MCT	NO
Zeppole	Danese di Mandorle	85 g	1670 kJ	398 Cal	6.1 g	27.4 g	13.9 g	32.0 g	11.3 g	1890 mg	1960 kJ	467 Cal	7.2 g	32.2 g	16.3 g	37.6 g	13.2 g	2220 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	YES	NO
	Zeppole Caramel e Salato	120 g	1720 kJ	409 Cal	8.2 g	16.5 g	8.9 g	56.4 g	27.9 g	600 mg	1430 kJ	340 Cal	6.8 g	13.7 g	7.4 g	46.9 g	23.2 g	499 mg	YES	MCT	YES	YES	MCT	MCT	YES	MCT	MCT	MCT
	Zeppole Nutella	125 g	1900 kJ	452 Cal	9.8 g	26.4 g	13.1 g	43.8 g	16.9 g	221 mg	1520 kJ	361 Cal	7.8 g	21.2 g	10.5 g	35.0 g	13.5 g	177 mg	YES	MCT	YES	YES	MCT	MCT	YES	MCT	YES	MCT
Cannoli	Zeppole Plain	96 g	690 kJ	165 Cal	8.1 g	9.4 g	5.1 g	37.2 g	9.6 g	216 mg	1180 kJ	280 Cal	8.5 g	9.8 g	5.3 g	38.8 g	10.0 g	225 mg	YES	MCT	YES	YES	MCT	MCT	YES	MCT	MCT	MCT
	Cannoli Siciliani	85 g	1170 kJ	279 Cal	5.8 g	14.2 g	8.2 g	30.7 g	23.1 g	83 mg	1370 kJ	328 Cal	6.8 g	16.7 g	9.7 g	36.1 g	27.1 g	98 mg	YES	MCT	YES	YES	MCT	MCT	YES	MCT	YES	MCT
	Cannoli Tradizionali	79 g	980 kJ	234 Cal	3.5 g	10.8 g	6.3 g	29.3 g	18.5 g	42 mg	1240 kJ	296 Cal	4.4 g	13.7 g	8.0 g	37.1 g	23.5 g	53 mg	YES	MCT	YES	YES	MCT	MCT	YES	MCT	MCT	MCT
	Cannoli Siciliani Mignon	49 g	681 kJ	163 Cal	3.6 g	8.8 g	4.6 g	16.7 g	13.2 g	46 mg	1390 kJ	332 Cal	7.4 g	17.9 g	9.3 g	34.0 g	27.0 g	94 mg	YES	MCT	YES	YES	MCT	MCT	YES	MCT	YES	MCT
Bomboloni	Cannoli Tradizionali Mignon	42 g	482 kJ	115 Cal	1.8 g	5.2 g	2.8 g	14.9 g	9.7 g	20 mg	1150 kJ	274 Cal	4.2 g	12.3 g	6.6 g	35.4 g	23.1 g	49 mg	YES	MCT	YES	YES	MCT	MCT	YES	MCT	MCT	MCT
	Bomboloni al Limone e Frutto Passione	95 g	1350 kJ	321 Cal	8.5 g	15.5 g	8.9 g	35.9 g	12.1 g	69 mg	1420 kJ	338 Cal	9.0 g	16.3 g	9.4 g	37.8 g	12.7 g	73 mg	YES	NO	YES	YES	NO	NO	YES	NO	NO	NO
	Bomboloni Nutella	85 g	1670 kJ	397 Cal	7.0 g	19.8 g	8.4 g	47.6 g	28.9 g	41 mg	1960 kJ	466 Cal	8.3 g	23.3 g	9.9 g	56.0 g	34.0 g	48 mg	YES	MCT	YES	YES	MCT	MCT	YES	MCT	YES	YES
Sfogliatelle	Bomboloni Vaniglia	95 g	1240 kJ	295 Cal	6.6 g	13.8 g	7.7 g	35.0 g	14.9 g	50 mg	1300 kJ	310 Cal	6.9 g	14.6 g	8.1 g	36.8 g	15.7 g	53 mg	YES	MCT	YES	YES	MCT	MCT	YES	MCT	MCT	YES
	Sfogliatelle	187 g	2360 kJ	628 Cal	16.3 g	22.3 g	9.5 g	88.1 g	22.5 g	409 mg	1410 kJ	336 Cal	8.7 g	11.9 g	5.1 g	47.1 g	12.0 g	219 mg	YES	MCT	YES	YES	MCT	MCT	YES	MCT	MCT	NO
Gluten Free Friands	Friand Albicocca*	50 g	1030 kJ	245 Cal	4.2 g	18.5 g	7.7 g	15.3 g	14.8 g	19 mg	2060 kJ	488 Cal	8.5 g	37.1 g	15.4 g	30.6 g	29.5 g	39 mg	NO	NO	YES	YES	NO	MCT	NO	MCT	YES	NO
	Friand Mirtilli*	50 g	1030 kJ	245 Cal	4.2 g	18.5 g	7.7 g	15.2 g	14.7 g	19 mg	2050 kJ	488 Cal	8.4 g	37.1 g	15.4 g	30.4 g	29.4 g	38 mg	NO	NO	YES	YES	NO	MCT	NO	MCT	YES	NO
Crostatina	Crostatina di Frutta	120 g	670 kJ	159 Cal	2.2 g	6.9 g	4.3 g	21.5 g	19.1 g	49 mg	599 kJ	142 Cal	1.8 g	5.7 g	3.6 g	17.9 g	15.9 g	41 mg	YES	NO	YES	YES	NO	MCT	NO	MCT	MCT	NO
	Crostatina al Limone	80 g	1010 kJ	240 Cal	2.4 g	18.5 g	12.0 g	20.8 g	14.6 g	47 mg	1450 kJ	345 Cal	3.5 g	26.4 g	17.0 g	26.1 g	20.9 g	60 mg	YES	MCT	YES	YES	MCT	MCT	YES	MCT	MCT	YES
Pane	Pane di Limone	114 g	2190 kJ	521 Cal	5.9 g	30.7 g	19.0 g	55.4 g	37.3 g	170 mg	1920 kJ	457 Cal	5.2 g	26.9 g	16.7 g	48.6 g	32.7 g	149 mg	YES	MCT	YES	YES	MCT	MCT	NO	MCT	YES	NO
	Pane di Banane	150 g	2350 kJ	560 Cal	7.9 g	24.5 g	14.6 g	75.7 g	46.8 g	491 mg	1560 kJ	37 Cal	5.3 g	16.3 g	9.7 g	50.5 g	31.2 g	327 mg	YES	MCT	YES	YES	MCT	MCT	MCT	MCT	MCT	MCT
	Pane di Frutta	58 g	1070 kJ	255 Cal	4.8 g	1.0 g	0.1 g	31.0 g	11.0 g	108 mg	1140 kJ	271 Cal	8.4 g	1.7 g	0.2 g	53.5 g	19.0 g	187 mg	YES	MCT	YES	YES	MCT	MCT	YES	MCT	MCT	MCT
	Pane di Mela e Noce	150 g	2150 kJ	514 Cal	7.3 g	22.4 g	13.1 g	68.2 g	44.7 g	291 mg	1430 kJ	340 Cal	4.9 g	14.9 g	8.7 g	45.5 g	29.8 g	194 mg	YES	MCT	YES	YES	MCT	MCT	MCT	MCT	YES	MCT
Protein Balls	Cioccolato e nocciola bacino	35 g	689 kJ	167 Cal	6.0 g	9.9 g	5.5 g	13.6 g	9.3 g	24 mg	1968 kJ	477 Cal	17.2 g	28.3 g	15.8 g	38.8 g	26.4 g	68 mg	YES	NO	MCT	YES	NO	MCT	MCT	MCT	YES	YES
	Cioccolato bianco e pistacchio bacino	35 g	822 kJ	195 Cal	5.6 g	14.6 g	9.4 g	10.2 g	6.8 g	35 mg	2348 kJ	557 Cal	16.1 g	41.6 g	26.8 g	29.2 g	19.5 g	99 mg	YES	NO	MCT	YES	NO	MCT	YES	MCT	YES	YES
Frutta	Frutta Fresca	100 g	156 kJ	37 Cal	0.6 g	0.2 g	0.1 g	7.0 g	7.0 g	16 mg	156 kJ	37 Cal	0.6 g	0.2 g	0.1 g	7.0 g	7.0 g	16 mg	NO	NO	NO	NO	NO	MCT	NO	MCT	MCT	NO

Items marked with a * are made from gluten free ingredients MCT = MAY CONTAIN TRACES

As our products are made by hand, slight nutritional variances may occur as the above values are based on our standard recipes and ingredient formulations from our suppliers. Also due to seasonal changes, slight alterations to recipes and changes to suppliers we may update this information from time to time. Updated 29/11/16