

# 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				Energy		Protein (g)	Fat		Carbohydrates			Gluten Cereals	Crustacea	Egg	Milk Products	Fish	Peanuts	Soy	Sesame	Tree Nuts	Sulphites	Lupin
			Kilojoules (kJ)	Calories (Cal)	Protein (g)	Total (g)	Saturated (g)	Carbs (g)	Sugars (g)	Sodium (mg)	Kilojoules (kJ)	Calories (Cal)	Total (g)		Saturated (g)	Carbs (g)	Sugars (g)	Sodium (mg)												
<b>SAVOURY PRODUCTS</b>																														
Filone	Cibo Filone Loaf	80 g	936 kJ	223 Cal	7.0 g	1.4 g	0.2 g	43.2 g	<0.1 g	385 mg	1170 kJ	278 Cal	8.7 g	1.8 g	0.3 g	54.0 g	<0.1 g	481 mg	YES	NO	NO	NO	NO	MCT	YES	MCT	MCT	NO	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	MCT	YES	MCT	MCT	YES	NO	
	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	MCT	YES	YES	YES	YES	NO	
	Focaccia al 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	MCT	YES	MCT	MCT	YES	NO	
	Focaccia Calabrese*	200 g	2000 kJ	476 Cal	14.9 g	20.9 g	7.4 g	54.9 g	2.8 g	1620 mg	998 kJ	238 Cal	7.5 g	10.5 g	3.7 g	27.4 g	1.4 g	813 mg	NO	NO	NO	YES	NO	MCT	YES	YES	MCT	YES	NO	
	Focaccia Pollo*	226 g	2240 kJ	533 Cal	19.5 g	23.3 g	6.1 g	60.2 g	7.4 g	1570 mg	993 kJ	236 Cal	8.6 g	10.3 g	2.7 g	26.6 g	3.3 g	696 mg	NO	NO	YES	YES	NO	MCT	YES	YES	YES	YES	NO	
	Focaccia al Vegetarian*	237 g	2120 kJ	505 Cal	8.9 g	26.6 g	6.2 g	56.2 g	4.5 g	1660 mg	893 kJ	213 Cal	3.7 g	11.2 g	2.6 g	23.7 g	1.9 g	702 mg	NO	NO	NO	YES	NO	MCT	YES	YES	MCT	NO	NO	
Insalata Focaccia	Insalata di Mais, Ceci e Peperoncini	300 g	1140 kJ	271 Cal	12.1 g	17.4 g	3.9 g	14.0 g	6.6 g	1050 mg	380 kJ	90 Cal	4.0 g	5.8 g	1.3 g	4.7 g	2.2 g	350 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	MCT	NO	NO	
	Strozzapreti in Insalata con Pollo	279 g	3910 kJ	931 Cal	27.1 g	49.1 g	7.2 g	95.6 g	2.9 g	842 mg	1400 kJ	333 Cal	9.7 g	17.6 g	2.6 g	34.3 g	1.0 g	302 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	YES	NO	NO	
	Insalata Nizzarda con Tonno	270 g	1260 kJ	300 Cal	15.6 g	22.9 g	3.1 g	6.9 g	4.0 g	735 mg	466 kJ	111 Cal	5.8 g	8.5 g	1.2 g	2.6 g	1.5 g	272 mg	YES	NO	YES	YES	YES	MCT	YES	MCT	MCT	NO	NO	
Piadina	Piadina Boscaiola	204 g	1820 kJ	433 Cal	25.8 g	18.9 g	7.6 g	42.6 g	1.3 g	1090 mg	890 kJ	212 Cal	12.6 g	9.2 g	3.7 g	20.9 g	0.6 g	537 mg	YES	NO	NO	YES	NO	MCT	NO	MCT	MCT	YES	NO	
	Piadina Capocollo	180 g	2030 kJ	483 Cal	22.2 g	26.8 g	8.1 g	41.9 g	1.4 g	926 mg	1130 kJ	269 Cal	12.4 g	14.9 g	4.5 g	23.3 g	0.8 g	514 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	MCT	YES	NO	
Pizza	Pizza Prosciutto e Funghi	200 g	1660 kJ	395 Cal	17.1 g	19.2 g	8.2 g	41.2 g	2.5 g	811 mg	831 kJ	198 Cal	8.6 g	9.6 g	4.1 g	20.6 g	1.3 g	405 mg	YES	NO	NO	YES	NO	MCT	YES	MCT	MCT	YES	NO	
	Pizza Calabrese	200 g	1720 kJ	410 Cal	20.6 g	18.8 g	6.9 g	41.4 g	2.8 g	1010 mg	860 kJ	205 Cal	10.3 g	9.4 g	3.4 g	20.7 g	1.4 g	505 mg	YES	NO	NO	YES	NO	MCT	YES	MCT	MCT	YES	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	MCT	YES	MCT	MCT	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	MCT	NO	MCT	MCT	YES	NO	
Torta	Torta di Spinaci	148 g	1495 kJ	355 Cal	10.8 g	23.2 g	7.8 g	23.5 g	1.8 g	596 mg	1010 kJ	240 Cal	7.3 g	15.7 g	5.3 g	15.9 g	1.2 g	403 mg	YES	NO	YES	YES	YES	MCT	YES	MCT	MCT	NO	NO	
	Crostatina di Verdure	153 g	1040 kJ	248 Cal	5.2 g	15.4 g	5.8 g	21.0 g	5.4 g	929 mg	680 kJ	162 Cal	3.4 g	10.1 g	3.8 g	13.8 g	3.5 g	607 mg	YES	NO	MCT	YES	NO	MCT	YES	MCT	MCT	NO	NO	
Tostino	Tostino al Cotto	283 g	3209 kJ	763 Cal	38.9 g	12.6 g	6.5 g	87.9 g	1.2g	1123 mg	1146 kJ	273 Cal	15.0 g	4.9 g	2.6 g	39.5 g	0.6g	496 mg	YES	MCT	MCT	YES	MCT	MCT	YES	MCT	MCT	MCT	NO	
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	NO	NO	
	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	NO	NO	
Tubo	Tube con Pollo Grigliato	265 g	1680 kJ	400 Cal	20.9 g	17.5 g	2.4 g	37.7 g	3.7 g	1060 mg	632 kJ	150 Cal	7.9 g	6.6 g	0.9 g	14.2 g	1.4 g	401 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	MCT	NO	NO	
	Tube al Prosciutto	250 g	2060 kJ	490 Cal	23.2 g	27.2 g	7.8 g	36.4 g	4.7 g	1550 mg	822 kJ	196 Cal	9.3 g	10.9 g	3.1 g	14.6 g	1.9 g	620 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	MCT	NO	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 27/06/18

# 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			Fat		Carbohydrates		Sodium (mg)	Gluten Cereals	Crustacea	Egg	Milk Products	Fish	Peanuts	Soy	Sesame	Tree Nuts	Sulphites	Lupin	
			Kilojoules (kJ)	Calories (Cal)	Protein (g)	Total (g)	Saturated (g)	Carbs (g)	Sugars (g)		Kilojoules (kJ)	Calories (Cal)	Protein (g)	Total (g)	Saturated (g)	Carbs (g)	Sugars (g)													Sodium (mg)
<b>SAVOURY PRODUCTS</b>																														
Baguette	Baguette con Bocconcini Pomodoro Pesto e Basilico	290 g	1750 kJ	417 Cal	17.6 g	12.5 g	5.6 g	56.3 g	3.5 g	1070 mg	649 kJ	155 Cal	6.5 g	4.6 g	2.1 g	20.8 g	1.3 g	396 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	YES	NO	NO	
	Baguette con Arrosto di Manzo	290 g	2690 kJ	640 Cal	27.8 g	33.2 g	7.8 g	55.7 g	2.0 g	2850 mg	929 kJ	221 Cal	9.6 g	11.4 g	2.7 g	19.2 g	0.7 g	983 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	MCT	NO	NO	
	Baguette con Polpette di Carne	280 g	2060 kJ	490 Cal	29.9 g	14.6 g	6.4 g	58.1 g	4.0 g	1160 mg	737 kJ	175 Cal	10.7 g	5.2 g	2.3 g	20.8 g	1.4 g	416 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	MCT	NO	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	MCT	YES	MCT	MCT	YES	NO	
Breakfast Pastries	Plain Croissant	100 g	1670 kJ	397 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	NO	YES	YES	NO	MCT	YES	MCT	MCT	NO	NO	
	Croissant al Cotto	145 g	1880 kJ	448 Cal	19.9 g	24.7 g	15.2 g	35.6 g	5.1 g	909 mg	1300 kJ	309 Cal	13.7 g	17.0 g	10.5 g	24.6 g	3.5 g	627 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	MCT	YES	NO	
	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	MCT	YES	MCT	MCT	NO	NO	
	Mini Croissant al Cotto e Formaggio	85 g	937 kJ	223 Cal	9.8 g	9.6 g	6.0 g	24.9 g	13.2 g	300 mg	1100 kJ	262 Cal	11.6 g	11.3 g	7.0 g	29.3 g	15.6 g	353 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	MCT	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	NO	
	Rotolo di Zucca e Spinachi	145 g	1300 kJ	310 Cal	9.7 g	15.3 g	6.3 g	33.9 g	7.0 g	546 mg	900 kJ	214 Cal	6.7 g	10.5 g	4.3 g	23.4 g	4.8 g	377 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	MCT	NO	NO	
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	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	YES	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 27/06/18

# 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	Lupin	
			Kilojoules (kJ)	Calories (Cal)		Total (g)	Saturated (g)	Carbs (g)	Sugars (g)		Kilojoules (kJ)	Calories (Cal)		Total (g)	Saturated (g)	Carbs (g)	Sugars (g)													
<b>SWEET PRODUCTS</b>																														
Tortino Sweet	Tortino Cioccolato	130 g	2170 kJ	516 Cal	6.9 g	26.7 g	5.4 g	61.2 g	48.1 g	75 mg	1670 kJ	397 Cal	5.3 g	20.6 g	4.1 g	47.0 g	37.0 g	58 mg	YES	NO	YES	YES	NO	MCT	NO	MCT	MCT	NO	NO	
	Tortino Napoletano	67 g	959 kJ	228 Cal	3.0 g	10.4 g	6.4 g	30.5 g	21.9 g	211 mg	1430 kJ	340 Cal	4.5 g	15.5 g	9.5 g	45.5 g	32.6 g	314 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	MCT	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	MCT	NO	MCT	MCT	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	MCT	YES	MCT	MCT	MCT	NO	
	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	MCT	NO	MCT	MCT	NO	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	NO	
	Muffin con Mele e Lamponi	110 g	1740 kJ	414 Cal	6.0 g	21.8 g	3.9 g	47.3 g	28.0 g	363 mg	1580 kJ	376 Cal	5.4 g	19.8 g	3.6 g	43.0 g	25.4 g	330 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	MCT	NO	NO	
	Muffin con Crumble ai Mirtilli	100 g	2080 kJ	495 Cal	6.8 g	25.9 g	5.0 g	57.4 g	33.2 g	481 mg	2080 kJ	495 Cal	6.8 g	25.9 g	5.0 g	57.4 g	33.2 g	481 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	YES	NO	NO	
Muffin con Lamponi e Cioccolato Bianco	105 g	2070 kJ	493 Cal	6.0 g	27.4 g	9.4 g	55.1 g	37.2 g	373 mg	1970 kJ	469 Cal	5.7 g	26.1 g	8.9 g	52.5 g	35.4 g	356 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	MCT	NO	NO		
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	YES	NO	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	466 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	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	MCT	MCT	YES	MCT	MCT	MCT	MCT	MCT	YES	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	NO	
	Biscotti Smartie	50 g	1049 kJ	251 Cal	3.1 g	12.9 g	9.2 g	30.0 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	NO	
	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	NO	
	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	NO	MCT	MCT	MCT	MCT	MCT	NO	
Viennese	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	NO	NO	
Tortes, Tortas & Crostata	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	NO	YES	YES	NO	MCT	YES	MCT	YES	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	NO	YES	YES	NO	MCT	YES	MCT	YES	NO	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	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	NO	
	Croissant alle Mandorle	124 g	1810 kJ	431 Cal	11.3 g	23.3 g	10.2 g	45.3 g	27.0 g	200 mg	1500 kJ	357 Cal	9.3 g	19.2 g	8.4 g	37.5 g	22.4 g	165 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	YES	NO	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 27/06/18

# 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	Lupin
			Kilojoules (kJ)	Calories (Cal)		Total (g)	Saturated (g)	Carbs (g)	Sugars (g)		Kilojoules (kJ)	Calories (Cal)		Total (g)	Saturated (g)	Carbs (g)	Sugars (g)												
<b>SWEET PRODUCTS</b>																													
Breakfast Pastries	Pain au chocolat	96 g	1510 kJ	360 Cal	7.2 g	20.3 g	12.5 g	38.4 g	11.9 g	225 mg	1570 kJ	374 Cal	7.5 g	21.2 g	13.0 g	40.0 g	12.4 g	234 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	MCT	NO	NO
	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	MCT	NO
Zeppole	Zeppole Plain	96 g	1130 kJ	269 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	NO
Cannoli	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	NO
	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	NO
Bomboloni	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	MCT	NO
	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	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	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	2060 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	NO
Crostatina	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	NO
	Crostatina alla Pera	90 g	1140 kJ	271 Cal	4.3 g	17.1 g	7.5 g	22.7 g	17.7 g	23 mg	1270 kJ	302 Cal	4.7 g	19.0 g	8.3 g	25.2 g	19.7 g	25 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	YES	NO	NO
Pane	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	374 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	NO
	Pane di Frutta	58 g	664 kJ	158 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	NO
	Sfilatino al Cocco e Vaniglia	150 g	2580 kJ	614 Cal	8.8 g	37.2 g	25.8 g	61.6 g	37.3 g	304 mg	1720 kJ	410 Cal	5.9 g	24.8 g	17.2 g	41.1 g	24.8 g	203 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	MCT	NO	NO
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	NO
	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	NO
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	NO