

# 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)	Kilojoules (kJ)	Calories (Cal)	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)					Total (g)	Saturated (g)	Carbs (g)	Sugars (g)												
<b>SAVOURY PRODUCTS</b>																													
<b>BREAD</b>																													
Filone	Sourdough Toast (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
<b>MUFFINS - SAVOURY</b>																													
Muffins	Pumpkin, Spinach & Fetta Muffin (Muffin Do Zucca E Feta)	160 g	1840 kJ	440 Cal	14.9 g	25.0 g	6.6 g	37.2 g	5.6 g	1280 mg	1150 kJ	275 Cal	9.3 g	15.6 g	4.1 g	23.2 g	3.5 g	797 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	MCT	NO	NO
<b>QUICHE / FRITTATA</b>																													
Quiche	Tomato & Asparagus Quiche (Quiche Con Pomodorini E Asparagi)	115 g	885 kJ	211 Cal	12.7 g	17.4 g	9.4 g	1.9 g	1.7 g	465 mg	769 kJ	184 Cal	11.0 g	15.2 g	8.1 g	1.6 g	1.5 g	405 mg	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO
	Pancetta, Leek, Ricotta Quiche (Quiche Con Ricotta E Pancetta)	105 g	966 kJ	231 Cal	14.8 g	18.1 g	8.9 g	2.8 g	1.6 g	682 mg	920 kJ	220 Cal	14.1 g	17.3 g	8.4 g	2.7 g	1.5 g	650 mg	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO
<b>SALADS</b>																													
Salad	Chicken Caesar Salad (Insalata Cesare)	240 g	1280 kJ	306 Cal	23.0 g	24.1 g	5.4 g	17.5 g	3.3 g	761 mg	534 kJ	127 Cal	9.6 g	10.1 g	2.2 g	7.3 g	1.4 g	317 mg	YES	NO	YES	YES	YES	MCT	YES	MCT	MCT	YES	NO
	Falafel & Brown Rice Salad (Insalata Di Falafel E Riso)	435 g	3900 kJ	932 Cal	17.2 g	55.5 g	8.6 g	83.5 g	23.9 g	2100 mg	895 kJ	214 Cal	4.0 g	12.8 g	2.0 g	19.2 g	5.5 g	482 mg	MCT	NO	NO	NO	NO	MCT	MCT	YES	MCT	NO	MCT
	Tuna Nicoise Salad (Insalata Nizzarda Con Tonno)	300 g	1490 kJ	356 Cal	19.7 g	24.1 g	3.3 g	12.6 g	4.5 g	626 mg	496 kJ	118 Cal	6.6 g	8.0 g	1.1 g	4.2 g	1.5 g	209 mg	NO	NO	YES	NO	YES	NO	YES	MCT	MCT	NO	NO
	Israeli Couscous & Pumpkin Salad (Insalata Alla Israele)	415 g	2240 kJ	535 Cal	16.3 g	20.2 g	2.2 g	66.9 g	12.5 g	1640 mg	540 kJ	129 Cal	3.9 g	4.9 g	0.5 g	16.1 g	3.0 g	395 mg	YES	NO	NO	NO	NO	NO	NO	NO	YES	YES	NO
	Sweet Potato & Quinoa Salad (Insalata Di Quinoa E Patate Americane)	354 g	1960 kJ	468 Cal	12.6 g	23.4 g	3.3 g	47.7 g	16.6 g	984 mg	568 kJ	135 Cal	3.6 g	6.8 g	1.0 g	13.8 g	4.8 g	285 mg	MCT	NO	NO	NO	NO	NO	MCT	NO	YES	NO	MCT
<b>PASTRIES - SAVOURY</b>																													
Pastries	Ham & Cheese Croissant (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
	Cheese & Tomato Croissant (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
	Pancetta, Tomato & Egg Croissant (Croissant Uova E Pancetta)	210 g	2540 kJ	607 Cal	21.5 g	36.4 g	20.1 g	47.5 g	10.2 g	1500 mg	1210 kJ	289 Cal	10.2 g	17.3 g	9.6 g	22.6 g	4.8 g	714 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	YES	NO	NO
<b>TARTS &amp; PIES</b>																													
Torta	Spinach, Mozzarella & Parmesan Tart (Torta Di Spinaci)	157 g	1762 kJ	422 Cal	10.4 g	30.0 g	11.4 g	25.6 g	2.3 g	514 mg	1130 kJ	270 Cal	6.6 g	19.2 g	7.3 g	16.4 g	1.5 g	328 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	MCT	NO	NO

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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>SAVOURY PRODUCTS</b>																													
<b>SANDWICHES &amp; WRAPS</b>																													
Ciabatta	Chicken & Salsa Verde Ciabatta (Ciabatta Con Pollo E Salsa Verde)	275 g	3390 kJ	810 Cal	42.7 g	48.8 g	9.6 g	49.0 g	2.6 g	1580 mg	1230 kJ	294 Cal	15.5 g	17.7 g	3.5 g	17.8 g	1.0 g	574 mg	YES	NO	YES	NO	YES	NO	YES	NO	NO	YES	NO
	Ham & Tomato Ciabatta (Ciabatta Al Cotto E Pomodoro Verde)	225 g	2310 kJ	552 Cal	22.5 g	33.1 g	7.8 g	47.1 g	1.9 g	1410 mg	1020 kJ	243 Cal	10.0 g	14.7 g	3.4 g	20.9 g	0.8 g	626 mg	YES	NO	YES	YES	NO	NO	YES	NO	NO	NO	NO
	Vegetables & Truffle Mayo Ciabatta (Ciabatta Alla Vegeteriana)	290 g	2930 kJ	700 Cal	16.2 g	46.9 g	11.2 g	51.0 g	5.4 g	1550 mg	1010 kJ	241 Cal	5.6 g	16.2 g	3.9 g	17.6 g	1.9 g	534 mg	YES	NO	YES	YES	NO	NO	YES	NO	NO	NO	NO
Focaccia	Salami 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
	Chicken Focaccia (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
	Vegetarian Focaccia (Focaccia Vegetariana)	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
Baguette, Panino & Piadina	Egg, Pancetta, Spinach, Cheese Roll (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
	Pumpkin, Ricotta & Spinach Baguette (Panino Zucca)	205 g	1560 kJ	372.8 Cal	12.8 g	9.3 g	3.6 g	56.9 g	12.8 g	902 mg	761 kJ	181.8 Cal	6.2 g	4.6 g	1.7 g	27.8 g	6.2 g	440 mg	YES	NO	MCT	YES	NO	MCT	YES	MCT	MCT	NO	NO
	Roast Chicken & Basil Pesto Baguette (Panino Aia)	205 g	2210 kJ	528 Cal	28.9 g	25.2 g	3.8 g	45.6 g	1.5 g	1050 mg	1080 kJ	258 Cal	14.1 g	12.3 g	1.9 g	22.2 g	0.7 g	514 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	YES	NO	NO
	Roast Beef Baguette (Panino Arrosto)	200 g	2110 kJ	504.3 Cal	21.5 g	26.3 g	5.4 g	44.9 g	2.6 g	1240 mg	1050 kJ	250.9 Cal	10.8 g	13.2 g	2.7 g	22.4 g	1.3 g	620 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	MCT	YES	NO
	Spicy Calabrese Salami Baguette (Panino Calabrese)	200 g	2100 kJ	501 Cal	17.6 g	29.6 g	8.0 g	46.6 g	2.9 g	1140 mg	1050 kJ	251 Cal	8.8 g	14.8 g	4.0 g	23.3 g	1.4 g	573 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	MCT	YES	NO
	Capocollo, Rocket, Mozzarella & Piadina (Piadina Capocollo)	235 g	2450 kJ	585 Cal	26.6 g	27.6 g	8.5 g	56.8 g	0.8 g	1300 mg	1040 kJ	248 Cal	11.3 g	11.7 g	3.6 g	24.2 g	0.3 g	553 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	MCT	YES	NO
	Mushroom, Ham & Cheese Piadina (Piadina Boscaiola)	260 g	2130 kJ	509 Cal	30.0 g	15.6 g	8.0 g	59.3 g	0.9 g	1530 mg	820 kJ	195 Cal	11.5 g	6.0 g	3.1 g	22.8 g	0.3 g	589 mg	YES	NO	MCT	YES	NO	MCT	YES	MCT	MCT	YES	NO
Tramezzini (Sandwich)	Tuna Salad Sandwich (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
	Egg & Watercress Sandwich (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

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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	Lupin
			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)												
<b>SAVOURY PRODUCTS</b>																													
<b>SANDWICHES &amp; WRAPS</b>																													
Toasties (Tostino)	Ham, Tomato & Cheese Toastie (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	MCT	MCT	MCT	NO
	Egg, Bacon & Tomato Sourdough Toastie (Tostino Uova E Pancetta)	275 g	2800 kJ	669 Cal	32.7 g	29.0 g	8.0 g	68.4 g	7.8 g	1760 mg	1020 kJ	243 Cal	11.9 g	10.6 g	2.9 g	24.9 g	2.8 g	638 mg	YES	NO	YES	NO	NO	NO	YES	NO	NO	NO	NO
	Classic BLT Sourdough Toastie (Tostino BLT)	240 g	2740 kJ	654 Cal	23.7 g	34.2 g	6.8 g	62.1 g	1.8 g	1740 mg	1140 kJ	272 Cal	9.9 g	14.3 g	2.8 g	25.9 g	0.8 g	727 mg	YES	NO	YES	NO	NO	NO	YES	NO	NO	NO	NO
	Smashed Avocado & Onion Sourdough Toastie (Tostino Colazione)	340 g	3240 kJ	774 Cal	16.3 g	43.6 g	12.2 g	76.0 g	6.7 g	1620 mg	953 kJ	227 Cal	4.8 g	12.8 g	3.6 g	22.4 g	2.0 g	476 mg	YES	NO	NO	YES	NO	NO	YES	NO	NO	NO	NO
Flatbread Wraps	Egg, Chicken & Pancetta Flatbread Wrap (Tubo Con Pollo E Uova)	265 g	3080 kJ	736 Cal	36.2 g	43.6 g	8.0 g	51.3 g	4.4 g	1680 mg	1160 kJ	277 Cal	13.7 g	16.5 g	3.0 g	19.3 g	1.6 g	634 mg	YES	NO	YES	NO	NO	NO	YES	NO	NO	NO	NO
	Mushroom, Eggplant, Capsicum & Broccoli Wholemeal Flatbread Wrap (Tubo Con Funghi)	295 g	2490 kJ	595 Cal	8.5 g	33.3 g	4.6 g	65.9 g	8.2 g	2030 mg	846 kJ	202 Cal	2.9 g	11.3 g	1.6 g	22.4 g	2.8 g	687 mg	YES	NO	NO	NO	NO	NO	YES	YES	NO	NO	NO
	Tuna & Radicchio Salad Flatbread Wrap (Tubo Al Tonno)	315 g	2750 kJ	657 Cal	30.7 g	33.6 g	10.9 g	61.2 g	6.3 g	1520 mg	874 kJ	209 Cal	9.7 g	10.7 g	3.5 g	19.4 g	2.0 g	482 mg	YES	NO	YES	YES	YES	NO	YES	NO	NO	NO	NO
Tigelle (Flatbread Muffins)	Prosciutto & Rocket 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
	Mushroom Tigelle (Tigelle Tartufo)	78 g	797 kJ	190 Cal	7.3 g	8.7 g	4.8 g	20.7 g	1.6 g	498 mg	1020 kJ	244 Cal	9.3 g	11.1 g	6.1 g	26.6 g	2.0 g	639 mg	YES	MCT	YES	YES	YES	MCT	MCT	MCT	MCT	YES	NO
Brioche	Mushroom Frittata Brioche (Brioche Con Frittata Di Funghi)	210 g	2000 kJ	478 Cal	22.0 g	27.7 g	10.1 g	38.1 g	6.5 g	738 mg	937 kJ	223 Cal	10.3 g	12.9 g	4.7 g	17.8 g	3.0 g	345 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	YES	YES	NO
	Pancetta & Egg Brioche (Brioche Uova E Pancetta)	190 g	2010 kJ	480 Cal	25.1 g	24.1 g	11.6 g	40.5 g	8.8 g	968 mg	1030 kJ	246 Cal	12.9 g	12.4 g	5.9 g	20.8 g	4.5 g	496 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	MCT	YES	NO
	Ham & Cheese Brioche (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
	Pumpkin & Spinach Brioche (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

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CATEGORY	PRODUCT NAME	Serving Size	Energy			Fat		Carbohydrates		Sodium (mg)	Kilojoules (kJ)	Calories (Cal)	Protein (g)	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)					Total (g)	Saturated (g)	Carbs (g)	Sugars (g)												
<b>SWEET PRODUCTS</b>																													
<b>BISCUITS &amp; SMALL TREATS</b>																													
Biscotti	Almond Biscotti (Biscotti Allo 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
	Almond, Vanilla & Chocolate Biscotti (Biscotti Alle Mandorle Vaniglia E Cioccolato)	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
	Cranberry & Pistachio Biscotti (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
	Chocolate Salted Caramel Biscotti (Biscotti Al Cioccolatoe 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
	Kids Ginger Bear Biscotti (Biscotti Allo 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
	Kids Oat Dotti Biscotti (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
	Lemon Melting Moment Biscotti (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 Biscotti (Biscotti 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
Protein Balls	Chocolate Hazelnut Protein Ball (Bacino Al Cioccolato E Nocciole)	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
	White Chocolate & Pistachio Protein Ball (Bacino Al Cioccolato Bianco E Pistachio)	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
Cannoli	Sweet Ricotta Cannoli (Cannoli Sicilian)	80 g	985 kJ	235 Cal	2.6 g	10.2 g	6.4 g	31.8 g	23.4 g	17 mg	1230 kJ	293 Cal	3.3 g	12.8 g	8.0 g	39.8 g	29.2 g	21 mg	YES	NO	YES	YES	MCT	MCT	YES	MCT	YES	MCT	NO
	Chocolate & Vanilla Cannoli (Cannoli Tradizionali)	75 g	913 kJ	218 Cal	2.3 g	8.6 g	5.7 g	30.5 g	19.0 g	27 mg	1160 kJ	277 Cal	2.9 g	10.9 g	7.2 g	38.6 g	24.0 g	34 mg	YES	NO	YES	YES	MCT	MCT	YES	MCT	MCT	MCT	NO
	Oreo Cannoli (Cannoli Oreo)	85 g	1100 kJ	263 Cal	4.5 g	10.6 g	7.6 g	35.6 g	25.5 g	122 mg	1290 kJ	308 Cal	5.3 g	12.4 g	9.0 g	41.8 g	30.0 g	143 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	MCT	MCT	NO
Bars	Not Just Another Seedy Bar	90 g	1824 kJ	436 Cal	9.84 g	27.3 g	4.7 g	36.2 g	27.0 g	45.6 mg	2026 kJ	484 Cal	10.9 g	30.4 g	5.2 g	40.2 g	30.0 g	50.6 mg	NO	NO	NO	MCT	NO	YES	MCT	YES	YES	NO	NO
	Pistachio & Coconut Bar	85 g	1740 kJ	416 Cal	5.6 g	22.0 g	10.8 g	24.4 g	18.0 g	53.5 mg	2047 kJ	489 Cal	6.6 g	25.9 g	12.7 g	27.1 g	20.0 g	63.3 mg	NO	NO	NO	YES	NO	YES	MCT	YES	YES	NO	NO
	VDG (Very Damn Good Bar) Bar	70 g	1300 kJ	311 Cal	6.0g	19.2 g	3.4 g	27.0 g	23.8 g	7.0 mg	1860 kJ	445 Cal	8.5 g	27.5 g	4.8 g	38.6 g	33.9 g	11 mg	NO	NO	NO	MCT	NO	YES	MCT	YES	YES	NO	NO
	Munjola Bar	100 g	1940 kJ	464 Cal	4.1 g	29.6 g	11.4 g	38.5 g	27.6 g	111 mg	1940 kJ	464 Cal	4.1 g	29.6 g	11.4 g	38.5 g	27.6 g	111 mg	NO	NO	YES	YES	NO	MCT	MCT	MCT	YES	NO	NO
	Great D8 Bar	100 g	1630 kJ	390 Cal	8.3 g	19.6 g	6.0 g	47.7 g	31.4 g	87 mg	1630 kJ	390 Cal	8.3 g	19.6 g	6.0 g	47.7 g	31.4 g	87 mg	NO	NO	YES	YES	NO	YES	MCT	YES	YES	NO	NO
	FNG Bar (Fig, Nut & Grain Bar)	100 g	1940 kJ	464 Cal	10.9 g	33.5 g	3.8 g	27.5 g	25.7 g	43 mg	1940 kJ	464 Cal	10.9 g	33.5 g	3.8 g	27.5 g	25.7 g	43 mg	NO	NO	YES	MCT	NO	YES	MCT	YES	YES	NO	NO

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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	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>																													
<b>CAKES &amp; MUFFINS</b>																													
Cakes (Torta)	CIBO Infused Coffee Cake (Torta Cibo Espresso)	143 g	3320 kJ	793 Cal	10.3 g	37.6 g	20.6 g	67.1 g	54.6 g	579 mg	2320 kJ	554 Cal	7.2 g	26.3 g	14.4 g	46.9 g	38.2 g	405 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	MCT	MCT	NO
	Cheesecake Zeppole (Zeppole Torta Di Formaggio)	175 g	2620 kJ	626 Cal	11.0 g	41.5 g	26.6 g	52.7 g	25.0 g	365 mg	1500 kJ	358 Cal	6.3 g	23.7 g	15.2 g	30.1 g	14.3 g	208 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	MCT	MCT	NO
	Summer Citrus Cheesecake (Torta Estiva Al Formaggio)	105 g	1490 kJ	356 Cal	5.0 g	19.6 g	12.2 g	39.6 g	29.8 g	78 mg	1420 kJ	339 Cal	4.8 g	18.6 g	11.6 g	37.7 g	28.4 g	74 mg	YES	NO	YES	YES	NO	NO	YES	NO	NO	NO	NO
	Carrot & Roasted Walnut Cake (Torta Di Carote 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
	Tiramisu Cake (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
	Baked Raspberry Cheesecake (Tortino Di Formaggio E Lampone)	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	MCT	NO	YES	YES	MCT	MCT	MCT	MCT	MCT	MCT	NO
	Apricot Ricotta Cheesecake (Tortino Alla Ricotta E Albicocche)	205 g	3940 kJ	941 Cal	18.1 g	60.8 g	37.4 g	81.5 g	64.4 g	595 mg	1920 kJ	458 Cal	8.8 g	29.6 g	18.2 g	39.7 g	31.4 g	290 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	YES	YES	NO
Cupcakes	Chocolate Cupcake (Tortino Al 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
	Red Velvet Cupcake (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
	Neapolitan Cupcake (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	NO	YES	NO	NO	NO	NO
	Kids Vanilla Cupcake (Vaniglia Cupcake)	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
Muffins	Apple & Cinnamon Vegan Muffin (Muffin Vegana Di Mela)	125 g	1620 kJ	387 Cal	8.2 g	15.8 g	2.3 g	49.5 g	30.9 g	367 mg	1300 kJ	310 Cal	6.6 g	12.6 g	1.9 g	39.6 g	24.7 g	293 mg	YES	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO
	Banana, Oats & Cinnamon Vegan Muffin (Muffin Vegana Di Banana)	115 g	1560 kJ	372 Cal	8.2 g	14.2 g	2.2 g	49.4 g	27.8 g	323 mg	1360 kJ	325 Cal	7.2 g	12.4 g	1.9 g	43.0 g	24.2 g	281 mg	YES	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO
	Raspberry & White Chocolate Indulgent Muffin (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	NO	YES	NO	NO	NO	NO
	Blueberry Crumble Indulgent Muffin (Muffin Con Crumble Ai Mirtilli)	105 g	2430 kJ	580 Cal	8.2 g	30.6 g	7.0 g	67.0 g	37.1 g	479 mg	2250 kJ	537 Cal	7.6 g	28.3 g	6.5 g	62.1 g	34.4 g	443 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	YES	MCT	NO

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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)	Kilojoules (kJ)	Calories (Cal)	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)					Total (g)	Saturated (g)	Carbs (g)	Sugars (g)												
<b>SWEET PRODUCTS</b>																													
<b>FRIENDS &amp; BREADS</b>																													
Friands Gluten Free	Apricot Friand (Friand All'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	MCT	NO	YES	YES	NO	MCT	NO	MCT	YES	NO	NO
	Blueberry Friand (Friand Al Mirtillo)*	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	MCT	NO	YES	YES	NO	MCT	NO	MCT	YES	NO	NO
Bread (Pane)	Banana Bread (Pane Di Banana)	150 g	2040 kJ	488 Cal	7.2 g	21.2 g	13.2 g	65.2 g	39.1 g	295 mg	1360 kJ	325 Cal	4.8 g	14.1 g	8.8 g	43.5 g	26.1 g	197 mg	YES	NO	YES	YES	NO	MCT	NO	MCT	MCT	NO	NO
	Sultana, Currant & Spice Toast (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
<b>TARTS &amp; PIES</b>																													
Crostatina & Torte (Tart)	Lemon Tart (Crostatina Al Limone)	95 g	1490 kJ	356 Cal	3.8 g	22.4 g	14.0 g	35.0 g	21.9 g	40 mg	1570 kJ	375 Cal	4.0 g	23.6 g	14.7 g	36.8 g	23.1 g	42 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	MCT	YES	NO
	Italian Almond Tart (Crostatina Di Mandorle)	90 g	1530 kJ	365 Cal	6.1 g	22.4 g	9.7 g	34.5 g	20.1 g	25 mg	1660 kJ	396 Cal	6.7 g	24.3 g	10.5 g	37.5 g	21.8 g	27 mg	YES	NO	YES	YES	NO	MCT	MCT	MCT	YES	YES	NO
	Lemon Curd Tart (Torte Al Limone)	184 g	2530 kJ	604 g	9.9 g	34.6 g	20.4 g	64.0 g	55.9 g	215 mg	1380 kJ	246 g	5.4 g	18.8 g	11.1 g	34.8 g	30.4 g	117 mg	YES	NO	YES	YES	NO	NO	YES	MCT	MCT	YES	NO
<b>PASTRIES - SWEET</b>																													
Sweet Pastries	Croissant (Croissant Plain)	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
	Roasted Almond Croissant (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
	Chocolate Croissant (Pane Al Cioccolato)	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
	Mini Nutella Croissant (Mini Croissant Alla Nutella)	109 g	1840 kJ	438 Cal	7.7 g	21.8 g	9.6 g	53.0 g	41.1 g	184 mg	1690 kJ	402 Cal	7.1 g	20.0 g	8.8 g	48.6 g	37.7 g	169 mg	YES	NO	YES	YES	NO	YES	YES	NO	YES	NO	NO
	Mini Raspberry Croissant (Mini Croissant Al Lampona)	112 g	1360 kJ	324 Cal	5.4 g	7.5 g	5.0 g	61.0 g	49.0 g	136 mg	1220 kJ	290 Cal	4.8 g	6.7 g	4.4 g	54.5 g	43.7 g	121 mg	YES	NO	YES	YES	NO	NO	YES	NO	NO	NO	NO
	Sfogliatelle (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 (Zeppole Plain)	95 g	1370 kJ	327 Cal	7.0 g	18.8 g	10.2 g	34.5 g	10.4 g	138 mg	1440 kJ	344 Cal	7.3 g	19.8 g	10.7 g	35.3 g	10.9 g	145 mg	YES	NO	YES	YES	NO	MCT	NO	MCT	MCT	MCT	NO
	M&M Zeppole (Zeppole Bambini)	165 g	2900 kJ	693.1 Cal	10.4 g	40.4 g	22.3 g	72.2 g	47.6 g	204 mg	1760 kJ	420.6 Cal	6.3 g	24.4 g	13.5 g	43.8 g	28.8 g	124 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	YES	MCT	NO
Bomboloni	Nutella Bomboloni (Bomboloni Alla 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
	Vanilla Bomboloni (Bomboloni Alla 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
<b>OTHER</b>																													
Frutta	Seasonal Fruit Salad (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	MCT	NO	NO	NO	NO	MCT	NO	MCT	MCT	NO	NO

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