

FOOD NUTRITION INFORMATION – AUTUMN FOOD
September – November 2026

Produit	(g)	Energie (kcal)	Matières Grasses (g)	dont AG saturés (g)	Glucides (g)	dont Sucres (g)	Fibres (g)	Protéines (g)	Sel (g)
Produkt	Portionsgrösse	Energiewert (kcal)	Fett (g)	davon gesättigt (g)	Kohlenhydrate (g)	davon Zucker (g)	Ballaststoffe (g)	Eiweiss (g)	Salzgehalt (g)
Croissant (vegan)	60	253	13	6.4	28	4.8	1.6	5.1	0.5
Croissant unbaked (vegan)	70	245	13	6.4	28	4.8	1.5	4.9	0.5
Pain au Chocolat (vegan)	71	292	15	7.7	33	8.8	2.2	5.7	0.52
Pain au Chocolat unbaked (vegan)	80	297	15	7.7	33	8.7	2.1	5.5	0.52
Belgian Waffel	115	525	29	15	56	24	3.3	6.4	0.9
Pumpkin Brownie	65	356	25	13	28	28	0.1	4.1	0.35
Hazelnut Brownie	68	305	18	6.8	31	21	2.4	4.7	0.07
Pumpkin Cake Pop	35	174	10	5.3	19	13	< 0.5	1.9	0.22
Lemon Loaf Cake	115	444	23	6.2	52	32	1.8	6.6	0.76
Pumpkin Spice Loaf Cake	95	402	21	6.5	47	23	1.8	5.4	0.61
Banana Bread	75	296	15	3.3	35	16	1.5	3.5	0.58
Cinnamon Roll	120	373	16	9.0	48	22	2.5	7.9	0.4
Cherry Choc Roll	120	420	17	10.2	57.1	15.1	4.2	7.6	0.59
Apple Cinnamon Roll	140	431	15	8.8	64	22.8	4.1	8.1	0.49
Coconut Crush Sweet Trinity	85	351	18.1	5.9	41.1	19.8	1.3	5.3	0.37
Sweet Trinity Pistachio Passion	85	345	20	8.3	34	12	1.3	6.5	0.4
Chocolate Cream Cheese Muffin	115	427	23	5.8	45	25	2.6	6.6	0.78
Blueberry Muffin	115	397	20	2.5	48	24	0.6	5.9	1.5
Triple Chocolate Muffin	115	476	26	4.8	57	24	3.6	6.7	0.84
Red Velvet Muffin	110	399	18.2	2.9	54.6	32.4	1.2	3.7	0.54
Choc-o-lot Bite / Beignet	25	128	8.2	3.2	12	6.1	0.7	1,7	0.17
Berry Bite / Beignet	25	104	5.9	2.7	11	5.2	0.5	1.4	0.17
Dark Chocolate Brookie	92	396	17	8.1	55	31	2.3	6.5	0.23
Chocolate Chip Brookie	92	394	18	7.6	52	25	1.5	6.8	0.28
New York Cheesecake	119	425	29	16	33	22	0	6.1	0.91
Raspberry Cheesecake	176	631	44	26	48	33	1.8	8.8	1.1
Pink Velvet Cake	135	518	29	19	58	45	0.5	5.1	0.71
Carrot Cake	181	764	49	18	78	54	1.4	8	0.52
Croissant Roll Bacon & Egg	165	521	34	18	31	6.1	1.5	22	1.98
Cream Cheese Bagel	130	341	16.6	7.9	38	2.0	2.5	8.7	1.43
Pastrami Bagel	160	294	8.8	2.6	39	5.8	3.2	13	2.72
High Protein Turkey Sandwich	195	372	16.8	2.9	30	11	13	20	2.73
Ham & Cheese Croissant	143	423	23.3	13	35	6	2.6	17	2
Tomato Mozzarella Ciabatta	185	463	20.7	8.1	52	5.2	2.6	15	2.22
Antipasti Sandwich	190	456	15.6	2.1	66	14	2.5	11	2.28
Cheese Toastie	120	334	14.4	8.9	38	2.6	2.6	11	1.7