



## FOOD NUTRITION INFORMATION – SUMMER FOOD

Mai – September 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
Pistachio Brownie	65	271	13	7.3	33	25	2	3.8	0.07
Berry Brownie	68	253	12	6.8	32	23	1.7	3.5	0.06
Classic Brownie	62	278	14	8.3	34	26	2.1	3.8	0.07
Power Oat Bread	85	286	16	1.8	28	18	3.1	5.7	0.53
Red Velvet Bar Cake	90	363	19	3.8	44	29	0.8	3.1	0.55
Matcha Bar Cake	65	223	10	1.1	28	14	1.6	4.5	0.57
Chocolate Bar Cake	85	342	18	4.1	42	28	1.8	3.6	0.5
Lemon Bar Cake	70	347	21	4.4	34	20	0.6	3.8	0.23
Cinnamon Roll	120	373	16	9.0	48	22	2.5	7.9	0.4
Velvet Ube Roll	120	402	16	9.4	56	14	3.6	6.6	0.46
Pistachio Cinnamon Roll	120	434	19	11	60	24	4.7	3.5	0.5
Sweet Trinity Chocolate Dream	85	362	19	8.4	42	19	1.3	5.1	0.4
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
Lemon Raspberry Muffin	135	436	20	2.2	54	35	3.2	8.4	1.1
Pistachio Muffin	115	446	22	2.6	53	25	2.3	7.9	0.74
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
Apricotty Bite / Beignet	25	95	5	2.3	11	4.8	0.5	1.4	0.16
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
Green Velvet Brookie	92	401	20	10	48	21	2,8	6,7	0,29
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

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Produkt	Portionsgrösse	Energiewert (kcal)	Fett (g)	davon gesättigt (g)	Kohlenhydrate (g)	davon Zucker (g)	Ballaststoffe (g)	Eiweiss (g)	Salzgehalt (g)
Chocolate Lovin' Spoon Cake	202	720	39	22	84	59	6.1	8.1	0.87
Carrot Cake	181	764	49	18	78	54	1.4	8	0.52
Croissant Roll Bacon & Egg	165	526	35	18	31	6.1	1.5	21	2
Sesam Cream Cheese Bagel	125	400	24	13	37	2.9	2.4	8.8	1.5
Cream Cheese Bagel - NEW	130	341	17	7.9	38	2.0	2.5	8.7	1.4
Chicken Coleslaw Pretzel	165	388	13	4.5	50	6.8	3.6	16	2.6
Pastrami Bagel	160	294	8.8	2.6	39	5.8	3.2	13	2.7
Salmon Bagel	175	413	18	3.3	42	3.5	3.7	19	2.3
High-Protein Turkey Sandwich	195	372	17	2.9	30	11	13	19.5	2.7
Tomato Mozzarella Ciabatta - NEW	185	463	21	8.1	52	5.2	2.6	15	2.2
Ham & Cheese Croissant - NEW	143	423	23	13	35	6.0	2.6	17	2.0
Antipasti Sandwich	190	456	16	2.1	66	14		11	2.3
Chesse Toastie	120	336	14	8.9	38	2.6	2.6	11	1.7
Fra Nui Milk Chocolate	150	537	33	19.5	53	51	2.1	7.8	0.16
Fra Nui Dark Chocolate	150	561	38	24	47	44	4.1	7.1	0.09