

Nutritional Information Recipe List (values per typical serving)

Recipe Name	Energy (kcal)	Energy (KJ)	Fat (g)	saturates (g)	mono (g)	poly (g)	Carb (g)	Starch (g)	Sugars (g)	Protein (g)	Fibre (g)	Sodium (mg)
Banana 4 oz Muffin	375.3	0.0	15.0	1.4	0.0	0.0	55.1	0.0	31.1	4.9	2.4	354.9
Banana 4 oz Muffin & Medium Coffee	331.6	0.1	13.3	1.3	0.0	0.0	48.7	0.0	27.4	4.3	2.1	314.0
Banana 7oz Muffin	656.9	0.0	26.3	2.5	0.0	0.0	96.4	0.0	54.4	8.5	4.2	621.1
Belgium plain waffle	436.3	687.3	17.8	10.1	4.7	0.9	60.0	0.0	1.6	10.0	1.4	446.7
Belgium Waffle with fresh fruit	497.5	944.8	18.1	10.1	4.8	1.0	75.6	2.0	11.7	10.7	3.4	448.0
Belgium waffle with fresh fruit and syrup	630.1	1498.7	18.1	10.1	4.8	1.0	110.4	2.0	23.9	10.7	3.4	494.5
Belgium waffle with fresh fruit and whip cream	691.0	1754.7	38.1	22.6	10.5	1.7	78.9	2.0	13.6	11.8	3.4	468.7
Belgium waffle with fresh fruit whip cream and syrup	823.7	2308.6	38.1	22.6	10.5	1.7	113.7	2.0	25.7	11.8	3.4	515.2
Belgium waffle with pancake syrup and whip cream	774.3	2101.5	37.8	22.5	10.5	1.6	101.3	0.0	18.7	11.1	1.4	514.3
Blueberry 4oz Muffin	350.4	0.0	13.5	1.3	0.0	0.0	52.4	0.0	24.5	5.0	2.3	302.8
Blueberry 7 oz Muffin	613.2	0.0	23.6	2.3	0.0	0.0	91.7	0.0	42.9	8.7	4.0	529.9
Bran Raisin 4oz Muffin	332.3	0.0	12.7	1.1	0.0	0.0	48.2	0.0	24.3	6.1	7.4	280.1
Bran Raisin 7oz Muffin	581.4	0.0	22.2	1.9	0.0	0.0	84.3	0.0	42.5	10.7	12.9	490.2
Caramel Coffee 4oz Muffin	362.9	0.0	12.7	0.7	0.0	0.0	56.7	0.0	28.1	5.4	1.8	281.2
Caramel Coffee 7oz Muffin	635.0	0.0	22.3	1.2	0.0	0.0	99.2	0.0	49.2	9.5	3.2	492.1
Carrot 4oz Muffin	353.8	0.0	13.2	1.1	0.0	0.0	54.0	0.0	28.2	5.0	2.6	261.9
Carrot 7oz Muffin	619.2	0.0	23.0	1.9	0.0	0.0	94.5	0.0	49.4	8.7	4.6	458.4
Chocolate Chunk 4oz Muffin	379.9	0.0	14.8	0.9	0.0	0.0	55.5	0.0	28.6	6.1	2.4	297.1
Chocolate Chunk 7oz Muffin	664.8	0.0	25.9	1.6	0.0	0.0	97.0	0.0	50.0	10.7	4.2	519.9
Cornmeal 4oz Muffin	385.6	0.0	16.7	1.4	0.0	0.0	52.8	0.0	20.0	6.0	2.2	520.5
Cornmeal 7oz Muffin	674.7	0.0	29.3	2.4	0.0	0.0	92.5	0.0	34.9	10.5	3.8	910.9
Cranberry Orange 4 oz Muffin	408.2	0.0	7.9	1.1	0.0	0.0	68.0	0.0	39.7	5.7	3.4	374.2
Cranberry Orange 7oz Muffin	714.4	0.0	13.9	2.0	0.0	0.0	119.1	0.0	69.5	9.9	6.0	654.9
Crepe - Nutella, fresh fruit and whip cream	1080.9	3573.7	57.6	42.4	9.2	1.7	123.8	2.0	59.5	19.4	7.7	483.9
Crepe - Nutella, fresh fruit	887.4	2763.8	37.6	30.0	3.4	1.0	120.5	2.0	57.6	18.3	7.7	463.2
Crepe - Nutella, fresh fruit and frozen yogurt	1026.0	3344.7	42.3	32.9	4.8	1.2	141.0	2.0	78.0	21.7	7.7	537.1
Crepe with cinamon, sugar and soy margarine	583.1	636.8	33.8	9.7	3.4	0.9	57.2	0.0	3.9	13.0	2.2	617.3
Crepe with cinnamon and sugar	379.0	636.8	12.0	5.7	3.4	0.9	55.8	0.0	3.6	13.0	2.2	427.3

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Crepe with fresh fruit - Banana & Strawberry	427.3	840.0	12.3	5.8	3.4	1.0	67.6	2.0	11.7	13.7	3.1	428.3
Crepe with fresh fruit and syrup	559.9	1393.9	12.3	5.8	3.4	1.0	102.4	2.0	23.8	13.7	3.1	474.8
Crepe with fresh fruit and whip cream	620.8	1649.9	32.3	18.3	9.2	1.7	70.9	2.0	13.5	14.8	3.1	449.0
Crepe with fresh fruit, syrup and whip cream	753.5	2203.8	32.3	18.3	9.2	1.7	105.7	2.0	25.7	14.8	3.1	495.5
Crepe with Ham and cheese	798.7	2391.8	42.2	22.3	13.3	2.2	56.7	0.0	2.7	47.5	1.9	1877.4
Crepe with Ham, egg and cheese	870.1	2690.2	47.2	23.9	15.2	2.9	57.1	0.0	3.0	53.7	1.9	1947.2
Crepe with Ham, egg, cheese and chives	878.6	2725.9	47.4	23.9	15.2	2.9	58.3	0.0	3.6	54.7	2.6	1948.1
Crepe with Pancake syrup	498.8	1136.5	12.0	5.7	3.4	0.9	86.9	0.0	13.7	12.9	1.1	473.5
Crepe with sugar and lemon	376.0	624.4	12.0	5.7	3.4	0.9	55.2	0.0	3.6	13.0	1.6	427.4
Crepe with sugar and soy margarine	578.1	616.1	33.8	9.7	3.4	0.9	55.6	0.0	3.9	13.0	1.1	617.1
Crepe with syrup and whip cream	692.3	1946.4	32.0	18.2	9.2	1.6	90.2	0.0	15.5	14.0	1.1	494.2
Double Chocolate 4 oz Muffin	377.6	0.0	12.6	1.8	0.0	0.0	60.7	0.0	35.7	5.2	2.8	297.1
Double Chocolate 7oz Muffin	660.8	0.0	22.1	3.1	0.0	0.0	106.2	0.0	62.5	9.1	5.0	519.9
Extreme Fruit 4oz Muffin	313.0	0.0	9.8	0.9	0.0	0.0	50.8	0.0	26.1	5.4	6.7	316.4
Extreme Fruit 7oz Muffin	547.7	0.0	17.2	1.6	0.0	0.0	88.9	0.0	45.6	9.5	11.7	553.7
Frozen Yogurt (Large) - Strawberry & banana	283.1	258.5	5.3	3.5	0.0	0.1	53.4	2.7	33.9	7.6	2.3	154.6
Frozen Yogurt (small) - Strawberry & banana	154.5	183.2	2.7	1.7	0.0	0.0	30.0	1.9	18.7	3.9	1.7	77.6
Juiced - Berry Blast	389.2	1622.7	11.7	6.9	1.6	0.5	55.5	0.0	32.3	17.1	4.7	266.3
Juiced - Blue Cherry	384.0	1600.1	11.3	6.8	1.6	0.4	55.8	0.0	35.2	16.4	2.4	257.2
Juiced - Creamy Peach	357.1	1488.5	11.3	6.9	1.6	0.3	47.0	0.2	28.4	16.9	1.3	265.5
Juiced - Creamy Peach + 1 Scoop Protein	457.0	1488.5	11.4	7.0	1.6	0.3	47.4	0.2	28.9	41.2	1.5	313.2
Juiced - Orange Cranberry	229.5	1155.2	3.3	1.9	0.1	0.1	45.6	-	29.9	7.5	3.5	125.2
Juiced - Supreme Fusion	454.3	1034.7	9.3	4.0	0.2	0.1	53.0	2.7	20.5	40.0	4.7	232.6
Lemon Cranberry 4oz Muffin	300.5	0.0	8.3	2.0	2.4	3.2	51.0	0.0	20.9	5.6	5.8	128.1
Lemon Cranberry 7oz Muffin	525.9	0.0	14.5	3.6	4.2	5.6	89.3	0.0	36.5	9.7	10.1	224.2
Morning Glory 4oz Muffin	357.2	0.0	13.9	0.0	0.0	0.0	52.8	0.0	29.3	5.1	2.8	359.5
Morning Glory 7oz Muffin	625.1	0.0	24.3	0.0	0.0	0.0	92.5	0.0	51.2	8.9	5.0	629.1
Oat N Apple 4oz Muffin	359.5	-	11.1	1.1	-	-	59.1	-	30.6	5.7	3.2	404.8
Oat N Apple 7oz Muffin	629.1	0.0	19.4	1.9	0.0	0.0	103.4	0.0	53.6	9.9	5.6	708.5

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Plain Crepe	366.1	582.5	12.0	5.7	3.4	0.9	52.1	0.0	1.5	12.9	1.1	427.0
Raspberry Yogurt 7oz Muffin	623.1	0.0	21.1	3.1	0.0	0.0	98.2	0.0	47.2	10.1	3.6	521.9
Smoothie - Mango & Peach	209.6	879.0	5.4	3.2	1.5	0.2	36.5	0.2	35.5	4.6	1.4	81.4
Smoothie - Strawberry & banana	214.3	898.0	5.1	3.0	1.4	0.3	40.0	2.7	33.1	4.3	2.3	75.2
Summer Berry 4oz Muffin	369.7	0.0	13.6	1.6	0.0	0.0	56.8	0.0	28.6	5.2	1.8	368.5
Summer Berry 7oz Muffin	646.9	0.0	23.8	2.8	0.0	0.0	99.4	0.0	50.0	9.1	3.2	645.0