

BAGEL NASH

Typical Nutritional Values (g)

	Energy	Protein	Carbs	of which Sugars	Fat	of which Saturates	Cholesterol	Dietry Fibre	Sodium	Salt
--	--------	---------	-------	-----------------	-----	--------------------	-------------	--------------	--------	------

Bagel Flavours (115g)

	Kcal									
Plain	290	11.3	61.6	8.2	1.4	0.5	0	3.7	0.43	
Poppy	283	11.6	58.4	6.3	1.8	0.6	0	3.3	0.39	
Sesame	292	11.4	60.0	8.2	3.1	0.9	0	5.3	0.48	
Everything	296	12.8	59.5	9.3	3.5	1.0	0	6.2	0.40	
Cheese & Jalapeno	271	10.9	57.3	2.5	2.2	0.7	0	5.2	0.31	
Multiseed	285	12.4	57.8	6.8	3.8	1.2	0	7.6	0.50	
Rustic Bran	291	12.3	60.8	6.6	1.8	0.6	0	4.5	0.51	
Sundried Tomato	327	13.3	6.5	9.8	2.1	0.8	0	4.9	0.74	
Raisin & Cinnamon	346	11.8	71.3	12.9	1.4	0.8	0	4.6	0.66	
Wholemeal	264	12.2	55.2	6.4	2.3	0.6	0	6.6	0.46	

Salads

Humus & Falafel Salad	500	14.1	40.7	3.7	14.9	1.4	0.0	8.1	0.34	0.84
Pesto Pasta Salad	611	20.2	74.1	1.3	25.5	5.8	0.1	2.4	0.68	1.70
Chilli Chicken Salad	381	24.6	52.4	2.9	9.1	0.7	0.5	4.5	0.12	0.29
3 Fish Salad	334	29.8	18.1	13.6	14.9	2.3	0.0	2.1	1.28	3.19

Breakfast Bagels

Butter	362	11.4	61.6	8.2	9.5	5.6	0.02	3.7	1.01	2.52
Jam (no butter)	376	11.3	80.8	23.2	1.4	0.5	0.00	3.7	0.44	1.10
Marmite (no butter)	301	13.2	62.6	8.23	1.4	0.5	0.00	3.8	0.63	1.56
Peanut Butter	437	17.3	67.1	10.2	13.9	2.5	0.00	5.7	0.55	1.38
Chocolate Spread	425	12.5	77.1	21.7	8.9	7.5	0.00	4.9	0.44	1.10
Scrambled Egg	413	21.6	62.9	8.2	9.9	2.8	0.00	3.7	0.43	1.08
Bacon Scramble	554	35.0	64.0	8.8	19.6	6.8	0	3.9	0.43	1.08
Bacon Bagel	502	30.7	62.7	9.0	15.9	6.4	0.00	4.0	0.43	1.08
Breakfast Melt	621	33.7	65.2	9.0	26.6	8.8	0.04	4.0	0.48	1.20

Classic Bagels

Cream Cheese	464	14.5	64.5	10.1	18.4	10.0	0.06	3.7	0.59	1.48
Swiss Cheese	527	22.6	70.3	9.4	18.9	8.1	0.04	4.0	0.51	1.27
Tuna Mayonnaise	440	32.2	64.2	9.6	7.4	1.2	0.02	4.0	0.73	1.83
Houmous	449	17.0	80.7	8.2	8.6	1.3	0.00	8.2	0.68	1.69
BLT	500	25.0	64.9	9.6	17.3	4.9	0.05	4.7	0.53	1.33
Pastrami	373	22.9	62.8	8.6	4.8	2.0	0.03	4.0	0.98	2.46
Ham & Swiss	642	30.6	68.4	9.7	29.1	9.9	0.06	5.0	1.12	2.79
Low Fat Chicken Salad	380	27.1	65.5	9.3	2.3	0.5	0.00	4.4	0.55	1.38

Gourmet Bagels

The New Yorker	515	21.6	64.4	9.9	20.5	10.4	0.06	3.9	1.43	3.59
Smoked Salmon Deluxe	464	17.8	66.6	9.1	16.4	2.2	0.01	7.3	1.03	2.58
Crayfish & Avocado	389	19.4	65.7	8.8	7.5	1.3	0.00	6.6	0.43	1.08
Chicken Caesar	423	29.0	62.8	9.0	7.8	2.5	0.01	3.9	0.76	1.89
Sweet Chilli Chicken	445	25.6	66.5	14.7	8.5	0.9	0.00	6.3	0.54	1.35

Mexican Chicken	494	27.6	66.0	10.2	15.6	6.6	0.03	5.6	0.64	1.60
Mediterranean Veggie Club	556	15.7	67.9	11.0	26.3	8.4	0.03	5.2	0.73	1.83
Turkey Club	494	27	69.23	14.98	13.82	2.862	0.02	4.23	0.44	1.10
Salt Beef	411	30.2	62.8	8.6	7.7	0.5	0.00	4.0	0.54	1.35

Hot Melts

Spicy Tuna Melt	525	37.5	66.5	11.8	13.3	4.9	0.04	4.8	0.77	1.92
Chicken Club Melt	624	39.8	64.9	9.2	24.4	10.1	0.06	4.0	0.60	1.50
Ham & Swiss Melt	523	30.2	66.9	8.6	16.6	9.0	0.62	4.6	1.11	2.79
Mozarella & Pesto Melt	667	25.7	67.3	9.7	32.9	13.3	0.00	4.6	0.94	2.34

Please note the information calculated is based on standard recipies & products however slight variations may occur due to product assembly & availability.

All figures are based on a 115g plain bagel with filling.

Smoothies

Summer Classic	316	2	65	39	0	0	0	9	0.01	0.03
Hawaiian Punch	329	3	83	66	0	0	0	6	0.01	0.03
Energy Booster	278	3	70	50	0	0	0	7	0.01	0.03

Muffins (per 125g muffin)

Double Choc	441	7.5	80.9	38.5	9.8	3.5	0	3	0.40
Blueberry	385	6.3	81.6	34.5	3.8	1.4	0	2.9	0.28
Seeded	406	8.8	83.3	30.3	5.9	2.1	0	3.6	0.28
Cranberry & White Choc	389	6.1	76.3	35	6.6	2.4	0	3.1	0.31

**Chocolate Brownie
(per 110g portion)**

	475	6.6	55.2	45.1	27.4	16.6	0.00	4.60	663
--	-----	-----	------	------	------	------	------	------	-----