

Produkt	Portionsgrösse	Energiewert (kcal)	Fett (g)	davon gesättigt (g)	Kohlenhydrate (g)	davon Zucker (g)	Ballaststoffe (g)	Eiweiss (g)	Salzgehalt (g)
Produit	(g)	Energie (kcal)	Matières Grasses (g)	dont AG saturés (g)	Glucides (g)	dont Sucres (g)	Fibres (g)	Protéines (g)	Sel (g)
Laugentwister Frischkäse	100	321	19	9	31	2		6.7	1.24
Butter Croissant	60	255	14	9.0	27	5.3	1.4	5.10	0.35
Butter Croissant unbaked	60	255	14	9.0	27	5.3	1.4	5.1	0.35
Pain au Chocolat	70	301	16	10.0	33	9.7	2.0	5.6	0.36
Pain au Chocolat unbaked	70	301	16	10.0	33	9.7	2.0	5.6	0.36
Belgian Waffle	115	513	29	15	56	26	1.7	6.2	0.95
Cookies & Cream Brownie	75	360	23	12	33	29	1.9	4.65	0.38
Pumpkin Brownie	65	354	25	13	28	28	0.5	4.1	0.35
Lemon Loaf Cake	90	352	21	8.8	36	24	1.1	4.3	0.54
Banana Bread	100	381	21	1.8	43	24	1.6	4.7	0.39
Pumpkin Spice Loaf Cake	95	387	21	4.7	43	24	1.9	6.1	0.74
Cinnamon Roll	100	386	16	9.5	54	22	2.1	6.2	0.50
Chocolate Cheesecake Muffin	115	436	25	5.5	45	25	2.4	6.4	0.95
Blueberry Muffin	115	407	21	2.9	50	24		6.0	0.61
Triple Chocolate Muffin	130	569	34	8.6	57	40	4.7	7.0	0.80
Red Velvet Muffin	110	431	20	3.2	59	35	1.3	4.1	0.59
Chocolate Chunk Cookie	80	326	13	7.4	48	33	1.6	3.5	0.80
Double Chocolate Cookie	80	328	14	7.8	45	33	2.4	5.0	0.60
Raspberry & White Chocolate Sandwich Cookie	76	369	19	11.0	46	34	0.5	4.2	0.41
New York Cheesecake	119	432	30	16	33	21	1.2	7.1	0.9
Raspberry Cheesecake	176	625	44	26	48	33	1.8	8.8	1.10
Chocolate lovin' Spoon Cake	215	989	43	24.0	84	60	6.5	11	0.90
Carrot Cake	181	816	53.0	20.0	78	58	1.5	8.5	0.60
Vanilly Donut	76	306	18	7.4	31	14	1.2	4.1	0.41
Orange Choc Cream Donut	74	374	23	12.0	38	20.0	1.8	3.4	0.38
Sugar Donut	48	202	11	4.9	23	7	1.0	2.5	0.35
Croissant Roll - Bacon & Egg	165	521	34	18.0	31	6	0.0	22.0	2.00
Cream Cheese Bagel	125	396	22	12.0	40	3.6	2.5	9	1.10
Chicken Coleslaw Pretzel	165	393	13	4.5	50	6.8		16.0	2.6
Salmon Bagel NEW	175	465	17	3.5	54	4.2		23	2.3
Focaccia Tomato & Mozzarella	180	409	22	5.6	38	2.2	3.6	13	2.5
Ham & Cheese Croissant	125	454	34	13	26	2.5	1.4	15	1.8
Vegan Pulled & Veggie Sandwich	165	436	18	2	51	4.5		15	2.5
Flammkuchen Bagel	100	259	11	5.4	30	1.8	1.9	9	1.3
Birchermüesli	180	238	5	1.4	35	3.2	2.0	5	0.0
Super Berry Müesli (vegan)	180	377	17	8.0	41	16.0	5.4	6	0.12
Gingerbread Black Cat & Pumpkin Cookie	55	224	4	1.3	46	25	1.3	2.5	0.30