

COSTA*italian about coffee*

Product	Analysis Per 100g/Product	Energy (kJ)	Energy (kcal)	Protein (g)	Fat (g)	Saturated Fat (g)	Saturated Fat (% of Total Fat)	Carbohydrate (g)	Sugars (g)	Salt (mg)	Sodium (mg)
Pastries											
Almond Croissant	100g	1599	382	9.3	19.2	8.7	45.4	43.0	17.0	773	309
	Product sold	1407	336	8.1	16.9	7.7	N/A	37.8	14.9	680	272
Butter Croissant	100g	1797	431	8.3	26.1	17.4	66.6	40.6	6.5	1033	413
	Product sold	1150	276	5.3	16.7	11.1	N/A	26.0	4.1	661	264
Chocolate Twist	100g	1505	359	5.8	16.1	11.0	68.2	47.5	21.3	773	309
	Product sold	1580	377	6.0	16.9	11.5	N/A	49.9	22.4	812	324
Muffins											
Banana & Pecan Breakfast Loaf	100g	1632	391	5.1	20.7	3.5	17.0	44.0	27.6	600	240
	Product sold	1763	422	5.5	22.3	3.8	N/A	47.5	29.8	648	259
Blueberry Muffin	100g	1511	360	4.0	15.8	2.1	13.3	50.4	21.2	568	227
	Product sold	1995	475	5.3	20.9	2.8	N/A	66.5	28.0	750	300
Original Breakfast Loaf	100g	1454	346	5.0	14.5	2.8	19.3	48.9	27.4	280	112
	Product sold	1861	443	6.4	18.6	3.6	N/A	62.6	35.1	358	143
LF Lemon & Orange Muffin	100g	1001	236	4.6	2.3	1.2	53.1	49.4	25.6	150	60
	Product sold	1351	319	6.3	3.1	1.6	N/A	66.6	34.6	203	81
Mini Muffin Choc	100g	1497	383	4.3	20.5	2.4	11.6	44.5	28.9	250	100
	Product sold	284	73	0.8	3.9	0.5	N/A	8.5	5.5	48	19
Mini Muffin Raspberry & White Choc	100g	1552	379	4.1	19.4	2.4	12.4	45.9	28.1	425	170
	Product sold	295	72	0.8	3.7	0.5	N/A	8.7	5.3	81	32
Mini Muffin Total	Product sold	1738	434	4.8	22.7	2.7	N/A	51.5	32.5	385	154
Raspberry & White Chocolate Muffin	100g	1581	376	4.8	19.1	3.3	17.3	46.4	27.9	528	211
	Product sold	2087	496	6.3	25.2	4.4	N/A	61.2	36.8	697	279
Triple Chocolate Muffin	100g	1709	408	5.3	21.4	5.9	27.6	48.6	29.2	595	238
	Product sold	2222	530	6.9	27.8	7.7	N/A	63.2	38.0	774	309
Cupcakes											
Lemon Cupcake	100g	1879	448	2.1	19.9	9.1	45.6	64.6	40.5	642	257
	Product sold	1823	435	2.1	19.3	8.8	N/A	62.7	39.3	623	249
Rocky Road Cupcake	100g	1722	423	4.6	18.9	8.6	45.4	56.4	36.0	460	184
	Product sold	1739	427	4.6	19.1	8.7	N/A	57.0	36.4	465	186
Strawberry Cupcake	100g	1888	451	1.9	21.5	11.8	54.7	61.8	48.1	415	166
	Product sold	1831	437	1.8	20.8	11.4	N/A	59.9	46.6	403	161

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Cakes											
Carrot Cake	100g	1494	357	5.1	18.1	4.1	22.7	43.4	31.7	585	234
	Per Slice	2054	491	7.0	24.9	5.6	N/A	59.7	43.6	804	322
Chocolate Cake	100g	1608	383	4.8	15.7	5.5	35.0	76.7	41.9	534	209
	Per Slice	2412	575	7.2	23.6	8.3	N/A	115.1	62.9	801	314
Lemon Cake	100g	1692	404	4.3	18.5	3.5	18.9	55.0	40.2	510	204
	Product sold	2441	583	6.2	26.7	5.1	N/A	79.4	58.0	736	294
Victoria Sandwich	100g	1606	390	3.2	19.5	3.8	19.5	49.8	36.5	492	195
	Product sold	2065	501	4.1	25.1	4.9	N/A	64.0	46.9	633	251
Traybakes											
Caramel Shortbread	100g	2305	553	4.7	34.4	22.4	65.1	55.9	37.4	400	160
	Product sold	1775	426	3.6	26.5	17.2	N/A	43.0	28.8	308	123
Chocolate Tiffin Triangle	100g	2127	509	4.9	30.2	15.9	52.6	54.6	34.3	450	180
	Product sold	1808	433	4.2	25.7	13.5	N/A	46.4	29.2	383	153
Granola Bar	100g	1772	423	7.5	20.3	7.0	34.5	52.5	26.9	222	89
	Product sold	1329	317	5.6	15.2	5.3	N/A	39.4	20.2	167	67
Rasp & Almond Bake	100g	1880	451	8.5	28.2	11.2	39.7	40.8	27.7	330	132
	Product sold	1786	428	8.1	26.8	10.6	N/A	38.8	26.3	314	125

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Biscuits											
Linzer Biscuit with Raspberry Jam	100g	1986	474	4.1	22.8	15.3	67.1	63.1	23.3	574	226
	Product sold	1291	308	2.7	14.8	9.9	N/A	41.0	15.1	373	147
Chilled											
Summer Fruit Salad	100g	199	47	0.7	0.1	0.0	0.0	9.8	9.8	0	0
	Product sold	318	75	1.1	0.2	0.0	N/A	15.7	15.7	0	0
Pineapple	100g	177	41	0.4	0.2	TRACE	N/A	9.6	9.6	TRACE	TRACE
	Product sold	177	41	0.4	0.2	TRACE	N/A	9.6	9.6	TRACE	TRACE

Costa Nutrition July-August2010

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Impulse											
Brownie Bites	100g	1981	475	5.4	30.7	18.7	60.9	44.3	33.3	228	91
	Product sold	1426	342	3.9	22.1	13.5	N/A	31.9	24.0	164	66
Double Choc Chunk Biscuits	100g	2064	493	5.2	25.3	13.5	53.4	61.1	32.5	648	255
	Product sold	1238	296	3.1	15.2	8.1	N/A	36.7	19.5	389	153
Stem Ginger Biscuits	100g	1995	476	4.8	21.6	10.5	48.6	65.6	41.7	498	196
	Product sold	1197	286	2.9	13.0	6.3	N/A	39.4	25.0	299	118
Fruit & Oat Biscuits	100g	1979	472	5.1	21.2	10.0	47.2	65.2	39.4	732	288
	Product sold	1187	283	3.1	12.7	6.0	N/A	39.1	23.6	439	173
Fruity Flapjack	100g	1747	415	4.9	14.2	8.3	58.5	67.0	38.4	290	118
	Product sold	1572	374	4.4	12.7	7.5	N/A	60.3	34.5	261	106
Nutty Flapjack	100g	1925	460	7.4	23.5	9.8	41.5	54.8	25.9	362	145
	Product sold	1733	414	6.6	21.1	8.8	N/A	49.3	23.3	326	131
Gluten Free Chocolate Brownie	100g	2086	500	7.3	31.8	16.5	51.8	46.2	38.8	293	117
	Product sold	1669	400	5.8	25.4	13.2	N/A	37.0	31.1	234	94
Mini Shortbread Bag	100g	2034	486	4.1	24.1	15.5	64.3	63.0	20.8	662	265
	Product sold	1464	350	3.0	17.4	11.2	N/A	45.4	15.0	477	191
Panettino Chocolate	100g	1704	407	8.3	20.0	11.2	56.0	48.4	19.8	300	60
	Product sold	1704	407	8.3	20.0	11.2	N/A	48.4	19.8	300	60
Panettino Classic	100g	1566	373	7.1	15.4	8.5	55.2	51.5	25.7	300	70
	Product sold	1409	336	6.4	13.9	7.7	N/A	46.4	23.1	270	63

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Cold Eat											
BLT	100g	987	235	11.0	9.3	2.1	22.6	26.8	3.5	1600	600
	Product sold	1668	397	18.6	15.7	3.6	N/A	45.3	5.9	2700	1100
Cheese Ploughmans	100g	983	234	9.3	10.8	5.7	52.8	25.0	4.0	800	300
	Product sold	1779	424	16.8	19.6	10.3	N/A	45.3	7.4	1500	600
Free Range Egg	100g	920	219	9.7	8.5	1.5	17.6	25.9	1.7	800	300
	Product sold	1582	377	16.7	14.6	2.6	N/A	44.6	2.9	1400	600
Chicken Salad	100g	643	152	12.7	1.7	0.4	23.5	24.1	1.3	500	200
	Product sold	1227	290	24.3	3.3	0.8	N/A	40.9	2.5	1000	400
Tuna Salad	100g	641	151	10.3	2.2	0.4	18.2	22.6	1.3	700	300
	Product sold	1160	274	18.6	4.0	0.7	N/A	40.9	2.4	1300	500
Spicy 3 Bean Wrap	100g	817	194	7.1	6.1	3.3	54.1	27.7	4.6	500	200
	Product sold	1921	456	16.7	14.3	7.8	N/A	65.1	10.8	1100	500
Chicken Caesar Wrap	100g	906	216	11.8	8.0	2.1	26.3	24.1	1.1	500	200
	Product sold	1767	420	23.0	15.6	4.1	N/A	47.0	2.2	1000	400
Chicken & Pasta Salad	100g	667	158	8.4	4.1	0.4	9.8	21.9	0.3	300	100
	Product sold	1800	427	22.7	11.1	1.1	N/A	59.1	0.8	700	300
Chargrilled Vegetable & Couscous Salad	100g	513	121	3.0	2.6	0.9	34.6	21.5	8.2	300	100
	Product sold	1487	352	8.7	7.5	2.6	N/A	62.4	23.8	900	300

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Hot Eat											
All Day Breakfast Club	100g	1025	244	11.0	8.6	2.6	30.2	30.6	4.0	1800	700
	Product sold	2492	592	26.7	20.9	6.3	N/A	74.4	9.7	4300	1700
Chicken & Bacon Club	100g	959	227	13.6	6.2	1.8	29.0	29.3	2.2	1200	500
	Product sold	2042	484	29.0	13.2	3.8	N/A	62.4	4.7	2500	1000
Brie & Tomato Chutney Panini	100g	1075	256	9.8	9.3	6.0	64.5	33.3	5.0	1169	468
	Product sold	1903	453	17.3	16.5	10.6	N/A	58.9	8.9	2069	828
Chicken & Pesto Panini	100g	842	200	10.7	4.9	1.4	28.6	27.6	1.9	980	390
	Product sold	1767	419	22.5	10.2	2.9	N/A	57.9	3.9	2000	820
Goats Cheese & Pepper Panini	100g	905	215	9.9	5.6	3.2	57.1	30.3	4.3	950	380
	Product sold	1783	424	19.4	11.0	6.2	N/A	59.6	8.4	1900	750
Ham & Cheese Panini	100g	1104	263	12.5	12.1	2.6	21.5	26.2	2.0	2100	840
	Product sold	1932	461	21.9	21.1	4.6	N/A	45.8	3.4	3700	1460
Mozzarella, Tomato & Basil Panini	100g	977	233	10.3	9.4	3.7	39.4	26.8	1.9	798	319
	Product sold	1807	430	19.0	17.4	6.8	N/A	49.5	3.4	1477	591
Ragu Meatball Panini	100g	1082	257	5.3	8.3	3.8	45.8	40.3	2.2	1100	450
	Product sold	2056	488	10.1	15.8	7.1	N/A	76.6	4.1	2100	860
Steak & Cheese Panini	100g	905	216	11.3	7.2	4.0	55.6	25.7	2.4	720	320
	Product sold	2063	492	25.8	16.4	9.1	N/A	58.6	5.5	1642	730
Tuna Melt Panini	100g	1022	243	14.4	7.5	3.1	41.3	29.5	1.3	879	352
	Product sold	1942	462	27.4	14.2	5.8	N/A	56.1	2.4	1670	668
Bacon Toastie	100g	1052	250	12.9	6.7	2.4	35.8	34.4	3.5	1600	600
	Product sold	1420	337	17.4	9.0	3.2	N/A	46.4	4.7	2100	900
Ham & Cheese Toastie	100g	924	219	11.8	4.3	2.5	58.1	33.3	1.0	1200	500
	Product sold	1294	306	16.5	6.0	3.5	N/A	46.5	1.4	1700	700
Ham & Cheese Croissant	100g	1409	337	12.1	19.3	12.4	64.2	28.8	3.4	1200	500
	Product sold	1409	337	12.1	19.3	12.4	N/A	28.8	3.4	1200	500
Tomato & Emmental Croissant	100g	1455	349	9.0	21.4	14.2	66.4	30.0	4.2	900	300
	Product sold	1426	342	8.8	21.0	13.9	N/A	29.4	4.1	800	300