

HOLIDAY 2025
Food Nutritional Information / Voedingsinformatie / Information Nutritionnelle



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The details about exclusive products at specific locations in train stations, gas station, airports or other locations might not be included in this document. For more information on these products, please consult your barista, who will be delighted to provide you with the necessary details.

De details van exclusieve producten op specifieke locaties, zoals treinstations, tankstations, luchthavens of andere plekken, zijn mogelijk niet in dit document opgenomen. Voor meer informatie over deze producten kunt u uw barista raadplegen, die u graag voorziet van de benodigde details.

Product Name	Portion Size	Product Suitable for :		Energy (kJ)	Energy (kCal)	Fat (g)	Of which are saturates (g)	Carbohydrates (g)	Of which are sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Nom du produit	Taille de la portion	Compatible avec une alimentation :		Energie (kJ)	Energie (kCal)	Matière grasse (g)	dont AG saturés (g)	Glucides (g)	Dont sucres (g)	Fibre (g)	Protéine (g)	Sel (g)
	(g)	Vegetarian	Vegan	Per 100g	Per 100g	Per 100g	Per 100g	Per 100g	Per 100g	Per 100g	Per 100g	Per 100g
Pastries / Viennoiserie												
Croissant, baked in store	65	Yes/Ja/Oui	No/Niet/Non	1838	441	27	19	40	6.3	2.3	8	1
Pain au Chocolate, baked in store	75	Yes/Ja/Oui	No/Niet/Non	1772	424	24	16	41	13.5	3.0	8.4	0.93
Sweet Buns / Breads												
Brioche French Toast / Brioche pain perdu	85	Yes/Ja/Oui	No/Niet/Non	1268	303	15	9	33	12.0	0.7	8.6	0.30
Trio of Pancakes / Trio de pancakes	120	Yes/Ja/Oui	No/Niet/Non	1242	298	14	3	36	14.2	0.9	6.7	1.09
Pistachio Pyramid	85	Yes/Ja/Oui	No/Niet/Non	1733	415	25	9.8	39	15.0	1.8	7.7	0.53
Hazelnut Pyramid	85	Yes/Ja/Oui	No/Niet/Non	1658	397	21	7.6	45	21.0	1.8	6.0	0.47
Cinnamon Roll, backed in store with icing / Cinnamon roll bake in store avec glaçage	122	Yes/Ja/Oui	No/Niet/Non	1325	315	12	6	47	23.5	1.6	4.9	0.72
Traybakes												
Brownie	90	Yes/Ja/Oui	No/Niet/Non	1705	407	20.10	11.20	48.80	33.90	3.20	5.80	0.31
Pistachio Square	2160	Yes/Ja/Oui	No/Niet/Non	1598	381	20	6.9	41	23.0	2.3	7.7	0.29
Cookies												
Chocolate Chip Cookie / Cookie Pépites de Chocolat , precooked	80	Yes/Ja/Oui	No/Niet/Non	1990	475	22	9	62	37.8	-	5.9	0.76
Double Chocolate Cookie , precooked	80	Yes/Ja	No/Niet	1898	452	19	9	64	38.0	-	5.1	0.64
White & Macadamia Cookie / Cookie Blanc et macadamia , precooked	80	Yes/Ja/Oui	No/Niet/Non	1971	470	22	11	59	37.7	-	8.6	0.57
Chocolate Chunk Cookie / Cookie pépite de chocolat , Baked in store	130	Yes/Ja/Oui	No/Niet/Non	1906	455	20.8	9.2	60	38.5	-	6.3	0.51
All Chocolate Cookie / Cookie tout choco, Baked in store	130	Yes/Ja/Oui	No/Niet/Non	1880	449	21	8	57	35.0	-	6.6	0.48
White Chocolate Cookie / Cookie chocolat blanc, Baked in store	130	Yes/Ja/Oui	No/Niet/Non	1948	465	23	11	57	34.8	-	6.1	0.83
Muffins												
Blueberry Muffin / Muffin myrtille fourré saveur myrtille	130	Yes/Ja/Oui	No/Niet/Non	1402	334	14	3	45	23.0	-	6.0	1.1
Chocolate Hazelnut Muffin / Muffin noisette fourré praliné	130	Yes/Ja	No/Niet	1611	385	18	5	49	27.0	1.5	6.3	1.1
Chocolate Chunk Muffin / Muffin Pépite de chocolat fourré cacao	130	Yes/Ja/Oui	No/Niet/Non	1580.0	377.0	17.0	4.6	50.0	28.0	2.2	5.9	1.1
Cinnamon roll muffin	100	Yes/Ja/Oui	No/Niet/Non	1321.0	314.0	9.5	4.0	51.0	21.0	2.3	5.8	0.43
Red Velvet Muffin	130	Yes/Ja/Oui	No/Niet/Non	1699.0	406.0	21.0	5.7	49.0	32.0	1.3	4.8	0.50
Fantasy Muffin	60	Yes/Ja/Oui	No/Niet/Non	1811.0	434.0	26.0	13.0	46.0	35.0	0.5	3.7	0.91
Donuts												
Cristal Donut / Donut sucre Cristal*	65	Yes/Ja/Oui	No/Niet/Non	1 839.0	450	26	12	45	15	1.0	6.2	0.64
Mummy donut	52	Yes/Ja/Oui	No/Niet/Non	1 753.0	420	26	14	38	15	1.4	7.7	1.3
White Donut / Donut Blanc	75	Yes/Ja/Oui	No/Niet/Non	1 895.0	453	28	17	45	21	1.1	5.0	1.0
Blueberry Donut / Donut Myrtille	74	Yes/Ja/Oui	No/Niet/Non	1 900.0	455	28	18	45	26	1.3	5.2	1.3
Red velvet Donut	83	Yes/Ja/Oui	No/Niet/Non	1648	395.0	23.0	12.0	39.0	18.0	1.0	6.3	1.10
Loaf Cakes												
Banana Bread	90	Yes/Ja/Oui	No/Niet/Non	1449	347	19	2.0	39.00	22.0	1.4	4.2	0.35
Carrot Loaf Cake	100	Yes/Ja/Oui	No/Niet/Non	1634	390	18	3.3	51	31	3.3	4.4	0.73
Lemon Loaf Cake	115	Yes/Ja/Oui	No/Niet/Non	1615	386	20	5.4	45	28	1.6	5.7	0.66
Speculos loaf cake	100	Yes/Ja/Oui	No/Niet/Non	1854	444	28	10.0	42	22	-	6.1	0.64
Marbre Loaf Cake	100	Yes/Ja/Oui	No/Niet/Non	1842	442	27	11.0	44	30	1.3	5.0	0.56
Cakepops												
Birthday Cakepop	34.0	Yes/Ja/Oui	No/Niet/Non	2093	501	29	14.0	55	25	<0.5	4.9	0.63
Cookie and Cream Cakepop	34.0	Yes/Ja/Oui	No/Niet/Non	2049	490	28	15.0	55	41	<0.5	4.4	0.62
Mummy Cakepop	34.0	Yes/Ja/Oui	No/Niet/Non	2953	492	29	14	55.0	40	0.9	4.3	0.65
Polar bear cakepop	35.0	Yes/Ja/Oui	No/Niet/Non	1988	467	26	15	58.0	41	1.0	3.9	0.52
Round Cakes												
Cookies & Cream Cake	175	No/Niet/Non	No/Niet/Non	1400	335	17	7	40	22	-	5	0
Chocolate Lover Cake	182	No/Niet/Non	No/Niet/Non	1490	358	20	7	38	33	-	5	0
Sandwiches												
Ham & Emmental Sandwich *	150	No/Niet/Non	No/Niet/Non	1051	251	12	6.2	22	0.0	-	13.7	1.57
Chicken & Cheddar Sandwich *	145	No/Niet/Non	No/Niet/Non	1194	286	16	4	24	1.0	-	11.8	1.66
Tomato & Mozzarella Sandwich	185	Yes/Ja/Oui	No/Niet/Non	1084	259	11	5.4	30	3.0	-	9.4	1.30
Cajun Chicken Club Sandwich *	180	No/Niet/Non	No/Niet/Non	854	203	7	2.7	21	4.0	-	12.0	1.20
Ham & Cheese Toastie *	185	No/Niet/Non	No/Niet/Non	906	217	9	5	14	2.0	-	12.8	1.30
Five Cheese Toastie	155	No/Niet/Non	No/Niet/Non	1013	242	10	6.2	16	2.0	-	11.4	1.20
Caesar Wrap	195	No/Niet/Non	No/Niet/Non	1099	261	12.0	2.7	26.6	3.3	-	12.6	1.80
Turkey toastie*	200	No/Niet/Non	No/Niet/Non	957	228	9.8	5.3	19.0	1.2	-	15.0	1.32
Egg & Bacon Muffin *	130	No/Niet/Non	No/Niet/Non	1131	270	15	7.3	20	0.6	-	13.0	0.95
Egg & Avocado Muffin	125	No/Niet/Non	No/Niet/Non	980.00	234.00	12.00	4.50	21.70	1.10	-	9.90	0.96
Mini Tuna / Mini Thon	50	No/Niet/Non	No/Niet/Non	854.00	203.00	5.00	0.70	24.10	1.00	-	15.60	1.64
Mini Turkey / Mini Dinde	70	No/Niet/Non	No/Niet/Non	936.00	223.00	9.00	5.27	19.90	1.00	-	14.60	1.75
Mini Iberian	45	No/Niet/Non	No/Niet/Non	1580	378.00	20.00	9.10	22.50	0.60	-	27.00	3.25
Salad Bowl												
Buddha Bowl	340	Yes/Ja/Oui	No/Niet/Non	821	197	13.0	2.2	13	4.3	3	5.6	0.70
Poke Bowl	340	No/Niet/Non	No/Niet/Non	679	162	5.6	0.5	22	5.9	1.8	4.9	0.80
Yoghurt / Yaourt												
Very Berry brewed Blueberry and cereals	190	Yes/Ja/Oui	No/Niet/Non	564	135	5	2.0	18	14	1.2	5	0.15
Tropical Mango brewed mango and cereals	190	Yes/Ja/Oui	No/Niet/Non	576	137	5	2.0	19	14	1.0	4.5	0.15
Impulse												
Gold Coin	23	Yes/Ja/Oui	No/Niet/Non	2180	521	28	16.6	60	59	3	6.1	0.12
Caramel Waffles	78	Yes/Ja/Oui	No/Niet/Non	1894	452	21	12.0	62	35	1.5	3	0.58
Madeleine	50	Yes/Ja/Oui	No/Niet/Non	1879	450	26	17.0	51	27	1.2	4.9	0.59
Madeleine chocolate	50	Yes/Ja/Oui	No/Niet/Non	1967	472	28	18.0	51	30	2.2	4.8	0.48
Cookie Straw	20	Yes/Ja/Oui	No/Niet/Non	1902	452	13	7.6	76	47	1.5	6.9	0.38
Meteorites Candy	100	Yes/Ja/Oui	No/Niet/Non	1513	356	<0.5	-	89	67	-	<0.5	0.28
Mermaid Candy	4	Yes/Ja/Oui	Yes/Ja/Oui	1422	335	<0.5	<0.1	83	70	1.4	<0.5	0.56
Hazelnut bar	40	Yes/Ja/Oui	No/Niet/Non	2416	581	42	3.0	38.1	30.7	6.3	10.1	<0.01
Pistachio bar	40	Yes/Ja/Oui	No/Niet/Non	2254	540	31	4.0	43.5	32.4	7.3	13.8	<0.01
Franul dark	150	Yes/Ja/Oui	No/Niet/Non	1558	374	25	16.0	31	29	4.7	2.7	0.06
Franul milk	150	Yes/Ja/Oui	No/Niet/Non	1496	358	22	13.0	35	34	5.2	1.4	0.11
Ready to drink												
White Peach Ice Tea	300	Yes/Ja/Oui	Yes/Ja/Oui	141	33	0	0.0	8	8	<0.01	<0.01	0.01
Lemon Mint Ice Tea	300	Yes/Ja/Oui	Yes/Ja/Oui	107	24	0	0.0	6	<0.01	<0.01	0.61	<0.01
Apple Juice 33CL	300	Yes/Ja/Oui	Yes/Ja/Oui	170	40	0	0.0	10	10	0.1	0.10	0.00
Lemon Citrus 33CL	300	Yes/Ja/Oui	Yes/Ja/Oui	187	44	0	0.0	11	11	0	<0.5	0.00
Mixed Berries Smoothie 33CL	300	Yes/Ja/Oui	Yes/Ja/Oui	226	53	<0.5	<0.1	12	12	1	0.8	<0.01
Apple Kiwi Smoothie 33 CL	300	Yes/Ja/Oui	Yes/Ja/Oui	173	41	<0.5	0.0	10	10	0.6	<0.5	0.00
Exotic Juice 33CL	300	Yes/Ja/Oui	Yes/Ja/Oui	165	39	0	0.0	10	10	0	0	0.00
Tropical Smoothie 33 CL	300	Yes/Ja/Oui	Yes/Ja/Oui	238	56	<0.5	<0.1	13	12	0.8	0.6	0.00

Orange Juice 33CL	300	Yes/Ja/Oui	Yes/Ja/Oui	148	35	0	0,0	8	8	0	0,6	0,00
Sides												
Caramel Sauce	-	Yes/Ja/Oui	No/Niet/Non	1668	397	16	10,0	62	57	0	1,3	0,50
Strawberry jam / Confiture de fraise	15	Yes/Ja/Oui	Yes/Ja/Oui	1107	260	0	0,0	64	64	1,1	0,4	0,00
Apricot jam / Confiture d'abricot	15	Yes/Ja/Oui	Yes/Ja/Oui	1107	261	0	0,0	64	64	0,9	0,5	0,00
Honey / Miel	15	Yes/Ja/Oui	No/Niet/Non	1371	323	0	0,0	80	80	0,1	0,4	0,00
Maple syrup / Sirop d'érable	20	Yes/Ja/Oui	Yes/Ja/Oui	1129	266	<0,5	<0,5	66	58	-	<0,5	0,03

* Origine des viandes :
 Eggtoast Bacon : Porc d'origine UE (élevé, abattu)
 Chicken and Cheddar Sandwich : Poulet d'origine UE (élevé, abattu)
 Egg&Bacon Muffin : Porc d'origine UE (élevé, abattu)
 Old Amsterdam cheese & ham Toastie : Porc d’origine Espagne (élevé, abattu)
 Ham and Cheese Sandwich : Porc d’origine Espagne (élevé, abattu)
 Cajun Chicken Club : Poulet d’origine HORS UE (élevé, abattu)
 Mini Iberic: Porc d'origine Espagne (élevé, abattu)
 Mini Turkey : Dinde d'origine UE (élevé, abattu)
 Caesar Wrap : Poulet d’origine HORS UE (élevé, abattu), Bacon d'origine Espagne (élevé, abattu)
 Turkey Toastie : Dinde d'origine France (élevé, abattu)