



moments made better

## Plain Croissant

### NUTRITION INFORMATION

Nutritional information is taken on average quantities  
Individual product weights may vary

Servings per package: 1

Serving size: 80g

	Average Quantity per Serving	Average Quantity per 100g
Energy	1204kJ	1505kJ
Protein	8.0g	10.0g
Fat, Total	15.3g	19.1g
- Saturated	9.6g	12.0g
Carbohydrate	28.5g	35.6g
- Sugars	4.1g	5.1g
Sodium	366mg	457mg

## Ham & Cheese Croissant

### NUTRITION INFORMATION

Nutritional information is taken on average quantities  
Individual product weights may vary

Servings per package: 1

Serving size: 140g

	Average Quantity per Serving	Average Quantity per 100g
Energy	1740kJ	1234kJ
Protein	20.9g	14.8g
Fat, Total	23.7g	16.8g
- Saturated	14.6g	10.4g
Carbohydrate	28.6g	20.3g
- Sugars	4.2g	3.0g
Sodium	1041mg	738mg

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## Ham, Cheese & Tomato Croissant

### NUTRITION INFORMATION

Nutritional information is taken on average quantities  
Individual product weights may vary

Servings per package: 1

Serving size: 170g

	Average Quantity per Serving	Average Quantity per 100g
Energy	1763kJ	1031kJ
Protein	21.2g	12.4g
Fat, Total	23.7g	13.8g
- Saturated	14.6g	8.5g
Carbohydrate	29.3g	17.1g
- Sugars	4.9g	2.9g
Sodium	1043mg	610mg

## Bacon & Egg Croissant

### NUTRITION INFORMATION

Nutritional information is taken on average quantities  
Individual product weights may vary

Servings per package: 1

Serving size: 180g

	Average Quantity per Serving	Average Quantity per 100g
Energy	1759kJ	977kJ
Protein	23.8g	13.2g
Fat, Total	22.4g	12.4g
- Saturated	11.6g	6.4g
Carbohydrate	29.7g	16.5g
- Sugars	5.0g	2.8g
Sodium	1357mg	754mg

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## Bacon, Egg & Cheese Croissant

### NUTRITION INFORMATION

Nutritional information is taken on average quantities  
Individual product weights may vary

Servings per package: 1

Serving size: 200g

	Average Quantity per Serving	Average Quantity per 100g
Energy	2114kJ	1057kJ
Protein	29.2g	14.6g
Fat, Total	29.4g	14.7g
- Saturated	16.1g	8.1g
Carbohydrate	29.8g	14.9g
- Sugars	5.1g	2.5g
Sodium	1515mg	757mg

## Jam & Butter Croissant

### NUTRITION INFORMATION

Nutritional information is taken on average quantities  
Individual product weights may vary

Servings per package: 1

Serving size: 105g

	Average Quantity per Serving	Average Quantity per 100g
Energy	1595kJ	1519kJ
Protein	8.1g	7.7g
Fat, Total	21.4g	20.4g
- Saturated	12.4g	11.8g
Carbohydrate	38.3g	36.5g
- Sugars	13.7g	13.0g
Sodium	406mg	386mg

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