



M&S

EST. 1884

In Store Bakery

NUTRITION
INFORMATION

M&S ISB SAVOURY SNACKING

	PER 100G								PER PORTION							
	ENERGY	FAT	SATURATES	CARBS	SUGARS	FIBRE	PROTEIN	SALT	ENERGY	FAT	SATURATES	CARBS	SUGARS	FIBRE	PROTEIN	SALT
FETA, TOMATO & BASIL SQUARE	326kcal	19.6	10.6	27.6	4.0	2.2	8.9	1.50	414kcal	24.9	13.5	35.1	5.1	2.8	11.4	1.90
GOATS CHEESE, PEPPERS & OLIVE SQUARE	304kcal	17.0	10.1	28.6	2.3	2.2	8.1	1.80	374kcal	20.9	12.4	35.2	2.8	2.7	9.9	2.20
CARAMELISED BALSAMIC ONION & TOMATO FOCACCIA	237kcal	5.1	1.3	36.7	5.1	3.3	9.3	0.78	426kcal	9.2	2.3	66.1	9.2	5.9	16.7	1.4
MEDITERRANEAN VEGETABLE FOCACCIA	232kcal	4.4	1.2	36.9	2.7	3.1	9.7	0.78	418kcal	7.9	2.2	66.4	5.0	5.6	17.5	1.4

M&S ISB LOAVES

	PER 100G							
	ENERGY	FAT	SATURATES	CARBS	SUGARS	FIBRE	PROTEIN	SALT
WHITE BOULE	238kcal	0.9	0.1	45.7	3.9	3.3	10.2	0.86
FARMHOUSE WHITE LOAF	249kcal	3.2	1.1	43.2	2.5	3.1	10.4	0.75
FARMHOUSE WHOLEMEAL LOAF	230kcal	3.0	0.9	35.3	3.7	7.9	11.4	0.78
TIGER LOAF	255kcal	3.2	1.1	47.8	2.7	3.6	7.5	0.90
STONEGROUND WHOLEMEAL BLOOMER	260kcal	3.1	0.8	43.2	2.2	5.2	12.0	1.15
GRANARY FARMHOUSE LOAF	230kcal	3.0	0.9	35.3	3.7	7.9	11.4	0.78
WHITE STONEBAKED BLOOMER	254kcal	2.2	0.6	50.5	2.2	4.5	10.3	1.02
CHOLLA BREAD	282kcal	7.8	2.2	41.4	5.3	3.3	10.6	1.10
ROBUST RYE SOURDOUGH	247kcal	1.3	0.2	45.8	1.7	5.3	10.4	0.98

	PER 100G							
	ENERGY	FAT	SATURATES	CARBS	SUGARS	FIBRE	PROTEIN	SALT
MILD WHITE SOURDOUGH	241kcal	1.1	0.2	46.1	0.2	3.1	10.1	0.9
MEDIUM WHITE SOURDOUGH	235kcal	1.2	0.2	44.5	0.9	3.3	10	0.8

M&S ISB SPECIALITY

	PER 100G							
	ENERGY	FAT	SATURATES	CARBS	SUGARS	FIBRE	PROTEIN	SALT
SAN FRANCISCO STYLE SOURDOUGH	245kcal	1.0	0.2	48.8	1.3	2.6	9.2	1.40
STONEBAKED PAVE	246kcal	1.0	0.2	50.0	3.2	3.0	7.6	1.00
GERMAN STYLE RYE BREAD	225kcal	1.1	0.2	40.9	1.9	6.3	9.5	1.18
FIG & HAZELNUT LOAF	285kcal	8.2	0.7	38.9	7.2	5.4	11.0	1.03
VINTAGE CHEDDAR & RED LEICESTER COB	305kcal	10.1	6.2	40.0	2.4	2.4	12.9	1.13
PLAIN PRETZEL	297kcal	5.7	0.6	50.0	3.7	4.2	9.3	1.80
WALNUT LOAF	290kcal	9.3	0.8	43	1.8	4.2	9.6	0.73
OAK SMOKED WATER SOURDOUGH	253kcal	1.4	0.2	47.7	2.3	3.4	10.7	1.10
SESAME & POPPY SEED CROWN	270kcal	1.1	0.2	55.2	4.5	3.3	8.4	0.98
CIABATTA	278kcal	4.1	0.7	48.1	1.6	3.5	10.3	1.00
IRISH BROWN SODA BREAD	250kcal	4.6	0.4	41.9	3.5	4.0	8.0	1.20
CHEESE PRETZEL	211kcal	8.5	2.8	45.8	3.5	3.9	10.8	1.70
CORNISH CRUNCHER & ROSEMARY STAR	278kcal	7.2	4.5	40.5	1.9	3.1	11.1	0.88
BELGIAN CHOCOLATE LOAF	288kcal	5.6	3.0	48.9	8.0	4.2	8.4	0.81

	PER 100G							
	ENERGY	FAT	SATURATES	CARBS	SUGARS	FIBRE	PROTEIN	SALT
ROSEMARY & SALT FOCACCIA	304kcal	6.7	1.0	49.5	16.7	3.4	9.8	0.98
GREEK STYLE SESAME LOAF	309kcal	7.1	4.3	52.4	22.0	2.9	7.4	0.55
ROASTED GARLIC & OLIVE BATARD	237kcal	3.7	0.64	40.4	1.33	3.37	8.7	1.21
ROSEMARY PAN MARINO	225kcal	1.8	0.3	41.9	1.77	3	8.87	0.95
HOT CROSS LOAF	309kcal	7.1	4.3	52.4	22	2.9	7.4	0.5
WALNUT LOAF	290kcal	9.3	0.8	43	1.8	4.2	9.6	0.73
CRANBERRY & TOASTED PECAN BATON	318kcal	9.96	0.94	44.89	9.36	4.12	9.78	1.14

M&S ISB BAGUETTES

	PER 100G							
	ENERGY	FAT	SATURATES	CARBS	SUGARS	FIBRE	PROTEIN	SALT
HALF BAGUETTE	261kcal	0.9	0.2	56.5	2.9	3.2	8.4	0.89
BAGUETTE	261kcal	0.9	0.2	56.5	2.9	3.2	8.4	0.89
PARISENNE BAGUETTE	269kcal	1.2	0.2	54.7	4.9	3.1	8.3	1.05
SOURDOUGH FULL BAGUETTE	272kcal	1.2	0.3	53.3	2.6	3.7	10.0	1.00
SOURDOUGH DEMI BAGUETTE	272kcal	1.2	0.3	53.3	2.6	3.7	10.0	1.00
6 SEED WHEAT & RYE DEMI BAGUETTE	282kcal	3.2	0.4	48.0	2.3	7.3	11.6	0.97

M&S ISB ROLLS

	PER 100G								PER PORTION							
	ENERGY	FAT	SATURATES	CARBS	SUGARS	FIBRE	PROTEIN	SALT	ENERGY	FAT	SATURATES	CARBS	SUGARS	FIBRE	PROTEIN	SALT
BROWN CRUSTY ROLL	242kcal	1.0	0.2	45.3	2.6	5.7	10.0	0.91	218kcal	0.9	0.2	40.8	2.4	5.2	9.0	0.82
PETIT PAIN	261kcal	0.9	0.2	56.5	2.9	3.2	8.4	0.89	192kcal	0.6	0.1	39.6	2.0	2.2	5.9	0.62
CHEESE & ONION TWIST	408kcal	19.9	26.7	34.0	4.7	2.0	8.8	1.46	306kcal	15.0	20.0	25.5	3.5	1.5	6.6	1.10
CRUSTY WHITE ROLL	288kcal	1.2	0.2	56.9	2.9	3.7	10.5	0.94	245kcal	1.0	0.1	48.4	2.5	3.1	8.9	0.80
SOURDOUGH ROLL	272kcal	1.2	0.3	53.3	2.6	3.7	10.0	1.00	272kcal	1.2	0.3	53.3	2.6	3.7	10.0	1.00
PLAIN BAGEL	255kcal	0.8	0.2	54.1	0.2	3.5	10.9	0.60	255kcal	0.8	0.2	54.1	0.2	3.5	10.9	0.60
CHEESE TOPPED CRUSTY ROLL	280kcal	3.1	1.7	50.7	3.1	3.4	10.8	0.87	238kcal	2.6	1.5	43.1	2.6	2.9	9.1	0.74
ONION & BLACK PEPPER ROLL	232kcal	1.0	0.2	49.1	2.3	4.2	8.8	0.90	186kcal	0.8	0.2	39.3	1.8	3.4	7.0	0.72
FONTAL CHEESE & THYME ROLL	294kcal	7.2	4.0	46.4	0.5	3.7	12.8	1.00	235kcal	5.8	3.2	37.1	0.4	3.0	10.2	0.80
PRETZEL ROLL	278kcal	5.3	0.5	47.2	5.0	3.5	8.6	2.00	197kcal	3.7	0.4	33.5	3.6	2.5	6.1	1.40
FRENCH PETIT PAVE AUX GRAINES	323kcal	3.6	0.5	56.7	2.3	7.1	11.8	0.88	226kcal	2.5	0.4	39.7	1.6	5.0	8.3	0.62
CHEDDAR TIGER ROLL	284kcal	3.7	1.9	51.4	3.2	3.3	9.6	1.08	227kcal	3.0	1.5	41.1	2.6	2.6	7.7	0.86
MINI STOTTIE	265kcal	3.3	1.6	46.4	2.8	3.2	10.8	1.25	265kcal	3.3	1.6	46.4	2.8	3.2	10.8	1.25
VINTAGE CHEDDAR & RED LEICESTER ROLL	282kcal	7.5	4.4	40.7	3.3	2.9	11.5	1.15	226kcal	6.0	3.5	32.6	2.6	2.3	9.2	0.92

M&S ISB PASTRIES

	PER 100G								PER PORTION							
	ENERGY	FAT	SATURATES	CARBS	SUGARS	FIBRE	PROTEIN	SALT	ENERGY	FAT	SATURATES	CARBS	SUGARS	FIBRE	PROTEIN	SALT
ALL BUTTER CROISSANT	428kcal	26.0	17.8	38.2	5.2	2.5	9.2	1.09	321kcal	19.5	13.3	28.7	3.9	1.8	6.9	0.82
APRICOT TWIST	308kcal	12.6	8.4	41.8	7.8	3.2	5.1	0.68	308kcal	12.6	8.4	41.8	7.8	3.2	5.1	0.68
PAIN AUX RAISINS	308kcal	13.0	8.7	41.4	21.8	1.9	5.6	0.68	324kcal	13.6	9.1	43.4	22.9	2	5.9	0.71

	PER 100G								PER PORTION							
	ENERGY	FAT	SATURATES	CARBS	SUGARS	FIBRE	PROTEIN	SALT	ENERGY	FAT	SATURATES	CARBS	SUGARS	FIBRE	PROTEIN	SALT
BELGIAN CHOCOLATE TWIST	362kcal	18.1	12.2	41.9	13.4	2.5	6.6	0.67	344kcal	17.2	11.6	39.8	12.7	2.4	6.3	0.64
PAIN AU CHOCOLAT	140kcal	7.9	5.2	13.8	3.9	0.9	3	0.3	112kcal	6.32	4.16	11.04	3.12	0.72	2.4	0.24
ALMOND & HAZELNUT CROISSANT	418kcal	24.5	13.5	39.7	15.3	2.1	8.5	0.93	376kcal	22.1	12.2	35.7	13.8	1.9	7.6	0.84
PALMIER	502kcal	30.4	20.6	51.6	20.7	1.4	4.9	0.94	326kcal	19.8	13.4	33.5	13.5	0.9	3.2	0.60
PECAN & MAPLE DANISH	396kcal	21.2	12.1	43.7	6.9	2.7	6.4	0.89	341kcal	18.2	10.4	37.6	5.9	2.4	5.5	0.76
CINNAMON SWIRL	437kcal	22.6	15.0	50.0	18.1	3.3	6.8	0.85	350kcal	18.1	12.0	40.0	14.5	2.6	5.5	0.68
LEMON AMARETTI PLAIT	404kcal	18.2	11.4	51.8	20.8	2.5	6.7	0.31	364kcal	16.2	10.3	46.6	18.7	2.3	6.0	0.27
CHOCOLATE & HAZELNUT CRUFFIN	420kcal	21.4	8.9	47.6	17.1	2.78	8.0	0.34	336kcal	17.1	7.12	38.1	13.7	2.22	6.4	0.27
STRAWBERRY & MARC DE CHAMPAGNE CRUFFIN	348kcal	12.5	7.9	50.8	21.9	2.45	6.4	0.39	261kcal	9.4	6.0	38.1	16.5	1.84	4.8	0.30
SEVILLE ORANGE MARMALADE CRUFFIN	346kcal	9.6	6.0	57.0	26.0	2.3	6.3	0.35	277kcal	7.6	4.8	46.0	21.0	1.83	5.02	0.28

M&S ISB SCONES

	PER 100G								PER PORTION							
	ENERGY	FAT	SATURATES	CARBS	SUGARS	FIBRE	PROTEIN	SALT	ENERGY	FAT	SATURATES	CARBS	SUGARS	FIBRE	PROTEIN	SALT
FRUIT SCONE	330kcal	12.4	7.8	47.5	16.9	2.3	6.2	1.23	285kcal	10.8	6.8	41.3	14.7	2.0	5.4	1.08
CHEESE SCONE	320kcal	14.7	9.2	36.3	4.4	2	9.5	1.63	270kcal	12.5	7.8	30.9	3.7	1.7	8.1	1.38
PLAIN (DEVON) SCONE	340kcal	15.2	9.5	43.4	9.3	2.1	6.9	1.52	295kcal	13.2	8.3	37.8	8.1	1.8	6	1.2

	PER 100G								PER PORTION							
	ENERGY	FAT	SATURATES	CARBS	SUGARS	FIBRE	PROTEIN	SALT	ENERGY	FAT	SATURATES	CARBS	SUGARS	FIBRE	PROTEIN	SALT
MILK CHOCOLATE COOKIE	485kcal	23.6	12.3	60.5	39.2	2.6	5.8	0.43	360kcal	16.9	9.1	47.2	33.5	1.0	4.5	0.18
CLASSIC PINK ICED RING DOUGHNUT	446kcal	27.1	17.8	47.1	26.7	1.0	3.6	0.22	285kcal	17.3	11.4	30.1	17.1	0.6	2.3	0.14
WHITE CHOCOLATE COOKIE	490kcal	24.2	12.9	62.2	40.9	2.4	4.9	0.43	335kcal	16.5	8.8	42.3	27.8	1.6	3.3	0.29
GRANOLA SQUARE	465kcal	25.2	10.7	49.3	28.8	5.0	7.9	0.33	335kcal	18.1	7.7	35.5	20.7	3.6	5.7	0.23
CLASSIC SUGAR RING DOUGHNUT	406kcal	25.0	12.0	38.8	4.5	1.6	5.8	0.33	203kcal	22.5	6.0	19.4	2.3	0.8	2.9	0.17
CLASSIC JAM DOUGHNUT	312kcal	9.6	4.1	49.1	21.0	2.0	6.3	0.93	194kcal	6.0	2.5	30.4	13.0	1.2	3.9	0.58
MILK CHOCOLATE SHORTBREAD	520kcal	30.8	18.7	53.7	21.9	2.2	6.3	0.38	330kcal	19.4	11.8	33.8	13.8	1.4	4.0	0.23
CLASSIC CHOCOLATE ICED RING DOUGHNUT	423kcal	24.5	13.4	44.8	15.7	1.4	5.2	0.28	284kcal	17.0	10.6	29.9	16.3	1.0	2.8	0.15
DOUBLE CHOCOLATE COOKIE	475kcal	22.0	11.3	61.5	43.0	2.4	6.2	0.35	350kcal	16.3	8.7	45.5	35.9	1.7	5.1	0.20
ULTIMATE CHOCOLATE & HAZELNUT DOUGHNUT	405kcal	21.3	7.7	47.1	20.4	2.3	7.35	0.67	348kcal	18.3	6.6	40.5	17.5	2.0	6.3	0.58
ULTIMATE RASPBERRY DOUGHNUT	317kcal	10.4	5.4	50.3	20.0	1.8	6.4	0.69	273kcal	8.9	4.6	43.3	17.2	1.5	5.5	0.59
ULTIMATE LEMON DOUGHNUT	336kcal	13.5	7.3	48.0	19.4	1.6	6.8	0.82	289kcal	11.6	6.3	41.3	16.7	1.4	5.8	0.71

M&S ISB MUFFINS

	PER 100G								PER PORTION							
	ENERGY	FAT	SATURATES	CARBS	SUGARS	FIBRE	PROTEIN	SALT	ENERGY	FAT	SATURATES	CARBS	SUGARS	FIBRE	PROTEIN	SALT
LEMON FILLED MUFFIN	365kcal	16.2	2.1	49.1	28.7	1.7	4.8	0.58	440kcal	19.4	2.5	58.4	34.4	2.0	5.8	0.70
CHOCOLATE FILLED MUFFIN	416kcal	21.3	4.1	49.4	30.5	2.3	5.5	0.47	500kcal	25.6	4.9	59.3	36.6	2.8	6.6	0.55
VICTORIA SPONGE MUFFIN	408kcal	20.5	6.9	50.2	31.0	1.4	4.9	0.73	489kcal	24.6	8.3	60.2	37.2	1.7	5.9	0.88
BLUEBERRY FILLED MUFFIN	350kcal	16.5	1.8	45.7	24.2	2.3	4.0	0.53	420kcal	19.8	2.2	54.8	29.2	2.8	4.8	0.63
BANOFFEE MUFFIN	417kcal	21.1	7.9	51.8	29.2	1.5	4.3	0.65	500kcal	25.3	9.5	62.2	35.0	1.8	5.2	0.78
BLACK FOREST MUFFIN	399kcal	18.5	5.0	53.6	36.0	1.3	4.8	0.35	479kcal	22.2	6.0	63.1	43.2	1.6	5.8	0.43
RED VELVET MUFFIN	406kcal	20.3	7.4	49.7	34.0	1.2	4.7	0.64	487kcal	24.4	8.9	59.6	40.8	1.4	5.6	0.77

M&S ISB PIES & TARTS

	PER 100G								PER PORTION							
	ENERGY	FAT	SATURATES	CARBS	SUGARS	FIBRE	PROTEIN	SALT	ENERGY	FAT	SATURATES	CARBS	SUGARS	FIBRE	PROTEIN	SALT
BAKEWELL TART	470kcal	26.3	12.0	49.3	25.7	2.3	7.8	0.31	324kcal	18.2	8.3	34.0	17.7	1.6	5.4	0.22
ALL BUTTER ECCLES CAKE	380kcal	14.0	9.1	55.9	37.4	6.3	4.3	0.47	330kcal	12.1	7.9	48.4	32.4	5.4	3.7	0.40
WHITE CHOCOLATE AND LEMON TART	462kcal	25.5	15.0	52.0	32.0	1.4	5.6	0.24	375kcal	20.7	12.1	42.0	25.8	1.1	4.3	0.20
CHOCOLATE, SALTED CARAMEL & HAZELNUT TART	472kcal	27.6	15.6	49.1	25	1.9	5.9	0.41	392kcal	23.1	12.9	40.8	20.8	1.6	4.9	0.34
BRAMLEY APPLE TURNOVER	335kcal	15.9	9.8	41.7	13.7	3.3	4.1	0.5	455kcal	21.6	13.3	56.5	18.6	4.5	5.6	0.7
MORELLO CHERRY & PISTACHIO TART	402kcal	21.2	10.2	47.2	21.7	2.3	6.9	0.2	322kcal	17.0	8.2	37.8	17.4	1.8	5.5	0.16