

FALL 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     |
| Cinnamon Roll, TEST                                                                  | 110                  | Yes/Ja/Oui                         | No/Niet/Non | 1458         | 347            | 11                 | 6                          | 53                | 27.0                    | 2.0       | 7.4          | 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          | 0.78     |
| 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/Oui                         | No/Niet/Non | 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     |
| 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      |
| 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     |
| 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     |
| 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 *                                                            | 160                  | 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 | 938.00       | 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)