



FITNESS

NUTRITION SURVIVAL GUIDE TO

# M&S CAFÉ

CALORIES AND MACRONUTRIENTS

2021

[WWW.JAMIECARROLLFITNESS.COM](http://WWW.JAMIECARROLLFITNESS.COM)

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

## SANDWICHES

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Sandwich Selection	320	19.4	34.3	3.2	1.6	11.5	1.9
Eat Well Egg and Watercress	315	16.6	33.2	3.3	1.5	13.0	1.8
Eat Well Roast Chicken and Salad	300	20.7	31.5	3.7	4.0	9.7	1.2
Seafood Selection	360	17.0	35.6	3.1	2.2	16.4	1.9
Red Salmon and Cucumber	295	17.7	39.5	3.5	1.6	8.0	1.8
Irish Mature Cheddar and Tomato	430	20.9	42.6	4.2	2.6	19.7	1.8
Ham and Cheddar	370	23.0	38.8	3.9	2.5	13.5	2.5

## SALADS

Pasta with cherry tomatoes, spinach and Pecorino Cheese	445	15.6	51.8	8.6	1.4	19.7	1.5
Potato Salad with Hot Smoked Salmon, Cherry Tomatoes, and Spinach	205	15.8	17.9	4.3	2.8	7.4	1.4

## JACKET POTATO

Jacket Potato No Filling	190	5.3	42.3	6.6	3.5	0.5	0.1
Jacket Potato with Baked Beans	380	14.9	78.5	16.0	11.1	1.5	0.6
Jacket Potato with Chilli Filling	380	19.7	51.3	10.0	7.8	11.9	1.7
Jacket Potato with Grated Cheese	485	24.6	42.4	8.1	3.6	24.6	1.6
Jacket Potato with Tuna and Sweetcorn	335	17.6	49.3	7.8	4.9	7.8	0.4

## SOUP

Tomato and Basil Soup	120	3.0	15.0	3.9	13.2	5.1	1.4
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## TOASTIES AND CIABATTAS

Cheese and Ham	405	21.0	46.3	3.2	2.8	15.3	2.2
Chicken, Cheddar and Bacon	490	29.1	47.1	4.2	3.4	20.8	2.8
Emmental Cheese and Mushroom	485	20.8	49.4	4.7	4.3	22.7	2.7
Breakfast Toastie	525	21.9	54.7	8.4	2.9	23.8	3.3
Cheese and Marinated Tomato Ciabatta	405	17.6	44.1	7.4	6.2	15.1	1.8
Bacon Roll	495	23.7	50.2	3.4	5.1	20.3	1.6

## KIDS

Kids Bag ( drink, fruit and snack)	355	4.3	59.7	2.2	41.1	10.8	0.4
Kids Tuna Sandwich	135	8.6	16.5	0.8	1.0	3.9	0.5
Kids Cheese Sandwich	190	9.3	17.3	0.4	1.0	9.2	0.8
Gingerbread Cookie	195	3.1	30.6	1.8	14.6	6.4	0.4

1-200 CAL

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## TART

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Bakewell Tart	430	6.2	46.8	2.1	29.1	24.4	0.1
Kentish Apple and Blackberry Slice	310	4.6	35.5	2.7	23.7	16.8	0.1
Sticky Toffee Slice	425	4.0	56.9	0.5	39.5	20.2	0.2
Lemon Slice	255	2.1	39.6	0.6	26.7	10.1	0.0

## SWEET TREATS

Millionaire Shortbread	320	2.3	37.1	1.2	25.7	18.2	0.5
Chocolate Brownie	240	3.4	31.7	1.4	17.2	11.2	0.1
All Butter Sultana and Apple Flapjack	364	4.3	47.5	2.3	26.0	17.7	0.1
Rocky Road	310	2.3	37.9	1.6	25.0	17.2	0.3
Chocolate Stirrer	65	0.8	6.7	0.3	6.6	3.8	0.0
Organic Shortbread	105	1.1	11.8	0.4	3.5	5.7	0.2
Organic Stem Ginger Cookies	85	0.7	11.1	0.3	6.6	4.4	0.3
Gluten Free Chocolate Cookie	200	1.6	26.7	1.5	18.0	9.5	0.4
Milk Chocolate Chip	335	4.2	44.0	0.9	22.4	15.7	0.2
White Chocolate Chip	345	4.1	42.9	0.4	31.0	17.2	0.2
Eccles Cake	345	3.9	49.7	2.8	30.9	14.9	0.4
Apple Turnover	420	5.1	52.1	1.2	14.0	21.0	0.8

## BAKERY

Teacakes	340	9.5	57.6	1.6	18.3	7.9	0.3
Iced Bun	270	6.3	54.3	1.2	29.1	3.3	0.4
Almond Croissant	270	5.3	24.5	2.6	14.2	16.9	0.8
Pecan Twist	410	4.9	37.9	0.9	14.0	26.6	1.0
Choc Chunk Muffin (gluten free)	485	6.3	54.2	4.4	39.8	27.0	0.1
Pain Au Raisin	450	7.4	62.4	2.2	12.8	19.0	0.8

## SCONE

Fruit Scone	315	5.9	46.3	2.1	15.8	12.0	1.3
Fruit Scone from In Store Bakery	320	5.0	47.9	1.8	3.6	11.6	0.9
Devon Scone	335	6.6	48.1	1.8	17.0	12.8	1.2
Devon Scone from In store Bakery	330	5.9	45.1	2.5	24.0	14.1	1.0
Cheese Scone	395	12.8	36.2	2.3	2.7	22.5	2.3
Cheese Scone from In Store Bakery	330	8.7	33.7	1.4	11.7	17.7	1.8
Clotted Cream	165	1.6	2.2	0.0	2.2	17.8	0.0

## CAKE

Victoria Cake	550	6.8	68.5	1.5	51.9	27.7	1.4
Cappuccino Cake	630	6.3	76.9	2.8	38.1	32.9	1.0
Organic Carrot cake	570	5.3	74.6	3.5	61.7	27.7	0.7
Hazel and Caramel Cake	635	7.3	59.4	2.2	44.2	40.7	0.7