



NUTRITION SURVIVAL GUIDE TO

M&S CAFÉ

CALORIES AND MACRONUTRIENTS

2021

WWW.PDFITNESSANDNUTRITION.CO.UK

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 |
|-----------------------|-----|-----|------|-----|------|-----|-----|

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

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

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 |