

Menu Nutritional Analysis for ASPENS MMB SEPT 2024

Filter

Dishes	47 of 47	Weight (g)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Fibre (g)	Salt (g)
Top Tier \ ASPENS MMB SEPT 2024 8oz Hot Pasta Pot - Pesto Penne	90	225	8.9	2.2	33.0	3.1	5.6	1.3	0.1	
		11.3%	12.7%	10.9%	12.7%	3.5%	11.2%	-	2.4%	
Mid Tier \ ASPENS MMB SEPT 2024 MMB Pizza Nachos	59	191	10.0	3.5	18.4	2.0	5.6	0.0	0.6	
		9.6%	14.4%	17.4%	7.1%	2.2%	11.1%	-	10.4%	
Top Tier \ ASPENS MMB SEPT 2024 8oz Spanish Rice Pot MMB	101	215	0.9	0.1	44.7	1.8	5.2	2.2	0.6	
		10.8%	1.3%	0.5%	17.2%	2.0%	10.4%	-	9.6%	
Mid Tier \ ASPENS MMB SEPT 2024 Tortilla Pizza Pocket Tomato Cheese MMB	105	303	13.4	7.4	35.3	3.6	10.9	1.3	1.0	
		15.2%	19.1%	37.2%	13.6%	3.9%	21.8%	-	16.5%	
Super Budget & Budget \ ASPENS MMB SEPT 2024 Coco Cinnamon Swirl Bun MMB	54	206	3.7	1.1	37.6	5.9	6.6	2.7	0.5	
		10.3%	5.3%	5.4%	14.5%	6.5%	13.3%	-	7.6%	
Top Tier \ ASPENS MMB SEPT 2024 8oz Pesto Penne MMB	179	450	17.8	4.4	65.9	6.2	11.2	2.6	0.3	
		22.5%	25.4%	21.9%	25.3%	6.9%	22.4%	-	4.9%	
Fruit & Yoghurt Pots \ ASPENS MMB SEPT 2024 Raspberry Easiyo Yoghurt (130ml) 7oz	40	48	0.9	5.4	8.9	5.9	0.9	0.2	0.0	
		2.4%	1.3%	27.1%	3.4%	6.5%	1.7%	-	0.4%	
Super Budget & Budget \ ASPENS MMB SEPT 2024 Cheesy Garlic Focaccia MMB	56	235	11.0	2.6	28.6	0.9	7.3	1.9	0.6	
		11.8%	15.7%	12.9%	11.0%	1.0%	14.6%	-	10.8%	
Fruit & Yoghurt Pots \ ASPENS MMB SEPT 2024 Passionfruit Easiyo Yoghurt (130ml) 7oz	40	48	0.9	5.4	8.9	5.9	0.9	0.2	0.0	
		2.4%	1.3%	27.1%	3.4%	6.5%	1.7%	-	0.4%	
Top Tier \ ASPENS MMB SEPT 2024 Loaded Wedges with BBQ Sauce, Cheese & Jalapenos MMB	195	211	6.5	3.6	31.4	4.3	6.6	3.2	0.9	
		10.5%	9.3%	18.0%	12.1%	4.8%	13.2%	-	15.0%	

Dishes	47 of 47	Weight (g)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Fibre (g)	Salt (g)
Top Tier \ ASPENS MMB SEPT 2024 8oz Spicy Chicken Penne MMB	97	170	2.5	0.5	31.3	3.1	7.9	1.8	0.3	8.5% 3.5% 2.5% 12.0% 3.4% 15.7% - 5.8%
MMB Bakery \ ASPENS MMB SEPT 2024 Granola Bars SEC	75	339	17.6	5.5	39.4	25.8	4.6	2.8	0.1	16.9% 25.2% 27.6% 15.2% 28.7% 9.2% - 0.9%
MMB Bakery \ ASPENS MMB SEPT 2024 Carrot Cake ASPENS!	49	177	10.2	1.2	20.3	13.1	1.6	0.6	0.3	8.8% 14.6% 5.8% 7.8% 14.6% 3.2% - 4.9%
Super Budget & Budget \ ASPENS MMB SEPT 2024 Cheesy Tomato Focaccia MMB	59	210	7.9	2.3	29.1	1.5	7.4	1.7	0.6	10.5% 11.2% 11.6% 11.2% 1.7% 14.8% - 10.8%
Fruit & Yoghurt Pots \ ASPENS MMB SEPT 2024 Strawberry Easiyo Yoghurt (130ml) 7oz	40	30	1.4	5.7	2.8	2.8	1.7	0.0	0.1	1.5% 1.9% 28.6% 1.1% 3.1% 3.3% - 0.9%
Super Budget & Budget \ ASPENS MMB SEPT 2024 Double Wedge Garlic & Herb MMB	101	83	0.1	0.0	18.3	0.9	2.0	2.1	0.0	4.2% 0.2% 0.2% 7.0% 1.0% 4.0% - 0.6%
Fruit & Yoghurt Pots \ ASPENS MMB SEPT 2024 Passionfruit Easiyo Yoghurt (100ml) 5oz	35	44	0.7	4.2	8.6	5.6	0.7	0.2	0.0	2.2% 1.0% 20.9% 3.3% 6.2% 1.3% - 0.3%
Fruit & Yoghurt Pots \ ASPENS MMB SEPT 2024 Strawberry Easiyo Yoghurt (100ml) 5oz	35	26	1.2	4.5	2.5	2.5	1.5	0.0	0.0	1.3% 1.7% 22.4% 1.0% 2.8% 2.9% - 0.8%
Top Tier \ ASPENS MMB SEPT 2024 8oz Smokey Mexican Rice Pot MMB	106	233	0.8	0.1	49.8	1.4	6.3	2.9	0.8	11.6% 1.2% 0.3% 19.2% 1.6% 12.5% - 13.5%
MMB Bakery \ ASPENS MMB SEPT 2024 Chocolate Banana Cake SEC	80	202	7.0	3.3	32.2	18.9	2.9	1.3	0.4	10.1% 10.0% 16.3% 12.4% 21.0% 5.9% - 7.2%
Super Budget & Budget \ ASPENS MMB SEPT 2024 Lemon Cinnamon Swirl Bun MMB	55	200	3.5	0.9	38.0	5.9	6.2	2.1	0.5	10.0% 5.0% 4.7% 14.6% 6.5% 12.4% - 7.6%
Top Tier \ ASPENS MMB SEPT 2024 Tortilla Pizza Pocket Pepperoni HALAL MMB	110	316	13.9	7.6	36.8	3.6	11.6	1.4	1.0	15.8% 19.9% 38.2% 14.1% 4.0% 23.1% - 17.5%
Top Tier \ ASPENS MMB SEPT 2024 8oz Penne Arrabiata Penne 8oz MMB	78	149	1.5	0.2	31.1	3.1	4.8	2.0	0.2	7.4% 2.1% 0.9% 12.0% 3.4% 9.5% - 2.5%
Mid Tier \ ASPENS MMB SEPT 2024 Homemade Waffle & Syrup MMB	77	204	6.2	2.4	32.7	12.9	4.0	0.9	0.2	10.2% 8.8% 12.0% 12.6% 14.3% 8.0% - 3.2%

Dishes	47 of 47	Weight (g)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Fibre (g)	Salt (g)
Top Tier \ ASPENS MMB SEPT 2024 8oz Italian Tomato Basil Rice Pot MMB	84	202	0.7	0.0	43.8	2.1	4.1	1.3	0.6	
		10.1%	1.0%	0.2%	16.9%	2.3%	8.2%	-	9.5%	
Top Tier \ ASPENS MMB SEPT 2024 Chilli Cheese Naan MMB	69	206	7.0	3.5	27.2	0.5	7.8	1.2	0.8	
		10.3%	10.0%	17.3%	10.4%	0.5%	15.6%	-	12.6%	
Top Tier \ ASPENS MMB SEPT 2024 Mango Cheese Naan MMB	237	738	20.8	11.1	109.1	18.3	22.8	4.5	2.6	
		36.9%	29.7%	55.7%	41.9%	20.3%	45.7%	-	44.0%	
Fruit & Yoghurt Pots \ ASPENS MMB SEPT 2024 Easiyo Yoghurt (130ml) 7oz	20	15	0.9	5.4	1.1	1.1	0.8	0.0	0.0	
		0.8%	1.2%	27.0%	0.4%	1.2%	1.6%	-	0.3%	
Top Tier \ ASPENS MMB SEPT 2024 Loaded Wedges, Crispy Onion Bits with BBQ Sauce & Cheese MMB	190	240	8.8	4.8	33.1	4.8	6.8	3.3	0.8	
		12.0%	12.6%	23.8%	12.7%	5.4%	13.6%	-	13.0%	
Super Budget & Budget \ ASPENS MMB SEPT 2024 Cinnamon Popcorn MMB	14	47	0.5	0.1	8.4	0.1	1.4	0.5	0.0	
		2.4%	0.8%	0.4%	3.2%	0.1%	2.8%	-	0.2%	
Top Tier \ ASPENS MMB SEPT 2024 Tortilla Pizza Pocket Pepperoni MMB	110	326	15.6	8.2	35.4	3.6	11.8	1.3	1.2	
		16.3%	22.3%	41.2%	13.6%	4.0%	23.6%	-	19.7%	
Fruit & Yoghurt Pots \ ASPENS MMB SEPT 2024 Raspberry Easiyo Yoghurt (100ml) 5oz	35	44	0.7	4.2	8.6	5.6	0.7	0.2	0.0	
		2.2%	1.0%	20.9%	3.3%	6.2%	1.3%	-	0.3%	
Fruit & Yoghurt Pots \ ASPENS MMB SEPT 2024 Cantaloupe Wedge MMB	8	2	0.0	0.0	0.3	0.3	0.1	0.1	0.0	
		0.1%	0.0%	0.0%	0.1%	0.4%	0.1%	-	0.0%	
Fruit & Yoghurt Pots \ ASPENS MMB SEPT 2024 Mango Easiyo Yoghurt (100ml) 5oz	35	44	0.7	4.2	8.6	5.6	0.7	0.2	0.0	
		2.2%	1.0%	20.9%	3.3%	6.2%	1.3%	-	0.3%	
Super Budget & Budget \ ASPENS MMB SEPT 2024 Garlic Slice MMB (Tugo Large Dough Puck Base)	66	148	2.0	0.4	25.7	0.2	5.8	1.1	0.0	
		7.4%	2.9%	2.0%	9.9%	0.2%	11.7%	-	0.8%	
Mid Tier \ ASPENS MMB SEPT 2024 MMB Mexican Bean Nachos	57	192	10.0	3.4	18.0	0.2	6.2	1.1	0.7	
		9.6%	14.3%	17.2%	6.9%	0.3%	12.4%	-	11.9%	
MMB Bakery \ ASPENS MMB SEPT 2024 Oaty Chocolate Meringue SEC	128	321	7.5	5.4	53.2	44.5	8.9	1.9	0.4	
		16.1%	10.6%	26.8%	20.5%	49.5%	17.8%	-	6.3%	
Top Tier \ ASPENS MMB SEPT 2024 Homemade Sausage Roll MMB (using Theos 8's)	100	275	16.0	7.2	22.2	0.9	9.8	1.9	1.6	
		13.7%	22.8%	36.0%	8.5%	1.0%	19.6%	-	25.9%	

Dishes	47 of 47	Weight (g)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Fibre (g)	Salt (g)
Super Budget & Budget \ ASPENS MMB SEPT 2024 Pesto Focaccia MMB	48	201	8.1	0.9	28.2	0.9	5.4	1.9	0.5	
		10.0%	11.6%	4.5%	10.9%	1.0%	10.8%	-	7.6%	
Super Budget & Budget \ ASPENS MMB SEPT 2024 Classic Cinnamon Swirl Bun MMB	50	192	3.5	0.9	35.4	4.0	6.2	2.0	0.5	
		9.6%	5.0%	4.7%	13.6%	4.5%	12.4%	-	7.6%	
Super Budget & Budget \ ASPENS MMB SEPT 2024 Pepperoni Focaccia MMB	53	235	11.6	2.1	27.9	0.8	7.0	1.7	0.7	
		11.8%	16.6%	10.5%	10.7%	0.9%	14.0%	-	12.3%	
MMB Bakery \ ASPENS MMB SEPT 2024 Oat Cookie SEC	65	238	7.5	1.5	39.1	18.9	3.2	2.0	0.3	
		11.9%	10.7%	7.3%	15.0%	21.0%	6.3%	-	5.3%	
Super Budget & Budget \ ASPENS MMB SEPT 2024 Double Wedge Cajun MMB	101	84	0.2	0.0	18.2	1.0	2.0	2.2	0.3	
		4.2%	0.2%	0.2%	7.0%	1.1%	4.0%	-	4.7%	
Fruit & Yoghurt Pots \ ASPENS MMB SEPT 2024 Pineapple Wedge/Finger MMB	63	29	0.1	0.0	7.1	7.1	0.3	0.8	0.0	
		1.4%	0.1%	0.0%	2.7%	7.9%	0.6%	-	0.0%	
Fruit & Yoghurt Pots \ ASPENS MMB SEPT 2024 Mango Easiyo Yoghurt (130ml) 7oz	40	48	0.9	5.4	8.9	5.9	0.9	0.2	0.0	
		2.4%	1.3%	27.1%	3.4%	6.5%	1.7%	-	0.4%	
Fruit & Yoghurt Pots \ ASPENS MMB SEPT 2024 Watermelon Wedge (Skin On) SEC	27	9	0.1	0.0	1.8	1.8	0.1	0.0	0.0	
		0.4%	0.1%	0.1%	0.7%	2.0%	0.3%	-	0.0%	
Fruit & Yoghurt Pots \ ASPENS MMB SEPT 2024 Easiyo Yoghurt (100ml) 5oz	15	12	0.7	4.2	0.9	0.9	0.6	0.0	0.0	
		0.6%	0.9%	20.8%	0.3%	1.0%	1.3%	-	0.3%	