



# VOEDINGSWAARDEN

Zomermenu 2021

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♡ climate positive

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🌿 feel good food

Small Yoghurt Specials met yoghurt

Hoofdcategorie	Special	Yoghurtsort	Size	Kcal	Vet	Koolh	Suiker	Eiwit
Yoghurt Special	Merry Berry	Magere yoghurt	Small	180,50	1,04	33,60	32,42	6,81
Yoghurt Special	Merry Berry	Volle yoghurt	Small	220,75	5,42	33,60	32,42	7,51
Yoghurt Special	Merry Berry	Skyr	Small	224,25	0,17	33,60	32,42	19,76
Yoghurt Special	Merry Berry	Frozen yoghurt	Small	277,50	4,67	49,10	47,92	8,01
Yoghurt Special	Merry Berry	Soja yoghurt	Small	203,25	4,19	30,28	29,09	7,51
Yoghurt Special	Merry Berry	Amandel yoghurt	Small	338,00	17,57	36,20	28,22	6,51
Yoghurt Special	Merry Berry	Kokos yoghurt	Small	406,30	29,40	31,78	28,01	3,65
Yoghurt Special	Merry Berry	Oats	Small	412,26	10,97	59,72	35,86	13,11
Yoghurt Special	Merry Berry	Chia pudding	Small	483,90	15,65	66,02	59,44	9,69
Yoghurt Special	Brownie Mango	Magere yoghurt	Small	279,95	14,04	26,72	24,96	9,70
Yoghurt Special	Brownie Mango	Volle yoghurt	Small	320,20	18,42	26,72	24,96	10,40
Yoghurt Special	Brownie Mango	Skyr	Small	323,70	13,17	26,72	24,96	22,65
Yoghurt Special	Brownie Mango	Frozen yoghurt	Small	376,95	17,67	42,22	40,46	10,90
Yoghurt Special	Brownie Mango	Soja yoghurt	Small	302,70	17,19	23,40	21,64	10,40
Yoghurt Special	Brownie Mango	Amandel yoghurt	Small	437,45	30,57	29,32	20,76	9,40
Yoghurt Special	Brownie Mango	Kokos yoghurt	Small	505,75	42,40	24,90	20,55	6,54
Yoghurt Special	Brownie Mango	Oats	Small	511,71	23,97	52,84	28,40	16,00
Yoghurt Special	Brownie Mango	Chia pudding	Small	583,35	28,65	59,14	51,98	12,58
Yoghurt Special	Energy Explosion	Magere yoghurt	Small	233,10	8,73	20,70	19,65	10,54
Yoghurt Special	Energy Explosion	Volle yoghurt	Small	273,35	13,10	20,70	19,65	11,24
Yoghurt Special	Energy Explosion	Skyr	Small	276,85	7,85	20,70	19,65	23,49
Yoghurt Special	Energy Explosion	Frozen yoghurt	Small	330,10	12,35	36,20	35,15	11,74
Yoghurt Special	Energy Explosion	Soja yoghurt	Small	255,85	11,88	17,38	16,33	11,24
Yoghurt Special	Energy Explosion	Amandel yoghurt	Small	390,60	25,25	23,30	15,45	10,24
Yoghurt Special	Energy Explosion	Kokos yoghurt	Small	458,90	37,08	18,88	15,24	7,39
Yoghurt Special	Energy Explosion	Oats	Small	464,86	18,65	46,82	23,09	16,84
Yoghurt Special	Energy Explosion	Chia pudding	Small	536,50	23,33	53,12	46,67	13,42
Yoghurt Special	Crazy Cookie	Magere yoghurt	Small	298,70	5,72	52,18	33,26	16,28
Yoghurt Special	Crazy Cookie	Volle yoghurt	Small	338,95	10,10	52,18	33,26	16,98
Yoghurt Special	Crazy Cookie	Skyr	Small	342,45	4,85	52,18	33,26	29,23
Yoghurt Special	Crazy Cookie	Frozen yoghurt	Small	395,70	9,35	67,68	48,76	17,48
Yoghurt Special	Crazy Cookie	Soja yoghurt	Small	321,45	8,87	48,85	29,94	16,98
Yoghurt Special	Crazy Cookie	Amandel yoghurt	Small	456,20	22,25	54,78	29,06	15,98
Yoghurt Special	Crazy Cookie	Kokos yoghurt	Small	524,50	34,08	50,36	28,85	13,13
Yoghurt Special	Crazy Cookie	Oats	Small	530,46	15,65	78,30	36,70	22,58
Yoghurt Special	Crazy Cookie	Chia pudding	Small	602,10	20,33	84,60	60,28	19,16
Yoghurt Special	Proud Pistachio	Magere yoghurt	Small	215,00	14,97	9,10	8,15	9,24
Yoghurt Special	Proud Pistachio	Volle yoghurt	Small	255,25	19,35	9,10	8,15	9,94
Yoghurt Special	Proud Pistachio	Skyr	Small	258,75	14,10	9,10	8,15	22,19
Yoghurt Special	Proud Pistachio	Frozen yoghurt	Small	312,00	18,60	24,60	23,65	10,44
Yoghurt Special	Proud Pistachio	Soja yoghurt	Small	237,75	18,12	5,77	4,83	9,94
Yoghurt Special	Proud Pistachio	Amandel yoghurt	Small	372,50	31,50	11,70	3,95	8,94
Yoghurt Special	Proud Pistachio	Kokos yoghurt	Small	440,80	43,33	7,28	3,74	6,09
Yoghurt Special	Proud Pistachio	Oats	Small	446,76	24,90	35,22	11,59	15,54
Yoghurt Special	Proud Pistachio	Chia pudding	Small	518,40	29,58	41,52	35,17	12,12
Yoghurt Special	Choco Caramba	Magere yoghurt	Small	515,65	32,83	37,30	34,90	13,01
Yoghurt Special	Choco Caramba	Volle yoghurt	Small	555,90	37,20	37,30	34,90	13,71
Yoghurt Special	Choco Caramba	Skyr	Small	559,40	31,95	37,30	34,90	25,96
Yoghurt Special	Choco Caramba	Frozen yoghurt	Small	612,65	36,45	52,80	50,40	14,21
Yoghurt Special	Choco Caramba	Soja yoghurt	Small	538,40	35,98	33,98	31,58	13,71
Yoghurt Special	Choco Caramba	Amandel yoghurt	Small	673,15	49,35	39,90	30,70	12,71
Yoghurt Special	Choco Caramba	Kokos yoghurt	Small	741,45	61,18	35,48	30,49	9,86
Yoghurt Special	Choco Caramba	Oats	Small	747,41	42,75	63,42	38,34	19,31
Yoghurt Special	Choco Caramba	Chia pudding	Small	819,05	47,43	69,72	61,92	15,89

Small Yoghurt Specials met yoghurt

Hoofdcategorie	Special	Yoghurtsort	Size	Kcal	Vet	Koolh	Suiker	Eiwit
Yoghurt Special	Speculoos crumble	Magere yoghurt	Small	400,15	26,62	25,54	13,24	16,94
Yoghurt Special	Speculoos crumble	Volle yoghurt	Small	440,40	30,99	25,54	13,24	17,64
Yoghurt Special	Speculoos crumble	Skyr	Small	443,90	25,74	25,54	13,24	29,89
Yoghurt Special	Speculoos crumble	Frozen yoghurt	Small	497,15	30,24	41,04	28,74	18,14
Yoghurt Special	Speculoos crumble	Soja yoghurt	Small	422,90	29,77	22,22	9,91	17,64
Yoghurt Special	Speculoos crumble	Amandel yoghurt	Small	557,65	43,14	28,14	9,04	16,64
Yoghurt Special	Speculoos crumble	Kokos yoghurt	Small	625,95	54,97	23,72	8,83	13,78
Yoghurt Special	Speculoos crumble	Oats	Small	631,91	36,54	51,66	16,68	23,24
Yoghurt Special	Speculoos crumble	Chia pudding	Small	703,55	41,22	57,96	40,26	19,82
Yoghurt Special	Pretty Pesto	Magere yoghurt	Small	347,35	26,48	11,64	9,36	12,64
Yoghurt Special	Pretty Pesto	Volle yoghurt	Small	387,60	30,85	11,64	9,36	13,34
Yoghurt Special	Pretty Pesto	Skyr	Small	391,10	25,60	11,64	9,36	25,59
Yoghurt Special	Pretty Pesto	Frozen yoghurt	Small	444,35	30,10	27,14	24,86	13,84
Yoghurt Special	Pretty Pesto	Soja yoghurt	Small	370,10	29,63	8,32	6,04	13,34
Yoghurt Special	Pretty Pesto	Amandel yoghurt	Small	504,85	43,00	14,24	5,16	12,34
Yoghurt Special	Pretty Pesto	Kokos yoghurt	Small	573,15	54,83	9,82	4,95	9,49
Yoghurt Special	Pretty Pesto	Oats	Small	579,11	36,40	37,76	12,80	18,94
Yoghurt Special	Pretty Pesto	Chia pudding	Small	650,75	41,08	44,06	36,38	15,52
Yoghurt Special	Minty Mango	Magere yoghurt	Small	277,10	18,34	14,38	12,66	10,89
Yoghurt Special	Minty Mango	Volle yoghurt	Small	317,35	22,71	14,38	12,66	11,59
Yoghurt Special	Minty Mango	Skyr	Small	320,85	17,46	14,38	12,66	23,84
Yoghurt Special	Minty Mango	Frozen yoghurt	Small	374,10	21,96	29,88	28,16	12,09
Yoghurt Special	Minty Mango	Soja yoghurt	Small	299,85	21,49	11,05	9,34	11,59
Yoghurt Special	Minty Mango	Amandel yoghurt	Small	434,60	34,86	16,98	8,46	10,59
Yoghurt Special	Minty Mango	Kokos yoghurt	Small	502,90	46,69	12,56	8,25	7,73
Yoghurt Special	Minty Mango	Oats	Small	508,86	28,26	40,50	16,10	17,19
Yoghurt Special	Minty Mango	Chia pudding	Small	580,50	32,94	46,80	39,68	13,77
Yoghurt Special	Appeltaartje	Magere yoghurt	Small	298,75	6,48	50,38	38,24	8,11
Yoghurt Special	Appeltaartje	Volle yoghurt	Small	339,00	10,85	50,38	38,24	8,81
Yoghurt Special	Appeltaartje	Skyr	Small	342,50	5,60	50,38	38,24	21,06
Yoghurt Special	Appeltaartje	Frozen yoghurt	Small	395,75	10,10	65,88	53,74	9,31
Yoghurt Special	Appeltaartje	Soja yoghurt	Small	321,50	9,63	47,06	34,91	8,81
Yoghurt Special	Appeltaartje	Amandel yoghurt	Small	456,25	23,00	52,98	34,04	7,81
Yoghurt Special	Appeltaartje	Kokos yoghurt	Small	524,55	34,83	48,56	33,83	4,96
Yoghurt Special	Appeltaartje	Oats	Small	530,51	16,40	76,50	41,68	14,41
Yoghurt Special	Appeltaartje	Chia pudding	Small	602,15	21,08	82,80	65,26	10,99
Yoghurt Special	Cookie Dough	Magere yoghurt	Small	279,25	10,57	33,98	25,37	9,33
Yoghurt Special	Cookie Dough	Volle yoghurt	Small	319,5	14,945	33,98	25,37	10,03
Yoghurt Special	Cookie Dough	Skyr	Small	323	9,695	33,98	25,37	22,28
Yoghurt Special	Cookie Dough	Frozen yoghurt	Small	376,25	14,195	49,48	40,87	10,53
Yoghurt Special	Cookie Dough	Soja yoghurt	Small	302	13,72	30,655	22,045	10,03
Yoghurt Special	Cookie Dough	Amandel yoghurt	Small	436,75	27,095	36,58	21,17	9,03
Yoghurt Special	Cookie Dough	Kokos yoghurt	Small	505,05	38,925	32,16	20,96	6,175
Yoghurt Special	Cookie Dough	Oats	Small	511,01	20,495	60,1	28,81	15,63
Yoghurt Special	Cookie Dough	Chia pudding	Small	582,65	25,175	66,4	52,39	12,21
Yoghurt Special	Oreo Special	Magere yoghurt	Small	290,7	12,635	32,53	23,38	8,81
Yoghurt Special	Oreo Special	Volle yoghurt	Small	330,95	17,01	32,53	23,38	9,51
Yoghurt Special	Oreo Special	Skyr	Small	334,45	11,76	32,53	23,38	21,76
Yoghurt Special	Oreo Special	Frozen yoghurt	Small	387,7	16,26	48,03	38,88	10,01
Yoghurt Special	Oreo Special	Soja yoghurt	Small	313,45	15,785	29,205	20,055	9,51
Yoghurt Special	Oreo Special	Amandel yoghurt	Small	448,2	29,16	35,13	19,18	8,51
Yoghurt Special	Oreo Special	Kokos yoghurt	Small	516,5	40,99	30,71	18,97	5,655
Yoghurt Special	Oreo Special	Oats	Small	522,46	22,56	58,65	26,82	15,11
Yoghurt Special	Oreo Special	Chia pudding	Small	594,1	27,24	64,95	50,4	11,69

Small Yoghurt Specials met yoghurt

Hoofdcategorie	Special	Yoghurtsort	Size	Kcal	Vet	Koolh	Suiker	Eiwit
Yoghurt Special	Tony's Special	Magere yoghurt	Small	406,35	16,72	50,865	38,06	10,665
Yoghurt Special	Tony's Special	Volle yoghurt	Small	446,6	21,095	50,865	38,06	11,365
Yoghurt Special	Tony's Special	Skyr	Small	450,1	15,845	50,865	38,06	23,615
Yoghurt Special	Tony's Special	Frozen yoghurt	Small	503,35	20,345	66,365	53,56	11,865
Yoghurt Special	Tony's Special	Soja yoghurt	Small	429,1	19,87	47,54	34,735	11,365
Yoghurt Special	Tony's Special	Amandel yoghurt	Small	563,85	33,245	53,465	33,86	10,365
Yoghurt Special	Tony's Special	Kokos yoghurt	Small	632,15	45,075	49,045	33,65	7,51
Yoghurt Special	Tony's Special	Oats	Small	638,11	26,645	76,985	41,5	16,965
Yoghurt Special	Tony's Special	Chia pudding	Small	709,75	31,325	83,285	65,08	13,545
Yoghurt Special	Sint Special	Magere yoghurt	Small	451	17,79	58,205	45,19	11,285
Yoghurt Special	Sint Special	Volle yoghurt	Small	491,25	22,165	58,205	45,19	11,985
Yoghurt Special	Sint Special	Skyr	Small	494,75	16,915	58,205	45,19	24,235
Yoghurt Special	Sint Special	Frozen yoghurt	Small	548	21,415	73,705	60,69	12,485
Yoghurt Special	Sint Special	Soja yoghurt	Small	473,75	20,94	54,88	41,865	11,985
Yoghurt Special	Sint Special	Amandel yoghurt	Small	608,5	34,315	60,805	40,99	10,985
Yoghurt Special	Sint Special	Kokos yoghurt	Small	676,8	46,145	56,385	40,78	8,13
Yoghurt Special	Sint Special	Oats	Small	682,76	27,715	84,325	48,63	17,585
Yoghurt Special	Sint Special	Chia pudding	Small	754,4	32,395	90,625	72,21	14,165
Yoghurt Special	Tiramisu Special	Magere yoghurt	Small	362,24	15,25	43,45	25,63	18,07
Yoghurt Special	Tiramisu Special	Volle yoghurt	Small	402,49	19,62	43,45	25,63	18,77
Yoghurt Special	Tiramisu Special	Skyr	Small	405,99	14,37	43,45	25,63	31,02
Yoghurt Special	Tiramisu Special	Frozen yoghurt	Small	459,24	18,87	58,95	41,13	19,27
Yoghurt Special	Tiramisu Special	Soja yoghurt	Small	384,99	18,40	40,13	22,30	18,77
Yoghurt Special	Tiramisu Special	Amandel yoghurt	Small	519,74	31,77	46,05	21,43	17,77
Yoghurt Special	Tiramisu Special	Kokos yoghurt	Small	588,04	43,60	41,63	21,22	14,91
Yoghurt Special	Tiramisu Special	Oats	Small	594,00	25,17	69,57	29,07	24,37
Yoghurt Special	Tiramisu Special	Chia pudding	Small	665,64	29,85	75,87	52,65	20,95
Yoghurt Special	Going Nuts	Magere yoghurt	Small	412,75	29,14	20,03	17,54	14,86
Yoghurt Special	Going Nuts	Volle yoghurt	Small	453,00	33,51	20,03	17,54	15,56
Yoghurt Special	Going Nuts	Skyr	Small	456,50	28,26	20,03	17,54	27,81
Yoghurt Special	Going Nuts	Frozen yoghurt	Small	509,75	32,76	35,53	33,04	16,06
Yoghurt Special	Going Nuts	Soja yoghurt	Small	435,50	32,29	16,71	14,22	15,56
Yoghurt Special	Going Nuts	Amandel yoghurt	Small	570,25	45,66	22,63	13,34	14,56
Yoghurt Special	Going Nuts	Kokos yoghurt	Small	638,55	57,49	18,21	13,13	11,71
Yoghurt Special	Going Nuts	Oats	Small	644,51	39,06	46,15	20,98	21,16
Yoghurt Special	Going Nuts	Chia pudding	Small	716,15	43,74	52,45	44,56	17,74
Yoghurt Special	Brownie Mountain	Magere yoghurt	Small	326,05	13,405	39,64	39,64	9,53
Yoghurt Special	Brownie Mountain	Volle yoghurt	Small	366,3	17,78	39,64	39,64	10,23
Yoghurt Special	Brownie Mountain	Skyr	Small	369,8	12,53	39,64	39,64	22,48
Yoghurt Special	Brownie Mountain	Frozen yoghurt	Small	423,05	17,03	55,14	55,14	10,73
Yoghurt Special	Brownie Mountain	Soja yoghurt	Small	348,8	16,555	36,315	36,315	10,23
Yoghurt Special	Brownie Mountain	Amandel yoghurt	Small	483,55	29,93	42,24	42,24	9,23
Yoghurt Special	Brownie Mountain	Kokos yoghurt	Small	551,85	41,76	37,82	37,82	6,375
Yoghurt Special	Brownie Mountain	Oats	Small	557,81	23,33	65,76	65,76	15,83
Yoghurt Special	Brownie Mountain	Chia pudding	Small	629,45	28,01	72,06	72,06	12,41
Yoghurt Special	Chocoholic	Magere yoghurt	Small	380,1	15,455	46,88	36,96	10,03
Yoghurt Special	Chocoholic	Volle yoghurt	Small	420,35	19,83	46,88	36,96	10,73
Yoghurt Special	Chocoholic	Skyr	Small	423,85	14,58	46,88	36,96	22,98
Yoghurt Special	Chocoholic	Frozen yoghurt	Small	477,1	19,08	62,38	52,46	11,23
Yoghurt Special	Chocoholic	Soja yoghurt	Small	402,85	18,605	43,555	33,635	10,73
Yoghurt Special	Chocoholic	Amandel yoghurt	Small	537,6	31,98	49,48	32,76	9,73
Yoghurt Special	Chocoholic	Kokos yoghurt	Small	605,9	43,81	45,06	32,55	6,875
Yoghurt Special	Chocoholic	Oats	Small	611,86	25,38	73	40,4	16,33
Yoghurt Special	Chocoholic	Chia pudding	Small	683,5	30,06	79,3	63,98	12,91

Medium Yoghurt Specials met yoghurt

Hoofdcategorie	Special	Yoghurtsort	Size	Kcal	Vet	Koolh	Suiker	Eiwit
Yoghurt Special	Merry Berry	Magere yoghurt	Medium	209,00	1,42	36,60	35,42	9,51
Yoghurt Special	Merry Berry	Volle yoghurt	Medium	266,50	7,67	36,60	35,42	10,51
Yoghurt Special	Merry Berry	Skyr	Medium	271,50	0,17	36,60	35,42	28,01
Yoghurt Special	Merry Berry	Frozen yoghurt	Medium	332,00	6,17	56,60	55,42	10,51
Yoghurt Special	Merry Berry	Soja yoghurt	Medium	241,50	5,92	31,85	30,67	10,51
Yoghurt Special	Merry Berry	Amandel yoghurt	Medium	450,00	26,27	41,00	29,62	9,51
Yoghurt Special	Merry Berry	Kokos yoghurt	Medium	548,50	43,62	34,30	29,27	5,18
Yoghurt Special	Merry Berry	Oats	Medium	528,25	15,17	72,60	39,92	18,01
Yoghurt Special	Merry Berry	Chia pudding	Medium	627,75	21,67	81,35	72,67	13,26
Yoghurt Special	Brownie Mango	Magere yoghurt	Medium	308,45	14,42	29,72	27,96	12,40
Yoghurt Special	Brownie Mango	Volle yoghurt	Medium	365,95	20,67	29,72	27,96	13,40
Yoghurt Special	Brownie Mango	Skyr	Medium	370,95	13,17	29,72	27,96	30,90
Yoghurt Special	Brownie Mango	Frozen yoghurt	Medium	431,45	19,17	49,72	47,96	13,40
Yoghurt Special	Brownie Mango	Soja yoghurt	Medium	340,95	18,92	24,97	23,21	13,40
Yoghurt Special	Brownie Mango	Amandel yoghurt	Medium	549,45	39,27	34,12	22,16	12,40
Yoghurt Special	Brownie Mango	Kokos yoghurt	Medium	647,95	56,62	27,42	21,81	8,07
Yoghurt Special	Brownie Mango	Oats	Medium	627,70	28,17	65,72	32,46	20,90
Yoghurt Special	Brownie Mango	Chia pudding	Medium	727,20	34,67	74,47	65,21	16,15
Yoghurt Special	Energy Explosion	Magere yoghurt	Medium	261,60	9,10	23,70	22,65	13,24
Yoghurt Special	Energy Explosion	Volle yoghurt	Medium	319,10	15,35	23,70	22,65	14,24
Yoghurt Special	Energy Explosion	Skyr	Medium	324,10	7,85	23,70	22,65	31,74
Yoghurt Special	Energy Explosion	Frozen yoghurt	Medium	384,60	13,85	43,70	42,65	14,24
Yoghurt Special	Energy Explosion	Soja yoghurt	Medium	294,10	13,60	18,95	17,90	14,24
Yoghurt Special	Energy Explosion	Amandel yoghurt	Medium	502,60	33,95	28,10	16,85	13,24
Yoghurt Special	Energy Explosion	Kokos yoghurt	Medium	601,10	51,30	21,40	16,50	8,92
Yoghurt Special	Energy Explosion	Oats	Medium	580,85	22,85	59,70	27,15	21,74
Yoghurt Special	Energy Explosion	Chia pudding	Medium	680,35	29,35	68,45	59,90	16,99
Yoghurt Special	Crazy Cookie	Magere yoghurt	Medium	327,20	6,10	55,18	36,26	18,98
Yoghurt Special	Crazy Cookie	Volle yoghurt	Medium	384,70	12,35	55,18	36,26	19,98
Yoghurt Special	Crazy Cookie	Skyr	Medium	389,70	4,85	55,18	36,26	37,48
Yoghurt Special	Crazy Cookie	Frozen yoghurt	Medium	450,20	10,85	75,18	56,26	19,98
Yoghurt Special	Crazy Cookie	Soja yoghurt	Medium	359,70	10,60	50,43	31,51	19,98
Yoghurt Special	Crazy Cookie	Amandel yoghurt	Medium	568,20	30,95	59,58	30,46	18,98
Yoghurt Special	Crazy Cookie	Kokos yoghurt	Medium	666,70	48,30	52,88	30,11	14,66
Yoghurt Special	Crazy Cookie	Oats	Medium	646,45	19,85	91,18	40,76	27,48
Yoghurt Special	Crazy Cookie	Chia pudding	Medium	745,95	26,35	99,93	73,51	22,73
Yoghurt Special	Proud Pistachio	Magere yoghurt	Medium	243,50	15,35	12,10	11,15	11,94
Yoghurt Special	Proud Pistachio	Volle yoghurt	Medium	301,00	21,60	12,10	11,15	12,94
Yoghurt Special	Proud Pistachio	Skyr	Medium	306,00	14,10	12,10	11,15	30,44
Yoghurt Special	Proud Pistachio	Frozen yoghurt	Medium	366,50	20,10	32,10	31,15	12,94
Yoghurt Special	Proud Pistachio	Soja yoghurt	Medium	276,00	19,85	7,35	6,40	12,94
Yoghurt Special	Proud Pistachio	Amandel yoghurt	Medium	484,50	40,20	16,50	5,35	11,94
Yoghurt Special	Proud Pistachio	Kokos yoghurt	Medium	583,00	57,55	9,80	5,00	7,62
Yoghurt Special	Proud Pistachio	Oats	Medium	562,75	29,10	48,10	15,65	20,44
Yoghurt Special	Proud Pistachio	Chia pudding	Medium	662,25	35,60	56,85	48,40	15,69
Yoghurt Special	Choco Caramba	Magere yoghurt	Medium	544,15	33,20	40,30	37,90	15,71
Yoghurt Special	Choco Caramba	Volle yoghurt	Medium	601,65	39,45	40,30	37,90	16,71
Yoghurt Special	Choco Caramba	Skyr	Medium	606,65	31,95	40,30	37,90	34,21
Yoghurt Special	Choco Caramba	Frozen yoghurt	Medium	667,15	37,95	60,30	57,90	16,71
Yoghurt Special	Choco Caramba	Soja yoghurt	Medium	576,65	37,70	35,55	33,15	16,71
Yoghurt Special	Choco Caramba	Amandel yoghurt	Medium	785,15	58,05	44,70	32,10	15,71
Yoghurt Special	Choco Caramba	Kokos yoghurt	Medium	883,65	75,40	38,00	31,75	11,39
Yoghurt Special	Choco Caramba	Oats	Medium	863,40	46,95	76,30	42,40	24,21
Yoghurt Special	Choco Caramba	Chia pudding	Medium	962,90	53,45	85,05	75,15	19,46

Medium Yoghurt Specials met yoghurt

Hoofdcategorie	Special	Yoghurtsort	Size	Kcal	Vet	Koolh	Suiker	Eiwit
Yoghurt Special	Speculoos crumble	Magere yoghurt	Medium	428,65	26,99	28,54	16,24	19,64
Yoghurt Special	Speculoos crumble	Volle yoghurt	Medium	486,15	33,24	28,54	16,24	20,64
Yoghurt Special	Speculoos crumble	Skyr	Medium	491,15	25,74	28,54	16,24	38,14
Yoghurt Special	Speculoos crumble	Frozen yoghurt	Medium	551,65	31,74	48,54	36,24	20,64
Yoghurt Special	Speculoos crumble	Soja yoghurt	Medium	461,15	31,49	23,79	11,49	20,64
Yoghurt Special	Speculoos crumble	Amandel yoghurt	Medium	669,65	51,84	32,94	10,44	19,64
Yoghurt Special	Speculoos crumble	Kokos yoghurt	Medium	768,15	69,19	26,24	10,09	15,31
Yoghurt Special	Speculoos crumble	Oats	Medium	747,90	40,74	64,54	20,74	28,14
Yoghurt Special	Speculoos crumble	Chia pudding	Medium	847,40	47,24	73,29	53,49	23,39
Yoghurt Special	Pretty Pesto	Magere yoghurt	Medium	375,85	26,85	14,64	12,36	15,34
Yoghurt Special	Pretty Pesto	Volle yoghurt	Medium	433,35	33,10	14,64	12,36	16,34
Yoghurt Special	Pretty Pesto	Skyr	Medium	438,35	25,60	14,64	12,36	33,84
Yoghurt Special	Pretty Pesto	Frozen yoghurt	Medium	498,85	31,60	34,64	32,36	16,34
Yoghurt Special	Pretty Pesto	Soja yoghurt	Medium	408,35	31,35	9,89	7,61	16,34
Yoghurt Special	Pretty Pesto	Amandel yoghurt	Medium	616,85	51,70	19,04	6,56	15,34
Yoghurt Special	Pretty Pesto	Kokos yoghurt	Medium	715,35	69,05	12,34	6,21	11,02
Yoghurt Special	Pretty Pesto	Oats	Medium	695,10	40,60	50,64	16,86	23,84
Yoghurt Special	Pretty Pesto	Chia pudding	Medium	794,60	47,10	59,39	49,61	19,09
Yoghurt Special	Minty Mango	Magere yoghurt	Medium	305,60	18,71	17,38	15,66	13,59
Yoghurt Special	Minty Mango	Volle yoghurt	Medium	363,10	24,96	17,38	15,66	14,59
Yoghurt Special	Minty Mango	Skyr	Medium	368,10	17,46	17,38	15,66	32,09
Yoghurt Special	Minty Mango	Frozen yoghurt	Medium	428,60	23,46	37,38	35,66	14,59
Yoghurt Special	Minty Mango	Soja yoghurt	Medium	338,10	23,21	12,63	10,91	14,59
Yoghurt Special	Minty Mango	Amandel yoghurt	Medium	546,60	43,56	21,78	9,86	13,59
Yoghurt Special	Minty Mango	Kokos yoghurt	Medium	645,10	60,91	15,08	9,51	9,26
Yoghurt Special	Minty Mango	Oats	Medium	624,85	32,46	53,38	20,16	22,09
Yoghurt Special	Minty Mango	Chia pudding	Medium	724,35	38,96	62,13	52,91	17,34
Yoghurt Special	Appeltaartje	Magere yoghurt	Medium	327,25	6,85	53,38	41,24	10,81
Yoghurt Special	Appeltaartje	Volle yoghurt	Medium	384,75	13,10	53,38	41,24	11,81
Yoghurt Special	Appeltaartje	Skyr	Medium	389,75	5,60	53,38	41,24	29,31
Yoghurt Special	Appeltaartje	Frozen yoghurt	Medium	450,25	11,60	73,38	61,24	11,81
Yoghurt Special	Appeltaartje	Soja yoghurt	Medium	359,75	11,35	48,63	36,49	11,81
Yoghurt Special	Appeltaartje	Amandel yoghurt	Medium	568,25	31,70	57,78	35,44	10,81
Yoghurt Special	Appeltaartje	Kokos yoghurt	Medium	666,75	49,05	51,08	35,09	6,49
Yoghurt Special	Appeltaartje	Oats	Medium	646,50	20,60	89,38	45,74	19,31
Yoghurt Special	Appeltaartje	Chia pudding	Medium	746,00	27,10	98,13	78,49	14,56
Yoghurt Special	Cookie Dough	Magere yoghurt	Medium	307,75	10,945	36,98	28,37	12,03
Yoghurt Special	Cookie Dough	Volle yoghurt	Medium	365,25	17,195	36,98	28,37	13,03
Yoghurt Special	Cookie Dough	Skyr	Medium	370,25	9,695	36,98	28,37	30,53
Yoghurt Special	Cookie Dough	Frozen yoghurt	Medium	430,75	15,695	56,98	48,37	13,03
Yoghurt Special	Cookie Dough	Soja yoghurt	Medium	340,25	15,445	32,23	23,62	13,03
Yoghurt Special	Cookie Dough	Amandel yoghurt	Medium	548,75	35,795	41,38	22,57	12,03
Yoghurt Special	Cookie Dough	Kokos yoghurt	Medium	647,25	53,145	34,68	22,22	7,705
Yoghurt Special	Cookie Dough	Oats	Medium	627	24,695	72,98	32,87	20,53
Yoghurt Special	Cookie Dough	Chia pudding	Medium	726,5	31,195	81,73	65,62	15,78
Yoghurt Special	Oreo Special	Magere yoghurt	Medium	319,2	13,01	35,53	26,38	11,51
Yoghurt Special	Oreo Special	Volle yoghurt	Medium	376,7	19,26	35,53	26,38	12,51
Yoghurt Special	Oreo Special	Skyr	Medium	381,7	11,76	35,53	26,38	30,01
Yoghurt Special	Oreo Special	Frozen yoghurt	Medium	442,2	17,76	55,53	46,38	12,51
Yoghurt Special	Oreo Special	Soja yoghurt	Medium	351,7	17,51	30,78	21,63	12,51
Yoghurt Special	Oreo Special	Amandel yoghurt	Medium	560,2	37,86	39,93	20,58	11,51
Yoghurt Special	Oreo Special	Kokos yoghurt	Medium	658,7	55,21	33,23	20,23	7,185
Yoghurt Special	Oreo Special	Oats	Medium	638,45	26,76	71,53	30,88	20,01
Yoghurt Special	Oreo Special	Chia pudding	Medium	737,95	33,26	80,28	63,63	15,26

Medium Yoghurt Specials met yoghurt

Hoofdcategorie	Special	Yoghurtsort	Size	Kcal	Vet	Koolh	Suiker	Eiwit
Yoghurt Special	Tony's Special	Magere yoghurt	Medium	434,85	17,095	53,865	41,06	13,365
Yoghurt Special	Tony's Special	Volle yoghurt	Medium	492,35	23,345	53,865	41,06	14,365
Yoghurt Special	Tony's Special	Skyr	Medium	497,35	15,845	53,865	41,06	31,865
Yoghurt Special	Tony's Special	Frozen yoghurt	Medium	557,85	21,845	73,865	61,06	14,365
Yoghurt Special	Tony's Special	Soja yoghurt	Medium	467,35	21,595	49,115	36,31	14,365
Yoghurt Special	Tony's Special	Amandel yoghurt	Medium	675,85	41,945	58,265	35,26	13,365
Yoghurt Special	Tony's Special	Kokos yoghurt	Medium	774,35	59,295	51,565	34,91	9,04
Yoghurt Special	Tony's Special	Oats	Medium	754,1	30,845	89,865	45,56	21,865
Yoghurt Special	Tony's Special	Chia pudding	Medium	853,6	37,345	98,615	78,31	17,115
Yoghurt Special	Sint Special	Magere yoghurt	Medium	479,5	18,165	61,205	48,19	13,985
Yoghurt Special	Sint Special	Volle yoghurt	Medium	537	24,415	61,205	48,19	14,985
Yoghurt Special	Sint Special	Skyr	Medium	542	16,915	61,205	48,19	32,485
Yoghurt Special	Sint Special	Frozen yoghurt	Medium	602,5	22,915	81,205	68,19	14,985
Yoghurt Special	Sint Special	Soja yoghurt	Medium	512	22,665	56,455	43,44	14,985
Yoghurt Special	Sint Special	Amandel yoghurt	Medium	720,5	43,015	65,605	42,39	13,985
Yoghurt Special	Sint Special	Kokos yoghurt	Medium	819	60,365	58,905	42,04	9,66
Yoghurt Special	Sint Special	Oats	Medium	798,75	31,915	97,205	52,69	22,485
Yoghurt Special	Sint Special	Chia pudding	Medium	898,25	38,415	105,955	85,44	17,735
Yoghurt Special	Tiramisu Special	Magere yoghurt	Medium	390,74	15,62	46,45	28,63	20,77
Yoghurt Special	Tiramisu Special	Volle yoghurt	Medium	448,24	21,87	46,45	28,63	21,77
Yoghurt Special	Tiramisu Special	Skyr	Medium	453,24	14,37	46,45	28,63	39,27
Yoghurt Special	Tiramisu Special	Frozen yoghurt	Medium	513,74	20,37	66,45	48,63	21,77
Yoghurt Special	Tiramisu Special	Soja yoghurt	Medium	423,24	20,12	41,70	23,88	21,77
Yoghurt Special	Tiramisu Special	Amandel yoghurt	Medium	631,74	40,47	50,85	22,83	20,77
Yoghurt Special	Tiramisu Special	Kokos yoghurt	Medium	730,24	57,82	44,15	22,48	16,44
Yoghurt Special	Tiramisu Special	Oats	Medium	709,99	29,37	82,45	33,13	29,27
Yoghurt Special	Tiramisu Special	Chia pudding	Medium	809,49	35,87	91,20	65,88	24,52
Yoghurt Special	Going Nuts	Magere yoghurt	Medium	441,25	29,51	23,03	20,54	17,56
Yoghurt Special	Going Nuts	Volle yoghurt	Medium	498,75	35,76	23,03	20,54	18,56
Yoghurt Special	Going Nuts	Skyr	Medium	503,75	28,26	23,03	20,54	36,06
Yoghurt Special	Going Nuts	Frozen yoghurt	Medium	564,25	34,26	43,03	40,54	18,56
Yoghurt Special	Going Nuts	Soja yoghurt	Medium	473,75	34,01	18,28	15,79	18,56
Yoghurt Special	Going Nuts	Amandel yoghurt	Medium	682,25	54,36	27,43	14,74	17,56
Yoghurt Special	Going Nuts	Kokos yoghurt	Medium	780,75	71,71	20,73	14,39	13,24
Yoghurt Special	Going Nuts	Oats	Medium	760,50	43,26	59,03	25,04	26,06
Yoghurt Special	Going Nuts	Chia pudding	Medium	860,00	49,76	67,78	57,79	21,31
Yoghurt Special	Brownie Mountain	Magere yoghurt	Medium	354,55	13,78	42,64	37,96	12,23
Yoghurt Special	Brownie Mountain	Volle yoghurt	Medium	412,05	20,03	42,64	37,96	13,23
Yoghurt Special	Brownie Mountain	Skyr	Medium	417,05	12,53	42,64	37,96	30,73
Yoghurt Special	Brownie Mountain	Frozen yoghurt	Medium	477,55	18,53	62,64	57,96	13,23
Yoghurt Special	Brownie Mountain	Soja yoghurt	Medium	387,05	18,28	37,89	33,21	13,23
Yoghurt Special	Brownie Mountain	Amandel yoghurt	Medium	595,55	38,63	47,04	32,16	12,23
Yoghurt Special	Brownie Mountain	Kokos yoghurt	Medium	694,05	55,98	40,34	31,81	7,905
Yoghurt Special	Brownie Mountain	Oats	Medium	673,8	27,53	78,64	42,46	20,73
Yoghurt Special	Brownie Mountain	Chia pudding	Medium	773,3	34,03	87,39	75,21	15,98
Yoghurt Special	Chocoholic	Magere yoghurt	Medium	408,6	15,83	49,88	39,96	12,73
Yoghurt Special	Chocoholic	Volle yoghurt	Medium	466,1	22,08	49,88	39,96	13,73
Yoghurt Special	Chocoholic	Skyr	Medium	471,1	14,58	49,88	39,96	31,23
Yoghurt Special	Chocoholic	Frozen yoghurt	Medium	531,6	20,58	69,88	59,96	13,73
Yoghurt Special	Chocoholic	Soja yoghurt	Medium	441,1	20,33	45,13	35,21	13,73
Yoghurt Special	Chocoholic	Amandel yoghurt	Medium	649,6	40,68	54,28	34,16	12,73
Yoghurt Special	Chocoholic	Kokos yoghurt	Medium	748,1	58,03	47,58	33,81	8,405
Yoghurt Special	Chocoholic	Oats	Medium	727,85	29,58	85,88	44,46	21,23
Yoghurt Special	Chocoholic	Chia pudding	Medium	827,35	36,08	94,63	77,21	16,48

Large Yoghurt Specials met yoghurt

Hoofdcategorie	Special	Yoghurtsort	Size	Kcal	Vet	Koolh	Suiker	Eiwit
Yoghurt Special	Merry Berry	Magere yoghurt	Large	237,50	1,79	39,60	38,42	12,21
Yoghurt Special	Merry Berry	Volle yoghurt	Large	312,25	9,92	39,60	38,42	13,51
Yoghurt Special	Merry Berry	Skyr	Large	318,75	0,17	39,60	38,42	36,26
Yoghurt Special	Merry Berry	Frozen yoghurt	Large	386,50	7,67	64,10	62,92	13,01
Yoghurt Special	Merry Berry	Soja yoghurt	Large	279,75	7,64	33,43	32,24	13,51
Yoghurt Special	Merry Berry	Amandel yoghurt	Large	562,00	34,97	45,80	31,02	12,51
Yoghurt Special	Merry Berry	Kokos yoghurt	Large	690,70	57,84	36,82	30,53	6,71
Yoghurt Special	Merry Berry	Oats	Large	743,66	22,97	96,52	47,46	27,11
Yoghurt Special	Merry Berry	Chia pudding	Large	894,90	32,85	109,82	97,24	19,89
Yoghurt Special	Brownie Mango	Magere yoghurt	Large	336,95	14,79	32,72	30,96	15,10
Yoghurt Special	Brownie Mango	Volle yoghurt	Large	411,70	22,92	32,72	30,96	16,40
Yoghurt Special	Brownie Mango	Skyr	Large	418,20	13,17	32,72	30,96	39,15
Yoghurt Special	Brownie Mango	Frozen yoghurt	Large	485,95	20,67	57,22	55,46	15,90
Yoghurt Special	Brownie Mango	Soja yoghurt	Large	379,20	20,64	26,55	24,79	16,40
Yoghurt Special	Brownie Mango	Amandel yoghurt	Large	661,45	47,97	38,92	23,56	15,40
Yoghurt Special	Brownie Mango	Kokos yoghurt	Large	790,15	70,84	29,94	23,07	9,60
Yoghurt Special	Brownie Mango	Oats	Large	843,11	35,97	89,64	40,00	30,00
Yoghurt Special	Brownie Mango	Chia pudding	Large	994,35	45,85	102,94	89,78	22,78
Yoghurt Special	Energy Explosion	Magere yoghurt	Large	290,10	9,48	26,70	25,65	15,94
Yoghurt Special	Energy Explosion	Volle yoghurt	Large	364,85	17,60	26,70	25,65	17,24
Yoghurt Special	Energy Explosion	Skyr	Large	371,35	7,85	26,70	25,65	39,99
Yoghurt Special	Energy Explosion	Frozen yoghurt	Large	439,10	15,35	51,20	50,15	16,74
Yoghurt Special	Energy Explosion	Soja yoghurt	Large	332,35	15,33	20,53	19,48	17,24
Yoghurt Special	Energy Explosion	Amandel yoghurt	Large	614,60	42,65	32,90	18,25	16,24
Yoghurt Special	Energy Explosion	Kokos yoghurt	Large	743,30	65,52	23,92	17,76	10,45
Yoghurt Special	Energy Explosion	Oats	Large	796,26	30,65	83,62	34,69	30,84
Yoghurt Special	Energy Explosion	Chia pudding	Large	947,50	40,53	96,92	84,47	23,62
Yoghurt Special	Crazy Cookie	Magere yoghurt	Large	355,70	6,47	58,18	39,26	21,68
Yoghurt Special	Crazy Cookie	Volle yoghurt	Large	430,45	14,60	58,18	39,26	22,98
Yoghurt Special	Crazy Cookie	Skyr	Large	436,95	4,85	58,18	39,26	45,73
Yoghurt Special	Crazy Cookie	Frozen yoghurt	Large	504,70	12,35	82,68	63,76	22,48
Yoghurt Special	Crazy Cookie	Soja yoghurt	Large	397,95	12,32	52,00	33,09	22,98
Yoghurt Special	Crazy Cookie	Amandel yoghurt	Large	680,20	39,65	64,38	31,86	21,98
Yoghurt Special	Crazy Cookie	Kokos yoghurt	Large	808,90	62,52	55,40	31,37	16,19
Yoghurt Special	Crazy Cookie	Oats	Large	861,86	27,65	115,10	48,30	36,58
Yoghurt Special	Crazy Cookie	Chia pudding	Large	1013,10	37,53	128,40	98,08	29,36
Yoghurt Special	Proud Pistachio	Magere yoghurt	Large	272,00	15,72	15,10	14,15	14,64
Yoghurt Special	Proud Pistachio	Volle yoghurt	Large	346,75	23,85	15,10	14,15	15,94
Yoghurt Special	Proud Pistachio	Skyr	Large	353,25	14,10	15,10	14,15	38,69
Yoghurt Special	Proud Pistachio	Frozen yoghurt	Large	421,00	21,60	39,60	38,65	15,44
Yoghurt Special	Proud Pistachio	Soja yoghurt	Large	314,25	21,57	8,92	7,98	15,94
Yoghurt Special	Proud Pistachio	Amandel yoghurt	Large	596,50	48,90	21,30	6,75	14,94
Yoghurt Special	Proud Pistachio	Kokos yoghurt	Large	725,20	71,77	12,32	6,26	9,15
Yoghurt Special	Proud Pistachio	Oats	Large	778,16	36,90	72,02	23,19	29,54
Yoghurt Special	Proud Pistachio	Chia pudding	Large	929,40	46,78	85,32	72,97	22,32
Yoghurt Special	Choco Caramba	Magere yoghurt	Large	572,65	33,58	43,30	40,90	18,41
Yoghurt Special	Choco Caramba	Volle yoghurt	Large	647,40	41,70	43,30	40,90	19,71
Yoghurt Special	Choco Caramba	Skyr	Large	653,90	31,95	43,30	40,90	42,46
Yoghurt Special	Choco Caramba	Frozen yoghurt	Large	721,65	39,45	67,80	65,40	19,21
Yoghurt Special	Choco Caramba	Soja yoghurt	Large	614,90	39,43	37,13	34,73	19,71
Yoghurt Special	Choco Caramba	Amandel yoghurt	Large	897,15	66,75	49,50	33,50	18,71
Yoghurt Special	Choco Caramba	Kokos yoghurt	Large	1025,85	89,62	40,52	33,01	12,92
Yoghurt Special	Choco Caramba	Oats	Large	1078,81	54,75	100,22	49,94	33,31
Yoghurt Special	Choco Caramba	Chia pudding	Large	1230,05	64,63	113,52	99,72	26,09



Large Yoghurt Specials met yoghurt

Hoofdcategorie	Special	Yoghurtsort	Size	Kcal	Vet	Koolh	Suiker	Eiwit
Yoghurt Special	Speculoos crumble	Magere yoghurt	Large	457,15	27,37	31,54	19,24	22,34
Yoghurt Special	Speculoos crumble	Volle yoghurt	Large	531,90	35,49	31,54	19,24	23,64
Yoghurt Special	Speculoos crumble	Skyr	Large	538,40	25,74	31,54	19,24	46,39
Yoghurt Special	Speculoos crumble	Frozen yoghurt	Large	606,15	33,24	56,04	43,74	23,14
Yoghurt Special	Speculoos crumble	Soja yoghurt	Large	499,40	33,22	25,37	13,06	23,64
Yoghurt Special	Speculoos crumble	Amandel yoghurt	Large	781,65	60,54	37,74	11,84	22,64
Yoghurt Special	Speculoos crumble	Kokos yoghurt	Large	910,35	83,41	28,76	11,35	16,84
Yoghurt Special	Speculoos crumble	Oats	Large	963,31	48,54	88,46	28,28	37,24
Yoghurt Special	Speculoos crumble	Chia pudding	Large	1114,55	58,42	101,76	78,06	30,02
Yoghurt Special	Pretty Pesto	Magere yoghurt	Large	404,35	27,23	17,64	15,36	18,04
Yoghurt Special	Pretty Pesto	Volle yoghurt	Large	479,10	35,35	17,64	15,36	19,34
Yoghurt Special	Pretty Pesto	Skyr	Large	485,60	25,60	17,64	15,36	42,09
Yoghurt Special	Pretty Pesto	Frozen yoghurt	Large	553,35	33,10	42,14	39,86	18,84
Yoghurt Special	Pretty Pesto	Soja yoghurt	Large	446,60	33,08	11,47	9,19	19,34
Yoghurt Special	Pretty Pesto	Amandel yoghurt	Large	728,85	60,40	23,84	7,96	18,34
Yoghurt Special	Pretty Pesto	Kokos yoghurt	Large	857,55	83,27	14,86	7,47	12,55
Yoghurt Special	Pretty Pesto	Oats	Large	910,51	48,40	74,56	24,40	32,94
Yoghurt Special	Pretty Pesto	Chia pudding	Large	1061,75	58,28	87,86	74,18	25,72
Yoghurt Special	Minty Mango	Magere yoghurt	Large	334,10	19,09	20,38	18,66	16,29
Yoghurt Special	Minty Mango	Volle yoghurt	Large	408,85	27,21	20,38	18,66	17,59
Yoghurt Special	Minty Mango	Skyr	Large	415,35	17,46	20,38	18,66	40,34
Yoghurt Special	Minty Mango	Frozen yoghurt	Large	483,10	24,96	44,88	43,16	17,09
Yoghurt Special	Minty Mango	Soja yoghurt	Large	376,35	24,94	14,20	12,49	17,59
Yoghurt Special	Minty Mango	Amandel yoghurt	Large	658,60	52,26	26,58	11,26	16,59
Yoghurt Special	Minty Mango	Kokos yoghurt	Large	787,30	75,13	17,60	10,77	10,79
Yoghurt Special	Minty Mango	Oats	Large	840,26	40,26	77,30	27,70	31,19
Yoghurt Special	Minty Mango	Chia pudding	Large	991,50	50,14	90,60	77,48	23,97
Yoghurt Special	Appeltaartje	Magere yoghurt	Large	355,75	7,23	56,38	44,24	13,51
Yoghurt Special	Appeltaartje	Volle yoghurt	Large	430,50	15,35	56,38	44,24	14,81
Yoghurt Special	Appeltaartje	Skyr	Large	437,00	5,60	56,38	44,24	37,56
Yoghurt Special	Appeltaartje	Frozen yoghurt	Large	504,75	13,10	80,88	68,74	14,31
Yoghurt Special	Appeltaartje	Soja yoghurt	Large	398,00	13,08	50,21	38,06	14,81
Yoghurt Special	Appeltaartje	Amandel yoghurt	Large	680,25	40,40	62,58	36,84	13,81
Yoghurt Special	Appeltaartje	Kokos yoghurt	Large	808,95	63,27	53,60	36,35	8,02
Yoghurt Special	Appeltaartje	Oats	Large	861,91	28,40	113,30	53,28	28,41
Yoghurt Special	Appeltaartje	Chia pudding	Large	1013,15	38,28	126,60	103,06	21,19
Yoghurt Special	Cookie Dough	Magere yoghurt	Large	336,25	11,32	39,98	31,37	14,73
Yoghurt Special	Cookie Dough	Volle yoghurt	Large	411	19,445	39,98	31,37	16,03
Yoghurt Special	Cookie Dough	Skyr	Large	417,5	9,695	39,98	31,37	38,78
Yoghurt Special	Cookie Dough	Frozen yoghurt	Large	485,25	17,195	64,48	55,87	15,53
Yoghurt Special	Cookie Dough	Soja yoghurt	Large	378,5	17,17	33,805	25,195	16,03
Yoghurt Special	Cookie Dough	Amandel yoghurt	Large	660,75	44,495	46,18	23,97	15,03
Yoghurt Special	Cookie Dough	Kokos yoghurt	Large	789,45	67,365	37,2	23,48	9,235
Yoghurt Special	Cookie Dough	Oats	Large	842,41	32,495	96,9	40,41	29,63
Yoghurt Special	Cookie Dough	Chia pudding	Large	993,65	42,375	110,2	90,19	22,41
Yoghurt Special	Oreo Special	Magere yoghurt	Large	347,7	13,385	38,53	29,38	14,21
Yoghurt Special	Oreo Special	Volle yoghurt	Large	422,45	21,51	38,53	29,38	15,51
Yoghurt Special	Oreo Special	Skyr	Large	428,95	11,76	38,53	29,38	38,26
Yoghurt Special	Oreo Special	Frozen yoghurt	Large	496,7	19,26	63,03	53,88	15,01
Yoghurt Special	Oreo Special	Soja yoghurt	Large	389,95	19,235	32,355	23,205	15,51
Yoghurt Special	Oreo Special	Amandel yoghurt	Large	672,2	46,56	44,73	21,98	14,51
Yoghurt Special	Oreo Special	Kokos yoghurt	Large	800,9	69,43	35,75	21,49	8,715
Yoghurt Special	Oreo Special	Oats	Large	853,86	34,56	95,45	38,42	29,11
Yoghurt Special	Oreo Special	Chia pudding	Large	1005,1	44,44	108,75	88,2	21,89

Large Yoghurt Specials met yoghurt

Hoofdcategorie	Special	Yoghurtsort	Size	Kcal	Vet	Koolh	Suiker	Eiwit
Yoghurt Special	Tony's Special	Magere yoghurt	Large	463,35	17,47	56,865	44,06	16,065
Yoghurt Special	Tony's Special	Volle yoghurt	Large	538,1	25,595	56,865	44,06	17,365
Yoghurt Special	Tony's Special	Skyr	Large	544,6	15,845	56,865	44,06	40,115
Yoghurt Special	Tony's Special	Frozen yoghurt	Large	612,35	23,345	81,365	68,56	16,865
Yoghurt Special	Tony's Special	Soja yoghurt	Large	505,6	23,32	50,69	37,885	17,365
Yoghurt Special	Tony's Special	Amandel yoghurt	Large	787,85	50,645	63,065	36,66	16,365
Yoghurt Special	Tony's Special	Kokos yoghurt	Large	916,55	73,515	54,085	36,17	10,57
Yoghurt Special	Tony's Special	Oats	Large	969,51	38,645	113,785	53,1	30,965
Yoghurt Special	Tony's Special	Chia pudding	Large	1120,75	48,525	127,085	102,88	23,745
Yoghurt Special	Sint Special	Magere yoghurt	Large	508	18,54	64,205	51,19	16,685
Yoghurt Special	Sint Special	Volle yoghurt	Large	582,75	26,665	64,205	51,19	17,985
Yoghurt Special	Sint Special	Skyr	Large	589,25	16,915	64,205	51,19	40,735
Yoghurt Special	Sint Special	Frozen yoghurt	Large	657	24,415	88,705	75,69	17,485
Yoghurt Special	Sint Special	Soja yoghurt	Large	550,25	24,39	58,03	45,015	17,985
Yoghurt Special	Sint Special	Amandel yoghurt	Large	832,5	51,715	70,405	43,79	16,985
Yoghurt Special	Sint Special	Kokos yoghurt	Large	961,2	74,585	61,425	43,3	11,19
Yoghurt Special	Sint Special	Oats	Large	1014,16	39,715	121,125	60,23	31,585
Yoghurt Special	Sint Special	Chia pudding	Large	1165,4	49,595	134,425	110,01	24,365
Yoghurt Special	Tiramisu Special	Magere yoghurt	Large	419,24	16,00	49,45	31,63	23,47
Yoghurt Special	Tiramisu Special	Volle yoghurt	Large	493,99	24,12	49,45	31,63	24,77
Yoghurt Special	Tiramisu Special	Skyr	Large	500,49	14,37	49,45	31,63	47,52
Yoghurt Special	Tiramisu Special	Frozen yoghurt	Large	568,24	21,87	73,95	56,13	24,27
Yoghurt Special	Tiramisu Special	Soja yoghurt	Large	461,49	21,85	43,28	25,45	24,77
Yoghurt Special	Tiramisu Special	Amandel yoghurt	Large	743,74	49,17	55,65	24,23	23,77
Yoghurt Special	Tiramisu Special	Kokos yoghurt	Large	872,44	72,04	46,67	23,74	17,97
Yoghurt Special	Tiramisu Special	Oats	Large	925,40	37,17	106,37	40,67	38,37
Yoghurt Special	Tiramisu Special	Chia pudding	Large	1076,64	47,05	119,67	90,45	31,15
Yoghurt Special	Going Nuts	Magere yoghurt	Large	469,75	29,89	26,03	23,54	20,26
Yoghurt Special	Going Nuts	Volle yoghurt	Large	544,50	38,01	26,03	23,54	21,56
Yoghurt Special	Going Nuts	Skyr	Large	551,00	28,26	26,03	23,54	44,31
Yoghurt Special	Going Nuts	Frozen yoghurt	Large	618,75	35,76	50,53	48,04	21,06
Yoghurt Special	Going Nuts	Soja yoghurt	Large	512,00	35,74	19,86	17,37	21,56
Yoghurt Special	Going Nuts	Amandel yoghurt	Large	794,25	63,06	32,23	16,14	20,56
Yoghurt Special	Going Nuts	Kokos yoghurt	Large	922,95	85,93	23,25	15,65	14,77
Yoghurt Special	Going Nuts	Oats	Large	975,91	51,06	82,95	32,58	35,16
Yoghurt Special	Going Nuts	Chia pudding	Large	1127,15	60,94	96,25	82,36	27,94
Yoghurt Special	Brownie Mountain	Magere yoghurt	Large	383,05	14,155	45,64	40,96	14,93
Yoghurt Special	Brownie Mountain	Volle yoghurt	Large	457,8	22,28	45,64	40,96	16,23
Yoghurt Special	Brownie Mountain	Skyr	Large	464,3	12,53	45,64	40,96	38,98
Yoghurt Special	Brownie Mountain	Frozen yoghurt	Large	532,05	20,03	70,14	65,46	15,73
Yoghurt Special	Brownie Mountain	Soja yoghurt	Large	425,3	20,005	39,465	34,785	16,23
Yoghurt Special	Brownie Mountain	Amandel yoghurt	Large	707,55	47,33	51,84	33,56	15,23
Yoghurt Special	Brownie Mountain	Kokos yoghurt	Large	836,25	70,2	42,86	33,07	9,435
Yoghurt Special	Brownie Mountain	Oats	Large	889,21	35,33	102,56	50	29,83
Yoghurt Special	Brownie Mountain	Chia pudding	Large	1040,45	45,21	115,86	99,78	22,61
Yoghurt Special	Chocoholic	Magere yoghurt	Large	437,1	16,205	52,88	42,96	15,43
Yoghurt Special	Chocoholic	Volle yoghurt	Large	511,85	24,33	52,88	42,96	16,73
Yoghurt Special	Chocoholic	Skyr	Large	518,35	14,58	52,88	42,96	39,48
Yoghurt Special	Chocoholic	Frozen yoghurt	Large	586,1	22,08	77,38	67,46	16,23
Yoghurt Special	Chocoholic	Soja yoghurt	Large	479,35	22,055	46,705	36,785	16,73
Yoghurt Special	Chocoholic	Amandel yoghurt	Large	761,6	49,38	59,08	35,56	15,73
Yoghurt Special	Chocoholic	Kokos yoghurt	Large	890,3	72,25	50,1	35,07	9,935
Yoghurt Special	Chocoholic	Oats	Large	943,26	37,38	109,8	52	30,33
Yoghurt Special	Chocoholic	Chia pudding	Large	1094,5	47,26	123,1	101,78	23,11

Frozen Specials & Overnight Oats met yoghurt

Hoofdcategorie	Special	Yoghurtsort	Size	Kcal	Vet	Koolh	Suiker	Eiwit
Frozen Special	Strawberry Crunch	Frozen yoghurt	Small	505,70	22,44	67,95	60,42	13,93
Frozen Special	Strawberry Crunch	Frozen yoghurt	Medium	560,20	23,94	75,45	67,92	16,43
Frozen Special	Strawberry Crunch	Frozen yoghurt	Large	614,70	25,44	82,95	75,42	18,93
Frozen Special	Lemon Meringue	Frozen yoghurt	Small	420,90	10,80	70,30	52,50	17,85
Frozen Special	Lemon Meringue	Frozen yoghurt	Medium	475,40	12,30	77,80	60,00	20,35
Frozen Special	Lemon Meringue	Frozen yoghurt	Large	529,90	13,80	85,30	67,50	22,85
Frozen Special	Made in Heaven	Frozen yoghurt	Small	530,30	19,34	78,20	69,45	11,31
Frozen Special	Made in Heaven	Frozen yoghurt	Medium	593,80	20,84	85,70	76,95	13,81
Frozen Special	Made in Heaven	Frozen yoghurt	Large	648,30	22,34	93,20	84,45	16,31
Overnight Oats	Apple Berry Bandit	Overnight Oats	Small	495,26	26,34	41,02	17,44	16,57
Overnight Oats	Apple Berry Bandit	Overnight Oats	Medium	611,25	30,54	53,90	21,50	21,47
Overnight Oats	Apple Berry Bandit	Overnight Oats	Large	826,66	38,34	77,82	29,04	30,57
Overnight Oats	Choco Berry Crunch	Overnight Oats	Small	596,76	27,44	69,97	39,29	18,14
Overnight Oats	Choco Berry Crunch	Overnight Oats	Medium	712,75	31,64	82,85	43,35	23,04
Overnight Oats	Choco Berry Crunch	Overnight Oats	Large	928,16	39,44	106,77	50,89	32,14
Overnight Oats	Sexy Strawberry	Overnight Oats	Small	615,46	33,48	50,62	26,32	21,18
Overnight Oats	Sexy Strawberry	Overnight Oats	Medium	731,45	37,68	63,50	30,38	26,08
Overnight Oats	Sexy Strawberry	Overnight Oats	Large	946,86	45,48	87,42	37,92	35,18
Overnight Oats	Sam's Special	Overnight Oats	Small	559,86	28,34	51,00	26,73	18,70
Overnight Oats	Sam's Special	Overnight Oats	Medium	675,85	32,54	63,88	30,79	23,60
Overnight Oats	Sam's Special	Overnight Oats	Large	891,26	40,34	87,80	38,33	32,70
Overnight Oats	Monkey Business	Overnight Oats	Small	537,26	25,25	53,72	29,34	17,42
Overnight Oats	Monkey Business	Overnight Oats	Medium	653,25	29,45	66,60	33,40	22,32
Overnight Oats	Monkey Business	Overnight Oats	Large	868,66	37,25	90,52	40,94	31,42
Overnight Oats	Apple Berry Bandit	Chia Pudding	Small	566,90	31,02	47,32	41,02	13,15
Overnight Oats	Apple Berry Bandit	Chia Pudding	Medium	710,75	37,04	62,65	54,25	16,72
Overnight Oats	Apple Berry Bandit	Chia Pudding	Large	977,90	48,22	91,12	78,82	23,35
Overnight Oats	Choco Berry Crunch	Chia Pudding	Small	668,40	32,12	76,27	62,87	14,72
Overnight Oats	Choco Berry Crunch	Chia Pudding	Medium	812,25	38,14	91,60	76,10	18,29
Overnight Oats	Choco Berry Crunch	Chia Pudding	Large	1079,40	49,32	120,07	100,67	24,92
Overnight Oats	Sexy Strawberry	Chia Pudding	Small	687,10	38,16	56,92	49,90	17,76
Overnight Oats	Sexy Strawberry	Chia Pudding	Medium	830,95	44,18	72,25	63,13	21,33
Overnight Oats	Sexy Strawberry	Chia Pudding	Large	1098,10	55,36	100,72	87,70	27,96
Overnight Oats	Sam's Special	Chia Pudding	Small	631,50	33,02	57,30	50,31	15,28
Overnight Oats	Sam's Special	Chia Pudding	Medium	775,35	39,04	72,63	63,54	18,85
Overnight Oats	Sam's Special	Chia Pudding	Large	1042,50	50,22	101,10	88,11	25,48
Overnight Oats	Monkey Business	Chia Pudding	Small	608,90	29,93	60,02	52,92	14,00
Overnight Oats	Monkey Business	Chia Pudding	Medium	752,75	35,95	75,35	66,15	17,57
Overnight Oats	Monkey Business	Chia Pudding	Large	1019,90	47,13	103,82	90,72	24,20

Hoofdcategorie	Subcategorie	Product	Gram	Kcal	Vet	Koolh	Suiker	Eiwit
Yoghurt	Small yoghurt	Magere Yoghurt	175,00	66,50	0,88	7,00	7,00	6,30
Yoghurt	Small yoghurt	Boeren Yoghurt	175,00	106,75	5,25	7,00	7,00	7,00
Yoghurt	Small yoghurt	Barn Yoghurt	175,00	110,25	0,00	7,00	7,00	19,25
Yoghurt	Small yoghurt	Frozen Yoghurt	150,00	163,50	4,50	22,50	22,50	7,50
Yoghurt	Small yoghurt	Soja Yoghurt	175,00	89,25	4,03	3,68	3,68	7,00
Yoghurt	Small yoghurt	Amandel Yoghurt	200,00	224,00	17,40	9,60	2,80	6,00
Yoghurt	Small yoghurt	Kokos Yoghurt	185,00	292,30	29,23	5,18	2,59	3,15
Yoghurt	Small yoghurt	Overnight Oats	180,00	298,26	10,80	33,12	10,44	12,60
Yoghurt	Small yoghurt	Chia Pudding	180,00	369,90	15,48	39,42	34,02	9,18
Yoghurt	Medium yoghurt	Magere Yoghurt	250,00	95,00	1,25	10,00	10,00	9,00
Yoghurt	Medium yoghurt	Boeren Yoghurt	250,00	152,50	7,50	10,00	10,00	10,00
Yoghurt	Medium yoghurt	Barn Yoghurt	250,00	157,50	0,00	10,00	10,00	27,50
Yoghurt	Medium yoghurt	Frozen Yoghurt	200,00	218,00	6,00	30,00	30,00	10,00
Yoghurt	Medium yoghurt	Soja Yoghurt	250,00	127,50	5,75	5,25	5,25	10,00
Yoghurt	Medium yoghurt	Amandel Yoghurt	300,00	336,00	26,10	14,40	4,20	9,00
Yoghurt	Medium yoghurt	Kokos Yoghurt	275,00	434,50	43,45	7,70	3,85	4,68
Yoghurt	Medium yoghurt	Overnight Oats	250,00	414,25	15,00	46,00	14,50	17,50
Yoghurt	Medium yoghurt	Chia Pudding	250,00	513,75	21,50	54,75	47,25	12,75
Yoghurt	XL yoghurt	Magere Yoghurt	325,00	123,50	1,63	13,00	13,00	11,70
Yoghurt	XL yoghurt	Boeren Yoghurt	325,00	198,25	9,75	13,00	13,00	13,00
Yoghurt	XL yoghurt	Barn Yoghurt	325,00	204,75	0,00	13,00	13,00	35,75
Yoghurt	XL yoghurt	Frozen Yoghurt	250,00	272,50	7,50	37,50	37,50	12,50
Yoghurt	XL yoghurt	Soja Yoghurt	325,00	165,75	7,48	6,83	6,83	13,00
Yoghurt	XL yoghurt	Amandel Yoghurt	400,00	448,00	34,80	19,20	5,60	12,00
Yoghurt	XL yoghurt	Kokos Yoghurt	365,00	576,70	57,67	10,22	5,11	6,21
Yoghurt	XL yoghurt	Overnight Oats	380,00	629,66	22,80	69,92	22,04	26,60
Yoghurt	XL yoghurt	Chia Pudding	380,00	780,90	32,68	83,22	71,82	19,38
Yoghurt Special	Brownie Bango	Brownie	20,00	86,00	6,16	6,38	4,94	1,16
Yoghurt Special	Brownie Bango	Mango	35,00	21,35	0,11	4,48	4,27	0,39
Yoghurt Special	Brownie Bango	Walnoot	10,00	71,50	6,90	0,30	0,20	1,80
Yoghurt Special	Brownie Bango	Mangosirop	10,00	34,60	0,00	8,56	8,55	0,05
	<b>Total</b>			<b>213,45</b>	<b>13,17</b>	<b>19,72</b>	<b>17,96</b>	<b>3,40</b>
Yoghurt Special	Merry Berry	YB's jam	25,00	54,00	0,03	13,50	12,88	0,08
Yoghurt Special	Merry Berry	Blauwe bes	20,00	15,00	0,04	2,90	2,80	0,12
Yoghurt Special	Merry Berry	Framboos	20,00	9,60	0,10	1,50	1,04	0,24
Yoghurt Special	Merry Berry	Frambozensiroop	10,00	35,40	0,00	8,70	8,70	0,07
	<b>Total</b>			<b>114,00</b>	<b>0,17</b>	<b>26,60</b>	<b>25,42</b>	<b>0,51</b>
Yoghurt Special	Energy Explosion	Banaan	25,00	21,50	0,05	4,70	4,55	0,30
Yoghurt Special	Energy Explosion	Verse vijg	20,00	21,00				
Yoghurt Special	Energy Explosion	Amandel	15,00	91,50	7,80	0,90	0,60	3,90
Yoghurt Special	Energy Explosion	Honing	10,00	32,60	0,00	8,10	7,50	0,04
	<b>Total</b>			<b>166,60</b>	<b>7,85</b>	<b>13,70</b>	<b>12,65</b>	<b>4,24</b>
Yoghurt Special	Crazy Cookie	Kiwi	40,00	19,20	0,08	4,12	3,00	0,40
Yoghurt Special	Crazy Cookie	Speculoos	25,00	121,00	4,75	18,15	1,23	9,53
Yoghurt Special	Crazy Cookie	Honing	10,00	32,60	0,00	8,10	7,50	0,04
Yoghurt Special	Crazy Cookie	Kaneelsuiker	15,00	59,40	0,02	14,81	14,54	0,02
	<b>Total</b>			<b>232,20</b>	<b>4,85</b>	<b>45,18</b>	<b>26,26</b>	<b>9,98</b>
Yoghurt Special	Choco Caramba	Banaan	25,00	21,50	0,05	4,70	4,55	0,30
Yoghurt Special	Choco Caramba	Kokos	10,00	69,30	6,80	0,80	0,80	0,70
Yoghurt Special	Choco Caramba	Pure choc	30,00	157,50	9,60	14,70	13,80	1,92
Yoghurt Special	Choco Caramba	Hazelnoot	25,00	168,25	15,50	2,00	1,25	3,75
Yoghurt Special	Choco Caramba	Honing	10,00	32,60	0,00	8,10	7,50	0,04
	<b>Total</b>			<b>449,15</b>	<b>31,95</b>	<b>30,30</b>	<b>27,90</b>	<b>6,71</b>
Yoghurt Special	Pretty Pesto	Komkommer	25,00	3,50	0,05	0,55	0,45	0,15
Yoghurt Special	Pretty Pesto	Pesto	10,00	58,60	5,70	0,34	0,15	0,85
Yoghurt Special	Pretty Pesto	Gedroogde tomaat	20,00	40,00	2,60	3,00	1,26	0,84
Yoghurt Special	Pretty Pesto	Walnoot	25,00	178,75	17,25	0,75	0,50	4,50
	<b>Total</b>			<b>280,85</b>	<b>25,60</b>	<b>4,64</b>	<b>2,36</b>	<b>6,34</b>

## Yoghurt Specials - alleen ingrediënten

Hoofdcategorie	Subcategorie	Product	Gram	Kcal	Vet	Koolh	Suiker	Eiwit
Yoghurt Specials	Minty Mango	Avocado	10,00	17,50	1,81	0,15	0,14	0,26
Yoghurt Specials	Minty Mango	Mango	35,00	21,35	0,11	4,48	4,27	0,39
Yoghurt Specials	Minty Mango	Hazelnoot	25,00	168,25	15,50	2,00	1,25	3,75
Yoghurt Specials	Minty Mango	Verse Munt	5,00	3,50	0,05	0,75	0,00	0,19
	<b>Total</b>		<b>75,00</b>	<b>210,60</b>	<b>17,46</b>	<b>7,38</b>	<b>5,66</b>	<b>4,59</b>
Yoghurt Specials	Proud Pistachio	Komkommer	25,00	3,50	0,05	0,55	0,45	0,15
Yoghurt Specials	Proud Pistachio	Pistachenoot	10,00	59,60	4,90	0,80	0,70	2,60
Yoghurt Specials	Proud Pistachio	Olijfolie	10,00	81,90	9,10	0,00	0,00	0,00
Yoghurt Specials	Proud Pistachio	Verse Munt	5,00	3,50	0,05	0,75	0,00	0,19
	<b>Total</b>		<b>50,00</b>	<b>148,50</b>	<b>14,10</b>	<b>2,10</b>	<b>1,15</b>	<b>2,94</b>
Yoghurt Specials	Appeltaartje	Appelcompote	15,00	16,50	0,01	3,90	3,45	0,03
Yoghurt Specials	Appeltaartje	Honing	10,00	32,60	0,00	8,10	7,50	0,04
Yoghurt Specials	Appeltaartje	Stroopwafel	25,00	123,75	5,58	16,58	5,75	1,73
Yoghurt Specials	Appeltaartje	Kaneelsuiker	15,00	59,40	0,02	14,81	14,54	0,02
	<b>Total</b>		<b>65,00</b>	<b>232,25</b>	<b>5,60</b>	<b>43,38</b>	<b>31,24</b>	<b>1,81</b>
Yoghurt Specials	Cookie Dough	Pure choc	30,00	157,50	9,60	14,70	13,80	1,92
Yoghurt Specials	Cookie Dough	Caramelsiroop	10,00	37,10	0,47	7,93	7,28	0,34
Yoghurt Specials	Cookie Dough	Framboos	20,00	9,60	0,10	1,50	1,04	0,24
Yoghurt Specials	Cookie Dough	Kokos	10,00	69,30	6,80	0,80	0,80	0,70
Yoghurt Specials	Cookie Dough	Cookie Dough	25,00	96,75	2,33	16,75	9,25	1,75
	<b>Total</b>		<b>65,00</b>	<b>212,75</b>	<b>9,70</b>	<b>26,98</b>	<b>18,37</b>	<b>3,03</b>
Yoghurt Specials	Oreo Special	Oreo	25,00	118,50	4,75	17,00	9,50	1,35
Yoghurt Specials	Oreo Special	Framboos	20,00	9,60	0,10	1,50	1,04	0,24
Yoghurt Specials	Oreo Special	Chocosiroop	10,00	26,80	0,11	6,23	5,04	0,22
Yoghurt Specials	Oreo Special	Kokos	10,00	69,30	6,80	0,80	0,80	0,70
	<b>Total</b>		<b>65,00</b>	<b>224,20</b>	<b>11,76</b>	<b>25,53</b>	<b>16,38</b>	<b>2,51</b>
Yoghurt Specials	Tony's Special	Stroopwafel	25,00	123,75	5,58	16,58	5,75	1,73
Yoghurt Specials	Tony's Special	Caramelsiroop	10,00	37,10	0,47	7,93	7,28	0,34
Yoghurt Specials	Tony's Special	Tony' Salty Choc	30,00	160,80	9,60	15,96	15,63	2,10
Yoghurt Specials	Tony's Special	Granaatappelpit	20,00	18,20	0,20	3,40	2,40	0,20
	<b>Total</b>		<b>85,00</b>	<b>339,85</b>	<b>15,85</b>	<b>43,87</b>	<b>31,06</b>	<b>4,37</b>
Yoghurt Specials	Sint Special	Mandarijn	40,00	17,20	0,02	3,60	3,60	0,32
Yoghurt Specials	Sint Special	Caramelsiroop	10,00	37,10	0,47	7,93	7,28	0,34
Yoghurt Specials	Sint Special	Kruidnoot	25,00	112,00	2,83	19,48	7,75	1,33
Yoghurt Specials	Sint Special	Pure choc	20,00	105,00	6,40	9,80	9,20	1,28
Yoghurt Specials	Sint Special	Witte choc	20,00	113,20	7,20	10,40	10,36	1,72
	<b>Total</b>		<b>115,00</b>	<b>384,50</b>	<b>16,92</b>	<b>51,21</b>	<b>38,19</b>	<b>4,99</b>
Yoghurt Specials	Tiramisu Special	Speculoos	25,00	121,00	4,75	18,15	1,23	9,53
Yoghurt Specials	Tiramisu Special	Mandarijn	40,00	17,20	0,02	3,60	3,60	0,32
Yoghurt Specials	Tiramisu Special	Pure choc	30,00	157,50	9,60	14,70	13,80	1,92
Yoghurt Specials	Tiramisu Special	Cacaopoeder	0,01	0,04	0,00	0,00	0,00	0,00
	<b>Total</b>		<b>95,01</b>	<b>295,74</b>	<b>14,37</b>	<b>36,45</b>	<b>18,63</b>	<b>11,77</b>
Yoghurt Specials	Going Nuts	Banaan	25,00	21,50	0,05	4,70	4,55	0,30
Yoghurt Specials	Going Nuts	Pindakaas	10,00	60,00	4,80	1,20	0,55	2,60
Yoghurt Specials	Going Nuts	Walnoot	25,00	178,75	17,25	0,75	0,50	4,50
Yoghurt Specials	Going Nuts	Brownie	20,00	86,00	6,16	6,38	4,94	1,16
	<b>Total</b>		<b>80,00</b>	<b>346,25</b>	<b>28,26</b>	<b>13,03</b>	<b>10,54</b>	<b>8,56</b>
Yoghurt Specials	Brownie Mountain	Framboos	20,00	9,60	0,10	1,50	1,04	0,24
Yoghurt Specials	Brownie Mountain	Chocosiroop	10,00	26,80	0,11	6,23	5,04	0,22
Yoghurt Specials	Brownie Mountain	Brownie	40,00	172,00	12,32	12,76	9,88	2,32
Yoghurt Specials	Brownie Mountain	Meringue	15,00	51,15	0,00	12,15	12,00	0,45
	<b>Total</b>		<b>85,00</b>	<b>259,55</b>	<b>12,53</b>	<b>32,64</b>	<b>27,96</b>	<b>3,23</b>
Yoghurt Specials	Chocoholic	Pure choc	30,00	157,50	9,60	14,70	13,80	1,92
Yoghurt Specials	Chocoholic	Chocosiroop	10,00	26,80	0,11	6,23	5,04	0,22
Yoghurt Specials	Chocoholic	Oreo	25,00	118,50	4,75	17,00	9,50	1,35
Yoghurt Specials	Chocoholic	Aardbei	30,00	10,80	0,12	1,95	1,62	0,24
	<b>Total</b>		<b>95,00</b>	<b>313,60</b>	<b>14,58</b>	<b>39,88</b>	<b>29,96</b>	<b>3,73</b>
Yoghurt Specials	Speculoos Crumble	Walnoot	25,00	178,75	17,25	0,75	0,50	4,50
Yoghurt Specials	Speculoos Crumble	Speculoos	15,00	72,60	2,85	10,89	0,74	5,72
Yoghurt Specials	Speculoos Crumble	Blauwe bes	20,00	15,00	0,04	2,90	2,80	0,12
Yoghurt Specials	Speculoos Crumble	Speculoosiroop	10,00	67,30	5,60	4,00	2,20	0,30
	<b>Total</b>		<b>70,00</b>	<b>333,65</b>	<b>25,74</b>	<b>18,54</b>	<b>6,24</b>	<b>10,64</b>

Hoofdcategorie	Subcategorie	Product	Gram	Kcal	Vet	Koolh	Suiker	Eiwit
Frozen Specials	Strawberry Crunch	Granola	35,00	126,00	7,00	19,25	12,25	3,50
Frozen Specials	Strawberry Crunch	Aardbei	35,00	12,60	0,14	2,28	1,89	0,28
Frozen Specials	Strawberry Crunch	Witte choc	30,00	169,80	10,80	15,60	15,54	2,58
Frozen Specials	Strawberry Crunch	Aardbeisiroop	10,00	33,80	0,00	8,32	8,24	0,07
	<b>Total</b>		<b>110,00</b>	<b>342,20</b>	<b>17,94</b>	<b>45,45</b>	<b>37,92</b>	<b>6,43</b>
Frozen Specials	Lemon Meringue	Speculoos	25,00	121,00	4,75	18,15	1,23	9,53
Frozen Specials	Lemon Meringue	Lemon Curd	25,00	85,25	1,55	17,50	16,78	0,38
Frozen Specials	Lemon Meringue	Meringue	15,00	51,15	0,00	12,15	12,00	0,45
	<b>Total</b>		<b>65,00</b>	<b>257,40</b>	<b>6,30</b>	<b>47,80</b>	<b>30,00</b>	<b>10,35</b>
Frozen Specials	Made in Heaven	Tony's Salty Choc	30,00	160,80	9,60	15,96	15,63	2,10
Frozen Specials	Made in Heaven	Oreo	25,00	118,50	4,75	17,00	9,50	1,35
Frozen Specials	Made in Heaven	Kaneelsuiker	15,00	59,40	0,02	14,81	14,54	0,02
Frozen Specials	Made in Heaven	Caramelsiroop	10,00	37,10	0,47	7,93	7,28	0,34
	<b>Total</b>		<b>80,00</b>	<b>375,80</b>	<b>14,84</b>	<b>55,70</b>	<b>46,95</b>	<b>3,81</b>
Overnight Oats	Apple Berry Bandit	Appel	25,00	13,75	0,00	3,00	2,95	0,10
Overnight Oats	Apple Berry Bandit	Blauwe Bes	20,00	15,00	0,04	2,90	2,80	0,12
Overnight Oats	Apple Berry Bandit	Hazelnoot	25,00	168,25	15,50	2,00	1,25	3,75
	<b>Total</b>		<b>70,00</b>	<b>197,00</b>	<b>15,54</b>	<b>7,90</b>	<b>7,00</b>	<b>3,97</b>
Overnight Oats	Sam's Special	Aardbei	35,00	12,60	0,14	2,28	1,89	0,28
Overnight Oats	Sam's Special	Pure choc	30,00	157,50	9,60	14,70	13,80	1,92
Overnight Oats	Sam's Special	Amandel	15,00	91,50	7,80	0,90	0,60	3,90
	<b>Total</b>		<b>80,00</b>	<b>261,60</b>	<b>17,54</b>	<b>17,88</b>	<b>16,29</b>	<b>6,10</b>
Overnight Oats	Monkey Business	Banaan	25,00	21,50	0,05	4,70	4,55	0,30
Overnight Oats	Monkey Business	Pure choc	30,00	157,50	9,60	14,70	13,80	1,92
Overnight Oats	Monkey Business	Pindakaas	10,00	60,00	4,80	1,20	0,55	2,60
	<b>Total</b>		<b>65,00</b>	<b>239,00</b>	<b>14,45</b>	<b>20,60</b>	<b>18,90</b>	<b>4,82</b>
Overnight Oats	Winter Wonderland	Gestoofde peer	25,00	18,50	0,00	4,25	4,25	0,25
Overnight Oats	Winter Wonderland	Walnoot	25,00	178,75	17,25	0,75	0,50	4,50
Overnight Oats	Winter Wonderland	Kaneel	0,01	0,05	0,00	0,01	0,00	0,00
	<b>Total</b>		<b>50,01</b>	<b>197,30</b>	<b>17,25</b>	<b>5,01</b>	<b>4,75</b>	<b>4,75</b>
Overnight Oats	Choco Berry Crunch	Granola	35,00	126,00	7,00	19,25	12,25	3,50
Overnight Oats	Choco Berry Crunch	Blauwe bes	20,00	15,00	0,04	2,90	2,80	0,12
Overnight Oats	Choco Berry Crunch	Pure choc	30,00	157,50	9,60	14,70	13,80	1,92
	<b>Total</b>		<b>85,00</b>	<b>298,50</b>	<b>16,64</b>	<b>36,85</b>	<b>28,85</b>	<b>5,54</b>
Overnight Oats	Sexy Strawberry	Aardbei	20,00	7,20	0,08	1,30	1,08	0,16
Overnight Oats	Sexy Strawberry	Pure choc	30,00	157,50	9,60	14,70	13,80	1,92
Overnight Oats	Sexy Strawberry	Amandel	25,00	152,50	13,00	1,50	1,00	6,50
	<b>Total</b>		<b>75,00</b>	<b>317,20</b>	<b>22,68</b>	<b>17,50</b>	<b>15,88</b>	<b>8,58</b>
Chia pudding	Choco Berry Crunch	Granola	35,00	126,00	7,00	19,25	12,25	3,50
Chia pudding	Choco Berry Crunch	Blauwe bes	20,00	15,00	0,04	2,90	2,80	0,12
Chia pudding	Choco Berry Crunch	Pure choc	30,00	157,50	9,60	14,70	13,80	1,92
	<b>Total</b>		<b>85,00</b>	<b>298,50</b>	<b>16,64</b>	<b>36,85</b>	<b>28,85</b>	<b>5,54</b>
Chia pudding	Sexy Strawberry	Aardbei	20,00	7,20	0,08	1,30	1,08	0,16
Chia pudding	Sexy Strawberry	Pure choc	30,00	157,50	9,60	14,70	13,80	1,92
Chia pudding	Sexy Strawberry	Amandel	25,00	152,50	13,00	1,50	1,00	6,50
	<b>Total</b>		<b>75,00</b>	<b>317,20</b>	<b>22,68</b>	<b>17,50</b>	<b>15,88</b>	<b>8,58</b>
Chia pudding	Apple Berry Bandit	Appel	25,00	13,75	0,00	3,00	2,95	0,10
Chia pudding	Apple Berry Bandit	Blauwe Bes	20,00	15,00	0,04	2,90	2,80	0,12
Chia pudding	Apple Berry Bandit	Hazelnoot	25,00	168,25	15,50	2,00	1,25	3,75
	<b>Total</b>		<b>70,00</b>	<b>197,00</b>	<b>15,54</b>	<b>7,90</b>	<b>7,00</b>	<b>3,97</b>
Chia pudding	Sam's Special	Aardbei	35,00	12,60	0,14	2,28	1,89	0,28
Chia pudding	Sam's Special	Pure choc	30,00	157,50	9,60	14,70	13,80	1,92
Chia pudding	Sam's Special	Amandel	15,00	91,50	7,80	0,90	0,60	3,90
	<b>Total</b>		<b>80,00</b>	<b>261,60</b>	<b>17,54</b>	<b>17,88</b>	<b>16,29</b>	<b>6,10</b>
Chia pudding	Monkey Business	Banaan	25,00	21,50	0,05	4,70	4,55	0,30
Chia pudding	Monkey Business	Pure choc	30,00	157,50	9,60	14,70	13,80	1,92
Chia pudding	Monkey Business	Pindakaas	10,00	60,00	4,80	1,20	0,55	2,60
	<b>Total</b>		<b>65,00</b>	<b>239,00</b>	<b>14,45</b>	<b>20,60</b>	<b>18,90</b>	<b>4,82</b>
Chia pudding	Winter Wonderland	Gestoofde peer	25,00	18,50	0,00	4,25	4,25	0,25
Chia pudding	Winter Wonderland	Walnoot	25,00	178,75	17,25	0,75	0,50	4,50
Chia pudding	Winter Wonderland	Kaneel	0,01	0,05	0,00	0,01	0,00	0,00
	<b>Total</b>		<b>50,01</b>	<b>197,30</b>	<b>17,25</b>	<b>5,01</b>	<b>4,75</b>	<b>4,75</b>

Hoofdcategorie	Subcategorie	Product	Gram	Kcal	Vet	Koolh	Suiker	Eiwit
Barn Toast	Avocado Addict	Toastbrood	30,00	73,80	0,78	13,05	0,45	4,80
Barn Toast	Avocado Addict	Creme fraiche	15,00	50,25	5,25	0,42	0,42	0,35
Barn Toast	Avocado Addict	Avocado	10,00	17,50	1,81	0,15	0,14	0,26
Barn Toast	Avocado Addict	Limoensap	0,05	0,01	0,00	0,00	0,00	0,00
Barn Toast	Avocado Addict	Gedroogde tomaat	10,00	43,30	4,17	0,89	0,00	0,35
Barn Toast	Avocado Addict	Chili	0,00	0,00	0,00	0,00	0,00	0,00
Barn Toast	Avocado Addict	Bieslook	0,00	0,00	0,00	0,00	0,00	0,00
	<b>Total</b>		<b>65,05</b>	<b>184,86</b>	<b>12,01</b>	<b>14,51</b>	<b>1,01</b>	<b>5,76</b>
Barn Toast	Happy Hummus	Toastbrood	30,00	73,80	0,78	13,05	0,45	4,80
Barn Toast	Happy Hummus	Hummus	30,00	99,60	9,00	1,80	0,00	1,80
Barn Toast	Happy Hummus	Komkommer	10,00	1,40	0,02	0,22	0,18	0,06
Barn Toast	Happy Hummus	Olijftapenade	5,00	16,75	1,75	0,15	0,10	0,05
Barn Toast	Happy Hummus	Paprikapoeder	0,00	0,00	0,00	0,00	0,00	0,00
	<b>Total</b>		<b>75,00</b>	<b>191,55</b>	<b>11,55</b>	<b>15,22</b>	<b>0,73</b>	<b>6,71</b>
Barn Toast	Barn Toast HT	Toastbrood	45,00	110,70	1,17	19,58	0,68	7,20
Barn Toast	Barn Toast HT	Hummus	30,00	99,60	9,00	1,80	0,00	1,80
Barn Toast	Barn Toast HT	Komkommer	10,00	1,40	0,02	0,22	0,18	0,06
Barn Toast	Barn Toast HT	Zuivelspread	15,00					
Barn Toast	Barn Toast HT	Gedroogde tomaat	10,00	43,30	4,17	0,89	0,00	0,35
Barn Toast	Barn Toast HT	Spinazie	10,00	1,50	0,03	0,06	0,04	0,25
	<b>Total</b>		<b>120,00</b>	<b>256,50</b>	<b>14,39</b>	<b>22,55</b>	<b>0,90</b>	<b>9,66</b>
Barn Toast	Sexy Strawberry	Toastbrood	30,00	73,80	0,78	13,05	0,45	4,80
Barn Toast	Sexy Strawberry	Walnoot	10,00	71,50	6,90	0,30	0,20	1,80
Barn Toast	Sexy Strawberry	Verse Munt	5,00	3,50	0,05	0,75	0,00	0,19
Barn Toast	Sexy Strawberry	Agavesiroop	10,00	30,80	0,00	7,70	7,10	0,00
Barn Toast	Sexy Strawberry	Creme fraiche	15,00	50,25	5,25	0,42	0,42	0,35
	<b>Total</b>		<b>70,00</b>	<b>229,85</b>	<b>12,98</b>	<b>22,22</b>	<b>8,17</b>	<b>7,14</b>
Barn Wrap	Gorgeous Goat	Bietenwrap	61,00	140,30	2,44	23,18	1,22	4,88
Barn Wrap	Gorgeous Goat	Geitenkaas	30,00	84,30	6,90	0,60	0,60	4,50
Barn Wrap	Gorgeous Goat	Verse vijg	20,00	12,80	0,04	2,60	2,60	0,28
Barn Wrap	Gorgeous Goat	Walnoot	10,00	71,50	6,90	0,30	0,20	1,80
Barn Wrap	Gorgeous Goat	Agavesiroop	10,00	30,80	0,00	7,70	7,10	0,00
	<b>Total</b>		<b>131,00</b>	<b>339,70</b>	<b>16,28</b>	<b>34,38</b>	<b>11,72</b>	<b>11,46</b>
Barn Wrap	Awesome Avo	Bietenwrap	61,00	140,30	2,44	23,18	1,22	4,88
Barn Wrap	Awesome Avo	Creme fraiche	15,00	50,25	5,25	0,42	0,42	0,35
Barn Wrap	Awesome Avo	Spinazie	15,00	2,25	0,05	0,09	0,06	0,38
Barn Wrap	Awesome Avo	Avocado	10,00	17,50	1,81	0,15	0,14	0,26
Barn Wrap	Awesome Avo	Limoensap	0,05	0,01	0,00	0,00	0,00	0,00
Barn Wrap	Awesome Avo	Mango	20,00	12,20	0,06	2,56	2,44	0,22
Barn Wrap	Awesome Avo	Hazelnoot	10,00	67,30	6,20	0,80	0,50	1,50
	<b>Total</b>		<b>131,05</b>	<b>289,81</b>	<b>15,81</b>	<b>27,20</b>	<b>4,78</b>	<b>7,58</b>

Hoofdcategorie	Subcategorie	Product	Gram	Kcal	Vet	Koolh	Suiker	Eiwit
Iced Specials	Milkshake Mango	Frozen Yoghurt	150,00	163,50	4,50	22,50	22,50	7,50
Iced Specials	Milkshake Mango	Volle melk	60,00	38,40	3,78	2,76	2,76	1,98
Iced Specials	Milkshake Mango	Mango	30,00	18,30	0,09	3,84	3,66	0,33
Iced Specials	Milkshake Mango	Mangosirop	20,00	69,20	0,00	17,12	17,10	0,10
Iced Specials	Milkshake Mango	Slagroom	10,00	27,60	2,55	0,96	0,33	0,10
	<b>Total</b>		<b>270,00</b>	<b>317,00</b>	<b>10,92</b>	<b>47,18</b>	<b>46,35</b>	<b>10,01</b>
Iced Specials	Milkshake Aardbei	Frozen Yoghurt	150,00	163,50	4,50	22,50	22,50	7,50
Iced Specials	Milkshake Aardbei	Volle melk	60,00	38,40	3,78	2,76	2,76	1,98
Iced Specials	Milkshake Aardbei	Aardbei	40,00	14,40	0,16	2,60	2,16	0,32
Iced Specials	Milkshake Aardbei	Aardbeisiroop	20,00	67,60	0,00	16,64	16,48	0,14
Iced Specials	Milkshake Aardbei	Slagroom	10,00	27,60	2,55	0,96	0,33	0,10
	<b>Total</b>		<b>280,00</b>	<b>311,50</b>	<b>10,99</b>	<b>45,46</b>	<b>44,23</b>	<b>10,04</b>
Iced Specials	Oreo Overload	Frozen Yoghurt	150,00	163,50	4,50	22,50	22,50	7,50
Iced Specials	Oreo Overload	Volle melk	60,00	38,40	3,78	2,76	2,76	1,98
Iced Specials	Oreo Overload	Oreo	25,00	118,50	4,75	17,00	9,50	1,35
Iced Specials	Oreo Overload	Chocosirop	20,00	53,60	0,22	12,46	10,08	0,44
Iced Specials	Oreo Overload	Slagroom	10,00	27,60	2,55	0,96	0,33	0,10
	<b>Total</b>		<b>265,00</b>	<b>401,60</b>	<b>15,80</b>	<b>55,68</b>	<b>45,17</b>	<b>11,37</b>
Iced Specials	Iced Latte Choco	Koffie	38,00	0,00	0,00	0,00	0,00	0,00
Iced Specials	Iced Latte Choco	Volle melk	60,00	38,40	3,78	2,76	2,76	1,98
Iced Specials	Iced Latte Choco	Koffiesiroop vanille	30,00	102,00	0,00	25,20	25,20	0,00
Iced Specials	Iced Latte Choco	Slagroom	10,00	27,60	2,55	0,96	0,33	0,10
Iced Specials	Iced Latte Choco	Chocosirop	20,00	53,60	0,22	12,46	10,08	0,44
	<b>Total</b>		<b>158,00</b>	<b>221,60</b>	<b>6,55</b>	<b>41,38</b>	<b>38,37</b>	<b>2,52</b>
Iced Specials	Iced Latte Caramel	Koffie	38,00	0,00	0,00	0,00	0,00	0,00
Iced Specials	Iced Latte Caramel	Volle melk	60,00	38,40	3,78	2,76	2,76	1,98
Iced Specials	Iced Latte Caramel	Koffiesiroop vanille	10,00	34,00	0,00	8,40	8,40	0,00
Iced Specials	Iced Latte Caramel	Slagroom	10,00	27,60	2,55	0,96	0,33	0,10
Iced Specials	Iced Latte Caramel	Caramelsiroop	20,00	74,20	0,94	15,86	14,56	0,68
	<b>Total</b>		<b>138,00</b>	<b>174,20</b>	<b>7,27</b>	<b>27,98</b>	<b>26,05</b>	<b>2,76</b>
Iced Specials	Yogtail Limoen	Barn Yoghurt	30,00	18,90	0,00	1,20	1,20	3,30
Iced Specials	Yogtail Limoen	Spa rood	60,00	0,00	0,00	0,00	0,00	0,00
Iced Specials	Yogtail Limoen	Agavesiroop	6,00	18,48	0,00	4,62	4,26	0,00
Iced Specials	Yogtail Limoen	Limoensap	5,00	1,40	0,05	0,05	0,05	0,00
	<b>Total</b>		<b>101,00</b>	<b>38,78</b>	<b>0,05</b>	<b>5,87</b>	<b>5,51</b>	<b>3,30</b>
Iced Specials	Yogtail Aardbei	Barn Yoghurt	30,00	18,90	0,00	1,20	1,20	3,30
Iced Specials	Yogtail Aardbei	Spa rood	60,00	0,00	0,00	0,00	0,00	0,00
Iced Specials	Yogtail Aardbei	Agavesiroop	6,00	18,48	0,00	4,62	4,26	0,00
Iced Specials	Yogtail Aardbei	Aardbeisiroop	10,00	33,80	0,00	8,32	8,24	0,07
	<b>Total</b>		<b>106,00</b>	<b>71,18</b>	<b>0,00</b>	<b>14,14</b>	<b>13,70</b>	<b>3,37</b>
Hot Specials	Oreo Hot Choc	Pure choc	30,00	157,50	9,60	14,70	13,80	1,92
Hot Specials	Oreo Hot Choc	Volle melk	60,00	38,40	3,78	2,76	2,76	1,98
Hot Specials	Oreo Hot Choc	Slagroom	10,00	27,60	2,55	0,96	0,33	0,10
Hot Specials	Oreo Hot Choc	Chocosirop	20,00	53,60	0,22	12,46	10,08	0,44
Hot Specials	Oreo Hot Choc	Oreo	10,00	47,40	1,90	6,80	3,80	0,54
	<b>Total</b>		<b>130,00</b>	<b>324,50</b>	<b>18,05</b>	<b>37,68</b>	<b>30,77</b>	<b>4,98</b>
Hot Specials	Tony's Hot Choc	Tony Salty Choc	30,00	160,80	9,60	15,96	15,63	2,10
Hot Specials	Tony's Hot Choc	Volle melk	60,00	38,40	3,78	2,76	2,76	1,98
Hot Specials	Tony's Hot Choc	Slagroom	10,00	27,60	2,55	0,96	0,33	0,10
Hot Specials	Tony's Hot Choc	Caramelsiroop	20,00	74,20	0,94	15,86	14,56	0,68
	<b>Total</b>		<b>120,00</b>	<b>301,00</b>	<b>16,87</b>	<b>35,54</b>	<b>33,28</b>	<b>4,86</b>
Hot Specials	Caramel Machiato	Koffiesiroop caramel	20,00	64,60	0,00	15,80	15,80	0,00
Hot Specials	Caramel Machiato	Volle melk	60,00	38,40	3,78	2,76	2,76	1,98
Hot Specials	Caramel Machiato	Dubbele Espresso	19,00					
Hot Specials	Caramel Machiato	Slagroom	10,00	27,60	2,55	0,96	0,33	0,10
Hot Specials	Caramel Machiato	Caramelsiroop	20,00	74,20	0,94	15,86	14,56	0,68
	<b>Total</b>		<b>129,00</b>	<b>204,80</b>	<b>7,27</b>	<b>35,38</b>	<b>33,45</b>	<b>2,76</b>
Hot Specials	Dirty Chai	Volle melk	60,00	38,40	3,78	2,76	2,76	1,98
Hot Specials	Dirty Chai	Chai Tea Latte	10,00	15,80	0,21	0,44	0,00	0,03
Hot Specials	Dirty Chai	Dubbele Espresso	19,00					
Hot Specials	Dirty Chai	Kaneel	0,01	0,05	0,00	0,01	0,00	0,00
	<b>Total</b>		<b>89,01</b>	<b>54,25</b>	<b>3,99</b>	<b>3,21</b>	<b>2,76</b>	<b>2,01</b>



Hoofdcategorie	Subcategorie	Product	Gram	Kcal	Vet	Koolh	Suiker	Eiwit
Hot Specials	Speculoos Hot Spec	Volle melk	60,00	38,40	3,78	2,76	2,76	1,98
Hot Specials	Speculoos Hot Spec	Dubbele Espresso	19,00					
Hot Specials	Speculoos Hot Spec	Slagroom	10,00	27,60	2,55	0,96	0,33	0,10
Hot Specials	Speculoos Hot Spec	Speculoos	20,00	96,80	3,80	14,52	0,98	7,62
Hot Specials	Speculoos Hot Spec	Speculoosiroop	30,00	201,90	16,80	12,00	6,60	0,90
	<b>Total</b>		<b>79,00</b>	<b>364,70</b>	<b>26,93</b>	<b>30,24</b>	<b>10,67</b>	<b>10,60</b>
Hot Specials	Tiramisu Hot Spec	Amarettosiroop	30,00	98,70	0,00	24,57	24,57	0,00
Hot Specials	Tiramisu Hot Spec	Dubbele Espresso	19,00					
Hot Specials	Tiramisu Hot Spec	Volle melk	60,00	38,40	3,78	2,76	2,76	1,98
Hot Specials	Tiramisu Hot Spec	Slagroom	10,00	27,60	2,55	0,96	0,33	0,10
Hot Specials	Tiramisu Hot Spec	Chocoladesiroop	10,00	26,80	0,11	6,23	5,04	0,22
Hot Specials	Tiramisu Hot Spec	Lange vinger	6,00	24,00	0,18	5,10	3,24	0,42
	<b>Total</b>		<b>86,00</b>	<b>116,80</b>	<b>6,62</b>	<b>15,05</b>	<b>11,37</b>	<b>2,72</b>
Smoothies	Popeye Power	Spinazie	20,00	3,00	0,06	0,12	0,08	0,50
Smoothies	Popeye Power	Mango	30,00	18,30	0,09	3,84	3,66	0,33
Smoothies	Popeye Power	Limoensap	10,00	2,80	0,10	0,10	0,10	0,00
Smoothies	Popeye Power	Biosap Appel	50,00	21,00	0,00	5,50	5,00	0,00
	<b>Total</b>		<b>110,00</b>	<b>45,10</b>	<b>0,25</b>	<b>9,56</b>	<b>8,84</b>	<b>0,83</b>
Smoothies	Mango Madness	Mango	35,00	21,35	0,11	4,48	4,27	0,39
Smoothies	Mango Madness	Banaan	25,00	21,50	0,05	4,70	4,55	0,30
Smoothies	Mango Madness	Verse Munt	10,00	7,00	0,09	1,49	0,00	0,38
Smoothies	Mango Madness	Biosap Appel	50,00	21,00	0,00	5,50	5,00	0,00
	<b>Total</b>		<b>120,00</b>	<b>70,85</b>	<b>0,25</b>	<b>16,17</b>	<b>13,82</b>	<b>1,07</b>
Smoothies	Fruity Fresh	Framboos	20,00	9,60	0,10	1,50	1,04	0,24
Smoothies	Fruity Fresh	Blauwe bes	20,00	15,00	0,04	2,90	2,80	0,12
Smoothies	Fruity Fresh	Mango	35,00	21,35	0,11	4,48	4,27	0,39
Smoothies	Fruity Fresh	Biosap Appel	50,00	21,00	0,00	5,50	5,00	0,00
	<b>Total</b>		<b>125,00</b>	<b>66,95</b>	<b>0,25</b>	<b>14,38</b>	<b>13,11</b>	<b>0,75</b>
Smoothies	Boogie Banana	Mango	35,00	21,35	0,11	4,48	4,27	0,39
Smoothies	Boogie Banana	Banaan	60,00	51,60	0,12	11,28	10,92	0,72
Smoothies	Boogie Banana	Mangosiroop	20,00	69,20	0,00	17,12	17,10	0,10
Smoothies	Boogie Banana	Kokosmelk	50,00	16,50	0,70	1,65	1,65	0,75
	<b>Total</b>		<b>165,00</b>	<b>158,65</b>	<b>0,93</b>	<b>34,53</b>	<b>33,94</b>	<b>1,96</b>
Drinks	Verse Jus	Verse Jus	N.v.t.	47	0,2	10,5	10,5	47
Drinks	Biosap	Biosap Appel	N.v.t.	42	0	11	10	0
Drinks	Biosap	Biosap Appel/Peer	N.v.t.	42	0	11	10	0
Drinks	Biosap	Biosap App/Vlierb	N.v.t.	44	0	10	10	0
Drinks	Water	Sparkling	N.v.t.	0	0	0	0	0
Drinks	Water	Still	N.v.t.	0	0	0	0	0
Drinks	Frisdrank	Ginger Beer	N.v.t.	166	0	9	7,8	0
Drinks	Frisdrank	Rose Lemonade	N.v.t.	176	0	9,2	7,5	0
Drinks	Frisdrank	Victorian Lemonade	N.v.t.	168	0	8,6	7,9	0

Hoofdcategorie	Subcategorie	Product	Gram	Kcal	Vet	Koolh	Suiker	Eiwit
Toppings	Vers	Brownie	100,00	430	30,8	31,9	24,7	5,8
Toppings	Vers	Banaan	100,00	86	0,2	18,8	18,2	1,2
Toppings	Vers	Framboos	100,00	48	0,5	7,5	5,2	1,2
Toppings	Vers	Blauwe bes	100,00	75	0,2	14,5	14	0,6
Toppings	Vers	Mango	100,00	61	0,3	12,8	12,2	1,1
Toppings	Vers	Kiwi	100,00	48	0,2	10,3	7,5	1
Toppings	Vers	Verse vijg	100,00	64	0,2	13	13	1,4
Toppings	Vers	Aardbei	100,00	36	0,4	6,5	5,4	0,8
Toppings	Vers	Appel	100,00	55	0	12	11,8	0,4
Toppings	Vers	Perzik	100,00	62	0	15	13	1
Toppings	Vers	Spinazie	100,00	15	0,3	0,6	0,4	2,5
Toppings	Vers	Komkommer	100,00	14	0,2	2,2	1,8	0,6
Toppings	Vers	Verse munt	100,00	70	0,9	14,9	0	3,8
Toppings	Vers	Mandarijn	100,00	43	0,05	9	9	0,8
Toppings	Vers	Gestoofde peert	100,00	74	0	17	17	1
Toppings	Vers	Avocado	100,00	175	18,1	1,5	1,4	2,6
Toppings	Vers	Granaatappelpit	100,00	91	1	17	12	1
Toppings	Vers	Avocado pulp	100,00	149	14	7	2	1
Toppings	Gedroogd	Walnoot	100,00	715	69	3	2	18
Toppings	Gedroogd	Pecannoot	100,00	728	72	5	4	11
Toppings	Gedroogd	Pistachenoot	100,00	596	49	8	7	26
Toppings	Gedroogd	Amandel	100,00	610	52	6	4	26
Toppings	Gedroogd	Hazelnoot	100,00	673	62	8	5	15
Toppings	Gedroogd	Granola	100,00	360	20	55	35	10
Toppings	Gedroogd	Dadel	100,00	287	0	62	50	2
Toppings	Gedroogd	Kokos	100,00	693	68	8	8	7
Toppings	Gedroogd	Chiizaad	100,00	439	31	6	0	16
Toppings	Gedroogd	Lijnzaad	100,00	534	42	2	2	18
Toppings	Gedroogd	Stroopwafel	100,00	495	22,3	66,3	23	6,9
Toppings	Gedroogd	Speculoos	100,00	484	19	72,6	4,9	38,1
Toppings	Gedroogd	YB's jam	100,00	216	0,1	54	51,5	0,3
Toppings	Gedroogd	Pure choc	100,00	525	32	49	46	6,4
Toppings	Gedroogd	Melk choc	100,00	549	34	52	50,4	7,3
Toppings	Gedroogd	Witte choc	100,00	566	36	52	51,8	8,6
Toppings	Gedroogd	Tony's Salty Choc	100,00	536	32	53,2	52,1	7
Toppings	Gedroogd	Kaneelsuiker	100,00	396	0,1	98,7	96,9	0,1
Toppings	Gedroogd	Lange vinger	100,00	400	3	85	54	7
Toppings	Gedroogd	Bastogne	100,00	487	20	71	40	4,7
Toppings	Gedroogd	Appelcompote	100,00	110	0,08	26	23	0,2
Toppings	Gedroogd	Gedroogde tomaat	100,00	200	13	15	6,3	4,2
Toppings	Gedroogd	Lemon Curd	100,00	341	6,2	70	67,1	1,5
Toppings	Gedroogd	Oreo	100,00	474	19	68	38	5,4
Toppings	Gedroogd	Meringue	100,00	341	0	81	80	3
Toppings	Gedroogd	Cookie Dough	100,00	387	9,3	67	37	7
Toppings	Gedroogd	Kruidnoot	100,00	448	11,3	77,9	31	5,3
Toppings	Gedroogd	Cacaopoeder	100,00	391	21	12,6	0,4	22,2
Toppings	Gedroogd	Kaneel	100,00	472	3	80	2	4
Siropen	Siropen	Honing	100,00	326	0	81	75	0,4
Siropen	Siropen	Agavesiroop	100,00	308	0	77	71	0
Siropen	Siropen	Frambozensiroop	100,00	354	0	87	87	0,7
Siropen	Siropen	Mangosiroop	100,00	346	0	85,6	85,5	0,5
Siropen	Siropen	Pesto	100,00	586	57	3,4	1,5	8,5
Siropen	Siropen	Aardbeisiroop	100,00	338	0	83,2	82,4	0,7
Siropen	Siropen	Caramelsiroop	100,00	371	4,7	79,3	72,8	3,4
Siropen	Siropen	Chocosiroop	100,00	268	1,1	62,3	50,4	2,2
Siropen	Siropen	Pindakaas	100,00	600	48	12	5,5	26
Siropen	Siropen	Speculoosiroop	100,00	673	56	40	22	3
Siropen	Siropen	Boiron Aardbei	100,00	76	1	18	15	0
Siropen	Siropen	Boiron Framboos	100,00	84	0	19	15	1
Siropen	Siropen	Boiron Mango	100,00	83	0	18	14	1

## Food

Hoofdcategorie	Subcategorie	Product	Gram	Kcal	Vet	Koolh	Suiker	Eiwit
Food	Brood	Oerbrood	100,00	234	6	49	24,7	4,6
Food	Brood	Croissant	100,00	341	17	38	6	7
Food	Cake	Bananenbrood	100,00	273,7	10,2	43,5	5,4	7,5
Food	Cake	Kokosbrood	100,00	698,58	43,29	52,39	21,63	15,3
Food	Cake	Blueberry Cake	100,00	417,82	5,45	79,86	37,74	11,65
Food	Gebak	Carrot Cake	100,00	444	30,3	36,7	22,5	6,4
Food	Gebak	Appeltaart	100,00	365	18	46,5	28,6	4,2
Food	Gebak	Caramel Shortbread	100,00	465	23,7	59,7	42	3,4
Food	Gebak	Red Velvet	100,00	409	22,3	46,9	27,2	5,3
Food	Gebak	Cookie cheesecake	100,00	271,38	18,85	21,6	19,46	4,55
Food	Gebak	Pumkin cheesecake	100,00	236	15	22	18	4
Food	Gebak	Macaron	100,00	456	24	50	42	10
Food	Gebak	Coco Sharp Sharp	100,00	418	32,8	23		2,2
Food	Gebak	Berry Sharp Sharp	100,00	330	21,2	30,7	17,8	3,7
Food	Gebak	Brownie	100,00	430	30,8	31,9	24,7	5,8
Food	Overig	Yoghurt dip rood	100,00	119	0,3	14,1	10,1	12,9
Food	Overig	Yoghurt dip groen	100,00	141	0,7	15,8	4	14,9
Food	Overig	Breekbroodje	100,00	270	2	46	3	15
Food	Overig	Breekbroodje olijf	100,00	345	7	54	3	16