



VOEDINGSWAARDEN ZOMERMENU 2022

♡ CLIMATE POSITIVE

♻️ FEEL GOOD FOOD

Small Yoghurt Specials met yoghurt

HOOFDCATEGORIE	SPECIAL	YOGHURTSOORT	SIZE	KCAL	VET	KOOLH	SUIKER	EIWIT
Yoghurt Special	Merry Berry	Haver yoghurt	Small	340,75	17,67	37,30	25,39	6,31
Yoghurt Special	Merry Berry	Boeren yoghurt	Small	193,75	5,42	26,80	25,22	7,54
Yoghurt Special	Merry Berry	Barn yoghurt	Small	197,25	0,17	26,80	25,22	19,79
Yoghurt Special	Merry Berry	Frozen yoghurt	Small	283,50	5,57	53,40	35,47	1,89
Yoghurt Special	Merry Berry	Soja yoghurt	Small	176,25	4,19	23,48	21,89	7,54
Yoghurt Special	Merry Berry	Kokos yoghurt	Small	418,15	32,54	27,57	21,55	2,57
Yoghurt Special	Merry Berry	Oats	Small	340,80	7,37	55,80	35,68	9,36
Yoghurt Special	Merry Berry	Chia pudding	Small	456,90	15,65	59,22	52,24	9,72
Yoghurt Special	Brownie Mango	Haver yoghurt	Small	464,50	31,51	34,24	20,01	9,00
Yoghurt Special	Brownie Mango	Boeren yoghurt	Small	317,50	19,26	23,74	19,83	10,23
Yoghurt Special	Brownie Mango	Barn yoghurt	Small	321,00	14,01	23,74	19,83	22,48
Yoghurt Special	Brownie Mango	Frozen yoghurt	Small	407,25	19,41	50,34	30,08	4,58
Yoghurt Special	Brownie Mango	Soja yoghurt	Small	300,00	18,03	20,42	16,51	10,23
Yoghurt Special	Brownie Mango	Kokos yoghurt	Small	541,90	46,38	24,51	16,16	5,26
Yoghurt Special	Brownie Mango	Oats	Small	464,55	21,21	52,74	30,29	12,05
Yoghurt Special	Brownie Mango	Chia pudding	Small	580,65	29,49	56,16	46,85	12,41
Yoghurt Special	Energy Explosion	Haver yoghurt	Small	418,55	25,39	33,40	22,03	10,26
Yoghurt Special	Energy Explosion	Boeren yoghurt	Small	271,55	13,14	22,90	21,85	11,48
Yoghurt Special	Energy Explosion	Barn yoghurt	Small	275,05	7,89	22,90	21,85	23,73
Yoghurt Special	Energy Explosion	Frozen yoghurt	Small	361,30	13,29	49,50	32,10	5,83
Yoghurt Special	Energy Explosion	Soja yoghurt	Small	254,05	11,92	19,58	18,53	11,48
Yoghurt Special	Energy Explosion	Kokos yoghurt	Small	495,95	40,27	23,67	18,18	6,52
Yoghurt Special	Energy Explosion	Oats	Small	418,60	15,09	51,90	32,31	13,30
Yoghurt Special	Energy Explosion	Chia pudding	Small	534,70	23,37	55,32	48,87	13,66
Yoghurt Special	Crazy Cookie	Haver yoghurt	Small	484,15	22,35	62,28	33,04	15,72
Yoghurt Special	Crazy Cookie	Boeren yoghurt	Small	337,15	10,10	51,78	32,86	16,94
Yoghurt Special	Crazy Cookie	Barn yoghurt	Small	340,65	4,85	51,78	32,86	29,19
Yoghurt Special	Crazy Cookie	Frozen yoghurt	Small	426,90	10,25	78,38	43,11	11,29
Yoghurt Special	Crazy Cookie	Soja yoghurt	Small	319,65	8,87	48,45	29,54	16,94
Yoghurt Special	Crazy Cookie	Kokos yoghurt	Small	561,55	37,22	52,55	29,19	11,98
Yoghurt Special	Crazy Cookie	Oats	Small	484,20	12,05	80,78	43,32	18,76
Yoghurt Special	Crazy Cookie	Chia pudding	Small	600,30	20,33	84,20	59,88	19,12
Yoghurt Special	Choco Caramba	Haver yoghurt	Small	701,10	49,45	47,40	34,68	12,45
Yoghurt Special	Choco Caramba	Boeren yoghurt	Small	554,10	37,20	36,90	34,50	13,67
Yoghurt Special	Choco Caramba	Barn yoghurt	Small	557,60	31,95	36,90	34,50	25,92
Yoghurt Special	Choco Caramba	Frozen yoghurt	Small	643,85	37,35	63,50	44,75	8,02
Yoghurt Special	Choco Caramba	Soja yoghurt	Small	536,60	35,98	33,58	31,18	13,67
Yoghurt Special	Choco Caramba	Kokos yoghurt	Small	778,50	64,33	37,67	30,83	8,71
Yoghurt Special	Choco Caramba	Oats	Small	701,15	39,15	65,90	44,96	15,49
Yoghurt Special	Choco Caramba	Chia pudding	Small	817,25	47,43	69,32	61,52	15,85
Yoghurt Special	Appeltaartje	Haver yoghurt	Small	482,95	23,53	59,41	40,26	6,95
Yoghurt Special	Appeltaartje	Boeren yoghurt	Small	335,95	11,28	48,91	40,09	8,17
Yoghurt Special	Appeltaartje	Barn yoghurt	Small	339,45	6,03	48,91	40,09	20,42
Yoghurt Special	Appeltaartje	Frozen yoghurt	Small	425,70	11,43	75,51	50,34	2,52
Yoghurt Special	Appeltaartje	Soja yoghurt	Small	318,45	10,05	45,58	36,76	8,17
Yoghurt Special	Appeltaartje	Kokos yoghurt	Small	560,35	38,40	49,68	36,42	3,21
Yoghurt Special	Appeltaartje	Oats	Small	483,00	13,23	77,91	50,55	9,99
Yoghurt Special	Appeltaartje	Chia pudding	Small	599,10	21,51	81,33	67,11	10,35
Yoghurt Special	Cookie Doughlicious	Haver yoghurt	Small	459,2	28,525	39	23,855	9,215
Yoghurt Special	Cookie Doughlicious	Boeren yoghurt	Small	312,2	16,275	28,5	23,68	10,44
Yoghurt Special	Cookie Doughlicious	Barn yoghurt	Small	315,7	11,025	28,5	23,68	22,69
Yoghurt Special	Cookie Doughlicious	Frozen yoghurt	Small	401,95	16,425	55,1	33,93	4,79
Yoghurt Special	Cookie Doughlicious	Soja yoghurt	Small	294,7	15,05	25,175	20,355	10,44
Yoghurt Special	Cookie Doughlicious	Kokos yoghurt	Small	536,6	43,4	29,27	20,01	5,475
Yoghurt Special	Cookie Doughlicious	Oats	Small	459,25	18,225	57,5	34,14	12,26
Yoghurt Special	Cookie Doughlicious	Chia pudding	Small	575,35	26,505	60,92	50,7	12,62

Small Yoghurt Specials met yoghurt

HOOFDCATEGORIE	SPECIAL	YOGHURTSOORT	SIZE	KCAL	VET	KOOLH	SUIKER	EIWIT
Yoghurt Special	Oreo Special	Haver yoghurt	Small	477,95	29,26	43,03	23,555	8,285
Yoghurt Special	Oreo Special	Boeren yoghurt	Small	330,95	17,01	32,53	23,38	9,51
Yoghurt Special	Oreo Special	Barn yoghurt	Small	334,45	11,76	32,53	23,38	21,76
Yoghurt Special	Oreo Special	Frozen yoghurt	Small	420,7	17,16	59,13	33,63	3,86
Yoghurt Special	Oreo Special	Soja yoghurt	Small	313,45	15,785	29,205	20,055	9,51
Yoghurt Special	Oreo Special	Kokos yoghurt	Small	555,35	44,135	33,3	19,71	4,545
Yoghurt Special	Oreo Special	Oats	Small	478	18,96	61,53	33,84	11,33
Yoghurt Special	Oreo Special	Chia pudding	Small	594,1	27,24	64,95	50,4	11,69
Yoghurt Special	Tony's Special	Haver yoghurt	Small	584,05	33,3	59,56	38,795	9,2
Yoghurt Special	Tony's Special	Boeren yoghurt	Small	437,05	21,05	49,06	38,62	10,425
Yoghurt Special	Tony's Special	Barn yoghurt	Small	440,55	15,8	49,06	38,62	22,675
Yoghurt Special	Tony's Special	Frozen yoghurt	Small	526,8	21,2	75,66	48,87	4,775
Yoghurt Special	Tony's Special	Soja yoghurt	Small	419,55	19,825	45,735	35,295	10,425
Yoghurt Special	Tony's Special	Kokos yoghurt	Small	661,45	48,175	49,83	34,95	5,46
Yoghurt Special	Tony's Special	Oats	Small	584,1	23	78,06	49,08	12,245
Yoghurt Special	Tony's Special	Chia pudding	Small	700,2	31,28	81,48	65,64	12,605
Yoghurt Special	Sint Special	Haver yoghurt	Small	627,7	34,195	66,85	43,675	10,695
Yoghurt Special	Sint Special	Boeren yoghurt	Small	480,7	21,945	56,35	43,5	11,92
Yoghurt Special	Sint Special	Barn yoghurt	Small	484,2	16,695	56,35	43,5	24,17
Yoghurt Special	Sint Special	Frozen yoghurt	Small	570,45	22,095	82,95	53,75	6,27
Yoghurt Special	Sint Special	Soja yoghurt	Small	463,2	20,72	53,025	40,175	11,92
Yoghurt Special	Sint Special	Kokos yoghurt	Small	705,1	49,07	57,12	39,83	6,955
Yoghurt Special	Sint Special	Oats	Small	627,75	23,895	85,35	53,96	13,74
Yoghurt Special	Sint Special	Chia pudding	Small	743,85	32,175	88,77	70,52	14,1
Yoghurt Special	Tiramisu Special	Haver yoghurt	Small	549,49	31,87	53,95	25,80	17,54
Yoghurt Special	Tiramisu Special	Boeren yoghurt	Small	402,49	19,62	43,45	25,63	18,77
Yoghurt Special	Tiramisu Special	Barn yoghurt	Small	405,99	14,37	43,45	25,63	31,02
Yoghurt Special	Tiramisu Special	Frozen yoghurt	Small	492,24	19,77	70,05	35,88	13,12
Yoghurt Special	Tiramisu Special	Soja yoghurt	Small	384,99	18,40	40,13	22,30	18,77
Yoghurt Special	Tiramisu Special	Kokos yoghurt	Small	626,89	46,75	44,22	21,96	13,80
Yoghurt Special	Tiramisu Special	Oats	Small	549,54	21,57	72,45	36,09	20,59
Yoghurt Special	Tiramisu Special	Chia pudding	Small	665,64	29,85	75,87	52,65	20,95
Yoghurt Special	Going Nuts	Haver yoghurt	Small	623,60	46,60	34,31	19,74	14,12
Yoghurt Special	Going Nuts	Boeren yoghurt	Small	476,60	34,35	23,81	19,56	15,34
Yoghurt Special	Going Nuts	Barn yoghurt	Small	480,10	29,10	23,81	19,56	27,59
Yoghurt Special	Going Nuts	Frozen yoghurt	Small	566,35	34,50	50,41	29,81	9,69
Yoghurt Special	Going Nuts	Soja yoghurt	Small	459,10	33,13	20,49	16,24	15,34
Yoghurt Special	Going Nuts	Kokos yoghurt	Small	701,00	61,48	24,58	15,89	10,38
Yoghurt Special	Going Nuts	Oats	Small	623,65	36,30	52,81	30,02	17,16
Yoghurt Special	Going Nuts	Chia pudding	Small	739,75	44,58	56,23	46,58	17,52
Yoghurt Special	Brownie Mountain	Haver yoghurt	Small	560,5	31,71	57,7	39,175	8,565
Yoghurt Special	Brownie Mountain	Boeren yoghurt	Small	413,5	19,46	47,2	39	9,79
Yoghurt Special	Brownie Mountain	Barn yoghurt	Small	417	14,21	47,2	39	22,04
Yoghurt Special	Brownie Mountain	Frozen yoghurt	Small	503,25	19,61	73,8	49,25	4,14
Yoghurt Special	Brownie Mountain	Soja yoghurt	Small	396	18,235	43,875	35,675	9,79
Yoghurt Special	Brownie Mountain	Kokos yoghurt	Small	637,9	46,585	47,97	35,33	4,825
Yoghurt Special	Brownie Mountain	Oats	Small	560,55	21,41	76,2	49,46	11,61
Yoghurt Special	Brownie Mountain	Chia pudding	Small	676,65	29,69	79,62	66,02	11,97
Yoghurt Special	Chocoholic	Haver yoghurt	Small	567,35	32,08	57,38	37,135	9,505
Yoghurt Special	Chocoholic	Boeren yoghurt	Small	420,35	19,83	46,88	36,96	10,73
Yoghurt Special	Chocoholic	Barn yoghurt	Small	423,85	14,58	46,88	36,96	22,98
Yoghurt Special	Chocoholic	Frozen yoghurt	Small	510,1	19,98	73,48	47,21	5,08
Yoghurt Special	Chocoholic	Soja yoghurt	Small	402,85	18,605	43,555	33,635	10,73
Yoghurt Special	Chocoholic	Kokos yoghurt	Small	644,75	46,955	47,65	33,29	5,765
Yoghurt Special	Chocoholic	Oats	Small	567,4	21,78	75,88	47,42	12,55
Yoghurt Special	Chocoholic	Chia pudding	Small	683,5	30,06	79,3	63,98	12,91

Dit zijn de berekeningen van een SMALL Special

Small Yoghurt Specials met yoghurt

HOOFDCATEGORIE	SPECIAL	YOGHURTSOORT	SIZE	KCAL	VET	KOOLH	SUIKER	EIWIT
Yoghurt Special	Strawberry Crunch	Haver yoghurt	Small	569,75	35,44	56,43	38,36	12,14
Yoghurt Special	Strawberry Crunch	Boeren yoghurt	Small	422,75	23,19	45,93	38,18	13,36
Yoghurt Special	Strawberry Crunch	Barn yoghurt	Small	426,25	17,94	45,93	38,18	25,61
Yoghurt Special	Strawberry Crunch	Frozen yoghurt	Small	512,50	23,34	72,53	48,43	7,71
Yoghurt Special	Strawberry Crunch	Soja yoghurt	Small	405,25	21,97	42,60	34,86	13,36
Yoghurt Special	Strawberry Crunch	Kokos yoghurt	Small	647,15	50,32	46,70	34,51	8,40
Yoghurt Special	Strawberry Crunch	Oats	Small	569,80	25,14	74,93	48,64	15,18
Yoghurt Special	Strawberry Crunch	Chia pudding	Small	685,90	33,42	78,35	65,20	15,54
Yoghurt Special	Lemon Meringue	Haver yoghurt	Small	511,15	23,80	65,30	37,18	16,13
Yoghurt Special	Lemon Meringue	Boeren yoghurt	Small	364,15	11,55	54,80	37,00	17,35
Yoghurt Special	Lemon Meringue	Barn yoghurt	Small	367,65	6,30	54,80	37,00	29,60
Yoghurt Special	Lemon Meringue	Frozen yoghurt	Small	453,90	11,70	81,40	47,25	11,70
Yoghurt Special	Lemon Meringue	Soja yoghurt	Small	346,65	10,33	51,48	33,68	17,35
Yoghurt Special	Lemon Meringue	Kokos yoghurt	Small	588,55	38,68	55,57	33,33	12,39
Yoghurt Special	Lemon Meringue	Oats	Small	511,20	13,50	83,80	47,46	19,17
Yoghurt Special	Lemon Meringue	Chia pudding	Small	627,30	21,78	87,22	64,02	19,53
Yoghurt Special	Made in Heaven	Haver yoghurt	Small	621,25	31,87	72,47	52,43	9,24
Yoghurt Special	Made in Heaven	Boeren yoghurt	Small	474,25	19,62	61,97	52,26	10,47
Yoghurt Special	Made in Heaven	Barn yoghurt	Small	477,75	14,37	61,97	52,26	22,72
Yoghurt Special	Made in Heaven	Frozen yoghurt	Small	564,00	19,77	88,57	62,51	4,82
Yoghurt Special	Made in Heaven	Soja yoghurt	Small	456,75	18,39	58,64	48,93	10,47
Yoghurt Special	Made in Heaven	Kokos yoghurt	Small	698,65	46,74	62,74	48,59	5,50
Yoghurt Special	Made in Heaven	Oats	Small	621,30	21,57	90,97	62,72	12,29
Yoghurt Special	Made in Heaven	Chia pudding	Small	737,40	29,85	94,39	79,28	12,65
Yoghurt Special	Apple Berry Bandit	Haver yoghurt	Small	450,75	33,04	25,40	14,18	9,75
Yoghurt Special	Apple Berry Bandit	Boeren yoghurt	Small	303,75	20,79	14,90	14,00	10,97
Yoghurt Special	Apple Berry Bandit	Barn yoghurt	Small	307,25	15,54	14,90	14,00	23,22
Yoghurt Special	Apple Berry Bandit	Frozen yoghurt	Small	393,50	20,94	41,50	24,25	5,32
Yoghurt Special	Apple Berry Bandit	Soja yoghurt	Small	286,25	19,57	11,58	10,68	10,97
Yoghurt Special	Apple Berry Bandit	Kokos yoghurt	Small	528,15	47,92	15,67	10,33	6,01
Yoghurt Special	Apple Berry Bandit	Oats	Small	450,80	22,74	43,90	24,46	12,79
Yoghurt Special	Apple Berry Bandit	Chia pudding	Small	566,90	31,02	47,32	41,02	13,15
Yoghurt Special	Choco Berry Crunch	Haver yoghurt	Small	552,25	34,14	54,35	36,03	11,32
Yoghurt Special	Choco Berry Crunch	Boeren yoghurt	Small	405,25	21,89	43,85	35,85	12,54
Yoghurt Special	Choco Berry Crunch	Barn yoghurt	Small	408,75	16,64	43,85	35,85	24,79
Yoghurt Special	Choco Berry Crunch	Frozen yoghurt	Small	495,00	22,04	70,45	46,10	6,89
Yoghurt Special	Choco Berry Crunch	Soja yoghurt	Small	387,75	20,67	40,53	32,53	12,54
Yoghurt Special	Choco Berry Crunch	Kokos yoghurt	Small	629,65	49,02	44,62	32,18	7,58
Yoghurt Special	Choco Berry Crunch	Oats	Small	552,30	23,84	72,85	46,31	14,36
Yoghurt Special	Choco Berry Crunch	Chia pudding	Small	668,40	32,12	76,27	62,87	14,72
Yoghurt Special	Sexy Strawberry	Haver yoghurt	Small	570,95	40,18	35,00	23,06	14,36
Yoghurt Special	Sexy Strawberry	Boeren yoghurt	Small	423,95	27,93	24,50	22,88	15,58
Yoghurt Special	Sexy Strawberry	Barn yoghurt	Small	427,45	22,68	24,50	22,88	27,83
Yoghurt Special	Sexy Strawberry	Frozen yoghurt	Small	513,70	28,08	51,10	33,13	9,93
Yoghurt Special	Sexy Strawberry	Soja yoghurt	Small	406,45	26,71	21,18	19,56	15,58
Yoghurt Special	Sexy Strawberry	Kokos yoghurt	Small	648,35	55,06	25,27	19,21	10,62
Yoghurt Special	Sexy Strawberry	Oats	Small	571,00	29,88	53,50	33,34	17,40
Yoghurt Special	Sexy Strawberry	Chia pudding	Small	687,10	38,16	56,92	49,90	17,76
Yoghurt Special	Monkey Business	Haver yoghurt	Small	492,75	31,95	38,10	26,08	10,60
Yoghurt Special	Monkey Business	Boeren yoghurt	Small	345,75	19,70	27,60	25,90	11,82
Yoghurt Special	Monkey Business	Barn yoghurt	Small	349,25	14,45	27,60	25,90	24,07
Yoghurt Special	Monkey Business	Frozen yoghurt	Small	435,50	19,85	54,20	36,15	6,17
Yoghurt Special	Monkey Business	Soja yoghurt	Small	328,25	18,48	24,28	22,58	11,82
Yoghurt Special	Monkey Business	Kokos yoghurt	Small	570,15	46,83	28,37	22,23	6,86
Yoghurt Special	Monkey Business	Oats	Small	492,80	21,65	56,60	36,36	13,64
Yoghurt Special	Monkey Business	Chia pudding	Small	608,90	29,93	60,02	52,92	14,00

Medium Yoghurt Specials met yoghurt

HOOFDCATEGORIE	SPECIAL	YOGHURTSOORT	SIZE	KCAL	VET	KOOLH	SUIKER	EIWIT
Yoghurt Special	Merry Berry	Haver yoghurt	Medium	449,50	25,17	44,80	28,47	8,79
Yoghurt Special	Merry Berry	Boeren yoghurt	Medium	239,50	7,67	29,80	28,22	10,54
Yoghurt Special	Merry Berry	Barn yoghurt	Medium	244,50	0,17	29,80	28,22	28,04
Yoghurt Special	Merry Berry	Frozen yoghurt	Medium	349,00	7,37	64,60	41,22	2,34
Yoghurt Special	Merry Berry	Soja yoghurt	Medium	214,50	5,92	25,05	23,47	10,54
Yoghurt Special	Merry Berry	Kokos yoghurt	Medium	579,25	48,29	31,35	23,17	3,56
Yoghurt Special	Merry Berry	Oats	Medium	439,50	10,17	69,80	42,47	12,79
Yoghurt Special	Merry Berry	Chia pudding	Medium	600,75	21,67	74,55	65,47	13,29
Yoghurt Special	Brownie Mango	Haver yoghurt	Medium	573,25	39,01	41,74	23,08	11,48
Yoghurt Special	Brownie Mango	Boeren yoghurt	Medium	363,25	21,51	26,74	22,83	13,23
Yoghurt Special	Brownie Mango	Barn yoghurt	Medium	368,25	14,01	26,74	22,83	30,73
Yoghurt Special	Brownie Mango	Frozen yoghurt	Medium	472,75	21,21	61,54	35,83	5,03
Yoghurt Special	Brownie Mango	Soja yoghurt	Medium	338,25	19,76	21,99	18,08	13,23
Yoghurt Special	Brownie Mango	Kokos yoghurt	Medium	703,00	62,13	28,29	17,78	6,25
Yoghurt Special	Brownie Mango	Oats	Medium	563,25	24,01	66,74	37,08	15,48
Yoghurt Special	Brownie Mango	Chia pudding	Medium	724,50	35,51	71,49	60,08	15,98
Yoghurt Special	Energy Explosion	Haver yoghurt	Medium	527,30	32,89	40,90	25,10	12,73
Yoghurt Special	Energy Explosion	Boeren yoghurt	Medium	317,30	15,39	25,90	24,85	14,48
Yoghurt Special	Energy Explosion	Barn yoghurt	Medium	322,30	7,89	25,90	24,85	31,98
Yoghurt Special	Energy Explosion	Frozen yoghurt	Medium	426,80	15,09	60,70	37,85	6,28
Yoghurt Special	Energy Explosion	Soja yoghurt	Medium	292,30	13,64	21,15	20,10	14,48
Yoghurt Special	Energy Explosion	Kokos yoghurt	Medium	657,05	56,02	27,45	19,80	7,51
Yoghurt Special	Energy Explosion	Oats	Medium	517,30	17,89	65,90	39,10	16,73
Yoghurt Special	Energy Explosion	Chia pudding	Medium	678,55	29,39	70,65	62,10	17,23
Yoghurt Special	Crazy Cookie	Haver yoghurt	Medium	592,90	29,85	69,78	36,11	18,19
Yoghurt Special	Crazy Cookie	Boeren yoghurt	Medium	382,90	12,35	54,78	35,86	19,94
Yoghurt Special	Crazy Cookie	Barn yoghurt	Medium	387,90	4,85	54,78	35,86	37,44
Yoghurt Special	Crazy Cookie	Frozen yoghurt	Medium	492,40	12,05	89,58	48,86	11,74
Yoghurt Special	Crazy Cookie	Soja yoghurt	Medium	357,90	10,60	50,03	31,11	19,94
Yoghurt Special	Crazy Cookie	Kokos yoghurt	Medium	722,65	52,97	56,33	30,81	12,97
Yoghurt Special	Crazy Cookie	Oats	Medium	582,90	14,85	94,78	50,11	22,19
Yoghurt Special	Crazy Cookie	Chia pudding	Medium	744,15	26,35	99,53	73,11	22,69
Yoghurt Special	Choco Caramba	Haver yoghurt	Medium	809,85	56,95	54,90	37,75	14,92
Yoghurt Special	Choco Caramba	Boeren yoghurt	Medium	599,85	39,45	39,90	37,50	16,67
Yoghurt Special	Choco Caramba	Barn yoghurt	Medium	604,85	31,95	39,90	37,50	34,17
Yoghurt Special	Choco Caramba	Frozen yoghurt	Medium	709,35	39,15	74,70	50,50	8,47
Yoghurt Special	Choco Caramba	Soja yoghurt	Medium	574,85	37,70	35,15	32,75	16,67
Yoghurt Special	Choco Caramba	Kokos yoghurt	Medium	939,60	80,08	41,45	32,45	9,70
Yoghurt Special	Choco Caramba	Oats	Medium	799,85	41,95	79,90	51,75	18,92
Yoghurt Special	Choco Caramba	Chia pudding	Medium	961,10	53,45	84,65	74,75	19,42
Yoghurt Special	Appeltaartje	Haver yoghurt	Medium	591,70	31,03	66,91	43,34	9,42
Yoghurt Special	Appeltaartje	Boeren yoghurt	Medium	381,70	13,53	51,91	43,09	11,17
Yoghurt Special	Appeltaartje	Barn yoghurt	Medium	386,70	6,03	51,91	43,09	28,67
Yoghurt Special	Appeltaartje	Frozen yoghurt	Medium	491,20	13,23	86,71	56,09	2,97
Yoghurt Special	Appeltaartje	Soja yoghurt	Medium	356,70	11,78	47,16	38,34	11,17
Yoghurt Special	Appeltaartje	Kokos yoghurt	Medium	721,45	54,15	53,46	38,04	4,20
Yoghurt Special	Appeltaartje	Oats	Medium	581,70	16,03	91,91	57,34	13,42
Yoghurt Special	Appeltaartje	Chia pudding	Medium	742,95	27,53	96,66	80,34	13,92
Yoghurt Special	Cookie Doughlicious	Haver yoghurt	Medium	567,95	36,025	46,5	26,93	11,69
Yoghurt Special	Cookie Doughlicious	Boeren yoghurt	Medium	357,95	18,525	31,5	26,68	13,44
Yoghurt Special	Cookie Doughlicious	Barn yoghurt	Medium	362,95	11,025	31,5	26,68	30,94
Yoghurt Special	Cookie Doughlicious	Frozen yoghurt	Medium	467,45	18,225	66,3	39,68	5,24
Yoghurt Special	Cookie Doughlicious	Soja yoghurt	Medium	332,95	16,775	26,75	21,93	13,44
Yoghurt Special	Cookie Doughlicious	Kokos yoghurt	Medium	697,7	59,15	33,05	21,63	6,465
Yoghurt Special	Cookie Doughlicious	Oats	Medium	557,95	21,025	71,5	40,93	15,69
Yoghurt Special	Cookie Doughlicious	Chia pudding	Medium	719,2	32,525	76,25	63,93	16,19

Dit zijn de berekeningen van een MEDIUM Special

Medium Yoghurt Specials met yoghurt

HOOFDCATEGORIE	SPECIAL	YOGHURTSOORT	SIZE	KCAL	VET	KOOLH	SUIKER	EIWIT
Yoghurt Special	Oreo Special	Haver yoghurt	Medium	586,7	36,76	50,53	26,63	10,76
Yoghurt Special	Oreo Special	Boeren yoghurt	Medium	376,7	19,26	35,53	26,38	12,51
Yoghurt Special	Oreo Special	Barn yoghurt	Medium	381,7	11,76	35,53	26,38	30,01
Yoghurt Special	Oreo Special	Frozen yoghurt	Medium	486,2	18,96	70,33	39,38	4,31
Yoghurt Special	Oreo Special	Soja yoghurt	Medium	351,7	17,51	30,78	21,63	12,51
Yoghurt Special	Oreo Special	Kokos yoghurt	Medium	716,45	59,885	37,08	21,33	5,535
Yoghurt Special	Oreo Special	Oats	Medium	576,7	21,76	75,53	40,63	14,76
Yoghurt Special	Oreo Special	Chia pudding	Medium	737,95	33,26	80,28	63,63	15,26
Yoghurt Special	Tony's Special	Haver yoghurt	Medium	692,8	40,8	67,06	41,87	11,675
Yoghurt Special	Tony's Special	Boeren yoghurt	Medium	482,8	23,3	52,06	41,62	13,425
Yoghurt Special	Tony's Special	Barn yoghurt	Medium	487,8	15,8	52,06	41,62	30,925
Yoghurt Special	Tony's Special	Frozen yoghurt	Medium	592,3	23	86,86	54,62	5,225
Yoghurt Special	Tony's Special	Soja yoghurt	Medium	457,8	21,55	47,31	36,87	13,425
Yoghurt Special	Tony's Special	Kokos yoghurt	Medium	822,55	63,925	53,61	36,57	6,45
Yoghurt Special	Tony's Special	Oats	Medium	682,8	25,8	92,06	55,87	15,675
Yoghurt Special	Tony's Special	Chia pudding	Medium	844,05	37,3	96,81	78,87	16,175
Yoghurt Special	Sint Special	Haver yoghurt	Medium	736,45	41,695	74,35	46,75	13,17
Yoghurt Special	Sint Special	Boeren yoghurt	Medium	526,45	24,195	59,35	46,5	14,92
Yoghurt Special	Sint Special	Barn yoghurt	Medium	531,45	16,695	59,35	46,5	32,42
Yoghurt Special	Sint Special	Frozen yoghurt	Medium	635,95	23,895	94,15	59,5	6,72
Yoghurt Special	Sint Special	Soja yoghurt	Medium	501,45	22,445	54,6	41,75	14,92
Yoghurt Special	Sint Special	Kokos yoghurt	Medium	866,2	64,82	60,9	41,45	7,945
Yoghurt Special	Sint Special	Oats	Medium	726,45	26,695	99,35	60,75	17,17
Yoghurt Special	Sint Special	Chia pudding	Medium	887,7	38,195	104,1	83,75	17,67
Yoghurt Special	Tiramisu Special	Haver yoghurt	Medium	658,24	39,37	61,45	28,88	20,02
Yoghurt Special	Tiramisu Special	Boeren yoghurt	Medium	448,24	21,87	46,45	28,63	21,77
Yoghurt Special	Tiramisu Special	Barn yoghurt	Medium	453,24	14,37	46,45	28,63	39,27
Yoghurt Special	Tiramisu Special	Frozen yoghurt	Medium	557,74	21,57	81,25	41,63	13,57
Yoghurt Special	Tiramisu Special	Soja yoghurt	Medium	423,24	20,12	41,70	23,88	21,77
Yoghurt Special	Tiramisu Special	Kokos yoghurt	Medium	787,99	62,50	48,00	23,58	14,79
Yoghurt Special	Tiramisu Special	Oats	Medium	648,24	24,37	86,45	42,88	24,02
Yoghurt Special	Tiramisu Special	Chia pudding	Medium	809,49	35,87	91,20	65,88	24,52
Yoghurt Special	Going Nuts	Haver yoghurt	Medium	732,35	54,10	41,81	22,81	16,59
Yoghurt Special	Going Nuts	Boeren yoghurt	Medium	522,35	36,60	26,81	22,56	18,34
Yoghurt Special	Going Nuts	Barn yoghurt	Medium	527,35	29,10	26,81	22,56	35,84
Yoghurt Special	Going Nuts	Frozen yoghurt	Medium	631,85	36,30	61,61	35,56	10,14
Yoghurt Special	Going Nuts	Soja yoghurt	Medium	497,35	34,85	22,06	17,81	18,34
Yoghurt Special	Going Nuts	Kokos yoghurt	Medium	862,10	77,23	28,36	17,51	11,37
Yoghurt Special	Going Nuts	Oats	Medium	722,35	39,10	66,81	36,81	20,59
Yoghurt Special	Going Nuts	Chia pudding	Medium	883,60	50,60	71,56	59,81	21,09
Yoghurt Special	Brownie Mountain	Haver yoghurt	Medium	669,25	39,21	65,2	42,25	11,04
Yoghurt Special	Brownie Mountain	Boeren yoghurt	Medium	459,25	21,71	50,2	42	12,79
Yoghurt Special	Brownie Mountain	Barn yoghurt	Medium	464,25	14,21	50,2	42	30,29
Yoghurt Special	Brownie Mountain	Frozen yoghurt	Medium	568,75	21,41	85	55	4,59
Yoghurt Special	Brownie Mountain	Soja yoghurt	Medium	434,25	19,96	45,45	37,25	12,79
Yoghurt Special	Brownie Mountain	Kokos yoghurt	Medium	799	62,335	51,75	36,95	5,815
Yoghurt Special	Brownie Mountain	Oats	Medium	659,25	24,21	90,2	56,25	15,04
Yoghurt Special	Brownie Mountain	Chia pudding	Medium	820,5	35,71	94,95	79,25	15,54
Yoghurt Special	Chocoholic	Haver yoghurt	Medium	676,1	39,58	64,88	40,21	11,98
Yoghurt Special	Chocoholic	Boeren yoghurt	Medium	466,1	22,08	49,88	39,96	13,73
Yoghurt Special	Chocoholic	Barn yoghurt	Medium	471,1	14,58	49,88	39,96	31,23
Yoghurt Special	Chocoholic	Frozen yoghurt	Medium	575,6	21,78	84,68	52,96	5,53
Yoghurt Special	Chocoholic	Soja yoghurt	Medium	441,1	20,33	45,13	35,21	13,73
Yoghurt Special	Chocoholic	Kokos yoghurt	Medium	805,85	62,705	51,43	34,91	6,755
Yoghurt Special	Chocoholic	Oats	Medium	666,1	24,58	89,88	54,21	15,98
Yoghurt Special	Chocoholic	Chia pudding	Medium	827,35	36,08	94,63	77,21	16,48

Medium Yoghurt Specials met yoghurt

HOOFDCATEGORIE	SPECIAL	YOGHURTSOORT	SIZE	KCAL	VET	KOOLH	SUIKER	EIWIT
Yoghurt Special	Strawberry Crunch	Haver yoghurt	Medium	678,50	42,94	63,93	41,43	14,61
Yoghurt Special	Strawberry Crunch	Boeren yoghurt	Medium	468,50	25,44	48,93	41,18	16,36
Yoghurt Special	Strawberry Crunch	Barn yoghurt	Medium	473,50	17,94	48,93	41,18	33,86
Yoghurt Special	Strawberry Crunch	Frozen yoghurt	Medium	578,00	25,14	83,73	54,18	8,16
Yoghurt Special	Strawberry Crunch	Soja yoghurt	Medium	443,50	23,69	44,18	36,43	16,36
Yoghurt Special	Strawberry Crunch	Kokos yoghurt	Medium	808,25	66,07	50,48	36,13	9,39
Yoghurt Special	Strawberry Crunch	Oats	Medium	668,50	27,94	88,93	55,43	18,61
Yoghurt Special	Strawberry Crunch	Chia pudding	Medium	829,75	39,44	93,68	78,43	19,11
Yoghurt Special	Lemon Meringue	Haver yoghurt	Medium	619,90	31,30	72,80	40,25	18,60
Yoghurt Special	Lemon Meringue	Boeren yoghurt	Medium	409,90	13,80	57,80	40,00	20,35
Yoghurt Special	Lemon Meringue	Barn yoghurt	Medium	414,90	6,30	57,80	40,00	37,85
Yoghurt Special	Lemon Meringue	Frozen yoghurt	Medium	519,40	13,50	92,60	53,00	12,15
Yoghurt Special	Lemon Meringue	Soja yoghurt	Medium	384,90	12,05	53,05	35,25	20,35
Yoghurt Special	Lemon Meringue	Kokos yoghurt	Medium	749,65	54,43	59,35	34,95	13,38
Yoghurt Special	Lemon Meringue	Oats	Medium	609,90	16,30	97,80	54,25	22,60
Yoghurt Special	Lemon Meringue	Chia pudding	Medium	771,15	27,80	102,55	77,25	23,10
Yoghurt Special	Made in Heaven	Haver yoghurt	Medium	730,00	39,37	79,97	55,51	11,72
Yoghurt Special	Made in Heaven	Boeren yoghurt	Medium	520,00	21,87	64,97	55,26	13,47
Yoghurt Special	Made in Heaven	Barn yoghurt	Medium	525,00	14,37	64,97	55,26	30,97
Yoghurt Special	Made in Heaven	Frozen yoghurt	Medium	629,50	21,57	99,77	68,26	5,27
Yoghurt Special	Made in Heaven	Soja yoghurt	Medium	495,00	20,12	60,22	50,51	13,47
Yoghurt Special	Made in Heaven	Kokos yoghurt	Medium	859,75	62,49	66,52	50,21	6,49
Yoghurt Special	Made in Heaven	Oats	Medium	720,00	24,37	104,97	69,51	15,72
Yoghurt Special	Made in Heaven	Chia pudding	Medium	881,25	35,87	109,72	92,51	16,22
Yoghurt Special	Apple Berry Bandit	Haver yoghurt	Medium	559,50	40,54	32,90	17,25	12,22
Yoghurt Special	Apple Berry Bandit	Boeren yoghurt	Medium	349,50	23,04	17,90	17,00	13,97
Yoghurt Special	Apple Berry Bandit	Barn yoghurt	Medium	354,50	15,54	17,90	17,00	31,47
Yoghurt Special	Apple Berry Bandit	Frozen yoghurt	Medium	459,00	22,74	52,70	30,00	5,77
Yoghurt Special	Apple Berry Bandit	Soja yoghurt	Medium	324,50	21,29	13,15	12,25	13,97
Yoghurt Special	Apple Berry Bandit	Kokos yoghurt	Medium	689,25	63,67	19,45	11,95	7,00
Yoghurt Special	Apple Berry Bandit	Oats	Medium	549,50	25,54	57,90	31,25	16,22
Yoghurt Special	Apple Berry Bandit	Chia pudding	Medium	710,75	37,04	62,65	54,25	16,72
Yoghurt Special	Choco Berry Crunch	Haver yoghurt	Medium	661,00	41,64	61,85	39,10	13,79
Yoghurt Special	Choco Berry Crunch	Boeren yoghurt	Medium	451,00	24,14	46,85	38,85	15,54
Yoghurt Special	Choco Berry Crunch	Barn yoghurt	Medium	456,00	16,64	46,85	38,85	33,04
Yoghurt Special	Choco Berry Crunch	Frozen yoghurt	Medium	560,50	23,84	81,65	51,85	7,34
Yoghurt Special	Choco Berry Crunch	Soja yoghurt	Medium	426,00	22,39	42,10	34,10	15,54
Yoghurt Special	Choco Berry Crunch	Kokos yoghurt	Medium	790,75	64,77	48,40	33,80	8,57
Yoghurt Special	Choco Berry Crunch	Oats	Medium	651,00	26,64	86,85	53,10	17,79
Yoghurt Special	Choco Berry Crunch	Chia pudding	Medium	812,25	38,14	91,60	76,10	18,29
Yoghurt Special	Sexy Strawberry	Haver yoghurt	Medium	679,70	47,68	42,50	26,13	16,83
Yoghurt Special	Sexy Strawberry	Boeren yoghurt	Medium	469,70	30,18	27,50	25,88	18,58
Yoghurt Special	Sexy Strawberry	Barn yoghurt	Medium	474,70	22,68	27,50	25,88	36,08
Yoghurt Special	Sexy Strawberry	Frozen yoghurt	Medium	579,20	29,88	62,30	38,88	10,38
Yoghurt Special	Sexy Strawberry	Soja yoghurt	Medium	444,70	28,43	22,75	21,13	18,58
Yoghurt Special	Sexy Strawberry	Kokos yoghurt	Medium	809,45	70,81	29,05	20,83	11,61
Yoghurt Special	Sexy Strawberry	Oats	Medium	669,70	32,68	67,50	40,13	20,83
Yoghurt Special	Sexy Strawberry	Chia pudding	Medium	830,95	44,18	72,25	63,13	21,33
Yoghurt Special	Monkey Business	Haver yoghurt	Medium	601,50	39,45	45,60	29,15	13,07
Yoghurt Special	Monkey Business	Boeren yoghurt	Medium	391,50	21,95	30,60	28,90	14,82
Yoghurt Special	Monkey Business	Barn yoghurt	Medium	396,50	14,45	30,60	28,90	32,32
Yoghurt Special	Monkey Business	Frozen yoghurt	Medium	501,00	21,65	65,40	41,90	6,62
Yoghurt Special	Monkey Business	Soja yoghurt	Medium	366,50	20,20	25,85	24,15	14,82
Yoghurt Special	Monkey Business	Kokos yoghurt	Medium	731,25	62,58	32,15	23,85	7,85
Yoghurt Special	Monkey Business	Oats	Medium	591,50	24,45	70,60	43,15	17,07
Yoghurt Special	Monkey Business	Chia pudding	Medium	752,75	35,95	75,35	66,15	17,57

Dit zijn de berekeningen van een MEDIUM Special

Large Yoghurt Specials met yoghurt

HOOFDCATEGORIE	SPECIAL	YOGHURTSOORT	SIZE	KCAL	VET	KOOLH	SUIKER	EIWIT
Yoghurt Special	Merry Berry	Haver yoghurt	Large	558,25	32,67	52,30	31,54	11,26
Yoghurt Special	Merry Berry	Boeren yoghurt	Large	285,25	9,92	32,80	31,22	13,54
Yoghurt Special	Merry Berry	Barn yoghurt	Large	291,75	0,17	32,80	31,22	36,29
Yoghurt Special	Merry Berry	Frozen yoghurt	Large	414,50	9,17	75,80	46,97	2,79
Yoghurt Special	Merry Berry	Soja yoghurt	Large	252,75	7,64	26,63	25,04	13,54
Yoghurt Special	Merry Berry	Kokos yoghurt	Large	740,35	64,04	35,13	24,79	4,55
Yoghurt Special	Merry Berry	Oats	Large	622,80	15,37	95,80	55,08	19,16
Yoghurt Special	Merry Berry	Chia pudding	Large	867,90	32,85	103,02	90,04	19,92
Yoghurt Special	Brownie Mango	Haver yoghurt	Large	682,00	46,51	49,24	26,16	13,95
Yoghurt Special	Brownie Mango	Boeren yoghurt	Large	409,00	23,76	29,74	25,83	16,23
Yoghurt Special	Brownie Mango	Barn yoghurt	Large	415,50	14,01	29,74	25,83	38,98
Yoghurt Special	Brownie Mango	Frozen yoghurt	Large	538,25	23,01	72,74	41,58	5,48
Yoghurt Special	Brownie Mango	Soja yoghurt	Large	376,50	21,48	23,57	19,66	16,23
Yoghurt Special	Brownie Mango	Kokos yoghurt	Large	864,10	77,88	32,07	19,40	7,24
Yoghurt Special	Brownie Mango	Oats	Large	746,55	29,21	92,74	49,69	21,85
Yoghurt Special	Brownie Mango	Chia pudding	Large	991,65	46,69	99,96	84,65	22,61
Yoghurt Special	Energy Explosion	Haver yoghurt	Large	636,05	40,39	48,40	28,18	15,21
Yoghurt Special	Energy Explosion	Boeren yoghurt	Large	363,05	17,64	28,90	27,85	17,48
Yoghurt Special	Energy Explosion	Barn yoghurt	Large	369,55	7,89	28,90	27,85	40,23
Yoghurt Special	Energy Explosion	Frozen yoghurt	Large	492,30	16,89	71,90	43,60	6,73
Yoghurt Special	Energy Explosion	Soja yoghurt	Large	330,55	15,37	22,73	21,68	17,48
Yoghurt Special	Energy Explosion	Kokos yoghurt	Large	818,15	71,77	31,23	21,42	8,50
Yoghurt Special	Energy Explosion	Oats	Large	700,60	23,09	91,90	51,71	23,10
Yoghurt Special	Energy Explosion	Chia pudding	Large	945,70	40,57	99,12	86,67	23,86
Yoghurt Special	Crazy Cookie	Haver yoghurt	Large	701,65	37,35	77,28	39,19	20,67
Yoghurt Special	Crazy Cookie	Boeren yoghurt	Large	428,65	14,60	57,78	38,86	22,94
Yoghurt Special	Crazy Cookie	Barn yoghurt	Large	435,15	4,85	57,78	38,86	45,69
Yoghurt Special	Crazy Cookie	Frozen yoghurt	Large	557,90	13,85	100,78	54,61	12,19
Yoghurt Special	Crazy Cookie	Soja yoghurt	Large	396,15	12,32	51,60	32,69	22,94
Yoghurt Special	Crazy Cookie	Kokos yoghurt	Large	883,75	68,72	60,11	32,43	13,96
Yoghurt Special	Crazy Cookie	Oats	Large	766,20	20,05	120,78	62,72	28,56
Yoghurt Special	Crazy Cookie	Chia pudding	Large	1011,30	37,53	128,00	97,68	29,32
Yoghurt Special	Choco Caramba	Haver yoghurt	Large	918,60	64,45	62,40	40,83	17,40
Yoghurt Special	Choco Caramba	Boeren yoghurt	Large	645,60	41,70	42,90	40,50	19,67
Yoghurt Special	Choco Caramba	Barn yoghurt	Large	652,10	31,95	42,90	40,50	42,42
Yoghurt Special	Choco Caramba	Frozen yoghurt	Large	774,85	40,95	85,90	56,25	8,92
Yoghurt Special	Choco Caramba	Soja yoghurt	Large	613,10	39,43	36,73	34,33	19,67
Yoghurt Special	Choco Caramba	Kokos yoghurt	Large	1100,70	95,83	45,23	34,07	10,69
Yoghurt Special	Choco Caramba	Oats	Large	983,15	47,15	105,90	64,36	25,29
Yoghurt Special	Choco Caramba	Chia pudding	Large	1228,25	64,63	113,12	99,32	26,05
Yoghurt Special	Appeltaartje	Haver yoghurt	Large	700,45	38,53	74,41	46,41	11,90
Yoghurt Special	Appeltaartje	Boeren yoghurt	Large	427,45	15,78	54,91	46,09	14,17
Yoghurt Special	Appeltaartje	Barn yoghurt	Large	433,95	6,03	54,91	46,09	36,92
Yoghurt Special	Appeltaartje	Frozen yoghurt	Large	556,70	15,03	97,91	61,84	3,42
Yoghurt Special	Appeltaartje	Soja yoghurt	Large	394,95	13,50	48,73	39,91	14,17
Yoghurt Special	Appeltaartje	Kokos yoghurt	Large	882,55	69,90	57,24	39,66	5,19
Yoghurt Special	Appeltaartje	Oats	Large	765,00	21,23	117,91	69,95	19,79
Yoghurt Special	Appeltaartje	Chia pudding	Large	1010,10	38,71	125,13	104,91	20,55
Yoghurt Special	Cookie Doughlicious	Haver yoghurt	Large	676,7	43,525	54	30,005	14,165
Yoghurt Special	Cookie Doughlicious	Boeren yoghurt	Large	403,7	20,775	34,5	29,68	16,44
Yoghurt Special	Cookie Doughlicious	Barn yoghurt	Large	410,2	11,025	34,5	29,68	39,19
Yoghurt Special	Cookie Doughlicious	Frozen yoghurt	Large	532,95	20,025	77,5	45,43	5,69
Yoghurt Special	Cookie Doughlicious	Soja yoghurt	Large	371,2	18,5	28,325	23,505	16,44
Yoghurt Special	Cookie Doughlicious	Kokos yoghurt	Large	858,8	74,9	36,83	23,25	7,455
Yoghurt Special	Cookie Doughlicious	Oats	Large	741,25	26,225	97,5	53,54	22,06
Yoghurt Special	Cookie Doughlicious	Chia pudding	Large	986,35	43,705	104,72	88,5	22,82

Dit zijn de berekeningen van een LARGE Special

Large Yoghurt Specials met yoghurt

HOOFDCATEGORIE	SPECIAL	YOGHURTSOORT	SIZE	KCAL	VET	KOOLH	SUIKER	EIWIT
Yoghurt Special	Oreo Special	Haver yoghurt	Large	695,45	44,26	58,03	29,705	13,235
Yoghurt Special	Oreo Special	Boeren yoghurt	Large	422,45	21,51	38,53	29,38	15,51
Yoghurt Special	Oreo Special	Barn yoghurt	Large	428,95	11,76	38,53	29,38	38,26
Yoghurt Special	Oreo Special	Frozen yoghurt	Large	551,7	20,76	81,53	45,13	4,76
Yoghurt Special	Oreo Special	Soja yoghurt	Large	389,95	19,235	32,355	23,205	15,51
Yoghurt Special	Oreo Special	Kokos yoghurt	Large	877,55	75,635	40,86	22,95	6,525
Yoghurt Special	Oreo Special	Oats	Large	760	26,96	101,53	53,24	21,13
Yoghurt Special	Oreo Special	Chia pudding	Large	1005,1	44,44	108,75	88,2	21,89
Yoghurt Special	Tony's Special	Haver yoghurt	Large	801,55	48,3	74,56	44,945	14,15
Yoghurt Special	Tony's Special	Boeren yoghurt	Large	528,55	25,55	55,06	44,62	16,425
Yoghurt Special	Tony's Special	Barn yoghurt	Large	535,05	15,8	55,06	44,62	39,175
Yoghurt Special	Tony's Special	Frozen yoghurt	Large	657,8	24,8	98,06	60,37	5,675
Yoghurt Special	Tony's Special	Soja yoghurt	Large	496,05	23,275	48,885	38,445	16,425
Yoghurt Special	Tony's Special	Kokos yoghurt	Large	983,65	79,675	57,39	38,19	7,44
Yoghurt Special	Tony's Special	Oats	Large	866,1	31	118,06	68,48	22,045
Yoghurt Special	Tony's Special	Chia pudding	Large	1111,2	48,48	125,28	103,44	22,805
Yoghurt Special	Sint Special	Haver yoghurt	Large	845,2	49,195	81,85	49,825	15,645
Yoghurt Special	Sint Special	Boeren yoghurt	Large	572,2	26,445	62,35	49,5	17,92
Yoghurt Special	Sint Special	Barn yoghurt	Large	578,7	16,695	62,35	49,5	40,67
Yoghurt Special	Sint Special	Frozen yoghurt	Large	701,45	25,695	105,35	65,25	7,17
Yoghurt Special	Sint Special	Soja yoghurt	Large	539,7	24,17	56,175	43,325	17,92
Yoghurt Special	Sint Special	Kokos yoghurt	Large	1027,3	80,57	64,68	43,07	8,935
Yoghurt Special	Sint Special	Oats	Large	909,75	31,895	125,35	73,36	23,54
Yoghurt Special	Sint Special	Chia pudding	Large	1154,85	49,375	132,57	108,32	24,3
Yoghurt Special	Tiramisu Special	Haver yoghurt	Large	766,99	46,87	68,95	31,95	22,49
Yoghurt Special	Tiramisu Special	Boeren yoghurt	Large	493,99	24,12	49,45	31,63	24,77
Yoghurt Special	Tiramisu Special	Barn yoghurt	Large	500,49	14,37	49,45	31,63	47,52
Yoghurt Special	Tiramisu Special	Frozen yoghurt	Large	623,24	23,37	92,45	47,38	14,02
Yoghurt Special	Tiramisu Special	Soja yoghurt	Large	461,49	21,85	43,28	25,45	24,77
Yoghurt Special	Tiramisu Special	Kokos yoghurt	Large	949,09	78,25	51,78	25,20	15,78
Yoghurt Special	Tiramisu Special	Oats	Large	831,54	29,57	112,45	55,49	30,39
Yoghurt Special	Tiramisu Special	Chia pudding	Large	1076,64	47,05	119,67	90,45	31,15
Yoghurt Special	Going Nuts	Haver yoghurt	Large	841,10	61,60	49,31	25,89	19,07
Yoghurt Special	Going Nuts	Boeren yoghurt	Large	568,10	38,85	29,81	25,56	21,34
Yoghurt Special	Going Nuts	Barn yoghurt	Large	574,60	29,10	29,81	25,56	44,09
Yoghurt Special	Going Nuts	Frozen yoghurt	Large	697,35	38,10	72,81	41,31	10,59
Yoghurt Special	Going Nuts	Soja yoghurt	Large	535,60	36,58	23,64	19,39	21,34
Yoghurt Special	Going Nuts	Kokos yoghurt	Large	1023,20	92,98	32,14	19,13	12,36
Yoghurt Special	Going Nuts	Oats	Large	905,65	44,30	92,81	49,42	26,96
Yoghurt Special	Going Nuts	Chia pudding	Large	1150,75	61,78	100,03	84,38	27,72
Yoghurt Special	Brownie Mountain	Haver yoghurt	Large	778	46,71	72,7	45,325	13,515
Yoghurt Special	Brownie Mountain	Boeren yoghurt	Large	505	23,96	53,2	45	15,79
Yoghurt Special	Brownie Mountain	Barn yoghurt	Large	511,5	14,21	53,2	45	38,54
Yoghurt Special	Brownie Mountain	Frozen yoghurt	Large	634,25	23,21	96,2	60,75	5,04
Yoghurt Special	Brownie Mountain	Soja yoghurt	Large	472,5	21,685	47,025	38,825	15,79
Yoghurt Special	Brownie Mountain	Kokos yoghurt	Large	960,1	78,085	55,53	38,57	6,805
Yoghurt Special	Brownie Mountain	Oats	Large	842,55	29,41	116,2	68,86	21,41
Yoghurt Special	Brownie Mountain	Chia pudding	Large	1087,65	46,89	123,42	103,82	22,17
Yoghurt Special	Chocoholic	Haver yoghurt	Large	784,85	47,08	72,38	43,285	14,455
Yoghurt Special	Chocoholic	Boeren yoghurt	Large	511,85	24,33	52,88	42,96	16,73
Yoghurt Special	Chocoholic	Barn yoghurt	Large	518,35	14,58	52,88	42,96	39,48
Yoghurt Special	Chocoholic	Frozen yoghurt	Large	641,1	23,58	95,88	58,71	5,98
Yoghurt Special	Chocoholic	Soja yoghurt	Large	479,35	22,055	46,705	36,785	16,73
Yoghurt Special	Chocoholic	Kokos yoghurt	Large	966,95	78,455	55,21	36,53	7,745
Yoghurt Special	Chocoholic	Oats	Large	849,4	29,78	115,88	66,82	22,35
Yoghurt Special	Chocoholic	Chia pudding	Large	1094,5	47,26	123,1	101,78	23,11

Dit zijn de berekeningen van een LARGE Special

Large Yoghurt Specials met yoghurt

HOOFDCATEGORIE	SPECIAL	YOGHURTSOORT	SIZE	KCAL	VET	KOOLH	SUIKER	EIWIT
Yoghurt Special	Strawberry Crunch	Haver yoghurt	Large	787,25	50,44	71,43	44,51	17,09
Yoghurt Special	Strawberry Crunch	Boeren yoghurt	Large	514,25	27,69	51,93	44,18	19,36
Yoghurt Special	Strawberry Crunch	Barn yoghurt	Large	520,75	17,94	51,93	44,18	42,11
Yoghurt Special	Strawberry Crunch	Frozen yoghurt	Large	643,50	26,94	94,93	59,93	8,61
Yoghurt Special	Strawberry Crunch	Soja yoghurt	Large	481,75	25,42	45,75	38,01	19,36
Yoghurt Special	Strawberry Crunch	Kokos yoghurt	Large	969,35	81,82	54,26	37,75	10,38
Yoghurt Special	Strawberry Crunch	Oats	Large	851,80	33,14	114,93	68,04	24,98
Yoghurt Special	Strawberry Crunch	Chia pudding	Large	1096,90	50,62	122,15	103,00	25,74
Yoghurt Special	Lemon Meringue	Haver yoghurt	Large	728,65	38,80	80,30	43,33	21,08
Yoghurt Special	Lemon Meringue	Boeren yoghurt	Large	455,65	16,05	60,80	43,00	23,35
Yoghurt Special	Lemon Meringue	Barn yoghurt	Large	462,15	6,30	60,80	43,00	46,10
Yoghurt Special	Lemon Meringue	Frozen yoghurt	Large	584,90	15,30	103,80	58,75	12,60
Yoghurt Special	Lemon Meringue	Soja yoghurt	Large	423,15	13,78	54,63	36,83	23,35
Yoghurt Special	Lemon Meringue	Kokos yoghurt	Large	910,75	70,18	63,13	36,57	14,37
Yoghurt Special	Lemon Meringue	Oats	Large	793,20	21,50	123,80	66,86	28,97
Yoghurt Special	Lemon Meringue	Chia pudding	Large	1038,30	38,98	131,02	101,82	29,73
Yoghurt Special	Made in Heaven	Haver yoghurt	Large	838,75	46,87	87,47	58,58	14,19
Yoghurt Special	Made in Heaven	Boeren yoghurt	Large	565,75	24,12	67,97	58,26	16,47
Yoghurt Special	Made in Heaven	Barn yoghurt	Large	572,25	14,37	67,97	58,26	39,22
Yoghurt Special	Made in Heaven	Frozen yoghurt	Large	695,00	23,37	110,97	74,01	5,72
Yoghurt Special	Made in Heaven	Soja yoghurt	Large	533,25	21,84	61,79	52,08	16,47
Yoghurt Special	Made in Heaven	Kokos yoghurt	Large	1020,85	78,24	70,30	51,83	7,48
Yoghurt Special	Made in Heaven	Oats	Large	903,30	29,57	130,97	82,12	22,09
Yoghurt Special	Made in Heaven	Chia pudding	Large	1148,40	47,05	138,19	117,08	22,85
Yoghurt Special	Apple Berry Bandit	Haver yoghurt	Large	668,25	48,04	40,40	20,33	14,70
Yoghurt Special	Apple Berry Bandit	Boeren yoghurt	Large	395,25	25,29	20,90	20,00	16,97
Yoghurt Special	Apple Berry Bandit	Barn yoghurt	Large	401,75	15,54	20,90	20,00	39,72
Yoghurt Special	Apple Berry Bandit	Frozen yoghurt	Large	524,50	24,54	63,90	35,75	6,22
Yoghurt Special	Apple Berry Bandit	Soja yoghurt	Large	362,75	23,02	14,73	13,83	16,97
Yoghurt Special	Apple Berry Bandit	Kokos yoghurt	Large	850,35	79,42	23,23	13,57	7,99
Yoghurt Special	Apple Berry Bandit	Oats	Large	732,80	30,74	83,90	43,86	22,59
Yoghurt Special	Apple Berry Bandit	Chia pudding	Large	977,90	48,22	91,12	78,82	23,35
Yoghurt Special	Choco Berry Crunch	Haver yoghurt	Large	769,75	49,14	69,35	42,18	16,27
Yoghurt Special	Choco Berry Crunch	Boeren yoghurt	Large	496,75	26,39	49,85	41,85	18,54
Yoghurt Special	Choco Berry Crunch	Barn yoghurt	Large	503,25	16,64	49,85	41,85	41,29
Yoghurt Special	Choco Berry Crunch	Frozen yoghurt	Large	626,00	25,64	92,85	57,60	7,79
Yoghurt Special	Choco Berry Crunch	Soja yoghurt	Large	464,25	24,12	43,68	35,68	18,54
Yoghurt Special	Choco Berry Crunch	Kokos yoghurt	Large	951,85	80,52	52,18	35,42	9,56
Yoghurt Special	Choco Berry Crunch	Oats	Large	834,30	31,84	112,85	65,71	24,16
Yoghurt Special	Choco Berry Crunch	Chia pudding	Large	1079,40	49,32	120,07	100,67	24,92
Yoghurt Special	Sexy Strawberry	Haver yoghurt	Large	788,45	55,18	50,00	29,21	19,31
Yoghurt Special	Sexy Strawberry	Boeren yoghurt	Large	515,45	32,43	30,50	28,88	21,58
Yoghurt Special	Sexy Strawberry	Barn yoghurt	Large	521,95	22,68	30,50	28,88	44,33
Yoghurt Special	Sexy Strawberry	Frozen yoghurt	Large	644,70	31,68	73,50	44,63	10,83
Yoghurt Special	Sexy Strawberry	Soja yoghurt	Large	482,95	30,16	24,33	22,71	21,58
Yoghurt Special	Sexy Strawberry	Kokos yoghurt	Large	970,55	86,56	32,83	22,45	12,60
Yoghurt Special	Sexy Strawberry	Oats	Large	853,00	37,88	93,50	52,74	27,20
Yoghurt Special	Sexy Strawberry	Chia pudding	Large	1098,10	55,36	100,72	87,70	27,96
Yoghurt Special	Monkey Business	Haver yoghurt	Large	710,25	46,95	53,10	32,23	15,55
Yoghurt Special	Monkey Business	Boeren yoghurt	Large	437,25	24,20	33,60	31,90	17,82
Yoghurt Special	Monkey Business	Barn yoghurt	Large	443,75	14,45	33,60	31,90	40,57
Yoghurt Special	Monkey Business	Frozen yoghurt	Large	566,50	23,45	76,60	47,65	7,07
Yoghurt Special	Monkey Business	Soja yoghurt	Large	404,75	21,93	27,43	25,73	17,82
Yoghurt Special	Monkey Business	Kokos yoghurt	Large	892,35	78,33	35,93	25,47	8,84
Yoghurt Special	Monkey Business	Oats	Large	774,80	29,65	96,60	55,76	23,44
Yoghurt Special	Monkey Business	Chia pudding	Large	1019,90	47,13	103,82	90,72	24,20

Dit zijn de berekeningen van een LARGE Special

HOOFDCATEGORIE	SUBCATEGORIE	PRODUCT	GRAM	KCAL	VET	KOOLH	SUIKER	EIWIT
Yoghurt	Small yoghurt	Haver yoghurt	175,00	253,75	17,50	17,50	7,18	5,78
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	196,50	5,40	33,60	17,25	1,35
Yoghurt	Small yoghurt	Soja yoghurt	175,00	89,25	4,03	3,68	3,68	7,00
Yoghurt	Small yoghurt	Kokos yoghurt	185,00	331,15	32,38	7,77	3,33	2,04
Yoghurt	Small yoghurt	Oats	180,00	253,80	7,20	36,00	17,46	8,82
Yoghurt	Small yoghurt	Chia pudding	180,00	369,90	15,48	39,42	34,02	9,18
Yoghurt	Medium yoghurt	Haver yoghurt	250,00	362,50	25,00	25,00	10,25	8,25
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	262,00	7,20	44,80	23,00	1,80
Yoghurt	Medium yoghurt	Soja yoghurt	250,00	127,50	5,75	5,25	5,25	10,00
Yoghurt	Medium yoghurt	Kokos yoghurt	275,00	492,25	48,13	11,55	4,95	3,03
Yoghurt	Medium yoghurt	Oats	250,00	352,50	10,00	50,00	24,25	12,25
Yoghurt	Medium yoghurt	Chia pudding	250,00	513,75	21,50	54,75	47,25	12,75
Yoghurt	XL yoghurt	Haver yoghurt	325,00	471,25	32,50	32,50	13,33	10,73
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	327,50	9,00	56,00	28,75	2,25
Yoghurt	XL yoghurt	Soja yoghurt	325,00	165,75	7,48	6,83	6,83	13,00
Yoghurt	XL yoghurt	Kokos yoghurt	365,00	653,35	63,88	15,33	6,57	4,02
Yoghurt	XL yoghurt	Oats	380,00	535,80	15,20	76,00	36,86	18,62
Yoghurt	XL yoghurt	Chia pudding	380,00	780,90	32,68	83,22	71,82	19,38
Yoghurt Special	Brownie Bango	Brownie	20,00	109,60	7,00	10,16	6,96	0,94
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	8,30	0,00	1,80	1,40	0,10
	Total		75,00	210,75	14,01	16,74	12,83	3,23
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	Framboos sirop	10,00	8,40	0,00	1,90	1,50	0,10
	Total		75,00	87,00	0,17	19,80	18,22	0,54
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	0,04	2,60	2,60	0,28
Yoghurt Special	Energy Explosion	Amandelen	15,00	91,50	7,80	0,90	0,60	3,90
Yoghurt Special	Energy Explosion	Agavesiroop	10,00	30,80	0,00	7,70	7,10	0,00
	Total		70,00	164,80	7,89	15,90	14,85	4,48
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	Agavesiroop	10,00	30,80	0,00	7,70	7,10	0,00
Yoghurt Special	Crazy Cookie	Kaneelsuiker	15,00	59,40	0,02	14,81	14,54	0,02
	Total		90,00	230,40	4,85	44,78	25,86	9,94
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	Agavesiroop	10,00	30,80	0,00	7,70	7,10	0,00
	Total		100,00	447,35	31,95	29,90	27,50	6,67
Yoghurt Special	Appeltaartje	Appelcompote	15,00	16,50	0,01	3,90	3,45	0,03
Yoghurt Special	Appeltaartje	Agavesiroop	10,00	30,80	0,00	7,70	7,10	0,00
Yoghurt Special	Appeltaartje	Punselie	25,00	122,50	6,00	15,50	8,00	1,13
Yoghurt Special	Appeltaartje	Kaneelsuiker	15,00	59,40	0,02	14,81	14,54	0,02
	Total		65,00	229,20	6,03	41,91	33,09	1,17

HOOFDCATEGORIE	SUBCATEGORIE	PRODUCT	GRAM	KCAL	VET	KOOLH	SUIKER	EIWIT
Yoghurt Special	Cookie Doughlicious	Pure chocola	30,00	157,50	9,60	14,70	13,80	1,92
Yoghurt Special	Cookie Doughlicious	Caramelsiroop	10,00	28,80	0,00	7,20	5,59	0,00
Yoghurt Special	Cookie Doughlicious	Framboos	20,00	9,60	0,10	1,50	1,04	0,24
Yoghurt Special	Cookie Doughlicious	Kokos	10,00	69,30	6,80	0,80	0,80	0,70
	Cookie Doughlicious	Cookie Dough	25,00	97,75	4,13	12,00	9,25	2,50
Yoghurt Special	Total		65,00	205,45	11,03	21,50	16,68	3,44
Yoghurt Special	Oreo Special	Oreo	25,00	118,50	4,75	17,00	9,50	1,35
Yoghurt Special	Oreo Special	Framboos	20,00	9,60	0,10	1,50	1,04	0,24
Yoghurt Special	Oreo Special	Chocoladesiroop	10,00	26,80	0,11	6,23	5,04	0,22
	Oreo Special	Kokos	10,00	69,30	6,80	0,80	0,80	0,70
Yoghurt Special	Total		65,00	224,20	11,76	25,53	16,38	2,51
Yoghurt Special	Tony's Special	Punselie	25,00	122,50	6,00	15,50	8,00	1,13
Yoghurt Special	Tony's Special	Caramelsiroop	10,00	28,80	0,00	7,20	5,59	0,00
Yoghurt Special	Tony's Special	Caramel Zeezt Cho	30,00	160,80	9,60	15,96	15,63	2,10
Yoghurt Special	Tony's Special	Granaatappelpit	20,00	18,20	0,20	3,40	2,40	0,20
	Total		85,00	330,30	15,80	42,06	31,62	3,43
Yoghurt Special	Sint Special	Mandarijn	40,00	17,20	0,02	3,60	3,60	0,32
Yoghurt Special	Sint Special	Caramelsiroop	10,00	28,80	0,00	7,20	5,59	0,00
Yoghurt Special	Sint Special	Kruidnoten	25,00	109,75	3,08	18,35	7,75	1,60
Yoghurt Special	Sint Special	Pure chocola	20,00	105,00	6,40	9,80	9,20	1,28
	Sint Special	Witte chocola	20,00	113,20	7,20	10,40	10,36	1,72
Yoghurt Special	Total		115,00	373,95	16,70	49,35	36,50	4,92
Yoghurt Special	Tiramisu Special	Speculoos	25,00	121,00	4,75	18,15	1,23	9,53
Yoghurt Special	Tiramisu Special	Mandarijn	40,00	17,20	0,02	3,60	3,60	0,32
Yoghurt Special	Tiramisu Special	Pure chocola	30,00	157,50	9,60	14,70	13,80	1,92
	Tiramisu Special	Cacaopoeder	0,01	0,04	0,00	0,00	0,00	0,00
Yoghurt Special	Total		95,01	295,74	14,37	36,45	18,63	11,77
Yoghurt Special	Going Nuts	Banaan	25,00	21,50	0,05	4,70	4,55	0,30
Yoghurt Special	Going Nuts	Pindakaas	10,00	60,00	4,80	1,20	0,55	2,60
Yoghurt Special	Going Nuts	Walnoten	25,00	178,75	17,25	0,75	0,50	4,50
Yoghurt Special	Going Nuts	Brownie	20,00	109,60	7,00	10,16	6,96	0,94
	Total		80,00	369,85	29,10	16,81	12,56	8,34
Yoghurt Special	Brownie Mountain	Framboos	20,00	9,60	0,10	1,50	1,04	0,24
Yoghurt Special	Brownie Mountain	Chocoladesiroop	10,00	26,80	0,11	6,23	5,04	0,22
Yoghurt Special	Brownie Mountain	Brownie	40,00	219,20	14,00	20,32	13,92	1,88
Yoghurt Special	Brownie Mountain	Meringue	15,00	51,15	0,00	12,15	12,00	0,45
	Total		85,00	306,75	14,21	40,20	32,00	2,79
Yoghurt Special	Chocoholic	Pure chocola	30,00	157,50	9,60	14,70	13,80	1,92
Yoghurt Special	Chocoholic	Chocoladesiroop	10,00	26,80	0,11	6,23	5,04	0,22
Yoghurt Special	Chocoholic	Oreo	25,00	118,50	4,75	17,00	9,50	1,35
Yoghurt Special	Chocoholic	Aardbei	30,00	10,80	0,12	1,95	1,62	0,24
	Total		95,00	313,60	14,58	39,88	29,96	3,73
Yoghurt Special	Strawberry Crunch	Granola	35,00	126,00	7,00	19,25	12,25	3,50
Yoghurt Special	Strawberry Crunch	Aardbei	35,00	12,60	0,14	2,28	1,89	0,28
Yoghurt Special	Strawberry Crunch	Witte chocola	30,00	169,80	10,80	15,60	15,54	2,58
Yoghurt Special	Strawberry Crunch	Aardbei siroop	10,00	7,60	0,00	1,80	1,50	0,00
	Total		110,00	316,00	17,94	38,93	31,18	6,36
Yoghurt Special	Lemon Meringue	Speculoos	25,00	121,00	4,75	18,15	1,23	9,53
Yoghurt Special	Lemon Meringue	Lemon Curd	25,00	85,25	1,55	17,50	16,78	0,38
Yoghurt Special	Lemon Meringue	Meringue	15,00	51,15	0,00	12,15	12,00	0,45
	Total		65,00	257,40	6,30	47,80	30,00	10,35
Yoghurt Special	Made in Heaven	Caramel Zeezt Cho	30,00	160,80	9,60	15,96	15,63	2,10
Yoghurt Special	Made in Heaven	Oreo	25,00	118,50	4,75	17,00	9,50	1,35
Yoghurt Special	Made in Heaven	Kaneelsuiker	15,00	59,40	0,02	14,81	14,54	0,02
Yoghurt Special	Made in Heaven	Caramelsiroop	10,00	28,80	0,00	7,20	5,59	0,00
	Total		80,00	367,50	14,37	54,97	45,26	3,47
Yoghurt Special	Apple Berry Bandit	Appel	25,00	13,75	0,00	3,00	2,95	0,10
Yoghurt Special	Apple Berry Bandit	Blauwe Bes	20,00	15,00	0,04	2,90	2,80	0,12
Yoghurt Special	Apple Berry Bandit	Hazelnoten	25,00	168,25	15,50	2,00	1,25	3,75
	Total		70,00	197,00	15,54	7,90	7,00	3,97

HOOFDCATEGORIE	SUBCATEGORIE	PRODUCT	GRAM	KCAL	VET	KOOLH	SUIKER	EIWIT
Yoghurt Special	Monkey Business	Banaan	25,00	21,50	0,05	4,70	4,55	0,30
Yoghurt Special	Monkey Business	Pure choc	30,00	157,50	9,60	14,70	13,80	1,92
Yoghurt Special	Monkey Business	Pindakaas	10,00	60,00	4,80	1,20	0,55	2,60
	Total		65,00	239,00	14,45	20,60	18,90	4,82
Yoghurt Special	Winter Wonderland	Gestoofde peer	25,00	18,50	0,00	4,25	4,25	0,25
Yoghurt Special	Winter Wonderland	Walnoot	25,00	178,75	17,25	0,75	0,50	4,50
Yoghurt Special	Winter Wonderland	Kaneel	0,01	0,05	0,00	0,01	0,00	0,00
	Total		50,01	197,30	17,25	5,01	4,75	4,75
Yoghurt Special	Choco Berry Crunch	Granola	35,00	126,00	7,00	19,25	12,25	3,50
Yoghurt Special	Choco Berry Crunch	Blauwe bes	20,00	15,00	0,04	2,90	2,80	0,12
Yoghurt Special	Choco Berry Crunch	Pure choc	30,00	157,50	9,60	14,70	13,80	1,92
	Total		85,00	298,50	16,64	36,85	28,85	5,54
Yoghurt Special	Sexy Strawberry	Aardbei	20,00	7,20	0,08	1,30	1,08	0,16
Yoghurt Special	Sexy Strawberry	Pure choc	30,00	157,50	9,60	14,70	13,80	1,92
Yoghurt Special	Sexy Strawberry	Amandel	25,00	152,50	13,00	1,50	1,00	6,50
	Total		75,00	317,20	22,68	17,50	15,88	8,58
Barn Toast	Avocado Addict	Bietenbroodje	45,00	130,05	2,75	22,05	1,62	3,51
Barn Toast	Avocado Addict	Spread	15,00	35,85	3,45	1,20	0,00	0,00
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	20,00	1,30	1,50	0,63	0,42
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
	Total		80,05	203,41	9,31	24,90	2,39	4,19
Barn Toast	Happy Hummus	Spinaziebroodje	45,00	122,85	2,61	20,48	0,81	3,47
Barn Toast	Happy Hummus	Hummus	30,00	93,60	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	Pesto	5,00	29,30	2,85	0,17	0,08	0,43
Barn Toast	Happy Hummus	Paprikapoeder	0,00	0,00	0,00	0,00	0,00	0,00
	Total		90,00	247,15	14,48	22,67	1,07	5,75
Barn Toast	Barn Toast HT	Spinaziebroodje	45,00	122,85	2,61	20,48	0,81	3,47
Barn Toast	Barn Toast HT	Hummus	30,00	93,60	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	Spread	15,00	35,85	3,45	1,20	0,00	0,00
Barn Toast	Barn Toast HT	Gedroogde tomaat	10,00	20,00	1,30	1,50	0,63	0,42
Barn Toast	Barn Toast HT	Spinazie	10,00	1,50	0,03	0,06	0,04	0,25
	Total		120,00	275,20	16,41	25,26	1,66	6,00
Barn Toast	Sexy Strawberry	Toastbrood	30,00	64,90	0,62	11,87	0,76	2,72
Barn Toast	Sexy Strawberry	Walnoten	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	Spread	15,00	35,85	3,45	1,20	0,00	0,00
	Total		70,00	206,55	11,02	21,82	8,06	4,71
Barn Wrap	Awesome Avo	Bietenwrap	61,00	140,30	2,44	23,18	1,22	4,88
Barn Wrap	Awesome Avo	Zuivelspread	15,00	-	-	-	-	-
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	Hazelnoten	10,00	67,30	6,20	0,80	0,50	1,50
	Total		131,05	239,56	10,56	26,78	4,36	7,24

HOOFDCATEGORIE	SUBCATEGORIE	PRODUCT	GRAM	KCAL	VET	KOOLH	SUIKER	EIWIT
Iced Specials	Milkshake Mango	Frozen yoghurt	150,00	196,50	5,40	33,60	17,25	1,35
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	Mango siroop	20,00	16,60	0,00	3,60	2,80	0,20
Iced Specials	Milkshake Mango	Slagroom	10,00	29,00	3,10	0,23	0,13	0,06
	Total		270,00	298,80	12,37	44,03	26,60	3,92
Iced Specials	Milkshake Aardbei	Frozen yoghurt	150,00	196,50	5,40	33,60	17,25	1,35
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	Aardbei siroop	20,00	15,20	0,00	3,60	3,00	0,00
Iced Specials	Milkshake Aardbei	Slagroom	10,00	29,00	3,10	0,23	0,13	0,06
	Total		280,00	293,50	12,44	42,79	25,30	3,71
Iced Specials	Oreo Overload	Frozen yoghurt	150,00	196,50	5,40	33,60	17,25	1,35
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	Chocoladesiroop	20,00	53,60	0,22	12,46	10,08	0,44
Iced Specials	Oreo Overload	Slagroom	10,00	29,00	3,10	0,23	0,13	0,06
	Total		265,00	436,00	17,25	66,05	39,72	5,18
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	29,00	3,10	0,23	0,13	0,06
Iced Specials	Iced Latte Choco	Chocoladesiroop	20,00	53,60	0,22	12,46	10,08	0,44
	Total		158,00	223,00	7,10	40,65	38,17	2,48
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	29,00	3,10	0,23	0,13	0,06
Iced Specials	Iced Latte Caramel	Caramelsiroop	20,00	57,60	0,00	14,40	11,18	0,00
	Total		138,00	159,00	6,88	25,79	22,47	2,04
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	29,00	3,10	0,23	0,13	0,06
Hot Specials	Oreo Hot Choc	Chocosiroop	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
	Total		130,00	325,90	18,60	36,95	30,57	4,94
Hot Specials	Tony's Salty Hot Choc	Tony Salty Choc	30,00	160,80	9,60	15,96	15,63	2,10
Hot Specials	Tony's Salty Hot Choc	Volle melk	60,00	38,40	3,78	2,76	2,76	1,98
Hot Specials	Tony's Salty Hot Choc	Slagroom	10,00	29,00	3,10	0,23	0,13	0,06
Hot Specials	Tony's Salty Hot Choc	Caramelsiroop	20,00	57,60	0,00	14,40	11,18	0,00
	Total		120,00	285,80	16,48	33,35	29,70	4,14
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	0,00	0,00	0,00	0,00	0,00
Hot Specials	Caramel Machiato	Slagroom	10,00	29,00	3,10	0,23	0,13	0,06
Hot Specials	Caramel Machiato	Caramelsiroop	20,00	57,60	0,00	14,40	11,18	0,00
	Total		129,00	189,60	6,88	33,19	29,87	2,04
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	7,40	0,00	1,70	1,20	0,00
Hot Specials	Dirty Chai	Dubbele Espresso	19,00	0,00	0,00	0,00	0,00	0,00
Hot Specials	Dirty Chai	Kaneel	0,01	0,05	0,00	0,01	0,00	0,00
	Total		89,01	45,85	3,78	4,47	3,96	1,98
Hot Specials	Speculoos Hot Spec	Volle melk	60,00	38,40	3,78	2,76	2,76	1,98
Hot Specials	Speculoos Hot Spec	Koffie	19,00	0,00	0,00	0,00	0,00	0,00
Hot Specials	Speculoos Hot Spec	Slagroom	10,00	29,00	3,10	0,23	0,13	0,06
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
	Speculoos Hot Total		79,00	366,10	27,48	29,51	10,47	10,56

HOOFDCATEGORIE	SUBCATEGORIE	PRODUCT	GRAM	KCAL	VET	KOOLH	SUIKER	EIWIT
Hot Specials	Tiramisu Hot Spec	Amarettosiroop	30,00	98,70	0,00	24,57	24,57	0,00
Hot Specials	Tiramisu Hot Spec	Koffie	19,00	0,00	0,00	0,00	0,00	0,00
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	29,00	3,10	0,23	0,13	0,06
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					
	Total		86,00	94,20	6,99	9,22	7,93	2,26
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
	Total		110,00	45,10	0,25	9,56	8,84	0,83
Smoothies	Raspberry Rebel	Barn yoghurt	85,00	53,55	0,00	3,40	3,40	9,35
Smoothies	Raspberry Rebel	Banaan	60,00	51,60	0,12	11,28	10,92	0,72
Smoothies	Raspberry Rebel	Framboos	20,00	9,60	0,10	1,50	1,04	0,24
	Total		165,00	114,75	0,22	16,18	15,36	10,31
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
	Total		125,00	66,95	0,25	14,38	13,11	0,75
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					
Smoothies	Boogie Banana	Kokosmelk	50,00	16,50	0,70	1,65	1,65	0,75
	Total		165,00	89,45	0,93	17,41	16,84	1,86
Drinks	Verse Jus	Verse Jus	N.v.t.	47	0,2	10,5	10,5	0,7
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
Melksoorten	Melksoorten	Volle melk		64	6,3	4,6	4,6	3,3
Melksoorten	Melksoorten	Sojamelk		42	1,9	2,7	2,5	3,3
Melksoorten	Melksoorten	Havermelk		59	3	7	4	1
Melksoorten	Melksoorten	Amandelmelk		24	1,2	2,6	2,5	0,5
Melksoorten	Melksoorten	Kokosmelk		33	1,4	3,3	3,3	1,5
Food	Brood	Oerbrood	100,00	234	6	49	24,7	4,6
Food	Brood	Croissant	100,00	445	26	43	6,9	0
Food	Cake	Bananenbrood	100,00	240	5,1	40,9	17,9	5,2
Food	Cake	Kokosbrood	100,00	300	15,3	31,7	12,2	6,2
Food	Cake	Blueberry Cake	100,00	334	13	49	24,7	4,3
Food	Gebak	Brownie	100,00	548	35	31,9	24,7	5,8
Food	Gebak	Carrot Cake	100,00	289	12,5	38,4	17,9	4,8
Food	Gebak	Red Velvet	100,00	403	23,3	46,2	25,6	2,9
Food	Gebak	Cheesecake	100,00	271,38	18,85	21,6	19,46	4,55
Food	Gebak	Choco Coco	100,00	418	32,8	23	0	2,2
Food	Gebak	Choco Berry Blue	100,00	330	21,2	30,7	17,8	3,7

HOOFDCATEGORIE	SUBCATEGORIE	PRODUCT	GRAM	KCAL	VET	KOOLH	SUIKER	EIWIT
Toppings	Vers	Brownie	100,00	548	35	50,8	34,8	4,7
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	Vijgen	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	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	Stoofperen	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	Walnoten	100,00	715	69	3	2	18
Toppings	Gedroogd	Amandelen	100,00	610	52	6	4	26
Toppings	Gedroogd	Hazelnoten	100,00	673	62	8	5	15
Toppings	Gedroogd	Granola	100,00	360	20	55	35	10
Toppings	Gedroogd	Kokos	100,00	693	68	8	8	7
Toppings	Gedroogd	Chiazaad	100,00	439	31	6	0	16
Toppings	Gedroogd	Lijnzaad	100,00	534	42	2	2	18
Toppings	Gedroogd	Punselie	100,00	490	24	62	32	4,5
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 chocola	100,00	525	32	49	46	6,4
Toppings	Gedroogd	Witte chocola	100,00	566	36	52	51,8	8,6
Toppings	Gedroogd	Cocho Caramel Zout	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	Appelcompote	100,00	110	0,08	26	23	0,2
Toppings	Gedroogd	Gedroogde tomaten	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	391	16,5	48	37	10
Toppings	Gedroogd	Kruidnoten	100,00	439	12,3	73,4	31	6,4
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	Agavesiroop	100,00	308	0	77	71	0
Siropen	Siropen	Pesto	100,00	586	57	3,4	1,5	8,5
Siropen	Siropen	Caramelsiroop	100,00	288	0	72	55,9	0
Siropen	Siropen	Chocoladesiroop	100,00	268	1,1	62,3	50,4	2,2
Siropen	Siropen	Olijfolie	100,00	819	91	0	0	0
Siropen	Siropen	Pindakaas	100,00	600	48	12	5,5	26
Siropen	Siropen	Speculoosiroop	100,00	673	56	40	22	3
Siropen	Siropen	Limoensap	100,00	28	1	1	1	0
Siropen	Siropen	Aardbei siroop	100,00	76	0	18	15	0
Siropen	Siropen	Amarettosiroop	100,00	329	0	81,9	81,9	0
Siropen	Siropen	Framboos siroop	100,00	84	0	19	15	1
Siropen	Siropen	Mango siroop	100,00	83	0	18	14	1