

Desserts Under 300 Calories



Certain restaurants now need to add calorie labelling to their menus and with the demand for healthier desserts increasing, some consumers want a sweet treat without the high calories. That may be a mini dessert with a coffee, a smaller portion or a low calorie option. Below is a selection of own label desserts and cakes that are all under 300 calories to help customers with this.

Code	Description	Calories/portion
55454	Brake American Style Pancakes 45g 1x120	104
4339	Brake Catering Chocolate Fudge Cake 1x1	165
121608	Brake Passion Fruit Bar	179
135222	Brake Reduced Sugar Belgian Waffles	187
121611	Sysco Premium Tarte Tatin	198
121612	Brake Vegan GF Rasp Frangipane Tart 1x14	265
135136	Brake GF Vegan Rhubarb & Ginger Dessert	275
123053	Brake Vegan Blackcurrant Dessert	285
121607	Brake Dark Chocolate Delice	295
127171	Brakes Crispy Choc & Hazelnut Slice	224
102649	Brake Raspberry Pavlova Whole	210
36221	Brake Raspberry/White Choc Roulade	209
135602	Sysco Premium Pear Charlotte	206
4649	Brake Chocolate Marquise Whole	264
2403	Brake Fruiti Di Bosco	204
30719	Brake Tiramisu Freezer cake	208
34603	Brake Essential Strawberry Cheesecake Whole	209

Code	Description	Calories/portion
34599	Brake Ess Fruit/Forest Cheesecake Whole	200
34604	Brake Ess Blackcurrant Cheesecake Whole	217
34601	Brake Ess Blueberry Cheesecake Whole	226
34605	Brake Ess Toffee Cheesecake Whole	234
3696	Brake Strawberry Gateau Pre-Cut	233
3694	Brake Coffee Mandarin Gateau Pre-cut	221
3695	Brake Blackforest Gateau Pre-Cut	274
129464	Brakes Vegan Brownie	300
118430	Brake Banana & Toffee Loaf Cake	191
118429	Brake Lemon & Poppy Seed Loaf Cake	248
127303	Brakes Mini Chocolate Croustillant	112
127305	Brake Mini Rose cheesecake	120
127346	LaBo 7" Lemon & Orange Tart	185
127348	LaBo 7" Pecan Tart	201
129459	LaBo 7" Chocolate Tart	241
129467	Brake Vegan Mini Victoria Sponge	282
127351	Brake Vegan Mini Mocha Cake	300



F 121608
Brakes Passion Fruit Bar



F 121611
Sysco Premium Tarte Tatin



F 36221
Brakes Raspberry & White Chocolate Roulades



F 127348
La Boulangerie 7" Pecan & Cranberry Tarts

For further information,
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