

Sweet treats



**Carrot cake, slice (120g):
10.5 tsp**



**Flapjack (120g):
9 tsp**



**Meringue (28g):
6.5 tsp**



**Blueberry muffin (85g):
5.5 tsp**



**Jam doughnut (71g):
3.5 tsp**



**Iced ring doughnut (52g):
2 tsp**



**Shortbread fingers (2g):
1 tsp**



Breakfast items



**Bowl of frosted cereal (45g):
3 tsp**



**Portion baked beans (200g):
2.5 tsp**



**Ketchup (1 tbsp):
1 tsp**



Drinks



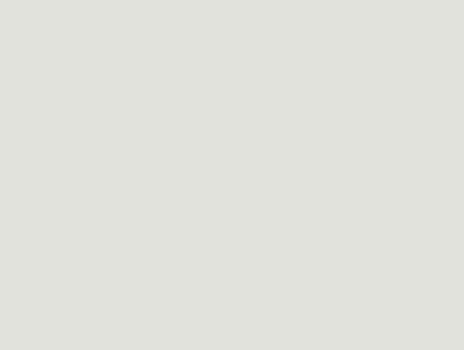
**Cider, sweet (pint):
6 tsp**



**Cider, dry (pint):
4 tsp**



**Beer / ale (pint):
4 tsp**



**Liqueur, eg cherry brandy, cassis, coffee liqueur, (1 unit):
2 tsp**

