



Out of Home Waffles, Pancakes, Pretzels and Crepes Survey

Data table sorted highest calories per serving

Product information was collected online and/or in store during August and September 2019

Some companies did not provide nutrition information. NP, not provided.

No nutrition information was available for Creams, Kaspas's Desserts, Snowflakes Gelato, The Breakfast Club, Wafflemeister, Auntie Anne's and Mr. Pretzels.

Some of their products were sent to a lab for analysis.

Colour coding based on front of pack colour-coded nutrition labelling criteria

Sugars - Red >27g/portion or >22.5g/100g, Amber >5.0≤22.5/100g, Green ≤5.0g/100g

NC, not calculated

Outlet	Product Name	Calories per serving (kcal)	Sugar per serving (g)	Teaspoons of sugar per serving	Salt per serving (g)
The Breakfast Club	*Salted Caramel Banoffee Pancake	1800	53	13	2.7
My Old Dutch	Four Cheese	1621	1.8	0	8.5
The Breakfast Club	*Pancakes & Berries	1500	44.0	11	1.8
My Old Dutch	Greek	1486	7	1.75	7.5
The Breakfast Club	*Beauregarde Pancake	1400	100.0	25	2.2
My Old Dutch	Banana, nuts & chocolate sauce	1307	88.3	22	2
My Old Dutch	Hot Dutch	1216	11.9	3	6.8
Creams	Waffle: Oreos on mine with Gelato	1200	77.0	19	2.2
My Old Dutch	Ratatouille & creamed spinach	1190	7.4	2	4.5
My Old Dutch	Italian	1118	1.67	0.42	5.8
The Breakfast Club	*Blueberry & Granola waffle	1100	47.0	12	2.7
My Old Dutch	My Old Dutch	1098	1.67	0	5.8
My Old Dutch	Chilli Con Carne	1089	0.1	0	5.8
My Old Dutch	Vermeer Pancakes	1088	28.5	7	2
My Old Dutch	Seafood	1071	10.8	3	5.8
My Old Dutch	Chocolate Sprinkles	1059	65.3	16	2.5
Crepeffaire	Reese Peanut Butter Pie	1018	41	10	0.6
My Old Dutch	Maple Syrup & Butter	1017	31	8	2.5
My Old Dutch	Hawaiian	1008	8.6	2	5.5
My Old Dutch	Mediterranean	999	2.5	1	6.8
My Old Dutch	Asparagus	987	1.8	0	4.5
My Old Dutch	Chicken Curry	955	8.8	2	4
KASPAS DESSERTS	*Choco-tella Spread Waffle	950	73.0	18	1.8
My Old Dutch	Pear, Cinnamon	940	50.5	13	2
My Old Dutch	Peaches	938	50	13	2
Snowflake Gelato	*Nutella Crepe with Vanilla Gelato	930	64.0	16	0.7
Mr. Pretzels	*Chocolate	930	47.0	12	0.9
My Old Dutch	Compote of Berries	922	44.1	11	2
My Old Dutch	Fresh fruit salad	922	44.1	11	2
My Old Dutch	Apple Cinnamon	917	44.9	11	2
Crepeffaire	Oreo Cookie Opulence	903	51.5	13	0.8
Wafflemeister	*Cream & Cookies	900	44.0	11	1.1
Creams	*Waffle: Chocolate spreadology plus 1 with cream	880	48.0	12	1.9
My Old Dutch	Nutella	824	37.9	9	1.8
Mr. Pretzels	*Nutella	820	53.0	13	0.8
Creams	*Crepes: Milk chocolate wonder	800	37.0	9	1.5
Harvester	Buttermilk Pancake & Bacon	795	78.4	20	6
Crepeffaire	Ultimate Nutella	788	52.7	13	0.2
Crepeffaire	Eggs Royale	777	1	0	4.1
My Old Dutch	Lamb stew	774	4.7	1	2.3
Crepeffaire	Eggs Benedict	772	1.6	0	3.8
Crepeffaire	Ferrero Rocher Extravagance	756	40	10	0.2
KASPAS DESSERTS	*Oreocunch waffle	750	43.0	11	1.1
My Old Dutch	Smoked Duck	739	17.5	4	1.8
Snowflake Gelato	*Banoffee Crepe with Vanilla Gelato	730	34.0	9	0.7
Creams	*Crepes: Banoffee	720	44.0	11	1.5
Crepeffaire	Eggs Florentine	703	1.2	0	1.8
Wafflemeister	*Waffle au chocolate	660	41.0	10	0.9
Creams	*Waffle: Mighty Maple	660	31.0	8	1.8
Harvester	Buttermilk Pancake & fruit (breakfast)	623	92.1	23	1.7
Wafflemeister	*American: The Canadian	620	30.0	8	1.6
Auntie Anne's	*Almond Crunch	590	23.0	6	1.1
Crepeffaire	The Londoner	569	1	0	2.7
Mr. Pretzels	*Vanilla	560	19.0	5	0.9
My Old Dutch	Sugar & Lemon	559	10.7	3	1.8
Crepeffaire	Vegan Cheeky Monkey	558	32.2	8	1.5
Wafflemeister	*Crepes: Nutella	550	28.0	7	0.4
Auntie Anne's	*Vanilla	540	9.4	2	1.6
Crepeffaire	Mexican Chicken	538	4.9	1	1.1
Crepeffaire	Supervegan	537	2.25	1	2.45
Crepeffaire	All Day Breakfast	537	1.8	0	2.1
Crepeffaire	Ham, Cheese & Egg	528	1.5	0	3
Crepeffaire	Apple Crumble	520	36.4	9	0.3
Crepeffaire	Vegan Chocolate, Strawberries & Dreams	517	23.4	6	1.5
Crepeffaire	Vegan Chocolate Galette	510	21.8	5	1.5
Mr. Pretzels	*Salt	500	11.0	3	1.7
Brewers Fayre	BELGIAN WAFFLE WITH COOKIE DOUGH ICE CREAM	497	38.9	10	1
Mr. Pretzels	*Toffee	490	28.0	7	0.8
Auntie Anne's	*Cheese & Jalapeno	490	15.0	4	1.7
Wafflemeister	*Crepes: Banoffee	480	18.0	5	0.5
Mc Donald's	Pancake and Syrup	477	41	10	1.5
Auntie Anne's	*Cinnamon	470	28.0	7	0.8
Brewers Fayre	BELGIAN WAFFLE WITH VANILLA ICE CREAM	468	35.4	9	0.9
Crepeffaire	Le Goate Deluxe	465	4.2	1	1.1
Crepeffaire	Ham Supreme	465	2.6	1	2.9
Crepeffaire	Chicken Supreme	457	3.6	1	1.1
Mr. Pretzels	*Cinnamon	450	23.0	6	0.7
Crepeffaire	Ham & Cheese	445	1.5	0	2.8
Auntie Anne's	*Original	430	16.0	4	1.3
Crepeffaire	I'll have what she's having - Nutella	425	18.3	5	0.1
Auntie Anne's	*Cheese	420	9.4	2	1.6

Outlet	Product Name	Calories per serving (kcal)	Sugar per serving (g)	Teaspoons of sugar per serving	Salt per serving (g)
Crepeaffaire	Pesto Mozarella	418	1.8	0	0.7
KASPA'S DESSERTS	*Canadian maple waffle	410	12.0	3	1.4
Creems	*Crepes: Pancake day with cream	410	3.9	1	3.9
My Old Dutch	Middle Eastern	410	1.2	0	1.5
Crepeaffaire	Maple Bacon	407	29.7	7	1.2
Crepeaffaire	Bananalicious - Nutella	399	26	7	0
Crepeaffaire	Superveg	392	1.9	0	0.8
Harvester	Belgian waffle	390	19.3	5	0.9
KASPA'S DESSERTS	*Belgian milk chocolate crepe	370	23	6	0.6
Marks & Spencer Café	Scotch Pancakes, Yoghurt & fresh berries	364	34	9	0.8
Crepeaffaire	Mellow Yellow	351	17.7	4	0.2
Crepeaffaire	Nutella	349	16.1	4	0
Crepeaffaire	Belgian Chocolate	342	15.3	4	0.1
Crepeaffaire	Cinnamon	341	15.7	4	0.2
My Old Dutch	Prawn & Rocket	340	0	0	3.3
KASPA'S DESSERTS	*Banoffee crepe	330	20	5	0.6
Crepeaffaire	Smoked Salmon & Cream Cheese	327	1.9	0	2.8
Wafflemeister	*Crepes: Cinnamon Club	300	6.5	2	0.4
My Old Dutch	Chicken Salsa	285	1.6	0	1.3
Burger King	Mini Pancakes and syrup (6 pieces)	270	22	6	2.5
My Old Dutch	Tricolore	262	1.5	0	1.3
Brewers Fayre	Pancakes	216	23	6	3.9
KASPA'S DESSERTS	*Traditional Crepe - sweet & simple	180	8.6	2	0.5
Harvester	Buttermilk pancake	106	6.7	2	0.4
Wafflemeister	Crepes: Lemon Zuzette	NP	NP	NP	NP
Wafflemeister	Crepes: Strawberries and Chocolate	NP	NP	NP	NP
Wafflemeister	Crepes: Brunch it	NP	NP	NP	NP
Wafflemeister	Crepes: Ham & Cheese	NP	NP	NP	NP
Wafflemeister	Crepes: Seasonal	NP	NP	NP	NP
Wafflemeister	Crepes: New Yorker	NP	NP	NP	NP
Wafflemeister	Crepes: Salmon please	NP	NP	NP	NP
Wafflemeister	Crepes: The Club	NP	NP	NP	NP
Creems	Crepes au Oreo	NP	NP	NC	NP
Creems	Crepe Royale	NP	NP	NC	NP
Creems	Crepes: Salted caramel with Banana	NP	NP	NC	NP
Creems	Crepes: Chocolate and Strawberry indulgence	NP	NP	NC	NP
Creems	Crepes: Chocolate spreadology plus 1	NP	NP	NC	NP
Creems	Crepes: Banana & Strawberry	NP	NP	NC	NP
Creems	Crepes: banana Burrito Wraps	NP	NP	NC	NP
Creems	Crepes au Bueno	NP	NP	NC	NP
Creems	Crepes: Lotus Biscoff	NP	NP	NC	NP
Creems	Crepes: White Chocolate Wonder	NP	NP	NC	NP
Creems	Crepes: The Canadian	NP	NP	NC	NP
KASPA'S DESSERTS	Sizilianzest Lemon Crepe	NP	NP	NP	NP
KASPA'S DESSERTS	Belgian white chocolate	NP	NP	NP	NP
KASPA'S DESSERTS	Maple temptation crepe	NP	NP	NP	NP
KASPA'S DESSERTS	Straberry indulge crepe	NP	NP	NP	NP
KASPA'S DESSERTS	Caramel choc crepe	NP	NP	NP	NP
The Breakfast Club	The All American Pancake Stacks	NP	NP	NP	NP
The Breakfast Club	Pancakes & Bacon	NP	NP	NP	NP
Auntie Anne's	Cheese & Pepperoni	NP	NP	NP	NP
Auntie Anne's	Sesame	NP	NP	NP	NP
Mr. Pretzels	Dogs	NP	NP	NP	NP
Mr. Pretzels	Sesame	NP	NP	NP	NP
Snowflake Gelato	Chocolate Waffle with milk chocolate sauce and vanilla Gelato	NP	NP	NP	NP
Snowflake Gelato	Maple Berry Waffle with Vanilla Gelato	NP	NP	NP	NP
Wafflemeister	American: Nutella Sandwich	NP	NP	NP	NP
Wafflemeister	Waffle Classic Liege	NP	NP	NP	NP
Wafflemeister	Go Bananas	NP	NP	NP	NP
Wafflemeister	Marshmallow surprise	NP	NP	NP	NP
Wafflemeister	Black and white	NP	NP	NP	NP
Wafflemeister	Dream team	NP	NP	NP	NP
Wafflemeister	Strawberry heaven	NP	NP	NP	NP
Wafflemeister	American: Banoffee	NP	NP	NP	NP
Wafflemeister	American: Strawberry mess	NP	NP	NP	NP
Wafflemeister	American: All day breakfast	NP	NP	NP	NP
Wafflemeister	American: Ham & Cheese	NP	NP	NP	NP
Wafflemeister	American: Chicken Avocado	NP	NP	NP	NP
Wafflemeister	American Salmon please	NP	NP	NP	NP
Wafflemeister	American: Halloumi & Pesto	NP	NP	NP	NP
Wafflemeister	American: Granola Breakfast	NP	NP	NP	NP
Wafflemeister	American: Tripple Chocolate	NP	NP	NP	NP
KASPA'S DESSERTS	Banoffee Waffle	NP	NP	NP	NP
KASPA'S DESSERTS	Strawberry delight waffle	NP	NP	NP	NP
KASPA'S DESSERTS	Strawberry butterscotch waffle	NP	NP	NP	NP
KASPA'S DESSERTS	Strawberry indulge	NP	NP	NP	NP
KASPA'S DESSERTS	The M&M waffle	NP	NP	NP	NP
KASPA'S DESSERTS	White choc indulgence waffle	NP	NP	NP	NP
KASPA'S DESSERTS	Bueno Waffle	NP	NP	NP	NP
KASPA'S DESSERTS	Wafflebrumble	NP	NP	NP	NP
KASPA'S DESSERTS	Peanutbutter choc waffle	NP	NP	NP	NP
KASPA'S DESSERTS	The Brownie Waffle	NP	NP	NP	NP
KASPA'S DESSERTS	Nuts about choc waffle	NP	NP	NP	NP
KASPA'S DESSERTS	Caramel Shortcake waffle	NP	NP	NP	NP
KASPA'S DESSERTS	Strawberry shortcake waffle	NP	NP	NP	NP
KASPA'S DESSERTS	Banoffee-tella waffle	NP	NP	NP	NP
KASPA'S DESSERTS	Chocolate waffle	NP	NP	NP	NP
Wafflemeister	Classic waffle	NP	NP	NP	NP
Creems	Bubble Pop Waffles: Utterly nuts	NP	NP	NC	NP
Creems	Bubble Pop Waffles sweet shop	NP	NP	NC	NP
Creems	Bubble Pop Waffles: ultimate chocolate	NP	NP	NC	NP
Creems	Bubble Pop Waffles: more oreo	NP	NP	NC	NP
Creems	Bubble Pop Waffles: banoffee crunch	NP	NP	NC	NP

Outlet	Product Name	Calories per serving (kcal)	Sugar per serving (g)	Teaspoons of sugar per serving	Salt per serving (g)
Creams	Waffles: Mango Mania	NP	NP	NC	NP
Creams	Waffles: Tiramisu	NP	NP	NC	NP
Creams	Waffles: Waffle M&M	NP	NP	NC	NP
Creams	Waffles: Strawberry fields	NP	NP	NC	NP
Creams	Waffles of Bounty choc	NP	NP	NC	NP
Creams	*Waffle: Oreos on mine with Gelato	NP	NP	NC	NP
Creams	Waffle: White choc blizzard	NP	NP	NC	NP
Creams	Waffle: Creams Royale	NP	NP	NC	NP
Creams	Waffle: White chocolate kiss	NP	NP	NC	NP
Creams	Waffle: Apple crumbled	NP	NP	NC	NP
Creams	Waffle: Chocolate fudge mess	NP	NP	NC	NP
Creams	Waffle: Chocoholic	NP	NP	NC	NP
Creams	Waffle: Nuttee Banoffee	NP	NP	NC	NP
Creams	Waffles: Red Velvet	NP	NP	NC	NP
Creams	Waffles: Lotus Biscoff	NP	NP	NC	NP
Creams	Waffle of Beueno	NP	NP	NC	NP
Creams	Waffle: Strawberry choc indulgence	NP	NP	NC	NP