

DESCRIPTIONS		NUTRITIONALS										CONTAINS	SUITABLE FOR		
CATEGORY	PRODUCT NAME	GRAMS	Energy (kJ)	Energy (kcal)	Protein (g)	Fat (g)	(Sats) (g)	Carb (g)	Sugars (g)	Dietary Fibre (g)	Sodium (g)			Equiv as Salt (g)	
COMBINATION	SICILIAN	PER PACK	247	1982	470	27.4	17.6	3.5	56.9	5.2	4.0	3.0	2.4	GLUTEN, MILK, EGGS, MUSTARD	
COMBINATION	PARISIAN	PER PACK	271	2778	664	20.9	37.6	13.7	63.4	10.9	3.0	1.3	3.2	GLUTEN, MILK, EGGS, MUSTARD, SULPHUR DIOXIDE	VEGETARIAN
COMBINATION	PARISIAN W BACON	PER PACK	100	1027	246	7.7	13.9	4.7	23.5	4.0	1.1	0.5	1.2	GLUTEN, MILK, EGGS, MUSTARD, SULPHUR DIOXIDE	
COMBINATION	CHORIPAN	PER PACK	100	874	208	10.1	9.2	1.6	22.3	1.9	1.5	0.4	1.1	GLUTEN, MILK, EGG, SULPHITES	
COMBINATION	ANDALUCIAN	PER PACK	233	1934	458	24.2	15.6	5.9	60.5	2.0	2.9	0.8	2.1	GLUTEN, MILK, MUSTARD	
COMBINATION	LONDONER	PER PACK	242	2116	533	17.9	32.0	8.3	38.0	3.5	3.9	1.0	2.6	GLUTEN, MILK, EGGS, SESAME, MUSTARD, SULPHUR DIOXIDE	
COMBINATION	ITALIAN DELI	PER PACK	251	2436	483	20.9	36.3	10.5	61.4	3.9	4.6	1.4	3.0	GLUTEN, MILK, SULPHUR DIOXIDE	VEGETARIAN
COMBINATION	NEW YORKER	PER PACK	100	973	232	8.3	12.0	4.2	24.5	1.6	1.8	0.5	1.2	GLUTEN, MILK, EGGS, MUSTARD, SULPHUR DIOXIDE	
COMBINATION	CALABRESSE CLUB	PER PACK	100	851	210	10.3	11.5	5.3	18.2	1.9	3.2	0.6	1.4	GLUTEN, MILK, EGG, SESAME, MUSTARD, SULPHITES	
COMBINATION	BLACK BEANS & CORN BALLS	PER PACK	100	854	205	8.7	10.8	4.3	16.8	2.0	1.4	0.6	1.0	GLUTEN, MILK	VEGETARIANS
COMBINATION	TUNA MAYONNAISE & ROCKET	PER PACK	250	2000	477	12.6	22.4	5.6	55.9	6.4	4.8	1.0	2.5	GLUTEN, MILK, EGGS, SESAME	VEGETARIANS
COMBINATION	COURGETTE FRITTER & SRIRACHA	PER PACK	100	800	200	13.1	8.9	2.3	22.9	2.6	1.9	0.6	1.0	GLUTEN, MILK, EGG, MUSTARD, SULPHITES	
COMBINATION	CHARGRILLED CHICKEN & ARTICHOKE	PER PACK	100	820	195	9.5	8.6	1.2	20.6	1.5	1.7	0.5	1.3	GLUTEN, MILK, EGG, MUSTARD, SULPHITES	
COMBINATION	AVOCADO CARPSE	PER PACK	266	2417	578	17.0	32.8	8.5	56.3	4.5	4.9	0.8	2.1	GLUTEN, MILK, EGG	VEGETARIAN
COMBINATION	REUBEN	PER PACK	100	909	217	6.4	12.3	3.2	21.2	1.7	1.9	0.3	0.8	GLUTEN, MILK, EGG, MUSTARD, SULPHUR DIOXIDE	
COMBINATION	TORTA	PER PACK	100	898	214	6.5	12.1	3.4	20.4	0.8	1.1	0.4	0.9	GLUTEN, MILK, EGG, MUSTARD, SULPHITES	
BLOOMER	GOATS CHEESE & FIRE ROASTED PEPPERS	PER PACK	199	1700	408	17.2	21.4	4.3	37.2	3.9	2.8	0.9	2.3	GLUTEN, MILK, EGG, SULPHITES	VEGETARIANS
BLOOMER	FREE RANGE EGG & SLOWROAST TOMATO	PER PACK	100	854	205	8.7	10.8	4.3	16.8	2.0	1.4	0.6	1.0	GLUTEN, EGG, FISH, SESAME, MUSTARD	VEGETARIAN
BLOOMER	CHICKEN AVOCADO BLOOMER	PER PACK	100	983	235	8.6	15.3	2.1	16.2	1.6	1.3	0.4	0.9	GLUTEN, EGG, SOYA	
BLOOMER	HOT SMOKED SALMON & AVOCADO	PER PACK	100	876	210	10.0	12.7	1.7	15.1	1.1	1.7	0.3	0.7	GLUTEN, EGG, FISH, MUSTARD, SOYA, SULPHITES	
BAGUETTE	TUNA MAYONNAISE & ROCKET	PER PACK	269	2583	618	25.8	27.8	2.3	68.7	2.7	4.6	1.1	2.9	GLUTEN, MILK, EGG, SESAME, MUSTARD, SULPHITES	
BAGUETTE	WILTSHIRE HAM & EMENTAL BAGUETTE	PER PACK	230	2004	495	28.7	17.4	7.0	50.1	1.3	3.0	1.4	3.4	GLUTEN, MILK, EGG, MUSTARD	
BAGUETTE	CHARGRILLED CHICKEN & SUNDRIED PEPPER	PER PACK	236	2111	529	24.8	18.8	2.1	62.9	6.6	4.6	1.2	3.0	GLUTEN, MILK, EGG, SESAME, MUSTARD, SULPHITES	
BAGUETTE	WEST COASTLY CHEDDAR & BALSAMIC ONIONS	PER PACK	100	937	224	10.5	8.0	0.9	26.7	2.8	2.0	0.5	1.3	GLUTEN, MILK, EGG, SESAME, MUSTARD, SULPHITES	VEGETARIAN
WRAP	VEGGIE-LICIOUS KHOBZ WRAP	PER PACK	276	2120	509	13.3	25.8	3.3	51.1	7.1	12.7	0.7	1.7	GLUTEN, SESAME	VEGAN
WRAP	SUPERCARGED SOYA SALMON	PER PACK	285	2395	572	28.4	29.3	7.9	48.6	4.5	5.6	0.9	2.9	GLUTEN, EGG, FISH, SESAME, SOYA, MUSTARD, SULPHITES	
WRAP	SOUTHWESTERN CHICKEN WRAP	PER PACK	250	2419	491	10.0	30.3	2.8	57.6	3.6	4.9	0.5	2.1	GLUTEN, MILK, EGG, MUSTARD, SULPHITES	
WRAP	MIDDLE EASTERN MEZE WRAP	PER PACK	100	834	199	8.9	9.2	2.3	19.9	2.2	1.9	0.3	0.7	GLUTEN, MILK, SESAME	VEGETARIAN
KHOBZ WRAP	NORTH AFRICAN CHICKEN KHOBZ WRAP	PER PACK	100	837	200	6.5	9.8	2.6	19.3	2.3	2.2	0.3	0.8	GLUTEN, MILK, EGG, MUSTARD	
FRUIT SALAD	CLASSIC FRESH FRUIT POT	PER PACK	250	517	122	4.2	0.3	0.0	28.7	28.1	3.5	0.0	0.0	VEGAN	
FRUIT SALAD	EXOTIC FRUIT POT	PER PACK	236	464	109	1.3	0.5	0.0	25.4	23.7	3.0	0.0	0.0	VEGAN	
FRUIT SALAD	PINEAPPLE, BLUEBERRY & RASPBERRY POT	PER PACK	150	272	64	0.7	0.3	0.0	14.9	13.9	2.5	0.0	0.0	VEGAN	
FRUIT SALAD	MANGO, STRAWBERRY & LIME POT	PER PACK	100	181	43	0.5	0.2	0.0	9.9	9.2	1.7	0.0	0.0	VEGAN	
FRUIT SALAD	WATERMELON & LIME POT	PER PACK	131	286	67	1.0	0.2	0.1	16.2	15.4	3.0	0.0	0.0	VEGAN	
FRUIT SALAD	STRAWBERRY & LIME POT	PER PACK	210	258	61	1.7	0.2	0.0	13.1	12.2	2.5	0.0	0.0	VEGAN	
SALAD BOWLS	SUPERCARGED OMEGA SALMON BOX	PER PACK	343	1835	439	26.8	22.8	5.2	36.1	12.8	8.4	1.3	3.2	FISH, SESAME, SOYA, MUSTARD, SULPHITES	
SALAD BOWLS	CHICKEN & MANGO BOWL	PER PACK	100	435	108	7.8	6.7	1.5	10.5	6.7	4.4	0.4	0.9	GLUTEN, MILK, FISH, SOYA	
SALAD BOWLS	GENOVESE PESTO PASTA	PER PACK	248	1665	389	11.1	21.5	3.2	36.5	6.6	5.0	0.8	2.1	GLUTEN, MILK, SOYA, EGG	
SALAD BOWLS	VITALITY BOWL	PER PACK	245	1361	316	12.3	14.7	4.2	46.6	6.7	5.5	1.0	2.6	GLUTEN, MILK, EGG, SESAME, SOYA	VEGETARIAN
SALAD BOWLS	LEBANESE ROAST CAULIFLOWER & BETROOT FALAFEL BOWL	PER PACK	281	1793	430	14.4	22.5	3.2	42.9	6.1	7.6	0.9	2.0	NUTS, GLUTEN, MILK, EGG, MUSTARD, SOYA	VEGETARIAN
SALAD BOWLS	AVOCADO & SHEET POTATO BOWL	PER PACK	100	639	153	5.1	4.0	0.9	15.3	2.3	2.7	0.3	0.7	MUSTARD, SULPHITES	VEGETARIAN
SALAD BOWLS	SOUTHWESTERN CHICKEN BOWL	PER PACK	100	529	127	2.7	1.6	1.1	13.4	3.3	2.7	0.2	0.6	MILK, EGG, MUSTARD, SULPHITES	
MINI POT	SUPER SOY POT	PER PACK	141	796	190	10.2	7.7	1.3	22.9	8.2	4.5	0.6	1.5	NUTS, SESAME, SOYA, MUSTARD	VEGAN
MINI POT	EGG & QUINOA PROTEIN POT	PER PACK	100	565	135	7.2	5.4	0.9	16.3	5.8	3.9	0.4	1.1	MUSTARD, SULPHITES	VEGETARIAN
BREAKFAST	FESTA MANGO & QUINOA POT	PER PACK	135	829	198	5.1	8.0	1.0	30.4	6.6	4.9	0.4	1.0	MUSTARD, SULPHITES	VEGETARIAN
BREAKFAST	EGGS FLORENTINE	PER PACK	100	614	146	3.8	5.9	0.7	22.5	4.0	3.6	0.3	0.8	GLUTEN, MILK, EGG, SOYA	
BREAKFAST	EGGS BENOUGO	PER PACK	100	726	172	6.7	7.0	2.7	21.8	0.8	3.2	0.3	0.8	GLUTEN, MILK, EGG, SOYA	
BREAKFAST	BACON MUFFIN W KETCHUP	PER PACK	115	134	314	13.3	15.8	13.0	33.2	5.0	1.4	2.0	2.6	GLUTEN, MILK, CELERY, SOYA	
BREAKFAST	MANGO MUFFIN W BROWN SAUCE	PER PACK	100	1134	314	13.3	15.8	13.0	33.2	5.0	1.4	2.0	2.6	GLUTEN, MILK, SOYA	
BREAKFAST	SAUSAGE MUFFIN W KETCHUP	PER PACK	185	1886	533	6.3	33.0	13.0	41.2	5.7	3.6	3.2	3.1	GLUTEN, MILK, CELERY, SOYA	
BREAKFAST	SAUSAGE MUFFIN W BROWN SAUCE	PER PACK	185	1886	533	6.3	33.0	13.0	41.2	5.7	3.6	3.2	3.1	GLUTEN, MILK, SOYA	
BAGEL	BACON CHEESE	PER PACK	100	477	114	2.9	1.7	0.0	26.3	3.8	2.0	1.0	2.2	GLUTEN, MILK, EGG, SESAME, MUSTARD	
BAGEL	SMOKED SALMON	PER PACK	100	1025	264	11.7	12.4	8.4	27.5	2.3	0.9	0.6	1.5	GLUTEN, MILK, FISH, SESAME	
YOGHURT POT	BANANA & BLUEBERRY SOYA YOGHURT	PER PACK	100	768	223	11.2	6.6	3.1	29.4	1.5	1.0	0.8	2.0	NUTS, SOYA	VEGETARIAN
YOGHURT POT	POMEGRANATE, PISTACHIO & CHIA POT	PER PACK	100	448	107	5.3	5.6	1.4	8.7	7.4	1.8	0.1	0.2	NUTS, MILK	VEGETARIAN
YOGHURT POT	YOGHURT, GRANOLA & BANANA POT	PER PACK	235	1567	374	8.0	9.9	4.3	63.2	41.9	4.2	0.1	0.2	NUTS, GLUTEN, MILK	VEGETARIAN
BIRCHER	BUCKWHEAT BIRCHER	PER PACK	100	427	104	3.4	1.4	0.1	16.1	2.5	1.8	0.1	0.4	NUTS, MILK, SULPHITES	VEGETARIAN
BIRCHER	BIRCHER MUESLI VERY BERRY	PER PACK	100	603	146	5.4	7.8	2.6	16.1	8.4	1.4	0.1	0.1	GLUTEN, MILK	VEGETARIAN
SMOOTHIE	PINEAPPLE BANANA COCONUT	PER PACK	250	685	165	1.7	2.4	0.4	24.0	11.3	2.2	0.0	0.0	GLUTEN, MILK	VEGETARIAN
SMOOTHIE	MANGO PINEAPPLE	PER PACK	250	596	140	0.7	0.2	0.2	14.4	29.8	3.8	0.0	0.0	VEGAN	
SMOOTHIE	BANANA BERRY	PER PACK	250	634	149	1.2	0.5	0.2	36.2	31.1	3.2	0.0	0.0	VEGAN	
SMOOTHIE	STRAWBERRY BLUSH	PER PACK	250	611	147	5.2	2.8	1.7	25.2	19.0	2.4	0.1	0.2	MILK	VEGETARIAN
SMOOTHIE	ORANGE RASPBERRY	PER PACK	250	513	121	1.4	0.3	0.2	31.8	26.7	1.6	0.0	0.1	VEGAN	
SMOOTHIE	FRUIT CRUSH	PER PACK	100	205	48	0.6	0.1	0.1	12.7	10.7	0.6	0.0	0.0	VEGAN	
JUICE	FRESH APPLE	PER PACK	100	275	65	0.7	0.2	0.1	15.9	13.9	0.7	0.0	0.0	VEGAN	
COLD DRINKS	CLASSIC LEMONADE	PER PACK	500	421	99	0.2	0.0	0.0	24.4	24.6	0.1	0.0	0.0	VEGAN	
COLD DRINKS	WATERMELON AGUA FRESCA	PER PACK	330	439	103	1.3	0.7	0.0	24.0	23.0	0.5	0.0	0.0	VEGAN	
COLD DRINKS	BENUGO ICEE TEA	PER PACK	100	133	31	0.4	0.2	0.0	7.3	7.0	0.2	0.0	0.0	VEGAN	
PORRIDGE	BANANA, CINNAMON & CACAO	PER PACK	100	443	106	3.5	3.8	1.1	14.1	5.8	1.7	0.1	0.3	MILK, GLUTEN	VEGETARIAN
PORRIDGE	BLUEBERRY, COCONUT & 5 GRAIN	PER PACK	325	1551	369	8.2	13.8	5.2	52.4	14.7	7.0	0.2	0.5	NUTS	VEGAN
PORRIDGE	STRAWBERRY & RASPBERRY CHIA	PER PACK	310	1350	322	10.9	11.6	3.4	42.5	17.2	5.4	0.4	1.0	NUTS, GLUTEN, MILK	VEGETARIAN
PASTRY	CROISSANT	PER PACK	100	436	104	3.5	3.7	1.1	13.7	5.6	1.7	0.1	0.3	GLUTEN, MILK, EGG, SULPHUR DIOXIDE	VEGETARIAN
PASTRY	HAM & SWISS CROISSANT	PER PACK	130	1773	424	15.0	24.1	13.3	28.7	3.7	1.2	0.9	2.2	GLUTEN, MILK, EGGS, SOYA	
PASTRY	ALMOND CROISSANT	PER PACK	100	1304	326	14.6	18.6	10.2	22.1	2.8	0.9	0.7	1.7	NUTS, GLUTEN, MILK, EGGS, SULPHUR DIOXIDE, SOYA	VEGETARIAN
PASTRY	PAIN AU RAISIN	PER PACK	100												