

DESCRIPTIONS		NUTRITIONALS													
CATEGORY	PRODUCT NAME	GRAMS	Energy (kJ)	Energy (kcal)	Protein (g)	Fat (g)	(g)	Carb (g)	Sugars (g)	Dietary Fiber (g)	Sodium (g)	Equiv as Salt (g)	CONTAINS	SUITABLE FOR	
COMBINATION	SICILIAN	PER PACK	247	1982	470	22.4	17.6	5.5	28.9	5.2	1.0	1.0	GLUTEN, MILK, EGGS, MUSTARD		
		PER	100	804	191	11.3	7.1	2.4	11.3	2.1	0.4	0.4			
COMBINATION	PARISIAN	PER PACK	271	2178	664	20.7	17.1	14.4	23.1	4.1	1.1	1.1	GLUTEN, MILK, EGGS, MUSTARD, SULPHUR DIOXIDE	VEGETARIAN	
		PER	100	1027	246	7.7	7.9	4.7	8.5	1.5	0.4	0.4			
COMBINATION	PARISIAN W BACON	PER PACK	256	2096	492	23.5	18.7	18.8	22.9	3.0	1.0	1.0	GLUTEN, MILK, EGGS, MUSTARD, SULPHUR DIOXIDE		
		PER	100	1050	252	8.9	14.7	8.4	9.1	1.1	0.6	0.6			
COMBINATION	CHORIPAN	PER PACK	237	2072	493	23.9	21.8	3.8	52.9	4.6	3.6	3.0	2.6	GLUTEN, MILK, EGG, SULPHITES	
		PER	100	874	208	10.3	9.2	1.6	22.2	1.9	1.5	0.4	1.1		
COMBINATION	ANDALUCIAN	PER PACK	233	1934	458	24.3	15.6	5.9	60.5	2.0	2.9	0.8	2.1	GLUTEN, MILK, MUSTARD	
		PER	100	829	197	10.4	6.7	2.5	25.0	0.9	1.2	0.4	0.9		
COMBINATION	LONDONER	PER PACK	242	2110	519	17.9	22.0	8.3	39.9	3.5	3.9	1.0	2.5	GLUTEN, MILK, EGG, SESAME, MUSTARD, SULPHUR DIOXIDE	
		PER	100	874	220	7.4	13.2	3.4	16.1	1.5	1.6	0.4	1.0		
COMBINATION	ITALIAN DELI	PER PACK	251	2466	486	20.9	20.7	10.5	32.2	2.9	4.7	1.1	2.0	GLUTEN, MILK, SULPHUR DIOXIDE	VEGETARIAN
		PER	100	973	232	8.3	12.0	4.2	12.8	1.6	1.8	0.5	1.2		
COMBINATION	NEW YORKER	PER PACK	250	2207	511	11.4	15.4	10.4	36.2	3.7	3.7	0.7	1.4	GLUTEN, MILK, EGGS, MUSTARD, SULPHUR DIOXIDE	
		PER	100	881	215	4.1	11.5	3.8	14.5	1.5	1.5	0.3	0.6		
COMBINATION	CALABRESSE CLUB	PER PACK	236	2083	498	30.6	20.4	6.3	46.9	6.7	5.8	0.7	1.8	GLUTEN, MILK, EGG	
		PER	100	883	211	13.0	8.6	2.7	19.9	2.9	2.5	0.3	0.7		
COMBINATION	BLACK BEANS & CORN BALLS	PER PACK	273	2063	492	13.8	24.3	6.0	63.7	7.0	6.2	0.7	1.7	GLUTEN, MILK, EGG	VEGETARIAN
		PER	100	790	289	5.1	20.0	2.2	23.2	2.6	2.3	0.3	0.6		
COMBINATION	COURGETTE FRITTER & SHRACHA	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	
		PER	100	800	191	5.1	8.9	2.3	22.4	2.6	1.9	0.4	1.0		
COMBINATION	AUBERGINE PARMIGIANA	PER PACK	288	2544	607	18.3	23.1	8.8	92.9	7.2	6.2	1.3	3.2	GLUTEN, MILK, EGG	VEGETARIAN
		PER	100	883	211	6.7	11.5	3.1	20.7	2.5	2.2	0.4	1.1		
COMBINATION	GOATS CHEESE & CHILLI JAM	PER PACK	270	2764	687	16.7	27.2	8.1	68.5	15.9	3.8	1.1	2.8	GLUTEN, MILK, EGG, MUSTARD, SULPHITES	VEGETARIAN
		PER	100	1024	255	6.2	13.8	3.0	25.4	5.9	1.4	0.4	1.0		
COMBINATION	CHARGRILLED CHICKEN, AVOCADO & SLOW ROAST TOMATO	PER PACK	288	2294	551	27.3	34.6	3.5	58.2	5.2	5.2	1.1	2.7	GLUTEN, MILK, EGG, MUSTARD	
		PER	100	797	191	9.5	8.5	1.2	20.2	1.8	1.8	0.4	0.9		
COMBINATION	REUBEN	PER PACK	245	2199	524	15.9	29.7	8.3	50.0	1.9	2.8	1.0	2.3	GLUTEN, MILK, EGG, MUSTARD, SULPHUR DIOXIDE	
		PER	100	898	214	6.5	12.1	3.4	20.4	0.8	1.1	0.4	0.9		
BLOOMER	BRE, ROAST BEETROOT & PEAR CHUTNEY	PER PACK	250	2422	580	20.7	30.6	15.5	56.3	23.6	4.3	1.1	2.8	GLUTEN, MILK, EGG, MUSTARD, SULPHITES	VEGETARIAN
		PER	100	969	232	8.3	12.2	5.0	22.5	9.5	1.7	0.5	1.1		
BLOOMER	FREE RANGE EGG & SLOWROAST TOMATO	PER PACK	268	2021	484	17.6	21.5	4.3	32.2	2.7	0.7	0.8	1.0	GLUTEN, MILK, EGG, SOYA, MUSTARD	VEGETARIAN
		PER	100	983	235	8.6	15.3	2.1	16.2	1.6	0.3	0.4	0.9		
BLOOMER	CHICKEN AVOCADO BLOOMER	PER PACK	225	1966	471	22.4	29.4	4.7	33.9	2.5	2.9	0.6	1.6	GLUTEN, MILK, EGG, SOYA	
		PER	100	876	210	10.0	13.0	1.7	15.1	1.1	1.2	0.3	0.7		
BLOOMER	HOT SMOKED SALMON & AVOCADO	PER PACK	193	1760	423	19.0	24.8	4.4	31.5	2.1	3.8	0.5	2.4	GLUTEN, EGG, FISH, MUSTARD, SOYA, SULPHITES	
		PER	100	912	219	9.8	12.4	2.2	16.3	1.0	1.9	0.3	1.2		
BAGUETTE	TUNA MAYONNAISE & ROCKET	PER PACK	269	2583	618	25.8	25.7	9.3	66.3	2.7	4.6	1.1	2.9	GLUTEN, EGG, FISH, SESAME, MUSTARD	
		PER	100	962	234	10.3	10.0	3.4	24.7	1.0	1.7	0.4	0.8		
BAGUETTE	WILTSHIRE HAM & EMENTAL BAGUETTE	PER PACK	220	2004	495	28.7	17.4	7.0	50.1	1.3	3.0	1.4	3.4	GLUTEN, MILK, EGG, MUSTARD	
		PER	100	913	225	13.1	7.9	3.2	22.8	0.6	1.4	0.6	1.6		
BAGUETTE	CHARGRILLED CHICKEN & SMOKED PROSCIUTTO BAGUETTE	PER PACK	275	2631	632	29.2	34.1	8.4	29.3	4.3	4.2	0.6	1.2	GLUTEN, MILK, EGG, SESAME, MUSTARD	
		PER	100	957	230	14.3	9.5	4.6	11.5	2.2	0.6	1.6	0.6		
BAGUETTE	CAPONATA CHICKEN	PER PACK	270	2329	558	27.9	21.6	2.5	62.2	7.1	7.0	1.1	2.7	GLUTEN, MILK, EGG, SESAME, MUSTARD, SULPHITES	
		PER	100	863	207	8.0	9.0	0.9	22.7	2.6	2.6	0.4	1.0		
BAGUETTE	WEST COUNTRY CHEDDAR & REAL ALF CHUTNEY BAGUETTE	PER PACK	237	2579	616	24.7	27.9	13.4	65.7	12.4	4.9	1.1	2.8	GLUTEN, MILK, SESAME	VEGETARIAN
		PER	100	1088	260	10.4	11.8	5.7	27.7	5.2	2.1	0.5	1.2		
WRAP	MIDDLE EASTERN MEZE WRAP	PER PACK	297	2487	499	11.4	20.1	0.5	64.2	6.8	10.8	1.0	2.4	GLUTEN, MILK, SESAME	VEGETARIAN
		PER	100	837	169	3.8	9.8	0.2	21.9	2.3	3.7	0.3	0.8		
WRAP	SUPERCHARGED MISO SALMON	PER PACK	285	2305	577	28.4	29.3	7.9	48.6	4.5	5.6	0.9	2.5	GLUTEN, EGG, FISH, SESAME, SOYA, MUSTARD, SULPHITES	
		PER	100	840	200	10.0	10.3	2.8	17.0	1.6	1.9	0.3	0.9		
WRAP	MISO CHICKEN WRAP	PER PACK	277	2311	530	27.9	19.8	5.1	54.2	6.7	3.9	0.9	2.3	GLUTEN, EGG, SESAME, SOYA, MUSTARD, SULPHITES	VEGETARIAN
		PER	100	783	184	10.0	8.7	1.8	19.4	2.4	1.4	0.3	0.8		
KHOEBZ WRAP	VEGGIE-LICIOUS KHOEBZ WRAP	PER PACK	295	2350	530	14.3	26.8	3.9	56.9	9.4	13.0	0.8	2.0	GLUTEN, SESAME	VEGAN
		PER	100	782	189	5.1	9.8	1.3	19.4	3.2	4.8	0.3	0.7		
KHOEBZ WRAP	TURMERIC CHICKEN WRAP	PER PACK	286	2435	494	13.1	18.1	0.9	64.0	8.0	10.0	0.0	2.0	GLUTEN, MILK, EGG, SESAME	
		PER	100	871	194	11.3	6.2	0.3	21.7	3.0	3.2	0.2	0.5		
FRUIT SALAD	CLASSIC FRESH FRUIT POT	PER PACK	100	207	49	0.5	0.1	0.0	11.5	11.2	1.4	0.0	0.0	VEGAN	
		PER	100	207	49	0.5	0.1	0.0	11.5	11.2	1.4	0.0	0.0		
FRUIT SALAD	EXOTIC FRUIT POT	PER PACK	286	464	109	1.2	0.5	0.0	26.4	28.0	3.0	0.0	0.0	VEGAN	
		PER	100	166	46	0.5	0.2	0.0	10.8	10.0	1.0	0.0	0.0		
FRUIT SALAD	PINEAPPLE, BLUEBERRY & RASPBERRY POT	PER PACK	150	372	64	0.7	0.3	0.0	14.9	13.9	2.5	0.0	0.0	VEGAN	
		PER	100	181	43	0.5	0.2	0.0	19.9	18.6	3.3	0.0	0.0		
FRUIT SALAD	GRAPE & BERRIES	PER PACK	140	334	79	0.6	0.1	0.0	19.0	18.0	1.6	0.0	0.0	VEGAN	
		PER	100	239	56	0.4	0.1	0.0	13.6	12.9	1.1	0.0	0.0		
SALAD BOWLS	SUPERCHARGED OMEGA SALMON BOWL	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	
		PER	100	535	128	7.8	6.7	1.5	10.3	3.7	2.4	0.4	0.9		
SALAD BOWLS	CHARGRILLED CHICKEN & BUTTERNUT SQUASH	PER PACK	310	1394	324	28.3	8.8	1.2	36.8	10.0	10.0	0.0	0.0	MILK, SESAME, SOYA, MUSTARD, SULPHITES	
		PER	100	412	98	8.4	2.6	0.3	11.5	3.0	3.0	0.2	0.5		
SALAD BOWLS	GENOVESE PESTO PASTA	PER PACK	246	2465	495	11.4	21.5	0.5	26.2	10.8	10.8	0.0	0.0	GLUTEN, MILK, SOYA, EGG	
		PER	100	671	161	4.6	8.6	0.2	14.7	4.3	4.3	0.3	0.9		
SALAD BOWLS	VITALITY BOWL	PER PACK	245	1321	316	12.3	14.7	3.2	34.6	6.7	3.5	3.0	2.5	GLUTEN, MILK, EGG, SESAME, SOYA	VEGETARIAN
		PER	100	539	130	4.9	6.0	1.3	86.1	10.5	7.0	1.6	4.1		
SALAD BOWLS	ROAST BEETROOT AND BUTTERNUT SALAD	PER PACK	255	1605	389	14.8	20.9	4.6	39.1	11.0	7.6	0.3	1.6	MILK, SESAME, SOYA, MUSTARD	VEGETARIAN
		PER	100	629	158	5.8	8.2	1.8	15.3	4.3	3.0	0.1	0.6		
SALAD BOWLS	MOROCCAN CHICKEN & ROSE HARRISA COUSCOUS	PER PACK	341	2552	608	26.7	24.0	5.1	68.1	10.5	10.5	0.4	1.0	NUTS, GLUTEN, MILK, EGG, SOYA, MUSTARD	
		PER	100	748	178	7.5	7.2	0.9	20.3	3.1	3.1	0.1	0.2		
SALAD BOWLS	MOROCCAN ROAST CARROTS & SPICED AUBERGINE DIP	PER PACK	286	2676	606	16.6	28.1	1.6	36.1	16.6	26.1	1.2	2.0	NUTS, GLUTEN, MILK, EGG, SOYA, MUSTARD	VEGETARIAN
		PER	100	936	212	5.9	8.4	0.5	12.8	5.8	9.1	0.4	1.1		
MINI POT	SUPER SOY POT	PER PACK	170	572	138	10.3	6.6	0.8	6.2	6.2	5.1	0.3	0.8	GLUTEN, SESAME, SOYA, MUSTARD, SULPHITES	VEGAN
		PER	100												