

WINTER MENU NUTRITION

SALADS AND BOXES

Allergens	per item	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	Nutrition info
	per 100g	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	Nutritional info

Salad nutritionals exclude dressings. See page 2 for dressing info.

Mediterranean tomato, pesto & mozzarella salad with chicken

Ingredients: chicken, quinoa, roasted pepper, sweet potato, pesto, spinach, green salad, tomatoes, mozzarella, basil, olive oil & seeds.

Chicken (**milk**), Autumn seeds (**sesame seeds**), pesto (**sulphites**), mozzarella (**milk**)

524	28.4	41.6	8.4	28.4	6.3	12.6	1.1	GF WF
151	8.2	12	2.4	8.2	1.8	3.6	0.3	SESAME SEEDS

Mediterranean tomato, pesto & mozzarella salad

Ingredients: quinoa, roasted pepper, sweet potato, pesto, spinach, green salad, tomatoes, mozzarella, basil, olive oil & seeds.

Autumn seeds (**sesame seeds**), pesto (**sulphites**), mozzarella (**milk**)

466	15.9	41.6	8.1	27.6	6.0	12.6	0.7	GF WF
158	5.4	14	2.8	9.3	2	4.2	0.2	SESAME SEEDS V

Lebanese red pepper chicken tabbouleh

Ingredients: Chicken, muhammara, quinoa, mixed leaves, avocado, cabbage, parsley, pomegranate seeds, mint, sultanas, pistachio, seeds & pomegranate dressing.

Chicken (**milk**), seeds (**sesame seeds**), muhammara (**nuts**), pistachio (**nuts**), Pomegranate dressing (**soya**)

472	21.1	47.6	8.2	22.6	3.7	12.6	0.6	GF WF
103	4.6	10.4	1.8	4.9	0.8	2.7	0.1	SESAME SEEDS NUTS!

Pod slaw & avocado salad

Ingredients: Peas, beetroot, red cabbage, leek, kale, carrots, avocado, edamame beans & wasabi seeds with a miso dressing.

Edamame beans (**soya**), miso dressing (**soya, sulphites, sesame seeds**)

238	9.3	20.1	7.3	14.1	2.8	10.9	0.2	DF GF WF
78	3	6.6	2.4	4.6	0.9	3.6	0.1	V ▼ SESAME SEEDS

Pod tabbouleh

Ingredients: Quinoa, tomatoes, cucumber, avocado, cabbage, pistachio, pomegranate seeds, parsley, mint, sultanas, muhammara, lemon juice, seeds & a lemon dressing.

Pistachio (**nuts**), lemon dressing (**sulphites, soya**), muhammara (**nuts**), seeds (**sesame seeds**)

364	11.6	46.7	8.3	15.5	2.2	12.1	0.2	DF GF WF
119	2.7	11.3	1.8	7.5	1.0	3.6	0.1	V ▼ NUTS! SESAME SEEDS

Chicken tabbouleh

Ingredients: as above with chicken

As above

489	24.8	47.4	8.6	23.1	3.9	12.2	0.6	GF WF
105	5.3	10.1	1.8	4.9	0.8	2.6	0.1	NUTS! SESAME SEEDS

Pod tabbouleh side salad

Ingredients: as above

As above

273	6.2	26	4.2	15.5	2.15	8.2	0.3	DF GF WF
112	2.7	11.3	1.8	7.5	1.0	3.6	0.1	V ▼ NUTS! SESAME SEEDS

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per 100g

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	per 100g	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	Nutritional info

Slow burner with chicken

Ingredients: Chicken, Greek style cheese, cucumber, peas, pearl barley, lentils, carrot, kale, leek, mixed leaves, edamame beans, pistachio, mint, turmeric & red chilli with a sweet chilli & sesame dressing.

Chicken (**milk**), cheese (**milk**), pearl barley (**barley**), pistachio (**nuts**), sweet chilli dressing (**sulphites, sesame seeds**)

419	32.7	38.8	6.4	16.2	7.2	7.2	1.6
100	7.8	9.3	1.5	3.9	1.7	1.7	0.4

SESAME SEEDS NUTS!

Slow burner

Ingredients: As above without chicken

Cheese (**milk**), pearl barley (**barley**), pistachio (**nuts**), sweet chilli dressing (**sulphites, sesame seeds**), edamame beans (**soya**)

362	20.2	38.8	6.1	15.4	6.9	7.2	1.2
98	5.5	10.5	1.7	4.2	1.9	2	0.3

V SESAME SEEDS NUTS!

Slow burner side salad

Ingredients: as above without chicken

As above

218	10.3	29.3	3.4	7.4	3	10.7	0.6
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V SESAME SEEDS NUTS!

Pulled pork & pod slaw

Ingredients: Shredded pork, peas, beetroot, sweet chilli sauce, red cabbage, carrot, leek, kale, avocado & wasabi seeds with a tamari dressing.

Tamari dressing (**soya**), sweet chilli sauce (**sulphites, sesame seeds**)

324	18.4	18.0	6.0	19.9	2.6	10.7	0.2
95	5.4	5.3	1.8	5.8	0.8	3.1	0.1

DF GF WF SESAME SEEDS

Go green chicken salad

Ingredients: Chicken, peas, edamame beans, carrot, broccoli, kale, leek, sugar snap peas, lettuce, spinach, red chilli, coriander & seeds with a miso dressing.

Miso dressing (**soya, sulphites, sesame seeds**), seeds (**sesame seeds**), chicken (**milk**), edamame beans (**soya**)

133	21.5	6.0	5.7	2.9	0.6	3.2	0.6
39	6.2	1.7	1.6	0.8	0.2	0.9	0.2

GF WF SESAME SEEDS

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SALADS AND BOXES

per 100g

Allergens	per item	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	Nutrition info
	per 100g	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	Nutritional info

Go green salad
Ingredients: as above without chicken

Miso dressing
(soya, sulphites, sesame), seeds
(sesame seeds), edamame (soya)

76	9.0	6.0	5.5	2.1	0.3	3.2	0.2	DF GF WF V ▼ SESAME SEEDS
26	3.0	2.0	1.8	0.7	0.1	1.1	0.1	

Asian fusion chicken & avocado box
Ingredients: Chicken, nori wrap, spinach, kelp noodles, pickled cabbage, cucumber, pickled ginger, tahini, umeboshi puree, and a side salad of avocado, seeds, peas, edamame beans, leek, kale, red cabbage, carrot, coriander & chilli with a tamari dressing.

Chicken (milk), Edamame beans (soya), tamari dressing (soya), autumn seeds (sesame seeds)

330	23.9	17.1	8.2	18	3.2	7.9	0.83	GF WF SESAME SEEDS
82	7.5	5	2	3.7	0.6	1.5	1.4	

Asian fusion salmon & avocado box
Ingredients: Salmon, nori wrap, spinach, kelp noodles, pickled cabbage, cucumber, pickled ginger, tahini, umeboshi puree, and a side salad of avocado, seeds, peas, edamame beans, leek, kale, red cabbage, carrot, coriander & chilli with a tamari dressing.

Edamame beans (soya), tamari dressing (soya), salmon (fish), autumn seeds (sesame seeds)

292	24	16	7	14	2	7.7	3.17	DF GF WF SESAME SEEDS
95	7.3	5.7	2.0	5.0	0.7	1.4	1.7	

Gym box
Ingredients: Hummus, falafel, broccoli, pearl barley, green lentils, leek, kale, carrot, peas, edamame beans, sunblushed tomatoes, chia seeds, turmeric, chilli & mango chutney.

Hummus (sesame seeds), pearl barley (barley), mango dressing (sulphites), falafel (egg, wheat)

429	16	45	10	20	2.1	18	2.3	DF V SESAME SEEDS
155.2	5.7	15.8	3.6	7.5	0.8	5.8	0.9	

Protein Box
Ingredients: egg, mozzarella cheese, chicken, smoked salmon, basil, red chilli.

Salmon (fish), hard boiled egg (egg), chicken (milk), mozzarella (milk)

441	47.8	1.1	1.0	27.2	12.1	0.1	3.0	GF WF
149.8	20.2	0.2	0	7.6	2.1	0.2	1.6	

DRESSINGS (PER 45G SERVING)

Tamari dressing

Tamari (soya)

43	1.8	2.2	0.0	2.4	0.2	2.0	0	DF GF WF V ▼
143	5.9	7.2	0.1	8.1	0.6	6.6	0	

Miso dressing

Sulphites, sesame seeds

154	2.6	10.0	0.9	11.6	1.1	6.8	0.5	DF GF WF V ▼ SESAME SEEDS
343	5.8	15.1	2.5.8	2.5	2.5	15.1	1.0	

Lemon dressing

Lemon juice (sulphites), tamari (soya)

117	0.2	4.7	0.0	10.6	0.7	4.1	0.3	DF GF WF V ▼
259	0.4	9.2	0.1	23.6	1.6	9.2	0.7	

Sweet chilli dressing

Garlic (sulphites), sesame oil (sesame seeds)

74	0.1	18.3	0.1	0.1	0.0	15.6	0.3	DF GF WF V SESAME SEEDS
212	0.4	52.3	0.4	0.2	0.0	0.4	0.8	

Olive Oil Dressing

180	0	0	0	19	2.9	0	0	DF GF
899	0	0	0	99	14.3	0	0	WF V ▼

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WINTER MENU NUTRITION

BAGUETTES & WRAPS	Allergens	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	Nutrition info
per 100g	Allergens	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	Nutrition info

BAGUETTES

Ham & Monterey Jack Ingredients: mixed lettuce, mustard, low fat mayonnaise, ham and monterey jack cheese in a superseed baguette	Mustard (mustard), mayonnaise (egg), cheese (milk), baguette (wheat, sesame seeds)	516	25.4	58.7	4.9	14.7	5.3	2.5	3.7	SESAME SEEDS
		217	10.7	24.5	2.0	6.3	2.3	1.0	1.7	
Mozzarella, sunblush tomato, avocado & pesto Ingredients: mozzarella, sunblushed tomato, avocado, basil leaves, pesto, olive oil in a superseed baguette	Mozzarella (milk), baguette (wheat, sesame seeds), pesto (sulphites)	551	20.7	57.9	5.9	21.2	8.6	1.9	2.1	V SESAME SEEDS
		220.6	8.3	23.2	2.4	8.5	3.5	0.7	0.8	

WRAPS

Plain wrap	Wheat	183	5	31	2.3	3.9	1.4	1.7	0.86	DF V ▼
		291	7.1	49.5	3.5	6.7	2.9	2.5	1.2	
Hummus, falafel & pod slaw wrap Ingredients: hummus, falafel peas, beetroot, red cabbage, leek, spring greens, carrot & a tortilla wrap	Hummus (sesame seeds), falafel (egg, wheat) tortilla wrap (wheat)	537	18.8	57.2	15.2	24	3	8.2	3.1	DF V SESAME SEEDS
		164	5.9	32.1	3.5	5.4	1.1	2.4	0	
Hoisin Duck Wrap Ingredients: shredded duck, hoisin sauce, cucumber, chilli & a tortilla wrap	Hoisin sauce (Soybeans, Eggs, Mustard, sesame seeds), tortilla wrap (wheat)	465	18.1	44.1	7.3	24.8	3.4	11.8	2.8	SESAME SEEDS! DF
		245	9.5	23.2	3.9	13	1.8	6.2	1.5	
Italian chicken wrap Ingredients: Chicken, mozzarella, pesto, tomatoes, mixed leaves, basil & a tortilla wrap	Chicken (milk), mozzarella (milk) pesto (sulphites), tortilla wrap (wheat)	417	26.7	41.8	9.6	17.4	6	9.1	1.9	
		216	13.8	21.7	4.9	9.0	3.1	4.7	1.0	

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WINTER MENU NUTRITION

BAGUETTES & WRAPS

per 100g

Allergens	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	Nutrition info
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NORI WRAPS

Salmon nori wrap

Ingredients: smoked salmon, umeboshi (plum pickle), sesame paste, cucumber, red cabbage, pickled ginger, spinach and a crunchy side salad with a free optional Tamari dressing

Salmon (**fish**),
sesame paste
(**Sesame seeds**),
tamari dressing
(**soya**)

191	23.4	8.6	4.8	7.2	1.1	5.7	3.5	
85	11.9	4.1	1.0	1.9	0.3	1.1	2.3	

DF GF
WF
SESAME
SEEDS

Chicken nori wrap

Ingredients: chicken, umeboshi (plum pickle), sesame paste, cucumber, red cabbage, pickled ginger, spinach and a crunchy side salad with a free optional Tamari dressing

Chicken (**milk**),
Sesame paste
(**Sesame seeds**),
tamari dressing
(**soya**)

187	26.2	7.4	5.7	6	1.2	3.6	0.5	
72	8.8	3.0	1.4	2.8	0.5	1.6	0.2	

GF WF
SESAME
SEEDS

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HOT FOOD	Allergens	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	Nutrition info
per 100g	Allergens	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	Nutrition info

MINI HOT PODS

Chicken Tikka Masala Ingredients: as below	As below	241 99	13.0 5.3	39.1 16.0	3.8 1.6	7.0 2.9	2.4 1.0	4.4 1.8	0.6 0.2	GF WF
Smoky three bean veg chilli Ingredients: as below	As below	342 130	6.1 2.3	51.4 19.5	6.5 2.5	12.6 4.8	2.3 0.9	6.9 2.6	1.2 0.4	V
Thai red chicken curry Ingredients: as below	As below	294 112	11.3 4.3	43.8 16.7	4.8 1.8	11.5 4.4	7.7 2.9	8.5 3.2	1.3 0.5	GF WF
Thai green chicken curry Ingredients: as below	As below	282 107	10.9 4.1	42.0 16.0	4.5 1.7	11.1 4.2	7.3 2.8	6.7 2.5	1.0 0.4	GF WF
Slow cooked Beef and Black Bean Ingredients: as below	As Below	297 115	12.3 4.8	50.5 19.6	6.1 2.4	7.7 3	1.6 0.6	6.3 2.5	2.1 0.8	DF LF SESAME SEEDS!

REGULAR HOT PODS

Chicken Tikka Masala Ingredients: Rice blend, Tikka Masala, Chicken Breast, Tomatoes, Cucumber, Yoghurt, Mint, Chilli red	Tikka Masala (Milk , Celery), Chicken Breast (Milk), Yoghurt (Milk)	386 102	16.7 4.4	73.8 19.6	6.8 1.8	9.3 2.5	3.1 0.8	6.1 1.6	0.7 0.2	GF WF
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Tikka Masala - Chopped Tomatoes, Sweet Potato, Kale, Yellow Split Peas, Green Lentils, Coconut Milk, Onions, Tomato Puree, Crème Fraiche, Rapeseed Oil, Sugar, Lemon Juice, Garlic Puree, Coriander Powder, Ginger, Coriander, Cumin Powder, Vegetable Stock, Salt, Garam Masala, Paprika Smoked, Chilli Powder, Cardamom Powder, Cinnamon Powder.

Smoky three bean veg chilli Ingredients: Black Bean stew, Rice blend, Avocado, Yoghurt, Limes, Chilli red, Munchy Seeds	Black Bean stew (Barley , Soybeans , Celery), Yoghurt (Milk), Munchy Seeds (Soybeans)	492 131	7.4 2.0	89.2 23.7	10.1 2.7	14.2 3.8	2.4 0.6	9.1 2.4	1.5 0.4	V SEEDS
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Black bean stew - Crushed Tomatoes, Carrots, Sweetcorn, Celery, Borlotti Beans, Red Kidney Beans, Black Eye Beans, Red Peppers, Onions, Black Barley, Sugar, Pumpkin Seeds, Tomato Paste, Garlic Puree, Rice Flour, Lemon Juice, Rapeseed Oil, Salt, Vegetable Stock, Chipotle Puree, Cumin Powder, Smoked Paprika, Tamari, Oregano, Coffee, Cinnamon Powder, Pepper, Chilli Flakes

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WINTER MENU NUTRITION

HOT FOOD (CONT..)

per 100g

Allergens

Kcals

Protein (g)

Carbs (g)

Fibre (g)

Fat (g)

Sat Fat (g)

Sugar (g)

Salt (g)

Nutrition info

Allergens

Kcals

Protein (g)

Carbs (g)

Fibre (g)

Fat (g)

Sat Fat (g)

Sugar (g)

Salt (g)

Nutrition info

Thai red chicken curry

Ingredients: Thai red chicken curry served over three grain rice and topped with coriander. Served with a side salad of mooli, green beans, chilli, carrot, peas and lime

Fish sauce (fish), shrimp paste (crustaceans)

449

14.3

79.1

7.7

15.1

9.9

10.7

1.6

GF WF DF

120

3.8

21.0

2.0

4.0

2.6

2.9

0.4

Thai red sauce - Coconut flake, tomato puree, fish sauce, palm sugar, Thai paste, onions, rapeseed oil, red chilli puree, red peppers, garlic puree, lemongrass, lime leaves, granulated sugar, galangal puree, coriander, shrimp paste, basil, parsley, salt, coriander, chilli powder, white pepper, cumin powder

Thai green chicken curry

Ingredients: Thai green chicken curry served over three grain rice and topped with coriander. Served with a side salad of mooli, green beans, chilli, carrot, peas and lime

Fish sauce (fish), shrimp paste (crustaceans)

435

13.7

76.8

7.3

14.5

9.4

8.4

1.3

GF WF DF

116

3.7

20.4

1.9

3.9

2.5

2.2

0.3

Thai green sauce - coconut flake, fish sauce, palm sugar, lime leaves, chilli powder, paste, rapeseed oil, spinach, green chilli puree, coriander, onions, lemon grass, shrimp paste, garlic, basil, galangal puree, lime leaves, coriander seeds, salt, pepper, cumin seeds, rice, flour.

Slow Cooked Beef and Black Bean

Ingredients: Slow cooked Beef in Black Bean Sauce served over three grain rice with a side salad of broccoli, carrot, red cabbage and spring onion

Black Bean Sauce (wheat, soybeans), sesame seeds

450

15.5

87.6

9.2

9.7

2.0

8.0

2.7

GF WF SESAME SEEDS!

121

4.2

23.6

2.5

2.6

0.5

2.2

0.7

Black Bean sauce: Black Beans, Diced Beef, Black Bean Paste, Sugar, Garlic, Soybean Oil, Rice Wine, Red peppers, Onions, Sweet Corn, Sugar, Rice Flour, Rice Vinegar, Ginger Puree, Garlic Puree, Rapeseed Oil, Sesame Oil, Vegetable Stock, Japanese Soy Sauce

LARGE HOT POD

Chicken Tikka Masala

Ingredients: as above

As above

448

22.8

76.5

7.4

12.3

4.2

7.4

1.0

GF WF

100

5.1

17.1

1.7

2.8

0.9

1.7

0.2

Smoky three bean veg chilli

Ingredients: as above

As above

626

10.1

98.8

12.0

22.2

3.7

12.3

2.1

V SEEDS

131

2.1

20.7

2.5

4.6

0.8

2.6

0.4

Thai red chicken curry

Ingredients: as above

As above

550

20.2

86.0

9.4

20.7

13.8

15.7

2.3

GF WF

112

4.1

17.5

1.9

4.2

2.8

3.2

0.5

Thai green chicken curry

Ingredients: as above

As above

530

19.5

82.8

8.9

19.9

13.1

12.5

1.8

GF WF

108

4.0

16.9

1.8

4.1

2.7

2.5

0.4

Slow Cooked Beef and Black Bean

Ingredients: as above

As above

554

22.1

97.9

11.7

13.6

2.9

11.8

3.8

GF WF SESAME SEEDS!

114

4.6

20.1

2.4

2.8

0.6

2.4

0.8

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per 100g	Allergens	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	Nutrition info

MINI HOT SALAD POTS (HOT PODS ABOVE SERVED OVER CRUNCHY SALAD)										
Chicken Tikka Masala Ingredients: as above	As above	162	14.9	10.2	2.5	7.2	2.5	5.3	0.6	GF WF
		81	7.4	5.1	1.3	3.6	1.3	2.6	0.3	
Smoky three bean veg chilli Ingredients: as above	As above	208	7.5	22.2	5.4	7.0	1.1	7.9	1.2	GF WF V SEEDS
		101	3.6	10.7	2.6	3.4	0.5	3.8	0.6	
Thai red chicken curry Ingredients: as above	As above	199	11.7	11.7	2.6	12.1	7.9	7.8	1.3	GF WF
		104	6.1	6.1	1.4	6.3	4.1	4.1	0.7	
Thai green chicken curry Ingredients: as above	As above	188	11.3	9.9	2.3	11.7	7.5	6	1	GF WF
		98	5.9	5.2	1.2	6.1	3.9	3.1	0.5	
Slow cooked Beef and Black Bean Ingredients: as above	As above	187	12.2	18	3.5	6.7	1.6	5.8	2.1	GF WF SES- AME SEEDS
		101	6.6	9.7	1.9	3.6	0.8	3.2	1.1	

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WINTER MENU NUTRITION

HOT FOOD (CONT..)

per 100g

Allergens

Kcals

Protein
(g)

Carbs
(g)

Fibre
(g)

Fat
(g)

Sat Fat
(g)

Sugar
(g)

Salt
(g)

Nutrition
info

Allergens

Kcals

Protein
(g)

Carbs
(g)

Fibre
(g)

Fat
(g)

Sat Fat
(g)

Sugar
(g)

Salt
(g)

Nutrition
info

REGULAR HOT SALAD PODS

Chicken Tikka Masala Ingredients: as above	As above	225 79	20.4 7.1	15.5 5.4	4.3 1.5	9.6 3.3	3.2 1.1	7.7 2.7	0.8 0.3	GF WF
Smoky three bean veg chilli Ingredients: as above	As above	279 96	10.7 3.7	31.1 10.6	7.9 2.7	8.8 3	1.3 0.4	11.4 3.9	1.6 0.5	V SEEDS
Thai red chicken curry Ingredients: as above	As above	272 99	15.8 5.7	16.7 6.1	4.4 1.6	16.3 5.9	10.2 3.7	11.3 4.1	1.7 0.6	GF WF
Thai green chicken curry Ingredients: as above	As above	258 93	15.3 5.5	14.4 5.2	4.1 1.5	15.8 5.7	9.7 3.5	9 3.3	1.3 0.5	GF WF
Slow Cooked Beef and Black Bean Ingredients: as above	As above	256 95	16.4 6.1	24.9 9.2	5.5 2.0	9.4 3.5	2.1 0.8	8.8 3.2	2.7 1.0	GF WF SESAME SEEDS!

LARGE HOT SALAD PODS

Chicken Tikka Masala Ingredients: as above	As above	314 78	28.4 7.1	21.9 5.5	6.3 1.6	13.3 3.3	4.5 1.1	10.8 2.7	1.2 0.3	GF WF
Smoky three bean veg chilli Ingredients: as above	As above	492 131	7.4 2.0	89.2 23.7	10.1 2.7	14.2 3.8	2.4 0.6	9.1 2.4	1.5 0.4	V SEEDS
Thai Green Chicken Curry Ingredients: as above	As above	362 93	21.4 5.5	20.5 5.2	6 1.5	22.2 5.7	13.5 3.5	12.8 3.3	1.8 0.5	GF WF
Thai Red Chicken Curry Ingredients: as above	As above	382 98	22.2 5.7	23.7 6.1	6.5 1.7	22.9 5.9	14.3 3.6	16.1 4.1	2.3 0.6	GF WF
Slow Cooked Beef and Black Bean Ingredients: as above	As above	361 94	23.1 6	35.1 9.1	8 2.1	13.4 3.5	3 0.8	12.6 3.3	3.8 1	GF WF SESAME SEEDS

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WINTER MENU NUTRITION

HOT FOOD (CONT...)	Allergens	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	Nutrition info
per 100g	Allergens	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	Nutrition info

GYM BOWLS

Sri Lankan Vegetable Dahl	Yoghurt (milk), celery, seeds	311	11.2	31	9.3	16.8	10.2	10.5	2	GF WF V SEEDS
		96	3.4	9.5	2.9	5.2	3.2	3.2	0.6	

Ingredients: Low Fat Yoghurt, Tomato, Red Peppers, Cauliflower, Carrots, Onions, Green Lentils, Kale, Lime Juice, White Quinoa, Red Quinoa, Garlic, Rice Flour, Fresh Coriander, Chilli, Salt, Garam Masala, Cumin, Cardamom, Turmeric, Mustard Seeds.

Moroccan Chicken Tagine	Celery, Spelt, Nuts, Sesame seeds, Dukkah (sesame seeds, peanuts, nuts)	314	25.7	29.6	7.9	9	1.8	10.7	2	WF DF LF NUTS PEA- NUTS SESAME SEEDS!
		97	7.9	9.1	2.4	2.8	0.6	3.3	0.6	

Ingredients: Chicken, Tomato, Onion, Carrot, Spelt, Almonds flake, Apricots, Honey, Garlic puree, Ginger Puree, Salt, Coriander, Parsley, Ground Cumin, Paprika, Turmeric, Ground Black Pepper, Cayenne Pepper, Cinnamon.

HOT WRAPS

Fiery Cuban Chicken Wrap	Kobez Wrap (wheat), Milk, Sulphur dioxide	512	28.5	70.4	6.2	9.8	4.4	8.4	2	
		180	10	24.7	2.2	3.4	1.6	3	0.7	

Ingredients: Shredded Chicken, Tomatoes, Red Pepper Sliced, Sweet Corn, Onions, Tomato Passata, Carrot, Pinto Beans, Black Bean, Green Lentils, Lemon Juice, Garlic, Fresh Coriander, Chipotle Puree, Salt, White Wine Vinegar, Rapeseed Oil, Cumin Seeds, Black Pepper, Rice Flour, Cinnamon and a Kobez wrap

Lively Lebanese Chicken Wrap	Kobez wrap (wheat, Cous Cous (wheat) Celery, Tahini (Sesame seeds)	458	23.3	74.2	6.6	6.9	0.9	16.3	2.1	DF LF SESAME SEEDS!
		160	8.1	25.8	2.3	2.4	0.3	5.7	0.7	

Ingredients: Shredded Chicken, Tomato Passata, mixed peppers, Onions, Carrots, Celery, Cous Cous (Wheat), Agave, Tahini, Lemon Juice, Garlic Puree, Tomato Puree, Salt, Chilli, Sriracha Sauce, Orange Zest, Smoked Paprika, Coriander, Lemon Zest, Ground Cumin, Rosemary, Thyme, Ground Black Pepper.

Brick Lane Bhaji Wrap	Kobez wrap (wheat, Onion Bhaji (wheat) sulphur dioxide	558	13.9	88.2	7.8	16.1	2.4	18.4	2	V▼
		163	4.1	25.8	2.3	4.7	0.7	5.4	0.6	

Ingredients: Chopped Tomatoes, Cauliflower, Butternut Squash, Potatoes, Onion, Peppers, Green Lentils, Apricots, Ginger, Madras Curry Powder (Coriander, turmeric, cumin, chilli, fenugreek, pepper, salt, other spices), Fresh Coriander, Cumin Powder, Coriander Powder, Sugar, Rapeseed Oil, Turmeric Powder, Cinnamon Powder, Clove Powder, Chilli Powder, Cardamom

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WINTER MENU NUTRITION

HOT FOOD (CONT...)	Allergens	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	Nutrition info
per 100g	Allergens	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	Nutrition info
BAO BUNS (FOR 1 BAO BUN)										
Buffalo Chicken Bao	Wheat, milk, celery, sulphur dioxide	220	13.3	29.1	0.7	3.3	0.8	2.0	0.5	
		179	10.9	23.8	0.6	2.7	0.6	1.7	0.4	
Ingredients: Lotus Bun (Wheat), Pulled Chicken (Milk), Buffalo Wing Sauce (Celery, sulphur dioxide), Carrots, Peas, Beetroot, Fried Shallots, Curly kale, Red Cabbage, Leeks.										
Miso Tofu Bao	Wheat, soybeans, sesame seeds, sulphur dioxide	280	9.7	33.4	1.2	9.1	1.2	5.0	0.3	V DF
		219	7.9	26.2	0.9	7.2	0.9	3.9	0.3	▼ SESAME SEEDS!
Ingredients: Lotus Bun (Wheat), Smoked Tofu (soybeans), Miso dressing (sesame seeds, soybeans. Sulphur dioxide), Carrots, Peas, Beetroot, Seeds Chilli Bites (Soybeans), Leeks, Cabbage red, Curly kale										
Hoisin Duck Bao	Wheat, sesame seeds, soybeans	214	8.5	30.5	0.1	4.4	0.2	4.6	0.9	SESAME SEEDS
		231	9.1	32.8	0.1	4.8	0.2	4.9	1.0	
Ingredients: Lotus Bun (wheat), Pulled duck, Hoisin sauce (sesame seeds, soybeans), cucumber and chilli										
SOUPS										
Singapore chicken laksa	Fish, Soybeans, Celery, Nuts, Milk	449	15.1	36.7	11.8	29.1	20.7	9.9	2.1	GF WF
		96	3.2	7.8	2.5	6.2	4.4	2.1	0.5	NUTS
Coconut Milk, Onions, Carrots, Sweetcorn, Red Peppers, Peas, Water Chestnuts, Fish Sauce, Rice Flour, Spring Onions, Lemon Juice, Tamarind Paste, Ginger Puree, Tamari, Soya, Almonds Flaked, Garlic puree, Vegetable Bouillon, Celery, Coriander, Lemongrass, Paprika, Sugar, Red chilli puree, Turmeric, Chicken (Milk).										
Souper green minestrone	Wheat, Soybeans, Celery	184	8.0	22.4	4.4	7.2	0.8	4.0	2.8	V DF ▼
		46	2.0	5.6	1.1	1.8	0.2	1.0	0.7	
Peas, Edamame Beans (Soya), Green Peppers, Spring Onions, Pasta Orzo, Wheat, Kale, Nut Free Pesto, Lemon Juice, Rice Flour, Lemon Zest, Vegetable Bouillon, Potato Starch, Yeast Extract, Cornflour, Spices, Celery, Garlic Powder, Red Pepper Powder, Salt.										
Creamed leek & potato with fried shallots	Leek & Potato soup (Milk, Celery)	190	3.7	23.7	2.9	8.9	5.0	2.8	3.2	GF WF V
		47	0.9	5.9	0.7	2.2	1.3	0.7	0.8	
Potato, Leeks, Double cream, Onions, Organic Vegetable stock, Celery, Tumeric, Salt, Rice flour, Parsley, Basil, Sage, Pepper, Thyme.										
Hearty tomato, basil & quinoa	Celery	156	6.0	25.2	4.0	4.0	0.4	14.8	2.4	GF WF V
		39	1.5	6.3	1.0	1.0	0.1	3.7	0.6	DF ▼
Tomato Passata, Carrots, Tomatoes, Onions, White Quinoa, Kale, Celery, Sugar Demerara, Rice Flour, Basil, Blended Olive Oil, Vegetable Stock, Celery, Carrot, Parsley, Turmeric, Salt, Pepper.										
Rich mushroom with Autumn seeds	Mushroom Soup (Milk, Celery, Sulphur dioxide, Sesame seeds)	184	4.5	18.9	2.3	10.0	4.5	2.4	1.6	GF WF V
		46	1.1	4.7	0.6	2.5	1.1	0.6	0.4	SESAME SEEDS
Mushrooms, Potato, Onions, Leek, Celery, Double cream (Milk), Tomato puree, Organic vegetable stock, Mushroom stock, Salt, Lemon juice, Parsley, Garlic, Thyme, Sage, Pepper.										
Succulent chicken, kale, spelt with fried shallots	Soup (Spelt) Soybeans, Milk, Celery , Chicken Breast (Milk)	212	13.3	27.9	3.6	4.8	2.3	3.9	2.1	
		51	3.2	6.8	0.9	1.2	0.6	0.9	0.5	
Water, Leeks, Spelt, Kale, Peas, Rice Flour, Lemon Juice, Unsalted Butter, Milk, Vegetable Stock, Onion, Celery, Carrot, Parsley, Turmeric, Sugar, Salt, Tamari, Soya beans, Salt, Alcohol, Parsley, Fennel Seeds, Pepper, Chicken (Milk).										
Perfect pea & chorizo	Pea & Coriander Soup (Celery), Chorizo (Soybeans, Milk)	189	10.7	13.2	4.9	10.2	3.6	4.4	3.4	GF WF
		47	2.6	3.3	1.2	2.5	0.9	1.1	0.8	
Peas, Onions, Potatoes, Garlic Puree, Vegetable Stock, Celery, Carrot, Parsley, Turmeric, Salt, Coriander, Blended Olive Oil, Tabasco, Pepper, Chorizo.										

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WINTER MENU NUTRITION

HOT FOOD (CONT...)	Allergens	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	Nutrition info
per 100g	Allergens	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	Nutrition info
Pulled pork goulash	Hungarian Veg Soup (Celery)	233 57	10.6 2.6	29.3 7.1	5.7 1.4	4.7 1.2	0.0 0.0	6.1 1.5	2.7 0.6	GF WF DF
Potatoes, Tomatoes, Onions, Carrots, Tomato Paste, Smoked Paprika, Salt, Pepper Black Ground, Chilli Powder, Caraway Seeds, Lemon Juice, Vegetable Bouillon, Onion, Celery, Carrot, Parsley, Turmeric, Pork.										
Chorizo, butternut squash & lentil with crispy bacon	Butternut, Lentil Soup (Celery, Mustard, Sulphur dioxide), Chorizo (Soybeans, Milk)	577	18.6	31.4	11.8	41.5	30.8	7.0	3.2	GF WF
		141	4.5	7.6	2.9	10.1	7.5	1.7	0.8	
Flaked Coconut, Onions, Spinach, Chickpeas, Potato, Butternut squash, Yellow split peas, Green lentils, Ginger, Garlic, Lemon Juice, Rice Flour, Red chilli, Organic Vegetable stock, rice flour, onion, Celery, carrot, parsley, turmeric, Salt, Coriander, Turmeric, Lemon grass, Pepper, Mustard seeds, Cardamom, Chorizo.										
Souper vegetable with fried shallots	Spring Vegetables (Celery)	150	4.5	16.9	2.9	1.3	0.2	1.6	2.4	GF WF V
		37	1.1	4.2	0.7	0.3	0.1	0.4	0.6	DF ▼
Tomatoes, Potato, Kale, Peas, Leek, Celery, Asparagus, Salt, Organic Vegetable stock, Dill, Garlic puree, Fennel seeds, Pepper.										
Sweet potato, coconut and spirulina	Sweet Potato (Soybeans, Celery)	253	4.5	26.1	4.8	14.8	12.4	9.7	1.2	GF WF V
		63	1.1	6.5	1.2	3.7	3.1	2.4	0.3	▼
Sweet potato, Carrots, Onions, Celery, Flaked Coconut, Tamari, Spring onions, Vegetable stock, Ginger, garlic, Coriander, Rice flour, Salt, Chilli Powder, Spirulina Powder										
BREADSTICKS										
Seeded breadstick	Wheat, seeds	103	3.9	16.1	1.4	2.2	0.2	0.4	0.5	V SEEDS
		258	9.7	40.2	3.6	5.4	0.6	1.1	1.3	
Cheesy breadstick	Wheat, milk	100	4.1	16.6	0.9	1.7	0.9	0.3	0.6	V
		251	10.2	41.4	1.9	4.3	2.3	0.8	1.5	
SIDES										
Ketchup	Celery	46	0.6	11.4	0.4	0.0	0.0	11.0	0.8	GF WF V
		115	1.6	28.6	0.9	0.1	0.0	27.5	2.0	DF ▼ LF
Low Fat Mayonaise	Eggs, Mustard	115	0.4	3.3	0.0	11.2	0.8	1.8	0.0	GF WF
		288	1.0	8.2	0.0	28.1	2.1	4.6	0.0	DF V

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WINTER MENU NUTRITION

HOT FOOD (CONT...)

per 100g

Allergens	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	Nutrition info
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SOUPS WITH PROTEIN

Creamed leek & potato with chicken	Leek & Potato soup (Milk, Celery)	221	10.9	23.7	2.9	9.3	5.06	2.8	3.2	GF WF V
		54.6	3.8	5.13	0.6	1.9	1.3	0.63	0.7	

Potato, Leeks, Double cream, Onions, Organic Vegetable stock, Celery, Turmeric, Salt, Rice flour, Parsley, Basil, Sage, Pepper, Thyme.

Hearty tomato, basil & quinoa with chorizo	Celery	210	9	25.6	4.0	5.3	0.6	15.1	2.8	GF WF V DF ▼
		50.8	2.2	6.1	0.96	1.2	0.15	3.6	0.7	

Tomato Passata, Carrots, Tomatoes, Onions, White Quinoa, Kale, Celery, Sugar Demerara, Rice Flour, Basil, Blended Olive Oil, Vegetable Stock, Celery, Carrot, Parsley, Turmeric, Salt, Pepper.

Rich mushroom with chicken	Mushroom Soup (Milk, Celery, Sulphur dioxide, Sesame seeds)	215	11.7	18.9	2.3	10.4	4.6	2.4	1.6	GF WF V SESAME SEEDS
		53.8	4	4	0.5	2.6	1	0.56	0.3	

Mushrooms, Potato, Onions, Leek, Celery, Double cream (**Milk**), Tomato puree, Organic vegetable stock, Mushroom stock, Salt, Lemon juice, Parsley, Garlic, Thyme, Sage, Pepper.

Sweet potato, coconut and spirulina with chicken	Sweet Potato (Soybeans, Celery)	284	11.7	26.1	4.8	15.2	12.46	9.7	2.1	GF WF V ▼
		68.6	4	5.6	1	3.4	2.72	2	0.3	

Sweet potato, Carrots, Onions, Celery, Flaked Coconut, Tamari, Spring onions, Vegetable stock, Ginger, garlic, Coriander, Rice flour, Salt, Chilli Powder, Spirulina Powder

Perfect pea & chorizo	Pea & Coriander Soup (Celery), Chorizo (Soybeans, Milk)	189	10.7	13.2	4.9	10.2	3.6	4.4	3.4	GF WF
		47	2.6	3.3	1.2	2.5	0.9	1.1	0.8	

Peas, Onions, Potatoes, Garlic Puree, Vegetable Stock, Celery, Carrot, Parsley, Turmeric, Salt, Coriander, Blended Olive Oil, Tabasco, Pepper, Chorizo.

WINTER MENU NUTRITION

SIDES	Allergens	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	Nutrition info
Per 100g	Allergens	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	Nutrition info
Smashed Avocado & Chilli Pot Ingredients: avocado, chilli	Smashed avocado (sulphur dioxide)	196	2	3.2	0	19.5	4.1	0.9	0	GF WF LF DF V ▼
		163	1.7	2.6	0	16.3	3.4	0.8	0	
Vegetable Crisps Ingredients: fried mixed vegetables		98	1	8.5	2.2	6.7	0.8	4.5	0.3	GF WF LF DF V ▼
		492	5.2	42.7	11.1	33.3	4.2	22.7	1.3	
Pod Slaw Ingredients: peas, beetroot, sweet chilli sauce, red cabbage, carrot, leek, kale, avocado & wasabi seeds	Soyabeans	48	2.6	6.7	2.2	1.2	0.1	4.3	0.1	GF WF LF DF LF V ▼
		54	2.9	7.5	2.4	1.3	0.1	4.8	0.1	
Three Bean Chilli Pot Ingredients: Crushed Tomatoes, Carrots, Sweetcorn, Celery, Borlotti Beans, Red Kidney Beans, Black Eye Beans, Red Peppers, Onions, Black Barley, Sugar, Pumpkin Seeds, Tomato Paste, Garlic Puree, Rice Flour, Lemon Juice, Rapeseed Oil, Salt, Vegetable Stock, Chipotle Puree, Cumin Powder, Smoked Paprika, Tamari, Oregano, Coffee, Cinnamon Powder, Pepper, Chilli Flakes	Black Bean stew (Barley, Soybeans, Celery), Munchy Seeds (Soybeans)	187	5.2	21	4.5	5	0.3	7.3	1.3	V DF SEEDS!
		110	3.1	12.9	2.7	3	0.2	4.3	0.8	

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WINTER MENU NUTRITION

BREAKFAST

per 100g

Allergens

Kcals

Protein
(g)

Carbs
(g)

Fibre
(g)

Fat
(g)

Sat Fat
(g)

Sugar
(g)

Salt
(g)

Nutrition
info

Allergens

Kcals

Protein
(g)

Carbs
(g)

Fibre
(g)

Fat
(g)

Sat Fat
(g)

Sugar
(g)

Salt
(g)

Nutrition
info

TOASTED BREAKFAST SANDWICHES

Sausage sandwich (with ketchup) Ingredients: sausage, brown bread, tomato ketchup	Sausages (Wheat), bread (Wheat), tomato ketchup (celery)	464	23.0	46.5	2.7	22	7.9	8	3.4	DF
		199	9.3	21	1.3	10.7	3.9	3.9	2.4	
Sausage sandwich (with brown sauce) Ingredients: sausage, brown bread, brown sauce	Sausages (Wheat), bread (Wheat), brown sauce (wheat)	428	20.0	47.3	2.7	25.9	9.7	8	2.7	DF
		192	8.9	20	1.2	10.3	3.7	3.7	2.3	
Sausage sandwich (no added sauce) Ingredients: sausage, brown bread	Sausages (Wheat), bread (Wheat)	410	19.9	43.1	2.6	22	7.9	8	3.4	DF
		185	8.6	19.5	1.2	9.9	3.6	3.6	1.5	
Bacon sandwich (with ketchup) Ingredients: brown bread, bacon, tomato ketchup	Brown bread (wheat), tomato ketchup (celery)	440	25.8	46.1	3.7	18.3	6.5	6.3	5.4	DF
		267	15.6	27.9	2.2	11.1	3.9	3.8	3.3	
Bacon sandwich (with brown sauce) Ingredients: brown bread, bacon, brown Sauce	Brown bread (wheat), brown sauce (wheat)	439	25.8	45.4	3.7	18.3	6.5	5.5	5.3	DF
		266	15.6	27.5	2.2	11.1	3.9	3.3	3.2	
Bacon sandwich (no added sauce) Ingredients: brown bread, bacon	Brown bread (wheat)	320	15.6	41.1	3.3	10.3	4.9	1.5	1.9	DF
		244	11.9	31.4	2.5	7.9	3.7	1.1	1.4	
Scottish smoked salmon bagel Ingredients: salmon, cream cheese, bagel	Salmon (fish), cream cheese (milk), bagel (Wheat)	482	20.6	59.3	3.3	18.9	9.8	7	2.5	SEEDS
		274	11.4	29.8	4.0	13.8	6.0	3.5	1.5	
Avocado & chilli on toast Ingredients: avocado & red chilli on brown bread with butter	Brown bread (wheat), butter (milk)	310	9.3	44	5.3	11.8	2.5	4	1.4	V
		230	6.9	32.9	3.9	8.8	1.8	2.9	1	
Avocado & chilli & Greek style cheese on toast Ingredients: avocado, Greek style cheese & red chilli on brown bread with butter	Brown bread (wheat), butter (milk), Greek style cheese (milk)	345	9.7	22.8	1.7	24.0	7.7	1.6	0.9	V
		224.4	7.0	20.7	3.4	12.7	3.9	0.4	0.42	

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WINTER MENU NUTRITION

BREAKFAST

per 100g

Allergens

Kcals

Protein
(g)

Carbs
(g)

Fibre
(g)

Fat
(g)

Sat Fat
(g)

Sugar
(g)

Salt
(g)

Nutrition
info

Allergens

Kcals

Protein
(g)

Carbs
(g)

Fibre
(g)

Fat
(g)

Sat Fat
(g)

Sugar
(g)

Salt
(g)

Nutrition
info

HOT & TOASTED

Protein bread

Gluten - wheat,
protein plus (**milk**)

110.5

8.9

13

2.5

1.9

0

0.4

0.5

V SEEDS

260

21

31

6

4.5

0

0.6

1.2

Toast (per slice)

Wheat

78

2.9

15.1

1.1

0.5

0.1

1

1

DF V ▼

242

10.1

4.3

2.4

2.4

0.6

2.7

0.9

Bagel

Wheat

315.1

13.3

59.3

3.3

3.5

0.7

7

1.1

DF V ▼
SESAME
SEEDS

248

10.8

50.3

6.6

3.3

1.0

5.9

1.4

Brown gluten free bread
(x1 slice)

Egg

127

1.8

22.9

2.9

2.4

0.2

1.3

0.3

GF WF V

253

3.5

45.9

5.8

4.9

0.4

2.5

0.7

Toppings

Butter

Butter (**milk**)

50

0.07

0

0

5.7

3.6

0

0.03

GF WF V

258

22

23

0

81

51

10

5

Peanut butter

Peanuts (**peanuts**)

181.9

7.5

2.3

1.8

15.9

2.9

1.3

0.3

DF GF WF
V ▼ PEANUTS!

618

27.7

11.8

7.0

49.6

5.4

7.0

0.8

Marmite

**Gluten (barley),
celery**

15

0

0

0

0

0

0

0

DF V

250

39

24

3.5

0.5

0.5

1

9.8

Cream Cheese

Cream cheese
(**milk**)

70

1.6

0.6

0

7

4.4

0

0.1

GF WF V

118

9.7

5.4

0.2

7.1

4.4

4.0

0.4

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WINTER MENU NUTRITION

BREAKFAST (CONT...)

per 100g

Allergens

Allergens

Kcals

Kcals

Protein
(g)

Protein
(g)

Carbs
(g)

Carbs
(g)

Fibre
(g)

Fibre
(g)

Fat
(g)

Fat
(g)

Sat Fat
(g)

Sat Fat
(g)

Sugar
(g)

Sugar
(g)

Salt
(g)

Salt
(g)

Nutrition
info

Nutrition
info

SCRAMBLED EGGS (WITHOUT TOAST) for large info add 1 egg

Smoked salmon & greens eggs Ingredients: two eggs, smoked salmon (fish), peas, spinach, parsley & a slice brown toast with butter.	Eggs , fish, bread (wheat), butter (milk)	298	28.4	9.6	2.7	23.5	8.9	1	1	
		111	8.8	5.9	0.9	5.8	6.4	0.5	0.6	
Energiser scrambled eggs Ingredients: two eggs, mozzarella, basil, sunblushed tomatoes, avocado and a slice of brown toast with butter	Eggs , mozzarella (dairy) bread (wheat), butter (milk)	262	17.5	3.5	0.8	20.4	6.9	0.1	0.2	V
		146	8.83	8.02	0.8	11.1	3	0.4	0.4	
Superb scrambled eggs Ingredients: two eggs, spinach, tomato, chilli, Greek style cheese, toasted seeds & a slice of brown toast cut in half with butter	Eggs , soft cheese (dairy), bread (wheat), butter (milk)	289	20.5	0.6	0.4	23.3	9.6	0	0.8	V
		207	14	0.4	0.2	16	6.9	0	0.5	
Chorizo power eggs Ingredients: two eggs, chorizo, tomatoes, spinach, chilli red, Munchy Seeds & a slice of brown toast cut in half with butter	Eggs , chorizo (milk , soya), bread (wheat), butter (milk), Munchy seeds (soy)	424	28.4	10.1	2.4	30.8	12.4	1.7	0.9	SEEDS
		168	10.5	8.4	1.1	10.5	4.2	0.9	0.63	
Protein feast eggs Ingredients: three eggs, sausage, bacon, tomatoes, parsley and protein bread.	Eggs , sausage (wheat), protein bread (wheat)	738	50.7	14.4	2.9	52.5	16.7	5.5	4	
		248	15.9	16.5	1.96	13	4.3	1.9	1.6	

PORRIDGE

Perfect porridge Ingredients: gluten free porridge oats, full fat milk, water, banana, honey & sultanas.	Milk, sulphites	370	7.4	74.6	5.3	7.5	1.8	45.7	0.3	GF V WF
		72.2	1.7	13.3	1.2	1.5	0.5	6.6	0.1	
Plain gluten free porridge Ingredients: gluten free porridge oats, full fat milk, water	Milk	185	6.2	26.4	3.6	5.8	1.7	2.8	0.3	GF V WF
		54	1.8	7.8	1.1	1.7	0.5	0.8	0.1	
Peanut butter power porridge Ingredients: gluten free porridge oats, full fat milk, water, peanut butter, banana, honey	Milk, peanuts	414	14	46	6.3	21	4	18	0.3	GF V WF PEA- NUTS!
		102.3	3.4	11	1.5	5.1	1.0	4.5	0.08	
Berry boost porridge Ingredients: gluten free porridge oats, full fat milk, water, blueberries, agave, chia, linseed, sesame & pumpkin seeds.	Milk, sesame (sesame seeds)	211	6.3	40.1	3.9	3.5	0.1	11.4	0.1	GF V WF SESAME SEEDS
		73	2.2	13.9	1.4	1.2	0	3.9	0	

PORRIDGE TOPPINGS

Pumpkin seeds		142	6.1	3.8	1.3	11.4	1.8	0.3	0	DF GF WF V ▼
		569	24.4	15.2	5.3	45.6	7.0	1.1	0	
Sultanas	Sulphites	15	0	3.9	0	0	0	23.6	0	DF GF WF V ▼
		230	2.8	65.2	6	0.4	0.2	63.5	0	
Banana		39	0.5	9.4	0.5	0.2	0	2.4	0	DF GF WF V ▼
		89	1.1	22.8	2.6	0.3	0.1	12.2	0.1	
Honey		61	0	16.4	0	0	0	16.4	0	DF GF WF V
		304	0.3	82.4	0.2	0	0	82.1	0	

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WINTER MENU NUTRITION

BREAKFAST (CONT...)

per 100g

Allergens	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	Nutrition info
-----------	-------	-------------	-----------	-----------	---------	-------------	-----------	----------	----------------

PORRIDGE (LARGE)

Perfect porridge Ingredients: gluten free porridge oats, full fat milk, water, banana, honey & sultanas.	Milk, sulphites	449	10	86.2	6.9	8.3	2.4	46.8	0.4	GF V WF
		72.2	1.7	13.3	1.2	1.5	0.5	6.6	0.1	
Plain gluten free porridge Ingredients: gluten free porridge oats, full fat milk, water	Milk	264	8.8	38	5.2	8.1	2.3	3.9	0.4	GF V WF
		54	1.8	7.8	1.1	1.7	0.5	0.8	0.1	
Peanut butter power porridge Ingredients: gluten free porridge oats, full fat milk, water, peanut butter, banana, honey	Milk, peanuts	468	20	54	7.4	29	4.5	30	0.8	GF V WF PEA-NUTS!
		102.3	3.4	11.4	1.5	5.1	1.0	4.5	0.08	
Berry boost porridge Ingredients: gluten free porridge oats, full fat milk, water, blueberries, agave, chia, linseed, sesame & pumpkin seeds.	Milk, sesame (sesame seeds)	436.9	11.4	49.4	6.7	12.6	2.9	12.8	0.4	GF V WF SESAME SEEDS
		73	2.2	13.9	1.4	1.2	0	3.9	0	

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WINTER MENU NUTRITION

HOT BREAKFAST	Allergens	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	Nutrition info
per 100g	Allergens	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	Nutrition info

HOT BREAKFAST

Shakshuka Ingredients: Poached egg, Chopped Tomatoes, Garlic Puree, Agave, Black Pepper, Salt, Lemon Juice, Cumin Seeds, Chilli, Smoked Paprika, Cayenne Pepper	Egg, Celery, Milk, dukkah (sesame seeds, peanuts, nuts)	183	11.9	10	2.5	10.4	4.7	3.6	1.7	GF V WF PEA- NUTS! SEAME SEEDS!
		84	5.5	4.6	1.1	4.8	2.2	1.7	0.8	
Bacon and Egg Bao Ingredients: Lotus bun, bacon, poached egg, tomato chutney	Lotus bun (wheat), Eggs	260	12	31.5	0.2	7.4	2.4	5.9	0.8	DF
		204	9.4	24.8	0.1	5.8	1.9	4.6	0.6	

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WINTER MENU NUTRITION

BREAKFAST (CONT...)

per 100g

Allergens

Kcals

Protein (g)

Carbs (g)

Fibre (g)

Fat (g)

Sat Fat (g)

Sugar (g)

Salt (g)

Nutrition info

Allergens

Kcals

Protein (g)

Carbs (g)

Fibre (g)

Fat (g)

Sat Fat (g)

Sugar (g)

Salt (g)

Nutrition info

COUNTER

Fruit and seeds energy stick
Ingredients: baked bread stick with mixed fruit and seeds for an energy boost on the go

Bread (**wheat**)

148

5.3

24.6

2.7

3.4

0.5

10.8

0.5

V
SESAME SEEDS

316

6.9

53.4

6.9

8.3

0.95

23

CHILLED BREAKFAST

Power smoothie
Ingredients: banana, apple juice, gluten free oats, organic soya milk & agave

Soya milk (**soya**)

656

18

120

11

12

0.7

55

0.6

DF GF
WF V ▼

107.3

3.0

19.6

1.9

2.0

0.1

9.1

0.11

Energy smoothie
Ingredients: passion fruit puree, banana, purple grape juice, gluten free oats, organic soya milk

Soya milk (**soya**)

645

17

121

12

10

0.6

57

0.6

DF GF
WF V ▼

115.9

3.1

21.8

2.3

1.9

0.1

10.3

0.11

Mean green blitz
Ingredients: broccoli, mango, cucumber, ginger, spinach, leek & kale mix, lemon juice, apple juice

138

3.5

30

3

1.1

0.25

29

0.09

DF GF
WF
V ▼

35.3

0.9

7.8

0.8

0.3

0.0

7.4

0.02

Immune boost blitz
Ingredients: banana, spirulina, kiwi, mango, lin seed, spinach and yoghurt

Yoghurt (**milk**)

164

7.6

24.8

2.3

4.9

1.8

21.9

0.2

GF WF V

80

3.7

12.0

1.1

2.4

0.9

10.7

0.1

Vitamin C Punch blitz
Ingredients: apple, strawberry, cucumber, carrot, red cabbage, mango and apple juice

116

1.9

26.2

5.1

1.1

0.2

25.7

0.1

GF WF
DF
V ▼

36

0.6

8.1

1.6

0.3

0.0

7.9

0.0

Smooth berry blitz
Ingredients: water, strawberry, blueberry, banana, yoghurt, strawberry puree & agave

Yoghurt (**milk**)

275

6.6

46

3

8.1

5.1

43

0.13

GF WF V

59

1.4

10.0

0.7

1.8

1.1

9.4

0.0

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WINTER MENU NUTRITION

HEALTHY SNACKS

per 100g

Allergens

Kcals

Protein
(g)

Carbs
(g)

Fibre
(g)

Fat
(g)

Sat Fat
(g)

Sugar
(g)

Salt
(g)

Nutrition
info

Allergens

Kcals

Protein
(g)

Carbs
(g)

Fibre
(g)

Fat
(g)

Sat Fat
(g)

Sugar
(g)

Salt
(g)

Nutrition
info

YOGHURTS

Berry boost yoghurt

Ingredients: Greek style yoghurt, agave, blueberries, pumpkin seeds, sesame, chia & linseeds

Yoghurt (milk),
sesame seeds

236

12.9

25.8

1.5

8.4

4.0

23.2

0.4

GF WF V
SESAME
SEEDS

105

5.9

11.7

0.7

4.5

1.8

10.3

0.17

Cacao, pistachio & agave yoghurt pot

Ingredients: Greek style yoghurt, cacao nibs, agave nectar, pistachio

Nuts, yoghurt
(milk)

165

6.4

8.2

0.9

12

6.4

4

0.4

GF WF V
NUTS!

217.2

7.2

9.9

2.7

17.5

8.7

7.2

0.13

Purple grape and banana yoghurt

Ingredients: Greek style yoghurt, banana, purple grape juice, toasted almonds & agave nectar

Nuts, yoghurt (milk)

228

7.9

24

0.7

4.2

3.7

5

0.2

GF WF V
NUTS!

93

4.4

11.5

0.3

3.4

1.5

2.7

0.2

Mango Quinoa pot

Ingredients: mango puree, mango pieces, quinoa, Greek style yoghurt, toasted almonds & agave nectar

Nuts, yoghurt (milk)

248

8.6

30.1

1.1

11.1

4.9

15.9

0.18

GF WF V
NUTS!

121

4.2

14.7

0.6

5.4

2.4

7.8

0.09

Greek Yoghurt and agave

Ingredients: Greek style Yoghurt and agave nectar

Yoghurt (milk)

300

10.3

15.3

0

18.1

11.5

13.6

0.4

GF WF
V

150

5.1

7.6

0

9

5.8

6.8

0.2

Granola

Ingredients: Maple Pecan crunch granola, nuts, oats, agave nectar

Oats, Nuts, Wheat,
Soyabeans

154

4.2

26.6

3.5

4.8

0.7

6.7

0

V NUTS

440

12

76

10

13.8

1.9

19

0.1

Strawberry, Kiwi and Chia pot

Ingredients: Kiwi, Strawberry, Blueberry, Strawberry puree, greek style yoghurt and Chia seeds

Yoghurt (milk)

233

8.7

10.1

2.6

14.7

8.5

3.5

0.3

GF WF V
SESAME
SEEDS!

117

4.3

5

1.3

7.4

4.2

1.7

0.1

FRUIT POTS

Big & juicy fruit pot

94

1.34

23

2.68

0.3

0

23

0

DF GF
WF
V ▼

41

0.6

10.0

1.1

0.2

0

10.0

0.01

Luxury fruit salad pot

80

1.3

17.9

2.9

0.5

0

17.2

0

DF GF
WF
V ▼

39

0.7

9.0

1.3

0.2

0.0

8.9

0.01

Pineapple & lime pot

71

0.7

17.6

2.3

0.3

0

17.5

0

DF GF
WF
V ▼

41

0.4

10.1

1.3

0.2

0

10.1

0.01

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WINTER MENU NUTRITION

HEALTHY SNACKS (CONT...)	Allergens	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	Nutrition info
per 100g	Allergens	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	Nutrition info
PICKING POTS										
Falafel picking pot	Gluten	246	7.8	16.0	14.2	14	1.1	3.5	1.02	DF V▼
		246	7.8	16.0	14.2	14	1.1	3.5	1.02	
Edamame beans Ingredients: edamame beans, soy chilli dressing	Soy	123	11.4	4.9	4.9	6.5	0.8	0	0.3	GF WF DF V▼
		123	11.4	4.9	4.9	6.5	0.8	0	0.3	
Free-range boiled egg Ingredients: one and a half eggs	Eggs	133	11.3	0	0	9.8	2.9	0	0.3	DF GF WF V
		133	11.3	0	0	9.8	2.9	0	0.3	
Chicken pot	Milk	84	19.2	0	0	0.9	0.2	0	0.1	GF WF
		84	19.2	0	0	0.9	0.2	0	0.1	
Bombay mix	Nuts (peanuts)	310	9.5	27.17	5.85	16.8	2.21	5.2	1.3	DF GF WF V▼PEA-NUTS!
		310	9.5	27.17	5.85	16.8	2.21	5.2	1.3	
SWEET TREATS										
Chia flapjack Ingredients: Gluten Free Oats, Salted Butter, Demerara Sugar, Condensed Milk, Golden Syrup, Pumpkin Seeds, Chai Seeds, Sunflower Seeds	Butter (milk), Condensed milk (milk), seeds	345	4.95	38	4.36	18.5	9.45	22.7	0.3	GF WF V SEEDS
		460	6.6	50.7	5.8	24.7	12.6	30.3	0.4	
Mulberry & chia flapjack Ingredients: Gluten Free Oats, Salted Butter, Demerara Sugar, Condensed Milk, Golden Syrup, Cranberries, Sultanas, Chopped Apricots, Mulberries, Pumpkin Seeds, Sunflower Seeds, Chai Seeds	Butter (milk), Condensed milk (milk), seeds	337	2.9	48.15	2.19	14.4	8.6	28.2	0.3	GF WF V SEEDS
		450	3.9	64.2	2.91	19.3	11.5	37.6	0.4	
Nutty nibble pot Ingredients: pecans, pumpkins seeds, sultanas, brazil nuts (nuts)	Nuts, seeds	493	11	16.4	3.5	42.9	8.1	13.5	0	DF GF WF V▼NUTS!
		580	13	19.3	4.1	50.5	9.5	15.9	0	
Divine dark chocolate bar Ingredients: see packaging	Milk, soy	238	2.7	12.9	4.3	18.5	11.7	10.8	0	GF WF V
		595	7	49.7	11	46	29	27	0	

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WINTER MENU NUTRITION

SNACKS (CONT..)

per 100g

Allergens

Kcals

Protein (g)

Carbs (g)

Fibre (g)

Fat (g)

Sat Fat (g)

Sugar (g)

Salt (g)

Nutrition info

Allergens

Kcals

Protein (g)

Carbs (g)

Fibre (g)

Fat (g)

Sat Fat (g)

Sugar (g)

Salt (g)

Nutrition info

SWEET TREATS

Divine milk chocolate bar Ingredients: see packaging	Milk, soy	216	2.5	22.9	0.7	12.6	7.9	22.6	0	GF W F V
		540	6	57	2	32	20	57	0	
Raspberry & white chocolate muffin Ingredients: Muffin mix (wheat flour, sugar, eggs, modified starch, whey powder, milk protein, salt, water, rapeseed oil, frozen raspberries (12%), white chocolate (7%) (sugar, cocoa butter, whole milk powder, emulsifier (soy lecithin), natural vanilla), fresh raspberry.	Wheat, eggs, Milk	421	6	49.7	2.3	2.8	3.1	29.9	0.8	V
		351	5	41.4	2.3	18.4	2.8	24.9	0.7	
Blueberry muffin Ingredients: Muffin mix (wheat flour, sugar, eggs, modified maize starch, whey powder, milk protein, salt, water, blueberry (14%), rapeseed oil, wheat flour, butter	Wheat, eggs, milk	405	5.6	48.7	2.3	20.9	1.8	27.1	0.8	V
		338	4.7	40.6	1.9	17.4	1.5	22.6	0.7	
Carrot muffin Ingredients: Muffin mix (wheat flour, sugar, eggs, modified starch, whey powder, milk protein, salt, carrot (18%), rapeseed oil, sultana (8%), pineapple piece (pineapple, water, sugar), pecan pieces, water, wheat flour, ground cinnamon.	Wheat, eggs, milk	298	3.3	52.2	5	7.3	0.7	45.6	0	V
		212.8	2	37	4	5	0.6	33	0	
Croissant	Wheat, milk	235	4.9	27.1	1.3	11.9	7.3	5.5	0.8	
		402	8.3	45.5	2.4	20.7	12.5	9.5	1.5	
Almond croissant	Wheat, milk, egg, nuts	244	4.6	26.3	1.4	13.4	6.1	13.7	0.5	NUTS
		407	7.6	43.8	2.4	22.3	10.2	22.8	0.9	
Apricot danish pastry	Wheat, milk, egg	182	3.4	23.4	0	8.1	4.7	9.4	0.4	
		304	5.7	39.0	0	13.5	7.9	15.6	0.6	
Chocolate twist	Wheat, milk, egg	400	6.3	51.8	1.4	20	12	25.6	0.7	
		400	6.3	51.8	1.4	20	12	25.6	0.7	

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WINTER MENU NUTRITION

SNACKS CONT.	Allergens	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	Nutrition info
per 100g	Allergens	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	Nutrition info
Pipers crisps - sea salt Ingredients: see packaging		213 523.5	2 5	22.8 57	1.4 3.5	12.28 2.5	1.32 3.3	0.2 0.5	0.2 0.5	DF GF WFV▼
Pipers crisps - cheddar & onion Ingredients: see packaging	Milk	213 523.5	2.5 6.25	22.4 56	1.3 3.25	12.3 38.8	1.4 3.5	0.6 1.5	0.6 1.5	GF WF V
Pipers crisps - chorizo Ingredients: see packaging	Milk	526 1315	2 5	22.7 56.7	1.4 3.5	12 30	1.24 3.1	2.24 5.6	0.6 1.5	GF WF V
Pipers crisps - sea salt & vinegar Ingredients: see packaging		209 522.5	2.1 5.25	22.8 57	1.3 3.25	11.6 29	1.2 3	1.08 2.7	0.8 2	DF GF WFV▼
Pipers crisps - chorizo Ingredients: see packaging	Milk	526 1315	2 5	22.7 56.7	1.4 3.5	12 30	1.24 3.1	2.24 5.6	0.6 1.5	GF WF V
Popcorn - fiery salsa Ingredients: see packaging		135 337.5	1.6 4	18.2 45.5	1.2 3	5.7 14.2	0.5 1.25	8.2 20.5	0.3 0.75	DF GF WFV▼
Popcorn - sea salt & black cracked pepper Ingredients: see packaging		106 265	1.5 3.75	10.7 26.75	1.2 3	5.9 14.75	0.5 1.25	0.1 0.25	0.3 0.75	DF GF WFV▼
Popcorn - salty sweet Ingredients: see packaging		136 340	1.5 3.75	18.4 46	1.2 3	5.8 14.5	0.5 1.25	8.1 2.5	0.3 0.75	DF GF WFV▼
Bounce ball - spirulina & ginseng Ingredients: see packaging	Nuts, milk	191 390	5 10	21 43	2.8 6	9 18	0.9 1.84	10 20.4	0.2 0.3	GF WF V NUTS!
Bounce ball - peanut Ingredients: see packaging	Peanuts, milk	184 408	13 29	17 37	1.1 2.4	7.1 16	1.3 3	13 28	0.33 0.73	GF WF V PEA-NUTS!
Bounce ball - coconut Ingredients: see packaging	Nuts, milk	155 388	9 21	18 26	4 17	7.2 18	2.6 6.7	10 18	0.27 0.64	GF WF V NUTS!

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WINTER MENU NUTRITION

SNACKS CONT.	Allergens	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	Nutrition info
per 100g	Allergens	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	Nutrition info
Chocolate brownie Ingredients: Caster Sugar, Liquid Pasteurised Whole Egg, Gluten Free Flour, Salted Butter, Dark Chocolate, Dark Brown Sugar, Chocolate, Rapeseed Oil, Cocoa Powder, Beetroot Concentrate	Egg, milk, soya	323 431	3.45 4.6	37 49.4	2.63 3.52	17.4 23.3	8.1 10.8	29.4 39.2	0.15 0.2	GF WF V
Gluten free macaron Ingredients: see packaging	Egg, Milk	330 468	2.5 3.7	42 50	3.4 4.8	16 28	15 24	39 42	0 0.08	GF WF V
Chocolate, hazlenut & raisin nookie bar Ingredients: see packaging	Nuts, milk	257 378.8	4.2 6.2	41.8 61.4	3 4.4	10.5 15.4	3.7 5.5	27 39.7	0 0.03	GF WF V NUTS!
Peanut butter and milk choc chip nookie bar Ingredients: see packaging	Peanuts, milk	276 364	5.9 6.8	34.1 60.2	2.5 4	14.9 14.2	5.1 4.3	23 35.5	0.2 0.07	GF WF V PEA- NUTS!
Almond butter, spirulina choc chip nookie bar	Nuts, milk, wheat	251 364.3	4.7 6.8	41.5 60.2	2.87 4	9.8 14.2	3 4.3	24.5 35.5	0.1 0.07	V NUTS!
Banana & date cake Ingredients: Soft Light Brown Sugar, Banana Puree , Wheat Flour, Rapeseed Oil, Liquid Pasteurised Whole Egg, Date Puree, Chopped Dates, Wholemeal Wheat Flour, Flaked Hazelnuts, Glycerine, Bicarbonate of Soda	Nuts, egg, wheat	266 318	3.57 5.1	38.4 54.9	3 4.2	10.5 15	0.91 1.3	23.8 34.1	0.04 0.07	V NUTS!
Almond & pistachio bites Ingredients: Salted Butter, Coconut Sugar, Wheat Flour, Rolled Oats, Cornflour, Nibbed Pistachios, Flaked Almonds, Gluten free Baking Powder	Nuts, milk, wheat	290 484	16.8 6.7	29.8 49.8	2.68 4.4	16.8 28	8.2 13.7	11.8 19.8	0.4 0.7	V NUTS!

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WINTER MENU NUTRITION

DRINKS

Per 100g

Allergens

Kcals

Protein
(g)

Carbs
(g)

Fibre
(g)

Fat
(g)

Sat Fat
(g)

Sugar
(g)

Salt
(g)

Nutrition
info

Allergens

Kcals

Protein
(g)

Carbs
(g)

Fibre
(g)

Fat
(g)

Sat Fat
(g)

Sugar
(g)

Salt
(g)

Nutrition
info

REG HOT DRINKS

Flat white	Milk	132	8.1	9.1	0	7.2	4.6	8.5	0.2	
		66.6	4.1	4.6	0	3.6	2.3	4.3	0.12	
Latte	Milk	182	10.6	12.6	0	10.1	6.4	12	0.3	
		66.5	3.9	4.6	0	3.7	2.4	4.4	0.11	
Cappuccino	Milk	182	10.7	12.2	1.4	10	6.3	10.6	0.3	
		73.3	4.3	4.9	0.5	4	2.5	4.2	0.11	
Americano	Milk	50	4	3.4	0	2.3	1.5	2.8	0.09	
		67.7	5.4	4.6	0	3.2	2	3.7	0.13	
Mocha	Milk	182	10.7	12.2	1.4	10	6.3	10.6	0.3	
		73.3	4.3	4.9	0.5	4	2.5	4.2	0.11	
Espresso		50	4	3.4	0	2.3	1.5	2.8	0.1	
		167	13	11	0	7	5	9	0.3	
Lemon, ginger, mint & agave steeper		25.4	0.5	5.9	0	0.1	0	4.9	0	
		59.1	1.1	13.8	0	0.3	0.1	11.4	0.01	
Orange, ginger & honey steeper		102.7	1.6	25.4	0.3	0	0	25	0	
		39.2	0.6	9.7	0.1	0	0	9.5	0.01	
Hot chocolate	Milk	265	11.8	26.9	1.2	11.1	7	29.1	0.5	
		93.1	4.1	10.4	0.4	3.9	2.5	10.2	0.17	
Fresh mint tea		4.3	0.4	0.5	0	0.1	0	0	0	
		43	3.8	5.3	0	0.7	0	0	0.04	
Breakfast tea	Milk	39.6	2	2.8	0	2.3	1.5	2.8	0.1	
		66	3.3	4.6	0	3.9	2.5	4.6	0.11	
Mind Boost Matcha Latte	Almond milk (Nuts)	97	1.6	16	0.7	2.9	0.3	14.6	0.3	NUTS!
Ingredients: Matcha, Ginseng, Ginger, agave nectar, almond milk		36	0.6	5.9	0.3	1.1	0.1	5.4	0.1	
Golden Turmeric Latte	Almond milk (Nuts)	97	1.6	16	0.7	2.9	0.3	14.6	0.3	NUTS!
Ingredients: Turmeric, Cinnamon, Coconut, Black Pepper, agave nectar, almond milk		36	0.6	5.9	0.3	1.1	0.1	5.4	0.1	

some nutritional calculations still in progress

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WINTER MENU NUTRITION

DRINKS	Allergens	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	Nutrition info
per 100g	Allergens	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	Nutrition info
REG COLD DRINKS										
COLD DRINKS										
Orange juice		100	1.75	23	0	0	0	21	0.08	
		82.6	1.45	19	0	0	0	17.3	0.07	
Ginger juice		72.5	0	19.5	0	0	0	19.5	0	
		59	0	16.1	0	0	0	16.1	0	
Beetroot juice		97	3.5	21.5	4.7	0.2	0	18.7	0.3	
		80	0.8	17.7	3.8	0.17	0	15.4	0.25	
Lemon quencher		195	0	50	0	0	0	49.5	0	
		39	0	10	0	0	0	9.9	0	
The Master Cleanse		47.5	0.25	24.5	0	0.25	0	9.75	9.75	
		39.2	0.4	20.2	0	0.21	0	8	8	
Iced tea		60	0	15.5	0	0	0	15	0	
		49.5	0	12.81	0	0	0	12.4	0	
Carrot, orange and ginger juice		103	2.5	24.2	6.7	0.5	0	12.2	0.4	
		85	2	20	5.5	0.4	0	10	0.3	
Coke		139	0	35	0	0	0.1	35	0	
		42	0	10.6	0	0	0	10.6	0	
Diet Coke		1	0	0	0	0	0	0	0	
		0.4	0	0	0	0	0	0	0	
Coke Zero		1	0	0	0	0	0	0	0	
		0.4	0	0	0	0	0	0	-	
Coke Life		89	0	22	0	0	0	22	0	
		23	0	5.8	0	0	0	5.8	0	
San Pellegrino - Blood orange		165	0	39.9	0	0	0	38.9	0	
		41	0	10	0	0	0	10	0	
San Pellegrino - Lemon		149	0	34.7	0	0	0	33	0	
		39	0	8.9	0	0	0	8.1	0	
Cawston Press - Rhubarb		125.4	0.3	28	0	0	0	28	0	
		38	0.1	8.5	0	0	0	8.5	0	
Cawston Press - Elderflower		129	0.1	7.4	0	0	0	7.4	0	
		30	0.1	7.4	0	0	0	7.4	0	
Coconut water		73.7	0	15	0	0	0	15	0	
		19	0	3.7	0	0	0	3.7	0	
Water		0	0	0	0	0	0	0	0	
		0	0	0	0	0	0	0	0	

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