WINTER MENU NUTRITION

SALADS AND BOXES	Allergens	per item / per 100g	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 / Nuritional 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**), pesto (**sulphites**), mozzarella (**milk**)		524	28.4	41.6	8.4	28.4	6.3	12.6	1.1	GF WF SEEDS
			151	8.2	12	2.4	8.2	1.8	3.6	0.3	
Mediterranean tomato, pesto & mozzarella salad Ingredients: quinoa, roasted pepper, sweet potato, pesto, spinach, green salad, tomatoes, mozzarella, basil, olive oil & seeds.	Autumn seeds (**sesame**), pesto (**sulphites),** mozzarella (**milk**)		466	15.9	41.6	8.1	27.6	6.0	12.6	0.7	GF WF SEEDS V
			158	5.4	14	2.8	9.3	2	4.2	0.2	
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**), muhammara (**nuts**), pistachio (**nuts**), Pomegranate dressing (**soya**)		472	21.1	47.6	8.2	22.6	3.7	12.6	0.6	GF WF SEEDS NUTS!
			103	4.6	10.4	1.8	4.9	0.8	2.7	0.1	
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**).		238	9.3	20.1	7.3	14.1	2.8	10.9	0.2	DF GF WF V ▼ SEEDS
			78	3	6.6	2.4	4.6	0.9	3.6	0.1	
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**)		364	11.6	46.7	8.3	15.5	2.2	12.1	0.2	DF GF WF V ▼ NUTS! SEEDS
			119	2.7	11.3	1.8	7.5	1.0	3.6	0.1	
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 NUTS! SEEDS
			105	5.3	10.1	1.8	4.9	0.8	2.6	0.1	
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 V ▼ NUTS! SEEDS
			112	2.7	11.3	1.8	7.5	1.0	3.6	0.1	

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per 100g		per 100g	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	Nuritional info
Slow burner with chicken Ingredients: Chicken, Greek style cheese, cucumber, peas, pearl barley, lentils, carrot, kale, leek, mixed leaves, edamame beans, pistachio, mint, tumeric & red chilli with a sweet chilli & sesame dressing.	Chicken (**milk**), cheese (**milk**), pearl barley (**barley**), pistachio (**nuts**), sweet chilli dressing (**sulphites, sesame**)		419	32.7	38.8	6.4	16.2	7.2	7.2	1.6	SEEDS NUTS!
			100	7.8	9.3	1.5	3.9	1.7	1.7	0.4	
Slow burner Ingredients: As above without chicken	Cheese (**milk**), pearl barley (**barley**), pistachio (**nuts**), sweet chilli dressing (**sulphites, sesame**), edamame beans (**soya**)		362	20.2	38.8	6.1	15.4	6.9	7.2	1.2	V SEEDS NUTS!
			98	5.5	10.5	1.7	4.2	1.9	2	0.3	
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	V 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**)		324	18.4	18.0	6.0	19.9	2.6	10.7	0.2	DF GF WF SEEDS
			95	5.4	5.3	1.8	5.8	0.8	3.1	0.1	
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 (**sesame**), chicken (**milk**), edamame beans (**soya**)		133	21.5	6.0	5.7	2.9	0.6	3.2	0.6	GF WF SEEDS
			39	6.2	1.7	1.6	0.8	0.2	0.9	0.2	

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per 100g		per 100g	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	Nuritional info
Go green salad Ingredients: as above without chicken	Miso dressing (**soya, sulphites, sesame**), seeds (**sesame**), edamame (**soya**)		76	9.0	6.0	5.5	2.1	0.3	3.2	0.2	DF GF WF V ▼ 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**)		330	23.9	17.1	8.2	18	3.2	7.9	0.83	GF WF 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**)		292	24	16	7	14	2	7.7	3.17	DF GF WF 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**), pearl barley (**barley**), mango dressing (**sulphites**), falafel (**egg, wheat**)		429	16	45	10	20	2.1	18	2.3	DF V 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	0.0	DF GF WF V ▼
Miso dressing	**Sulphites, sesame**		154	2.6	10.0	0.9	11.6	1.1	6.8	0.5	DF GF WF V ▼ 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**		74	0.1	18.3	0.1	0.1	0.0	15.6	0.3	DF GF WF V SEEDS
			212	0.4	52.3	0.4	0.2	0.0	0.4	0.8	
Sesame dressing	**Soya, sesame**		85.5	0.5	4.5	0.1	7.02	1	4.2	2.3	DF V ▼ SEEDS

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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**), mayonaisse (**egg**), cheese (**milk**), baguette (**wheat, sesame)**	516	25.4	58.7	4.9	14.7	5.3	2.5	3.7	SEEDS
		217	10.7	24.5	2.0	6.3	2.3	1.0	1.7	
Mozzarella, sunblush tomato, avocado & pesto Ingredients: mozarella, sunblushed tomato, avocado, basil leaves, pesto, olive oil in a superseed baguette	Mozarella (**milk**), baguette (**wheat, sesame**), pesto (**sulphites**)	551	20.7	57.9	5.9	21.2	8.6	1.9	2.1	V SEEDS
		220.6	8.3	23.2	2.4	8.5	3.5	0.7	0.8	
Christmas Feast Baguette Ingredients: Turkey, dried cranberries, bacon, sage and onion stuffing, fried shallots and Pod slaw mix with gravy mayonnaise in a superseed baguette	Baguette (**wheat**, **sesame seeds**), Stuffing (**barley**), Gravy Mayonnaise (**eggs**, **milk, celery, mustard**)	424	25.5	42.1	4.1	14.2	2.5	6.1	2.1	SEEDS
		185	11.1	18.4	1.8	6.2	1.1	2.7	0.9	
WRAPS										
Plain wrap	**Wheat**	183	5	31	2.3	3.9	1.4	1.7	0.86	DF V ▼
Hummus, falafel & pod slaw wrap Ingredients: hummus, falafel peas, beetroot, red cabbage, leek, spring greens, carrot & a tortilla wrap	Hummus (**sesame**), falafel (**egg, wheat**) tortilla wrap (**wheat**)	537	18.8	57.2	15.2	24	3	8.2	3.1	DF V 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	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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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
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**), tamari dressing (**soya**)	191	23.4	8.6	4.8	7.2	1.1	5.7	3.5	DF GF WF SEEDS
		85	11.9	4.1	1.0	1.9	0.3	1.1	2.3	
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**), tamari dressing (**soya**)	187	26.2	7.4	5.7	6	1.2	3.6	0.5	GF WF SEEDS
		72	8.8	3.0	1.4	2.8	0.5	1.6	0.2	

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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	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 4.0	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

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

Black bean stew - Crushed Tomatoes, Carrots, Sweetcorn, Celery, Borllotti 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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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
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 brocolli, carrot, red cabbage and spring onion	Black Bean Sauce (**wheat, soyabeans**), sesame seeds	450	15.5	87.6	9.2	9.7	2.0	8.0	2.7	DF LF 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
		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	DF LF SEEDS
		114	4.6	20.1	2.4	2.8	0.6	2.5	0.8	

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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
MINI HOT SALAD POTS (HOT PODS ABOVE SERVED OVER CRUNCHY SALAD)										
Chicken Tikka Masala Ingredients: as above	As above	200	17.8	16.0	3.7	7.3	2.5	4.4	0.9	GF WF
		102	9.0	8.1	1.9	3.7	1.2	2.2	0.5	
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
		101	3.6	10.7	2.6	3.4	0.5	3.8	0.6	
Thai red chicken curry Ingredients: as above	As above	290	18.0	11.3	3.9	19.4	11.2	7.6	1.5	GF WF
		116	7.7	5.1	1.8	7.3	4.0	1.2	0.5	
Thai green chicken curry Ingredients: as above	As above	290	17.7	13.5	4.8	18.9	10.8	9.7	1.7	GF WF
		116	7.6	5.9	2.1	7.1	3.9	3.6	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	DF LF 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...)	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
REGULAR HOT SALAD PODS										
Chicken Tikka Masala Ingredients: as above	As above	273 97	24 8.5	23.2 8.2	5.8 2.1	9.6 3.3	3.0 1.0	6.9 2.5	1.2 0.4	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
Thai red chicken curry Ingredients: as above	As above	272 99	15.3 5.7	16.7 5.2	4.4 1.6	16.3 5.9	10.2 3.7	11.3 4.1	0.5 0.5	GF WF
Thai green chicken curry Ingredients: as above	As above	258 93	21.4 5.5	14.4 5.2	6 1.5	22.2 5.7	13.5 3.5	12.8 3.3	1.8 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
LARGE HOT SALAD PODS										
Chicken Tikka Masala Ingredients: as above	As above	380 96	33.5 8.4	33 8.5	8.4 2.1	13.1 3.3	4 1	10 2.5	1.6 0.4	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
Thai Green Chicken Curry Ingredients: as above	As above	362 93	21.4 5.5	20.5 5.2	4.1 1.5	22.2 5.7	13.5 3.5	12.8 3.3	1.8 0.5	GF WF
Thai Red Chicken Curry Ingedients: as above	As above	362 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 Ingedients: 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 SEEDS

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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, sesame seeds**	311	11.2	31	9.3	1.8	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, Tomatoe, 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**	314	25.7	29.6	7.9	9	1.8	10.7	2	WF DF LF NUTS SEEDS!
		97	7.9	9.1	2.4	2.8	0.6	3.3	0.6	
Ingredients: Chickem, Tomatoe, 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 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**	690	14.4	97.4	8.3	26.6	3.6	19.6	3.6	V
		457	5.1	46.2	3.4	28.1	3.4	8.1	2.1	
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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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										
Buffalo Chicken Bao	**Wheat, milk, celery, sulphur dioxide**	220 179	13.3 10.9	29.1 23.8	0.7 0.6	3.3 2.7	0.8 0.6	2.0 1.7	0.5 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 seads, sulphur dioxide**	280 219	9.7 7.9	33.4 26.2	1.2 0.9	9.1 7.2	1.2 0.9	5.0 3.9	0.3 0.3	V DF ▼ 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, soyabeans**	214 231	8.5 9.1	30.5 32.8	0.1 0.1	4.4 4.8	0.2 0.2	4.6 4.9	0.9 1.0	SEEDS
Ingredients: Lotus Bun (**wheat**), Pulled duck, Hoisin sauce **(sesame seeds, soyabeans**), Carrots, Peas, Beetroot, Fried Shallots, Curly kale, Red Cabbage, Leeks.										
SOUPS										
Singapore chicken laksa	**Fish , Soybeans, Celery, Nuts, Milk**	449 96	15.1 3.2	36.7 7.8	11.8 2.5	29.1 6.2	20.7 4.4	9.9 2.1	2.1 0.5	GF WF 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 46	8.0 2.0	22.4 5.6	4.4 1.1	7.2 1.8	0.8 0.2	4.0 1.0	2.8 0.7	V DF ▼
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 47	3.7 0.9	23.7 5.9	2.9 0.7	8.9 2.2	5.0 1.3	2.8 0.7	3.2 0.8	GF WF V
Potato, Leeks , Double cream, Onions , Organic Vegetable stock, Celery, Tumeric, Salt, Rice flour, Parsley, Basil, Sage, Pepper, Thyme.										
Hearty tomato, basil & quinoa	Celery	156 39	6.0 1.5	25.2 6.3	4.0 1.0	4.0 1.0	0.4 0.1	14.8 3.7	2.4 0.6	GF WF V 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 46	4.5 1.1	18.9 4.7	2.3 0.6	10.0 2.5	4.5 1.1	2.4 0.6	1.6 0.4	GF WF V 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 51	13.3 3.2	27.9 6.8	3.6 0.9	4.8 1.2	2.3 0.6	3.9 0.9	2.1 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 47	10.7 2.6	13.2 3.3	4.9 1.2	10.2 2.5	3.6 0.9	4.4 1.1	3.4 0.8	GF WF
Peas, Onions, Potatoes, Garlic Puree, Vegetable Stock, Celery, Carrot, Parsley, Turmeric, Salt, Coriander, Blended Olive Oil, Tabasco, Pepper, Chorizo.										

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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**)	577 141	18.6 4.5	31.4 7.6	11.8 2.9	41.5 10.1	30.8 7.5	7.0 1.7	3.2 0.8	GF WF
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 37	4.5 1.1	16.9 4.2	2.9 0.7	1.3 0.3	0.2 0.1	1.6 0.4	2.4 0.6	GF WF V 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 63	4.5 1.1	26.1 6.5	4.8 1.2	14.8 3.7	12.4 3.1	9.7 2.4	2.1 0.3	GF WF V ▼
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, sesame**	103 258	3.9 9.7	16.1 40.2	1.4 3.6	2.2 5.4	0.2 0.6	0.4 1.1	0.5 1.3	V SEEDS
Cheesy breadstick	**Wheat, milk**	100 251	4.1 10.2	16.6 41.4	0.9 1.9	1.7 4.3	0.9 2.3	0.3 0.8	0.6 1.5	V
SIDES										
Ketchup	**Celery**	46 115	0.6 1.6	11.4 28.6	0.4 0.9	0.0 0.1	0.0 0.0	11.0 27.5	0.8 2.0	GF WF V DF ▼ LF
Low Fat Mayonaise	**Eggs, Mustard**	115 288	0.4 1.0	3.3 8.2	0.0 0.0	11.2 28.1	0.8 2.1	1.8 4.6	0.0 0.0	GF WF DF V

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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, Borllotti 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**), Yoghurt (**Milk**), Munchy Seeds (**Soybeans)**	342	6.1	51.4	6.5	12.6	2.3	6.9	1.2	V
		130	2.3	19.5	2.5	4.8	0.9	2.6	0.4	

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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
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	22.0	7.9	8.0	3.4	DF
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	0	2.7	DF
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
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	

some nutritional calculations still in progress

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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
HOT & TOASTED										
Protein bread	**Gluten** - wheat, protein plus (**milk**)	221	17.85	26.35	5.1	3.8	0	0.85	1.0	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 ▼ 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 ▼ NUTS!
		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	

some nutritional calculations still in progress

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WINTER MENU NUTRITION

BREAKFAST (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
SCRAMBLED EGGS WITH 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**)	376	31.3	24.7	3.8	24	9	2	2	
		154	12.3	8.2	1.4	8.0	2.2	1.4	0.8	
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**)	340	20.4	18.6	1.9	20.9	7	1.1	1.2	V
		181	10.9	9.9	1	11.1	3.7	0.6	0.6	
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**)	367	23.4	15.7	1.5	23.8	9.7	1	1.8	V
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**)	502	31.3	25.2	3.5	31.3	12.5	2.7	1.9	
		187	11.7	9.4	1.3	11.7	4.7	1.0	0.7	
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	
		279	17.9	18.6	2.2	14.7	4.9	2.2	1.8	
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, nuts**	414	14	46	6.3	21	4	18	0.3	GF V WF 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 (**seeds**)	211	6.3	40.1	3.9	3.5	0.1	11.4	0.1	GF V WF 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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BREAKFAST (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
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**, **nuts**	468	20	54	7.4	29	4.5	30	0.8	GF V WF 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 (**seeds**)	436.9	11.4	49.4	6.7	12.6	2.9	12.8	0.4	GF V WF SEEDS
		73	2.2	13.9	1.4	1.2	0	3.9	0	

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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,**	183	11.9	10	2.5	10.4	4.7	3.6	1.7	GF V WF
		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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per 100g	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 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**)	525	14.8	96	9.2	9.7	0.6	44.6	0.55	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**)	516	13.8	97.3	10.1	8.5	0.5	45.8	0.51	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		111	2.8	24.7	2.4	0.9	0.2	23.3	0.07	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	0.08	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**)	220	5.3	37.1	2.4	6.5	4.1	34.8	0.1	GF WF V
		59	1.4	10.0	0.7	1.8	1.1	9.4	0.0	

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HEALTHY SNACKS	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
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 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
		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 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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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▼ 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**)	345	4.95	38	4.36	18.5	9.45	22.7	0.3	GF WF V
		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**)	337	2.9	48.15	2.19	14.4	8.6	28.2	0.3	GF WF V
		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**	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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per 100g	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 WF 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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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	2	22.8	1.4	12.28	1.32	0.2	0.2	DF GF WF V▼
		523.5	5	57	3.5	2.5	3.3	0.5	0.5	
Pipers crisps - cheddar & onion Ingredients: see packaging	Milk	213	2.5	22.4	1.3	12.3	1.4	0.6	0.6	GF WF V
		523.5	6.25	56	3.25	38.8	3.5	1.5	1.5	
Pipers crisps - chorizo Ingredients: see packaging	**Milk**	526	2	22.7	1.4	12	1.24	2.24	0.6	GF WF V
		1315	5	56.7	3.5	30	3.1	5.6	1.5	
Pipers crisps - sea salt & vinegar Ingredients: see packaging		209	2.1	22.8	1.3	11.6	1.2	1.08	0.8	DF GF WF V▼
		522.5	5.25	57	3.25	29	3	2.7	2	
Pipers crisps - chorizo Ingredients: see packaging	**Milk**	526	2	22.7	1.4	12	1.24	2.24	0.6	GF WF V
		1315	5	56.7	3.5	30	3.1	5.6	1.5	
Popcorn - fiery salsa Ingredients: see packaging		135	1.6	18.2	1.2	5.7	0.5	8.2	0.3	DF GF WF V▼
		337.5	4	45.5	3	14.2	1.25	20.5	0.75	
Popcorn - sea salt & black cracked pepper Ingredients: see packaging		106	1.5	10.7	1.2	5.9	0.5	0.1	0.3	DF GF WF V▼
		265	3.75	26.75	3	14.75	1.25	0.25	0.75	
Popcorn - salty sweet Ingredients: see packaging		136	1.5	18.4	1.2	5.8	0.5	8.1	0.3	DF GF WF V▼
		340	3.75	46	3	14.5	1.25	2.5	0.75	
Bounce ball - spirulina & ginseng Ingredients: see packaging	**Nuts, milk**	191	5	21	2.8	9	0.9	10	0.2	GF WF V▼ NUTS!
		390	10	43	6	18	1.84	20.4	0.3	
Bounce ball - peanut Ingredients: see packaging	**Nuts, milk**	207	14	19	2.4	8	1.1	12	0.4	GF WF V NUTS!
		422	28.6	38.8	5	16.3	2.24	24.9	0.5	
Bounce ball - coconut Ingredients: see packaging	**Nuts, milk**	178	9	18	4	7	0	10	0.27	GF WF V NUTS!
		363.2	18.37	36.73	8.1	14.3	0	20.4	0.55	

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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	**Nuts**, **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 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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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 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	
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	
Ingredients: Matcha, Ginseng, GInger, agave necter, 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	
Ingredients: Turmeric, Cinnamon, Coconut, Black Pepper, agave necter, 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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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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