



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 3 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	524	28.4	41.6	8.4	28.4	6.3	12.6	1.1	GF WF SESAME SEEDS
	(sesame), pesto (sulphites), mozzarella (milk)	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	466	15.9	41.6	8.1	27.6	6.0	12.6	0.7	GF WF SESAME SEEDS V
	(sesame), pesto (sulphites), mozzarella (milk)	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 SESAME SEEDS NUTS!
		103	4.6	10.4	1.8	4.9	0.8	2.7	0.1	
Tabbouleh Salad 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! SESAME 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! SESAME SEEDS
		105	5.3	10.1	1.8	4.9	0.8	2.6	0.1	
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! SESAME SEEDS
		112	2.7	11.3	1.8	7.5	1.0	3.6	0.1	
Power plant salad Ingredients: Curry side salad (edamame, kale, carrot), salad cheese, roast pepper, sweet potatoes, broccoli, pomegranate seeds, mint. Served with a pomegranate dressing	Edamame (Soy), cheese (milk)	387	28.4	25.1	7.3	17.5	7.5	12.8	1.1	GF WF V
		119	8.7	7.7	2.2	5.4	2.3	3.8	0.3	
Protein kickbox salad Ingredients: Spinach, thai salad (carrot, peas, mooli, green beans, chilli) cucumber, chicken, edamame, egg, wasabi seeds mix, sesame. Served with sweet chilli dressing	Edamame (soy), egg, sesame seeds, mustard, milk	348	34.9	17.6	6.6	14.4	3.4	10.6	1.5	SESAME SEEDS GF WF
		91	9.1	4.6	1.7	3.8	0.9	2.8	0.4	

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per 100g

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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**)

419	32.7	38.8	6.4	16.2	7.2	7.2	1.6	SESAME 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 SESAME 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 SESAME SEEDS NUTS
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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 SESAME SEEDS
39	6.2	1.7	1.6	0.8	0.2	0.9	0.2	

Oriental duck salad

Ingredients: Chinese side salad, rice noodles, hoisin duck, sesame seeds, served with spicy Asian dressing

sesame seeds, sauce (**fish**), noodles (**gluten, wheat**)

276	14.5	22.5	5.6	14.2	0.9	13.8	0.9	DF SESAME SEEDS
106	5.5	8.6	2.1	5.4	0.4	5.3	0.3	

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 ▼ SESAME SEEDS
26	3.0	2.0	1.8	0.7	0.1	1.1	0.1	

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 (**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	

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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

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 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**)

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	

DRESSINGS (PER 45G SERVING)

Tamari/ Spicy Asian dressing

Tamari (**soya**)

43	1.8	2.2	0.0	2.4	0.2	2.0	0.0	DF GF WF V ▼
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Miso dressing

Sulphites, sesame, soy

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	

Sweet chilli dressing

Garlic (**sulphites**),
sesame oil

133	0.0	22.1	0.0	4.5	0.7	20.7	0.7	DF GF WF V ▼ SESAME SEEDS
296	0.0	49.0	0.0	10.0	1.5	46.0	0.6	

Sesame dressing

Soya, sesame

85.5	0.5	4.5	0.1	7.02	1	4.2	2.3	DF V ▼ SESAME SEEDS
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Pomegranate dressing

Soybeans

38	0.5	10.7	0.2	0.0	0.0	7.5	0.0	DF GF WF LF V ▼
84	1.2	23.8	0.5	0.0	0.0	16.6	0.0	

Olive oil dressing

180	0.0	20.0	0.0	0.0	2.9	0.0	0.0	DF GF WF V ▼
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Lemon Shallot dressing

209	0.2	2.2	0.2	22.1	1.4	1.8	0.1	DF GF WF V ▼
465	0.5	4.9	0.5	49.0	3.2	4.1	0.3	

Lemon dressing (26ml)

Soybeans, sulphites

67	0.1	2.7	0.0	6.1	0.4	2.4	0.2	GF DF WF V ▼
259	0.4	10.4	0.1	23.6	1.6	9.2	0.7	

Lemon dressing (20ml)

Soybeans, sulphites

52	0.1	2.1	0.0	4.7	0.3	1.8	0.1	GF DF WF V ▼
259	0.4	10.4	0.1	23.6	1.6	9.2	0.7	

Lemon dressing (25ml)

Soybeans, sulphites

65	0.1	2.6	0.0	5.9	0.4	2.3	0.2	GF DF WF V ▼
259	0.4	10.4	0.1	23.6	1.6	9.2	0.7	

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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
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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)	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, olive oil in a superseed baguette	Mozzarella (milk), baguette, gluten (wheat, sesame), pesto (sulphites)	661	22.2	58.1	5.6	32.5	3.2	2.2	1.9	V SESAME SEEDS
		250	8.4	22.0	2.1	12.3	1.2	0.8	0.7	

WRAPS

Plain wrap	Wheat	183	5	31	2.3	3.9	1.4	1.7	0.86	DF V ▼
Hummus, falafel & crunchy veg wrap Ingredients: hummus, falafel, red cabbage, carrot, broccoli, spring onion	Hummus (sesame), falafel (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, mayonnaise	Hoisin sauce (Soybeans, Eggs, Mustard), sesame seeds, tortilla wrap (wheat), mayonnaise (eggs, Mustard)	465	18.1	44.1	7.3	24.8	3.4	11.8	2.8	SESAME SEEDS
		245	9.5	23.2	3.9	13	1.8	6.2	1.5	DF
Italian chicken wrap Ingredients: Chicken, mozzarella, pesto, tomatoes, mixed leaves, basil & a tortilla wrap	Chicken (milk), mozzarella (milk) pesto (sulphites), tortilla wrap, gluten (wheat), eggs, mustard	379	22.6	37.6	4.6	13.9	2.3	2.3	1.5	
		191	11.4	19.0	2.3	7.0	1.2	1.1	0.8	

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BAGUETTES & WRAPS

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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**), 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**), 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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GYM BOWLS

Sri Lankan gobi	Yoghurt (milk), celery, seeds	311	11.2	31	9.3	16.8	10.2	10.5	2	GF WF V SESAME 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.

Green energy chicken	Soybeans, sulphur dioxide	358	28.9	38.8	6.1	10.7	1.6	4.3	2.5	GF DF WF LF
		89	7.2	9.7	1.5	2.7	0.4	1.1	0.6	

Ingredients: Peruvian corn, edamame beans (soy), red rice, quinoa, spring onions, lemon juice, parsley, olive oil, vegetable stock, turmeric, rice flour, chilli powder, chicken

Chicken Chana Masala	yoghurt (milk)	340	15.7	30.3	7.8	17.3	2.5	16.5	3.4	GF WF
		80	3.7	7.2	1.8	4.1	0.6	3.9	0.8	

Ingredients: Yoghurt, chilli, coriander, chicken, chana masala(chickpeas, tomatoes, onions, carrots, red peppers, spinach, garlic puree, ginger puree, sultanas, rapeseed oil, sugar, salt, cumin, rice flour)

HOT WRAPS

Cuban Chicken Wrap	Kobez Wrap (wheat), Cheese (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

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.

Jalfrezi Paneer Wrap	Gluten (wheat) , milk	495	17.1	76.5	7.1	12.9	5.6	17.0	1.1	V
		58	6.5	29.1	2.7	4.9	2.1	6.4	0.4	

Ingredients: Wrap, tomatoes, onion, peppers, rapeseed oil, ginger puree, ground coriander, ground cumin, garlic puree, lime juice, red chilli, turmeric, chilli powder, paneer (milk), sweet potato, carrot, spinach, peas

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LARGE HOT PODS

Chicken Tikka Masala Ingredients: as below	As below	597	39	89.4	7.9	17	4.2	5.8	2.3	GF WF
		107	11.2	5.9	1.5	4.5	1.1	2.3	0.6	
Smoky three bean veg chilli Ingredients: as below	As below	662	10.1	110.5	12.9	22.3	3.7	12.9	2.1	V
		133	2.0	22.2	2.6	4.5	0.7	2.6	0.4	
Thai red chicken curry Ingredients: as below	As below	550	20.2	86.0	9.4	20.7	13.8	15.7	2.3	GF WF DF
		112	4.1	17.5	1.9	4.2	2.8	3.2	0.5	
Thai green chicken curry Ingredients: as below	As below	600	42.9	52.8	17.7	24.1	9.7	6.9	3.2	GF WF DF
		116	8.3	10.2	3.4	4.7	1.9	1.3	0.6	
Chicken Dhansak	As below	477	19.5	92.6	7.5	10.8	2.0	9.2	2.2	GF WF LF
		101	4.1	19.6	1.6	2.3	0.4	1.9	0.5	
Peruvian Corn & Chicken	As below	511	20.5	87.4	12.0	15.2	8.6	12.4	2.0	GF DF WF LF
		99	4.0	16.9	2.3	2.9	1.7	2.4	0.4	

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)	503	28.4	86.2	7.4	12.7	3.1	5.0	1.7	GF WF
		125	7.1	21.4	1.9	3.1	0.8	1.2	1.2	
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, Chilli red, Munchy Seeds	Black Bean stew (Barley , Soybeans , Celery), Yoghurt (Milk), Munchy Seeds (Soybeans)	528	7.3	100.9	11.0	14.3	2.4	9.7	1.5	V
		133	1.8	25.4	2.8	3.6	0.6	2.4	0.4	
Black bean sauce- 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, Liquid Smoke										
Thai red chicken curry Ingredients: Thai red chicken served over three grain rice and topped with coriander. Served with a side salad of mooli, green beans, chilli, carrot and peas	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 served over three grain rice and topped with coriander. Served with a side salad of mooli, green beans, chilli, carrot and peas	Fish sauce (fish), shrimp paste (crustaceans)	481	32.0	48.0	12.7	17.7	7.1	4.0	2.2	GF WF DF
		120	8.0	12.0	3.2	4.4	1.8	1.0	0.5	
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.										
Chicken Dhansak Ingredients: Rice, cucumber, tomatoes, mint, dairy greek yoghurt, chillis, dhansak mix, chinese side salad	Yoghurt (Milk)	418	14.4	88.4	7.1	8.4	1.6	7.3	1.6	GF WF LF
		104	3.6	22.0	1.8	2.1	0.4	1.8	0.4	
Dhansak sauce - Tomatoes, onions, mango pulp, red lentils, pineapple, lemon juice, rapeseed oil, coriander, rice flour, garlic puree, vegetable bouillon, turmeric, Madras curry powder, Garam Masala, cardamom powder, chilli powder										

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SUMMER NUTRITION

HOT PODS 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
Peruvian Corn & Chicken	Mustard, soybeans		428	15.0	80.4	9.6	11.5	6.4	8.4	1.5	GF DF WF LF
Ingredients: rice, thai side salad, Peruvian chicken mix, Coriander			107	3.7	20.0	2.4	2.9	1.6	2.1	0.4	
Peruvian chicken: butternut squash, Peruvian corn, onions, fennel, peppers, tomatoes, creamed coconut, tamari (soy), fennel seeds, lemon juice, vegetable stock, Cajun seasoning, mustard powder, ginger, agave, sugar, corinader, rice flour											
MINI HOT PODS											
Chicken Tikka Masala	As above		323	22.1	45.8	4.1	9.6	2.4	3.5	1.3	GF WF
Ingredients: as above			126	8.6	17.8	1.6	3.7	0.9	1.4	0.5	
Smoky three bean veg chilli	As above		361	6.1	57.7	6.9	12.6	2.3	7.4	1.2	V
Ingredients: as above			132	2.2	21.1	2.5	4.6	0.8	2.7	0.4	
Thai red chicken curry	As above		294	11.3	43.8	4.8	11.5	7.7	8.5	1.3	GF WF DF
Ingredients: as above			112	4.3	16.7	1.8	4.4	2.9	3.2	0.5	
Thai green chicken curry	As above		323	23.7	26.8	9.6	13.4	5.4	3.5	1.7	GF WF DF
Ingredients: as above			117	8.6	9.7	3.5	4.8	2.0	1.3	0.6	
Chicken Dhansak	As above		258	11.2	47.4	3.8	6.4	1.4	5.3	1.3	GF WF LF
Ingredients: as above			100	4.4	18.5	1.5	2.5	0.5	2.1	0.5	
Peruvian Corn & Chicken	As above		263	10.7	44.1	6.1	8.0	4.5	6.4	1.0	GF DF WF LF
Ingredients: as above			99	4.0	16.6	2.3	3.0	1.7	2.4	0.4	
LARGE HOT AND SKINNY PODS (HOT PODS AS ABOVE SERVED OVER A CRUNCHY SALAD)											
Chicken Tikka Masala	Tikka Masala (Milk, Celery), Chicken Breast (Milk), Yoghurt (Milk)		430	44.5	23.0	5.9	18.5	4.9	8.7	2.6	GF WF
Ingredients: Tikka Masala, Chicken Breast, Tomatoes, Cucumber, Yoghurt, Mint, Chilli red			108	11.2	5.8	1.5	4.7	1.2	2.2	0.6	
Smoky three bean veg chilli	Black Bean stew (Barley, Soybeans, Celery), Yoghurt (Milk), Munchy Seeds (Soybeans)		383	14.9	44.3	11.2	11.6	1.5	16.6	2.2	V
Ingredients: Black Bean stew, Avocado, Yoghurt, Chilli red, Munchy Seeds			95	3.7	11.0	2.8	2.9	0.4	4.1	0.5	
Thai red chicken curry	Fish sauce (fish), shrimp paste (crustaceans)		420	40.1	15.8	23.7	22.5	8.6	10.3	3.0	GF WF DF
Ingredients: Thai red chicken curry stopped with coriander. Served with a side salad of mooli, green beans, chilli, carrot, peas			107	10.2	4.0	1.3	5.7	2.2	2.6	0.8	
Thai green chicken curry	Fish sauce (fish), shrimp paste (crustaceans)		437	39.8	13.6	18	25.6	9.8	6.4	2.8	GF WF DF
Ingredients: Thai green chicken curry topped with coriander. Served with a side salad of mooli, green beans, chilli, carrot, peas			112	10.2	3.5	4.6	6.5	2.5	1.6	0.7	
Chicken Dhansak	milk		293	22.4	22.8	5.7	13.0	2.5	12.6	2.3	GF WF
Ingredients: Rice, cucumber, tomatoes, mint, dairy greek yoghurt, chillis, dhansak mix, chinese side salad, Sesame seeds			74	5.6	5.7	1.4	3.3	0.6	3.2	0.6	
Peruvian Corn & Chicken	mustard, soybeans		330	22.2	27.3	10.9	14.8	8.7	16.1	2.0	GF DF WF LF
Ingredients: Peruvian corn. Served with a side salad of mooli, green beans, chilli, carrot, peas.			67	4.5	5.6	2.2	3.0	1.8	3.3	0.4	

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HOT PODS

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 AND SKINNY PODS

Chicken Tikka Masala Ingredients: as above	As above	309	31.9	16.2	4.0	13.5	3.7	6.2	1.8	GF WF
		110	11.3	5.7	1.4	4.8	1.3	2.2	0.7	
Smoky three bean veg chilli Ingredients: as above	As above	279	10.7	31.5	7.9	8.8	1.3	11.9	1.6	V
		97	3.7	11.0	2.7	3.1	0.5	4.1	0.5	
Thai red chicken curry Ingredients: as above	As above	299	28.7	11.0	3.5	16.0	6.1	7.2	2.2	GF WF DF
		108	10.4	4.0	1.3	5.8	2.2	2.6	0.8	
Thai green chicken curry Ingredients: as above	As above	311	28.5	9.5	12.7	18.3	7.1	4.3	2.0	GF WF DF
		113	10.3	3.4	4.6	6.6	2.6	1.6	0.7	
Chicken Dhansak Ingredients: as above	As above	211	16.1	16.2	3.9	9.5	2.0	8.9	1.6	GF WF
		75	5.7	5.7	1.4	3.4	0.7	3.2	0.6	
Peruvian Corn & Chicken Ingredients: as above	As above	242	16.3	19.6	7.6	11.1	6.5	11.3	1.5	GF DF WF LF
		69	4.7	5.6	2.2	3.2	1.9	3.2	0.4	

MINI HOT AND SKINNY PODS

Chicken Tikka Masala Ingredients: as above	As above	228	23.8	10.6	2.3	10.4	3.0	4.0	1.4	GF WF
		116	12.1	5.4	1.2	5.3	1.5	2.0	0.7	
Smoky three bean veg chilli Ingredients: as above	As above	208	6.5	22.7	5.4	7.0	1.1	8.4	1.2	V
		102	3.7	11.2	2.7	3.4	0.6	4.1	0.6	
Thai red chicken curry Ingredients: as above	As above	220	21.7	7.3	1.9	11.8	4.7	4.6	1.7	GF WF DF
		115	11.4	3.8	1.0	6.2	2.4	2.4	0.9	
Thai green chicken curry Ingredients: as above	As above	230	21.6	6.0	9.1	13.6	5.4	2.4	1.6	GF WF DF
		120	11.3	3.2	4.7	7.1	2.8	1.2	0.8	
Chicken Dhansak Ingredients: as above	As above	154	12.1	11.3	2.2	7.0	1.6	6.1	1.3	GF WF
		78	6.1	5.8	1.1	3.5	0.8	3.1	0.6	
Peruvian Corn & Chicken Ingredients: as above	As above	162	11.0	12.3	4.5	7.6	4.5	6.7	1.0	GF DF WF LF
		74	5.0	5.6	2.1	3.5	2.1	3.1	0.5	

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HOT FOOD - SOUPS (CONT...)

per 100g

SOUPS

	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
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).										
Hearty tomato, basil & quinoa with chicken	Celery	190 50	13.4 3.5	25.2 6.6	4.1 1.1	4.2 1.1	0.5 0.1	14.8 3.9	2.6 0.7	GF WF 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, Chicken										
Hearty tomato, basil & quinoa with chorizo	Celery	210 50.8	9 2.2	25.6 6.1	4.0 0.96	5.3 1.2	0.6 0.15	15.1 3.6	2.8 0.7	GF WF 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, Chorizo										
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.										
Sweetcorn & lemongrass	Milk	151 43	4.2 1.2	22.4 6.4	2.1 0.6	5.3 1.5	2.5 0.7	4.9 1.4	1.8 0.5	GF WF LF V
Sweetcorn, onions, rice flour, unsalted butter (milk), ginger puree, vegetable stock, coriander, lemon grass puree.										
Sweetcorn & lemongrass with chicken	Milk	185 49	11.7 3.1	22.4 5.9	2.3 0.6	5.7 1.5	2.6 0.7	4.9 1.3	2.0 0.5	GF WF LF
Sweetcorn, onions, rice flour, unsalted butter (milk), ginger puree, vegetable stock, coriander, lemon grass puree, chicken										
Summer asparagus & mint		98 28	2.5 0.7	13.7 3.9	2.5 0.7	3.9 1.1	0.4 0.1	4.2 1.2	1.8 0.5	GF DF WF LF V ▼
Asparagus, leeks, onions, potatoes, rapeseed oil, lemon juice, vegetable Bouillon, mint										
Summer asparagus & mint with chicken		133 35	9.9 2.6	13.7 3.6	2.6 0.7	4.3 1.1	0.5 0.1	4.2 1.1	2.0 0.5	GF DF WF LF
Asparagus, leeks, onions, potatoes, rapeseed oil, lemon juice, vegetable Bouillon, mint, chicken										
Miso kale & noodle	sesame seeds, soybeans, gluten (wheat)	154 37	5.6 1.3	28.1 6.7	2.4 0.6	2.7 0.6	0.4 0.1	5.8 1.4	3.2 0.8	DF LF ▼ SESAME SEEDS V
Leek, miso paste (soy), spring onions, water chesnuts, soy sauce, wheat flour, vegetable stock, Guchujang paste, brown rice, fermented soy bean paste, yeast extract. sesame oil blend (sesame, soy), cooked rice noodles										
Miso kale & noodle with chicken	sesame seeds, soybeans, gluten (wheat)	194 41	13.6 2.9	28.5 6.1	2.6 0.5	3.3 0.7	0.6 0.1	6.2 1.3	3.4 0.7	DF LF SESAME SEEDS
Leek, miso paste (soy), spring onions, water chesnuts, soy sauce, wheat flour, vegetable stock, Guchujang paste, brown rice, fermented soy bean paste, yeast extract. sesame oil blend (sesame, soy), cooked rice noodles, chicken										

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SUMMER NUTRITION

SOUPS (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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BREADSTICKS

Seeded breadstick	Wheat, sesame	103	3.9	16.1	1.4	2.2	0.2	0.4	0.5	V
		258	9.7	40.2	3.6	5.4	0.6	1.1	1.3	SESAME SEEDS
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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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	22.0	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	
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	SESAME 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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BREAKFAST

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 SESAME 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 ▼ 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	

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BREAKFAST (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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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), Munchy seeds (soy)	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	SESAME SEEDS
		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

Acai Berry Porridge Ingredients: gluten free porridge oats, full fat milk, water, strawberries, agave, pistachios, acai berry powder	Milk, nuts	222	7.2	34.6	4.7	5.6	1.2	11.3	0.1	GF V WF NUTS
		72	2.3	11.9	1.5	1.8	0.4	3.6	0.0	
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
		62	2.1	9.1	1.2	1.7	0.4	0.9	0	
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	0.31	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 (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	0.0	3.9	0.0	

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...)

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

PORRIDGE (LARGE)

Acai Berry Porridge

Ingredients: gluten free porridge oats, full fat milk, water, strawberries, agave, pistachios, acai berry powder

Milk, nuts

284

9.3

43.7

5.9

7.3

1.6

12.2

0.1

GF V WF
NUTS!

72

2.3

11.9

1.5

1.8

0.4

3.6

0.0

Plain gluten free porridge

Ingredients: gluten free porridge oats, full fat milk, water

Milk

247

8.3

35.5

4.8

7.5

3.8

3.7

0.3

GF V WF

62

2.1

9.1

1.2

1.7

0.4

0.9

0

Peanut butter power porridge

Ingredients: gluten free porridge oats, full fat milk, water, peanut butter, banana, honey

Milk, peanuts

476

16.1

55.1

7.5

22.7

4.4

18.9

0.31

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)**

290.5

8.76

55.32

5.57

4.78

0.1

15.5

0.04

GF V WF
SESAME
SEEDS

73

2.2

13.9

1.4

1.2

0.0

3.9

0.0

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BREAKFAST (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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SMOOTHIES

Acai & Banana Energiser Regular

Ingredients: banana, soya milk, apple juice, GF oats, acai powder, blueberry, agave, autumn seeds

soybeans, sesame seeds	363	12.7	56.9	8.6	8.5	1.5	18.7	0.1	GF DF WF LF SESAME SEEDS V ▼
	97	3.4	15.2	2.3	2.3	0.4	5.0	0.0	

Acai & Banana Energiser Large

Ingredients: see above

soybeans, sesame seeds	629	21.4	100.1	15.0	14.8	2.5	35.5	0.1	GF DF WF LF SESAME SEEDS V ▼
	98	3.3	15.6	2.3	2.3	0.4	5.5	0.0	

Apple & Mango Anti-Oxidiser Regular

Ingredients: Orange juice, apple, yoghurt, mango, carrot, ginger, chilli, lime

yoghurt (milk)	136	3.4	23.1	2.1	4.1	2.4	22.4	0.1	GF WF LF V
	43	1.1	7.3	0.7	1.3	0.8	7.0	0.0	

Apple & Mango Anti-Oxidiser Large

Ingredients: see above

yoghurt (milk)	238	5.6	43.1	3.8	6.1	3.5	41.7	0.2	GF WF LF V
	42	1.0	7.5	0.7	1.1	0.6	7.3	0.0	

Immune Boost Regular

Ingredients: kiwi, banana, mango puree, yoghurt, spirulina, linseed, spinach

yoghurt (milk)	181	6.1	23.9	2.2	7.8	4.0	20.2	0.2	GF WF LF V
	68	2.3	9.0	0.8	2.9	1.5	7.7	0.1	

Immune Boost Large

Ingredients: see above

yoghurt (milk)	348	11.9	45.5	3.9	15.1	8.0	39.1	0.3	GF WF LF V
	71	2.4	9.3	0.8	3.1	1.6	7.9	0.1	

Mean Green Regular

Ingredients: Apple juice, lemon juice, broccoli, cucumber, mango, ginger, spinach

sulphur dioxide	63	1.7	14.1	1.1	0.4	0.1	13.2	0.0	GF DF WF V ▼
	25	0.6	5.5	0.4	0.2	0.0	5.1	0.0	

Mean Green Large

Ingredients: see above

sulphur dioxide	127	3.3	28.2	2.2	0.8	0.1	26.3	0.1	GF DF WF V ▼
	26	0.7	5.8	0.4	0.2	0.0	5.4	0.0	

Energy Smoothie Regular

Ingredients: Banana, purple grape juice, soy milk, passion fruit puree, gluten free oats (spirulina upon request)

soybeans	290	8.4	54.3	5.4	3.8	0.7	28.1	0.0	DF GF WF V ▼ LF
	107	3.1	20.0	2.0	1.4	0.3	10.4	0.0	

Energy Smoothie Large

Ingredients: see above

soybeans	481	14.3	87.5	9.5	6.7	1.3	36.6	0.1	DF GF WF V ▼ LF
	124	3.7	22.6	2.5	1.7	0.3	9.4	0.0	

Smooth Berry Regular

Ingredients: Strawberry puree, banana, yoghurt, strawberries, blueberries, agave

yoghurt (milk)	132	3.0	23.4	3.2	3.4	2.0	19.4	0.1	GF WF LF V
	52	1.2	9.2	1.2	1.3	0.8	7.7	0.0	

Smooth Berry Large

Ingredients: see above

yoghurt (milk)	257	5.9	45.0	6.3	6.8	3.9	38.0	0.1	GF WF LF V
	54	1.2	9.5	1.3	1.4	0.8	8.0	0.0	

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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

ICED COFFEES

Iced latte (full milk)	milk	226.8	8.6	12.96	0	9.72	4.86	12.9	0.4	
Ingredients: syrup of choice, full fat milk, espresso		84	3.2	4.8	0	3.6	1.8	4.8	0.15	
Iced latte (skim milk)	milk	89.1	9.45	12.1	0	0.27	0	12.1	0.4	
Ingredients: syrup of choice, skim milk, espresso		33	3.5	4.5	0	0.1	0	4.5	0.1	
Iced latte (almond milk)	milk, nuts	35.1	1.08	0	0.81	2.9	0.27	0	0.4	NUTS
Ingredients: syrup of choice, almond milk, espresso		13	0.4	0	0.3	1.1	0.1	0	0.1	
Iced latte (soya milk)	milk, soy	86.4	8.9	0.27	1.6	5.13	0.8	0.27	0.081	
Ingredients: syrup of choice, soya milk, espresso		32	3.3	0.1	0.6	1.9	0.3	0.1	0.03	

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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 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	
Golden Turmeric Yoghurt Ingredients: turmeric powder, Greek style yoghurt, pomegranate, pistachio, raisins	Nuts , yoghurt (milk)	355	11.8	20.1	0.5	20.5	11.9	19.0	0.4	NUTS! SESAME SEEDS GF WF V
		163	5.4	9.2	0.2	9.4	5.5	8.8	0.2	
Acai Berry Yoghurt Ingredients: acai berry powder, Greek style yoghurt, strawberry, blueberry, agave nectar, seeds	Yoghurt (milk), sesame seeds	305	11.3	10.8	2.0	20.4	11.9	8.3	11.9	SESAME SEEDS GF WF V
		139	5.2	4.9	0.9	9.3	5.4	3.8	0.2	

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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HEALTHY SNACKS

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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PICKING POTS

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 DFV ▼
		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	

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	
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	0.5	

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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

SWEET TREATS

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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SNACKS CONT.

per 100g

	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 WF V▼
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 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
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 WF V▼
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 WF V▼
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 WF V▼
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	207 422	14 28.6	19 38.8	2.4 5	8 16.3	1.1 2.24	12 24.9	0.4 0.5	GF WF V NUTS!
Bounce ball - coconut Ingredients: see packaging	Nuts, milk	178 363.2	9 18.37	18 36.73	4 8.1	7 14.3	0 0	10 20.4	0.27 0.55	GF WF V NUTS!

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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 W F 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 W F 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 W F 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 W F 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

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	
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	
Golden Turmeric Latte	Nuts	233	3.7	17.1	2.2	16.2	11.8	10.7	1.0	GF DF WF V NUTS ▼
		67	1.1	4.9	0.6	4.7	3.4	3.1	0.3	
Mind Power Matcha Latte	Nuts	97	1.6	16	0.7	2.9	0.3	14.6	0.3	NUTS ▼
		36	0.6	5.9	0.3	1.1	0.1	5.4	0.1	
Redesspresso Latte	Nuts	40	1.2	0	1.2	3.4	0	0	1	NUTS GF DF WF V ▼
		12	0.4	0	0.4	1	0	0	0.3	

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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 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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SUMMER NUTRITION

LUNCH

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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PHO

Rare sliced beef	Soybeans	136	10.5	18.7	0.9	2.3	0.1	7.8	2.3	GF DF WF LF
Ingredients: water, rare beef, vegetarian ph gan noodle soup (soybeans), rice noodles, leeks, curly kale, coriander, mint		41	3.2	5.6	0.3	0.7	0.0	2.3	0.7	
Rare sliced beef with sriracha	Soybeans	138	10.6	19.1	0.9	2.3	0.1	8.2	2.5	GF DF WF LF
Ingredients: water, rare beef, vegetarian ph gan noodle soup (soybeans), rice noodles, leeks, curly kale, coriander, mint, sriracha		41	3.1	5.7	0.3	0.7	0.0	2.4	0.7	
Asian meatballs	Soybeans, gluten (wheat)	246	11.1	26.5	1.4	10.5	4.0	12.4	3.2	DF
Ingredients: water, Asian meatballs (gluten, soybeans), vegetarian ph gan noodle soup (soybeans), rice noodles, leeks, kale, coriander, mint		70	3.1	7.5	0.4	3.0	1.1	3.5	0.9	
Asian meatballs with sriracha	Soybeans, gluten (wheat)	248	11.2	26.9	1.5	10.6	4.0	12.8	3.3	DF
Ingredients: water, Asian meatballs (gluten, soybeans), vegetarian ph gan noodle soup (soybeans), rice noodles, leeks, kale, coriander, mint, sriracha		70	3.1	7.5	0.4	3.0	1.1	3.6	0.9	
British chicken	Soybeans	182	16.5	19.0	0.9	4.5	1.1	8.1	2.4	GF DF WF
Ingredients: water, vegetarian ph gan noodle soup (soybeans), rice noodles, leeks, kale, coriander, mint, chargrilled chicken		52	4.7	5.4	0.2	1.3	0.3	2.3	0.7	
British chicken with sriracha	Soybeans	184	16.5	19.4	0.9	4.6	1.1	8.5	2.5	GF DF WF
Ingredients: water, vegetarian ph gan noodle soup (soybeans), rice noodles, leeks, kale, coriander, mint, chargrilled chicken, sriracha		52	4.7	5.5	0.3	1.3	0.3	2.4	0.7	
Tofu	Soybeans	145	8.4	19.7	1.3	3.9	0.6	8.1	2.0	GF DF WF V ▼
Ingredients: water, vegetarian ph gan noodle soup (soybeans), rice noodles, leeks, kale, coriander, mint, tofu (soybeans)		43	2.5	5.8	0.4	1.1	0.2	2.4	0.6	
Tofu with sriracha	Soybeans	147	8.5	20.2	1.3	3.9	0.6	8.6	2.2	GF DF WF V ▼
Ingredients: water, vegetarian ph gan noodle soup (soybeans), rice noodles, leeks, kale, coriander, mint, tofu (soybeans), sriracha		43	2.5	5.9	0.4	1.2	0.2	2.5	0.6	

GYOZA

Chicken gyoza	Soybeans, eggs, gluten (wheat), sesame seeds	168	8.7	23.3	1.6	4.3	0.4	4.8	1.0	DF SESAME SEEDS
Ingredients: chicken gyoza (eggs, gluten), teriyaki (gluten, soybeans), sesame seeds		187	9.7	25.9	1.7	4.8	0.4	5.3	1.1	
Vegetable gyoza	Celery, gluten (wheat), sesame seeds, soybeans	146	4.8	26.6	2.4	1.9	0.3	5.2	1.0	DF ▼ SESAME SEEDS V
Ingredients: veggie gyoza (celery, gluten, sesame, soybeans), teriyaki (gluten, soybeans), sesame seeds		163	5.3	29.5	2.6	2.2	0.3	5.8	1.1	

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LUNCH	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

NUTRI PODS

Beets & greens	Mustard, milk, soybeans	264	10.4	7.8	1.1	10.2	0.3	5.1	0.2	GF WF V
Ingredients: cucumber, beetroot salad (mustard), white cheese (milk), shelled soybeans (soybeans), mint		166	6.5	4.9	0.7	6.4	0.2	3.2	0.1	
Salmon & egg protein	Eggs, fish (salmon), soybeans	214	21.8	2.2	0.6	13.1	3.7	1.0	1.3	GF DF WF
Ingredients: egg, cucumber, roast salmon cubes, shelled soybeans		122	12.5	1.2	0.3	7.5	2.1	0.6	0.8	
Lean tuna poke	Fish (tuna), soybeans, mustard, sesame seeds	111	11.9	8.8	0.8	3.1	0.3	6.8	0.3	GF DF WF SESAME SEEDS
Ingredients: cucumber, tuna (fish), shelled soybeans (soybeans), pickled red cabbage, wasabi, sesame mix (mustard, sesame seeds), lime		90	9.6	7.1	0.6	2.5	0.2	5.5	0.2	
Free rage eggs	Eggs	178	15.3	0.0	0.1	13.0	3.7	0.0	1.1	GF DF WF V
Ingredients: egg, spinach		137	11.7	0.0	0.1	10.0	2.9	0.0	0.8	
Vegan falafel mezze	Gluten (wheat), sesame seeds	236	9.0	13.1	10.0	14.8	1.4	3.1	1.0	DF ▼ SESAME SEEDS V
Ingredients: falafel (wheat - gluten), hummus (sesame seeds), broccoli, cucumber		145	5.5	8.0	6.1	9.1	0.9	1.9	0.6	
Chargrilled chicken		143	21.9	0.6	0.1	5.9	1.6	0.5	0.7	GF DF WF
Ingredients: chicken, spinach		143	21.9	0.6	0.1	5.9	1.6	0.5	0.7	
Edamame pods	Soybeans	201	17.3	13.4	6.9	9.2	1.2	6.5	0.0	GF DF WF V ▼
Ingredients: soybeans in pods (soybeans)		134	11.5	8.9	4.6	6.1	0.8	4.3	0.0	

SALADS. Nutritional for salad dressings can be found on page 3.

Hawaiian tuna poke	Gluten (barley), gluten (wheat), fish (tuna), soybeans	373	24.1	51.3	4.6	8.4	0.7	13.3	0.2	DF
Ingredients: quinoa, tuna (fish), barley cucumber, peas, pickled red cabbage, soybeans, lentils - green & brown, leeks, kale, dried onions (wheat), olive oil, lime. 20ml lemon dressing nutris on p.3		111	7.2	15.3	1.4	2.5	0.2	4.0	0.0	
Rare roast beef	Gluten (barley), gluten (wheat), mustard, soybeans	396	21.7	43.5	5.0	9.2	0.6	5.8	0.7	DF
Ingredients: quinoa, rare beef, barley, peas, beetroot salad (mustard), lentils green & brown, green beans, shelled soybeans, kale, leeks, dried onions (wheat), olive oil . 26ml lemon dressing nutris on p.3		127	7.0	13.9	1.6	3.0	0.2	1.8	0.2	
British chicken & mozzarella	Gluten (barley), milk	464	32.4	39.8	3.9	19.9	1.5	4.2	0.9	WF
Ingredients: quinoa, mozzarella (milk), chargrilled chicken, barley (gluten), peas, lentils green & brown, sunblushed tomatoes, peppers, kale, leeks, basil, olive oil . 26ml lemon dressing nutris on p.3		132	9.2	11.3	1.1	5.6	0.4	1.2	0.3	

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LUNCH

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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SALADS con't...

<p>Chopped cheesy beets</p> <p>Ingredients: quinoa, peas, white cheese (milk), barley, beetroot salad & mustard, lentils green & brown, kale, leeks, mint, olive oil. 26ml lemon dressing nutris on p.3</p>	<p>Gluten(barley), milk, mustard</p>	<p>492</p> <p>151</p>	<p>18.9</p> <p>5.8</p>	<p>46.6</p> <p>14.3</p>	<p>6.2</p> <p>1.9</p>	<p>14.6</p> <p>4.5</p>	<p>0.6</p> <p>0.2</p>	<p>8.9</p> <p>2.7</p>	<p>0.2</p> <p>0.1</p>	<p>V</p>
<p>Roast smoked salmon & egg</p> <p>Ingredients: quinoa, egg, roast salmon cubes, barley, cucumber, peas, lentils green & brown, green beans, kale, leeks, olive oil. 26ml lemon dressing nutris on p.3</p>	<p>Gluten (barley), eggs, fish (salmon)</p>	<p>416</p> <p>116</p>	<p>30.0</p> <p>8.3</p>	<p>38.3</p> <p>10.6</p>	<p>5.0</p> <p>1.4</p>	<p>16.4</p> <p>4.6</p>	<p>4.3</p> <p>1.2</p>	<p>3.8</p> <p>1.0</p>	<p>1.5</p> <p>0.4</p>	<p>DF WF</p>
<p>A vegan rainbow</p> <p>Ingredients: quinoa, hummus (sesame seeds), barley, shelled soybeans (soybeans), cucumber, peas, beetroot salad (mustard), lentils green & brown, carrots, pickled red cabbage, leeks, kale, pumpkin seeds, olive oil. 25ml lemon dressing nutris on p.3</p>	<p>Gluten(wheat), sesame seeds, soybeans, mustard</p>	<p>583</p> <p>143</p>	<p>21.9</p> <p>5.4</p>	<p>58.2</p> <p>14.3</p>	<p>8.4</p> <p>2.1</p>	<p>22.4</p> <p>5.5</p>	<p>2.7</p> <p>0.7</p>	<p>14.2</p> <p>3.5</p>	<p>0.9</p> <p>0.2</p>	<p>DF ▼ SESAME SEEDS V</p>
<p>Chicken Slow burner</p> <p>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.</p>	<p>soybeans, gluten (barley), cheese (milk), nuts (pistachio), sesame (dressing)</p>	<p>450</p> <p>107</p>	<p>32.3</p> <p>7.7</p>	<p>40.0</p> <p>9.5</p>	<p>5.2</p> <p>1.2</p>	<p>19.1</p> <p>4.5</p>	<p>2.0</p> <p>0.5</p>	<p>8.8</p> <p>2.1</p>	<p>0.5</p> <p>0.1</p>	<p>GF WF NUTS! SESAME SEEDS</p>
<p>Go green chicken salad</p> <p>Ingredients: Chicken, peas, edamame beans, carrot, broccoli, kale, leek, sugar snap peas, lettuce, spinach, red chilli, coriander & seeds with a miso dressing.</p>	<p>Miso dressing (soya, sulphites, sesame), seeds (sesame), edamame beans (soya)</p>	<p>249</p> <p>71</p>	<p>25.5</p> <p>7.3</p>	<p>18.4</p> <p>5.3</p>	<p>9.2</p> <p>2.6</p>	<p>8.8</p> <p>2.5</p>	<p>1.8</p> <p>0.5</p>	<p>10.7</p> <p>3.0</p>	<p>0.6</p> <p>0.2</p>	<p>GF WF SESAME SEEDS DF</p>
<p>Lebanese red pepper chicken tabbouleh</p> <p>Ingredients: Chicken, muhammara, quinoa, mixed leaves, avocado, cabbage, parsley, pomegranate seeds, mint, sultanas, pistachio, seeds & pomegranate dressing.</p>	<p>seeds (sesame), muhammara (nuts), pistachio (nuts), Pomegranate dressing (soya)</p>	<p>412</p> <p>112</p>	<p>19.1</p> <p>5.2</p>	<p>37.1</p> <p>10.1</p>	<p>8.2</p> <p>2.2</p>	<p>21.6</p> <p>5.9</p>	<p>3.7</p> <p>1.0</p>	<p>10.8</p> <p>2.9</p>	<p>0.6</p> <p>0.2</p>	<p>GF WF SESAME SEEDS NUTS! DF</p>
<p>Chicken tabbouleh</p> <p>Ingredients: chicken, Quinoa, tomatoes, cucumber, avocado, cabbage, pistachio, pomegranate seeds, parsley, mint, sultanas, muhammara, lemon juice, seeds & a lemon dressing.</p>	<p>Pistachio, cashew (nuts), lemon dressing (sulphites, soya), muhammara (nuts), seeds (sesame)</p>	<p>406</p> <p>111</p>	<p>21.7</p> <p>5.9</p>	<p>35.5</p> <p>9.7</p>	<p>8.0</p> <p>2.2</p>	<p>20.4</p> <p>5.6</p>	<p>3.8</p> <p>9.7</p>	<p>10.1</p> <p>2.7</p>	<p>0.6</p> <p>0.2</p>	<p>GF WF NUTS! SESAME SEEDS DF</p>
<p>Protein box</p> <p>Ingredients: egg, mozzarella cheese, chicken, smoked salmon, red chilli.</p>	<p>Salmon (fish), hard boiled egg (egg), mozzarella (milk)</p>	<p>465</p> <p>181</p>	<p>48.8</p> <p>18.7</p>	<p>2.0</p> <p>0.8</p>	<p>0.7</p> <p>0.3</p>	<p>29.5</p> <p>11.5</p>	<p>4.3</p> <p>1.7</p>	<p>1.1</p> <p>0.4</p>	<p>2.7</p> <p>1.1</p>	<p>GF WF</p>

These products are only currently available in our City Road, Hammersmith & Chiswell Street branches. Please check specific nutritional and allergy requirements regarding the chicken on each dish as it is a new British chicken.

Please note that Pod products are made fresh each day, so each recipe can vary slightly in weight. These nutritional calculations are based on the average size for each product

Our kitchens use ingredients containing gluten, milk, celery, fish, mustard, crustaceans, sesame, soya, sulphites, nuts, eggs & molluscs which may accidentally come into contact with your meal. We have strict food safety practices in place to avoid this, but there is a small risk of contact with an undeclared allergen.

If you have a query please speak to a member of the shop team