



SPRING NUTRITION

SALADS AND BOXES

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

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

Mediterranean tomato, pesto & mozzarella salad with chicken Ingredients: chicken, quinoa, roasted pepper, sweet potato, pesto, spinach, green salad, tomatoes, mozzarella, basil, olive oil & seeds.	Chicken ( <b>milk</b> ), Autumn seeds	524	28.4	41.6	8.4	28.4	6.3	12.6	1.1	GF WF SESAME SEEDS
	( <b>sesame</b> ), pesto ( <b>sulphites</b> ), mozzarella ( <b>milk</b> )	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 ( <b>sesame</b> ), pesto ( <b>sulphites</b> ), mozzarella ( <b>milk</b> )	466	15.9	41.6	8.1	27.6	6.0	12.6	0.7	GF WF SESAME 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 ( <b>milk</b> ), seeds ( <b>sesame</b> ), muhammara ( <b>nuts</b> ), pistachio ( <b>nuts</b> ), Pomegranate dressing ( <b>soya</b> )	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	
Crunchy slaw & avocado salad Ingredients: Peas, beetroot, red cabbage, leek, kale, carrots, avocado, edamame beans & wasabi seeds with a miso dressing.	Edamame beans ( <b>soya</b> ), miso dressing ( <b>soya, sulphites, sesame</b> ).	238	9.3	20.1	7.3	14.1	2.8	10.9	0.2	DF GF WF V ▼ SESAME SEEDS
		78	3	6.6	2.4	4.6	0.9	3.6	0.1	
Tabbouleh Salad Ingredients: Quinoa, tomatoes, cucumber, avocado, cabbage, pistachio, pomegranate seeds, parsley, mint, sultanas, muhammara, lemon juice, seeds & a lemon dressing.	Pistachio ( <b>nuts</b> ), lemon dressing ( <b>sulphites, soya</b> ), muhammara ( <b>nuts</b> ), seeds ( <b>sesame</b> )	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	

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

<b>Slow burner with chicken</b> 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 ( <b>milk</b> ), cheese ( <b>milk</b> ), pearl barley ( <b>barley</b> ), pistachio ( <b>nuts</b> ), sweet chilli dressing ( <b>sulphites, sesame</b> )	419	32.7	38.8	6.4	16.2	7.2	7.2	1.6		SESAME SEEDS NUTS
<b>Slow burner</b> Ingredients: As above without chicken	Cheese ( <b>milk</b> ), pearl barley ( <b>barley</b> ), pistachio ( <b>nuts</b> ), sweet chilli dressing ( <b>sulphites, sesame</b> ), edamame beans ( <b>soya</b> )	362	20.2	38.8	6.1	15.4	6.9	7.2	1.2		V SESAME SEEDS NUTS
<b>Slow burner side salad</b> 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
<b>Pulled pork &amp; crunchy slaw</b> Ingredients: Shredded pork, peas, beetroot, sweet chilli sauce, red cabbage, carrot, leek, kale, avocado & wasabi seeds with a tamari dressing.	Tamari dressing ( <b>soya</b> ), sweet chilli sauce ( <b>sulphites, sesame</b> )	324	18.4	18.0	6.0	19.9	2.6	10.7	0.2		DF GF WF SESAME SEEDS
<b>Go green chicken salad</b> Ingredients: Chicken, peas, edamame beans, carrot, broccoli, kale, leek, sugar snap peas, lettuce, spinach, red chilli, coriander & seeds with a miso dressing.	Miso dressing ( <b>soya, sulphites, sesame</b> ), seeds ( <b>sesame</b> ), chicken ( <b>milk</b> ), edamame beans ( <b>soya</b> )	133	21.5	6.0	5.7	2.9	0.6	3.2	0.6		GF WF SESAME SEEDS
<b>Oriental Duck Salad</b> Ingredients: Chinese side salad, rice noodles, hoisin duck, sesame seeds, served with spicy Asian dressing	<b>sesame seeds</b> , sauce ( <b>fish</b> ), noodles ( <b>gluten, wheat</b> )	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		

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SPRING NUTRITION

SALADS AND BOXES

per 100g

	Allergens	per item	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	Nutrition info
		per 100g	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	Nutritional info
Go green salad Ingredients: as above without chicken	Miso dressing ( <b>soya, sulphites, sesame</b> ), seeds ( <b>sesame</b> ), edamame ( <b>soya</b> )		76	9.0	6.0	5.5	2.1	0.3	3.2	0.2	DF GF WF V ▼ SESAME SEEDS
			26	3.0	2.0	1.8	0.7	0.1	1.1	0.1	
Asian fusion chicken & avocado box Ingredients: Chicken, nori wrap, spinach, kelp noodles, pickled cabbage, cucumber, pickled ginger, tahini, umeboshi puree, and a side salad of avocado, seeds, peas, edamame beans, leek, kale, red cabbage, carrot, coriander & chilli with a tamari dressing.	Chicken ( <b>milk</b> ), Edamame beans ( <b>soya</b> ), tamari dressing ( <b>soya</b> ), autumn seeds ( <b>sesame</b> )		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 ( <b>soya</b> ), tamari dressing ( <b>soya</b> ), salmon ( <b>fish</b> ), autumn seeds ( <b>sesame</b> )		292	24	16	7	14	2	7.7	3.17	DF GF WF SESAME SEEDS
			95	7.3	5.7	2.0	5.0	0.7	1.4	1.7	
Gym box Ingredients: Hummus, falafel, broccoli, pearl barley, green lentils, leek, kale, carrot, peas, edamame beans, sunblushed tomatoes, chia seeds, turmeric, chilli & mango chutney.	Hummus ( <b>sesame</b> ), pearl barley ( <b>barley</b> ), mango dressing ( <b>sulphites</b> ), falafel ( <b>wheat</b> )		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 ( <b>fish</b> ), hard boiled egg ( <b>egg</b> ), chicken ( <b>milk</b> ), mozzarella ( <b>milk</b> )		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/ Spicy Asian dressing	Tamari ( <b>soya</b> )		43	1.8	2.2	0.0	2.4	0.2	2.0	0.0	DF GF WF V ▼
Miso dressing	<b>Sulphites, sesame</b>		154	2.6	10.0	0.9	11.6	1.1	6.8	0.5	DF GF WF V ▼ SESAME SEEDS
			343	5.8	15.1	2.5.8	2.5	2.5	15.1	1.0	
Lemon dressing	Lemon juice ( <b>sulphites</b> ), tamari ( <b>soya</b> )		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 ( <b>sulphites</b> ), <b>sesame oil</b>		74	0.1	18.3	0.1	0.1	0.0	15.6	0.3	DF GF WF V SESAME SEEDS
			212	0.4	52.3	0.4	0.2	0.0	0.4	0.8	
Sesame dressing	<b>Soya, sesame</b>		85.5	0.5	4.5	0.1	7.02	1	4.2	2.3	DF V ▼ SESAME SEEDS
Pomegranate dressing	<b>Soya</b>		123	0.5	10.7	0.2	8.7	0.6	9.8	0.6	DF GF WF V ▼

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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

BAGUETTES

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

WRAPS

Plain wrap	<b>Wheat</b>	183	5	31	2.3	3.9	1.4	1.7	0.86	DF V ▼
Hummus, falafel & crunchy slaw wrap Ingredients: hummus, falafel, peas, beetroot, red cabbage, leek, spring greens, carrot & a tortilla wrap	Hummus ( <b>sesame</b> ), falafel ( <b>wheat</b> ) tortilla wrap ( <b>wheat</b> )	537	18.8	57.2	15.2	24	3	8.2	3.1	DF V SESAME SEEDS ▼
		164	5.9	32.1	3.5	5.4	1.1	2.4	0	
Hoisin Duck Wrap Ingredients: shredded duck, hoisin sauce, cucumber, chilli & a tortilla wrap	Hoisin sauce ( <b>Soybeans, Eggs, Mustard</b> ), <b>sesame seeds</b> , tortilla wrap ( <b>wheat</b> )	465	18.1	44.1	7.3	24.8	3.4	11.8	2.8	SESAME SEEDS DF
		245	9.5	23.2	3.9	13	1.8	6.2	1.5	
Italian chicken wrap Ingredients: Chicken, mozzarella, pesto, tomatoes, mixed leaves, basil & a tortilla wrap	Chicken ( <b>milk</b> ), mozzarella ( <b>milk</b> ), pesto ( <b>sulphites</b> ), tortilla wrap ( <b>wheat</b> )	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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SPRING NUTRITION

BAGUETTES & WRAPS

per 100g

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

Salmon nori wrap

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

Salmon (**fish**), sesame paste (**Sesame**), 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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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

### GYM BOWLS

Sri Lankan Gobi	Yoghurt ( <b>milk</b> ), <b>celery, seeds</b>	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.										
Creole Shrimp & Jambalaya	Sauce ( <b>celery, milk, soybeans</b> ), shrimp ( <b>crustaceans</b> )	196	10.3	16.6	3.6	10.2	3.3	7.0	3.1	GF WF
		65	3.4	5.5	1.2	3.4	1.1	2.3	1.0	
Ingredients: Chilli, coriander, Jambalaya, tomato passata, tomatoes, red peppers, onions, celery, chorizo, rice, prawns, garlic puree, lemon juice, red chilli puree, parsley, salt, rapeseed oil, paprika, cayenne pepper										
Chicken Chana Masala	yoghurt ( <b>milk</b> )	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 ( <b>wheat</b> ), Cheese ( <b>Milk</b> ), <b>Sulphur dioxide</b> ,	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 ( <b>wheat</b> ), Cous Cous ( <b>wheat</b> ) <b>Celery, Tahini</b> ( <b>Sesame seeds</b> )	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.										
Lamb Keema Wrap	<b>Gluten (wheat)</b>	549	29.4	80.7	9.3	11.6	3.9	14.2	2.9	DF LF
		133	7.1	19.5	2.2	2.8	1.0	3.4	0.7	
Ingredients: Wholemeal wrap, red peppers, chilli, coriander, tomatoes, minced lamb, cauliflower, butternut squash, green peppers, red peppers, onion, potatoes, lentils, apricots, madras curry powder, ginger puree, coriander, salt, cider vinegar, garlic puree, cumin powder, sugar, rapeseed oil, cinnamon powder, chilli powder, cardamom powder										

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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
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### LARGE HOT PODS

Chicken Tikka Masala Ingredients: as below	As below	425	44.5	23.3	5.9	17.8	4.5	9.0	2.5	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	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 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	
Braised Sichuan Pork	As below	544	19.0	95.2	9.6	18.4	0.9	12.8	3.6	DF SESAME SEEDS
		107	3.7	18.7	1.9	3.6	0.2	2.5	0.7	

### REGULAR HOT PODS

Chicken Tikka Masala Ingredients: Rice blend, Tikka Masala, Chicken Breast, Tomatoes, Cucumber, Yoghurt, Mint, Chilli red	Tikka Masala ( <b>Milk</b> , <b>Celery</b> ), Chicken Breast ( <b>Milk</b> ), Yoghurt ( <b>Milk</b> )	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, Limes, Chilli red, Munchy Seeds	Black Bean stew ( <b>Barley</b> , <b>Soybeans</b> , <b>Celery</b> ), Yoghurt ( <b>Milk</b> ), Munchy Seeds ( <b>Soybeans</b> )	492	7.4	89.2	10.1	14.2	2.4	9.1	1.5	V
		131	2.0	23.7	2.7	3.8	0.6	2.4	0.4	

Black bean stew - Crushed Tomatoes, Carrots, Sweetcorn, Celery, Borlotti Beans, Red Kidney Beans, Black Eye Beans, Red Peppers, Onions, Black Barley, Sugar, Pumpkin Seeds, Tomato Paste, Garlic Puree, Rice Flour, Lemon Juice, Rapeseed Oil, Salt, Vegetable Stock, Chipotle Puree, Cumin Powder, Smoked Paprika, Tamari, Oregano, Coffee, Cinnamon Powder, Pepper, Chilli Flakes, Liquid Smoke

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 ( <b>fish</b> ), shrimp paste ( <b>crustaceans</b> )	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 ( <b>fish</b> ), shrimp paste ( <b>crustaceans</b> )	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, lemongrass, 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 ( <b>Milk</b> )	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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## HOT PODS 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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### Braised Sichuan Pork

Ingredients: rice, szechuan pork, chinese side salad

**Gluten (wheat), sesame seeds, soybeans**

450	13.2	88.8	7.9	13.0	0.5	8.8	2.6	DF
114	3.3	22.5	2.0	3.3	0.1	2.2	0.7	SESAME SEEDS

Szechuan Pork mix - red peppers, spring onion, Japanese soy sauce (soy, wheat), garlic puree, ginger puree, rice wine vinegar, corn flour, sesame oil (sesame oil, soybean oil) sugar, salt, gravy browning, chilli flakes, sichuan pepper corns, Chinese 5 spice

## MINI HOT PODS

### Chicken Tikka Masala

Ingredients: as below

As above

323	22.1	45.8	4.1	9.6	2.4	3.5	1.3	GF WF
126	8.6	17.8	1.6	3.7	0.9	1.4	0.5	

### Smoky three bean veg chilli

Ingredients: as below

As above

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	

### Thai red chicken curry

Ingredients: as below

As above

294	11.3	43.8	4.8	11.5	7.7	8.5	1.3	GF WF DF
112	4.3	16.7	1.8	4.4	2.9	3.2	0.5	

### Thai green chicken curry

Ingredients: as below

As above

323	23.7	26.8	9.6	13.4	5.4	3.5	1.7	GF WF DF
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
100	4.4	18.5	1.5	2.5	0.5	2.1	0.5	

### Braised Sichuan Pork

As above

287	10.5	48.5	4.9	10.1	0.5	6.9	2.0	DF
106	3.9	18.0	1.8	3.7	0.2	2.5	0.7	SESAME SEEDS

## LARGE HOT AND SKINNY PODS (HOT PODS AS ABOVE SERVED OVER A CRUNCHY SALAD)

### 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**)

430	44.5	23.0	5.9	18.5	4.9	8.7	2.6	GF WF
108	11.2	5.8	1.5	4.7	1.2	2.2	0.6	SESAME SEEDS

### 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	7.4	89.2	10.1	14.2	2.4	9.1	1.5	V
131	2.0	23.7	2.7	3.8	0.6	2.4	0.4	SESAME SEEDS

### 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**)

420	40.1	15.8	23.7	22.5	8.6	10.3	3.0	GF
107	10.2	4.0		5.7	2.2	2.6	0.8	WF DF SESAME SEEDS

### 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**)

437	39.8	13.6	18	25.6	9.8	6.4	2.8	GF
112	10.2	3.5	4.6	6.5	2.5	1.6	0.7	WF DF SESAME SEEDS

### Chicken Dhansak

Ingredients: Rice, cucumber, tomatoes, mint, dairy greek yoghurt, chillis, dhansak mix, chinese side salad, Sesame seeds

**Sesame seeds, milk**

293	22.4	22.8	5.7	13.0	2.5	12.6	2.3	GF WF
74	5.6	5.7	1.4	3.3	0.6	3.2	0.6	SESAME SEEDS

### Braised Sichuan Pork

Ingredients: rice, szechuan pork, chinese side salad

**Sesame seeds, gluten (wheat)**

320	20.1	21.5	5.2	18.5	1.0	13.4	3.6	GF
83	5.2	5.6	1.3	4.8	0.3	3.5	0.9	SESAME SEEDS






## 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 below	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	SESAME SEEDS
Smoky three bean veg chilli Ingredients: as below	As above									V SESAME SEEDS
Thai red chicken curry Ingredients: as below	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	SESAME SEEDS
Thai green chicken curry Ingredients: as below	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	SESAME SEEDS
Chicken Dhansak	As above	211	16.1	16.2	3.9	9.5	2.0	8.9	1.6	GF WF SESAME SEEDS
		75	5.7	5.7	1.4	3.4	0.7	3.2	0.6	
Braised Sichuan Pork	As above	277	14.3	15.1	3.5	13.1	0.7	9.3	2.6	SESAME SEEDS DF
		84	5.3	5.6	1.3	4.9	0.3	3.5	1.0	

### MINI HOT AND SKINNY PODS

Chicken Tikka Masala Ingredients: as below	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	SESAME SEEDS
Smoky three bean veg chilli Ingredients: as below	As above									V SESAME SEEDS
Thai red chicken curry Ingredients: as below	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	SESAME SEEDS
Thai green chicken curry Ingredients: as below	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	SESAME SEEDS
Chicken Dhansak	As above	154	12.1	11.3	2.2	7.0	1.6	6.1	1.3	GF WF SESAME SEEDS
		78	6.1	5.8	1.1	3.5	0.8	3.1	0.6	
Braised Sichuan Pork	As above	164	10.5	10.4	1.9	9.6	0.5	6.3	2.0	SESAME SEEDS DF
		88	5.7	5.6	1.0	5.2	0.2	3.4	1.1	

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SPRING NUTRITION

**HOT FOOD** (CONT...)

per 100g

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

Singapore chicken laksa	<b>Fish, Soybeans, Celery, Nuts, Milk</b>	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
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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**).

Creamed leek & potato with fried shallots	Leek & Potato soup ( <b>Milk, Celery</b> )	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
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Potato, Leeks, Double cream, Onions, Organic Vegetable stock, Celery, Turmeric, 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 ▼
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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 ( <b>Milk, Celery, Sulphur dioxide, Sesame seeds</b> )	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 SESAME SEEDS
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Mushrooms, Potato, Onions, Leek, Celery, Double cream (**Milk**), Tomato puree, Organic vegetable stock, Mushroom stock, Salt, Lemon juice, Parsley, Garlic, Thyme, Sage, Pepper.

Perfect pea & chorizo	Pea & Coriander Soup ( <b>Celery, Chorizo (Soybeans, Milk)</b> )	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
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Peas, Onions, Potatoes, Garlic Puree, Vegetable Stock, Celery, Carrot, Parsley, Turmeric, Salt, Coriander, Blended Olive Oil, Tabasco, Pepper, Chorizo.

BREADSTICKS

Seeded breadstick	<b>Wheat, sesame</b>	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 SESAME SEEDS
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Cheesy breadstick	<b>Wheat, milk</b>	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
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SIDES

Ketchup	<b>Celery</b>	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
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Low Fat Mayonaise	<b>Eggs, Mustard</b>	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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**HOT FOOD** (CONT...)

per 100g

Allergens	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	Nutrition info
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Creamed leek & potato with chicken

Leek & Potato soup (**Milk, Celery**)

221	10.9	23.7	2.9	9.3	5.06	2.8	3.2	GF WF
54.6	3.8	5.13	0.6	1.9	1.3	0.63	0.7	

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

Hearty tomato, basil & quinoa with chorizo

Celery

210	9	25.6	4.0	5.3	0.6	15.1	2.8	GF WF
50.8	2.2	6.1	0.96	1.2	0.15	3.6	0.7	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 chicken

Mushroom Soup (**Milk, Celery, Sulphur dioxide, Sesame seeds**)

215	11.7	18.9	2.3	10.4	4.6	2.4	1.6	GF WF
53.8	4	4	0.5	2.6	1	0.56	0.3	SESAME SEEDS

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

Sweet potato, coconut and spirulina with chicken

Sweet Potato (**Soybeans, Celery**)

284	11.7	26.1	4.8	15.2	12.46	9.7	2.1	GF WF
68.6	4	5.6	1	3.4	2.72	2	0.3	

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

Perfect pea & chorizo

Pea & Coriander Soup (**Celery**), Chorizo (**Soybeans, Milk**)

189	10.7	13.2	4.9	10.2	3.6	4.4	3.4	GF WF
47	2.6	3.3	1.2	2.5	0.9	1.1	0.8	

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

Sweet potato, coconut and spirulina

Sweet Potato (**Soybeans, Celery**)

253	4.5	26.1	4.8	14.8	12.4	9.7	1.2	GF WF
63	1.1	6.5	1.2	3.7	3.1	2.4	0.3	V ▼

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

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SPRING NUTRITION

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

Smashed Avocado & Chilli Pot Ingredients: avocado, chilli	Smashed avocado (sulphur dioxide)	196	2	3.2	0	19.5	4.1	0.9	0	GF WF LF DF V ▼
		163	1.7	2.6	0	16.3	3.4	0.8	0	

MAC N' CHEESE

Three Cheese Macaroni Ingredients: milk, gluten free pasta, cheddar cheese, monterey jack cheese, rice flour, Italian cheese, dijon mustard	<b>Milk, mustard, soybeans</b>	568	27.6	28.2	1.3	38.9	23.5	9.5	2.2	GF WF V
		174	8.4	8.6	0.4	11.9	7.2	2.9	0.7	
Three Cheese Macaroni with 'Nduja Ingredients: milk, cheeses, gluten free pasta, egg, paprika, dijon mustard	<b>Milk, egg, soybeans, mustard</b>	566	29.0	20.7	1.6	41.1	23.7	8.9	2.9	GF WF
		173	8.9	6.3	0.5	12.6	7.3	2.7	0.9	

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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 ( <b>Wheat</b> ), bread ( <b>Wheat</b> ), tomato ketchup ( <b>celery</b> )	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 ( <b>Wheat</b> ), bread ( <b>Wheat</b> ), brown sauce ( <b>wheat</b> )	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 ( <b>Wheat</b> ), bread ( <b>Wheat</b> )	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 ( <b>wheat</b> ), tomato ketchup ( <b>celery</b> )	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 ( <b>wheat</b> ), brown sauce ( <b>wheat</b> )	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 ( <b>wheat</b> )	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 ( <b>fish</b> ), cream cheese ( <b>milk</b> ), bagel ( <b>Wheat</b> )	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 ( <b>wheat</b> ), butter ( <b>milk</b> )	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 ( <b>wheat</b> ), butter ( <b>milk</b> ), Greek style cheese ( <b>milk</b> )	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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SPRING NUTRITION

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 & TOASTED**

Protein bread	<b>Gluten</b> - wheat, protein plus ( <b>milk</b> )	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)	<b>Wheat</b>	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	<b>Wheat</b>	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)	<b>Egg</b>	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 ( <b>milk</b> )	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 ( <b>peanuts</b> )	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	<b>Gluten (barley), celery</b>	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 ( <b>milk</b> )	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...)** 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.	<b>Eggs</b> , fish, bread ( <b>wheat</b> ), butter ( <b>milk</b> )	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	<b>Eggs</b> , mozzarella ( <b>dairy</b> ) bread ( <b>wheat</b> ), butter ( <b>milk</b> )	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	<b>Eggs</b> , soft cheese ( <b>dairy</b> ), bread ( <b>wheat</b> ), butter ( <b>milk</b> ), Munchy seeds ( <b>soy</b> )	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	<b>Eggs</b> , chorizo ( <b>milk</b> , <b>soya</b> ), bread ( <b>wheat</b> ), butter ( <b>milk</b> ), Munchy seeds ( <b>soy</b> )	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.	<b>Eggs</b> , sausage ( <b>wheat</b> ), protein bread ( <b>wheat</b> )	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	<b>Milk, nuts</b>	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	<b>Milk</b>	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	<b>Milk, nuts</b>	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.	<b>Milk, sesame (seeds)</b>	271	19.1	52.7	5.2	15.8	5.6	26.9	0.67	GF V WF SESAME SEEDS
		319.6	8.5	37.6	4.9	12.9	1.9	23.3	0.01	

**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	<b>Sulphites</b>	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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per 100g	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	<b>Milk, nuts</b>	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	<b>Milk</b>	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	<b>Milk, peanuts</b>	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.	<b>Milk, sesame (seeds)</b>	338	21.2	61.8	6.4	17.5	6	27.8	0.67	GF V WF SESAME SEEDS
		319.6	8.5	37.6	4.9	12.9	1.9	23.3	0.01	

### HOT BREAKFAST

Shakshuka	<b>Egg, Celery, Cheese (Milk), dukkah (sesame seeds, peanuts, nuts)</b>	183	11.9	10	2.5	10.4	4.7	3.6	1.7	GF V WF NUTS SESAME SEEDS
		84	5.5	4.6	1.1	4.8	2.2	1.7	0.8	
Ingredients: Poached egg, Chopped Tomatoes, Garlic Puree, Agave, Black Pepper, Salt, Lemon Juice, Cumin Seeds, Chilli, Smoked Paprika, Cayenne Pepper, parsley, cheese										
Big Breakfast Burrito	<b>Gluten (barley, wheat), celery</b>	442	18.2	55.1	7.9	17.5	6.7	13.0	2.4	DF
		221	9.1	27.6	4.0	8.8	3.4	6.5	1.2	
Ingredients: Tortilla wrap, barley and lentil mix (barley, turmeric, lentil, olive oil), sweet potato, pepper, grilled bacon, sausage, tomato chutney										
Chorizo & Roast Potato Hash	<b>Hash mix (Milk, sulphur dioxide, soybeans) eggs</b>	264	14.8	18.7	2.1	14.4	5.6	2.9	1.1	GF WF
		122	6.8	8.6	1.0	6.6	2.6	1.3	0.5	
Ingredients: Poached egg, hash mix, chorizo, parsley, spinach										

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SPRING NUTRITION

**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**

<b>Acai &amp; Banana Energiser Regular</b> Ingredients: banana, soya milk, apple juice, GF oats, acai powder, blueberry, agave, autumn seeds	<b>soybeans, sesame seeds</b>	363 97	12.7 3.4	56.9 15.2	8.6 2.3	8.5 2.3	1.5 0.4	18.7 5.0	0.1 0.0	GF DF WF LF SESAME SEEDS V ▼
<b>Acai &amp; Banana Energiser Large</b> Ingredients: see above	<b>soybeans, sesame seeds</b>	629 98	21.4 3.3	100.1 15.6	15.0 2.3	14.8 2.3	2.5 0.4	35.5 5.5	0.1 0.0	GF DF WF LF SESAME SEEDS V ▼
<b>Heartbeet Blueberry Regular</b> Ingredients: Orange juice, apple, beetroot, blueberries, ginger		72 28	1.6 0.6	16.4 6.5	1.8 0.7	0.4 0.2	0.1 0.0	15.7 6.2	0.1 0.0	GF DF ▼ WF LF V
<b>Heartbeet Blueberry Large</b> Ingredients: see above		136 30	3.0 0.6	31.1 6.8	3.2 0.7	0.8 0.2	0.2 0.0	29.9 6.5	0.1 0.1	GF DF ▼ WF LF V
<b>Apple &amp; Mango Anti-Oxidiser Regular</b> Ingredients: Orange juice, apple, yoghurt, mango, carrot, ginger, chilli, lime	<b>milk</b>	136 43	3.4 1.1	23.1 7.3	2.1 0.7	4.1 1.3	2.4 0.8	22.4 7.0	0.1 0.0	GF WF LF V
<b>Apple &amp; Mango Anti-Oxidiser Large</b> Ingredients: see above	<b>milk</b>	238 42	5.6 1.0	43.1 7.5	3.8 0.7	6.1 1.1	3.5 0.6	41.7 7.3	0.2 0.0	GF WF LF V
<b>Immune Boost Regular</b> Ingredients: kiwi, banana, mango puree, yoghurt, spirulina, linseed, spinach	<b>milk</b>	181 68	6.1 2.3	23.9 9.0	2.2 0.8	7.8 2.9	4.0 1.5	20.2 7.7	0.2 0.1	GF WF LF V
<b>Immune Boost Large</b> Ingredients: see above	<b>milk</b>	348 71	11.9 2.4	45.5 9.3	3.9 0.8	15.1 3.1	8.0 1.6	39.1 7.9	0.3 0.1	GF WF LF V
<b>Mean Green Regular</b> Ingredients: Apple juice, lemon juice, broccoli, cucumber, mango, ginger, spinach	<b>sulphur dioxide</b>	63 25	1.7 0.6	14.1 5.5	1.1 0.4	0.4 0.2	0.1 0.0	13.2 5.1	0.0 0.0	GF DF WF V ▼
<b>Mean Green Large</b> Ingredients: see above	<b>sulphur dioxide</b>	127 26	3.3 0.7	28.2 5.8	2.2 0.4	0.8 0.2	0.1 0.0	26.3 5.4	0.1 0.0	GF DF WF V ▼
<b>Collagen Boost Matcha Regular</b> Ingredients: Almond milk, apple juice, pear, matcha, mango, spinach	<b>nuts</b>	77 28	1.4 0.5	17.3 6.3	2.4 0.9	0.8 0.3	0.1 0.0	16.5 6.0	0.2 0.1	GF DF ▼ WF LF NUTS V
<b>Collagen Boost Matcha Large</b> Ingredients: see above	<b>nuts</b>	147 29	2.5 0.5	33.1 6.6	4.7 0.9	1.4 0.3	0.1 0.0	31.6 6.3	0.3 0.1	GF DF ▼ WF LF NUTS V
<b>Smooth Berry Regular</b> Ingredients: Strawberry puree, banana, yoghurt, strawberries, blueberries, agave	<b>milk</b>	132 52	3.0 1.2	23.4 9.2	3.2 1.2	3.4 1.3	2.0 0.8	19.4 7.7	0.1 0.0	GF WF LF V
<b>Smooth Berry Large</b> Ingredients: see above	<b>milk</b>	257 54	5.9 1.2	45.0 9.5	6.3 1.3	6.8 1.4	3.9 0.8	38.0 8.0	0.1 0.0	GF WF LF V

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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

YOGHURTS

<b>Berry boost yoghurt</b> Ingredients: Greek style yoghurt, agave, blueberries, pumpkin seeds, sesame, chia & linseeds	Yoghurt ( <b>milk</b> ), 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	
<b>Cacao, pistachio &amp; agave yoghurt pot</b> Ingredients: Greek style yoghurt, cacao nibs, agave nectar, pistachio	<b>Nuts</b> , yoghurt ( <b>milk</b> )	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	
<b>Purple grape and banana yoghurt</b> Ingredients: Greek style yoghurt, banana, purple grape juice, toasted almonds & agave nectar	<b>Nuts</b> , yoghurt ( <b>milk</b> )	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	
<b>Mango Quinoa pot</b> Ingredients: mango puree, mango pieces, quinoa, Greek style yoghurt, toasted almonds & agave nectar	<b>Nuts</b> , yoghurt ( <b>milk</b> )	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	
<b>Golden Turmeric Yoghurt</b> Ingredients: turmeric powder, Greek style yoghurt, pomegranate, pistachio, raisins	<b>Nuts</b> , yoghurt ( <b>milk</b> )	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	
<b>Acai Berry Yoghurt</b> Ingredients: acai berry powder, Greek style yoghurt, strawberry, blueberry, agave nectar, seeds	Yoghurt ( <b>milk</b> ), <b>sesame seeds</b>	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

<b>Big &amp; juicy fruit pot</b>	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	
<b>Luxury fruit salad pot</b>	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	
<b>Pineapple &amp; lime pot</b>	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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**PICKING POTS**

Falafel picking pot	<b>Gluten</b>	246	7.8	16.0	14.2	14	1.1	3.5	1.02	DFV▼
		246	7.8	16.0	14.2	14	1.1	3.5	1.02	
Edamame beans Ingredients: edamame beans, soy chilli dressing	<b>Soy</b>	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	<b>Eggs</b>	133	11.3	0	0	9.8	2.9	0	0.3	DF GF WFV
		133	11.3	0	0	9.8	2.9	0	0.3	
Chicken pot	<b>Milk</b>	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	<b>Butter (milk), Condensed milk (milk)</b>	345	4.95	38	4.36	18.5	9.45	22.7	0.3	GF WFV
		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	<b>Butter (milk), Condensed milk (milk)</b>	337	2.9	48.15	2.19	14.4	8.6	28.2	0.3	GF WFV
		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)	<b>Nuts</b>	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	<b>Milk, soy</b>	238	2.7	12.9	4.3	18.5	11.7	10.8	0	GF WFV
		595	7	49.7	11	46	29	27	0	

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SPRING 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

SWEET TREATS

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

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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	Peanuts, 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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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	<b>Egg, milk, soya</b>	323	3.45	37	2.63	17.4	8.1	29.4	0.15	GF W F V	
		431	4.6	49.4	3.52	23.3	10.8	39.2	0.2		
Gluten free macaron Ingredients: see packaging	<b>Egg, Milk</b>	330	2.5	42	3.4	16	15	39	0	GF W F V	
		468	3.7	50	4.8	28	24	42	0.08		
Chocolate, hazlenut & raisin nookie bar Ingredients: see packaging	<b>Nuts, milk</b>	257	4.2	41.8	3	10.5	3.7	27	0	GF W F V	
		378.8	6.2	61.4	4.4	15.4	5.5	39.7	0.03	NUTS!	
Peanut butter and milk choc chip nookie bar Ingredients: see packaging	<b>Peanuts, milk</b>	276	5.9	34.1	2.5	14.9	5.1	23	0.2	GF W F V	
		364	6.8	60.2	4	14.2	4.3	35.5	0.07	NUTS!	
Almond butter, spirulina choc chip nookie bar	<b>Nuts, milk, wheat</b>	251	4.7	41.5	2.87	9.8	3	24.5	0.1	V NUTS!	
		364.3	6.8	60.2	4	14.2	4.3	35.5	0.07		
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	<b>Nuts, egg, wheat</b>	266	3.57	38.4	3	10.5	0.91	23.8	0.04	V NUTS!	
		318	5.1	54.9	4.2	15	1.3	34.1	0.07		
Almond & pistachio bites Ingredients: Salted Butter, Coconut Sugar, Wheat Flour, Rolled Oats, Cornflour, Nibbed Pistachios, Flaked Almonds, Gluten free Baking Powder	<b>Nuts, milk, wheat</b>	290	16.8	29.8	2.68	16.8	8.2	11.8	0.4	V NUTS!	
		484	6.7	49.8	4.4	28	13.7	19.8	0.7		

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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	<b>Milk</b>	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	<b>Milk</b>	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	<b>Milk</b>	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	<b>Milk</b>	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	<b>Milk</b>	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	<b>Milk</b>	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	<b>Milk</b>	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	<b>Nuts</b>	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	<b>Nuts</b>	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	<b>Nuts</b>	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	
Redesspresso Shot		34	1	0	1	2.9	0	0	0.9	GF DF WF V ▼
		12	0.4	0	0.4	1	0	0	0.3	

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**DRINKS**
**per 100g**

Allergens

Allergens

Kcals

Kcals

 Protein  
(g)

 Protein  
(g)

 Carbs  
(g)

 Carbs  
(g)

 Fibre  
(g)

 Fibre  
(g)

 Fat  
(g)

 Fat  
(g)

 Sat Fat  
(g)

 Sat Fat  
(g)

 Sugar  
(g)

 Sugar  
(g)

 Salt  
(g)

 Salt  
(g)

 Nutrition  
info

 Nutrition  
info

## 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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