

DESCRIPTIONS		NUTRITIONALS										CONTAINS	SUITABLE FOR
CATEGORY	PRODUCT NAME	GRAMS	Energy (kJ)	Energy (kcal)	Protein (g)	Fat (g)	Salts (g)	Carb (g)	Sugars (g)	Dietary Fibre (g)	Sodium (g)		
COMBINATION	SICILIAN	PER PACK	247	1982	470	27.7	17.6	1.5	66.9	5.1	4.0	1.0	2.1
		PER	100	804	191	11.1	7.1	1.4	23.1	2.1	1.6	0.4	1.0
COMBINATION	PARISIAN	PER PACK	271	2778	664	20.9	37.6	12.7	63.4	10.9	3.0	1.3	3.3
		PER	100	1027	246	7.7	13.9	4.7	23.0	4.0	1.1	0.5	1.2
COMBINATION	PARISIAN W BACON	PER PACK	286	2999	719	25.3	42.0	18.3	63.9	11.7	3.0	1.6	4.0
		PER	100	1076	262	9.7	14.7	6.4	22.4	4.1	1.1	0.6	1.4
COMBINATION	CHORPAN	PER PACK	237	2072	493	23.9	21.8	9.8	52.9	4.6	3.6	1.0	2.6
		PER	100	874	208	10.3	9.2	1.6	22.3	1.9	1.5	0.4	1.1
COMBINATION	ANDALUCIAN	PER PACK	234	1934	458	26.1	15.6	5.0	60.5	2.0	3.0	0.8	2.1
		PER	100	829	187	10.4	6.7	2.5	25.9	0.9	1.2	0.4	0.9
COMBINATION	LONDONER	PER PACK	252	2116	533	17.9	30.3	8.3	39.0	3.5	3.8	1.0	2.6
		PER	100	874	200	7.4	13.2	3.0	13.7	1.3	1.6	0.4	1.0
COMBINATION	ITALIAN DELI	PER PACK	251	2446	583	20.9	30.0	10.5	61.6	3.9	4.5	1.2	3.0
		PER	100	973	232	8.3	12.0	3.8	24.5	1.6	1.8	0.5	1.2
COMBINATION	NEW YORKER	PER PACK	310	2767	651	31.4	35.5	16.4	56.2	3.7	3.7	1.7	4.3
		PER	100	957	212	10.1	11.1	5.1	18.1	1.2	1.2	0.6	1.4
COMBINATION	CALABRESSE CLUB	PER PACK	236	2083	488	20.4	6.3	46.5	6.7	5.8	0.7	1.8	2.0
		PER	100	883	211	13.0	8.6	2.7	19.9	2.9	2.4	0.3	0.8
COMBINATION	BLACK BEANS & CORN BALLS	PER PACK	273	2063	492	13.8	25.3	6.0	63.7	7.0	6.2	0.7	1.7
		PER	100	790	189	5.1	9.0	2.2	23.6	2.6	2.3	0.3	0.6
COMBINATION	COURGETTE FRY & SRIRACHA	PER PACK	255	2003	467	12.4	22.4	6.4	66.4	1.8	1.8	1.0	2.5
		PER	100	800	191	5.1	8.9	2.3	22.4	2.6	1.9	0.4	1.0
COMBINATION	DIABLOLA	PER PACK	242	2196	509	20.8	25.9	9.6	51.8	4.8	3.2	1.1	2.7
		PER	100	883	200	8.6	10.7	4.0	21.4	2.0	1.3	0.5	1.1
COMBINATION	ITALIAN PROSCIUTTO	PER PACK	239	2325	555	24.9	28.9	9.4	51.1	4.1	3.3	1.4	3.4
		PER	100	973	232	10.4	12.1	3.9	21.4	1.7	1.4	0.6	1.4
COMBINATION	REUBEN	PER PACK	245	2189	524	15.9	29.7	8.3	50.9	1.9	2.8	1.0	2.3
		PER	100	898	214	6.5	12.1	3.4	20.4	0.8	1.1	0.4	0.9
COMBINATION	TURKEY BACON CRANBERRY	PER PACK	284	2532	594.3	26.8	24.9	9.7	70.2	13.3	3.9	1.6	3.9
		PER	100	893	209.6	9.5	8.8	3.4	24.8	4.7	1.4	0.6	1.4
COMBINATION	CHARGRILLED CHICKEN & CAPIA PEPPER PESTO	PER PACK	235	1903	457	24.9	18.4	10.4	59.3	3.2	3.5	0.8	2.1
		PER	100	818	195	10.6	7.8	1.3	21.4	1.4	1.5	0.4	0.9
BLOOMER	HONEY ROAST PULLED HAM & SMOKED CHEDDAR	PER PACK	215	1913	459	28.3	22.0	7.0	37.3	9.9	2.2	1.5	3.6
		PER	100	890	213	13.2	10.2	3.3	17.3	4.6	1.0	0.7	1.7
BLOOMER	FREE RANGE EGG & SLOWROAST TOMATO	PER PACK	205	2021	484	17.6	31.5	3.2	33.2	3.2	2.7	0.8	1.9
		PER	100	983	235	8.6	15.3	2.7	16.2	1.6	1.3	0.4	0.9
BLOOMER	CHICKEN AVOCADO BLOOMER	PER PACK	275	2566	613	22.8	29.4	9.7	65.2	3.5	3.9	1.6	1.6
		PER	100	976	210	10.0	12.7	1.7	15.1	1.1	1.7	0.3	0.7
BLOOMER	HOT SMOKED SALMON & AVOCADO	PER PACK	100	1760	421	13.0	12.8	4.4	24.4	2.1	2.1	0.8	1.9
		PER	100	912	219	9.3	12.8	2.3	16.3	1.1	2.0	0.5	1.2
BLOOMER	GOATS CHEESE & CHILI JAM BLOOMER	PER PACK	214	1983	477	15.6	25.8	8.9	47.5	11.4	4.1	1.0	2.5
		PER	100	927	223	7.3	12.0	4.2	22.2	5.2	1.9	0.6	1.0
BAGUETTE	TUNA MAYONNAISE & ROCKET	PER PACK	269	2583	618	25.8	25.7	2.3	66.3	2.7	4.6	1.1	2.9
		PER	100	962	230	9.6	9.6	0.9	24.7	1.0	1.7	0.4	1.1
BAGUETTE	WILTSHIRE HAM & EMENTAL BAGUETTE	PER PACK	220	2004	495	18.6	17.4	2.0	50.4	1.3	3.0	1.4	3.2
		PER	100	913	225	13.3	7.9	3.2	22.8	0.6	1.4	0.6	1.6
BAGUETTE	TURKEY, BACON & STUFFING BAGUETTE	PER PACK	270	2568	601	28.0	21.9	4.0	71.9	9.0	4.4	1.6	3.9
		PER	100	951	223	10.4	8.1	1.5	26.7	3.3	1.6	0.6	1.5
BAGUETTE	BIE, PISTACHIO, SPICED APPLE & CRANBERRY CHUTNEY	PER PACK	216.6	2061	613	23.1	26.1	11.8	67.9	11.1	4.0	1.1	2.7
		PER	100	1182	188	10.7	12.0	5.4	31.3	5.1	1.9	0.5	1.3
BAGUETTE	WEST COUNTRY CHEDDAR & SPICED APPLE CHUTNEY	PER PACK	242	2443	584	23.4	22.4	12.1	71.1	14.1	1.3	1.3	3.2
		PER	100	1010	241	9.2	9.4	5.0	29.4	5.8	1.8	0.5	1.3
BAGUETTE	ROAST OREGANO CHICKEN & ITALIAN ANTIPASTI	PER PACK	255	2323	556	27.2	21.6	3.6	59.7	4.4	6.1	1.3	3.3
		PER	100	911	218	11.6	10.5	1.4	23.4	1.7	2.4	0.6	1.1
WRAP	VEGGIE-LICIOUS KHORZ WRAP	PER PACK	275	2130	509	13.1	25.8	3.3	51.1	1.1	12.7	0.7	1.7
		PER	100	768	184	4.8	9.4	1.2	18.5	2.6	4.6	0.2	0.6
WRAP	SUPERCHARGED MISO SALMON	PER PACK	235	2395	602	28.3	29.3	7.9	68.3	4.5	4.6	0.8	2.0
		PER	100	840	201	10.0	10.3	2.8	17.0	1.6	1.9	0.3	0.9
WRAP	CHARGRILLED CHICKEN & SMOKED PAPRIKA AIOLI	PER PACK	264	2384	566	26.6	21.6	6.0	66.0	3.0	3.0	0.8	2.0
		PER	100	868	202	9.3	8.8	2.1	20.9	2.4	1.8	0.3	0.8
WRAP	MIDDLE EASTERN MEZE WRAP	PER PACK	297	2487	595	19.3	29.2	7.6	56.7	6.6	10.5	1.3	3.2
		PER	100	837	200	6.5	10.1	2.6	19.2	2.2	3.4	0.3	0.8
KHOBZ WRAP	LEVANTINE CHICKEN KHOBZ WRAP	PER PACK	256	1866	446	22.8	11.7	5.2	8.7	6.6	15.8	1.3	2.4
		PER	100	729	174	8.6	5.3	2.3	3.0	2.4	4.2	0.5	1.2
FRUIT SALAD	CLASSIC FRESH FRUIT POT	PER PACK	250	517	122	1.2	0.3	0.0	28.7	28.1	3.5	0.0	0.0
		PER	100	207	49	0.5	0.1	0.0	11.5	11.2	1.4	0.0	0.0
FRUIT SALAD	EXOTIC FRUIT POT	PER PACK	236	464	109	1.3	0.5	0.0	25.0	23.7	3.0	0.0	0.0
		PER	100	196	46	0.5	0.2	0.0	10.8	10.0	1.3	0.0	0.0
FRUIT SALAD	GRAPES, STRAWBERRY & BLUEBERRY POT	PER PACK	160	393	73	0.6	0.0	0.0	13.3	15.5	1.5	0.0	0.0
		PER	100	189	45	0.4	0.2	0.0	10.6	9.7	1.6	0.0	0.0
FRUIT SALAD	PINEAPPLE & LIME	PER PACK	200	410	97	0.9	0.4	0.0	22.2	21.8	2.7	0.0	0.0
		PER	100	186	64	0.4	0.2	0.0	10.1	9.9	1.2	0.0	0.0
LARGE SALAD	CHARGRILLED CHICKEN & SPICED CHICKPEA BOX	PER PACK	803	1774	422	23.4	27.1	4.6	18.8	5.9	4.9	1.3	2.9
		PER	100	385	149	7.7	9.0	1.5	9.2	3.0	1.6	0.4	1.0
LARGE SALAD	VITALITY BOX	PER PACK	365	2263	523	18.2	23.1	3.3	39.6	3.0	3.0	0.8	2.0
		PER	100	621	161	6.6	11.5	1.7	5.7	2.3	1.0	0.3	0.7
LARGE SALAD	SUPERCHARGED OMEGA SALMON BOX	PER PACK	343	1815	439	26.8	21.8	5.2	36.1	12.8	3.4	1.3	3.2
		PER	100	535	128	7.8	6.7	1.5	10.5	3.7	2.4	0.4	0.9
LARGE SALAD	HARISA CHICKEN & ROAST BUTTERNUT BOX	PER PACK	310	2075	483	20.9	27.9	4.6	41.6	3.7	4.7	1.3	3.1
		PER	100	659	148	7.8	7.7	1.4	12.5	3.0	1.7	0.4	0.9
SNACK SALAD	GENOVESE PESTO PASTA	PER PACK	248	1665	399	11.4	21.5	3.2	36.2	5.2	10.6	0.8	2.3
		PER	100	691	161	4.6	8.1	1.6	14.1	2.1	4.3	0.3	0.8
SNACK SALAD	SUPER GREEN COURGETTE FRY COUS COUS	PER PACK	245	1303	316	12.3	14.7	3.2	34.6	6.7	3.5	1.0	2.5
		PER	100	539	129	4.9	5.3	1.0	14.1	2.7	1.4	0.4	0.9
SNACK SALAD	LITTLE LEBANESE	PER PACK	250.92	1090	406	10.9	20.5	3.0	39.9	6.0	10.0	1.0	2.3
		PER	100	673	162	5.2	8.2	1.2	15.9	2.4	4.0	0.4	0.9
MINI POT	EGG & QUINOA PROTEIN POT	PER PACK	143	2696	189	10.7	7.7	8.5	29.0	6.1	4.6	1.1	2.6
		PER	100	565	135	7.2	5.4	0.9	16.3	5.8	3.2	0.4	1.1
MINI POT	FESTA POT	PER PACK	150	941	225	6.1	11.4	2.1	25.3	2.9	6.0	0.5	1.3
		PER	100	628	151	4.1	7.6	1.4	16.6	1.9	4.0	0.3	0.8
MINI POT	SUPER SOY POT	PER PACK	119	577	138	10.5	6.6	0.8	9.7	6.2	5.1	0.3	0.8
		PER	100	486	116	8.6	5.5	0.7	8.2	5.3	4.3	0.3	0.7