

DESCRIPTIONS		NUTRITIONALS											CONTAINS		SUITABLE FOR
CATEGORY	PRODUCT NAME	GRAMS	Energy (kJ)	Energy (kcal)	Protein (g)	Fat (g)	Sats (g)	Carb (g)	Sugars (g)	Dietary Fibre (g)	Sodium (g)	Eqv as Salt (g)			
COMBINATION	SICILIAN	PER PACK 247	1982	476	27.4	17.6	4.5	98.9	5.2	4.0	1.0	1.0			
		PER 100	804	191	11.1	7.1	1.4	23.1	2.1	1.6	0.4	1.0			
COMBINATION	PARISIAN	PER PACK 272	2728	656	20.9	27.6	12.7	62.4	10.9	3.0	1.1	1.3			
		PER 100	1007	246	7.7	13.9	4.7	23.5	4.0	1.1	0.5	1.2		GLUTEN, MILK, EGGS, MUSTARD, SULPHUR DIOXIDE	VEGETARIANS
COMBINATION	PARISIAN W BACON	PER PACK 286	2986	710	25	42.0	18.3	83.0	12.7	3.0	1.6	4.0		GLUTEN, MILK, EGGS, MUSTARD, SULPHUR DIOXIDE	
		PER 100	1050	252	8.9	14.7	5.4	29.4	4.1	1.1	0.6	1.4		GLUTEN, MILK, EGG, SULPHITES	
COMBINATION	CHORIPAN	PER PACK 237	2072	493	23.9	21.8	3.8	52.9	4.6	3.6	1.0	2.6			
		PER 100	874	208	10.1	9.2	1.6	22.2	1.9	1.5	0.4	1.1			
COMBINATION	LONDONER	PER PACK 242	2116	533	17.9	32.0	8.3	38.0	3.5	3.9	1.0	2.5		GLUTEN, MILK, EGGS, SESAME, MUSTARD, SULPHUR DIOXIDE	
		PER 100	874	220	7.4	12.2	3.4	16.1	1.5	1.6	0.4	1.0			
COMBINATION	ITALIAN DELI	PER PACK 243	2486	598	20.9	30.3	10.0	64.0	3.9	4.5	1.2	3.0		GLUTEN, MILK, EGG, SULPHUR DIOXIDE	VEGETARIANS
		PER 100	973	232	8.3	12.0	4.2	24.5	1.6	1.8	0.5	1.2			
COMBINATION	NEW YORKER	PER PACK 286	2986	710	25	42.0	18.3	83.0	12.7	3.0	1.6	4.0		GLUTEN, MILK, EGGS, MUSTARD, SULPHUR DIOXIDE	
		PER 100	1050	252	8.9	14.7	5.4	29.4	4.1	1.1	0.6	1.4			
COMBINATION	CALABRESSE CLUB	PER PACK 271	2063	492	13.8	24.3	6.0	63.7	7.0	6.2	0.7	1.7		GLUTEN, MILK, EGG	VEGETARIANS
		PER 100	750	180	5.1	9.0	2.2	23.5	2.6	2.2	0.3	0.6			
COMBINATION	MEXICALI VEGGIE CLUB	PER PACK 250	2000	477	12.6	22.4	5.6	55.9	6.4	4.8	1.0	2.5		GLUTEN, MILK, EGGS, SESAME	VEGETARIANS
		PER 100	800	191	5.1	8.9	2.2	22.4	2.6	1.9	0.4	1.0			
COMBINATION	COURGETTE FRITTER & SRIRACHA WRAP	PER PACK 242	2136	509	20.8	25.9	9.6	51.8	4.8	3.2	1.1	2.7		GLUTEN, MILK	
		PER 100	883	210	8.6	10.7	4.0	21.4	2.0	1.3	0.5	1.1			
COMBINATION	DIAVOLA	PER PACK 238	2325	555	24.9	28.9	9.4	51.1	4.1	3.3	1.4	3.4		GLUTEN, MILK, EGG	
		PER 100	973	232	10.4	12.1	3.9	24.4	1.7	1.4	0.6	1.4			
COMBINATION	REUBEN	PER PACK 245	2199	524	15.9	29.7	8.3	50.0	1.9	2.8	1.0	2.3		GLUTEN, MILK, EGG, MUSTARD, SULPHUR DIOXIDE	
		PER 100	898	214	6.5	12.1	3.4	20.4	0.8	1.1	0.4	0.9			
COMBINATION	CHARGRILLED CHICKEN & CAPIA PEPPER PESTO	PER PACK 235	1923	457	24.9	18.4	3.0	50.3	3.2	3.5	0.8	2.1		GLUTEN, MILK, EGG	
		PER 100	818	195	10.6	7.8	1.3	21.4	1.4	1.5	0.4	0.9			
BLOOMER	BRIE, TOMATO & SPINACH BLOOMER	PER PACK 228	2184	522	19.4	32.6	12.8	38.8	4.9	4.5	1.1	2.7		GLUTEN, MILK, EGG, SOYA	
		PER 100	958	229	8.5	14.3	5.6	17.0	2.2	2.0	0.5	1.2			
BLOOMER	FREE RANGE EGG & SLOWROAST TOMATO	PER PACK 205	2021	494	17.6	31.5	8.3	33.2	3.2	3.7	0.8	1.9		GLUTEN, EGG, SOYA, MUSTARD	VEGETARIANS
		PER 100	983	235	8.6	15.3	4.2	16.2	1.6	1.3	0.4	0.9			
BLOOMER	CHICKEN AVOCADO BLOOMER	PER PACK 225	1966	473	22.2	28.4	3.2	37.9	2.6	3.6	0.6	1.4		GLUTEN, EGG, SOYA	
		PER 100	876	210	10.0	12.7	1.5	11.1	1.1	1.7	0.3	0.7			
BLOOMER	HOT SMOKED SALMON & AVOCADO	PER PACK 191	1760	423	19.0	24.8	4.8	31.5	2.1	3.8	0.5	2.4		GLUTEN, EGG, FISH, MUSTARD, SOYA, SULPHITES	
		PER 100	912	221	9.8	12.9	2.5	16.5	1.1	1.9	0.2	1.0			
BAGUETTE	TUNA MAYONNAISE & ROCKET	PER PACK 269	2583	618	25.8	25.7	2.3	66.3	2.7	4.0	1.1	2.9		GLUTEN, EGG, FISH, SESAME, MUSTARD	
		PER 100	962	242	9.6	9.6	0.9	24.7	1.0	1.7	0.4	1.1			
BAGUETTE	CHARGRILLED CHICKEN & BASIL AIOLI BAGUETTE	PER PACK 237	2204	527	25.8	19.9	2.7	58.9	3.3	4.3	1.1	2.7		GLUTEN, MILK, SESAME, MUSTARD	
		PER 100	900	221	10.9	8.8	1.2	24.9	1.4	1.8	0.5	1.2			
BAGUETTE	HAM & EMENTAL SOURDOUGH BAGUETTE	PER PACK 225.5	2273	532	29.4	17.1	7.0	58.6	1.2	3.4	1.6	4.0		GLUTEN, EGG, MILK, MUSTARD	
		PER 100	1008	236	13.0	7.6	3.1	26.0	0.5	1.5	0.7	1.8			
BAGUETTE	SALAMI & ARTICHOKE	PER PACK 217	1933	459	10.8	16.1	1.3	65.9	4.0	6.3	0.9	2.3		GLUTEN, MILK, EGG, SESAME	
		PER 100	886	212	4.8	7.4	0.6	30.5	1.9	2.9	0.4	1.0			
BAGUETTE	WEST COUNTRY CHEDDAR & APPLE RHUBARB CHUTNEY BAGUETTE	PER PACK 230.5	2354	568	22.2	21.2	11.8	70.0	12.7	4.2	1.5	3.1		GLUTEN, MILK, EGG, SESAME, MUSTARD	
		PER 100	1021	246	9.7	9.2	5.1	30.4	5.5	1.8	0.6	1.4			
KHOEB WRAP	VEGGIE LICIOUS KHOEB WRAP	PER PACK 236	2100	509	13.1	25.8	3.3	51.7	3.2	3.5	0.8	2.1		GLUTEN, SESAME	VEGETARIANS, VEGANS
		PER 100	768	184	4.8	9.4	1.2	18.1	2.6	4.6	0.2	0.6			
WRAP	BASIL CHICKEN & NDJUA WRAP	PER PACK 217	2107	509	13.1	25.8	3.3	51.7	3.2	3.5	0.8	2.1		GLUTEN, EGG, MILK	
		PER 100	882	211	10.0	10.5	2.7	18.1	2.5	1.3	0.4	1.0			
KHOEB WRAP	SOUVLAKI CHICKEN KHOEB WRAP	PER PACK 292	2063	492	23.1	18.5	2.3	55.6	9.4	6.5	1.2	3.1		GLUTEN, MILK, EGG, MUSTARD	
		PER 100	703	168	7.9	6.3	0.8	19.3	3.2	2.2	0.4	1.1			
WRAP	SUPERCHARGED MISO SALMON	PER PACK 285	2395	572	28.4	29.3	7.9	48.6	4.5	5.6	0.9	2.5		GLUTEN, EGG, FISH, SESAME, SOYA, MUSTARD, SULPHITES	
		PER 100	840	200	10.0	10.3	2.8	17.0	1.6	1.9	0.3	0.7			
WRAP	CHARGRILLED CHICKEN & SMOKED PAPRIKA AIOLI	PER PACK 281	2384	568	28.3	24.7	6.0	58.7	6.9	4.9	0.9	2.1		GLUTEN, EGG, MUSTARD	
		PER 100	829	202	10.1	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	25.2	7.6	60.7	6.6	15.5	1.0	2.4		GLUTEN, MILK, SESAME	VEGETARIANS
		PER 100	837	200	6.5	9.8	2.6	19.1	2.2	5.2	0.3	0.8			
HOT WRAP	HARRISA LAMB KOFTE WRAP	PER PACK 293	2402	587	26.9	24.5	7.7	60.5	6.8	6.8	0.8	2.0		GLUTEN, MILK, SESAME, SOYA, MUSTARD	
		PER 100	819	200	9.2	8.4	2.6	20.6	2.3	2.6	0.3	0.9			
HOT WRAP	BBQ PULLED PORK WRAP	PER PACK 290	2160	503	27.4	20.3	6.8	63.6	7.8	6.8	1.2	3.0		GLUTEN, MILK, EGG, MUSTARD	VEGETARIANS
		PER 100	873	208	9.4	10.1	3.2	19.5	2.7	1.4	0.4	1.0			
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		VEGETARIANS, VEGANS	
		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	106	1.5	0.5	0.0	25.4	23.7	3.0	0.0	0.0		VEGETARIANS, VEGANS	
		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	303	72	0.6	0.3	0.0	16.9	15.5	2.6	0.0	0.0		VEGETARIANS, VEGANS	
		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 230	410	97	0.8	0.8	0.0	22.7	21.8	3.7	0.0	0.0		VEGETARIAN, VEGAN	
		PER 100	186	44	0.4	0.2	0.0	10.1	9.9	1.2	0.0	0.0			
SALAD BOWLS	TURKERIC CHICKEN BOWL	PER PACK 238	2208	536	24.0	24.0	4.1	8.7	8.0	10.9	0.3	0.7		SESAME, SOYA, MUSTARD	
		PER 100	608	146	11.8	9.0	1.1	8.7	8.0	10.9	0.3	0.7			
SALAD BOWLS	SUPERCHARGED OMEGA SALMON BOWL	PER PACK 343	1835	439	26.8	22.8	5.2	36.1	12.8	8.4	1.6	3.2		FISH, EGG, SESAME, SOYA, MUSTARD, SULPHITES	
		PER 100	535	126	7.8	6.7	1.5	10.6	3.7	2.4	0.4	0.8			
SALAD BOWLS	AVOCADO & NORI NOURISH BOWL	PER PACK 261	1202	288	10.3	12.7	2.2	38.5	10.1	7.6	0.6	1.5		EGG, SESAME, SOYA, MUSTARD, SULPHITES	
		PER 100	461	110	3.9	4.9	0.9	14.8	3.9	2.9	0.2	0.6			
SALAD BOWLS	VITALITY BOWL	PER PACK 346	2253	541	14.7	43.0	10.0	19.6	8.0	11.5	0.9	2.3		SESAME, SOYA, MUSTARD, SULPHITES	VEGETARIANS, VEGANS
		PER 100	651	156	4.2	12.5	1.7	5.7	2.3	3.3	0.3	0.7			
SALAD BOWLS	HARRISA CHICKEN BOWL	PER PACK 331	2093	493	29.3	29.5	4.6	31.5	9.9	9.9	1.2	3.1		NUTS, SESAME, SOYA, MUSTARD	
		PER 100	619	148	7.8	7.7	1.4	12.5	3.0	1.7	0.4	0.9			
SALAD BOWLS	SUPER GREEN COURGETTE FRITTER BOWL	PER PACK 245	1301	316	17.1	14.7	1.2	36.7	6.7	3.5	1.0	2.4		GLUTEN, MILK, EGG, SESAME, SOYA	
		PER 100	539	129	6.3	6.0	1.3	14.1	2.7	1.4	0.4	1.0			
SALAD BOWLS	GENOVESE PESTO PASTA	PER PACK 248	1665												