

BREAKFAST & LUNCH

NUTRITIONAL INFORMATION

Our food is freshly prepared in a small, busy kitchen, so we can't guarantee our food or drink is allergen-free. Please take care and speak to our team about our ingredients before you order your food and drinks.

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BASE	SERVING SIZE	NUTRITIONAL INFO	PER 100G	PER SERVING	% (RI)	TAGS	ALLERGENS
BABY SPINACH	30g	Calories (kcal)	19	6	0	Low in Fat ✓	N/A
		Fat (g)	0.6	0.2	0	Free From Saturates ✓	
		Of which saturates (g)	0.1	0	0	Free From Sugar ✓	
		Carbohydrates (g)	0.2	0.1	0	Low in Calories ✓	
		Of which sugars (g)	0	0	0	Vegetarian ✓	
		Fibre (g)	1	0.3		GF ✓	
		Protein (g)	2.6	0.8	2	DF ✓	
		Salt (g)	0.07	0.02	0	Vegan ✓	
FIELD GRAINS	80g	Calories (kcal)	189	177	9	Low in Fat ✓	Cereals Containing Gluten (Durum Wheat)
		Fat (g)	9.2	8.6	12	Low in Saturates ✓	
		Of which saturates (g)	4.1	3.9	20	Low in Sugar ✓	
		Carbohydrates (g)	19	17.8	7	Vegetarian ✓	
		Of which sugars (g)	2.9	2.7	3	DF ✓	
		Fibre (g)	2.6	2.4		Vegan ✓	
		Protein (g)	6.2	5.9	12		
		Salt (g)	1	0.97	16		
BROWN RICE	120g	Calories (kcal)	192	231	12	Low in Saturates ✓	N/A
		Fat (g)	8.2	9.9	14	Low in Sugar ✓	
		Of which saturates (g)	1.2	1.5	8	Vegetarian ✓	
		Carbohydrates (g)	25.4	30.6	12	GF ✓	
		Of which sugars (g)	0.1	0.1	0	DF ✓	
		Fibre (g)	1.4	1.7		Vegan ✓	
		Protein (g)	3.4	4.1	8		
		Salt (g)	0.5	0.6	10		
FARMER'S GRAINS	125g	Calories (kcal)	175	217	11	Low in Fat ✓	Cereals Containing Gluten (Durum Wheat)
		Fat (g)	6.3	7.8	11	Low in Saturates ✓	
		Of which saturates (g)	0.8	1	5	Low in Sugar ✓	
		Carbohydrates (g)	23.2	28.6	11	Vegetarian ✓	
		Of which sugars (g)	1.6	2	2	DF ✓	

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FA		Fibre (g)	2.3	2.8		Vegan ✓	
		Protein (g)	5.4	6.6	13		
		Salt (g)	1.44	1.78	30		

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MAIN	SERVING SIZE	NUTRITIONAL INFO	PER 100G	PER SERVING	% (RI)	TAGS	ALLERGENS
MISO CHICKEN	120g	Calories (kcal)	188	229	11	Low in Sugar ✓	Soy (White Miso)
		Fat (g)	9.2	11.2	16	GF ✓	
		Of which saturates (g)	2.2	2.7	14	DF ✓	
		Carbohydrates (g)	4.1	5	2		
		Of which sugars (g)	2	2.4	3		
		Fibre (g)	0.1	0.1			
		Protein (g)	22.3	27.1	54		
		Salt (g)	2.2	2.7	44		
CHARRED FLANK STEAK	120g	Calories (kcal)	279	334	17	Low in Sugar ✓	Cereals Containing Gluten (Worstershire Sauce), Fish (Worstershire Sauce), Mustard, Sulphites (Vinegar)
		Fat (g)	21.1	25.3	36	DF ✓	
		Of which saturates (g)	4	4.8	24		
		Carbohydrates (g)	3.2	3.8	1		
		Of which sugars (g)	2	2.4	3		
		Fibre (g)	0.4	0.5			
		Protein (g)	18.7	22.4	45		
		Salt (g)	0.9	1.06	18		
MAC & CHEESE	138g	Calories (kcal)	168	233	/	Low in Sugar ✓	Cereals Containing Gluten (Wheat), Dairy (Milk, Cheese), Soya
		Fat (g)	8	11.1	/	Vegetarian ✓	
		Of which saturates (g)	4.6	6.3	/		
		Carbohydrates (g)	16.4	22.8	/		
		Of which sugars (g)	2.3	3.2	/		
		Fibre (g)	1.8	2.5	/		
		Protein (g)	6.6	9.2	/		
		Salt (g)	0.8	1.1	/		
SALMON	120g	Calories (kcal)	329	395	20	Low in Sugar ✓	Fish, Sulphur Dioxide (Red Wine)
		Fat (g)	27.1	32.5	46	GF ✓	
		Of which saturates (g)	3.3	3.9	20	DF ✓	
		Carbohydrates (g)	0.7	0.8	0		

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MAIN	SERVING SIZE	NUTRITIONAL INFO	PER 100G	PER SERVING	% (RI)	TAGS	ALLERGENS
ROASTED	125g	Of which sugars (g)	0.4	0.5	1		Vinegar)
		Fibre (g)	0.2	0.2			
		Protein (g)	20.6	24.7	49		
		Salt (g)	0.6	0.7	11		

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CHARRED TOFU STEAK		Calories (kcal)	140	191	10	Low in Saturates ✓	Sesame (Sesame Oil & Sesame Seeds), Soya (White Miso)
		Fat (g)	6.4	8.7	12	Low in Sugar ✓	
		Of which saturates (g)	0.9	1.2	6	Vegetarian ✓	
		Carbohydrates (g)	12.7	17.3	7	GF ✓	
		Of which sugars (g)	3.1	4.3	5	DF ✓	
		Fibre (g)	2	2.7		Vegan ✓	
		Protein (g)	7	9.6	19		
		Salt (g)	0.6	0.8	14		
TURKEY MALAYSIAN MEATBALLS	125g / 5 Balls	Calories (kcal)	255	328	16	GF ✓	Soya (Soy Sauce), Fish Sauce
		Fat (g)	15.8	20.3	29	DF ✓	
		Of which saturates (g)	6.5	8.3	42		
		Carbohydrates (g)	7	9	3		
		Of which sugars (g)	6	7.6	8		
		Fibre (g)	0.9	1.1			
		Protein (g)	20.9	26.8	54		
		Salt (g)	2.1	2.7	44		
CHERMOULA CHICKEN	120g	Calories (kcal)	301	363	18	Low in Sugar ✓	Sesame Seeds (Tahini)
		Fat (g)	20.4	24.6	35	DF ✓	
		Of which saturates (g)	4.1	4.9	25		
		Carbohydrates (g)	1.1	1.3	0		
		Of which sugars (g)	0.5	0.6	1		
		Fibre (g)	0.9	1.1			
		Protein (g)	27.9	33.5	67		
		Salt (g)	0.6	0.7	12		
HARISSA CHICKEN	120g	Calories (kcal)	230	294	15	Low in Sugar ✓	N/A
		Fat (g)	15.5	19.8	28	GF ✓	
		Of which saturates (g)	2.7	3.4	17	DF ✓	
		Carbohydrates (g)	1.2	1.5	1		
		Of which sugars (g)	0.5	0.6	1		
		Fibre (g)	0.5	0.6			
		Protein (g)	21.2	27.2	54		
		Salt (g)	0.4	0.6	9		
CHICKEN ANTICUCHO	120g	Calories (kcal)	126	305	15	Low in Saturates ✓	N/A
		Fat (g)	4	9.7	14	Low in Sugar ✓	
		Of which saturates (g)	0.5	1.1	6	GF ✓	
		Carbohydrates (g)	2.1	5.2	2	DF ✓	
		Of which sugars (g)	1.5	3.7	4		

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CHICKEN		Fibre (g)	0.3	0.7				
		Protein (g)	20.1	48.7	97			
		Salt (g)	0.28	0.67	11			
MISO TOFU SKIN CANNELLONI	135g	Calories (kcal)	152	205	10	Low in Saturates	✓	Sesame (Sesame Oil & Sesame Seeds), Soya (White Miso)
		Fat (g)	13	17.5	25	Low in Sugar	✓	
		Of which saturates (g)	1.5	2	10	Vegetarian	✓	
		Carbohydrates (g)	3.5	4.7	2	GF	✓	
		Of which sugars (g)	2.5	3.4	4	DF	✓	
		Fibre (g)	2.4	3.2		Vegan	✓	
		Protein (g)	4.1	5.5	11			
		Salt (g)	1.01	1.36	23			
NO - BUN TURKEY BURGER	120g	Calories (kcal)	135	186	9	Low in Saturates	✓	Sulphites & Sesame
		Fat (g)	7.3	10	14	Low in Sugar	✓	
		Of which saturates (g)	1.1	1.5	8	GF	✓	
		Carbohydrates (g)	1.5	2.1	1	DF	✓	
		Of which sugars (g)	1.1	1.5	2			
		Fibre (g)	0.8	1.1				
		Protein (g)	15.6	21.4	43			
		Salt (g)	0.32	0.44	7			
BIG SPICY BALLS	300g	Calories (kcal)	163	489	24	GF	✓	Soya, Fish Sauce
		Fat (g)	10.3	30.9	44	DF	✓	
		Of which saturates (g)	5.5	16.6	83	Low in Sugar	✓	
		Carbohydrates (g)	4.3	12.8	5			
		Of which sugars (g)	3.4	10.2	11			
		Fibre (g)	1.4	4.3				
		Protein (g)	12.6	37.7	75			
		Salt (g)	0.45	1.33	22			
MISO TAHINI CHICKEN		Calories (kcal)						
		Fat (g)						
		Of which saturates (g)						
		Carbohydrates (g)						
		Of which sugars (g)						
		Fibre (g)						
		Protein (g)						
		Salt (g)						
		Calories (kcal)						
		Fat (g)						

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ANTICUCHO SALMON		Of which saturates (g)					
		Carbohydrates (g)					
		Of which sugars (g)					
		Fibre (g)					
		Protein (g)					
		Salt (g)					

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HOT SIDE	SERVING SIZE	NUTRITIONAL INFO	PER 100G	PER SERVING	% (RI)	TAGS	ALLERGENS
GRILLED BROCCOLI	100g	Calories (kcal)	47	47	2	Low in Fat ✓	N/A
		Fat (g)	1.1	1.1	2	Free From Saturates ✓	
		Of which saturates (g)	0.2	0.2	1	Free From Sugar ✓	
		Carbohydrates (g)	3	3	1	Low in Calories ✓	
		Of which sugars (g)	1.8	1.8	2	Vegetarian ✓	
		Fibre (g)	4	4		GF ✓	
		Protein (g)	4.3	4.3	9	DF ✓	
		Salt (g)	0.5	0.5	8	Vegan ✓	
WILTED GREENS & MUSHROOMS	77g	Calories (kcal)	77	59	3	Low in Fat ✓	N/A
		Fat (g)	5.9	4.5	6	Free From Saturates ✓	
		Of which saturates (g)	0.8	0.6	3	Free From Sugar ✓	
		Carbohydrates (g)	1.6	1.2	0	Low in Calories ✓	
		Of which sugars (g)	1.3	1	1	Vegetarian ✓	
		Fibre (g)	3.1	2.4		GF ✓	
		Protein (g)	2.8	2.2	4	DF ✓	
		Salt (g)	0.7	0.6	9	Vegan ✓	
MAC & CHEESE	138g	Calories (kcal)	168	233	/	Low in Sugar ✓	Cereals Containing Gluten (Wheat), Dairy (Milk, Cheese), Soya
		Fat (g)	8	11.1	/		
		Of which saturates (g)	4.6	6.3	/		
		Carbohydrates (g)	16.4	22.8	/		
		Of which sugars (g)	2.3	3.2	/		
		Fibre (g)	1.8	2.5	/		
		Protein (g)	6.6	9.2	/		
		Salt (g)	0.8	1.1	/		
VEGET POTATO	140g	Calories (kcal)	104	148	7	Low in Fat ✓	N/A
		Fat (g)	1.2	1.8	3	Free From Saturates ✓	
		Of which saturates (g)	0.2	0.3	2	Free From Sugar ✓	
		Carbohydrates (g)	20.1	28.8	11	Low in Calories ✓	

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HOT SIDE	SERVING SIZE	NUTRITIONAL INFO	PER 100G	PER SERVING	% (RI)	TAGS	ALLERGENS
ROASTED SW	170g	Of which sugars (g)	5.3	7.6	8	Vegetarian ✓	None
		Fibre (g)	3.4	4.8		Low Gluten ✓	
		Protein (g)	1.3	1.8	4	DF ✓	
		Salt (g)	0.4	0.6	9	Vegan ✓	

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HOT SIDE	SERVING SIZE	NUTRITIONAL INFO	PER 100G	PER SERVING	% (RI)	TAGS	ALLERGENS
WHOLE ROASTED CAULIFLOWER	115g	Calories (kcal)	100	118	6	Low in Saturates ✓	Sesame Seeds
		Fat (g)	7.8	9.2	13	Low in Sugar ✓	
		Of which saturates (g)	1	1.1	6	Vegetarian ✓	
		Carbohydrates (g)	4	4.7	2	GF ✓	
		Of which sugars (g)	2.5	2.9	3	DF ✓	
		Fibre (g)	2	2.4		Vegan ✓	
		Protein (g)	2.5	3	6		
		Salt (g)	0.3	0.35	6		
ROASTED BUTTERNUT SQUASH & GREEN TAHINI	90g	Calories (kcal)	67	92	5	Low in Fat ✓	Sesame Seeds
		Fat (g)	2.9	4	6	Low in Sugar ✓	
		Of which saturates (g)	0.4	0.5	2	Low in Saturates ✓	
		Carbohydrates (g)	7.4	10.1	4	Vegetarian ✓	
		Of which sugars (g)	4	5.6	6	GF ✓	
		Fibre (g)	2.3	3.2		DF ✓	
		Protein (g)	1.7	2.4	5	Contains Honey	
		Salt (g)	0.06	0.08	1		
SESAME & GINGER GREENS	125g	Calories (kcal)	120	105	5	Low in Saturates ✓	Sesame (Oil & Seeds) & Soy
		Fat (g)	10.2	8.9	13	Low in Sugar ✓	
		Of which saturates (g)	0.9	0.8	4	Vegetarian ✓	
		Carbohydrates (g)	3.3	2.9	1	GF ✓	
		Of which sugars (g)	2.7	2.4	3	DF ✓	
		Fibre (g)	2.2	1.9		Vegan ✓	
		Protein (g)	2.7	2.4	5	Seasonal ✓	
		Salt (g)	0.58	0.51	8		
PILAF SESAME GREENS		Calories (kcal)					
		Fat (g)					
		Of which saturates (g)					
		Carbohydrates (g)					
		Of which sugars (g)					

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HOT SIDE	SERVING SIZE	NUTRITIONAL INFO	PER 100G	PER SERVING	% (RI)	TAGS	ALLERGENS
SUMM		Fibre (g)					
		Protein (g)					
		Salt (g)					

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COLD SIDE	SERVING SIZE	NUTRITIONAL INFO	PER 100G	PER SERVING	% (RI)	TAGS	ALLERGENS
ROASTED CHICKPEA & TOMATO SALAD	117g	Calories (kcal)	117	137	7	Low in Saturates ✓	Sulphur Dioxide (White Wine Vinegar)
		Fat (g)	7.1	8.3	12	Low in Sugar ✓	
		Of which saturates (g)	0.6	0.7	4	Vegetarian ✓	
		Carbohydrates (g)	8.2	9.6	4	GF ✓	
		Of which sugars (g)	1.7	2	2	DF ✓	
		Fibre (g)	3.6	4.2		Vegan ✓	
		Protein (g)	3.3	3.9	8		
		Salt (g)	0.4	0.5	8		
FARMER'S SALAD	110g	Calories (kcal)	137	152	8	Low in Sugar ✓	Dairy (Feta) & Sesame Seeds
		Fat (g)	11.3	12.5	18	Vegetarian ✓	
		Of which saturates (g)	2.7	3	15	GF ✓	
		Carbohydrates (g)	4.1	4.5	2		
		Of which sugars (g)	1.7	1.9	2		
		Fibre (g)	1.8	2			
		Protein (g)	3.8	4.2	8		
		Salt (g)	0.4	0.5	8		
SHREDDED BROCCOLI SALAD	80g	Calories (kcal)	149	121	6	Low in Sugar ✓	Dairy (Feta), Sulphur (Vinegar) & Sesame Seeds
		Fat (g)	12.6	10.2	15	Vegetarian ✓	
		Of which saturates (g)	3.3	2.7	14	GF ✓	
		Carbohydrates (g)	2.6	2.1	1		
		Of which sugars (g)	1.7	1.4	2		
		Fibre (g)	2.7	2.2			
		Protein (g)	5	4.1	8		
		Salt (g)	0.6	0.5	8		
ALE MISO SLAW	80g	Calories (kcal)	128	104	5	Low in Sugar ✓	Sesame Seeds, Soya (Miso),
		Fat (g)	9.6	7.8	11	Vegetarian ✓	
		Of which saturates (g)	1.6	1.3	6	GF ✓	
		Carbohydrates (g)	5.8	4.7	2	DF ✓	

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COLD SIDE	SERVING SIZE	NUTRITIONAL INFO	PER 100G	PER SERVING	% (RI)	TAGS	ALLERGENS
AVOCADO & K	100g	Of which sugars (g)	3.4	2.8	3	Vegan ✓	Sulphur (Vinegar)
		Fibre (g)	3.1	2.5			
		Protein (g)	3.1	2.5	5		
		Salt (g)	1.6	1.29	22		

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COLD SIDE	SERVING SIZE	NUTRITIONAL INFO	PER 100G	PER SERVING	% (RI)	TAGS	ALLERGENS
SHAVED BRUSSEL SPROUT SALAD	65g	Calories (kcal)	171	112	6	Low in Sugar ✓	Dairy (Feta), Sulphur (Vinegar) & Sesame Seeds
		Fat (g)	14.4	9.4	13	Vegetarian ✓	
		Of which saturates (g)	3.6	2.4	12	GF ✓	
		Carbohydrates (g)	3.7	2.4	1	Seasonal ✓	
		Of which sugars (g)	2.2	1.4	2		
		Fibre (g)	3.5	2.3			
		Protein (g)	4.8	3.1	6		
		Salt (g)	0.87	0.57	9		
RAW GARDEN SALAD	78g	Calories (kcal)	90	70	4	Low in Saturates ✓	Sulphur (Vinegar), Sesame, Soya (White Miso)
		Fat (g)	5.7	4.4	6	Low in Sugar ✓	
		Of which saturates (g)	0.8	0.6	3	Vegetarian ✓	
		Carbohydrates (g)	5.2	4	2	GF ✓	
		Of which sugars (g)	2.7	2.1	2	DF ✓	
		Fibre (g)	2.8	2.2		Vegan ✓	
		Protein (g)	3.2	2.5	5		
		Salt (g)	0.4	0.3	5		
ZUCCHINI SALAD	120g	Calories (kcal)	84	101	5	Low in Sugar ✓	Sulphur Dioxide (Vinegar) & Mustard
		Fat (g)	6.3	7.5	11	Vegetarian ✓	
		Of which saturates (g)	0.9	1.1	6	GF ✓	
		Carbohydrates (g)	3.8	4.6	2	DF ✓	
		Of which sugars (g)	2.7	3.2	4	Contains Honey ✓	
		Fibre (g)	2	2.4		Seasonal ✓	
		Protein (g)	2.2	2.6	5		
		Salt (g)	0.5	0.6	10		
ROOTS & GREENS	125g	Calories (kcal)	129	156	8	Low in Saturates ✓	Dairy (Crème Fraiche & Goats Yoghurt) & Sesame Seeds
		Fat (g)	7.6	9.2	13	Vegetarian ✓	
		Of which saturates (g)	1.5	1.9	10	GF ✓	
		Carbohydrates (g)	12.2	14.7	6	Seasonal ✓	
		Of which sugars (g)	7.2	8.7	10		
		Fibre (g)	2.7	3.3			
		Protein (g)	1.7	2	4		
		Salt (g)	0.17	0.21	4		
PURPLE GARDEN SALAD	60g	Calories (kcal)	105	64	3	Low in Sugar ✓	Sulphur Dioxide (Vinegar) & Mustard
		Fat (g)	7.9	4.8	7	Vegetarian ✓	
		Of which saturates (g)	1.1	0.7	4	GF ✓	
		Carbohydrates (g)	5	3.1	1	DF ✓	
		Of which sugars (g)	3.7	2.2	2	Contains Honey ✓	

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BRITISH P		Fibre (g)	2.1	1.3		Seasonal ✓	
		Protein (g)	2.5	1.5	3		
		Salt (g)	0.75	0.45	8		
BROCCOLI & RED PEPPER SALAD	103g	Calories (kcal)	119	122	6	Low in Saturates ✓	Dairy (Feta), Sesame Seeds, Mustard & Sulphites
		Fat (g)	8.8	9	13	Vegetarian ✓	
		Of which saturates (g)	1.7	1.7	8	GF ✓	
		Carbohydrates (g)	4.2	4.3	2	Seasonal ✓	
		Of which sugars (g)	3	3.1	3		
		Fibre (g)	3.3	3.4			
		Protein (g)	4.3	4.4	9		
		Salt (g)	0.36	0.37	6		
KOHLRABI SLAW	70g	Calories (kcal)	100	70	4	Low in Sugar ✓	Peanuts & Soy
		Fat (g)	5.8	4	6	Vegetarian ✓	
		Of which saturates (g)	1	0.7	4	GF ✓	
		Carbohydrates (g)	5.2	3.6	1	DF ✓	
		Of which sugars (g)	4.2	2.9	3	Contains Honey ✓	
		Fibre (g)	3.5	2.4		Seasonal ✓	
		Protein (g)	5.2	3.6	7		
		Salt (g)	0.6	0.42	7		
FRENCHIE'S FARM SALAD	110g	Calories (kcal)	88	99	5	Low in Saturates ✓	Mustard & Sulphites
		Fat (g)	7.2	8.1	12	Vegetarian ✓	
		Of which saturates (g)	1	1.1	6	GF ✓	
		Carbohydrates (g)	3.7	4.2	2	DF ✓	
		Of which sugars (g)	3.5	3.9	4		
		Fibre (g)	1.8	2			
		Protein (g)	1.2	1.3	3		
		Salt (g)	0.84	0.95	16		
HERITAGE TOMATO SALAD		Calories (kcal)					
		Fat (g)					
		Of which saturates (g)					
		Carbohydrates (g)					
		Of which sugars (g)					
		Fibre (g)					
		Protein (g)					
		Salt (g)					

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SAUCE	SERVING SIZE	NUTRITIONAL INFO	PER 100G	PER SERVING	% (RI)	TAGS	ALLERGENS
RED PEPPER SAUCE	20g	Calories (kcal)	207	41	2	Low in Saturates ✓	Mustard, Sulphites (Sodium Hydrogen Sulphite)
		Fat (g)	20.7	4.1	6	Low in Sugar ✓	
		Of which saturates (g)	1.4	0.3	2	Vegetarian ✓	
		Carbohydrates (g)	3.4	0.7	0	GF ✓	
		Of which sugars (g)	3	0.6	1	DF ✓	
		Fibre (g)	1.9	0.4		Vegan ✓	
		Protein (g)	1	0.2	0		
		Salt (g)	0.82	0.16	3		
CHIMICHURRI	15g	Calories (kcal)	662	94	5	Low in Saturates ✓	Sulphur Dioxide (Vinegar)
		Fat (g)	72.6	10.4	15	Low in Sugar ✓	
		Of which saturates (g)	2.9	0.4	2	Vegetarian ✓	
		Carbohydrates (g)	1.2	0.2	0	GF ✓	
		Of which sugars (g)	0.1	0	0	DF ✓	
		Fibre (g)	0	0	0	Vegan ✓	
		Protein (g)	0.8	0.1	0		
		Salt (g)	0.7	0.1	2		
TAHINI	20g	Calories (kcal)	312	63	3	Low in Sugar ✓	Sesame Seeds
		Fat (g)	29	5.8	8	Vegetarian ✓	
		Of which saturates (g)	4.1	0.8	4	Vegetarian ✓	
		Carbohydrates (g)	0.6	0.1	0	GF ✓	
		Of which sugars (g)	0.3	0.1	0	DF ✓	
		Fibre (g)	4.9	1		Vegan ✓	
		Protein (g)	9.9	2	4		
		Salt (g)	0.51	0.1	2		

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INSERT TYPE	SERVING SIZE	NUTRITIONAL INFO	PER 100G	PER SERVING	% (RI)	TAGS	ALLERGENS
VEGAN AVO TOAST	117g	Calories (kcal)	200	244	12	Low in Sugar ✓	Cereals Containing Gluten (Wheat)
		Fat (g)	19.7	24	34	Vegetarian ✓	
		Of which saturates (g)	3.9	4.7	24	DF ✓	
		Carbohydrates (g)	1.9	2.3	1	Vegan ✓	
		Of which sugars (g)	0.8	1	1		
		Fibre (g)	4.1	4.9			
		Protein (g)	1.7	2.1	4		
		Salt (g)	0.7	0.85	14		
EGG MAYO & SMOKED SALMON TOAST	124g	Calories (kcal)	238	294	15	Low in Sugar ✓	Cereals Containing Gluten (Wheat), Egg, Fish (Salmon), Mustard, Sulphites (Vinegar)
		Fat (g)	16.2	20	29	DF ✓	
		Of which saturates (g)	2.4	3	15		
		Carbohydrates (g)	12.2	15	6		
		Of which sugars (g)	1.3	1.6	2		
		Fibre (g)	1.6	2			
		Protein (g)	10.2	12.6	25		
		Salt (g)	1.83	2.26	38		
RICOTTA & SMOKED SALMON ON TOAST	94g	Calories (kcal)	193	181	9	Low in Sugar ✓	Cereals Containing Gluten (Wheat), Dairy (Milk), Fish (Salmon)
		Fat (g)	9.4	8.8	13		
		Of which saturates (g)	2.8	2.6	13		
		Carbohydrates (g)	15.8	14.8	6		
		Of which sugars (g)	1.6	1.5	2		
		Fibre (g)	2	1.9			
		Protein (g)	10.4	9.7	19		
		Salt (g)	2.06	1.93	32		
ALE ON TOAST	102g	Calories (kcal)	190	194	10	Low in Sugar ✓	Cereals Containing Gluten
		Fat (g)	10.8	11	16	Vegetarian ✓	
		Of which saturates (g)	3.8	3.9	20		
		Carbohydrates (g)	14.8	15.1	6		

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INSERT TYPE	SERVING SIZE	NUTRITIONAL INFO	PER 100G	PER SERVING	% (RI)	TAGS	ALLERGENS
RICOTTA & K...	100g	Of which sugars (g)	1.7	1.7	2		(Wheat), Dairy (Milk)
		Fibre (g)	2.5	2.5			
		Protein (g)	7.1	7.3	15		
		Salt (g)	0.61	0.62	10		

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INSERT TYPE	SERVING SIZE	NUTRITIONAL INFO	PER 100G	PER SERVING	% (RI)	TAGS	ALLERGENS
AVOCADO, SPINACH & EGG WRAP	160g	Calories (kcal)	214	345	17	Low in Sugar ✓	Cereals Containing Gluten (Wheat & Barley), Egg, Sesame (Tahini)
		Fat (g)	14.2	22.9	33	DF ✓	
		Of which saturates (g)	3.1	5	25		
		Carbohydrates (g)	11	17.7	7		
		Of which sugars (g)	0.6	1	1		
		Fibre (g)	2.5	4			
		Protein (g)	9.4	15.2	30		
		Salt (g)	0.6	0.9	15		
SMOKED SALMON & CREAM CHEESE BAGEL	160g	Calories (kcal)	222	358	18	Low in Sugar ✓	Cereals Containing Gluten (Wheat), Dairy (Milk), Fish (Salmon), Sulphur Dioxide (Pickle)
		Fat (g)	5.1	8.2	12		
		Of which saturates (g)	1.9	3.1	16		
		Carbohydrates (g)	31.9	51.4	20		
		Of which sugars (g)	3.7	5.9	7		
		Fibre (g)	1.9	3			
		Protein (g)	11.3	18.2	36		
		Salt (g)	1.5	2.5	41		
AUBERGINE & TAHINI ROLL - SABICH	208g	Calories (kcal)	138	287	14	Low in Sugar ✓	Cereals Containing Gluten (Wheat), Egg, Sesame (Tahini)
		Fat (g)	6.4	13.4	19	Low in Saturates ✓	
		Of which saturates (g)	1.3	2.7	14	Vegetarian ✓	
		Carbohydrates (g)	11.7	24.4	9	DF ✓	
		Of which sugars (g)	1.5	3.2	4		
		Fibre (g)	2.4	5.1			
		Protein (g)	7.1	14.8	30		
		Salt (g)	0.5	1.09	18		
BACON ROLL	144g	Calories (kcal)	235	338	17	Low in Sugar ✓	Cereals Containing Gluten (Wheat), Egg, Dairy (Milk)
		Fat (g)	13.6	19.5	28		
		Of which saturates (g)	3.4	4.9	25		
		Carbohydrates (g)	16.2	23.3	9		
		Of which sugars (g)	1.6	2.3	3		
		Fibre (g)	1.1	1.6			
		Protein (g)	11.5	16.5	33		
		Salt (g)	1.5	2.2	37		
YS BREAKFAST WRAP	155g	Calories (kcal)	136	421	21	Low in Sugar ✓	Cereals Containing Gluten (Wheat), Egg, Sesame (Tahini)
		Fat (g)	8.3	25.75	37		
		Of which saturates (g)	1.8	5.5	27.5		
		Carbohydrates (g)	10.1	31.3	12		
		Of which sugars (g)	0.5	1.55	1.5		

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BIG BO		Fibre (g)	0.95	3	0			
		Protein (g)	4.65	14.45	29			
		Salt (g)	0.51	1.575	26			
GF BANANA TAHINI TOAST	144g	Calories (kcal)	225	319	16	Low in Sugar	✓	Sesame, Nuts - Almond, Cashew, Peanuts
		Fat (g)	9.5	13.5	19	Vegetarian	✓	
		Of which saturates (g)	1.7	2.3	11	DF	✓	
		Carbohydrates (g)	28.1	39.9	15	Vegan	✓	
		Of which sugars (g)	12.6	17.8	20	GF	✓	
		Fibre (g)	4.6	6.6				
		Protein (g)	4.4	6.3	13			
		Salt (g)	0.32	0.45	8			
GF SMASHED AVO	131g	Calories (kcal)	218	285	14	Low in Sugar	✓	
		Fat (g)	14.3	18.8	27	Vegetarian	✓	
		Of which saturates (g)	2.4	3.1	16	DF	✓	
		Carbohydrates (g)	17.5	22.9	9	Vegan	✓	
		Of which sugars (g)	2.2	2.9	3	GF	✓	
		Fibre (g)	5.5	7.2				
		Protein (g)	1.9	2.5	5			
		Salt (g)	2.14	2.8	47			
GF MISO EGG AVO	144g	Calories (kcal)	222	330	16	Low in Sugar	✓	Egg, Soy, Sesame
		Fat (g)	14.2	21	30	Vegetarian	✓	
		Of which saturates (g)	2.4	3.6	18	DF	✓	
		Carbohydrates (g)	15.8	23.4	9	GF	✓	
		Of which sugars (g)	1.9	2.8	3			
		Fibre (g)	3.7	5.5				
		Protein (g)	6	8.9	18			
		Salt (g)	0.99	1.47	24			
MISO CHICKEN TOAST	208g	Calories (kcal)	254	378	19	Low in Sugar	✓	Cereals Containing Gluten (Wheat), Sesame, Soy
		Fat (g)	15.6	23.2	33	DF	✓	
		Of which saturates (g)	2.5	3.7	18			
		Carbohydrates (g)	14.3	21.3	8			
		Of which sugars (g)	1.9	2.8	3			
		Fibre (g)	2.9	4.3				
		Protein (g)	12.6	18.8	38			
		Salt (g)	1.2	1.79	30			
		Calories (kcal)	93	197	10	Low in Sugar	✓	
		Fat (g)	6	12.6	18	Vegetarian	✓	

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EGG WHITE FRITTATA	210g	Of which saturates (g)	1.4	3	15	GF ✓	Egg, Milk
		Carbohydrates (g)	2.6	5.4	2	Low in Saturates ✓	
		Of which sugars (g)	1.7	3.5	4		
		Fibre (g)	1.5	3.2			
		Protein (g)	6.6	13.8	28		
		Salt (g)	0.56	1.18	20		

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STEAK & EGGS - FIELDTRAY	324g	Calories (kcal)	160	519	26	Low in Sugar ✓	Egg, Sulphur Dioxide, Mustard, Fish (Sauce)
		Fat (g)	12.2	39.6	57	DF ✓	
		Of which saturates (g)	2.4	7.9	40	GF ✓	
		Carbohydrates (g)	2.6	8.4	3		
		Of which sugars (g)	1.7	5.4	6		
		Fibre (g)	0.8	2.6			
		Protein (g)	9.6	31	62		
		Salt (g)	0.6	1.8	30		
HASH BROWNS - FIELDTRAY	290g	Calories (kcal)	132	383	19	Low in Sugar ✓	Cereals Containing Gluten (Wheat), Sesame, Egg
		Fat (g)	6	17.4	25	DF ✓	
		Of which saturates (g)	1.7	4.8	24		
		Carbohydrates (g)	8.8	25.5	10		
		Of which sugars (g)	1.4	4	4		
		Fibre (g)	0.8	2.3			
		Protein (g)	10.3	29.9	60		
		Salt (g)	0.7	1.98	33		
SHAKSHUKA - FIELDTRAY	340g	Calories (kcal)	125	426	21	Low in Sugar ✓	Cereals Containing Gluten (Wheat), Egg, Milk, Sesame
		Fat (g)	8.6	29	41	Vegetarian ✓	
		Of which saturates (g)	2.3	7.8	39		
		Carbohydrates (g)	6.7	22.6	9		
		Of which sugars (g)	2.4	8	9		
		Fibre (g)	1.5	5.1			
		Protein (g)	4.7	16	32		
		Salt (g)	0.6	2.15	36		
UKA - FIELDTRAY	344g	Calories (kcal)	87	299	15	Low in Saturates ✓	Sesame Seeds
		Fat (g)	7	24.1	34	Low in Sugar ✓	
		Of which saturates (g)	1.1	3.6	18	Vegetarian ✓	
		Carbohydrates (g)	3.1	10.8	4	DF ✓	

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VEGAN SHAKSH	100g	Of which sugars (g)	2.4	8.3	9	GF ✓	Sesame seeds
		Fibre (g)	2.2	7.7		Vegan ✓	
		Protein (g)	1.7	5.9	12		
		Salt (g)	0.45	1.6	26		

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SPINACH & EGGS - FIELDTRAY	250g	Calories (kcal)	102	258	13	Low in Sugar ✓	Sesame Seeds
		Fat (g)	7.6	19.2	27	Vegetarian ✓	
		Of which saturates (g)	1.8	4.6	23	DF ✓	
		Carbohydrates (g)	1.7	4.3	2	GF ✓	
		Of which sugars (g)	1	2.5	3		
		Fibre (g)	0.8	2			
		Protein (g)	6.3	16	32		
		Salt (g)	0.24	0.6	10		
SMOKED SALMON - FIELDTRAY	265g	Calories (kcal)	162	427	21	Low in Sugar ✓	Sesame Seeds
		Fat (g)	12.4	32.9	47	DF ✓	
		Of which saturates (g)	2.9	7.6	38	GF ✓	
		Carbohydrates (g)	1	2.7	1		
		Of which sugars (g)	0.4	1.1	1		
		Fibre (g)	1.7	4.6			
		Protein (g)	10.5	27.8	56		
		Salt (g)	0.94	2.5	42		
FULL ENGLISH - FIELDTRAY	247g	Calories (kcal)	179	443	22	Low in Sugar ✓	Cereals Containing Gluten, Egg, Sesame & Sulphites
		Fat (g)	10.3	25.6	37		
		Of which saturates (g)	3.1	7.6	38		
		Carbohydrates (g)	9.1	22.4	9		
		Of which sugars (g)	1.4	3.4	4		
		Fibre (g)	1.4	3.6			
		Protein (g)	11.7	29	58		
		Salt (g)	0.85	2.11	35		
EGG WHITE - FIELDTRAY	247g	Calories (kcal)	94	331	17	Low in Sugar ✓	Egg & Milk
		Fat (g)	6.2	21.9	31	Vegetarian ✓	
		Of which saturates (g)	2	6.9	34		
		Carbohydrates (g)	2.5	8.9	3		
		Of which sugars (g)	1.5	5.4	6		
		Fibre (g)	2	7			
		Protein (g)	6	21	42		
		Salt (g)	0.47	1.64	27		
ENGLISH - FIELDTRAY	247g	Calories (kcal)	179	443	22	Low in Sugar ✓	Cereals Containing Gluten, Egg, Sesame & Sulphites
		Fat (g)	10.3	25.6	37		
		Of which saturates (g)	3.1	7.6	38		
		Carbohydrates (g)	9.1	22.4	9		
		Of which sugars (g)	1.4	3.4	4		

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FULLE		Fibre (g)	1.4	3.6			
		Protein (g)	11.7	29	58		
		Salt (g)	0.85	2.11	35		
CHORIZO SHAK- FIELDTRAY	418g	Calories (kcal)	148	618	31	Low in Sugar ✓	Egg, Cereals Containing Gluten - Wheat, Sesame, Milk
		Fat (g)	9.2	38.4	55		
		Of which saturates (g)	2.7	11.3	56		
		Carbohydrates (g)	7.9	32.9	13		
		Of which sugars (g)	2.1	9	10		
		Fibre (g)	1.2	4.9			
		Protein (g)	7.8	32.7	65		
		Salt (g)	0.94	3.93	66		
NEW FULL ENGLISH - FIELDTRAY	356g	Calories (kcal)	183	650	32	Low in Sugar ✓	Cereals Containing Gluten, Egg, Sesame & Sulphites
		Fat (g)	10.6	37.7	54	DF ✓	
		Of which saturates (g)	3.2	11.2	56		
		Carbohydrates (g)	9.4	33.6	13		
		Of which sugars (g)	1.4	5	6		
		Fibre (g)	2.5	8.9			
		Protein (g)	11.1	39.6	79		
		Salt (g)	0.99	3.53	59		
NEW GREEN EGGS	225g	Calories (kcal)	213	478	24	Low in Sugar ✓	Egg & Sesame
		Fat (g)	17.9	40.2	57	DF ✓	
		Of which saturates (g)	3.3	7.3	36	GF ✓	
		Carbohydrates (g)	2.4	5.5	2		
		Of which sugars (g)	0.8	1.9	2		
		Fibre (g)	2.6	5.8			
		Protein (g)	9.3	20.8	42		
		Salt (g)	0.3	0.67	11		
NEW SHAKSHUKA	396g	Calories (kcal)	120	476	24	Low in Sugar ✓	Cereals Containing Gluten - Wheat, Egg, Sesame & Milk
		Fat (g)	7	27.8	40	Vegetarian ✓	
		Of which saturates (g)	1.6	6.4	32		
		Carbohydrates (g)	8.2	32.3	12		
		Of which sugars (g)	2.2	8.6	10		
		Fibre (g)	1.4	5.7			
		Protein (g)	5.4	21.4	43		
		Salt (g)	0.54	2.15	36		
		Calories (kcal)	145	359	18	Low in Sugar ✓	
		Fat (g)	8	19.8	28	DF ✓	

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NEW STEAK & EGGS	248g	Of which saturates (g)	2.7	6.7	34		Cereals Containing Gluten (Barley), Egg, Sulphur, Mustard, Fish, Sesame
		Carbohydrates (g)	0.5	1.1	0		
		Of which sugars (g)	0.3	0.7	1		
		Fibre (g)	0.8	2.1			
		Protein (g)	17.4	43.1	86		
		Salt (g)	0.24	0.6	10		
NEW VEGAN SHAKSHUKA	339g	Calories (kcal)	115	392	20	Low in Sugar ✓	Cereals Containing Gluten - Wheat & Sesame
		Fat (g)	5.6	19	27	Vegetarian ✓	
		Of which saturates (g)	0.8	2.8	14	DF ✓	
		Carbohydrates (g)	11.8	40	15	Vegan ✓	
		Of which sugars (g)	2.6	8.9	10		
		Fibre (g)	2.5	8.6			
		Protein (g)	3.2	10.8	22		
		Salt (g)	0.47	1.61	27		

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ALMOND CROISSANT	100g	Calories (kcal)	441	441	22	Vegetarian ✓	Cereals Containing Gluten (Wheat), Dairy (Milk), Egg, Nuts (Almonds)
		Fat (g)	27.5	27.5	39		
		Of which saturates (g)	9.5	9.5	48		
		Carbohydrates (g)	36	36	14		
		Of which sugars (g)	13.8	13.8	15		
		Fibre (g)	1.9	1.9			
		Protein (g)	11.4	11.4	23		
		Salt (g)	0.52	0.52	9		
ALMOND MINI MUFFIN	50g	Calories (kcal)	485	242	12	Vegetarian ✓	Cereals Containing Gluten (Wheat), Dairy (Milk), Egg, Nuts (Almonds)
		Fat (g)	33.5	16.7	24		
		Of which saturates (g)	10	5	25		
		Carbohydrates (g)	33.8	16.9	6		
		Of which sugars (g)	26.8	13.4	15		
		Fibre (g)	0.3	0.2			
		Protein (g)	11.5	5.8	12		
		Salt (g)	0.29	0.15	2		
CHOCOLATE MINI MUFFIN	47g	Calories (kcal)	480	226	11	Vegetarian ✓	Cereals Containing Gluten (Wheat), Dairy (Milk), Egg, Nuts (Almonds)
		Fat (g)	33	15.5	22		
		Of which saturates (g)	13	6.1	30		
		Carbohydrates (g)	33.8	15.9	6		
		Of which sugars (g)	25.5	12	13		
		Fibre (g)	1.9	0.9			
		Protein (g)	10.7	5	10		
		Salt (g)	0.29	0.14	2		

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ALMOND PORRIDGE (2018)	373g	Calories (kcal)	53	198	10	Low in Saturates ✓	Cereals Containing Gluten (Oats), Nuts (Almonds)
		Fat (g)	1.4	5.1	7	Low in Sugar ✓	
		Of which saturates (g)	0.2	0.7	4	Vegetarian ✓	
		Carbohydrates (g)	8.3	30.9	12	DF ✓	
		Of which sugars (g)	1.1	4.1	5	Vegan ✓	
		Fibre (g)	1	3.8			
		Protein (g)	1.4	5.3	11		
		Salt (g)	0.06	0.23	4		
FARMER J PARFAIT	222g	Calories (kcal)	104	230	12	Low in Sugar ✓	Dairy (Butter)
		Fat (g)	5.2	11.6	17	Vegetarian ✓	
		Of which saturates (g)	2.1	4.7	24	DF ✓	
		Carbohydrates (g)	11.1	24.7	10		
		Of which sugars (g)	8.8	19.5	22		
		Fibre (g)	1.9	4.2			
		Protein (g)	2.1	4.8	10		
		Salt (g)	0.19	0.41	7		
CHEESECAKE POT	165g	Calories (kcal)	260	430	22	Vegetarian ✓	Cereals containing Gluten, Eggs, Milk (butter), Nuts (Almonds, Pecans, Hazelnuts) Soya
		Fat (g)	19.6	32.3	46		
		Of which saturates (g)	8.4	13.8	69		
		Carbohydrates (g)	15.1	24.9	10		
		Of which sugars (g)	10.3	17.1	19		
		Fibre (g)	2.2	3.6			
		Protein (g)	4.8	8	16		
		Salt (g)	0.12	0.2	3		
BERRY POT	230g	Calories (kcal)	149	343	17	Low in Sugar ✓	Nuts (Hazelnuts & Almonds)
		Fat (g)	11.4	26.2	37	Vegetarian ✓	
		Of which saturates (g)	5.6	13	65	DF ✓	
		Carbohydrates (g)	7.8	17.9	7	GF ✓	
		Of which sugars (g)	5	11.5	13	Vegan ✓	
		Fibre (g)	2.3	5.3			
		Protein (g)	2.7	6.2	12		
		Salt (g)	0.28	0.65	11		

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BERRY GOODNESS	175g	Calories (kcal)	119	209	10	Low in Sugar ✓	/
		Fat (g)	9.3	16.3	23	Vegetarian ✓	
		Of which saturates (g)	8.3	14.5	72	DF ✓	
		Carbohydrates (g)	6.4	11.2	4	GF ✓	
		Of which sugars (g)	5	8.7	10	Vegan ✓	
		Fibre (g)	1.1	1.9			
		Protein (g)	1.8	3.2	6		
		Salt (g)	0.06	0.11	2		
NUT BUSTER POT	185g	Calories (kcal)	388	717	36	Low in Sugar ✓	Sesame, Peanuts & Almonds (May contain other Nuts)
		Fat (g)	32.8	60.7	87	Vegetarian ✓	
		Of which saturates (g)	5.6	10.3	52	DF ✓	
		Carbohydrates (g)	6.1	11.3	4	GF ✓	
		Of which sugars (g)	3.9	7.1	8	Vegan ✓	
		Fibre (g)	4.9	9.1			
		Protein (g)	14.5	26.9	54		
		Salt (g)	0.25	0.46	8		
GRANOLA GRITS	290g	Calories (kcal)	116	337	17	Low in Sugar ✓	Sesame
		Fat (g)	5.9	17.2	25	Vegetarian ✓	
		Of which saturates (g)	2.6	7.5	38	DF ✓	
		Carbohydrates (g)	11.6	33.7	13	GF ✓	
		Of which sugars (g)	4.6	13.4	15	Contains Honey	
		Fibre (g)	2.4	7.1			
		Protein (g)	2.9	8.5	17		
		Salt (g)	0.03	0.1	2		
THE NUTTER	275g	Calories (kcal)	178	490	24	Low in Sugar ✓	Sesame, Peanuts & Almond
		Fat (g)	12.2	33.5	48	Vegetarian ✓	
		Of which saturates (g)	3.7	10.1	50	DF ✓	
		Carbohydrates (g)	10.5	29	11	GF ✓	
		Of which sugars (g)	3.2	8.7	10	Vegan ✓	
		Fibre (g)	2.2	6.2			
		Protein (g)	5.5	15	30		
		Salt (g)	0.07	0.19	3		
JERUSALEM	265g	Calories (kcal)	132	351	18	Low in Sugar ✓	Sesame
		Fat (g)	7.1	18.8	27	Vegetarian ✓	
		Of which saturates (g)	3.4	9.1	46	DF ✓	
		Carbohydrates (g)	12.9	34.3	13	GF ✓	
		Of which sugars (g)	5.1	13.4	15	Vegan ✓	

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		Fibre (g)	2.4	6.5				
		Protein (g)	3	7.9	16			
		Salt (g)	0.02	0.06	1			
SUMMER SOAKED OATS	250g	Calories (kcal)	129	323	16	Low in Sugar	✓	Nuts - Almonds
		Fat (g)	5.4	13.4	19	Vegetarian	✓	
		Of which saturates (g)	1.1	2.9	14	DF	✓	
		Carbohydrates (g)	15.3	38.2	15	GF	✓	
		Of which sugars (g)	5.7	14.4	16	Vegan	✓	
		Fibre (g)	2.6	6.5				
		Protein (g)	3.7	9.2	18			
		Salt (g)	0.01	0.02	0			
PROATS	385g	Calories (kcal)	150	576	29	Low in Sugar	✓	Nuts (Almonds & Cashews)
		Fat (g)	5.9	22.7	32	Vegetarian	✓	
		Of which saturates (g)	0.6	2.3	11	DF	✓	
		Carbohydrates (g)	17.5	67.2	26	GF	✓	
		Of which sugars (g)	0.5	1.9	2	Vegan	✓	
		Fibre (g)	2.2	8.5				
		Protein (g)	5.6	21.4	43			
		Salt (g)	0.03	0.1	2			
PLAIN J PORRIDGE	200g	Calories (kcal)	96	193	10	Low in Sugar	✓	
		Fat (g)	5.1	10.2	15	Vegetarian	✓	
		Of which saturates (g)	3.3	6.6	33	DF	✓	
		Carbohydrates (g)	9.3	18.6	7	GF	✓	
		Of which sugars (g)	0.2	0.4	0	Vegan	✓	
		Fibre (g)	2	4				
		Protein (g)	2.3	4.6	9			
		Salt (g)	0.02	0.04	1			
SUMMER FRUITS	385g	Calories (kcal)	52	73	4	Low in Sugar	✓	
		Fat (g)	0.4	0.6	1	Vegetarian	✓	
		Of which saturates (g)	0.1	0.1	0	DF	✓	
		Carbohydrates (g)	10	14	5	GF	✓	
		Of which sugars (g)	10	14	16	Vegan	✓	
		Fibre (g)	2.6	3.6				
		Protein (g)	0.8	1.1	2			
		Salt (g)	0	0.01	0			

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CITRUS TURMERIC	440ml	Calories (kcal)	27	118	6	Low in Saturates ✓	N/A
		Fat (g)	0.2	0.9	1	Low in Sugar ✓	
		Of which saturates (g)	0.1	0.3	2	Vegetarian ✓	
		Carbohydrates (g)	5.6	24.8	10	DF ✓	
		Of which sugars (g)	5.6	24.8	28	GF ✓	
		Fibre (g)	0	0.1		Vegan ✓	
		Protein (g)	0.6	2.8	6		
		Salt (g)	0.01	0.04	1		
CUCUMBER KOMBUCHA	440ml	Calories (kcal)	13	58	3	Low in Saturates ✓	N/A
		Fat (g)	0.2	0.9	1	Low in Sugar ✓	
		Of which saturates (g)	0	0	0	Vegetarian ✓	
		Carbohydrates (g)	2.3	10.1	4	DF ✓	
		Of which sugars (g)	2.3	10	11	GF ✓	
		Fibre (g)	0.2	1.1		Vegan ✓	
		Protein (g)	0.4	1.7	3		
		Salt (g)	0	0	0		
CUCUMBER LEMONADE	340g	Calories (kcal)	12	52	3	Low in Saturates ✓	N/A
		Fat (g)	0.3	1.3	2	Low in Sugar ✓	
		Of which saturates (g)	0	0	0	Vegetarian ✓	
		Carbohydrates (g)	1.7	7.2	3	DF ✓	
		Of which sugars (g)	1.7	7.1	8	GF ✓	
		Fibre (g)	0.3	1.4		Vegan ✓	
		Protein (g)	0.5	2.3	5		
		Salt (g)	0.01	0.03	0		
EMONADE	292ml	Calories (kcal)	29	85	4	Low in Saturates ✓	N/A
		Fat (g)	0	0	0	Vegetarian ✓	
		Of which saturates (g)	0	0	0	DF ✓	
		Carbohydrates (g)	7.2	21.1	8	GF ✓	

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CLASSIC L	275ml	Of which sugars (g)	7.2	21.1	23	Vegan ✓	
		Fibre (g)	0	0.1			
		Protein (g)	0.1	0.2	0		
		Salt (g)	0	0	0		

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RASPBERRY LEMONADE	316g	Calories (kcal)	31	97	5	Low in Saturates ✓	N/A
		Fat (g)	0	0.1	0	Vegetarian ✓	
		Of which saturates (g)	0	0	0	DF ✓	
		Carbohydrates (g)	7.2	22.6	9	GF ✓	
		Of which sugars (g)	7.2	22.6	25	Vegan ✓	
		Fibre (g)	0.4	1.4			
		Protein (g)	0.2	0.6	1		
		Salt (g)	0	0.01	0		
HALE KALE SMOOTHIE	78g	Calories (kcal)	60	232	12	Low in Saturates ✓	N/A
		Fat (g)	3.1	11.8	17	Low in Sugar ✓	
		Of which saturates (g)	0.7	2.5	12	Vegetarian ✓	
		Carbohydrates (g)	6.3	24.4	9	GF ✓	
		Of which sugars (g)	5.5	21.1	23	DF ✓	
		Fibre (g)	1.1	4.4		Vegan ✓	
		Protein (g)	1.3	4.8	10		
		Salt (g)	0.06	0.23	4		
BERRY BLITZ SMOOTHIE	80g	Calories (kcal)	53	210	10	Low in Saturates ✓	Cereals containing gluten (wheat), milk, sesame, sulphites (sulphur dioxide)
		Fat (g)	1.2	5	7	Low in Sugar ✓	
		Of which saturates (g)	0.7	2.9	14	Vegetarian ✓	
		Carbohydrates (g)	8.9	35.5	14	GF ✓	
		Of which sugars (g)	8.4	33.4	37	DF ✓	
		Fibre (g)	1.2	5		Vegan ✓	
		Protein (g)	0.7	2.9	6		
		Salt (g)	0.06	0.23	4		
NUT BUSTER SMOOTHIE	78g	Calories (kcal)	231	820	41	Low in Saturates ✓	Nuts (almonds), Peanuts, Sesame
		Fat (g)	18.2	64.5	92	Low in Sugar ✓	
		Of which saturates (g)	3.3	11.6	58	Vegetarian ✓	
		Carbohydrates (g)	7.4	26.3	10	GF ✓	
		Of which sugars (g)	5.8	20.6	23	DF ✓	
		Fibre (g)	2.9	10.4		Vegan ✓	
		Protein (g)	8	28.3	57		
		Salt (g)	0.22	0.78	13		
VANILLA WHITE	420ml	Calories (kcal)	120	507	25	Low in Saturates ✓	Nuts (almonds), Sesame
		Fat (g)	7.6	31.9	46	Low in Sugar ✓	
		Of which saturates (g)	1.1	4.4	22	Vegetarian ✓	
		Carbohydrates (g)	8.9	37.5	14	GF ✓	
		Of which sugars (g)	8.6	36.2	40	DF ✓	

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INSERT TYPE	SERVING SIZE	NUTRITIONAL INFO	PER 100G	PER SERVING	% (RI)	TAGS	ALLERGENS
		Fibre (g)	1.6	6.9		Contains Honey ✓	
		Protein (g)	2.9	12.5	25		
		Salt (g)	0.08	0.34	6		
CACAO POWER	415ml	Calories (kcal)	141	584	29	Vegetarian ✓	Nuts (almonds), Sesame
		Fat (g)	9	37.4	53	GF ✓	
		Of which saturates (g)	2.2	9.3	47	DF ✓	
		Carbohydrates (g)	9.8	40.6	16	Vegan ✓	
		Of which sugars (g)	8.3	34.5	38		
		Fibre (g)	2.3	9.7			
		Protein (g)	3.9	16.2	32		
		Salt (g)	0.08	0.32	5		
GINGER & PINEAPPLE JUICE	440ml	Calories (kcal)	30	132	7	Low in Saturates ✓	N/A
		Fat (g)	0.1	0.3	0	Low in Sugar ✓	
		Of which saturates (g)	0	0	0	Vegetarian ✓	
		Carbohydrates (g)	7.2	31.6	12	GF ✓	
		Of which sugars (g)	7.2	31.6	35	DF ✓	
		Fibre (g)	0	0		Vegan ✓	
		Protein (g)	0.2	0.8	2		
		Salt (g)	0.01	0.05	1		
HULK BULK	535ml	Calories (kcal)	179	960	48	High Protein ✓	N/A
		Fat (g)	10.8	57.6	82	Vegetarian ✓	
		Of which saturates (g)	3	15.9	80	GF ✓	
		Carbohydrates (g)	10.9	58.1	22	DF ✓	
		Of which sugars (g)	7.6	40.4	45	Vegan ✓	
		Fibre (g)	1.6	8.5			
		Protein (g)	9	48.2	96		
		Salt (g)	0.23	1.23	20		
LEAN MACHINE	440ml	Calories (kcal)	51	218	11	Low in Saturates ✓	Gluten (Oats)
		Fat (g)	1.6	6.9	10	Low in Sugar ✓	
		Of which saturates (g)	0.3	1.2	6	Vegetarian ✓	
		Carbohydrates (g)	4.2	18	7	DF ✓	
		Of which sugars (g)	2.3	9.8	11	Vegan ✓	
		Fibre (g)	0.4	1.6			
		Protein (g)	4.4	18.7	37		
		Salt (g)	0.1	0.44	7		