

# 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 ✓	
		Fibre (g)	2.3	2.8		Vegan ✓	
		Protein (g)	5.4	6.6	13		
		Salt (g)	1.44	1.78	30		
		Calories (kcal)	203	253	13	Low in Saturates ✓	

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CAULIFLOWER FREEKEH	125g	Fat (g)	11	13.7	20	Low in Sugar ✓	Cereals Containing Gluten (Durum Wheat), Sesame
		Of which saturates (g)	1.2	1.5	8	Vegetarian ✓	
		Carbohydrates (g)	19.8	24.7	10	DF ✓	
		Of which sugars (g)	1.6	2.1	2	Vegan ✓	
		Fibre (g)	2.6	3.2			
		Protein (g)	5.1	6.3	13		
		Salt (g)	0.35	0.44	7		

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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	/		
ROASTED SALMON	120g	Calories (kcal)	329	395	20	Low in Sugar ✓	Fish, Sulphur Dioxide (Red Wine Vinegar)
		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		
		Of which sugars (g)	0.4	0.5	1		
		Fibre (g)	0.2	0.2			
		Protein (g)	20.6	24.7	49		

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MAIN	SERVING SIZE	NUTRITIONAL INFO	PER 100G	PER SERVING	% (RI)	TAGS	ALLERGENS
		Salt (g)	0.6	0.7	11		

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MAIN	SERVING SIZE	NUTRITIONAL INFO	PER 100G	PER SERVING	% (RI)	TAGS	ALLERGENS
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		
CHERMOUJA 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		
		Fibre (g)	0.3	0.7			
		Protein (g)	20.1	48.7	97		
		Salt (g)	0.28	0.67	11		
		Calories (kcal)	152	205	10	Low in Saturates ✓	

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MISO TOFU SKIN CANNELLONI	135g	Fat (g)	13	17.5	25	Low in Sugar ✓	Sesame (Sesame Oil & Sesame Seeds), Soya (White Miso)
		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	125g	Calories (kcal)	241	302	15	GF ✓	Sesame, Soya
		Fat (g)	8.9	11.2	16	DF ✓	
		Of which saturates (g)	1.7	2.1	10	Low in Sugar ✓	
		Carbohydrates (g)	0.9	1.1	0		
		Of which sugars (g)	0.5	0.7	1		
		Fibre (g)	0.6	0.8			
		Protein (g)	39.1	48.8	98		
		Salt (g)	1.03	1.29	22		
ANTICUCHO SALMON	150g	Calories (kcal)	232	348	24	GF ✓	Fish
		Fat (g)	18.2	27.3	55	DF ✓	
		Of which saturates (g)	2.5	3.75	26	Low in Sugar ✓	
		Carbohydrates (g)	1.9	2.85	2		
		Of which sugars (g)	1.4	2.1	3		
		Fibre (g)	0.5	0.75			
		Protein (g)	15	22.5	63		
		Salt (g)	0.3	0.45	10		
S		Calories (kcal)	105	260	12	GF ✓	
		Fat (g)	3.5	8.6	12	DF ✓	

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MAIN	SERVING SIZE	NUTRITIONAL INFO	PER 100G	PER SERVING	% (RI)	TAGS	ALLERGENS
NEW SPICY TURKEY BALL	247g	Of which saturates (g)	0.5	1.3	6	Low in Sugar ✓	Soya
		Carbohydrates (g)	8.2	20.2	8		
		Of which sugars (g)	7.5	18.5	21		
		Fibre (g)	0.7	1.8			
		Protein (g)	9.9	24.5	49		
		Salt (g)	2.06	5.09	85		

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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	/		
ROASTED SWEET POTATO	140g	Calories (kcal)	104	148	7	Low in Fat ✓	Sesame
		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 ✓	
		Of which sugars (g)	5.3	7.6	8	Vegetarian ✓	
		Fibre (g)	3.4	4.8		Low Gluten ✓	
		Protein (g)	1.3	1.8	4	DF ✓	



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HOT SIDE	SERVING SIZE	NUTRITIONAL INFO	PER 100G	PER SERVING	% (RI)	TAGS	ALLERGENS
		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
		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		
ROSEMARY AUBERGINE GREENS	90g	Calories (kcal)	113	103	5	Low in Saturates ✓	/
		Fat (g)	9.3	8.5	12	Low in Sugar ✓	
		Of which saturates (g)	0.8	0.7	4	Vegetarian ✓	
		Carbohydrates (g)	4	3.6	1	GF ✓	
		Of which sugars (g)	3.3	3	3	DF ✓	
		Fibre (g)	3.1	2.8		Vegan ✓	
		Protein (g)	1.8	1.6	3	Seasonal ✓	
		Salt (g)	0.35	0.32	5		
		Calories (kcal)	113	132	7	Low in Saturates ✓	

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HOT SIDE	SERVING SIZE	NUTRITIONAL INFO	PER 100G	PER SERVING	% (RI)	TAGS	ALLERGENS
NEW SWEET POTATO	120g	Fat (g)	2.4	2.8	4	Low in Sugar ✓	Sesame
		Of which saturates (g)	0.3	0.4	2	Vegetarian ✓	
		Carbohydrates (g)	19.7	23.1	9	GF ✓	
		Of which sugars (g)	5.2	6.1	7	DF ✓	
		Fibre (g)	3.2	3.7		Vegan ✓	
		Protein (g)	1.5	1.7	3	Seasonal ✓	
		Salt (g)	0.62	0.73	12		
HARRISSA HISPÍ	125g	Calories (kcal)	140	176	9	Low in Saturates ✓	Sesame
		Fat (g)	12.1	15.1	22	Low in Sugar ✓	
		Of which saturates (g)	1.5	1.8	9	Vegetarian ✓	
		Carbohydrates (g)	4.9	6.2	2	GF ✓	
		Of which sugars (g)	3.7	4.6	5	DF ✓	
		Fibre (g)	3.3	4.1		Vegan ✓	
		Protein (g)	1.3	1.6	3	Seasonal ✓	
		Salt (g)	0.5	0.63	10		

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COLD SIDE	SERVING SIZE	NUTRITIONAL INFO	PER 100G	PER SERVING	% (RI)	TAGS	ALLERGENS
ROASTED CHICKPEA 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		
KALE MISO SLAW	80g	Calories (kcal)	128	104	5	Low in Sugar ✓	Sesame Seeds, Soya (Miso), Sulphur (Vinegar)
		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 ✓	
		Of which sugars (g)	3.4	2.8	3	Vegan ✓	
		Fibre (g)	3.1	2.5			
		Protein (g)	3.1	2.5	5		

# BREAKFAST & LUNCH

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COLD SIDE	SERVING SIZE	NUTRITIONAL INFO	PER 100G	PER SERVING	% (RI)	TAGS	ALLERGENS
		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		
BRITISH 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 ✓	
		Fibre (g)	2.1	1.3		Seasonal ✓	
		Protein (g)	2.5	1.5	3		
		Salt (g)	0.75	0.45	8		
		Calories (kcal)	119	122	6	Low in Saturates ✓	

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COLD SIDE	SERVING SIZE	NUTRITIONAL INFO	PER 100G	PER SERVING	% (RI)	TAGS	ALLERGENS
BROCCOLI & RED PEPPER SALAD	103g	Fat (g)	8.8	9	13	Vegetarian ✓	Dairy (Feta), Sesame Seeds, Mustard & Sulphites
		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		
HAZELNUT HISPI	90g	Calories (kcal)	165	133	7	Low in Sugar ✓	Nuts- Hazelnuts, Sesame
		Fat (g)	15.4	12.4	18	Vegetarian ✓	
		Of which saturates (g)	2	1.6	8	GF ✓	
		Carbohydrates (g)	2.7	2.2	1	DF ✓	
		Of which sugars (g)	2.4	2	2	Contains Honey ✓	
		Fibre (g)	3	2.4		Seasonal ✓	
		Protein (g)	2.4	1.9	4		
		Salt (g)	0.77	0.62	10		
SHAVED SPROUTS & MAPLE TOFU SALAD	70g	Calories (kcal)	169	119	6	Low in Saturates ✓	Soy & Sesame
		Fat (g)	14.8	10.5	15	Vegetarian ✓	
		Of which saturates (g)	2.3	1.7	8	GF ✓	
		Carbohydrates (g)	2.4	1.7	1	DF ✓	
		Of which sugars (g)	1.9	1.4	2	Vegan ✓	
		Fibre (g)	3.3	2.3			
		Protein (g)	5	3.5	7		
		Salt (g)	0.8	0.56	9		
AD		Calories (kcal)	103	145	7	Low in Sugar ✓	
		Fat (g)	4.9	6.9	10	Vegetarian ✓	

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COLD SIDE	SERVING SIZE	NUTRITIONAL INFO	PER 100G	PER SERVING	% (RI)	TAGS	ALLERGENS
HERBY BABY POTATO SALAD	140g	Of which saturates (g)	0.8	1.2	6	GF ✓	Milk
		Carbohydrates (g)	12	16.9	6		
		Of which sugars (g)	1.2	1.7	2		
		Fibre (g)	1.7	2.3			
		Protein (g)	1.9	2.6	5		
		Salt (g)	0.47	0.66	11		



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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		
GREEN CHILLI SAUCE	25g	Calories (kcal)	303	75	4	Low in Saturates ✓	/
		Fat (g)	31.7	7.8	11	Low in Sugar ✓	
		Of which saturates (g)	4.5	1.1	6	Vegetarian ✓	
		Carbohydrates (g)	1.4	0.4	0	GF ✓	
		Of which sugars (g)	0.7	0.2	0	DF ✓	
		Fibre (g)	1.3	0.3		Vegan ✓	
		Protein (g)	2.2	0.5	1		

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SAUCE	SERVING SIZE	NUTRITIONAL INFO	PER 100G	PER SERVING	% (RI)	TAGS	ALLERGENS
		Salt (g)	1.56	0.38	6		

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INSERT TYPE	SERVING SIZE	NUTRITIONAL INFO	PER 100G	PER SERVING	% (RI)	TAGS	ALLERGENS
SALMON, EGG & AVO ON TOAST	162g	Calories (kcal)	216	351	18	Low in Sugar ✓	Cereals Containing Gluten - Wheat, Egg, Fish (Salmon), Mustard, Sulphites
		Fat (g)	13.1	21.2	30	DF ✓	
		Of which saturates (g)	2.1	3.3	16		
		Carbohydrates (g)	14.3	23.2	9		
		Of which sugars (g)	1.1	1.8	2		
		Fibre (g)	2.7	4.3			
		Protein (g)	9	14.6	29		
		Salt (g)	1.05	1.71	28		

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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, Egg, Sesame
		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		
SMASHED AVO ON TOAST	291g	Calories (kcal)	247	291	15	Low in Sugar ✓	Cereals Containing Gluten - Wheat, Milk, Sulphites
		Fat (g)	13	15.4	22	DF ✓	
		Of which saturates (g)	3.3	3.8	19		
		Carbohydrates (g)	22	26	10		
		Of which sugars (g)	2.2	2.6	3		
		Fibre (g)	5.2	6.2			
		Protein (g)	7.7	9.1	18		
		Salt (g)	0.76	0.9	15		
EGG & PANCETTA WRAP	160g	Calories (kcal)	179	762	38	Low in Sugar ✓	Cereals containing gluten - Wheat, Egg, Sesame, Sulphites
		Fat (g)	8.8	37.5	54	DF ✓	
		Of which saturates (g)	2.4	10.2	51		
		Carbohydrates (g)	15.9	67.7	26		
		Of which sugars (g)	1.7	7.5	8		
		Fibre (g)	1.8	7.6			
		Protein (g)	8.1	34.7	69		
		Salt (g)	0.96	4.09	68		
RAINBOW WRAP	212g	Calories (kcal)	152	321	16	Low in Sugar ✓	Cereals containing gluten - Wheat, Sesame Seeds, Soy
		Fat (g)	7.4	15.6	22	Vegetarian ✓	
		Of which saturates (g)	1.6	3.5	18	DF ✓	
		Carbohydrates (g)	15.8	33.5	13	Vegan ✓	
		Of which sugars (g)	1.4	3	3		
		Fibre (g)	2.9	6.2			
		Protein (g)	4	8.5	17		
		Salt (g)	1.49	3.15	52		
BUFFALO MOZZERELA, AVO & BASIL ROLL	204g	Calories (kcal)	235	479	24	Low in Sugar ✓	Cereals containing gluten - Wheat, Milk, Sulphites
		Fat (g)	12.2	24.9	36	DF ✓	
		Of which saturates (g)	4.7	9.5	48		
		Carbohydrates (g)	21.3	43.4	17		
		Of which sugars (g)	1.5	3.1	3		
		Fibre (g)	2.2	4.5			
		Protein (g)	8.9	18.1	36		
		Salt (g)	1.13	2.3	38		
		Calories (kcal)	320	480	24	Low in Sugar ✓	

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PROSCIUTTO & EDAM ROLL	150g	Fat (g)	15.7	23.6	34		Cereals containing gluten - Wheat, Milk, Sulphites
		Of which saturates (g)	8.9	13.4	67		
		Carbohydrates (g)	27.9	41.9	16		
		Of which sugars (g)	1.4	2.1	2		
		Fibre (g)	1.5	2.3			
		Protein (g)	15.9	23.9	48		
		Salt (g)	1.78	2.67	44		
EGG ON DANISH RYE	142g	Calories (kcal)	239	340	17	Low in Sugar ✓	Cereals containing gluten - Rye & Wheat, Egg, Mustard, Soy, Sulphites
		Fat (g)	15.1	21.4	31	Vegetarian ✓	
		Of which saturates (g)	2	2.8	14		
		Carbohydrates (g)	16	22.7	9		
		Of which sugars (g)	1.2	1.7	2		
		Fibre (g)	2.6	3.7			
		Protein (g)	8.6	12.2	24		
		Salt (g)	0.83	1.18	20		
SALMON ON DANISH RYE	143g	Calories (kcal)	205	293	15	Low in Sugar ✓	Cereals containing gluten - Wheat, Milk, Fish, Sulphites
		Fat (g)	10.5	15	21		
		Of which saturates (g)	5.5	7.8	39		
		Carbohydrates (g)	16.2	23.2	9		
		Of which sugars (g)	1.5	2.1	2		
		Fibre (g)	2.5	3.6			
		Protein (g)	10.2	14.6	29		
		Salt (g)	1.65	2.36	39		

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STEAK & EGGS - BOWL	313g	Calories (kcal)	165	517	26	Low in Sugar ✓	Egg, Sesame, Sulphites
		Fat (g)	10.7	33.6	48	DF ✓	
		Of which saturates (g)	3.2	9.9	50	GF ✓	
		Carbohydrates (g)	0.6	2	1		
		Of which sugars (g)	0.4	1.1	1		
		Fibre (g)	0.9	2.9			
		Protein (g)	16	50.2	100		
		Salt (g)	0.89	2.78	46		

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INSERT TYPE	SERVING SIZE	NUTRITIONAL INFO	PER 100G	PER SERVING	% (RI)	TAGS	ALLERGENS
SHAKSHUKA BOWL & ZA'ATAR TOAST	352g (with toast)	Calories (kcal)	148	519	26	Low in Sugar ✓	Egg, Cereals containing gluten - Wheat, Sesame, Milk, Sulphites
		Fat (g)	8.8	31	44	Vegetarian ✓	
		Of which saturates (g)	2.2	7.9	40		
		Carbohydrates (g)	9.1	31.9	12		
		Of which sugars (g)	2.3	8.2	9		
		Fibre (g)	1.9	6.8			
		Protein (g)	7	24.7	49		
		Salt (g)	0.9	3.16	53		
FRITTATA & BUFFALO MOZZARELLA BOWL	251g	Calories (kcal)	160	402	20	Low in Sugar ✓	Egg, Milk
		Fat (g)	13.7	34.5	49	DF ✓	
		Of which saturates (g)	4.2	10.5	52	GF ✓	
		Carbohydrates (g)	1.7	4.4	2		
		Of which sugars (g)	1.3	3.4	4		
		Fibre (g)	1.4	3.4			
		Protein (g)	6.7	16.8	34		
		Salt (g)	0.61	1.52	25		
SMOKED SALMON & AVO BOWL	185g	Calories (kcal)	147	273	14	Low in Sugar ✓	Egg, Fish, Sesame
		Fat (g)	10.8	19.9	28	Low in Calories ✓	
		Of which saturates (g)	2.4	4.5	22	DF ✓	
		Carbohydrates (g)	1	1.9	1		
		Of which sugars (g)	0.6	1	1		
		Fibre (g)	1.4	2.5			
		Protein (g)	10.9	20.2	40		
		Salt (g)	1.06	1.96	33		
BARRY'S BRUNCH BOWL (WITHOUT DRESSING)	313g	Calories (kcal)	127	397	20	Low in Sugar ✓	Egg, Sesame, Soy, Sulphites
		Fat (g)	6.1	19.1	27	DF ✓	
		Of which saturates (g)	1.3	4.2	21	GF ✓	
		Carbohydrates (g)	12	37.5	14	Vegetarian ✓	
		Of which sugars (g)	0.5	1.5	2		
		Fibre (g)	1.9	6			
		Protein (g)	5	15.7	31		
		Salt (g)	0.22	0.69	12		
BERRY PROTEIN SMOOTHIE BOWL	170g	Calories (kcal)	103	175	9	Low in Fat ✓	Nuts - Almond, Soya
		Fat (g)	1.7	2.9	4	Low in Saturates ✓	
		Of which saturates (g)	0.3	0.4	2	DF ✓	
		Carbohydrates (g)	15.9	27	10	Vegetarian ✓	
		Of which sugars (g)	5.8	9.9	11	Vegan ✓	
		Fibre (g)	2.9	4.9			
		Protein (g)	4.6	7.8	16		
		Salt (g)	0.05	0.09	2		
DWL		Calories (kcal)	93	129	6	Low in Sugar ✓	

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GREEK YOGHURT & SEASONAL FRUIT BOWL	139g	Fat (g)	6	8.3	12	DF ✓	Milk
		Of which saturates (g)	3.9	5.4	27	GF ✓	
		Carbohydrates (g)	5.4	7.5	3	Vegetarian ✓	
		Of which sugars (g)	5.2	7.2	8		
		Fibre (g)	1.4	1.9			
		Protein (g)	3.6	5.1	10		
		Salt (g)	0.1	0.13	2		
NUTTER PROTEIN BOWL	134g	Calories (kcal)	246	330	16	Low in Fat ✓	Milk, Nuts - Almonds, Hazelnuts, Sesame
		Fat (g)	16.9	22.6	32	Low in Saturates ✓	
		Of which saturates (g)	2.4	3.2	16	GF ✓	
		Carbohydrates (g)	9.9	13.2	5	Vegetarian ✓	
		Of which sugars (g)	8.1	10.9	12		
		Fibre (g)	3	4.1			
		Protein (g)	12.2	16.3	33		
		Salt (g)	0.1	0.13	2		
AUTUMN FRUITS	145g	Calories (kcal)	52	75	4	Low in Fat ✓	/
		Fat (g)	0.4	0.6	1	Low in Saturates ✓	
		Of which saturates (g)	0	0.1	0	GF ✓	
		Carbohydrates (g)	9.9	14.4	6	Vegetarian ✓	
		Of which sugars (g)	9.9	14.4	16	Vegan ✓	
		Fibre (g)	2.5	3.6			
		Protein (g)	0.8	1.2	2		
		Salt (g)	0	0.01	0		



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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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GRANOLA GRITS - L	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 - L	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 - L	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 ✓	
		Fibre (g)	2.4	6.5			
		Protein (g)	3	7.9	16		
		Salt (g)	0.02	0.06	1		
SUMMER SOAKED OATS - L	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		
PLAIN J PORRIDGE - L	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		
		Calories (kcal)	109	241	12	Low in Sugar ✓	

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GRANOLA CRITS - R	241g	Fat (g)	5.3	11.7	17	Vegetarian ✓	Cereals containing gluten - Oats, Nuts - Almonds, Pecan, Hazelnuts, Cashews
		Of which saturates (g)	3	6.6	33	DF ✓	
		Carbohydrates (g)	11.7	25.7	10		
		Of which sugars (g)	3.6	8	9		
		Fibre (g)	2.4	5.3			
		Protein (g)	2.5	5.4	11		
		Salt (g)	0.02	0.05	1		
THE NUTTER - R	215g	Calories (kcal)	155	333	17	Low in Sugar ✓	Sesame, Peanuts & Almond
		Fat (g)	10.2	22	31	Vegetarian ✓	
		Of which saturates (g)	3.6	7.6	38	DF ✓	
		Carbohydrates (g)	10.1	21.6	8	GF ✓	
		Of which sugars (g)	2.1	4.6	5	Vegan ✓	
		Fibre (g)	2.1	4.6			
		Protein (g)	4.6	9.9	20		
		Salt (g)	0.05	0.11	2		
JERUSALEM - R	212g	Calories (kcal)	113	240	12	Low in Sugar ✓	Sesame
		Fat (g)	5.8	12.2	17	Vegetarian ✓	
		Of which saturates (g)	3.2	6.7	34	DF ✓	
		Carbohydrates (g)	11.7	24.9	10	GF ✓	
		Of which sugars (g)	3.6	7.7	9	Vegan ✓	
		Fibre (g)	2.2	4.6			
		Protein (g)	2.5	5.4	11		
		Salt (g)	0.02	0.04	1		
PLAIN J PORRIDGE - R	150g	Calories (kcal)	96	144	7	Low in Sugar ✓	/
		Fat (g)	5.1	7.7	11	Vegetarian ✓	
		Of which saturates (g)	3.3	5	25	DF ✓	
		Carbohydrates (g)	9.3	13.9	5	GF ✓	
		Of which sugars (g)	0.2	0.3	0	Vegan ✓	
		Fibre (g)	2	3			
		Protein (g)	2.3	3.5	7		
		Salt (g)	0.02	0.03	0		

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CITRUSTURMERIC	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		
CLASSIC LEMONADE	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 ✓	
		Of which sugars (g)	7.2	21.1	23	Vegan ✓	
		Fibre (g)	0	0.1			
		Protein (g)	0.1	0.2	0		

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		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 ✓	Nuts - Almond
		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 BLUSTER 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 ✓	
		Fibre (g)	1.6	6.9		Contains Honey ✓	
		Protein (g)	2.9	12.5	25		
		Salt (g)	0.08	0.34	6		
		Calories (kcal)	141	584	29	Vegetarian ✓	

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CACAO POWER	415ml	Fat (g)	9	37.4	53	GF ✓	Nuts (almonds), Sesame
		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		