

# 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		

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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 Calories ✓	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	125g / 5 Balls	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		

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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	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 ✓	Cereals Containing Gluten (Za'atar - Trace Gluten)
		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 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	138g	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		

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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 ✓	Cereals Containing Gluten (Trace Gluten - Za'atar) Milk, Sesame Seeds
		Fat (g)	11.3	12.5	18	Vegetarian ✓	
		Of which saturates (g)	2.7	3	15	Low Gluten ✓	
		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, Gluten (Za'atar - Trace Amounts)
		Fat (g)	12.6	10.2	15	Vegetarian ✓	
		Of which saturates (g)	3.3	2.7	14	Low Gluten ✓	
		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		
AVOCADO & 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		



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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, Gluten (Za'atar - Trace Amounts)
		Fat (g)	14.4	9.4	13	Vegetarian ✓	
		Of which saturates (g)	3.6	2.4	12	Low Gluten ✓	
		Carbohydrates (g)	3.7	2.4	1		
		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			
		Protein (g)	2.2	2.6	5		
		Salt (g)	0.5	0.6	10		

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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 MIX	117g	Calories (kcal)	200	244	12		N/A
		Fat (g)	19.7	24	34	Low in Sugar ✓	
		Of which saturates (g)	3.9	4.7	24	Vegetarian ✓	
		Carbohydrates (g)	1.9	2.3	1	GF ✓	
		Of which sugars (g)	0.8	1	1	DF ✓	
		Fibre (g)	4.1	4.9		Vegan ✓	
		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 (sodium hydrogen sulphite)
		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		
RICOTTA & KALE ON TOAST	102g	Calories (kcal)	190	194	10	Low in Sugar ✓	Cereals containing gluten (wheat), dairy (milk)
		Fat (g)	10.8	11	16	Vegetarian ✓	
		Of which saturates (g)	3.8	3.9	20		
		Carbohydrates (g)	14.8	15.1	6		
		Of which sugars (g)	1.7	1.7	2		
		Fibre (g)	2.5	2.5			
		Protein (g)	7.1	7.3	15		

# BREAKFAST & LUNCH

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		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		

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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		
VEGAN SHAKSHUKA - 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 ✓	
		Of which sugars (g)	2.4	8.3	9	GF ✓	
		Fibre (g)	2.2	7.7		Vegan ✓	
		Protein (g)	1.7	5.9	12		

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INSERT TYPE	SERVING SIZE	NUTRITIONAL INFO	PER 100G	PER SERVING	% (RI)	TAGS	ALLERGENS
		Salt (g)	0.45	1.6	26		



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INSERT TYPE	SERVING SIZE	NUTRITIONAL INFO	PER 100G	PER SERVING	% (RI)	TAGS	ALLERGENS
SPINACH & EGGS - FIELDTRAY	250g	Calories (kcal)	102	258	13	Low in Sugar ✓	Cereals containing gluten (trace amount - za'atar), sesame (za'atar)
		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	Low Gluten ✓	
		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		

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INSERT TYPE	SERVING SIZE	NUTRITIONAL INFO	PER 100G	PER SERVING	% (RI)	TAGS	ALLERGENS
ALMOND CROISSANT	100g	Calories (kcal)	462	462	23	Vegetarian ✓	Wheat, milk, egg, nuts (almonds)
		Fat (g)	28.9	28.9	41		
		Of which saturates (g)	9.9	9.9	50		
		Carbohydrates (g)	38.2	38.2	15		
		Of which sugars (g)	15.9	15.9	18		
		Fibre (g)	1.9	1.9			
		Protein (g)	11.2	11.2	22		
		Salt (g)	0.51	0.51	8		

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INSERT TYPE	SERVING SIZE	NUTRITIONAL INFO	PER 100G	PER SERVING	% (RI)	TAGS	ALLERGENS
ALMOND PORRIDGE	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		

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INSERT TYPE	SERVING SIZE	NUTRITIONAL INFO	PER 100G	PER SERVING	% (RI)	TAGS	ALLERGENS
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 ✓	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 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		