

BREAKFAST & LUNCH

NUTRITIONAL INFORMATION

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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		

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MAIN	SERVING SIZE	NUTRITIONAL INFO	PER 100G	PER SERVING	TAGS	ALLERGENS
MISO CHICKEN	120g	Calories (kcal)	188	229	Low in Sugar ✓	Soy (White Miso)
		Fat (g)	9.2	11.2	GF ✓	
		Of which saturates (g)	2.2	2.7	DF ✓	
		Carbohydrates (g)	4.1	5		
		Of which sugars (g)	2	2.4		
		Fibre (g)	0.1	0.1		
		Protein (g)	22.3	27.1		
		Salt (g)	2.2	2.7		
CHARRED FLANK STEAK	120g	Calories (kcal)	279	334	Low in Sugar ✓	Cereals Containing Gluten (Worstershire Sauce), Fish (Worstershire Sauce), Mustard, Sulphites (Vinegar)
		Fat (g)	21.1	25.3	DF ✓	
		Of which saturates (g)	4	4.8		
		Carbohydrates (g)	3.2	3.8		
		Of which sugars (g)	2	2.4		
		Fibre (g)	0.4	0.5		
		Protein (g)	18.7	22.4		
		Salt (g)	0.9	1.06		
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		
		Calories (kcal)	329	395	Low in Sugar ✓	
		Fat (g)	27.1	32.5	GF ✓	

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MAIN	SERVING SIZE	NUTRITIONAL INFO	PER 100G	PER SERVING	TAGS	ALLERGENS
ROASTED SALMON	120g	Of which saturates (g)	3.3	3.9	DF	✓
		Carbohydrates (g)	0.7	0.8		
		Of which sugars (g)	0.4	0.5		
		Fibre (g)	0.2	0.2		
		Protein (g)	20.6	24.7		
		Salt (g)	0.6	0.7		
						Fish, Sulphur Dioxide (Red Wine Vinegar)

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MAIN	SERVING SIZE	NUTRITIONAL INFO	PER 100G	PER SERVING	TAGS	ALLERGENS
CHARRED TOFU STEAK		Calories (kcal)	140	191	Low in Saturates ✓	Sesame (Sesame Oil & Sesame Seeds), Soya (White Miso)
		Fat (g)	6.4	8.7	Low in Sugar ✓	
		Of which saturates (g)	0.9	1.2	Vegetarian ✓	
		Carbohydrates (g)	12.7	17.3	GF ✓	
		Of which sugars (g)	3.1	4.3	DF ✓	
		Fibre (g)	2	2.7	Vegan ✓	
		Protein (g)	7	9.6		
		Salt (g)	0.6	0.8		
TURKEY/MALAYSIAN MEATBALLS	125g / 5 Balls	Calories (kcal)	255	328	GF ✓	Soya (Soy Sauce), Fish Sauce
		Fat (g)	15.8	20.3	DF ✓	
		Of which saturates (g)	6.5	8.3		
		Carbohydrates (g)	7	9		
		Of which sugars (g)	6	7.6		
		Fibre (g)	0.9	1.1		
		Protein (g)	20.9	26.8		
		Salt (g)	2.1	2.7		
CHERMOULA CHICKEN	120g	Calories (kcal)	301	363	Low in Sugar ✓	Sesame Seeds (Tahini)
		Fat (g)	20.4	24.6	DF ✓	
		Of which saturates (g)	4.1	4.9		
		Carbohydrates (g)	1.1	1.3		
		Of which sugars (g)	0.5	0.6		
		Fibre (g)	0.9	1.1		
		Protein (g)	27.9	33.5		
		Salt (g)	0.6	0.7		
HARISSA CHICKEN	120g	Calories (kcal)	230	294	Low in Sugar ✓	N/A
		Fat (g)	15.5	19.8	GF ✓	
		Of which saturates (g)	2.7	3.4	DF ✓	
		Carbohydrates (g)	1.2	1.5		
		Of which sugars (g)	0.5	0.6		
		Fibre (g)	0.5	0.6		
		Protein (g)	21.2	27.2		
		Salt (g)	0.4	0.6		
		Calories (kcal)	126	305	Low in Saturates ✓	
		Fat (g)	4	9.7	Low in Sugar ✓	

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MAIN	SERVING SIZE	NUTRITIONAL INFO	PER 100G	PER SERVING	TAGS	ALLERGENS
CHICKEN ANTICUCHO	120g	Of which saturates (g)	0.5	1.1	GF ✓	N/A
		Carbohydrates (g)	2.1	5.2	DF ✓	
		Of which sugars (g)	1.5	3.7		
		Fibre (g)	0.3	0.7		
		Protein (g)	20.1	48.7		
		Salt (g)	0.28	0.67		
MISO TOFU SKIN CANNELLONI	135g	Calories (kcal)	152	205	Low in Saturates ✓	Sesame (Sesame Oil & Sesame Seeds), Soya (White Miso)
		Fat (g)	13	17.5	Low in Sugar ✓	
		Of which saturates (g)	1.5	2	Vegetarian ✓	
		Carbohydrates (g)	3.5	4.7	GF ✓	
		Of which sugars (g)	2.5	3.4	DF ✓	
		Fibre (g)	2.4	3.2	Vegan ✓	
		Protein (g)	4.1	5.5		
		Salt (g)	1.01	1.36		
SHROOMS' MAC 'N' CHEESE	120g	Calories (kcal)	126	182.7		Cereals Containing Gluten (Wheat), Dairy (Milk, Cheese), Soya
		Fat (g)	7.2	10.44		
		Of which saturates (g)	4.6	6.67		
		Carbohydrates (g)	11	15.95		
		Of which sugars (g)	2.6	3.77		
		Fibre (g)	0.5	0.725		
		Protein (g)	4.8	6.96		
		Salt (g)	0.7	1.015		
NEW LIME LEAF TOFU CURRY	135g	Calories (kcal)	54	97.2	Low in Saturates ✓	Sesame (Sesame Seeds), Soya (Tofu/Soy Sauce), Sulphur (rice vinegar)
		Fat (g)	3.4	6.12	Low in Sugar ✓	
		Of which saturates (g)	0.8	1.44	Vegetarian ✓	
		Carbohydrates (g)	2.5	4.5	GF ✓	
		Of which sugars (g)	1	1.8	DF ✓	
		Fibre (g)	0.8	1.44	Vegan ✓	
		Protein (g)	3.1	5.58		
		Salt (g)	0.2	0.36		

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HOT SIDE	SERVING SIZE	NUTRITIONAL INFO	PER 100G	PER SERVING	TAGS	ALLERGENS
GRILLED BROCCOLI	100g	Calories (kcal)	47	47	Low in Fat ✓	N/A
		Fat (g)	1.1	1.1	Free From Saturates ✓	
		Of which saturates (g)	0.2	0.2	Free From Sugar ✓	
		Carbohydrates (g)	3	3	Low in Calories ✓	
		Of which sugars (g)	1.8	1.8	Vegetarian ✓	
		Fibre (g)	4	4	GF ✓	
		Protein (g)	4.3	4.3	DF ✓	
		Salt (g)	0.5	0.5	Vegan ✓	
WILTED GREENS & MUSHROOMS	77g	Calories (kcal)	77	59	Low in Fat ✓	N/A
		Fat (g)	5.9	4.5	Free From Saturates ✓	
		Of which saturates (g)	0.8	0.6	Free From Sugar ✓	
		Carbohydrates (g)	1.6	1.2	Low in Calories ✓	
		Of which sugars (g)	1.3	1	Vegetarian ✓	
		Fibre (g)	3.1	2.4	GF ✓	
		Protein (g)	2.8	2.2	DF ✓	
		Salt (g)	0.7	0.6	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		
		Calories (kcal)	104	148	Low in Fat ✓	
		Fat (g)	1.2	1.8	Free From Saturates ✓	

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HOT SIDE	SERVING SIZE	NUTRITIONAL INFO	PER 100G	PER SERVING	TAGS	ALLERGENS
ROASTED SWEET POTATO	140g	Of which saturates (g)	0.2	0.3	Free From Sugar ✓	N/A
		Carbohydrates (g)	20.1	28.8	Low in Calories ✓	
		Of which sugars (g)	5.3	7.6	Vegetarian ✓	
		Fibre (g)	3.4	4.8	Low Gluten ✓	
		Protein (g)	1.3	1.8	DF ✓	
		Salt (g)	0.4	0.6	Vegan ✓	

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HOT SIDE	SERVING SIZE	NUTRITIONAL INFO	PER 100G	PER SERVING	TAGS	ALLERGENS
WHOLE ROASTED CAULIFLOWER	115g	Calories (kcal)	100	118	Low in Saturates ✓	Sesame Seeds
		Fat (g)	7.8	9.2	Low in Sugar ✓	
		Of which saturates (g)	1	1.1	Vegetarian ✓	
		Carbohydrates (g)	4	4.7	GF ✓	
		Of which sugars (g)	2.5	2.9	DF ✓	
		Fibre (g)	2	2.4	Vegan ✓	
		Protein (g)	2.5	3		
		Salt (g)	0.3	0.35		
ROASTED BUTTERNUT SQUASH & GREEN TAHINI	90g	Calories (kcal)	67	92	Low in Fat ✓	Sesame Seeds
		Fat (g)	2.9	4	Low in Sugar ✓	
		Of which saturates (g)	0.4	0.5	Low in Saturates ✓	
		Carbohydrates (g)	7.4	10.1	Vegetarian ✓	
		Of which sugars (g)	4	5.6	GF ✓	
		Fibre (g)	2.3	3.2	DF ✓	
		Protein (g)	1.7	2.4	Contains Honey	
		Salt (g)	0.06	0.08		
SESAME & GINGER GREENS	125g	Calories (kcal)	120	105	Low in Saturates ✓	Sesame (Oil & Seeds) & Soy
		Fat (g)	10.2	8.9	Low in Sugar ✓	
		Of which saturates (g)	0.9	0.8	Vegetarian ✓	
		Carbohydrates (g)	3.3	2.9	GF ✓	
		Of which sugars (g)	2.7	2.4	DF ✓	
		Fibre (g)	2.2	1.9	Vegan ✓	
		Protein (g)	2.7	2.4	Seasonal ✓	
		Salt (g)	0.58	0.51		
LE GREENS		Calories (kcal)	108	124.2	Low in Fat ✓	
		Fat (g)	5.2	5.98	Low in Sugar ✓	
		Of which saturates (g)	0.8	0.92	Low in Saturates ✓	

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HOT SIDE	SERVING SIZE	NUTRITIONAL INFO	PER 100G	PER SERVING	TAGS	ALLERGENS
OREGANO AUBERGIN	90g	Carbohydrates (g)	10.1	11.615	Vegetarian ✓	NA
		Of which sugars (g)	3.4	3.91	GF ✓	
		Fibre (g)	4.2	4.83	DF ✓	
		Protein (g)	4.1	4.715		
		Salt (g)	0.9	1.035		

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

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COLD SIDE	SERVING SIZE	NUTRITIONAL INFO	PER 100G	PER SERVING	TAGS	ALLERGENS
AVOCADO & KALE MISO SLAW	80g	Of which saturates (g)	1.6	1.3	GF ✓	Sesame Seeds, Soya (Miso), Sulphur (Vinegar)
		Carbohydrates (g)	5.8	4.7	DF ✓	
		Of which sugars (g)	3.4	2.8	Vegan ✓	
		Fibre (g)	3.1	2.5		
		Protein (g)	3.1	2.5		
		Salt (g)	1.6	1.29		

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

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Please remember to check our full allergen guide regularly as recipes do change from time to time – the last thing we want is for anyone being caught out by a new take on an old favourite. If you have any further queries please don't hesitate to send us an email hello@farmerj.com or speak to a member of our team.

COLD SIDE	SERVING SIZE	NUTRITIONAL INFO	PER 100G	PER SERVING	TAGS	ALLERGENS
BRITISH PURPLE GARDENS	60g	Of which saturates (g)	1.1	0.7	GF ✓	Sulphur Dioxide (Vinegar) & Mustard
		Carbohydrates (g)	5	3.1	DF ✓	
		Of which sugars (g)	3.7	2.2	Contains Honey ✓	
		Fibre (g)	2.1	1.3	Seasonal ✓	
		Protein (g)	2.5	1.5		
		Salt (g)	0.75	0.45		
SESAME SPRING GREENS	80g	Calories (kcal)	115	97.75	Low in Saturates ✓	Sulphur Dioxide, Sesame seeds and Soya
		Fat (g)	9	7.65	Low in Sugar ✓	
		Of which saturates (g)	1.4	1.19	Vegetarian ✓	
		Carbohydrates (g)	2.9	2.465	GF ✓	
		Of which sugars (g)	1.8	1.53	DF ✓	
		Fibre (g)	2.6	2.21	Vegan ✓	
		Protein (g)	5.1	4.335		
		Salt (g)	0.5	0.425		
BEETS & LEAVES	60g	Calories (kcal)	150	97.5	Low in Sugar ✓	Milk, Mustard, Sulphur Dioxide
		Fat (g)	13.7	8.905	Vegetarian ✓	
		Of which saturates (g)	2.7	1.755	GF ✓	
		Carbohydrates (g)	2.9	1.885	Seasonal ✓	
		Of which sugars (g)	2.6	1.69		
		Fibre (g)	0.9	0.585		
		Protein (g)	3.7	2.405		
		Salt (g)	0.7	0.455		

LUNCH NUTRITIONAL INFORMATION

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SAUCE	SERVING SIZE	NUTRITIONAL INFO	PER 100G	PER SERVING	TAGS	ALLERGENS
RED PEPPER SAUCE	20g	Calories (kcal)	207	41	Low in Saturates ✓	Mustard, Sulphites (Sodium Hydrogen Sulphite)
		Fat (g)	20.7	4.1	Low in Sugar ✓	
		Of which saturates (g)	1.4	0.3	Vegetarian ✓	
		Carbohydrates (g)	3.4	0.7	GF ✓	
		Of which sugars (g)	3	0.6	DF ✓	
		Fibre (g)	1.9	0.4	Vegan ✓	
		Protein (g)	1	0.2		
		Salt (g)	0.82	0.16		
CHIMICHURRI	15g	Calories (kcal)	662	94	Low in Saturates ✓	Sulphur Dioxide (Vinegar)
		Fat (g)	72.6	10.4	Low in Sugar ✓	
		Of which saturates (g)	2.9	0.4	Vegetarian ✓	
		Carbohydrates (g)	1.2	0.2	GF ✓	
		Of which sugars (g)	0.1	0	DF ✓	
		Fibre (g)	0	0	Vegan ✓	
		Protein (g)	0.8	0.1		
		Salt (g)	0.7	0.1		
TAHINI	20g	Calories (kcal)	312	63	Low in Sugar ✓	Sesame Seeds
		Fat (g)	29	5.8	Vegetarian ✓	
		Of which saturates (g)	4.1	0.8	Vegetarian ✓	
		Carbohydrates (g)	0.6	0.1	GF ✓	
		Of which sugars (g)	0.3	0.1	DF ✓	
		Fibre (g)	4.9	1	Vegan ✓	
		Protein (g)	9.9	2		
		Salt (g)	0.51	0.1		
		Calories (kcal)	291	58.2	Low in Saturates ✓	
		Fat (g)	28.7	5.74	Low in Sugar ✓	
		Of which saturates (g)	4.1	0.82	Vegetarian ✓	

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SAUCE	SERVING SIZE	NUTRITIONAL INFO	PER 100G	PER SERVING	TAGS	ALLERGENS
J'S AIOLI	15g	Carbohydrates (g)	2.6	0.52	GF ✓	Milk, Eggs, Sulphur Dioxide
		Of which sugars (g)	2.4	0.48		
		Fibre (g)	0.1	0.02		
		Protein (g)	6	1.2		
		Salt (g)	3.5	0.7		