

# BREAKFAST & LUNCH

## NUTRITIONAL INFORMATION

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BASE	NUTRITIONAL INFO	PER 100G
BABY SPINACH	Calories (kcal)	19
	Fat (g)	0.6
	Of which saturates (g)	0.1
	Carbohydrates (g)	0.2
	Of which sugars (g)	0
	Fibre (g)	1
	Protein (g)	2.6
	Salt (g)	0.07
FIELD GRAINS	Calories (kcal)	189
	Fat (g)	9.2
	Of which saturates (g)	4.1
	Carbohydrates (g)	19
	Of which sugars (g)	2.9
	Fibre (g)	2.6
	Protein (g)	6.2
	Salt (g)	1
BROWN RICE	Calories (kcal)	192
	Fat (g)	8.2
	Of which saturates (g)	1.2
	Carbohydrates (g)	25.4
	Of which sugars (g)	0.1
	Fibre (g)	1.4
	Protein (g)	3.4
	Salt (g)	0.5
FARMER'S GRAINS	Calories (kcal)	175
	Fat (g)	6.3
	Of which saturates (g)	0.8
	Carbohydrates (g)	23.2
	Of which sugars (g)	1.6
	Fibre (g)	2.3
	Protein (g)	5.4
	Salt (g)	1.44

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MAIN	NUTRITIONAL INFO	PER 100G
MISO CHICKEN	Calories (kcal)	188
	Fat (g)	9.2
	Of which saturates (g)	2.2
	Carbohydrates (g)	4.1
	Of which sugars (g)	2
	Fibre (g)	0.1
	Protein (g)	22.3
	Salt (g)	2.2
CHARRED FLANK STEAK	Calories (kcal)	279
	Fat (g)	21.1
	Of which saturates (g)	4
	Carbohydrates (g)	3.2
	Of which sugars (g)	2
	Fibre (g)	0.4
	Protein (g)	18.7
	Salt (g)	0.9
MAC & CHEESE	Calories (kcal)	168
	Fat (g)	8
	Of which saturates (g)	4.6
	Carbohydrates (g)	16.4
	Of which sugars (g)	2.3
	Fibre (g)	1.8
	Protein (g)	6.6
	Salt (g)	0.8

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MAIN	NUTRITIONAL INFO	PER 100G
ROASTED SALMON	Calories (kcal)	329
	Fat (g)	27.1
	Of which saturates (g)	3.3
	Carbohydrates (g)	0.7
	Of which sugars (g)	0.4
	Fibre (g)	0.2
	Protein (g)	20.6
	Salt (g)	0.6

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MAIN	NUTRITIONAL INFO	PER 100G
CHARRED TOFU STEAK	Calories (kcal)	140
	Fat (g)	6.4
	Of which saturates (g)	0.9
	Carbohydrates (g)	12.7
	Of which sugars (g)	3.1
	Fibre (g)	2
	Protein (g)	7
	Salt (g)	0.6
TURKEY MALAYSIAN MEATBALLS	Calories (kcal)	255
	Fat (g)	15.8
	Of which saturates (g)	6.5
	Carbohydrates (g)	7
	Of which sugars (g)	6
	Fibre (g)	0.9
	Protein (g)	20.9
	Salt (g)	2.1
CHERMOULA CHICKEN	Calories (kcal)	301
	Fat (g)	20.4
	Of which saturates (g)	4.1
	Carbohydrates (g)	1.1
	Of which sugars (g)	0.5
	Fibre (g)	0.9
	Protein (g)	27.9
	Salt (g)	0.6
HARISSA CHICKEN	Calories (kcal)	230
	Fat (g)	15.5
	Of which saturates (g)	2.7
	Carbohydrates (g)	1.2
	Of which sugars (g)	0.5
	Fibre (g)	0.5
	Protein (g)	21.2
	Salt (g)	0.4
	Calories (kcal)	126

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MAIN	NUTRITIONAL INFO	PER 100G
CHICKEN ANTICUCHO	Fat (g)	4
	Of which saturates (g)	0.5
	Carbohydrates (g)	2.1
	Of which sugars (g)	1.5
	Fibre (g)	0.3
	Protein (g)	20.1
	Salt (g)	0.28
MISO TOFU SKIN CANNELLONI	Calories (kcal)	152
	Fat (g)	13
	Of which saturates (g)	1.5
	Carbohydrates (g)	3.5
	Of which sugars (g)	2.5
	Fibre (g)	2.4
	Protein (g)	4.1
	Salt (g)	1.01
SHROOMS' MAC 'N' CHEESE	Calories (kcal)	126
	Fat (g)	7.2
	Of which saturates (g)	4.6
	Carbohydrates (g)	11
	Of which sugars (g)	2.6
	Fibre (g)	0.5
	Protein (g)	4.8
	Salt (g)	0.7
NEW LIME LEAF TOFU CURRY	Calories (kcal)	54
	Fat (g)	3.4
	Of which saturates (g)	0.8
	Carbohydrates (g)	2.5
	Of which sugars (g)	1
	Fibre (g)	0.8
	Protein (g)	3.1
	Salt (g)	0.2
	Calories (kcal)	197
	Fat (g)	5.2

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MAIN	NUTRITIONAL INFO	PER 100G
YAFFO CHICKEN	Of which saturates (g)	1.9
	Carbohydrates (g)	3.7
	Of which sugars (g)	2
	Fibre (g)	0.4
	Protein (g)	24.6
	Salt (g)	1
SQUASH MAC 'N' CHEESE	Calories (kcal)	256
	Fat (g)	10.4
	Of which saturates (g)	6.4
	Carbohydrates (g)	32.6
	Of which sugars (g)	4.1
	Fibre (g)	1.4
	Protein (g)	10.3
	Salt (g)	1.3

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HOT SIDE	NUTRITIONAL INFO	PER 100G
GRILLED BROCCOLI	Calories (kcal)	47
	Fat (g)	1.1
	Of which saturates (g)	0.2
	Carbohydrates (g)	3
	Of which sugars (g)	1.8
	Fibre (g)	4
	Protein (g)	4.3
	Salt (g)	0.5
WILTED GREENS & MUSHROOMS	Calories (kcal)	77
	Fat (g)	5.9
	Of which saturates (g)	0.8
	Carbohydrates (g)	1.6
	Of which sugars (g)	1.3
	Fibre (g)	3.1
	Protein (g)	2.8
	Salt (g)	0.7
MAC & CHEESE	Calories (kcal)	168
	Fat (g)	8
	Of which saturates (g)	4.6
	Carbohydrates (g)	16.4
	Of which sugars (g)	2.3
	Fibre (g)	1.8
	Protein (g)	6.6
	Salt (g)	0.8

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HOT SIDE	NUTRITIONAL INFO	PER 100G
ROASTED SWEET POTATO	Calories (kcal)	104
	Fat (g)	1.2
	Of which saturates (g)	0.2
	Carbohydrates (g)	20.1
	Of which sugars (g)	5.3
	Fibre (g)	3.4
	Protein (g)	1.3
	Salt (g)	0.4

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HOT SIDE	NUTRITIONAL INFO	PER 100G
WHOLE ROASTED CAULIFLOWER	Calories (kcal)	100
	Fat (g)	7.8
	Of which saturates (g)	1
	Carbohydrates (g)	4
	Of which sugars (g)	2.5
	Fibre (g)	2
	Protein (g)	2.5
	Salt (g)	0.3
ROASTED BUTTERNUT SQUASH & GREEN TAHINI	Calories (kcal)	67
	Fat (g)	2.9
	Of which saturates (g)	0.4
	Carbohydrates (g)	7.4
	Of which sugars (g)	4
	Fibre (g)	2.3
	Protein (g)	1.7
	Salt (g)	0.06
SESAME & GINGER GREENS	Calories (kcal)	120
	Fat (g)	10.2
	Of which saturates (g)	0.9
	Carbohydrates (g)	3.3
	Of which sugars (g)	2.7
	Fibre (g)	2.2
	Protein (g)	2.7
	Salt (g)	0.58
	Calories (kcal)	108

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HOT SIDE	NUTRITIONAL INFO	PER 100G
OREGANO AUBERGINE GREENS	Fat (g)	5.2
	Of which saturates (g)	0.8
	Carbohydrates (g)	10.1
	Of which sugars (g)	3.4
	Fibre (g)	4.2
	Protein (g)	4.1
	Salt (g)	0.9
SESAME AUBERGINE & GREENS	Calories (kcal)	64
	Fat (g)	4.8
	Of which saturates (g)	0.7
	Carbohydrates (g)	3.5
	Of which sugars (g)	3
	Fibre (g)	3.1
	Protein (g)	2.1
	Salt (g)	0.8
MISO SPROUTS	Calories (kcal)	88
	Fat (g)	6.9
	Of which saturates (g)	4.3
	Carbohydrates (g)	4.8
	Of which sugars (g)	0.8
	Fibre (g)	0.5
	Protein (g)	4.3
	Salt (g)	4.3

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COLD SIDE	PER 100G
ROASTED CHICKPEA & TOMATO SALAD	117
	7.1
	0.6
	8.2
	1.7
	3.6
	3.3
	0.4
FARMER'S SALAD	137
	11.3
	2.7
	4.1
	1.7
	1.8
	3.8
	0.4
SHREDDED BROCCOLI SALAD	149
	12.6
	3.3
	2.6
	1.7
	2.7
	5
	0.6

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COLD SIDE	PER 100G
AVOCADO & KALE MISO SLAW	128
	9.6
	1.6
	5.8
	3.4
	3.1
	3.1
	1.6

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COLD SIDE	PER 100G
SHAVED BRUSSEL SPROUT SALAD	171
	14.4
	3.6
	3.7
	2.2
	3.5
	4.8
	0.87
RAW GARDEN SALAD	90
	5.7
	0.8
	5.2
	2.7
	2.8
	3.2
	0.4
ZUCCHINI SALAD	84
	6.3
	0.9
	3.8
	2.7
	2
	2.2
	0.5
ROOTS & GREENS	129
	7.6
	1.5
	12.2
	7.2
	2.7
	1.7
	0.17
	105

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COLD SIDE	PER 100G
BRITISH PURPLE GARDEN SALAD	7.9
	1.1
	5
	3.7
	2.1
	2.5
	0.75
SESAME SPRING GREENS	115
	9
	1.4
	2.9
	1.8
	2.6
	5.1
	0.5
BEETS & LEAVES	150
	13.7
	2.7
	2.9
	2.6
	0.9
	3.7
	0.7
SEASONAL SLAW	176
	16.6
	1.9
	3.7
	3.3
	2.4
	3.1
	0.7
:NS	185
	16.2

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COLD SIDE	PER 100G
WALNUT, PUMPKIN & GREEK	2
	6.6
	4.3
	2.7
	3.6
	0.8

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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 ✓	

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SAUCE	SERVING SIZE	NUTRITIONAL INFO	PER 100G	PER SERVING	TAGS	ALLERGENS
J's AIOLI	15g	Of which saturates (g)	4.1	0.82	Vegetarian ✓	Milk, Eggs, Sulphur Dioxide
		Carbohydrates (g)	2.6	0.52	GF ✓	
		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		