

NUTRITIONAL INFORMATION

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| CATEGORY | PRODUCT | SERVING SIZE | NUTRITIONAL INFO | PER 100G | PER SERVING |
|---------------------------------|-----------------|--------------|------------------------|----------|-------------|
| BUILD YOUR OWN FIELDTRAY: BASES | BABY SPINACH | 30g | Calories (kcal) | 19 | 6 |
| | | | Fat (g) | 0.6 | 0.2 |
| | | | Of which saturates (g) | 0.1 | 0 |
| | | | Carbohydrates (g) | 0.2 | 0.1 |
| | | | Of which sugars (g) | 0 | 0 |
| | | | Fibre (g) | 1 | 0.3 |
| | | | Protein (g) | 2.6 | 0.8 |
| | | | Salt (g) | 0.1 | 0.0 |
| | BROWN RICE | 140g | Calories (kcal) | 192 | 269 |
| | | | Fat (g) | 8.2 | 11.5 |
| | | | Of which saturates (g) | 1.2 | 1.7 |
| | | | Carbohydrates (g) | 25.4 | 35.6 |
| | | | Of which sugars (g) | 0.1 | 0.1 |
| | | | Fibre (g) | 1.4 | 2.0 |
| | | | Protein (g) | 3.4 | 4.8 |
| | FARMER'S GRAINS | 140g | Calories (kcal) | 224 | 314 |
| | | | Fat (g) | 11.0 | 15.4 |
| | | | Of which saturates (g) | 1.6 | 2.24 |
| | | | Carbohydrates (g) | 24.5 | 34.3 |
| | | | Of which sugars (g) | 0.6 | 0.84 |
| | | | Fibre (g) | 2.7 | 3.78 |
| Protein (g) | | | 5.6 | 7.84 | |
| Salt (g) | 0.9 | 1.26 | | | |

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|---------------------------------|---------------------|------------------------|------------------------|----------|-------------|
| BUILD YOUR OWN FIELDTRAY: MAINS | CHARRED FLANK STEAK | 120g | Calories (kcal) | 163 | 196 |
| | | | Fat (g) | 9.2 | 11.0 |
| | | | Of which saturates (g) | 2.9 | 3.5 |
| | | | Carbohydrates (g) | 0.7 | 0.8 |
| | | | Of which sugars (g) | 0.3 | 0.4 |
| | | | Fibre (g) | 0.3 | 0.4 |
| | | | Protein (g) | 19 | 22.8 |
| | | | Salt (g) | 0.9 | 1.0 |
| | GREEN MAC & CHEESE | 250g | Calories (kcal) | 165 | 413 |
| | | | Fat (g) | 9.6 | 24.0 |
| | | | Of which saturates (g) | 6 | 15.0 |
| | | | Carbohydrates (g) | 12.8 | 32.0 |
| | | | Of which sugars (g) | 3.1 | 7.8 |
| | | | Fibre (g) | 1.1 | 2.8 |
| | | | Protein (g) | 7.6 | 19.0 |
| | | | Salt (g) | 1.3 | 3.3 |
| | CHERMOULA SALMON | 126g | Calories (kcal) | 215 | 271 |
| | | | Fat (g) | 16.6 | 20.8 |
| | | | Of which saturates (g) | 2.2 | 2.8 |
| | | | Carbohydrates (g) | 0.4 | 0.7 |
| | | | Of which sugars (g) | 0.3 | 0.3 |
| | | | Fibre (g) | 0.2 | 0.3 |
| | | | Protein (g) | 16 | 20.1 |
| | | | Salt (g) | 1 | 1.2 |
| | BAHARAT CHICKEN | 120g | Calories (kcal) | 257 | 308 |
| | | | Fat (g) | 14.7 | 17.6 |
| | | | Of which saturates (g) | 2 | 2.4 |
| | | | Carbohydrates (g) | 4.9 | 5.9 |
| | | | Of which sugars (g) | 3.7 | 4.4 |
| | | | Fibre (g) | 0.3 | 0.4 |
| Protein (g) | | | 26.6 | 31.9 | |
| Salt (g) | | | 1.3 | 1.6 | |
| HARISSA CHICKEN | 120g | Calories (kcal) | 230 | 276 | |
| | | Fat (g) | 15.5 | 18.6 | |
| | | Of which saturates (g) | 2.7 | 3.2 | |
| | | Carbohydrates (g) | 1.2 | 1.4 | |
| | | Of which sugars (g) | 0.5 | 0.6 | |
| | | Fibre (g) | 0.5 | 0.6 | |
| | | Protein (g) | 21.2 | 25.4 | |
| | | Salt (g) | 0.4 | 0.5 | |
| LIME LEAF TOFU CURRY | 262g | Calories (kcal) | 77 | 202 | |
| | | Fat (g) | 6.0 | 15.9 | |
| | | Of which saturates (g) | 2.3 | 6 | |
| | | Carbohydrates (g) | 2.2 | 5.8 | |
| | | Of which sugars (g) | 1.3 | 3.3 | |
| | | Fibre (g) | 0.8 | 2.2 | |
| | | Protein (g) | 3.5 | 9.1 | |
| | | Salt (g) | 0.2 | 0.6 | |

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|-------------------------------------|---------------------------|------------------------|------------------------|----------|-------------|
| BUILD YOUR OWN FIELDTRAY: HOT SIDES | GRILLED BROCCOLI | 100g | Calories (kcal) | 47 | 47 |
| | | | Fat (g) | 1.1 | 1.1 |
| | | | Of which saturates (g) | 0.2 | 0.2 |
| | | | Carbohydrates (g) | 3.0 | 3.0 |
| | | | Of which sugars (g) | 1.8 | 1.8 |
| | | | Fibre (g) | 4.0 | 4.0 |
| | | | Protein (g) | 4.3 | 4.3 |
| | | | Salt (g) | 0.5 | 0.5 |
| | GREEN MAC & CHEESE | 145g | Calories (kcal) | 165 | 239 |
| | | | Fat (g) | 9.6 | 13.9 |
| | | | Of which saturates (g) | 6.0 | 8.7 |
| | | | Carbohydrates (g) | 12.8 | 18.6 |
| | | | Of which sugars (g) | 3.1 | 4.5 |
| | | | Fibre (g) | 1.1 | 1.6 |
| | | | Protein (g) | 7.6 | 11.0 |
| | | | Salt (g) | 1.3 | 1.9 |
| | SPICED SWEET POTATOES | 120g | Calories (kcal) | 186 | 223 |
| | | | Fat (g) | 5.3 | 6.4 |
| | | | Of which saturates (g) | 0.7 | 0.8 |
| | | | Carbohydrates (g) | 34.7 | 41.6 |
| | | | Of which sugars (g) | 9.2 | 11.0 |
| | | | Fibre (g) | 4.2 | 5.0 |
| | | | Protein (g) | 2.0 | 2.4 |
| | | | Salt (g) | 0.8 | 1.0 |
| | WHOLE ROASTED CAULIFLOWER | 130g | Calories (kcal) | 100 | 130 |
| | | | Fat (g) | 7.8 | 10.1 |
| | | | Of which saturates (g) | 1.0 | 1.3 |
| | | | Carbohydrates (g) | 4.0 | 5.2 |
| Of which sugars (g) | | | 2.5 | 3.3 | |
| Fibre (g) | | | 2.0 | 2.6 | |
| Protein (g) | | | 2.5 | 3.3 | |
| Salt (g) | | | 0.3 | 0.4 | |
| ZA'ATAR SPROUTS | 120g | Calories (kcal) | 119 | 143 | |
| | | Fat (g) | 9.3 | 11.2 | |
| | | Of which saturates (g) | 1.4 | 1.7 | |
| | | Carbohydrates (g) | 5.5 | 6.6 | |
| | | Of which sugars (g) | 3.4 | 4.1 | |
| | | Fibre (g) | 5.1 | 6.1 | |
| | | Protein (g) | 4.1 | 4.9 | |
| | | Salt (g) | 1.0 | 1.2 | |

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|--------------------------------------|--------------------------|--------------|------------------------|----------|-------------|
| BUILD YOUR OWN FIELDTRAY: COLD SIDES | AVOCADO & KALE MISO SLAW | 80g | Calories (kcal) | 140 | 112 |
| | | | Fat (g) | 12.5 | 10.0 |
| | | | Of which saturates (g) | 2.0 | 1.6 |
| | | | Carbohydrates (g) | 3.8 | 3.0 |
| | | | Of which sugars (g) | 2.6 | 2.1 |
| | | | Fibre (g) | 2.0 | 1.6 |
| | | | Protein (g) | 2.3 | 1.8 |
| | | | Salt (g) | 0.9 | 0.7 |
| | TAHINI CHICKPEA SALAD | 120g | Calories (kcal) | 122 | 146 |
| | | | Fat (g) | 7.2 | 8.6 |
| | | | Of which saturates (g) | 1.1 | 1.3 |
| | | | Carbohydrates (g) | 9.0 | 10.8 |
| | | | Of which sugars (g) | 1.9 | 2.3 |
| | | | Fibre (g) | 3.6 | 4.3 |
| | | | Protein (g) | 4.2 | 5.0 |
| | | | Salt (g) | 1.0 | 1.2 |
| | FETA KALE CRUNCH | 80g | Calories (kcal) | 188 | 150 |
| | | | Fat (g) | 13.4 | 10.7 |
| | | | Of which saturates (g) | 3.0 | 2.4 |
| | | | Carbohydrates (g) | 11.8 | 9.4 |
| | | | Of which sugars (g) | 3.7 | 3.0 |
| | | | Fibre (g) | 2.2 | 1.8 |
| | | | Protein (g) | 3.8 | 3.0 |
| | | | Salt (g) | 0.9 | 0.7 |
| | SEASONAL SLAW | 90g | Calories (kcal) | 176 | 158 |
| | | | Fat (g) | 16.6 | 14.9 |
| | | | Of which saturates (g) | 1.9 | 1.7 |
| | | | Carbohydrates (g) | 3.7 | 3.3 |
| Of which sugars (g) | | | 3.3 | 3.0 | |
| Fibre (g) | | | 2.4 | 2.2 | |
| Protein (g) | | | 3.1 | 2.8 | |
| Salt (g) | | | 0.7 | 0.6 | |

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|---------------------|------------------|--------------|------------------------|----------|-------------|
| SAUCES | RED PEPPER SAUCE | 20g | Calories (kcal) | 207 | 41 |
| | | | Fat (g) | 20.7 | 4.1 |
| | | | Of which saturates (g) | 1.4 | 0.3 |
| | | | Carbohydrates (g) | 3.4 | 0.7 |
| | | | Of which sugars (g) | 3.0 | 0.6 |
| | | | Fibre (g) | 1.9 | 0.4 |
| | | | Protein (g) | 1.0 | 0.2 |
| | | | Salt (g) | 0.8 | 0.2 |
| | CHIMICHURRI | 15g | Calories (kcal) | 662 | 94 |
| | | | Fat (g) | 72.6 | 10.4 |
| | | | Of which saturates (g) | 2.9 | 0.4 |
| | | | Carbohydrates (g) | 1.2 | 0.2 |
| | | | Of which sugars (g) | 0.1 | 0.0 |
| | | | Fibre (g) | 0.0 | 0.0 |
| | | | Protein (g) | 0.8 | 0.1 |
| | | | Salt (g) | 0.7 | 0.1 |
| | TAHINI | 28g | Calories (kcal) | 355 | 99 |
| | | | Fat (g) | 32.7 | 9.2 |
| | | | Of which saturates (g) | 5.4 | 1.5 |
| | | | Carbohydrates (g) | 5.3 | 1.5 |
| | | | Of which sugars (g) | 0.5 | 0.1 |
| | | | Fibre (g) | 1.4 | 0.4 |
| | | | Protein (g) | 10.9 | 3.1 |
| | | | Salt (g) | 1.2 | 0.3 |
| | J's AIOLI | 15g | Calories (kcal) | 291 | 44 |
| | | | Fat (g) | 28.7 | 4.3 |
| | | | Of which saturates (g) | 4.1 | 0.6 |
| | | | Carbohydrates (g) | 2.6 | 0.4 |
| Of which sugars (g) | | | 2.4 | 0.4 | |
| Fibre (g) | | | 0.1 | 0.0 | |
| Protein (g) | | | 6.0 | 0.9 | |
| Salt (g) | | | 3.5 | 0.5 | |

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|---------------------|-----------------|--------------|------------------------|----------|-------------|
| SET FIELDBOWLS | CHRISTMAS BOWL | 300g | Calories (kcal) | 190 | 570 |
| | | | Fat (g) | 10.2 | 30.7 |
| | | | Of which saturates (g) | 1.5 | 4.4 |
| | | | Carbohydrates (g) | 14.6 | 43.9 |
| | | | Of which sugars (g) | 1.9 | 5.8 |
| | | | Fibre (g) | 2.1 | 6.3 |
| | | | Protein (g) | 9.8 | 29.3 |
| | | | Salt (g) | 0.8 | 2.5 |
| | HARISSA HABIBI | 320g | Calories (kcal) | 187 | 599 |
| | | | Fat (g) | 10.7 | 34.2 |
| | | | Of which saturates (g) | 1.7 | 5.4 |
| | | | Carbohydrates (g) | 12.9 | 41.2 |
| | | | Of which sugars (g) | 1.1 | 3.4 |
| | | | Fibre (g) | 2.5 | 8.0 |
| | | | Protein (g) | 9.0 | 28.7 |
| | | | Salt (g) | 0.8 | 2.6 |
| | LIME LEAF CURRY | 462g | Calories (kcal) | 110 | 508 |
| | | | Fat (g) | 6.1 | 28.3 |
| | | | Of which saturates (g) | 1.7 | 7.8 |
| | | | Carbohydrates (g) | 9.5 | 43.8 |
| | | | Of which sugars (g) | 1.1 | 4.9 |
| | | | Fibre (g) | 1.6 | 7.4 |
| | | | Protein (g) | 3.7 | 17.3 |
| | | | Salt (g) | 0.4 | 1.7 |
| | TAHINI CAULI | 350g | Calories (kcal) | 164 | 575 |
| | | | Fat (g) | 11.0 | 38.6 |
| | | | Of which saturates (g) | 1.6 | 5.5 |
| | | | Carbohydrates (g) | 11.1 | 39.0 |
| Of which sugars (g) | | | 1.7 | 5.9 | |
| Fibre (g) | | | 2.2 | 7.7 | |
| Protein (g) | | | 4.3 | 15.0 | |
| Salt (g) | | | 0.6 | 2.0 | |

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|---------------------|-------------------------|------------------------|------------------------|----------|-------------|
| SET FIELDTRAYS | J'S CLASSIC | 505g | Calories (kcal) | 165 | 831 |
| | | | Fat (g) | 8.9 | 45.1 |
| | | | Of which saturates (g) | 2.7 | 13.8 |
| | | | Carbohydrates (g) | 11.6 | 58.6 |
| | | | Of which sugars (g) | 1.4 | 7.0 |
| | | | Fibre (g) | 1.6 | 8.2 |
| | | | Protein (g) | 9.0 | 45.5 |
| | | | Salt (g) | 0.7 | 3.6 |
| | J'S CHRISTMAS FIELDTRAY | 500g | Calories (kcal) | 189 | 943 |
| | | | Fat (g) | 9.3 | 46.6 |
| | | | Of which saturates (g) | 1.3 | 6.6 |
| | | | Carbohydrates (g) | 17.9 | 89.7 |
| | | | Of which sugars (g) | 3.9 | 19.7 |
| | | | Fibre (g) | 2.7 | 13.5 |
| | | | Protein (g) | 8.8 | 44.0 |
| | | | Salt (g) | 0.9 | 4.4 |
| | FARMER'S CATCH | 476g | Calories (kcal) | 194 | 921 |
| | | | Fat (g) | 11.3 | 53.6 |
| | | | Of which saturates (g) | 1.5 | 7.0 |
| | | | Carbohydrates (g) | 17.1 | 81.2 |
| | | | Of which sugars (g) | 3.0 | 14.5 |
| | | | Fibre (g) | 2.0 | 9.5 |
| | | | Protein (g) | 6.3 | 30.1 |
| | | | Salt (g) | 0.7 | 3.5 |
| | BUTCHER'S CUT | 375g | Calories (kcal) | 158 | 591 |
| | | | Fat (g) | 9.6 | 35.9 |
| | | | Of which saturates (g) | 3.9 | 14.6 |
| | | | Carbohydrates (g) | 7.7 | 28.9 |
| | | | Of which sugars (g) | 2.1 | 7.8 |
| | | | Fibre (g) | 1.1 | 4.0 |
| Protein (g) | | | 10.0 | 37.7 | |
| Salt (g) | | | 1.0 | 3.7 | |
| WHERE MY VEGANS AT? | 612g | Calories (kcal) | 117 | 713 | |
| | | Fat (g) | 7.7 | 47.3 | |
| | | Of which saturates (g) | 1.7 | 10.6 | |
| | | Carbohydrates (g) | 8.1 | 49.6 | |
| | | Of which sugars (g) | 1.5 | 8.9 | |
| | | Fibre (g) | 1.4 | 8.3 | |
| | | Protein (g) | 3.1 | 19.0 | |
| | | Salt (g) | 0.4 | 2.3 | |
| SEASON'S GREENS | 550g | Calories (kcal) | 140 | 770 | |
| | | Fat (g) | 9.7 | 53.2 | |
| | | Of which saturates (g) | 1.3 | 7.1 | |
| | | Carbohydrates (g) | 9.7 | 53.5 | |
| | | Of which sugars (g) | 2.2 | 12.2 | |
| | | Fibre (g) | 2.6 | 14.2 | |
| | | Protein (g) | 3.2 | 17.5 | |
| | | Salt (g) | 0.6 | 3.1 | |

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| BREAKFAST | AVO & FETA TOAST | 118g | Calories (kcal) | 231 | 273 |
| | | | Fat (g) | 13.1 | 15.4 |
| | | | Of which saturates (g) | 3.8 | 4.5 |
| | | | Carbohydrates (g) | 21.3 | 25.2 |
| | | | Of which sugars (g) | 0.9 | 1.1 |
| | | | Fibre (g) | 3.8 | 4.4 |
| | | | Protein (g) | 6.7 | 7.9 |
| | | | Salt (g) | 1.1 | 1.3 |
| | SALMON & EGG TOAST | 122g | Calories (kcal) | 165 | 201 |
| | | | Fat (g) | 13.8 | 16.9 |
| | | | Of which saturates (g) | 3.1 | 3.7 |
| | | | Carbohydrates (g) | 1.7 | 2.1 |
| | | | Of which sugars (g) | 0.4 | 0.5 |
| | | | Fibre (g) | 1.6 | 1.9 |
| | | | Protein (g) | 8.9 | 10.8 |
| | | | Salt (g) | 1.1 | 1.3 |
| | EGG TOAST | 134g | Calories (kcal) | 224 | 300 |
| | | | Fat (g) | 13.0 | 17.4 |
| | | | Of which saturates (g) | 2.0 | 2.6 |
| | | | Carbohydrates (g) | 18.4 | 24.6 |
| | | | Of which sugars (g) | 0.9 | 1.1 |
| | | | Fibre (g) | 2.2 | 3.0 |
| | | | Protein (g) | 8.7 | 11.7 |
| | | | Salt (g) | 0.8 | 1.1 |
| | EGG CHALLAH ROLL | 159g | Calories (kcal) | 228 | 362 |
| | | | Fat (g) | 12.4 | 19.7 |
| | | | Of which saturates (g) | 1.9 | 3.0 |
| | | | Carbohydrates (g) | 21.9 | 34.8 |
| | | | Of which sugars (g) | 3.0 | 4.7 |
| | | | Fibre (g) | 1.2 | 1.9 |
| Protein (g) | | | 7.9 | 12.6 | |
| Salt (g) | | | 0.9 | 1.4 | |
| BACON & EGG CHALLAH ROLL | 196g | Calories (kcal) | 284 | 510 | |
| | | Fat (g) | 16.7 | 30.1 | |
| | | Of which saturates (g) | 5.1 | 9.2 | |
| | | Carbohydrates (g) | 20.0 | 36.1 | |
| | | Of which sugars (g) | 3.1 | 5.6 | |
| | | Fibre (g) | 1.1 | 2.0 | |
| | | Protein (g) | 13.7 | 24.6 | |
| | | Salt (g) | 2.0 | 3.7 | |
| BLT CHALLAH ROLL | 164g | Calories (kcal) | 323 | 530 | |
| | | Fat (g) | 21.1 | 34.7 | |
| | | Of which saturates (g) | 4.4 | 7.3 | |
| | | Carbohydrates (g) | 21.9 | 36.0 | |
| | | Of which sugars (g) | 3.4 | 5.6 | |
| | | Fibre (g) | 1.5 | 2.4 | |
| | | Protein (g) | 11.5 | 18.9 | |
| | | Salt (g) | 1.8 | 3.1 | |

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| CATEGORY | PRODUCT | SERVING SIZE | NUTRITIONAL INFO | PER 100G | PER SERVING |
|-----------------------------|----------------------------|------------------------|------------------------|----------|-------------|
| BREAKFAST | BLT CHALLAH ROLL | 164g | Calories (kcal) | 323 | 530 |
| | | | Fat (g) | 21.1 | 34.7 |
| | | | Of which saturates (g) | 4.4 | 7.3 |
| | | | Carbohydrates (g) | 21.9 | 36.0 |
| | | | Of which sugars (g) | 3.4 | 5.6 |
| | | | Fibre (g) | 1.5 | 2.4 |
| | | | Protein (g) | 11.5 | 18.9 |
| | | | Salt (g) | 1.8 | 3.1 |
| | PORRIDGE PLAIN | 220g | Calories (kcal) | 102 | 225 |
| | | | Fat (g) | 2.2 | 4.9 |
| | | | Of which saturates (g) | 0.3 | 0.7 |
| | | | Carbohydrates (g) | 17.3 | 38.1 |
| | | | Of which sugars (g) | 7.0 | 15.4 |
| | | | Fibre (g) | 1.8 | 3.9 |
| | | | Protein (g) | 2.3 | 5.1 |
| | | | Salt (g) | 0.5 | 1.0 |
| | PORRIDGE PECAN DATE TAHINI | 270g | Calories (kcal) | 136 | 368 |
| | | | Fat (g) | 6.3 | 16.9 |
| | | | Of which saturates (g) | 0.8 | 2.2 |
| | | | Carbohydrates (g) | 16.1 | 43.6 |
| | | | Of which sugars (g) | 7.0 | 19.0 |
| | | | Fibre (g) | 1.9 | 5.2 |
| | | | Protein (g) | 3.3 | 8.9 |
| | | | Salt (g) | 0.4 | 1.0 |
| | PORRIDGE BERRY & MAPLE | 260g | Calories (kcal) | 134 | 349 |
| | | | Fat (g) | 1.9 | 5.0 |
| | | | Of which saturates (g) | 0.3 | 0.7 |
| | | | Carbohydrates (g) | 16.3 | 42.3 |
| | | | Of which sugars (g) | 7.2 | 18.8 |
| | | | Fibre (g) | 3.3 | 8.5 |
| Protein (g) | | | 2.1 | 5.4 | |
| Salt (g) | | | 0.4 | 1.0 | |
| PLAN CHALLAH ROLL | 70g | Calories (kcal) | 261 | 183 | |
| | | Fat (g) | 6.9 | 4.8 | |
| | | Of which saturates (g) | 1.1 | 0.8 | |
| | | Carbohydrates (g) | 43.0 | 30.1 | |
| | | Of which sugars (g) | 5.4 | 3.8 | |
| | | Fibre (g) | 2.2 | 1.5 | |
| | | Protein (g) | 7.3 | 5.1 | |
| | | Salt (g) | 0.8 | 0.6 | |
| ZA'ATAR & GRUYERE CROISSANT | 135g | Calories (kcal) | 375 | 506 | |
| | | Fat (g) | 22.3 | 30.1 | |
| | | Of which saturates (g) | 13.9 | 18.8 | |
| | | Carbohydrates (g) | 35.9 | 48.5 | |
| | | Of which sugars (g) | 6.0 | 8.1 | |
| | | Fibre (g) | 1.5 | 2.0 | |
| | | Protein (g) | 7.6 | 10.3 | |
| | | Salt (g) | 0.6 | 0.8 | |

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|-------------|--------------------|--------------|------------------------|----------|-------------|
| BREAKFAST | THE SHAK BOWL | 243g | Calories (kcal) | 174 | 423 |
| | | | Fat (g) | 15.0 | 36.4 |
| | | | Of which saturates (g) | 3.3 | 8.1 |
| | | | Carbohydrates (g) | 3.2 | 7.7 |
| | | | Of which sugars (g) | 2.7 | 6.6 |
| | | | Fibre (g) | 0.7 | 1.8 |
| | | | Protein (g) | 7.3 | 17.7 |
| | | | Salt (g) | 1.1 | 2.6 |
| | FARMER'S BREAKFAST | 214g | Calories (kcal) | 171 | 366 |
| | | | Fat (g) | 14.7 | 31.4 |
| | | | Of which saturates (g) | 4.1 | 8.8 |
| | | | Carbohydrates (g) | 1.8 | 3.9 |
| | | | Of which sugars (g) | 0.7 | 1.4 |
| | | | Fibre (g) | 1.6 | 3.4 |
| Protein (g) | 8.2 | 17.5 | | | |
| Salt (g) | 0.7 | 1.6 | | | |

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|-------------|----------------------|--------------|------------------------|----------|-------------|
| DRINKS | FARMER'S LEMONADE | 330ML | Calories (kcal) | 31 | 84 |
| | | | Fat (g) | 0.0 | 0.0 |
| | | | Of which saturates (g) | 0.0 | 0.0 |
| | | | Carbohydrates (g) | 8.2 | 22.2 |
| | | | Of which sugars (g) | 8.2 | 22.2 |
| | | | Fibre (g) | 0.0 | 0.1 |
| | | | Protein (g) | 0.1 | 0.2 |
| | | | Salt (g) | 0.0 | 0.0 |
| | HERBAL PINK LEMONADE | 330ML | Calories (kcal) | 37 | 124 |
| | | | Fat (g) | 0.0 | 0.1 |
| | | | Of which saturates (g) | 0.0 | 0.1 |
| | | | Carbohydrates (g) | 9.5 | 32.2 |
| | | | Of which sugars (g) | 9.3 | 31.6 |
| | | | Fibre (g) | 0.0 | 0.1 |
| | | | Protein (g) | 0.1 | 0.4 |
| | | | Salt (g) | 0.0 | 0.0 |
| | BERRY BLITZ | 330ML | Calories (kcal) | 60 | 200 |
| | | | Fat (g) | 0.4 | 1.4 |
| | | | Of which saturates (g) | 0.1 | 0.3 |
| | | | Carbohydrates (g) | 13.8 | 45.9 |
| | | | Of which sugars (g) | 11.9 | 39.8 |
| Fibre (g) | | | 0.8 | 2.6 | |
| Protein (g) | | | 0.7 | 2.4 | |
| Salt (g) | | | 0.0 | 0.1 | |

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|---------------------|--------------------------------|--------------|------------------------|----------|-------------|
| TREATS | SNICKERBOCKER GLORY | 92g | Calories (kcal) | 473 | 435 |
| | | | Fat (g) | 31.9 | 29.4 |
| | | | Of which saturates (g) | 4.9 | 4.5 |
| | | | Carbohydrates (g) | 18.8 | 17.3 |
| | | | Of which sugars (g) | 13.0 | 11.9 |
| | | | Fibre (g) | 5.7 | 5.2 |
| | | | Protein (g) | 15.0 | 13.8 |
| | | | Salt (g) | 0.3 | 0.2 |
| | FARMER J BROWNIES | 90g | Calories (kcal) | 332 | 299 |
| | | | Fat (g) | 25.8 | 23.2 |
| | | | Of which saturates (g) | 10.6 | 9.5 |
| | | | Carbohydrates (g) | 18.5 | 16.7 |
| | | | Of which sugars (g) | 12.0 | 10.8 |
| | | | Fibre (g) | 3.5 | 3.2 |
| | | | Protein (g) | 6.5 | 5.9 |
| | | | Salt (g) | 0.1 | 0.1 |
| | FARMER J BANANA BREAD | 90g | Calories (kcal) | 281 | 253 |
| | | | Fat (g) | 13.3 | 12.0 |
| | | | Of which saturates (g) | 6.1 | 5.5 |
| | | | Carbohydrates (g) | 35.3 | 31.8 |
| | | | Of which sugars (g) | 23.3 | 21.0 |
| | | | Fibre (g) | 1.4 | 1.3 |
| | | | Protein (g) | 5.0 | 4.5 |
| | | | Salt (g) | 0.4 | 0.4 |
| | ALMOND BAKEWELL FLAPJACK | 120g | Calories (kcal) | 425 | 510 |
| | | | Fat (g) | 16.9 | 20.3 |
| | | | Of which saturates (g) | 3.0 | 3.6 |
| | | | Carbohydrates (g) | 60.0 | 72.0 |
| Of which sugars (g) | | | 33.0 | 39.6 | |
| Fibre (g) | | | 4.1 | 4.9 | |
| Protein (g) | | | 6.1 | 7.3 | |
| Salt (g) | | | 0.3 | 0.3 | |

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|---------------------|--|--------------|------------------------|----------|-------------|
| TREATS | DOUGHLICIOUS VEGAN DOUBLE CHOCOLATE COOKIE | 90g | Calories (kcal) | 426 | 383 |
| | | | Fat (g) | 22.0 | 19.8 |
| | | | Of which saturates (g) | 16.0 | 14.4 |
| | | | Carbohydrates (g) | 50.0 | 45.0 |
| | | | Of which sugars (g) | 34.0 | 30.6 |
| | | | Fibre (g) | 3.8 | 3.4 |
| | | | Protein (g) | 5.5 | 5.0 |
| | | | Salt (g) | 0.5 | 0.5 |
| | DOUGHLICIOUS VEGAN CHOCOLATE CHIP COOKIE | 90g | Calories (kcal) | 451 | 406 |
| | | | Fat (g) | 24.0 | 21.6 |
| | | | Of which saturates (g) | 14.0 | 12.6 |
| | | | Carbohydrates (g) | 53.0 | 47.7 |
| | | | Of which sugars (g) | 32.0 | 28.8 |
| | | | Fibre (g) | 2.4 | 2.2 |
| | | | Protein (g) | 4.9 | 4.4 |
| | | | Salt (g) | 0.5 | 0.4 |
| | DOUGHLICIOUS VEGAN SALTED CARAMEL & DARK CHOCOLATE CHIP COOKIE | 90g | Calories (kcal) | 429 | 386 |
| | | | Fat (g) | 21.0 | 18.9 |
| | | | Of which saturates (g) | 16.0 | 14.4 |
| | | | Carbohydrates (g) | 53.0 | 47.7 |
| | | | Of which sugars (g) | 29.0 | 26.1 |
| | | | Fibre (g) | 5.3 | 4.8 |
| | | | Protein (g) | 4.3 | 3.9 |
| | | | Salt (g) | 0.8 | 0.7 |
| | DOUGHLICIOUS GF MATCHA & WHITE CHOCOLATE COOKIE | 90g | Calories (kcal) | 467 | 420 |
| | | | Fat (g) | 28.0 | 25.2 |
| | | | Of which saturates (g) | 17.0 | 15.3 |
| | | | Carbohydrates (g) | 46.0 | 41.4 |
| Of which sugars (g) | | | 29.0 | 26.1 | |
| Fibre (g) | | | 2.8 | 2.5 | |
| Protein (g) | | | 5.5 | 5.0 | |
| Salt (g) | | | 0.6 | 0.5 | |