

PLEASE NOTE: products are listed separately - for example, filling and bread are listed separately. All information is correct as of October 2021 and is subject to change.

Product	Supplier	Allergens	Ingredients	Calories per 100g	Carbs per 100g	Protein per 100g	Fat per 100g	Salt per 100g	Portion Size
Roll Sub	Aryzta	Gluten, Milk. May contain traces of eggs, sesame seeds, soya	WHEAT flour, water, yeast, shortening (vegetable oils (palm, rapeseed), water, salt, emulsifier E471), sugar, salt, whey powder (MILK), bread improver (WHEAT flour, flour treatment agent E300, enzymes), Durum WHEAT semolina.	276	52.4	10.5	2.4	1.3	73g
Cheese Flavour Corn Stick	Boramex/Irpol	Milk.	Corn grits, rapeseed oil, Cheese flavouring (whey powder from milk, salt, ground onion, yeast extract, sugar, dried chives, glucose, aroma, E262 acidity regulator, ground white pepper).	430	75.87	7.61	10.4	1	10g
Corn Stick Lightly Salted	Boramex/Irpol	NONE	Corn grits, rapeseed oil, salt	430	75.87	7.61	10.4	1	10g
Soft Cheese	Boyne Valley		Cheese (cows milk, microbial rennet), water, butter, cream, skimmed milk powder, emulsifying salts (E339, E450, E452), whey powder, salt, acidifier: citric acid.	271	4	12	23	2.25	15g
Small Pancake	Buggy Foods	Gluten, egg, milk	Whole grain wheat flour 27%, water, whole egg, sugar, rapeseed oil, full cream milk powder, buttermilk powder, wheat starch, baking powder (diphosphate, baking soda), salt, aroma.	262	34.6	6.3	11	0.8	25g
Cheerios Pot	BWG	Gluten. May also contain nuts	whole grain oat flour 29.6%, whole grain wheat 29.6%, whole grain barley flour 17.6%, sugar, wheat starch, invert sugar syrup, whole grain maize flour 2.1%, whole grain rice flour 2.1%, molasses, calcium carbonate, sunflower oil, salt, colours: carotene, annatto, norbixin, caramelised sugar syrup, antioxidant: tocopherols, iron, Vitamin C, B3, B5, B9, D, B6, B2	382	71.2	9.4	4.7	0.84	100g
Crackers	BWG	Gluten. May contain traces of: egg, milk, nuts, almonds, sesame seed, sulphur dioxide	Wheat flour, vegetable fat (palm fat), salt, yeast, raising agent (sodium bicarbonate).	440	67	9.5	14.8	1.1	16g
Fruit Spread.	BWG	none	strawberries 60%, unsweetened grape juice, gelling agent: fruit pectin	170	42.3	0.3	0.7	0	15g
Golden Nuggets Cereal Pot	BWG	Gluten. May contain milk, peanuts, nuts	Whole Grain Wheat 35.3%, Wheat Flour 26.5%, Sugar, Maize Semolina, whole grain maize flour, glucose syrup, honey, invert sugar syrup, calcium carbonate, salt, molasses, sunflower oil, colour: carotene, Antioxidant: tocopherols, Iron, flavouring Vit B3, B9, B6, B2	377	79.6	8.7	1.5	0.63	100g
Plain Rice Cake	BWG	may contain traces of milk, sesame, soy	rice, salt	380	78.75	8.39	2.69	0.32	6.7g
Yoghurt Rice Cake	BWG	Milk, Soy. May contain traces of nuts and sesame	compound coating with yoghurt taste 60% (contains: sugar, cocoa butter, 9% skimmed yoghurt powder, whole milk powder, emulsifier: Soya lecithin E322.) Rice Ckae 40% (rice, salt)	504	63.78	6.48	24.42	0.18	16.7g
Butter/Spread	BWG	none	Water, Vegetable Oils (Rapeseed oil, palm oil, sunflower oil (7%)), Salt, Emulsifiers (Polyglycerol polyricinoleate, mono & Diglycerides of fatty acids), Stabiliser Sodium Alginate, Preservative Potassium Sorbate, Colour Annatto, Curcumin, Acidity Regulator Citric Acid, Flavouring	271	0	0	30.1	1.4	0.017g
Chicken + Stuffing	Capperullen Foods	Gluten, Eggs, mustard	Chicken (chicken breast 100%, water, salt), Mayonnaise: vegetable oil, pasteurised egg, vinegar, salt, sugar, mustard flavouring, lemon oil, antioxidant calcium, disodium EDTA. Stuffing: Breadcrumbs (wheat flour, water, yeast, salt, flour, treatment Agent ascorbic acid) Vegetable oil (rapeseed oil), Lemon juice, white onion, dried sage, dried oregano, dried thyme	172	2.4	8.7	14	0.88	65g
Chicken Mayo	Capperullen Foods	Egg, mustard	CHICKEN Chicken 100% Water Salt MAYONNAISE LIGHT Water Rapeseed oil Sugar Tapioca starch Vinegar Pasteurised Eggs Salt Mustard (Mustard seed, water, salt, sugar, spices) Emulsifiers : Guar gum :Xanthan , gum: Preservatives, Potassium sorbate , Antioxidant , :EDTA , Colour: beta carotene)	184	3.9	15	12	1.5	42g
Chicken Tikka	Capperullen Foods	Egg, Mustard	CHICKEN Chicken 100% Water Salt MAYONNAISE LIGHT Vegetable Oil Pasteurised Egg Vinegar Salt Sugar Mustard Flavouring Lemon Oil Antioxidant: Calcium Disodium EDTA TIKKA GLAZE Sugar Maltodextrin Spices (Cumin, Turmeric, Coriander, Paprika, Chilli, Cayenne, Nutmeg, Cinnamon) Salt Flavour Enhancer (E621) Garlic Powder Acidity Regulator (E330) Colours (E150c, E160c) Sweetener (E951) **Contains a source of Phenylalanine	183	2.4	16	12	0.84	65g
Egg Mayo	Capperullen Foods	Egg, mustard	Boiled Eggs MAYONNAISE Vegetable Oil Pasteurised Egg Vinegar Salt Sugar Mustard Flavouring Lemon Oil Antioxidant: Calcium Disodium EDTA	185	1.15	10.75	15.25	0.74	42g
HF A. Beef Bolognese	Capperullen Foods	Celery	chopped tomatoes (tomatoes, tomato juice, acidity corrector citric acid), minced beef 26%, grated carrot, diced onion, tomato puree (tomatoes), fresh garlic, black pepper, vegetable oil, thyme, oregano, basil, rosemary, beef bouillon (vegetable oil (palm, sunflower), salt, flavourings, potato starch, yeast extract, beef broth (4.8%)), sugar, beef extract (1.7%), maltodextrin, caramel syrup)	68.46	4.54	6.84	1.96	0.358	130g
HF B. Beef Stew	Capperullen Foods	celery, gluten	Diced beef 30%, Vegetable stew mix (carrots and onion) 30%, tomato puree, thyme, beef bouillon (vegetable oil (pal, sunflower), salt, flavourings, potato starch, yeast extract, beef broth powder (4.8%)), sugar, beef extract (1.7%), maltodextrin, caramel syrup)	115	6.3	8.4	5.9	0.75	150g
HF C. Chicken Curry	Capperullen Foods	celery, mustard	Curry Powder (rice flour, curry powder 14% (coriander, turmeric, mustard, cumin, chilli, fenugreek, ginger, clove, celery) maltodextrin, modified potato starch, vegetable oil (rapeseed)), sugar, salt, flavourings, yeast extract, onion, acid (citric acid)), diced chicken (chicken water salt), garden peas, water	87.08	9.22	7.88	1.78	1.132	130g
HF D. Chicken Goujon	Capperullen Foods	none	Chicken breast 68%, rice flour, maize starch, rapeseed oil, gram flour, salt, dextrose, maize flour, potato starch, raising agents (E450i, E500i), stabiliser E451, preservatives E451i	194	11.8	17.8	5.8	0.9	130g
HF E. Chicken breast in chicken dinner	Capperullen Foods		Chicken, water salt						60g
HF F. Spicy Chicken	Capperullen Foods	none	Diced chicken 68%, diced white onion, diced red peppers, salt, crushed chillis, five chinese spice, dry garlic granules	83	3.5	15	0.8	0.59	130g
HF G. Fish Fingers	Capperullen Foods	Fish, Gluten	Cod (FISH) 58%, Wheat Flour (with calcium carbonates, iron, niacin, thiamin), sunflower oil, water, yeast, salt, colour (paprika extract, curcumin), turmeric)	193	16	13	8.4	0.33	130g
HF H. Halal Chicken Curry	Capperullen Foods	celery, mustard	Curry Powder (rice flour, curry powder 14% (coriander, turmeric, mustard, cumin, chilli, fenugreek, ginger, clove, celery) maltodextrin, modified potato starch, vegetable oil (rapeseed)), sugar, salt, flavourings, yeast extract, onion, acid (citric acid)), diced chicken (halal certified) (chicken water salt), garden peas, water	87.08	9.22	7.88	1.78	1.132	130g

HF I. Lasagna	Capperculen Foods	gluten, eggs, milk	Minced beef 16%, pasta lasagna sheets (drum wheat, semolina, eggs) 11.5%, diced carrot, diced onion, tomato puree (tomatoes), fresh garlic, black pepper, vegetable oil, thyme, oregano, basil, rosemary, chopped tomatoes, milk, oil, Plain Flour (WHEAT), cheddar cheese (Milk, salt, starter culture, rennet, colour (annatto), potato starch), salt.	140	11	7.4	7	0.18	130g
HF J. Meatballs	Capperculen Foods	none	Meatballs 37.5% (beef 88%, water, seasoning (crumb (rice flour, water, dextrose, vegetable fibre, salt, emulsifier (mono and diglycerides of fatty acids), colour (plain caramel) paprika, salt, onion powder, spices, preservatives (Sodium sulphite), dextrose, dried peppers, herbs), tomatoes (tomatoes, tomato juice, acidity corrector: citric acid), garlic fresh, beef bouillon (vegetable oil (palm, sunflower), salt, flourings, potato starch, yeast extract, beef broth powder 4.8%, sugar, beef extract 1.7%, maltodextrin, caramel syrup, may contain celery), black peppers, dried basil	90	3.5	8.9	4	0.2	180g
HF K. Plain Penne Pasta	Capperculen Foods	gluten	Spiral pasta (wheat, durum, semolina), vegetable oil, water	162.425	29.525	5.425	1.95	0.43	180g
HF L. Sausages	Capperculen Foods	gluten, sulphur dioxide and sulphites	Pork 57%, water, rusk (wheat flour (Wheat flour, calcium carbonate, iron, niacin, thiamin), salt), pork fat, salt, dextrose, stabilisers: triphosphates, diphosphates, flavour enhancer: monosodium glutamate, preservative: sodium sulphite, spices, spice extracts. Antioxidant: sodium ascorbate, Casing: beef collagen.	302	10.3	8.7	25.1	1.3	130g
HF M. Pasta Tomato	Capperculen Foods	cheese, gluten,	Chopped tomatoes (tomatoes, tomato juice, acidity corrector (Citric acid)), diced onion, grated carrot, garlic, dry basil, salt, sugar, pasta rigatoni (curum wheat, semolina, pasta), mozzarella	82	16	3.2	0.5	0.2	200g
HF Mozzarella from the Pasta Tomato Mozzarella	Traditional Cheese Co	Milk	Mozzarella 98%, starch 2%	290-301	2-4%	24-26g	19-23.8	0.27	
HF Mashed Potato with HOT FOOD	Capperculen Foods	Milk	Potatoes 72%, Milk (water, lactose, fat, protein, minerals, vitamins and enzymes)	71.04	13.48	1.92	0.8	0.022	100g
HF N. Vegetable Curry	Capperculen Foods	celery, mustard	Curry Powder Rice Flour , Curry powder 14% (Coriander , Turmeric , MUSTARD, Cumin , Chilli , Fenugreek, ginger, clove CELERY) Maltodextrin, Modified Potato starch , Vegetable oil (Rapeseed), Sugar , Salt , Flavourings, yeast extract , Onion , Acid (Citric Acid), Vegetables (green peas, carrots, chick peas, pineapple, onion), water	69.24	10.72	2.22	1.46	0.806	130g
HF O. Sweet + Sour Chicken	Capperculen Foods	Gluten, soybeans	Diced Chicken 34%, Mixed Peppers, Pineapple, Ketchup (water, tomato concentrate 15%, sugar, vinegar, modified eaxy maize starch, salt, paprika, preservatives: potassium sorbate, colour carmine, nutmeg, onion powder), brown sugar, vinegar, water, soya sauce, cornflour	71	10	6.1	0.5	0.43	130g
HF P. Taco Beef	Capperculen Foods	none	cooked minced beef 32%, chopped tomatoes (tomatoes, tomato juice, acidity corrector citric acid), onion, tomato puree, salt, cumin, oregano, garlic powder, oil, cayenne, coriander	81	5	8.2	2.5	0.6	130g
HF Pasta with HOT FOOD	Capperculen Foods	gluten	Spiral pasta (wheat, durum, semolina), vegetable oil, water	162.425	29.525	5.425	1.95	0.43	100g
HF Rice with HOT FOOD	Capperculen Foods	none	rice 100%, water	143	32	3.2	0.5	0	100g
HF potato cubes	Capperculen Foods	gluten	Potato Cubes – (Potatoes , Coating (WHEAT Flour , Salt , Modified Starch, Herbs (Parsley & Oregano) , Spices (Chilli pepper , paprika, cayenne papper, cumin , black pepper, Turmeric) Garlic powder, onion powder, raising agent (E450, E500) Dextrose , yeast extract , spice extract (black pepper , paprika) , Sunflower oil .	145	19	2.3	6	0.7	100g
HF beans with HOT FOOD	Limerick Fruit	none	Beans (44%), Water, Sugar, Tomato Paste (4%), Modified Corn Starch, Salt, Glucose-Fructose Syrup, Wine Vinegar, Paprika, Flavourings	79	12.2	4	0.6	0.9	50g
HF Gravy with HOT FOOD	Capperculen Foods	Milk, Sulphur dioxide and sulphites	Gravy (modified potato starch, salt, flavour enhancers (monosodium glutamate, disodium 5'-ribonucleotides), yeast extracts, LACTOSE, vegetable fat (palm), sugar, maltodextrins, sweet pepper, colour (Ammonia caramel), tomato powder 1.5%, onion powder 1.5%, refined vegetable oil (rapeseed), thickener (guar gum), flavourings, anticaking agent (silicon dioxide), black pepper, red beet juice concentrate, acidity regulator (citric Acid), Water	29	5.1	1.2	0.5	1.2	3g
Plain Pasta	Capperculen Foods	Gluten, Mustard	COOKED PASTA Water Durum Wheat Semolina 93% FRENCH DRESSING Water Rapeseed Oil Red Wine Vinegar (11%) Extra Virgin Olive Oil (8%) Sugar Lemon Juice (from Concentrate) Salt Spices Garlic Stabiliser: Xanthan Gum, Guar Gum; Herbs, Mustard Flavouring	188	32	5.8	3.4	0.07	180g
Southwest Chicken	Capperculen Foods	eggs, mustard, sulphur dioxide and sulphites	CHICKEN Chicken 100% Water Salt, Southwest Sauce -Rapeseed oil , water , EGG , Tomato Ketchup (water, tomato puree, sugar , vinegar, modified waxy maize starch) , Maltodextrin , salt , Preservatives: Potassium sorbate, paprika , Colour : Carmine Extract : Emulsifier : Guar Gum :Garlic Powder nutmeg , Sugar , Vinegar, salt cornflour, MUSTARD (Water , Mustard seed , Vinegar, Salt Sugar , Spices) Cayenne Pepper , Red Peppers, Lemon Juice (SULPHITE) Chipotle chilli extract , Emulsifiers : Xanthan Gum , Guar Gum , Preservatives :Potassium Sorbate, Garlic Powder , Onion Powder ,Thyme , Cumin , Antioxidant :EDTA : Turmeric , Colour beta carotene , Paprika extract	253	3.1	18	19	1.4	42g
Sweet Chilli Chicken	Capperculen Foods	Gluten, soya	Diced Chicken 34% Mixed Peppers Pineapple ketchup – Water , Tomato Concentrate 15% , Sugar , Vinegar , Modified Waxy Maize Starch , Salt , Paprika , Preservatives :Potassium Sorbate, Colour carmine, Nutmeg , Onion powder. Brown Sugar Vinegar Water Soya Sauce Cornflour	71	10	6.1	0.5	0.4	65g
Tomato Pasta	Capperculen Foods	gluten	Cooked Pasta Penne Pasta Water Durum Wheat Semolina 57% Napoli Sauce Chopped Tomatoes Crushed Tomatoes Tomato Juice Citric Acid (E330) White Onion Green Peppers Tomato Puree Tomatoes Salt Fresh Garlic Salt Sugar Oil (Rapeseed Oil)	110	21	3.9	0	0	100g
Tuna Sweetcorn	Capperculen Foods	Eggs, fish, mustard	TUNA Skipjack Tuna(Fish) Water Salt 65% MAYONNAISE Vegetable Oil Pasteurised Egg Vinegar Salt Sugar Mustard Flavouring Lemon Oil Antioxidant: Calcium Disodium EDTA 30% SWEETCORN Corn Water Salt	167	2.6	18	9.4	0.51	65g
Veggie Pasta Salad	Capperculen Foods	Gluten, eggs, milk.	Pasta Fusilli Cooked – Water Durum Wheat Semolina 49.9% Light Mayonnaise – Water Rapeseed oil Sugar Tapioca starch Vinegar Pasteurised Eggs Salt Mustard (Mustard seed, water, salt, sugar, spices) Emulsifiers : Guar gum :Xanthan , gum: Preservatives, Potassium sorbate , Antioxidant , :EDTA , Colour: beta carotene) Natural Yogurt Honey Green Peas Grated Carrot	122	20	3.9	2.4	0.28	100g
Muffin	Coolmore Foods	Gluten, eggs, soya, milk. May contain trace of nuts	Wheat flour (wheat flour, calcium carbonate, iron, niacin, thiamin), water, sugar, rapeseed oil, maltodextrin, dried egg, humectant: glycerol; oat flakes, whey powder, (milk), raising agents: sodium carbonates, diphosphates, calcium phosphates; emulsifiers: mono and diglycerides of fatty acids, sodium stearoyl-2-lactylate; oat blend (Oat flour, natural flavouring), modified maize starch, dextrose, preservative: potassium sorbate, acidity regulator: citric acid, flavourings, colour: carotenes; soya flour.	362	57	5.8	12	0.44	
Popcorn	CPAC Foods	none	air popped popcorn	375	75	12.5	5	0	10g
Flahavans Oaty Bar	Flahavan's	Gluten. May contain traces of Sesame Seeds, Soya, Nuts	Wholegrain Rolled Oats (43%), Vegetable Margarine (palm fat, rapeseed oil, water, salt, natural flavour), Sugar, Partially inverted sugar syrup, desiccated coconut, oat flour (5.5%)	517	57	6.2	29	0.6	40g

Wrap	Flatbread Co	Gluten	WHEAT flour (Calcium Carbonate, Iron, Niacin Thiamin), Wholemeal WHEAT flour, Water, Vegetable Oil (Palm, Rapeseed), Humectant (Glycerine), Raising agents (Disodium Diphosphate, Sodium Bicarbonate), Acidity Regulator (Malic Acid), Stabilisers (Carboxymethylcellulose, Guar Gum), Emulsifier (Mono and Diglycerides of Fatty acids), Salt, Preservatives (Calcium Propionate, Potassium Sorbate), Flour Treatment Agent (L-Cysteine).	304	53	8.19	7.3	1.48	65g
Wheat + Gluten Free	Gallagher's PROMISE Gluten Free	none	Water, Rice Flour, Tapioca Starch, Thickeners: cellulose, hydroxypropyl methyl cellulose, sodium carboxymethyl cellulose, methyl cellulose, xanthan gum; Maize Starch, psyllium husk powder, potato starch, wholegrain maize flour, rice starch, yeast, rapeseed oil, golden syrup, humectant: glycerine; iodised salt (salt, potassium iodate), Preservatives sodium propionate, sorbic acid; rice bran, folic acid, thiamin, natural flavouring.	184	28.6	1.7	2.6	1.01	66g (2 slices)
Premium Ham.	Glen Aine	Gluten, Soybeans, Not certified Halal	Pork (EU 70%), Water, Starch, Salt, Sugars (Dried Glucose & Maltodextrin), Stabilisers (Di, Tri & Polyphosphates), Pork Protein, Gelling Agent (Carrageenan), Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite). AllergenAdvice: May contain traces of Soya, Wheat and Gluten.	103	4	15	3	2.7	25g
Sports Water	Global Hydrate	none	Water	0	0	0	0	0	250ml
Ishka Water	Global Hydrate	none	Water						250ml
Sports Water	Global Hydrate	none	Water						250ml
Brown Grain Bread	Irish Pride	Gluten, Soybeans, Sesame Seed	Wheat Flour (WheatFlour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Grain Mix 12% (Kibbled Wheat, Linseed, Wheat Flakes), Yeast, Malted BarleyFlour, WheatGluten, Salt, Wheat Fibre, SoyaFlour, Sugar, Dextrose, Fermented WheatFlour, Flour Treatment Agent (Ascorbic Acid), Folic Acid.	250	45	9.8	2.1	1	177G
Floury Bap	Irish Pride	Gluten, Soybeans, Sesame Seed	Wheat Flour (WheatFlour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Rapeseed Oil, Wheat Gluten, Dextrose, Salt, Emulsifiers (Mono-and diglycerides of fatty acids, Mono-and diacetyl tartaric acid esters of mono-and diglycerides of fatty acids, Sodium stearoyl-2-lactylate), Soya Flour, Preservative (Calcium Propionate), Tapioca Starch, Flour Treatment Agents (Ascorbic Acid, L-Cysteine Hydrochloride), Palm Oil.	261	49	9.6	2.6	1	80G
Half and Half Bread	Irish Pride	Gluten, Soybeans, Sesame Seed	Wheat Flour 53% (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Wholemeal Wheat Flour (13%), Yeast, Wheat Gluten, Salt, Soya Flour, Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid).	232	45.3	8.9	0.7	0.9	177G
Soda Bread	Irish Pride	Gluten, Milk	Fresh Buttermilk (43%), Wholemeal Flour (30%), Wheat flour, Raising Agents: Bicarbonate of Soda, Salt, Wheat germ.	233	44	7.3	1.7	0.5	72G
White Bread	Irish Pride	Gluten, Soybeans, Sesame Seed	Wheat Flour (Wheat Flour, Wheat Gluten, Niacin, Thiamin, Iron, Calcium Carbonate), Water, Yeast, Salt, Soya Flour, Emulsifiers (Mono-and Diglycerides of Fatty Acid, Mono-and diacetyl tartaric acid esters of mono-and diglycerides of fatty acids, Sodium Stearoyl-2-Lactylate), Preservative (Calcium Propionate), Vegetable Oils and Fats (Palm and Rapeseed), Flour Treatment Agent (Ascorbic Acid).	233	44.6	9.4	1.4	1.1	177G
Breadsticks	La Mole	Gluten. May contain traces of Sesame Seeds and Soya	Wheat Flour, Wheat Bran (7%), sunflower oil, salt, yeast, malted wheat flour	422	68.4	12	7.8	2	15g
Apple	Limerick Fruit	none	Apple						VARIED
Banana	Limerick Fruit	none	Banana						VARIED
Carrot Batons	Limerick Fruit	none	Carrots	41	9.6	0.9	0.2	0	40g
Orange	Limerick Fruit	none	Orange						VARIED
Sweet Corn Pot	Limerick Fruit	none	Sweetcorn						VARIED
Wildlife Yoghurt Tube	Lynas	Milk	Skimmed Milk, water, sugar, Cream, Skimmed Milk Powder, Fructose, Modified manioc and maize starch, calcium phosphate, citric acid, stabiliser: Guar Gum, natural flavourings, preservative potassium sorbate, lactic cultures, acidity regulator: sodium citrates and vitamin D	98	14.1	3.3	2.8	0.13	40g
Apple Aqua Juice	Mulrines	none	Fruit Juices from Concentrate 50% (Grape 35%, Apple 15%), Spring Water, Acid (Citric Acid), Flavourings, Fruit and Vegetable Concentrates (Apple, Safflower, Carrot, Lemon, Hibiscus).	31	7.2	0.1	0.1	0	200ml
Orange Aqua Juice	Mulrines	none	Fruit Juices from Concentrate 50% (Grape 36%, Orange 14%), Spring Water, Acid (Citric Acid), Flavourings.	30	6.8	0.2	0.1	0	200ml
Chicken	Pallas Foods	none	Chicken, Water, Salt	514	1.2	25.1	1.8	0.76	20g
Halal Chicken	Pallas Foods	none	Chicken, Water, Salt	514	1.2	25.1	1.8	0.76	20g
Sliced Turkey	Pallas Foods	none	Turkey Breast (75%), Water, Brine Mix (Salt, Dextrose, Gelling agent (carrageenan E407a), Potassium Chloride E508, Stabilisers Sodium Diphosphate E450, Triphosphate E451, Polyphosphate E452, Starch, Vinegar).	434	2.4	20.3	1.3	0.68	25g
Apple Slices	Simply Fruit	none	Red Apple 100%	55	12.3	0.3	0.1	0	50g
Balled Melon	Simply Fruit	none	Cantaloupe Melon 100%	19	4	0.6	0.1	0.08	50g
Cheese	Traditional Cheese Co	Milk	Pasteurised milk, salt, starter culture, microbial rennet, colour E160b	407	0	24.9	34.5	1.7	20g
Grated Cheese	Traditional Cheese Co	Milk	Pasteurised milk, salt, starter culture, microbial rennet, colour E160b	407	0	24.9	34.5	1.7	17g