

Bread	Ingredients	Allergens	Portion Size	Portion in grams	Calories per 100g	Calories per portion	Spoons of Sugar per PORTION	Of Which Sugar(s)	Sugar per portion	Carbohydrates per 100g	Carbs per Portion	Protein per 100g	Protein per Portion g	Sodium per 100g	Salt Equivalent	Fat per 100g/ml	Fat per Portion g	Saturates per 100g/ml
White Bread	Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Wheat Gluten, Salt, Soya Flour, Emulsifiers (Mono- and Diacetyl tartaric acid esters of mono- and diglycerides of fatty acids, sodium stearoyl-2-lactylate), preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid)	Contains: Gluten, Soya  May contain: Sesame Seeds.	2 Slices	84	234	197	1	3.4	2.9	45	37.8	9.4	7.9	0	1g	1.4	1.176	0.3
Healthy Grain Bread	Wheat Flour (Wheat flour, calcium carbonate, Iron, Niacin, Thiamin), Water, Grain Mix 12% (kibbled wheat, linseed, wheat flakes), Yeast, Malted Barley Flour, Wheat Gluten, Salt, Soya flour, sugar, fermented Wheat Flour, Dextrose, Flour Treatment Agent (Ascorbic Acid), Folic Acid	Contains: Gluten, Soya.  May contain: Sesame Seeds.	2 Slices	84	253	213	0	1.9	1.6	41	34.4	10.8	9.1	0	0.4	1.3	1.092	0.5
Soda Bread	Fresh buttermilk (43%), wholemeal flour (30%), wheat flour, raising agents Bicarbonate of Soda, salt, wheatgerm.	Contains: Gluten, Milk.	2 Slices	83.2	233	194	1	2.6	2.2	44	36.6	2.6	2.2	0.175		1.7	1.4144	0.4
Roll	Wheat Flour, Water, Yeast, Salt, Dextrose, Wheat Gluten, Malted wheat flour, flour treatment agent E300 Ascorbic Acid	Contains Gluten. May contain traces of Nuts and Sesame Seeds	1 Roll	80	240	192	1	2.8	2.2	52.4	41.9	8.21	6.6	0	1.2	1	0.8	0.024
Floury Bap	Wheat flour (wheat flour, 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, preservatives (calcium propionate), Tapioca starch, flour treatment agents (Ascorbic acid, L-cysteine hydrochloride), Palm oil.	Contains: Gluten, Soya. May Contain: sesame seeds	1 Bap	40	260	104	0	4.9	2.0	46	18.4	10.2	4.1	0	1.2	3.4	1.36	0.5
Torilla Wrap	Wheatflour (Wheatflour, Calcium Carbonate, Iron, Niacin, Thiamin)Water, Vegetable Oil (Palm, Rapeseed), Humectant (Glycerine), Raising agents (Disodium Diphosphate, Sodium Bicarbonate), Emulsifier (Mono and Diglycerides of Fatty Acids), Acidity Regulator (Malic Acid), Salt, Stabilisers (Guar Gum, Carboxymethylcellulose), Preservatives (Calcium Propionate, Potassium Sorbate), Flour Treatment Agent (L-Cysteine).	Contains: Gluten	1 Wrap	36	305	110	0	2	0.7	53.13	19.1	8	2.9	0.527	1.22	7.75	2.79	3.3
Gluten Free	Water, Rice Flour, Tapioca Starch, Thickeners (E460ii, E464, E466, E415, E461), Potato Starch, Maize Starch, Psyllium Husk, Yeast, Albumen Egg White Powder, Maize Starch, Caster Sugar, Rapeseed Oil, Rice Starch, Iodized Salt, Preservative (sodium propionate, sorbic acid), Wholegrain Maize Flour, Rice Bran Extract, Starter Culture.	Contains: Egg.	2 Slices	66	218	144	0	1.2	0.8	46.08	30.4	4.5	3.0	0	1.0g	1.7	1.122	0.14
Half and Half	Wheat Flour 46% (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Wholemeal Wheat Flour (20%), Yeast, Wheat Gluten, Salt, Fermented Wheat Flour, Soya Flour, Flour Treatment Agent (Ascorbic Acid).	Contains: Gluten, soya.  May Contain: Sesame Seeds	2 Slices	76	224	170	1	3.3	2.5	42	31.9	9	6.8		1	1.5	1.14	0.3

Fillings	Ingredients	Allergens	Portion Size	Portion in grams	Calories per 100g	Calories per portion	Spoons of Sugar per PORTION	Of Which Sugar(s)	Sugar per portion	Carbohydrates per 100g	Carbs per Portion	Protein per 100g	Protein per Portion g	Sodium per 100g	Salt Equivalent	Fat per 100g/ml	Fat per Portion g	Saturates per 100g/ml
Ham	Pork (83%), Water, Salt, Sugars, Stabilisers (Sodium Di, Tri & Polyphosphates), HVP, Antioxidant (Sodium Ascorbate), Pork Protein, Preservative (Sodium Nitrite)	Contains: Pork. May contain: Traces of Gluten and Soya	1 slice	25	108	27	0	0.3	0.1	0.3	0.1	20.0	5.0		2.1	3	0.75	1.2
Turkey	Turkey Breast Meat, Water, Pre Mix (salt, dextrose, processed seaweed & potassium chloride (E407a, E508), Stabilisers (E450, E451, E452), Starch, Sodium Lactate).	n/a	1 slice	25	102	26	0	1.95	0.5	2.4	0.6	20.3	5.1	0.7		1.3	0.3	0.4
Chicken	100% Pure Chicken Breast, water, salt	n/a	1 slice	40	115	46	0	0.1	0.0	0.1	0.0	25.0	10.0	2.9		1.5	0.6	0.5
Chicken (Halal)	100% Pure Chicken Breast, water, salt	n/a	1 slice	40	115	46	0	0.1	0.0	0.1	0.0	25.0	10.0	2.9		1.5	0.6	0.5
Sliced Cheese	Milk, Salt, Starter, Rennet, Colour Annatto E160b	Contains: Milk.	1 slice	20	407	81	0	0.1	0.0	0.1	0.0	24.9	5.0	0.7		34.5	6.9	21.6
Egg Mayo	Boiled Eggs, Mayonnaise: water, rapeseed oil, sugar, modified corn starch, vinegar, pasteurised egg (egg, salt), Salt, Mustard (Water, Mustard Seed, Vinegar, Salt, Sugar, Spices), Emulsifiers: Guar Gum, Xanthan Gum, Preservative Potassium Sorbate, Antioxidant: EDTA, Colour: Beta Carotene	Contains: Egg, Mustard.	42	42	205	86	0	1.88	0.8	2.01	0.8	9.9	4.2		0.5	17.0	7.1	2.9
Tuna Sweetcorn	Tuna (Skipjack Tuna FISH), Water, Salt), Mayonnaise (Water, Rapeseed oil, sugar, modified corn starch, vinegar, pasteurised egg (egg, salt), Salt, Mustard (Water, Mustard Seed, Vinegar, Salt, Sugar, Spices), Emulsifiers: Guar Gum, Xanthan Gum, Preservative: Potassium Sorbate, Antioxidant: EDTA, Colour: Beta Carotene	Contains: Fish, Egg, Mustard.	42g	42	167	70	0	1.8	0.8	2.6	1.1	18.0	7.6		0.51	9.4	3.948	0.7
No Added Sugar Jam	Strawberries 60%, unsweetened grape juice, gelling agent: fruit pectin	n/a	22g	22	170	37	2	40.5	8.9	42.3	9.3	0.3	0.1		0.0	0.7	0.2	0.1
Spread	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	n/a	1.7	1.7	271	5	0	0	0.0	0	0.0	0.0	0.0	0	1.4	30.0	0.5	9.1
Chicken and Stuffing on wrap	Chicken (Chicken 100%, water, salt), Mayonnaise (Water, rapeseed oil, sugar, modified corn starch, vinegar, pasteurised egg (Egg, salt), Salt, Mustard (Water, Mustard seed, Vinegar, Salt, Sugar, Spices), Emulsifiers: Guar Gum, Xanthan Gum, Preservative: Sorbate, Antioxidant: EDTA Colour: Beta Carotene	Contains: Gluten, Egg, Mustard	65g	65	245	159	0	2.7	1.8	14	9.1	11.0	7.2		1.5	16.0	10.4	1.4
Grated Cheese on wrap	Cheddar (Milk, Salt, Starter culture, Rennet, Colour annatto), potato starch	Contains: Milk	23g	23	364	84	0	0	0.0	5	1.2	18.0	4.1		2.2	31.0	7.1	17.8
Turkey Salad on wrap	Pre Mix (tomatoes, mixed bell peppers, sweetcorn, olive oil, vegetable oil (rapeseed), lemon juice), Turkey / Turkey Breast Meat, Water	n/a	65g	65	184	120	1	6.2	4.0	8.1	5.3	21.4	13.9	0.7		6.8	4.4	1.0
Salad Mix	Sliced Peppers, Sweetcorn and Tomato	n/a	65g	65	82	53	1	4.3	2.8	5.7	3.7	1.1	0.7	0	0.0	5.5	3.6	0.6
Fillings	Ingredients	Allergens	Portion Size	Portion in grams	Calories per 100g	Calories per portion	Spoons of Sugar per PORTION	Of Which Sugar(s)	Sugar per portion	Carbohydrates per 100g	Carbs per Portion	Protein per 100g	Protein per Portion g	Sodium per 100g	Salt Equivalent	Fat per 100g/ml	Fat per Portion g	Saturates per 100g/ml

Chicken Tikka	Chicken (Chicken 100%, water, salt), Mayonnaise (Water, rapeseed oil, sugar, modified corn starch, vinegar, pasteurised egg (Egg, salt), Salt, Mustard (Water, Mustard seed, Vinegar, Salt, Sugar, Spices), Emulsifiers: Guar Gum, Xanthan Gum, Preservative: potassium sorbate, antioxidant: EDTA, Colour: Beta Carotene. Tikka Glaze: Sugar, Maltodextrin, spices (cumin, turmeric, coriander, paprika, chilli, cayenne pepper, nutmeg, cinnamon), Salt, Flavour Enhancer E621, Garlic Powder	Contains: Egg, Mustard	65g	65	183	119	0	2.2	1.4	2.4	1.6	16.0	10.4	0.8	12.0	7.8	1.1
Tomato Pasta	Cooked Pasta, Penne Pasta, Water, Durum Wheat Semolina, 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)	Contains: Gluten	1 pot	100	135	135	1	3	3.0	20	20.0	5.0	5.0	0.6	3	3	0.4
Plain Pasta	Cooked Pasta (Spiral Pasta, water, durum wheat semolina), French Dressing (Water, rapeseed oil, red wine vinegar 11%, extra virgin olive oil 8%, sugar, lemon juice from concentrate, salt, spices, garlic, xanthan gum, guar gum, herbs, mustard flavouring)	Contains: Gluten, Mustard.	1 pot	100	186	186	0	0.78	0.8	27	27.0	6.0	6.0	0.2	4.3	4.3	0.7

Snacks	Ingredients	Allergens	Portion Size	Portion in grams	Calories per 100g	Calories per portion	Spoons of Sugar per PORTION	Of Which Sugar(s)	Sugar per portion	Carbohydrates per 100g	Carbs per Portion	Protein per 100g	Protein per Portion g	Sodium per 100g	Salt Equivalent	Fat per 100g/ml	Fat per Portion g	Saturates per 100g/ml
Rice Cake Chocolate No Added Sugar	Rice (50%), Milk chocolate coating 50% (Sweetener (xylitol), Cocoa butter, whole milk powder, cocoa mass, whey powder (milk), vanilla, emulsifier (sunflower lecithin))	Contains: Milk. May contain: Traces of Soya, Nuts, Sesame Seeds	1 cake	16.7	444	74	0	0.3	0.1	64.4	10.8	6.7	1.1		0.0	20.8	3.5	12.4
Rice Cake Yoghurt No Added Sugar	Rice 50%, Yoghurt coating 50% (cocoa butter, sweetener (xylitol), yoghurt powder (milk), whey powder (milk), whole milk powder, emulsifier (sunflower lecithin))	Contains: Milk. May contain: Traces of Soya, Nuts, Sesame Seeds	1 cake	16.7	442	74	0	0.4	0.1	65.7	11.0	7.6	1.3		0.0	18.8	3.1	11.4
Muffin	Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), water, Sugar, sygar/fat replacer (soluble corn fibre, functional oat, mono & diglycerides of fatty acids, antioxidants: citric acid, ascorbic acid, natural flavouring, enzyme) rapeseed oil, egg, humectant: glycerol, oat flakes, raising agents: sodium carbonates, calcium phosphates, diphosphates, whey powder (milk), Emulsifiers: mon and diglycerides of fatty acids, sodium stearoyl-2-lactylate, modified maize starch, dextrose, preservative: potassium sorbate, acidity	Contains: Egg, Gluten, Soya, Milk. May contain Nuts	1 muffin	40	354	142	2	20.5	8.2	57.5	23.0	5.32	2.1		0.4	11.0	4.4	1.5
Soft Cheese	Cheese, water, butter, skimmed milk powder, whey powder, milk protein, emulsifying salts (E339, E452), Salt	Contains: Milk	1 triangle	15	271	41	0	4	0.6	4	0.6	12	1.8	0.8	2.3	23.0	3.5	16.8
Crackers	Wheat Flour, Palm Oil, Salt, Yeast, Raising Agent (Sodium Bicarbonate)	Contains: Gluten. May contain: traces of tree nuts	2 crackers	16	440	70	0	1.1	0.2	67	10.7	9.5	1.5		1.1	14.8	2.4	7.9
Yoghurt Choob	Skimmed Milk, Water, Sugar 7%, Cream, Skimmed Milk Powder, Fructose 2.8%, Modified manioc and maize starch, calcium phosphate, citric acid, guar gum, natural flavourings, preservative: potassium sorbate, lactic cultures, acidity regulator: sodium citrates, vitamin D	Contains: Milk.	1 tube	40	98	39	1	12.8	5.1	14.1	5.6	3.3	1.3		0.1	2.8	1.1	1.9
Oaty Bar	Wholegrain Oats 42%, Butter (Milk Fat, Milk Solids not fat), Sugar, Partially inverted refiners syrup, desiccated coconut, oat flour	Contains Gluten, Milk, may contain traces of egg, peanuts, soya, nuts, sulphur dioxide	1 flapjack	25	473	118	1	20	5.0	51	12.8	5.9	1.5	0.0	0.0	27.0	6.8	17.0
Scone	Wheat Flour (Wheat Flour, calcium carbonate, iron, nicotinamide, thiamin), Buttermilk 28.6% (Milk), Sugar, Margarine (non-hydrogenated vegetable oil (palm, rapeseed), water, salt, natural flavourings), reconstituted egg powder, raising agents: E450, E500, Glaze (0.9%) (Water, vegetable protein pea, Dextrose), Salt	Contains: Milk, Egg, Gluten. May contain traces of soya	1 scone	105	287	301	3	11.8	12.4	48.7	51.1	8.6	9.0		2.0	6.4	6.7	2.1
Snacks	Ingredients	Allergens	Portion Size	Portion in grams	Calories per 100g	Calories per portion	Spoons of Sugar per PORTION	Of Which Sugar(s)	Sugar per portion	Carbohydrates per 100g	Carbs per Portion	Protein per 100g	Protein per Portion g	Sodium per 100g	Salt Equivalent	Fat per 100g/ml	Fat per Portion g	Saturates per 100g/ml
Apple Slices	Apple Slices 100%	n/a	35g	35	55	19	1	12.3	4.3	12.3	4.3	0.3	0.1	0.0	trace	0.1	0.0	0.0

Cheerios	Whole cereal grains 77.8% (whole grain oats, whole grain wheat, whole grain barley, whole grain rice, whole grain maize) sugar, partially inverted brown sugar syrup, wheat starch, salt, tripotassium phosphate, colours: carotene, annatto, caramel, Antioxidant Tocopherols, Vitamins and Minerals: Vitamin C, Niacin, Pantothenic Acid, Vitamin B6, Riboflavin B2, Thiamin B1, Folic Acid, Vitamin B12, Calcium carbonate, iron	Contains: Gluten, may contain traces of nuts	1 pot	10	367	37	1	21.3	2.1	74.7	7.5	8.5	0.9	0.5	1.2	3.8	0.4	0.9
Wholemeal Breadsticks	Wholemeal wheat flour, palm oil, yeast, salt, malted wheat flour	Contains: Gluten. May contain traces of sesame seeds and soybean	1 pack	15	386	58	0	3	0.5	68	10.2	12	1.8		2.0	5.7	0.9	2.3
Carrot Batons	Fresh chopped raw carrot.	n/a	1 pot	40	0	0	0		0.0		0.0	0.6	0.2	4.0				0.0
Sweetcorn Pot	Sweetcorn, Water, Sugar, Salt	n/a	1 pot	40	84	34	1	8.1	3.2	13.6	5.4	3.3	1.3			1.7	0.7	0.7
Air-popped Pop Corn	air popped pop corn	n/a	13g	13	375	49	0	1.1	0.1	75	9.8	12.5	1.6		0.0	5.0	0.7	0.0
Good4U Energy Balls	Raisins (Raisins, Sunflower Oil(, Milled sunflower seed, dates, chia (salvia hispanica) seed, Dietary Fibre (Inulin), Freeze Dried Strawberries 1.5%, Red Algae Seaweed, Natural Flavourings, Rice Bran, Rice Flour, Cocoa Powder	n/a	20g	20	383	77	2	41	8.2	45	9.0	9.5	1.9	0.0	0.1	16.1	3.2	2.2
Edam Cheese Portion	Milk, Salt, Starter, Rennet	Contains; MILK	20g	20	314	63	0	0.1	0.0	0	0.0	25.3	5.1	0.8	2.0	23.9	4.8	16.2
Pineapple Slices	Pineapple 59%, Water, Sugar, Acidity Regulator (Citric Acid)	N/A	10g	10	60	6	0	15	1.5	16	1.6	0	0.0	0.0	0.0	0.0	0.0	0.0
Small Pancake	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	Contains: Gluten, egg, milk	1 pancake	25	262	66	1	14.6	3.7	34.6	8.7	6.3	1.6		0.8	11.0	2.8	1.6
Plain Rice Cake	Rice, Sea Salt	May Contain traces of sesame seeds	1 cake	7.7	386	30	0	0.8	0.1	81.5	6.3	7.9	0.6		0.3	2.5	0.2	0.5

Drinks	Ingredients	Allergens	Portion Size	Measurement in ML	Calories per 100g	Calories per portion	Spoons of Sugar per PORTION	Of Which Sugar(s)	Sugar per portion	Carbohydrates per 100g	Carbs per Portion	Protein per 100g	Protein per Portion g	Sodium per 100g	Salt Equivalent	Fat per 100g/ml	Fat per Portion g	Saturates per 100g/ml
Water	Water	n/a	1 bottle	250	0	0	0		0.0	n/a		n/a		0.85g per LITRE	0.0	n/a		n/a
Apple Aqua Juice	Fruit juices from concentrate 50% (grape, apple 15%), natural mineral water, natural flavouring, fruit and vegetable concentrates (apple, safflower, lemon, hibiscus, carrot).	n/a	1 carton	200	23	46	3	5.7	11.4	5.7	11.4	0	0.0	0.6		0.0	0.0	0.0
Orange Aqua Juice	Fruit juices from concentrate 50% (grape, orange (14%) apple), natural mineral water, natural flavouring.	n/a	1 carton	200	22	44	3	5.4	10.8	5.4	10.8	0	0.0	0.07g		0.0	0.0	0.0
Fresh Cold Milk	Fresh Cow's Milk	Contains: Milk	1 carton	189	66	125	2	4.6	8.7	4.6	8.7	3.3	6.2		0.1	3.5	6.6	2.1
Fruit	Ingredients	Allergens	Portion Size		Calories per 100g	Calories per portion	Spoons of Sugar per PORTION	Of Which Sugar(s)	Sugar per portion	Carbohydrates per 100g	Carbs per Portion	Protein per 100g	Protein per Portion g	Sodium per 100g	Salt Equivalent	Fat per 100g/ml	Fat per Portion g	Saturates per 100g/ml
Apple	apple	n/a	1 piece (varying size)															
Orange	orange	n/a	1 piece (varying size)															
Banana	banana	n/a	1 piece (varying size)															