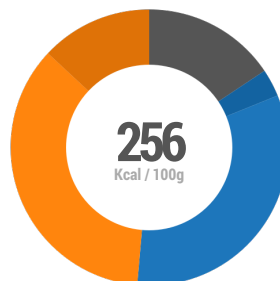
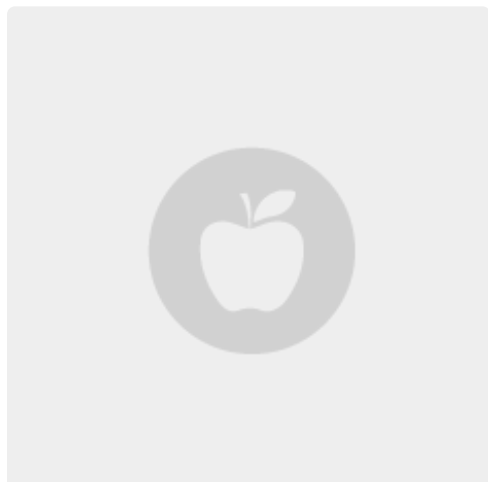


All Day Breakfast Wrap



Overview ...

U / 7759487



CALORIES:

35.8% Carbs

15.6% Protein

48.6% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 214G SERVING	%RI
Energy(Kj)	1071 kJ	13%	2293 kJ	27%
Energy(kcal)	256 kcal	13%	548 kcal	27%
Fat	14 g	20%	30 g	43%
of which saturates	3.7 g	19%	7.9 g	40%
Carbohydrate	23 g	9%	49 g	19%
of which sugars	2.1 g	2%	4.4 g	5%
Fibre	0 g	0%	0.5 g	2%
Protein	10 g	20%	21 g	42%
Salt	1.9 g	32%	4.1 g	68%

CONTAINS:



WHEAT



EGGS



MUSTARD



SULPHITES

Ingredient List (QUID) ...

Tortilla Wrap (42.1%) [Fortified **Wheat Flour** [**Wheat Flour**, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Water, Vegetable Oils [Palm Oil, Rapeseed Oil], Raising Agents (Diphosphates, Sodium Bicarbonate, Calcium Phosphates), Salt, Sugar, Acidity Regulators (Malic Acid, Citric Acid), Yeast, Preservative (Calcium Propionate)], **Egg** Mayonnaise [Hard Boiled **Eggs** (70%) [**Eggs**, Water, Salt, Acidity Regulator Citric Acid (E330), Acetic Acid (E260)], Mayonnaise (27%) [Rapeseed Oil, Water, Spirit Vinegar, Stabilisers (Modified Potato Starch, Xanthan Gum), Sugar, Salt, Pasteurised **Egg**, Preservative (Potassium Sorbate)], Dijon **Mustard** (2%) [Water, **Mustard Seeds** (30%), Spirit Vinegar, Sea Salt, Preservative (SODIUM HYDROGEN **Sulphite**)], Cracked Black Pepper (1%) [Black Pepper]], Sausage (11.7%) [Pork (82%), **Wheat Flour**, Water, Salt, Yeast, Dextrose Preservative E221 (sulphur Dioxide, **Sulphites**), Spices, Emulsifier E451, Flavour Enhancer E621, Flavourings, Antioxidant E301.], Tomato (11.2%), Smoked Streaky Bacon (7%) [Pork Belly, Salt, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite), Prepared With 220g Of Pork Per 100g Of Cooked Bacon], Mayonnaise (4.7%) [Rapeseed Oil, Water, Spirit Vinegar, Stabilisers (Modified Potato Starch, Xanthan Gum), Sugar, Salt, Pasteurised **Egg**, Preservative (Potassium Sorbate)]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**

| Generated by Nutritics v5.96 on 22nd Apr 2024. Last Modified 12th Mar 2024.

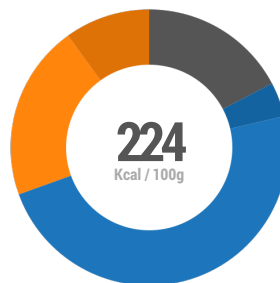
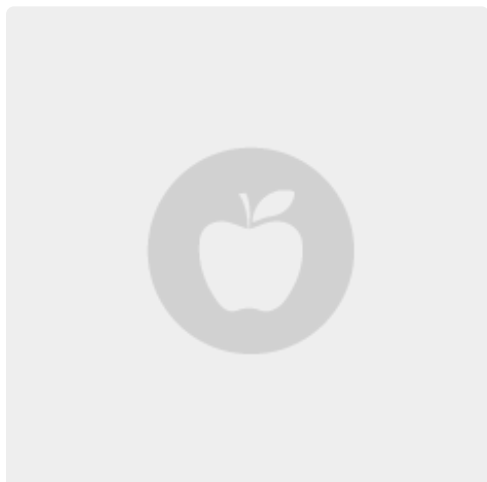
| U Ref Code: | Last Modified: 12 Mar 2024 | Nutritics ID:U7759487

American Hot Dog



Overview ...

U / 8216514



CALORIES:

52.2% Carbs

17.3% Protein

30.5% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(Kj)	952 kJ	11%	2143 kJ	26%
Energy(kcal)	226 kcal	11%	510 kcal	26%
Fat	7.6 g	11%	17 g	24%
<i>of which saturates</i>	2.5 g	13%	5.6 g	28%
Carbohydrate	29 g	11%	66 g	25%
<i>of which sugars</i>	2.3 g	3%	5.1 g	6%
Fibre	1.3 g	5%	3 g	12%
Protein	9.7 g	19%	22 g	44%
Salt	1.2 g	20%	2.6 g	43%

CONTAINS:



WHEAT



MILK



CELERY



SOYA

MAY CONTAIN:



TREE NUTS



PEANUTS



MUSTARD



SESAME

Ingredient List (QUID) ...

Bread (53.3%) [**Wheat**flour, Salt, Bread Improver (E471 E472 & E300), Bread Fat, Yeast, Water], Hot Dog Sausage (40%) [40% Poultry Mechanically Separated Meat (turkey, Chicken Mechanically Separated Meat), 33% Meat (pork, Beef), Water, Poultry Fat With Skin (turkey, Chicken), Iodized Salt (salt, Potassium Iodate), **Soya** Protein, Spices, Spice Extracts (contain **Celery**), Sugar, Stabilisers Triphosphates (E451), Diphosphates (E450), Sodium Citrates (E331iii), **Milk** Protein, Antioxidant Ascorbic Acid (E300), Preservative: Sodium Nitrite (E250), Beechwood Smoke], Onion (6.7%)

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Tree nuts, Peanuts, Mustard, Sesame

Meat Dishes | Generated by Nutritics v5.96 on 22nd Apr 2024. Last Modified 8th Mar 2024.

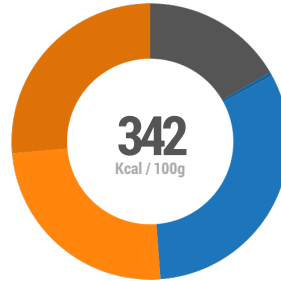
Meat Dishes | U Ref Code: | Last Modified: 8 Mar 2024 | Nutritics ID:U8216514

Bacon & Cheese Turnover



Overview ...

U / 10280331



CALORIES:

32.2% Carbs

16.7% Protein

51.2% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 110G SERVING	%RI
Energy(Kj)	1437 kJ	17%	1581 kJ	19%
Energy(kcal)	344 kcal	17%	378 kcal	19%
Fat	19 g	27%	21 g	30%
<i>of which saturates</i>	10 g	50%	11 g	55%
Carbohydrate	27 g	10%	30 g	12%
<i>of which sugars</i>	0.5 g	1%	0.5 g	1%
Fibre	1.1 g	4%	1.2 g	5%
Protein	14 g	28%	16 g	32%
Salt	1.5 g	25%	1.7 g	28%

CONTAINS:



WHEAT



MILK

Ingredient List (QUID) ...

Turnover (123g of Turnover per 100g) [Bacon (32%) (Pork, Water, Salt, Preservatives [Sodium Nitrite, Potassium Nitrate], Antioxidant [Sodium Ascorbate]), **Wheat Flour** (**Wheat Flour**, Calcium Carbonate, Iron, Niacin, Thiamin), Cheese (**Milk**) (14%) (**Milk**), Water, Vegetable Margarine (Vegetable Oils And Fats [Palm], Water, Salt, Lemon Juice), White Shortening (Vegetable Oils And Fats [Palm, Rapeseed], Water, Salt, Lemon Juice), Salt, Glaze (**Milk Proteins**, Dextrose, Rapeseed Oil)]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**

| Generated by Nutritics v5.96 on 22nd Apr 2024. Last Modified 8th Mar 2024.

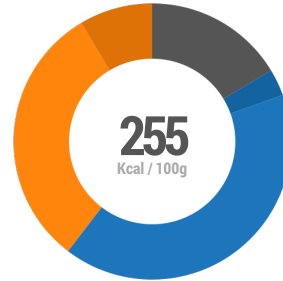
| U Ref Code: | Last Modified: 8 Mar 2024 | Nutritics ID:U10280331

Bacon & Egg Baguette



Overview ...

U / 6780467



CALORIES:

44% Carbs

16.4% Protein

39.6% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 175G SERVING	%RI
Energy(Kj)	1084 kJ	13%	1896 kJ	23%
Energy(kcal)	258 kcal	13%	452 kcal	23%
Fat	11 g	16%	20 g	29%
of which saturates	2.4 g	12%	4.2 g	21%
Carbohydrate	28 g	11%	49 g	19%
of which sugars	2 g	2%	3.5 g	4%
Fibre	1.3 g	5%	2.3 g	9%
Protein	10 g	20%	18 g	36%
Salt	1.1 g	18%	1.9 g	32%

CONTAINS:



WHEAT



EGGS



MUSTARD



SULPHITES

MAY CONTAIN:



TREE NUTS



PEANUTS



SESAME

Ingredient List (QUID) ...

Bread (51.4%) [**Wheat**flour, Salt, Bread Improver (E471 E472 & E300), Bread Fat, Yeast, Water], Egg Mayonnaise [Hard Boiled Eggs (70%) [Eggs, Water, Salt, Acidity Regulator Citric Acid (E330), Acetic Acid (E260)], Mayonnaise (27%) [Rapeseed Oil, Water, Spirit Vinegar, Stabilisers (Modified Potato Starch, Xanthan Gum), Sugar, Salt, Pasteurised Egg, Preservative (Potassium Sorbate)], Dijon **Mustard** (2%) [Water, **Mustard** Seeds (30%), Spirit Vinegar, Sea Salt, Preservative (SODIUM HYDROGEN Sulphite)], Cracked Black Pepper (1%) [Black Pepper]], Smoked Streaky Bacon (8.6%) [Pork Belly, Salt, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite), Prepared With 220g Of Pork Per 100g Of Cooked Bacon]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Tree nuts, Peanuts, Sesame

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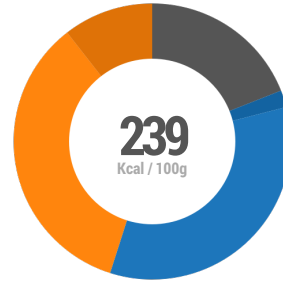
| U Ref Code: | Last Modified: 8 Mar 2024 | Nutritics ID:U6780467

Bacon & Egg Sandwich



Overview ...

U / 6722450



CALORIES:

35.9% Carbs

19% Protein

45.1% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 166G SERVING	%RI
Energy(Kj)	1020 kJ	12%	1693 kJ	20%
Energy(kcal)	244 kcal	12%	405 kcal	20%
Fat	12 g	17%	20 g	29%
of which saturates	2.8 g	14%	4.6 g	23%
Carbohydrate	22 g	8%	36 g	14%
of which sugars	1.2 g	1%	2 g	2%
Fibre	2.2 g	9%	3.6 g	14%
Protein	11 g	22%	19 g	38%
Salt	1.1 g	18%	1.8 g	30%

CONTAINS:



WHEAT,
BARLEY



EGGS



MUSTARD



SULPHITES

MAY CONTAIN:



OATS, RYE

Ingredient List (QUID) ...

Malted Bread (45.8%) [**Wheat** Flour [with Added Calcium Carbonate, Iron, Niacin, Thiamin], Water, Malted **Wheat** Flakes (9.5%), **Wheat** Bran (2.7%), **Wheat** Protein, Malted **Barley** Flour (0.9%), Salt, Yeast, Emulsifiers [E471, E472(e)], Spirit Vinegar, Malted **Wheat** Flour, Vegetable Oils [Rapeseed, Palm], Flour Treatment Agent (E300), Palm Fat, **Wheat** Flour], **Egg** Mayonnaise [Hard Boiled **Eggs** (70%) [**Eggs**, Water, Salt, Acidity Regulator Citric Acid (E330), Acetic Acid (E260)], Mayonnaise (27%) [Rapeseed Oil, Water, Spirit Vinegar, Stabilisers (Modified Potato Starch, Xanthan Gum), Sugar, Salt, Pasteurised **Egg**, Preservative (Potassium Sorbate)], Dijon **Mustard** (2%) [Water, **Mustard** Seeds (30%), Spirit Vinegar, Sea Salt, Preservative (SODIUM HYDROGEN **Sulphite**)], Cracked Black Pepper (1%) [Black Pepper]], Smoked Streaky Bacon (9%) [Pork Belly, Salt, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite), Prepared With 220g Of Pork Per 100g Of Cooked Bacon]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Oats, Rye

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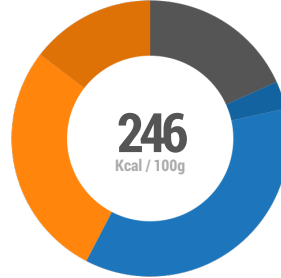
| U Ref Code: | Last Modified: 22 Apr 2024 | Nutritics ID:U6722450

Bacon Bap



Overview ...

U / 6747029



CALORIES:

39.3% Carbs

18.3% Protein

42.4% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 166G SERVING	%RI
Energy(Kj)	1042 kJ	12%	1729 kJ	21%
Energy(kcal)	249 kcal	12%	413 kcal	21%
Fat	12 g	17%	19 g	27%
of which saturates	4 g	20%	6.6 g	33%
Carbohydrate	24 g	9%	40 g	15%
of which sugars	2 g	2%	3.3 g	4%
Fibre	1.5 g	6%	2.4 g	10%
Protein	11 g	22%	19 g	38%
Salt	1.8 g	30%	3 g	50%

CONTAINS:



WHEAT



MILK

MAY CONTAIN:



SESAME

Ingredient List (QUID) ...

Floured Bap (51.8%) [**Wheat Flour** (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Salt, Yeast, Rapeseed Oil, Emulsifier (Diacetyltartaric Acid Esters Of Mono And Diglycerides, Mono And Diglycerides Of Fatty Acids), Flour (**Wheat**) Treatment Agents (L Cysteine, Ascorbic Acid)], Bacon (42.2%) [Pork (87%), Water (9%), Salt, Antioxidant(E301), Preservatives (E252, E250)], Buttery Spread (6%) [Rapeseed Oil, Palm Oil, Water, Reconstituted BUTTERMILK (**Milk**) 3%, Salt (1.5%), Emulsifier Mono And Di Glyceride Of Fatty Acids Stabiliser Sodium Alginate Preservative Potassium Sorbate Vitamin A & D, Flavouring, Colour Carotenes Flavouring Natural Colour Natural]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Sesame

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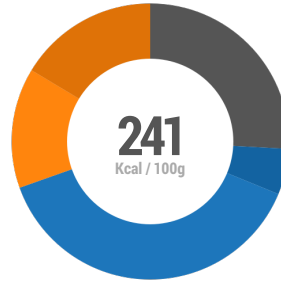
| U Ref Code: | Last Modified: 8 Mar 2024 | Nutritics ID:U6747029

BBQ Chicken Wrap



Overview ...

U / 6730943



CALORIES:

43.7% Carbs

25.9% Protein

30.4% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 195G SERVING	%RI
Energy(Kj)	1009 kJ	12%	1968 kJ	23%
Energy(kcal)	240 kcal	12%	468 kcal	23%
Fat	8.2 g	12%	16 g	23%
of which saturates	4.4 g	22%	8.6 g	43%
Carbohydrate	26 g	10%	51 g	20%
of which sugars	3.2 g	4%	6.3 g	7%
Fibre	0 g	0%	0 g	0%
Protein	16 g	32%	30 g	60%
Salt	1.9 g	32%	3.6 g	60%

CONTAINS:



WHEAT



MILK

Ingredient List (QUID) ...

Tortilla Wrap (46.2%) [Fortified **Wheat Flour** [**Wheat Flour**, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Water, Vegetable Oils [Palm Oil, Rapeseed Oil], Raising Agents (Diphosphates, Sodium Bicarbonate, Calcium Phosphates), Salt, Sugar, Acidity Regulators (Malic Acid, Citric Acid), Yeast, Preservative (Calcium Propionate)], Sliced Chicken Breast (30.8%) [Chicken Breast Meat (99%), Water, Salt], Grated Mature White Cheese (12.8%) [Pasteurised Full Fat **Milk**, Salt, Starter Culture, Vegetarian Rennet, Potato Starch], BBQ Sauce (10.3%) [Water, Sugar, Tomato Concentrate, Modified Starch, Mango Puree, Acid: Acetic Acid, Salt, Colour (E150d), Garlic Powder, Smoke Flavourings, Preservative (Potassium Sorbate)]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**

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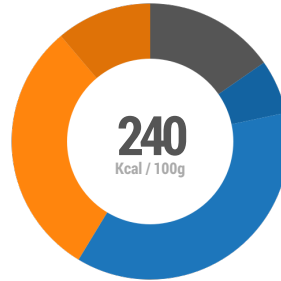
| U Ref Code: | Last Modified: 8 Mar 2024 | Nutritics ID:U6730943

BBQ Pulled Pork Wrap



Overview ...

U / 6708476



CALORIES:

43.3% Carbs

15.3% Protein

41.3% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 200G SERVING	%RI
Energy(Kj)	1007 kJ	12%	2013 kJ	24%
Energy(kcal)	240 kcal	12%	480 kcal	24%
Fat	11 g	16%	22 g	31%
of which saturates	3 g	15%	6 g	30%
Carbohydrate	26 g	10%	52 g	20%
of which sugars	3.8 g	4%	7.6 g	8%
Fibre	0.5 g	2%	1.1 g	4%
Protein	9.2 g	18%	18 g	36%
Salt	1.8 g	30%	3.6 g	60%

CONTAINS:



WHEAT

Ingredient List (QUID) ...

Tortilla Wrap (45%) [Fortified **Wheat** Flour [**Wheat** Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Water, Vegetable Oils [Palm Oil, Rapeseed Oil], Raising Agents (Diphosphates, Sodium Bicarbonate, Calcium Phosphates), Salt, Sugar, Acidity Regulators (Malic Acid, Citric Acid), Yeast, Preservative (Calcium Propionate)], Pulled Pork (30%) [Pork (92%), Rapeseed Oil, Dextrose, Salt, Stabilizers Sodium Triphosphate, Sodium Diphosphate, Spices, Yeast Extract, Spice Extract], Vegan Coleslaw Mix (17.5%) [Cabbage (28.5%), Carrots (28.5%), Vegan Mayo (28.5%) [Water, Rapeseed Oil, Thickener (Modified Starch), Sugar, Salt, Acidity Regulator (Acetic Acid), Stabilisers (Xanthan Gum, Guar Gum), Preservative (Potassium Sorbate), Flavouring, Colour (Beta Carotene)], Red Onion (14.5%)], BBQ Sauce (7.5%) [Water, Sugar, Tomato Concentrate, Modified Starch, Mango Puree, Acid: Acetic Acid, Salt, Colour (E150d), Garlic Powder, Smoke Flavourings, Preservative (Potassium Sorbate)]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**

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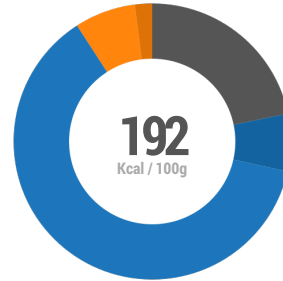
| U Ref Code: | Last Modified: 8 Mar 2024 | Nutritics ID:U6708476

BBQ Southern Fried Chicken Baguette



Overview ...

U / 6756194



CALORIES:

69.1% Carbs

21.8% Protein

9.1% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 190G SERVING	%RI
Energy(Kj)	828 kJ	10%	1573 kJ	19%
Energy(kcal)	196 kcal	10%	372 kcal	19%
Fat	1.9 g	3%	3.7 g	5%
of which saturates	0.4 g	2%	0.8 g	4%
Carbohydrate	33 g	13%	63 g	24%
of which sugars	3.2 g	4%	6.1 g	7%
Fibre	1.8 g	7%	3.4 g	14%
Protein	11 g	22%	20 g	40%
Salt	0.91 g	15%	1.7 g	28%

CONTAINS:



WHEAT



CELERY

MAY CONTAIN:



TREE NUTS



PEANUTS



SESAME

Ingredient List (QUID) ...

Bread (47.4%) [**Wheat**flour, Salt, Bread Improver (E471 E472 & E300), Bread Fat, Yeast, Water], Southern Fried Chick Goujon (36.8%) [Chicken (57%), **Wheat** Flour, Water, Modified Tapioca Starch, Tapioca Starch, **Wheat** Starch, Palm Oil, Salt, **Wheat** Gluten, Garlic Powder, Yeast Extract, Sugar, Yellow Corn Flour, Yeast, Dried Onion, Emulsifier (Disodium Diphosphate), Raising Agent (Sodium Hydrogen Carbonate), White Pepper, **Celery**, Colour (Curcumin), Black Pepper, Herbs (Oregano, Fennel), Paprika], BBQ Sauce (7.9%) [Water, Sugar, Tomato Concentrate, Modified Starch, Mango Puree, Acid: Acetic Acid, Salt, Colour (E150d), Garlic Powder, Smoke Flavourings, Preservative (Potassium Sorbate)], Lettuce (7.9%)

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Tree nuts, Peanuts, Sesame

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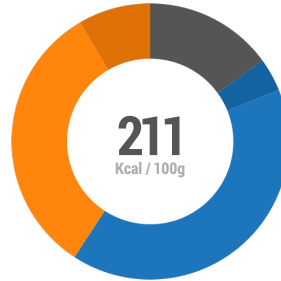
| U Ref Code: | Last Modified: 8 Mar 2024 | Nutritics ID:U6756194

BLT Sandwich



Overview ...

U / 6710804



CALORIES:

44.2% Carbs

15% Protein

40.8% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 157G SERVING	%RI
Energy(Kj)	910 kJ	11%	1428 kJ	17%
Energy(kcal)	217 kcal	11%	341 kcal	17%
Fat	9.6 g	14%	15 g	21%
of which saturates	2 g	10%	3.1 g	16%
Carbohydrate	23 g	9%	37 g	14%
of which sugars	2 g	2%	3.2 g	4%
Fibre	2.4 g	10%	3.8 g	15%
Protein	8 g	16%	13 g	26%
Salt	0.85 g	14%	1.3 g	22%

CONTAINS:



WHEAT,
BARLEY



EGGS

MAY CONTAIN:



OATS, RYE

Ingredient List (QUID) ...

Malted Bread (48.4%) [**Wheat Flour** [with Added Calcium Carbonate, Iron, Niacin, Thiamin], Water, Malted **Wheat Flakes** (9.5%), **Wheat Bran** (2.7%), **Wheat Protein**, Malted **Barley Flour** (0.9%), Salt, Yeast, Emulsifiers [E471, E472(e)], Spirit Vinegar, Malted **Wheat Flour**, Vegetable Oils [Rapeseed, Palm], Flour Treatment Agent (E300), Palm Fat, **Wheat Flour**], Tomato (22.9%), Mayonnaise (12.7%) [Rapeseed Oil, Water, Spirit Vinegar, Stabilisers (Modified Potato Starch, Xanthan Gum), Sugar, Salt, Pasteurised **Egg**, Preservative (Potassium Sorbate)], Smoked Streaky Bacon (9.6%) [Pork Belly, Salt, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite), Prepared With 220g Of Pork Per 100g Of Cooked Bacon], Lettuce (6.4%)

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Oats, Rye

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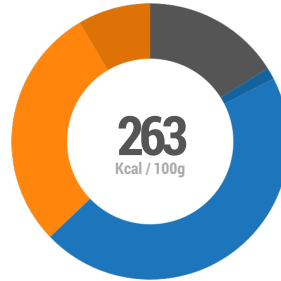
| U Ref Code: | Last Modified: 22 Apr 2024 | Nutritics ID:U6710804

Breakfast Club Ciabatta



Overview ...

U / 6733811



CALORIES:

46.7% Carbs

16.1% Protein

37.1% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 220G SERVING	%RI
Energy(Kj)	1098 kJ	13%	2417 kJ	29%
Energy(kcal)	262 kcal	13%	576 kcal	29%
Fat	11 g	16%	24 g	34%
of which saturates	2.5 g	13%	5.5 g	28%
Carbohydrate	30 g	12%	67 g	26%
of which sugars	0.9 g	1%	2 g	2%
Fibre	0.5 g	2%	0.6 g	2%
Protein	11 g	22%	23 g	46%
Salt	1.4 g	23%	3 g	50%

CONTAINS:



MAY CONTAIN:



Ingredient List (QUID) ...

Ciabatta (56.8%) [**Wheat** Flour, Water, Sunflower Oil, Sourdough (**Wheat, Rye**), Skimmed **Milk** Powder, Iodised Salt, Yeast], **Egg** Mayonnaise [Hard Boiled **Eggs** (70%) [**Eggs**, Water, Salt, Acidity Regulator Citric Acid (E330), Acetic Acid (E260)], Mayonnaise (27%) [Rapeseed Oil, Water, Spirit Vinegar, Stabilisers (Modified Potato Starch, Xanthan Gum), Sugar, Salt, Pasteurised **Egg**, Preservative (Potassium Sorbate)], Dijon **Mustard** (2%) [Water, **Mustard** Seeds (30%), Spirit Vinegar, Sea Salt, Preservative (SODIUM HYDROGEN **Sulphite**)], Cracked Black Pepper (1%) [Black Pepper]], Sausage (9.1%) [Pork (66%), Water, Rusk [**Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin)], Pork Fat, Seasoning (**Oat** Flour, Potato Starch, Salt, Dextrose, Rusk [**Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron Niacin, Thiamin), Salt], Black Pepper, Emulsifier (E451), Herbs (Marjoram, Sage), Preservative (E223 (**Sulphites**) (**Sulphite**), Antioxidant (E300), Spice & Herb Extracts (Nutmeg, Pepper, Sage, Coriander) Beef Collagen Casing], Smoked Streaky Bacon (6.8%) [Pork Belly, Salt, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite), Prepared With 220g Of Pork Per 100g Of Cooked Bacon]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Tree nuts, Sesame, Soya, Lupin

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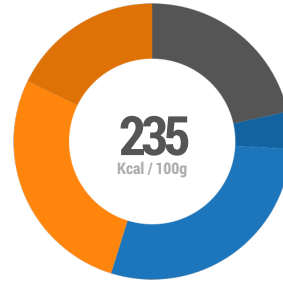
| U Ref Code: | Last Modified: 8 Mar 2024 | Nutritics ID:U6733811

Breakfast Muffin



Overview ...

U / 10198787



CALORIES:

33.3% Carbs

21.5% Protein

45.2% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 165G SERVING	%RI
Energy(Kj)	995 kJ	12%	1642 kJ	20%
Energy(kcal)	238 kcal	12%	392 kcal	20%
Fat	12 g	17%	19 g	27%
of which saturates	4.7 g	24%	7.7 g	39%
Carbohydrate	20 g	8%	32 g	12%
of which sugars	2.5 g	3%	4.2 g	5%
Fibre	1.3 g	5%	2.1 g	8%
Protein	13 g	26%	21 g	42%
Salt	1.2 g	20%	2 g	33%

CONTAINS:



WHEAT



EGGS



MILK



SOYA

MAY CONTAIN:



SESAME

Ingredient List (QUID) ...

Muffin (43.6%) [**Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Semolina (**Wheat**), Salt, Yeast, **Soya** Flour, Sugar, Palm Oil, Spirit Vinegar, Emulsifier (E472e), Preservative (E282), Flour Treatment Agent (E300)], Sausage Patty (33.3%) [Pork (83%), Water, Textured **Soya** Protein, Potato Starch, Salt, Sage, Spices, Dextrose], Omelette (15.2%) [Free Range **Egg** (61.8%), **Milk**, Rapeseed Oil, Thickener (Xanthan Gum), Salt, White Pepper], Cheese Slice (7.9%) [Cheese (**Milk**) (70%)(**Milk**), Vegetable Oil (palm), Modified Potatoes Starch, **Milk** Proteins, Skimmed **Milk** Powder, Whey (**Milk**) (**Milk**) powder, Emulsifying Salts (E 331, E 339), Natural Flavouring, Salt, Preservative (E 202), Colour (Beta Carotene, Paprika Extract), Flavour]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Sesame

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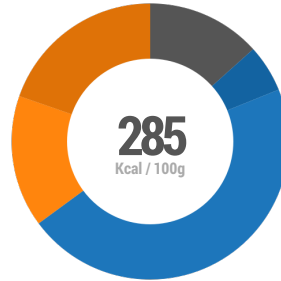
| U Ref Code: | Last Modified: 8 Mar 2024 | Nutritics ID:U10198787

Brie & Chutney Ciabatta



Overview ...

U / 6816674



CALORIES:

51.6% Carbs

13.3% Protein

35.1% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 195G SERVING	%RI
Energy(Kj)	1184 kJ	14%	2308 kJ	27%
Energy(kcal)	282 kcal	14%	549 kcal	27%
Fat	11 g	16%	22 g	31%
<i>of which saturates</i>	6.2 g	31%	12 g	60%
Carbohydrate	36 g	14%	70 g	27%
<i>of which sugars</i>	3.9 g	4%	7.7 g	9%
Fibre	0 g	0%	0 g	0%
Protein	9.5 g	19%	18 g	36%
Salt	1.3 g	22%	2.5 g	42%

CONTAINS:



MAY CONTAIN:



OTHER PROPERTIES:



Ingredient List (QUID) ...

Ciabatta (64.1%) [**Wheat** Flour, Water, Sunflower Oil, Sourdough (**Wheat, Rye**), Skimmed **Milk** Powder, Iodised Salt, Yeast], Brie (25.6%) [**Milk**, Salt, Mould Cultures, Starter Cultures], Chutney (10.3%) [Red Onions (60%), Sugar, Red Wine Vinegar (**Sulphites**), Balsamic Vinegar (**Sulphites**) [Wine (**Sulphites**), Vinegar, Concentrated Grape Must, Colour (E150d)], Thickeners (Modified Maize Starch, Pectin), Colour (E150c), Spices (**Mustard**), Preservatives (Potassium Sorbate)]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Tree nuts, Sesame, Soya, Lupin

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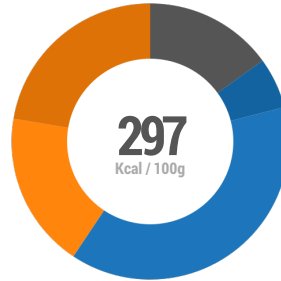
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Brie Bacon & Cranberry Ciabatta



Overview ...

U / 10231967



CALORIES:

44.3% Carbs

15% Protein

40.6% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 220G SERVING	%RI
Energy(Kj)	1236 kJ	15%	2720 kJ	32%
Energy(kcal)	295 kcal	15%	649 kcal	32%
Fat	13 g	19%	30 g	43%
of which saturates	7.4 g	37%	16 g	80%
Carbohydrate	32 g	12%	71 g	27%
of which sugars	4.4 g	5%	9.7 g	11%
Fibre	0 g	0%	0 g	0%
Protein	11 g	22%	25 g	50%
Salt	1.4 g	23%	3.1 g	52%

CONTAINS:



WHEAT, RYE

MILK

MAY CONTAIN:



TREE NUTS

SESAME

SOYA

LUPIN

Ingredient List (QUID) ...

Ciabatta (56.8%) [**Wheat** Flour, Water, Sunflower Oil, Sourdough (**Wheat, Rye**), Skimmed **Milk** Powder, Iodised Salt, Yeast], Brie (27.3%) [**Milk**, Salt, Mould Cultures, Starter Cultures], Cranberry Sauce (9.1%) [Cranberries (34%), Sugar, Water, Gelling Agent (Pectin (Pectin, Dextrose)), Acidity Regulators (Citric Acid, TriSodium Citrate, Calcium Lactate), Preservative (Potassium Sorbate)], Smoked Streaky Bacon (6.8%) [Pork Belly, Salt, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite), Prepared With 220g Of Pork Per 100g Of Cooked Bacon]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Tree nuts, Sesame, Soya, Lupin

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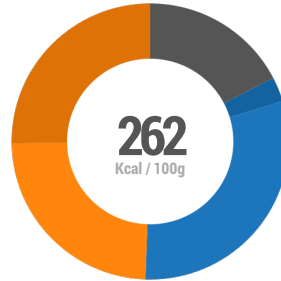
| U Ref Code: | Last Modified: 8 Mar 2024 | Nutritics ID:U10231967

Brie Bacon & Tomato Sandwich



Overview ...

U / 6741272



CALORIES:

33.2% Carbs

17.4% Protein

49.5% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 167G SERVING	%RI
Energy(Kj)	1114 kJ	13%	1860 kJ	22%
Energy(kcal)	267 kcal	13%	445 kcal	22%
Fat	14 g	20%	24 g	34%
of which saturates	7.3 g	37%	12 g	60%
Carbohydrate	22 g	8%	36 g	14%
of which sugars	1.9 g	2%	3.2 g	4%
Fibre	2.1 g	8%	3.6 g	14%
Protein	11 g	22%	19 g	38%
Salt	1.1 g	18%	1.8 g	30%

CONTAINS:



WHEAT,
BARLEY



EGGS



MILK

MAY CONTAIN:



OATS, RYE

Ingredient List (QUID) ...

Malted Bread (45.5%) [**Wheat** Flour [with Added Calcium Carbonate, Iron, Niacin, Thiamin], Water, Malted **Wheat** Flakes (9.5%), **Wheat** Bran (2.7%), **Wheat** Protein, Malted **Barley** Flour (0.9%), Salt, Yeast, Emulsifiers [E471, E472(e)], Spirit Vinegar, Malted **Wheat** Flour, Vegetable Oils [Rapeseed, Palm], Flour Treatment Agent (E300), Palm Fat, **Wheat** Flour], Brie (25.1%) [**Milk**, Salt, Mould Cultures, Starter Cultures], Tomato (14.4%), Smoked Streaky Bacon (9%) [Pork Belly, Salt, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite), Prepared With 220g Of Pork Per 100g Of Cooked Bacon], Mayonnaise (6%) [Rapeseed Oil, Water, Spirit Vinegar, Stabilisers (Modified Potato Starch, Xanthan Gum), Sugar, Salt, Pasteurised **Egg**, Preservative (Potassium Sorbate)]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Oats, Rye

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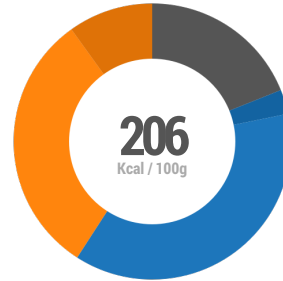
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Brunch Sandwich



Overview ...

U / 6735971



CALORIES:

40.2% Carbs

18.9% Protein

40.9% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 180G SERVING	%RI
Energy(Kj)	887 kJ	11%	1596 kJ	19%
Energy(kcal)	212 kcal	11%	381 kcal	19%
Fat	9.4 g	13%	17 g	24%
<i>of which saturates</i>	2.3 g	12%	4.1 g	21%
Carbohydrate	21 g	8%	37 g	14%
<i>of which sugars</i>	1.5 g	2%	2.7 g	3%
Fibre	2.2 g	9%	3.9 g	16%
Protein	9.8 g	20%	18 g	36%
Salt	0.9 g	15%	1.6 g	27%

CONTAINS:



MAY CONTAIN:



Ingredient List (QUID) ...

Malted Bread (42.2%) [**Wheat** Flour [with Added Calcium Carbonate, Iron, Niacin, Thiamin], Water, Malted **Wheat** Flakes (9.5%), **Wheat** Bran (2.7%), **Wheat** Protein, Malted **Barley** Flour (0.9%), Salt, Yeast, Emulsifiers [E471, E472(e)], Spirit Vinegar, Malted **Wheat** Flour, Vegetable Oils [Rapeseed, Palm], Flour Treatment Agent (E300), Palm Fat, **Wheat** Flour], **Egg** Mayonnaise [Hard Boiled **Eggs** (70%) [**Eggs**, Water, Salt, Acidity Regulator Citric Acid (E330), Acetic Acid (E260)], Mayonnaise (27%) [Rapeseed Oil, Water, Spirit Vinegar, Stabilisers (Modified Potato Starch, Xanthan Gum), Sugar, Salt, Pasteurised **Egg**, Preservative (Potassium Sorbate)], Dijon **Mustard** (2%) [Water, **Mustard** Seeds (30%), Spirit Vinegar, Sea Salt, Preservative (SODIUM HYDROGEN **Sulphite**)], Cracked Black Pepper (1%) [Black Pepper]], Tomato (13.3%), Smoked Streaky Bacon (5.6%) [Pork Belly, Salt, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite), Prepared With 220g Of Pork Per 100g Of Cooked Bacon], Sausage (5.6%) [Pork (66%), Water, Rusk [**Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin)], Pork Fat, Seasoning (**Oat** Flour, Potato Starch, Salt, Dextrose, Rusk [**Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron Niacin, Thiamin), Salt], Black Pepper, Emulsifier (E451), Herbs (Marjoram, Sage), Preservative (E223 (**Sulphites**) (**Sulphite**), Antioxidant (E300), Spice & Herb Extracts (Nutmeg, Pepper, Sage, Coriander) Beef Collagen Casing]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Rye

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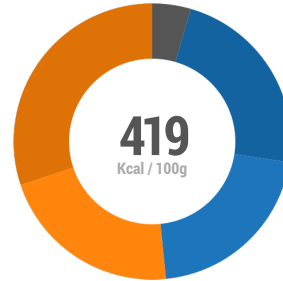
| U Ref Code: | Last Modified: 22 Apr 2024 | Nutritics ID:U6735971

Caramel Donut



Overview ...

U / 7759337



CALORIES:

43.9% Carbs

4.5% Protein

51.6% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 67G SERVING	%RI
Energy(Kj)	1759 kJ	21%	1178 kJ	14%
Energy(kcal)	421 kcal	21%	282 kcal	14%
Fat	24 g	34%	16 g	23%
of which saturates	14 g	70%	9.4 g	47%
Carbohydrate	46 g	18%	31 g	12%
of which sugars	24 g	27%	16 g	18%
Fibre	1.1 g	4%	0.7 g	3%
Protein	4.7 g	9%	3.1 g	6%
Salt	0.82 g	14%	0.55 g	9%

CONTAINS:



WHEAT



EGGS



MILK



SOYA



SULPHITES

MAY CONTAIN:



TREE NUTS



PEANUTS

OTHER PROPERTIES:



VEGETARIAN



HALAL

Ingredient List (QUID) ...

Donut (100%) [**Wheat** Flour, Caramel Filling 16% (glucose Fructose Syrup, Sugar, Water, Vegetable Fats (palm, Coconut), Modified Starch (maize), Caramelised Sugar, Flavouring, **Wheat** Fibre, Salt, Emulsifier (E472c), Colouring Food(carrot Concentrate), Colours (curcumin, Caustic **Sulphite** Caramel)), White Topping 15% (sugar, Vegetable Oils And Fats (palm Kernel, Palm, Coconut, Sunflower), Lactose (**Milk**), Emulsifier (lecithin), Naturalflavouring), Water, Vegetable Fat (palm), Sugar, Caramel Flavoured Decoration 3.7% (sugar, Vegetable Fats (palm Kernel, Palm), Lactose (**Milk**), Caramelised Sugar, Emulsifier (lecithin), Flavouring), Dextrose, Yeast, vegetable Oil (rapeseed), **Soya** Flour, Sweet Whey (**Milk**) Powder (**Milk**), Raising Agents (disodium Diphosphate, Sodium Bicarbonate), Salt, Emulsifiers (E471, E481), **Wheat Gluten**, Skimmed **Milk** Powder, Floutrtreatment Agent (ascorbic Acid), Whole **Egg** Powder, Colour (beta Carotene), Flavouring]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Tree nuts, Peanuts

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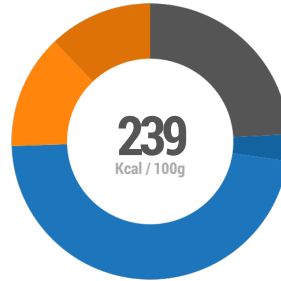
| U Ref Code: | Last Modified: 8 Mar 2024 | Nutritics ID:U7759337

Cheese & Ham Baguette



Overview ...

U / 6782015



CALORIES:

50.3% Carbs

24.2% Protein

25.5% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 160G SERVING	%RI
Energy(Kj)	1017 kJ	12%	1627 kJ	19%
Energy(kcal)	241 kcal	12%	386 kcal	19%
Fat	6.8 g	10%	11 g	16%
<i>of which saturates</i>	3.2 g	16%	5.2 g	26%
Carbohydrate	30 g	12%	48 g	18%
<i>of which sugars</i>	1.9 g	2%	3 g	3%
Fibre	1.2 g	5%	2 g	8%
Protein	14 g	28%	23 g	46%
Salt	1.5 g	25%	2.4 g	40%

CONTAINS:



WHEAT



MILK

MAY CONTAIN:



TREE NUTS



PEANUTS



SESAME

Ingredient List (QUID) ...

Bread (56.3%) [**Wheat**flour, Salt, Bread Improver (E471 E472 & E300), Bread Fat, Yeast, Water], Gammon Ham (31.3%) [Pork Leg (100%), Salt, Water, Dextrose, Yeast Extract, Stabiliser E451i, E450i li, Preservative E250, Antioxidant (E301)], Mature Cheddar Slice (12.5%) [Pasteurised Cow's **Milk**, Salt (contains Anti Caking Agent E535), Non Animal Rennet (sodium Benzoate Free), Starter Culture]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Tree nuts, Peanuts, Sesame

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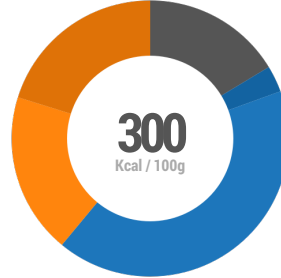
| U Ref Code: | Last Modified: 8 Mar 2024 | Nutritics ID:U6782015

Cheese & Onion Baguette



Overview ...

U / 6780608



CALORIES:

44.6% Carbs

16.3% Protein

39% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 145G SERVING	%RI
Energy(Kj)	1269 kJ	15%	1840 kJ	22%
Energy(kcal)	303 kcal	15%	439 kcal	22%
Fat	13 g	19%	19 g	27%
of which saturates	6.7 g	34%	9.7 g	49%
Carbohydrate	33 g	13%	49 g	19%
of which sugars	2.3 g	3%	3.4 g	4%
Fibre	1.4 g	6%	2.1 g	8%
Protein	12 g	24%	18 g	36%
Salt	1.1 g	18%	1.6 g	27%

CONTAINS:



WHEAT



MILK

MAY CONTAIN:



TREE NUTS



PEANUTS



SESAME

OTHER PROPERTIES:



VEGETARIAN

Ingredient List (QUID) ...

Bread (62.1%) [**Wheat**flour, Salt, Bread Improver (E471 E472 & E300), Bread Fat, Yeast, Water], Mature Cheddar Slice (27.6%) [Pasteurised Cow's **Milk**, Salt (contains Anti Caking Agent E535) , Non Animal Rennet (sodium Benzoate Free) , Starter Culture], Red Onion (6.9%), Buttery Spread (3.4%) [Rapeseed Oil, Palm Oil, Water, Reconstituted BUTTERMILK (**Milk**) 3%, Salt (1.5%), Emulsifier Mono And Di Glyceride Of Fatty Acids Stabiliser Sodium Alginate Preservative Potassium Sorbate Vitamin A & D, Flavouring, Colour Carotenes Flavouring Natural Colour Natural]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Tree nuts, Peanuts, Sesame

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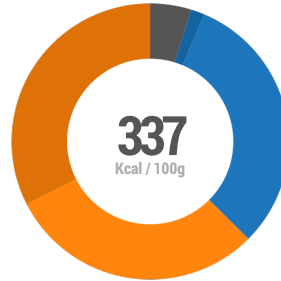
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Cheese & Onion Slice



Overview ...

U / 6689834



CALORIES:

32.7% Carbs

4.8% Protein

62.5% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 171G SERVING	%RI
Energy(Kj)	1419 kJ	17%	2423 kJ	29%
Energy(kcal)	341 kcal	17%	582 kcal	29%
Fat	23 g	33%	40 g	57%
of which saturates	12 g	60%	21 g	105%
Carbohydrate	28 g	11%	47 g	18%
of which sugars	1.3 g	1%	2.3 g	3%
Fibre	2.2 g	9%	3.7 g	15%
Protein	4 g	8%	6.9 g	14%
Salt	1.4 g	23%	2.4 g	40%

CONTAINS:



WHEAT



MILK



MUSTARD



SOYA

MAY CONTAIN:



TREE NUTS

OTHER PROPERTIES:



VEGETARIAN

Ingredient List (QUID) ...

Cheese And Onion Slice (103g of Cheese And Onion Slice per 100g) [Water, **Wheat** Flour (Contains Calcium Carbonate, Iron, Niacin, Thiamin), Margarine [Palm Oil, Palm Fat, Rapeseed Oil, Water, Salt, Emulsifier (E471), Acidity Regulator (E330), Lemon Juice], Grated Mature Cheddar Cheese (**Milk**) (14%), Potatoes, Onions (4%), Glaze [Water, Modified Starch, Rapeseed Oil, **Milk** Proteins, Emulsifiers (**Soya** Lecithin, E471), Acidity Regulator (E339iii), Colour (E160a)], Thickener (E1422), Cheese (**Milk**) Powder [Cheese (**Milk**), Salt], Dehydrated Potato, Dijon **Mustard** [Water, **Mustard** Seeds, Spirit Vinegar, Salt], Salt, Yeast Extract, Emulsifier (E464), Onion Powder, White Pepper]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Tree nuts

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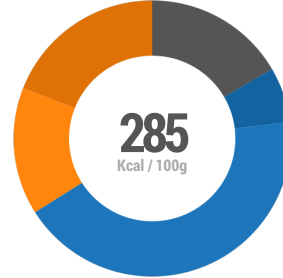
| U Ref Code: | Last Modified: 8 Mar 2024 | Nutritics ID:U6689834

Cheese & Pickle Baguette



Overview ...

U / 6780131



CALORIES:

49.4% Carbs

16.6% Protein

34% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 150G SERVING	%RI
Energy(Kj)	1210 kJ	14%	1814 kJ	22%
Energy(kcal)	288 kcal	14%	432 kcal	22%
Fat	11 g	16%	16 g	23%
of which saturates	6 g	30%	9 g	45%
Carbohydrate	35 g	13%	53 g	20%
of which sugars	4.6 g	5%	6.9 g	8%
Fibre	1.4 g	6%	2.1 g	8%
Protein	12 g	24%	18 g	36%
Salt	1.1 g	18%	1.6 g	27%

CONTAINS:



WHEAT,
BARLEY



MILK



SULPHITES

MAY CONTAIN:



TREE NUTS



PEANUTS



SESAME

OTHER PROPERTIES:



VEGETARIAN

Ingredient List (QUID) ...

Bread (60%) [**Wheatflour**, Salt, Bread Improver (E471 E472 & E300), Bread Fat, Yeast, Water], Mature Cheddar Slice (26.7%) [Pasteurised Cow's **Milk**, Salt (contains Anti Caking Agent E535), Non Animal Rennet (sodium Benzoate Free), Starter Culture], Sweet Pickle (13.3%) [Water, Vegetables In Varying Proportions (Swede, Onion, Cauliflower, Carrot) (35%), Sugar, **Barley** Malt Vinegar, Modified Maize Starch, Apple Pulp (Sodium **Metabisulphite**) (**Sulphites**), Acetic Acid, Date Paste, Tomato Paste, Cane Molasses, Flavouring, Ammonia Caramel]
ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Tree nuts, Peanuts, Sesame

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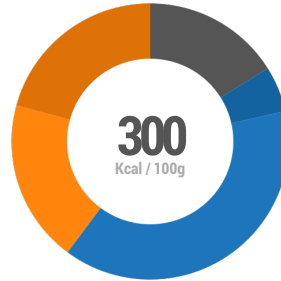
| U Ref Code: | Last Modified: 8 Mar 2024 | Nutritics ID:U6780131

Cheese & Pickle Roll



Overview ...

U / 7487510



CALORIES:

44.1% Carbs

16.1% Protein

39.8% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 140G SERVING	%RI
Energy(Kj)	1270 kJ	15%	1778 kJ	21%
Energy(kcal)	303 kcal	15%	424 kcal	21%
Fat	13 g	19%	19 g	27%
of which saturates	6.9 g	35%	9.7 g	49%
Carbohydrate	33 g	13%	46 g	18%
of which sugars	4 g	4%	5.6 g	6%
Fibre	1.3 g	5%	1.9 g	8%
Protein	12 g	24%	17 g	34%
Salt	1.1 g	18%	1.6 g	27%

CONTAINS:



WHEAT,
BARLEY



MILK



SULPHITES

MAY CONTAIN:



TREE NUTS



PEANUTS



SESAME

OTHER PROPERTIES:



VEGETARIAN

Ingredient List (QUID) ...

Bread Roll (57.1%) [**Wheatflour**, Salt, Bread Improver (E471 E472 & E300), Bread Fat, Yeast, Water], Mature Cheddar Slice (28.6%) [Pasteurised Cow's **Milk**, Salt (contains Anti Caking Agent E535), Non Animal Rennet (sodium Benzoate Free), Starter Culture], Sweet Pickle (10.7%) [Water, Vegetables In Varying Proportions (Swede, Onion, Cauliflower, Carrot) (35%), Sugar, **Barley** Malt Vinegar, Modified Maize Starch, Apple Pulp (Sodium **Metabisulphite**) (**Sulphites**), Acetic Acid, Date Paste, Tomato Paste, Cane Molasses, Flavouring, Ammonia Caramel], Buttery Spread (3.6%) [Rapeseed Oil, Palm Oil, Water, Reconstituted BUTTERMILK (**Milk**) 3%, Salt (1.5%), Emulsifier Mono And Di Glyceride Of Fatty Acids Stabiliser Sodium Alginate Preservative Potassium Sorbate Vitamin A & D, Flavouring, Colour Carotenes Flavouring Natural Colour Natural]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Tree nuts, Peanuts, Sesame

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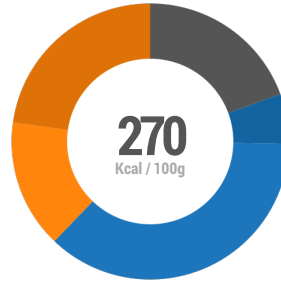
| U Ref Code: | Last Modified: 8 Mar 2024 | Nutritics ID:U7487510

Cheese & Pickle Sandwich



Overview ...

U / 7951613



CALORIES:

42.7% Carbs

19.4% Protein

37.8% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 136G SERVING	%RI
Energy(Kj)	1152 kJ	14%	1567 kJ	19%
Energy(kcal)	275 kcal	14%	374 kcal	19%
Fat	11 g	16%	15 g	21%
of which saturates	6.8 g	34%	9.3 g	47%
Carbohydrate	29 g	11%	39 g	15%
of which sugars	3.9 g	4%	5.4 g	6%
Fibre	2.5 g	10%	3.4 g	14%
Protein	13 g	26%	18 g	36%
Salt	1.1 g	18%	1.4 g	23%

CONTAINS:



WHEAT,
BARLEY



MILK



SULPHITES

MAY CONTAIN:



OATS, RYE

OTHER PROPERTIES:



VEGETARIAN

Ingredient List (QUID) ...

Malted Bread (55.9%) [**Wheat** Flour [with Added Calcium Carbonate, Iron, Niacin, Thiamin], Water, Malted **Wheat** Flakes (9.5%), **Wheat** Bran (2.7%), **Wheat** Protein, Malted **Barley** Flour (0.9%), Salt, Yeast, Emulsifiers [E471, E472(e)], Spirit Vinegar, Malted **Wheat** Flour, Vegetable Oils [Rapeseed, Palm], Flour Treatment Agent (E300), Palm Fat, **Wheat** Flour], Mature Cheddar Slice (29.4%) [Pasteurised Cow's **Milk**, Salt (contains Anti Caking Agent E535) , Non Animal Rennet (sodium Benzoate Free) , Starter Culture], Sweet Pickle (14.7%) [Water, Vegetables In Varying Proportions (Swede, Onion, Cauliflower, Carrot) (35%), Sugar, **Barley** Malt Vinegar, Modified Maize Starch, Apple Pulp (Sodium **Metabisulphite**) (**Sulphites**), Acetic Acid, Date Paste, Tomato Paste, Cane Molasses, Flavouring, Ammonia Caramel]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Oats, Rye

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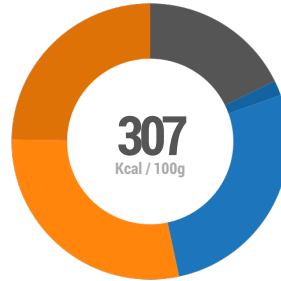
| U Ref Code: | Last Modified: 22 Apr 2024 | Nutritics ID:U7951613

Cheese & Red Onion Sandwich



Overview ...

U / 6704849



CALORIES:

28.9% Carbs

17.8% Protein

53.3% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 161G SERVING	%RI
Energy(Kj)	1300 kJ	15%	2093 kJ	25%
Energy(kcal)	311 kcal	16%	501 kcal	25%
Fat	18 g	26%	29 g	41%
of which saturates	8.5 g	43%	14 g	70%
Carbohydrate	22 g	8%	36 g	14%
of which sugars	1.4 g	2%	2.2 g	2%
Fibre	2.1 g	8%	3.4 g	14%
Protein	14 g	28%	22 g	44%
Salt	1.2 g	20%	1.9 g	32%

CONTAINS:



WHEAT,
BARLEY



EGGS



MILK

MAY CONTAIN:



OATS, RYE

OTHER PROPERTIES:



VEGETARIAN

Ingredient List (QUID) ...

Malted Bread (47.2%) [**Wheat** Flour [with Added Calcium Carbonate, Iron, Niacin, Thiamin], Water, Malted **Wheat** Flakes (9.5%), **Wheat** Bran (2.7%), **Wheat** Protein, Malted **Barley** Flour (0.9%), Salt, Yeast, Emulsifiers [E471, E472(e)], Spirit Vinegar, Malted **Wheat** Flour, Vegetable Oils [Rapeseed, Palm], Flour Treatment Agent (E300), Palm Fat, **Wheat** Flour], Grated Coloured Cheese (18.6%) [Pasteurised Cows **Milk**, Starter, Microbial Rennet, Salt, Water, Vegetable Palm Oil, **Milk** Protein, Lactic Acid, Emulsifying Salts (E331 & E339) Modified Corn Starch (E413) Beta Carotene (E160a), Annatto Norbixin (E160b(ii)), Potato Starch (anti Caking Agent)], Grated Mature White Cheese (18.6%) [Pasteurised Full Fat **Milk**, Salt, Starter Culture, Vegetarian Rennet, Potato Starch], Mayonnaise (12.4%) [Rapeseed Oil, Water, Spirit Vinegar, Stabilisers (Modified Potato Starch, Xanthan Gum), Sugar, Salt, Pasteurised **Egg**, Preservative (Potassium Sorbate)], Red Onion (3.1%)

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Oats, Rye

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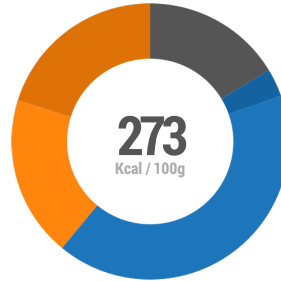
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Cheese & Tomato Baguette



Overview ...

U / 6756425



CALORIES:

44.6% Carbs

16.4% Protein

39% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 159G SERVING	%RI
Energy(Kj)	1161 kJ	14%	1845 kJ	22%
Energy(kcal)	277 kcal	14%	440 kcal	22%
Fat	12 g	17%	19 g	27%
of which saturates	6.1 g	31%	9.7 g	49%
Carbohydrate	30 g	12%	48 g	18%
of which sugars	2.2 g	2%	3.6 g	4%
Fibre	1.4 g	6%	2.2 g	9%
Protein	11 g	22%	18 g	36%
Salt	1 g	17%	1.6 g	27%

CONTAINS:



WHEAT



MILK

MAY CONTAIN:



TREE NUTS



PEANUTS



SESAME

OTHER PROPERTIES:



VEGETARIAN

Ingredient List (QUID) ...

Bread (56.6%) [**Wheat**flour, Salt, Bread Improver (E471 E472 & E300), Bread Fat, Yeast, Water], Mature Cheddar Slice (25.2%) [Pasteurised Cow's **Milk**, Salt (contains Anti Caking Agent E535), Non Animal Rennet (sodium Benzoate Free), Starter Culture], Tomato (15.1%), Buttery Spread (3.1%) [Rapeseed Oil, Palm Oil, Water, Reconstituted BUTTERMILK (**Milk**) 3%, Salt (1.5%), Emulsifier Mono And Di Glyceride Of Fatty Acids Stabiliser Sodium Alginate Preservative Potassium Sorbate Vitamin A & D, Flavouring, Colour Carotenes Flavouring Natural Colour Natural]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Tree nuts, Peanuts, Sesame

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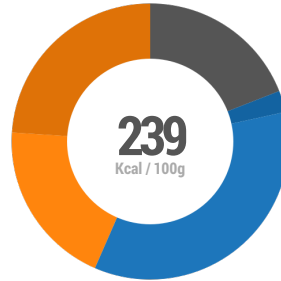
| U Ref Code: | Last Modified: 8 Mar 2024 | Nutritics ID:U6756425

Cheese & Tomato Sandwich



Overview ...

U / 7954172



CALORIES:

37.5% Carbs

19.1% Protein

43.5% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 157G SERVING	%RI
Energy(Kj)	1025 kJ	12%	1609 kJ	19%
Energy(kcal)	245 kcal	12%	384 kcal	19%
Fat	12 g	17%	18 g	26%
of which saturates	6.4 g	32%	10 g	50%
Carbohydrate	22 g	8%	35 g	13%
of which sugars	1.5 g	2%	2.4 g	3%
Fibre	2.3 g	9%	3.6 g	14%
Protein	11 g	22%	18 g	36%
Salt	0.95 g	16%	1.5 g	25%

CONTAINS:



WHEAT,
BARLEY



MILK

MAY CONTAIN:



OATS, RYE

OTHER PROPERTIES:



VEGETARIAN

Ingredient List (QUID) ...

Malted Bread (48.4%) [**Wheat** Flour [with Added Calcium Carbonate, Iron, Niacin, Thiamin], Water, Malted **Wheat** Flakes (9.5%), **Wheat** Bran (2.7%), **Wheat** Protein, Malted **Barley** Flour (0.9%), Salt, Yeast, Emulsifiers [E471, E472(e)], Spirit Vinegar, Malted **Wheat** Flour, Vegetable Oils [Rapeseed, Palm], Flour Treatment Agent (E300), Palm Fat, **Wheat** Flour], Mature Cheddar Slice (25.5%) [Pasteurised Cow's **Milk**, Salt (contains Anti Caking Agent E535) , Non Animal Rennet (sodium Benzoate Free) , Starter Culture], Tomato (22.9%), Buttery Spread (3.2%) [Rapeseed Oil, Palm Oil, Water, Reconstituted BUTTERMILK (**Milk**) 3%, Salt (1.5%), Emulsifier Mono And Di Glyceride Of Fatty Acids Stabiliser Sodium Alginate Preservative Potassium Sorbate Vitamin A & D, Flavouring, Colour Carotenes Flavouring Natural Colour Natural]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Oats, Rye

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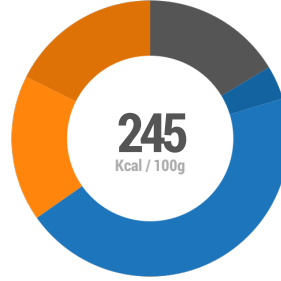
| U Ref Code: | Last Modified: 22 Apr 2024 | Nutritics ID:U7954172

Cheese Melt Baguette



Overview ...

U / 6782330



CALORIES:

48.9% Carbs

16.4% Protein

34.7% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 155G SERVING	%RI
Energy(Kj)	1029 kJ	12%	1595 kJ	19%
Energy(kcal)	245 kcal	12%	380 kcal	19%
Fat	9.5 g	14%	15 g	21%
of which saturates	4.8 g	24%	7.4 g	37%
Carbohydrate	29 g	11%	45 g	17%
of which sugars	2.4 g	3%	3.7 g	4%
Fibre	1.2 g	5%	1.9 g	8%
Protein	10 g	20%	16 g	32%
Salt	1.2 g	20%	1.9 g	32%

CONTAINS:



WHEAT



MILK

MAY CONTAIN:



EGGS



SESAME

OTHER PROPERTIES:



VEGETARIAN

Ingredient List (QUID) ...

White Baguette (48.4%) [**Wheat** Flour, Water, Yeast, Salt, **Wheat Gluten**, Malted **Wheat** Flour, Flour Treatment Agent (Ascorbic Acid)], Pizza Blend Cheese (32.3%) [Pizzatop 40% (Skimmed **Milk**, Palm Oil, Salt, Lactic Acid Culture, Rennet), Vegetable Oil & **Milk** Protein Blend 40% (Water, Veg Oil (Palm Rspo Mb), **Milk** Protein (**Milk**), Starch, **Milk** Solids (**Milk**), Salt, Emulsifying Salts (E339; E341); Colour (E160a)), Mild White Cheese (**Milk**) 20% (Pasteurised Cow's **Milk**, Salt, Lactic Acid, Microbial Rennet), Anti Caking Agent (Potato Starch)], Pizza Sauce (19.4%) [Tomatoes, Sugar, Salt, Vinegar, Garlic, Spices, Modified Corn Starch, Olive Oil, Onion Powder, Natural Flavourings]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Eggs, Sesame

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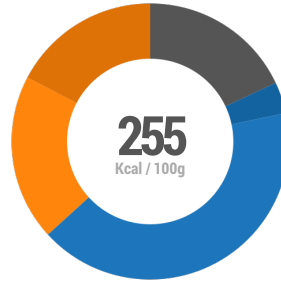
| U Ref Code: | Last Modified: 8 Mar 2024 | Nutritics ID:U6782330

Cheese Melt Baguette with Bacon



Overview ...

U / 6782255



CALORIES:

45.2% Carbs

18% Protein

36.8% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 160G SERVING	%RI
Energy(Kj)	1070 kJ	13%	1712 kJ	20%
Energy(kcal)	255 kcal	13%	408 kcal	20%
Fat	10 g	14%	17 g	24%
of which saturates	4.9 g	25%	7.8 g	39%
Carbohydrate	28 g	11%	45 g	17%
of which sugars	2.3 g	3%	3.8 g	4%
Fibre	1.2 g	5%	1.9 g	8%
Protein	11 g	22%	18 g	36%
Salt	1.4 g	23%	2.2 g	37%

CONTAINS:



WHEAT



MILK



EGGS



SESAME

MAY CONTAIN:

Ingredient List (QUID) ...

White Baguette (46.9%) [**Wheat** Flour, Water, Yeast, Salt, **Wheat Gluten**, Malted **Wheat** Flour, Flour Treatment Agent (Ascorbic Acid)], Pizza Blend Cheese (25%) [Pizzatop 40% (Skimmed **Milk**, Palm Oil, Salt, Lactic Acid Culture, Rennet), Vegetable Oil & **Milk** Protein Blend 40% (Water, Veg Oil (Palm Rspo Mb), **Milk** Protein (**Milk**), Starch, **Milk** Solids (**Milk**), Salt, Emulsifying Salts (E339; E341); Colour (E160a)), Mild White Cheese (**Milk**) 20% (Pasteurised Cow's **Milk**, Salt, Lactic Acid, Microbial Rennet), Anti Caking Agent (Potato Starch)], Pizza Sauce (18.8%) [Tomatoes, Sugar, Salt, Vinegar, Garlic, Spices, Modified Corn Starch, Olive Oil, Onion Powder, Natural Flavourings], Smoked Streaky Bacon (9.4%) [Pork Belly, Salt, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite), Prepared With 220g Of Pork Per 100g Of Cooked Bacon]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Eggs, Sesame

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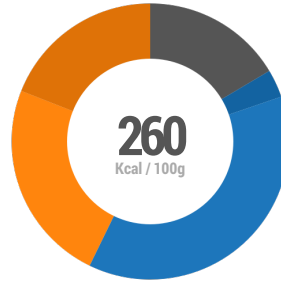
| U Ref Code: | Last Modified: 8 Mar 2024 | Nutritics ID:U6782255

Cheese Melt Baguette with Pepperoni



Overview ...

U / 6810692



CALORIES:

40.7% Carbs

16.5% Protein

42.8% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 175G SERVING	%RI
Energy(Kj)	1105 kJ	13%	1934 kJ	23%
Energy(kcal)	264 kcal	13%	462 kcal	23%
Fat	12 g	17%	22 g	31%
of which saturates	5.5 g	28%	9.6 g	48%
Carbohydrate	26 g	10%	45 g	17%
of which sugars	2.1 g	2%	3.7 g	4%
Fibre	2.9 g	12%	5.1 g	20%
Protein	11 g	22%	19 g	38%
Salt	1.6 g	27%	2.7 g	45%

CONTAINS:



WHEAT



MILK

MAY CONTAIN:



EGGS



SESAME

Ingredient List (QUID) ...

White Baguette (42.9%) [**Wheat** Flour, Water, Yeast, Salt, **Wheat Gluten**, Malted **Wheat** Flour, Flour Treatment Agent (Ascorbic Acid)], Pizza Blend Cheese (28.6%) [Pizzatop 40% (Skimmed **Milk**, Palm Oil, Salt, Lactic Acid Culture, Rennet), Vegetable Oil & **Milk** Protein Blend 40% (Water, Veg Oil (Palm Rspo Mb), **Milk** Protein (**Milk**), Starch, **Milk** Solids (**Milk**), Salt, Emulsifying Salts (E339; E341); Colour (E160a)), Mild White Cheese (**Milk**) 20% (Pasteurised Cow's **Milk**, Salt, Lactic Acid, Microbial Rennet), Anti Caking Agent (Potato Starch)], Pizza Sauce (17.1%) [Tomatoes, Sugar, Salt, Vinegar, Garlic, Spices, Modified Corn Starch, Olive Oil, Onion Powder, Natural Flavourings], Halal Sliced Pepperoni (11.4%) [Chicken, Beef Fat, Beef, Salt, Spices And Spice Extracts, Dextrose, Sugar, Antioxidant E392, Acidity Regulator E331, Starter Culture, Preservative E250. Meat Content 90%]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Eggs, Sesame

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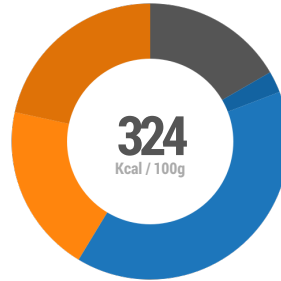
| U Ref Code: | Last Modified: 8 Mar 2024 | Nutritics ID:U6810692

Cheese Roll



Overview ...

U / 7487246



CALORIES:

42% Carbs

16.6% Protein

41.4% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 125G SERVING	%RI
Energy(Kj)	1368 kJ	16%	1709 kJ	20%
Energy(kcal)	326 kcal	16%	408 kcal	20%
Fat	15 g	21%	19 g	27%
of which saturates	7.8 g	39%	9.7 g	49%
Carbohydrate	34 g	13%	42 g	16%
of which sugars	2 g	2%	2.5 g	3%
Fibre	1.4 g	6%	1.8 g	7%
Protein	13 g	26%	17 g	34%
Salt	1.2 g	20%	1.6 g	27%

CONTAINS:



WHEAT



MILK

MAY CONTAIN:



TREE NUTS



PEANUTS



SESAME

OTHER PROPERTIES:



VEGETARIAN

Ingredient List (QUID) ...

Bread Roll (64%) [**Wheatflour**, Salt, Bread Improver (E471 E472 & E300), Bread Fat, Yeast, Water], Mature Cheddar Slice (32%) [Pasteurised Cow's **Milk**, Salt (contains Anti Caking Agent E535), Non Animal Rennet (sodium Benzoate Free), Starter Culture], Buttery Spread (4%) [Rapeseed Oil, Palm Oil, Water, Reconstituted BUTTERMILK (**Milk**) 3%, Salt (1.5%), Emulsifier Mono And Di Glyceride Of Fatty Acids Stabiliser Sodium Alginate Preservative Potassium Sorbate Vitamin A & D, Flavouring, Colour Carotenes Flavouring Natural Colour Natural]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Tree nuts, Peanuts, Sesame

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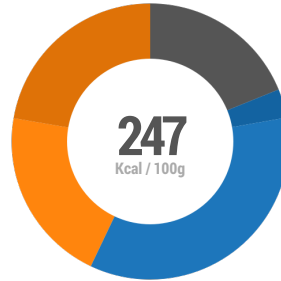
| U Ref Code: | Last Modified: 8 Mar 2024 | Nutritics ID:U7487246

Cheese Salad Roll



Overview ...

U / 7488059



CALORIES:

38.2% Carbs

18.9% Protein

42.9% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 162G SERVING	%RI
Energy(Kj)	1060 kJ	13%	1717 kJ	20%
Energy(kcal)	253 kcal	13%	410 kcal	21%
Fat	12 g	17%	19 g	27%
of which saturates	6.1 g	31%	9.9 g	50%
Carbohydrate	24 g	9%	38 g	15%
of which sugars	2.1 g	2%	3.4 g	4%
Fibre	3 g	12%	4.9 g	20%
Protein	12 g	24%	19 g	38%
Salt	0.94 g	16%	1.5 g	25%

CONTAINS:



WHEAT



MILK

MAY CONTAIN:



TREE NUTS



PEANUTS



SESAME

OTHER PROPERTIES:



VEGETARIAN

Ingredient List (QUID) ...

Bread Roll (52.5%) [Heavily Malted Flour (**Wheat**) With Large Malted **Wheatflakes**, Salt, Bread Improver(E471 E472 & E300), Bread Fat, Yeast, Water], Mature Cheddar Slice (24.7%) [Pasteurised Cow's **Milk**, Salt (contains Anti Caking Agent E535) , Non Animal Rennet (sodium Benzoate Free) , Starter Culture], Tomato (7.4%), Cucumber (6.2%), Lettuce (6.2%), Buttery Spread (3.1%) [Rapeseed Oil, Palm Oil, Water, Reconstituted BUTTERMILK (**Milk**) 3%, Salt (1.5%), Emulsifier Mono And Di Glyceride Of Fatty Acids Stabiliser Sodium Alginate Preservative Potassium Sorbate Vitamin A & D, Flavouring, Colour Carotenes Flavouring Natural Colour Natural]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Tree nuts, Peanuts, Sesame

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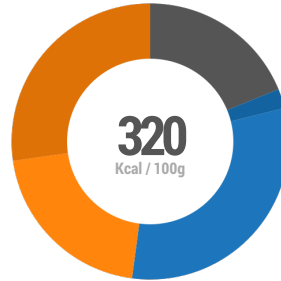
| U Ref Code: | Last Modified: 8 Mar 2024 | Nutritics ID:U7488059

Cheese Sandwich



Overview ...

U / 7953605



CALORIES:

33.3% Carbs

18.8% Protein

47.9% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 145G SERVING	%RI
Energy(Kj)	1350 kJ	16%	1957 kJ	23%
Energy(kcal)	323 kcal	16%	468 kcal	23%
Fat	17 g	24%	25 g	36%
of which saturates	9.7 g	49%	14 g	70%
Carbohydrate	27 g	10%	39 g	15%
of which sugars	1.8 g	2%	2.6 g	3%
Fibre	1.5 g	6%	2.2 g	9%
Protein	15 g	30%	22 g	44%
Salt	1.1 g	18%	1.7 g	28%

CONTAINS:



WHEAT



MILK



SOYA

MAY CONTAIN:



BARLEY

OTHER PROPERTIES:



VEGETARIAN

Ingredient List (QUID) ...

Sliced White Square Loaf (55.2%) [**Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Palm Oil, Salt, Yeast, Emulsifier (Mono And Di Acetyl tartaric Acid Esters Of Mono And Di Glycerides Of Fatty Acids), Spirit/Vinegar, **Soya** Flour, Preservative (Calcium Propionate), flour Treatment Agent (Ascorbic Acid)], Mature Cheddar Slice (41.4%) [Pasteurised Cow's **Milk**, Salt (contains Anti Caking Agent E535), Non Animal Rennet (sodium Benzoate Free), Starter Culture], Buttery Spread (3.4%) [Rapeseed Oil, Palm Oil, Water, Reconstituted BUTTERMILK (**Milk**) 3%, Salt (1.5%), Emulsifier Mono And Di Glyceride Of Fatty Acids Stabiliser Sodium Alginate Preservative Potassium Sorbate Vitamin A & D, Flavouring, Colour Carotenes Flavouring Natural Colour Natural]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Barley

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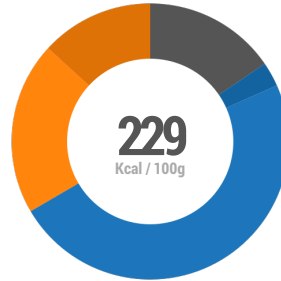
| U Ref Code: | Last Modified: 8 Mar 2024 | Nutritics ID:U7953605

Chicago Melt Ciabatta



Overview ...

U / 6732587



CALORIES:

51.1% Carbs

15.5% Protein

33.4% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 249G SERVING	%RI
Energy(Kj)	955 kJ	11%	2379 kJ	28%
Energy(kcal)	227 kcal	11%	566 kcal	28%
Fat	8.5 g	12%	21 g	30%
of which saturates	3.4 g	17%	8.4 g	42%
Carbohydrate	29 g	11%	71 g	27%
of which sugars	1.6 g	2%	4.1 g	5%
Fibre	0.5 g	2%	0.7 g	3%
Protein	8.9 g	18%	22 g	44%
Salt	1.4 g	23%	3.5 g	58%

CONTAINS:



WHEAT, RYE

MILK

MAY CONTAIN:



TREE NUTS

SESAME

SOYA

LUPIN

Ingredient List (QUID) ...

Ciabatta (50.2%) [**Wheat** Flour, Water, Sunflower Oil, Sourdough (**Wheat, Rye**), Skimmed **Milk** Powder, Iodised Salt, Yeast], Pizza Sauce (24.1%) [Tomatoes, Sugar, Salt, Vinegar, Garlic, Spices, Modified Corn Starch, Olive Oil, Onion Powder, Natural Flavourings], Pizza Blend Cheese (16.1%) [Pizzatop 40% (Skimmed **Milk**, Palm Oil, Salt, Lactic Acid Culture, Rennet), Vegetable Oil & **Milk** Protein Blend 40% (Water, Veg Oil (Palm Rspo Mb), **Milk** Protein (**Milk**), Starch, **Milk** Solids (**Milk**), Salt, Emulsifying Salts (E339; E341); Colour (E160a)), Mild White Cheese (**Milk**) 20% (Pasteurised Cow's **Milk**, Salt, Lactic Acid, Microbial Rennet), Anti Caking Agent (Potato Starch)], Halal Diced Beef (8%) [Beef (74%), Water, Rusk (rice Flour, Water, Vegetable Fibre, Salt), Salt, White Pepper], Halal Sliced Pepperoni (1.6%) [Chicken, Beef Fat, Beef, Salt, Spices And Spice Extracts, Dextrose, Sugar, Antioxidant E392, Acidity Regulator E331, Starter Culture, Preservative E250. Meat Content 90%]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Tree nuts, Sesame, Soya, Lupin

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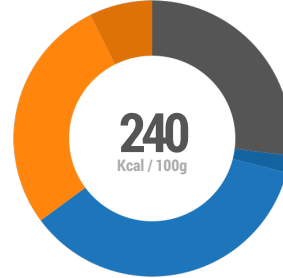
| U Ref Code: | Last Modified: 8 Mar 2024 | Nutritics ID:U6732587

Chicken & Bacon Sandwich



Overview ...

U / 6736391



CALORIES:

37.9% Carbs

27% Protein

35.1% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 164G SERVING	%RI
Energy(Kj)	1027 kJ	12%	1685 kJ	20%
Energy(kcal)	245 kcal	12%	401 kcal	20%
Fat	9.4 g	13%	15 g	21%
of which saturates	2 g	10%	3.2 g	16%
Carbohydrate	23 g	9%	37 g	14%
of which sugars	1.2 g	1%	1.9 g	2%
Fibre	2.6 g	10%	4.2 g	17%
Protein	16 g	32%	27 g	54%
Salt	0.95 g	16%	1.6 g	27%

CONTAINS:



WHEAT,
BARLEY



EGGS

MAY CONTAIN:



OATS, RYE

Ingredient List (QUID) ...

Malted Bread (46.3%) [**Wheat** Flour [with Added Calcium Carbonate, Iron, Niacin, Thiamin], Water, Malted **Wheat** Flakes (9.5%), **Wheat** Bran (2.7%), **Wheat** Protein, Malted **Barley** Flour (0.9%), Salt, Yeast, Emulsifiers [E471, E472(e)], Spirit Vinegar, Malted **Wheat** Flour, Vegetable Oils [Rapeseed, Palm], Flour Treatment Agent (E300), Palm Fat, **Wheat** Flour], Sliced Chicken Breast (30.5%) [Chicken Breast Meat (99%), Water, Salt], Mayonnaise (12.2%) [Rapeseed Oil, Water, Spirit Vinegar, Stabilisers (Modified Potato Starch, Xanthan Gum), Sugar, Salt, Pasteurised **Egg**, Preservative (Potassium Sorbate)], Smoked Streaky Bacon (9.1%) [Pork Belly, Salt, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite), Prepared With 220g Of Pork Per 100g Of Cooked Bacon], Cracked Black Pepper (1.8%) [Black Pepper]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Oats, Rye

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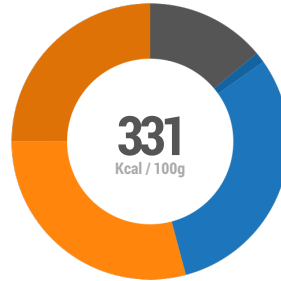
| U Ref Code: | Last Modified: 22 Apr 2024 | Nutritics ID:U6736391

Chicken & Ham Slice



Overview ...

U / 6639935



CALORIES:

31.9% Carbs

14% Protein

54.1% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 170G SERVING	%RI
Energy(Kj)	1394 kJ	17%	2367 kJ	28%
Energy(kcal)	334 kcal	17%	567 kcal	28%
Fat	20 g	29%	34 g	49%
of which saturates	9.2 g	46%	16 g	80%
Carbohydrate	26 g	10%	45 g	17%
of which sugars	1 g	1%	1.8 g	2%
Fibre	1.6 g	6%	2.8 g	11%
Protein	12 g	24%	20 g	40%
Salt	1.1 g	18%	1.9 g	32%

CONTAINS:



WHEAT



MILK



CELERY



MUSTARD



SOYA

MAY CONTAIN:



TREE NUTS

Ingredient List (QUID) ...

Chicken & Ham Slice (103g of Chicken & Ham Slice per 100g) [Water, **Wheat** Flour (contains Calcium Carbonate, Iron, Niacin, Thiamin), Margarine [Palm Oil, Palm Stearine, Water, Salt, Rapeseed Oil, Emulsifier (E471), Acidity Regulator (Citric Acid), Concentrated Lemon Juice], Cooked Chicken 11% (Chicken Breast, Salt), Ham 4% [Pork, Water, Salt, Stabilisers (E451, E452), Dextrose, Glucose Syrup, Antioxidant (E301), Preservative (E250)], Béchamel Sauce [Modified Starch, Vegetable Oil (Palm Oil, Lactose (**Milk**), **Milk** Proteins), Full Cream (**Milk**) **Milk** Powder, Cheese (**Milk**) Powder (**Milk**), Vegetable Bouillon (Salt, Potato Starch, Sugar, Roast Yeast Extract, Flavouring, Yeast Extract, Onion Powder, Leek Powder, White Pepper, **Celery**, Citric Acid, Turmeric), **Mustard** Flour, Mushroom Powder, Yeast Extract], Chicken Skin, Glaze [Water, Modified Starch (potato, Tapioca), Rapeseed Oil, **Milk** Proteins, Emulsifiers (**Soya** Lecithins, E471), Acidity Regulator (E339iii), Colour (E160a)], Onion, Modified Maize Starch, Chicken Fat, Ham Stock [Dried Potato, Salt, Sugar, Yeast Extract, Ham (Pork, Water, Dextrose, Salt, Sodium Nitrite), Molasses, Smoke Flavouring, Concentrated Lemon Juice], Emulsifier (E464), Yeast Extract, Onion Powder, White Pepper]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Tree nuts

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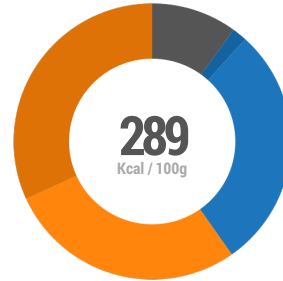
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Chicken & Mushroom Slice



Overview ...

U / 6690725



CALORIES:

30.3% Carbs

10% Protein

59.7% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 170G SERVING	%RI
Energy(Kj)	1214 kJ	14%	2062 kJ	25%
Energy(kcal)	292 kcal	15%	495 kcal	25%
Fat	19 g	27%	33 g	47%
of which saturates	10 g	50%	17 g	85%
Carbohydrate	22 g	8%	37 g	14%
of which sugars	1.2 g	1%	2.1 g	2%
Fibre	1.3 g	5%	2.3 g	9%
Protein	7.2 g	14%	12 g	24%
Salt	1.1 g	18%	1.9 g	32%

CONTAINS:



WHEAT



MILK



CELERY



SOYA

MAY CONTAIN:



TREE NUTS

Ingredient List (QUID) ...

Chicken & Mushroom Slice (103g of Chicken & Mushroom Slice per 100g) [Water, **Wheat** Flour, Margarine [Palm Oil, Palm Stearin, Water, Salt, Rapeseed Oil, Emulsifier (E471), Acidity Regulator (Citric Acid), Lemon Juice], Cooked Chicken (13%) [Chicken Breast, Salt], Mushroom (3%), Fat Powder [Palm Oil, Lactose (**Milk**), **Milk** Protein], Onions, Glaze [Water, Modified Starch (potato, Tapioca), Rapeseed Oil, **Milk** Proteins, Emulsifiers (**Soya** Lecithin, E471), Acidity Regulator (E339iii), Colour (Carotenes)], Sauce Mix [Modified Maize Starch, Fat Powder (Palm Oil, Lactose (**Milk**), **Milk** Proteins), **Wheat** Flour, Whole **Milk** Powder, Salt, Yeast Extract, Hydrolysed Vegetable Protein, Flavourings (Pepper, **Celery**, Onion, Bouquet Garni)], Chicken Stock [Chicken, Yeast Extract, Salt, Chicken Fat, Rehydrated Vegetable Powders (Leek, Onion), Sugar, Concentrated Lemon Juice, Natural Black Pepper Flavour, Sage Oil], Thickeners (E1422), Roast Chicken Stock [Roast Chicken, Chicken Fat, Maltodextrin, Yeast Extract, Glucose Syrup, Salt, Natural Flavouring, Sugar, Concentrated Chicken Extract, Concentrated Lemon Juice, Onion Powder], Salt, Emulsifier (E464), Onion Powder, Yeast Extract, White Pepper, Black Pepper **Wheat** Flour Contains Calcium Carbonate, Iron, Niacin, Thiamin]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Tree nuts

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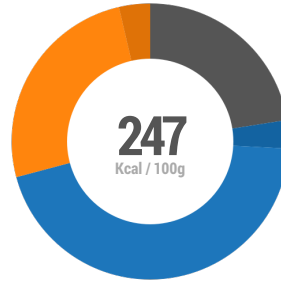
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Chicken & Stuffing Sandwich



Overview ...

U / 10232187



CALORIES:

48.3% Carbs

22.5% Protein

29.2% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 171G SERVING	%RI
Energy(Kj)	1060 kJ	13%	1813 kJ	22%
Energy(kcal)	252 kcal	13%	431 kcal	22%
Fat	8 g	11%	14 g	20%
of which saturates	1 g	5%	1.7 g	9%
Carbohydrate	30 g	12%	51 g	20%
of which sugars	2 g	2%	3.5 g	4%
Fibre	2.5 g	10%	4.2 g	17%
Protein	14 g	28%	24 g	48%
Salt	1.2 g	20%	2.1 g	35%

CONTAINS:



WHEAT,
BARLEY



EGGS

MAY CONTAIN:



OATS, RYE

Ingredient List (QUID) ...

Malted Bread (44.4%) [**Wheat** Flour [with Added Calcium Carbonate, Iron, Niacin, Thiamin], Water, Malted **Wheat** Flakes (9.5%), **Wheat** Bran (2.7%), **Wheat** Protein, Malted **Barley** Flour (0.9%), Salt, Yeast, Emulsifiers [E471, E472(e)], Spirit Vinegar, Malted **Wheat** Flour, Vegetable Oils [Rapeseed, Palm], Flour Treatment Agent (E300), Palm Fat, **Wheat** Flour], Sliced Chicken Breast (29.2%) [Chicken Breast Meat (99%), Water, Salt], Mayonnaise (14.6%) [Rapeseed Oil, Water, Spirit Vinegar, Stabilisers (Modified Potato Starch, Xanthan Gum), Sugar, Salt, Pasteurised **Egg**, Preservative (Potassium Sorbate)], Stuffing (11.7%) [Breadrusk [**Wheat** Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Salt, Yeast], Fried Onions (3%) [Onions, Buck **Wheat** Flour, Palm Oil, Salt], Dried Onion (2.5%), Salt, Sunflower Oil, Dried Sage (0.9%), Rubbed Parsley, Flavouring (Salt, Sage Extract, Anticaking Agent E551), Black Ground Pepper]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Oats, Rye

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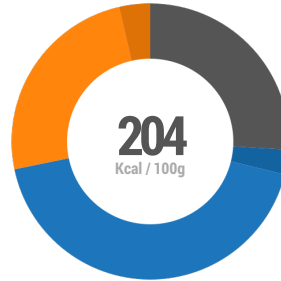
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Chicken & Sweetcorn Sandwich



Overview ...

U / 6736004



CALORIES:

45.8% Carbs

25.9% Protein

28.2% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 168G SERVING	%RI
Energy(Kj)	879 kJ	10%	1476 kJ	18%
Energy(kcal)	209 kcal	10%	351 kcal	18%
Fat	6.4 g	9%	11 g	16%
<i>of which saturates</i>	0.8 g	4%	1.4 g	7%
Carbohydrate	23 g	9%	39 g	15%
<i>of which sugars</i>	1.5 g	2%	2.5 g	3%
Fibre	2.4 g	10%	4 g	16%
Protein	13 g	26%	22 g	44%
Salt	0.67 g	11%	1.1 g	18%

CONTAINS:



WHEAT,
BARLEY



EGGS

MAY CONTAIN:



OATS, RYE

Ingredient List (QUID) ...

Malted Bread (45.2%) [**Wheat Flour** [with Added Calcium Carbonate, Iron, Niacin, Thiamin], Water, Malted **Wheat Flakes** (9.5%), **Wheat Bran** (2.7%), **Wheat Protein**, Malted **Barley Flour** (0.9%), Salt, Yeast, Emulsifiers [E471, E472(e)], Spirit Vinegar, Malted **Wheat Flour**, Vegetable Oils [Rapeseed, Palm], Flour Treatment Agent (E300), Palm Fat, **Wheat Flour**], Sliced Chicken Breast (29.8%) [Chicken Breast Meat (99%), Water, Salt], Mayonnaise (11.9%) [Rapeseed Oil, Water, Spirit Vinegar, Stabilisers (Modified Potato Starch, Xanthan Gum), Sugar, Salt, Pasteurised **Egg**, Preservative (Potassium Sorbate)], Sweetcorn (6%) [Sweetcorn, Water, Sugar, Salt], Lettuce (6%), Cracked Black Pepper (1.2%) [Black Pepper]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Oats, Rye

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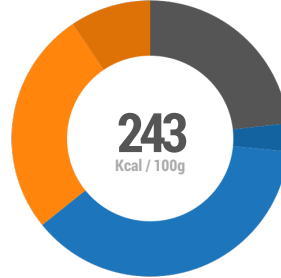
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Chicken Bacon Caesar Wrap



Overview ...

U / 6679706



CALORIES:

41% Carbs

23.2% Protein

35.8% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 195G SERVING	%RI
Energy(Kj)	1018 kJ	12%	1986 kJ	24%
Energy(kcal)	242 kcal	12%	473 kcal	24%
Fat	9.7 g	14%	19 g	27%
of which saturates	2.5 g	13%	5 g	25%
Carbohydrate	25 g	10%	48 g	18%
of which sugars	2 g	2%	3.9 g	4%
Fibre	0 g	0%	0.5 g	2%
Protein	14 g	28%	28 g	56%
Salt	1.8 g	30%	3.6 g	60%

CONTAINS:



WHEAT,
BARLEY



EGGS



MILK



SOYA

Ingredient List (QUID) ...

Tortilla Wrap (46.2%) [Fortified **Wheat** Flour [**Wheat** Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Water, Vegetable Oils [Palm Oil, Rapeseed Oil], Raising Agents (Diphosphates, Sodium Bicarbonate, Calcium Phosphates), Salt, Sugar, Acidity Regulators (Malic Acid, Citric Acid), Yeast, Preservative (Calcium Propionate)], Sliced Chicken Breast (30.8%) [Chicken Breast Meat (99%), Water, Salt], Caesar Dressing (10.3%) [Rapeseed Oil, Water, Caesar Dressing Premix (Spirit Vinegar, Water, Garlic Purée (Water, Dried Garlic, Acidity Regulator (Citric Acid)), Medium Fat Hard Cheese (medium Fat Hard Cheese, **Milk**), Preservative (Lysozyme (from **Eggs**), Salt, Lemon Juice Concentrate, Dried Garlic, Dried Onion, Stabiliser (Xanthan Gum)), Sugar, Pasteurised **Egg** Yolk, Worcester Sauce (Water, **Barley** Malt Vinegar, Sugar, Molasses, Salt, **Soya** Sauce (Water, **Soya** Beans, **Wheat**, Salt), Tamarind Concentrate, Onion Powder, Lemon Juice Concentrate, Ground White Pepper, Chilli Pepper, Garlic Powder, Ground Ginger, Ground Cloves, Acidity Regulator (Acetic Acid), **Barley** Malt Extract), Salt, Cracked Black Pepper, Preservative (Potassium Sorbate), Stabiliser (Xanthan Gum), Flavouring (contains **Milk**)], Lettuce (7.7%), Smoked Streaky Bacon (5.1%) [Pork Belly, Salt, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite), Prepared With 220g Of Pork Per 100g Of Cooked Bacon]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**

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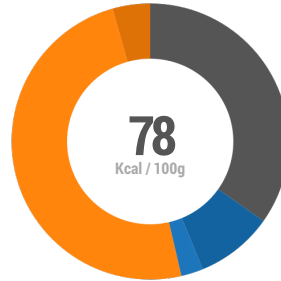
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Chicken Caesar Salad



Overview ...

U / 6666263



CALORIES:

11.6% Carbs

34.8% Protein

53.6% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 276G SERVING	%RI
Energy(Kj)	343 kJ	4%	947 kJ	11%
Energy(kcal)	82 kcal	4%	227 kcal	11%
Fat	4.6 g	7%	13 g	19%
of which saturates	0.4 g	2%	1 g	5%
Carbohydrate	2.2 g	1%	6.2 g	2%
of which sugars	1.8 g	2%	4.9 g	5%
Fibre	0.9 g	4%	2.4 g	10%
Protein	7.3 g	15%	20 g	40%
Salt	0.29 g	5%	0.81 g	14%

CONTAINS:



WHEAT,
BARLEY



EGGS



MILK



SOYA

Ingredient List (QUID) ...

Lettuce (36.2%), Sliced Chicken Breast (21.7%) [Chicken Breast Meat (99%), Water, Salt], Tomato (17.4%), Cucumber (14.5%), Caesar Dressing (10.3%) [Rapeseed Oil, Water, Caesar Dressing Premix (Spirit Vinegar, Water, Garlic Purée (Water, Dried Garlic, Acidity Regulator (Citric Acid)), Medium Fat Hard Cheese (medium Fat Hard Cheese, **Milk**), Preservative (Lysozyme (from **Eggs**), Salt, Lemon Juice Concentrate, Dried Garlic, Dried Onion, Stabiliser (Xanthan Gum)), Sugar, Pasteurised **Egg** Yolk, Worcester Sauce (Water, **Barley** Malt Vinegar, Sugar, Molasses, Salt, **Soy** Sauce (Water, **Soya** Beans, **Wheat**, Salt), Tamarind Concentrate, Onion Powder, Lemon Juice Concentrate, Ground White Pepper, Chilli Pepper, Garlic Powder, Ground Ginger, Ground Cloves, Acidity Regulator (Acetic Acid), **Barley** Malt Extract), Salt, Cracked Black Pepper, Preservative (Potassium Sorbate), Stabiliser (Xanthan Gum), Flavouring (contains **Milk**)]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**

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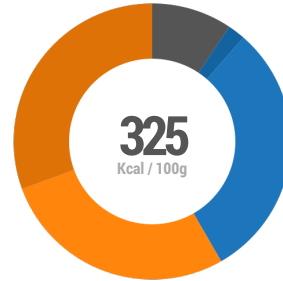
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Chicken Curry Slice



Overview ...

U / 6741575



CALORIES:

32.3% Carbs

9.4% Protein

58.3% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 175G SERVING	%RI
Energy(Kj)	1367 kJ	16%	2386 kJ	28%
Energy(kcal)	328 kcal	16%	573 kcal	29%
Fat	21 g	30%	37 g	53%
of which saturates	11 g	55%	19 g	95%
Carbohydrate	26 g	10%	45 g	17%
of which sugars	1.6 g	2%	2.9 g	3%
Fibre	2.4 g	10%	4.1 g	16%
Protein	7.7 g	15%	13 g	26%
Salt	0.93 g	16%	1.6 g	27%

CONTAINS:



WHEAT,
BARLEY



EGGS



MILK



MUSTARD

MAY CONTAIN:



SOYA

Ingredient List (QUID) ...

Chicken Curry Slice (103g of Chicken Curry Slice per 100g) [Pastry (58%) **Wheat Flour** (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Margarine (Palm Oil, Water, Salt, Emulsifier Mono And Di Glycerides Of Fatty Acid), Water, Salt Filling (41%) Chicken (30%), Water, Onion, Curry Paste (Rapeseed Oil, Salt, Coriander Leaf, Paprika, Sugar, Tamarind Pulp, Garlic Puree, Ginger Puree, Turmeric, Acid Citric Acid, Fenugreek Powder, **Mustard** Powder, Cumin Powder, Acid Lactic Acid, Coriander Powder, Asafoetida), Rapeseed Oil, Tomatoes (Tomato, Tomato Juice, Acid Citric Acid), Modified Waxy Maize Starch, Tomato Puree, Garlic Puree, Cream (**Milk**) Powder (**Milk**), Sugar, Stabiliser Hydroxypropyl Methyl Cellulose, **Barley** Malt Extract, Cumin, Ginger, Lemon Juice Concentrate, Cayenne Pepper Glaze **Egg**, Water]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Soya

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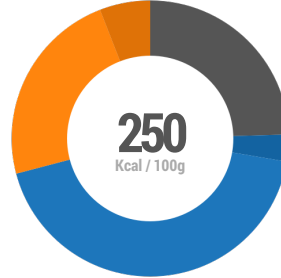
| U Ref Code: | Last Modified: 8 Mar 2024 | Nutritics ID:U6741575

Chicken Mayo & Bacon Baguette



Overview ...

U / 8911279



CALORIES:

46.4% Carbs

24.5% Protein

29.1% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 170G SERVING	%RI
Energy(Kj)	1063 kJ	13%	1807 kJ	22%
Energy(kcal)	253 kcal	13%	430 kcal	22%
Fat	8.1 g	12%	14 g	20%
of which saturates	1.6 g	8%	2.8 g	14%
Carbohydrate	29 g	11%	49 g	19%
of which sugars	2 g	2%	3.3 g	4%
Fibre	1.2 g	5%	2 g	8%
Protein	15 g	30%	26 g	52%
Salt	0.98 g	16%	1.7 g	28%

CONTAINS:



WHEAT



EGGS

MAY CONTAIN:



TREE NUTS



PEANUTS



SESAME

Ingredient List (QUID) ...

Bread (52.9%) [**Wheat**flour, Salt, Bread Improver (E471 E472 & E300), Bread Fat, Yeast, Water], Sliced Chicken Breast (29.4%) [Chicken Breast Meat (99%), Water, Salt], Mayonnaise (8.8%) [Rapeseed Oil, Water, Spirit Vinegar, Stabilisers (Modified Potato Starch, Xanthan Gum), Sugar, Salt, Pasteurised **Egg**, Preservative (Potassium Sorbate)], Smoked Streaky Bacon (8.8%) [Pork Belly, Salt, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite), Prepared With 220g Of Pork Per 100g Of Cooked Bacon]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Tree nuts, Peanuts, Sesame

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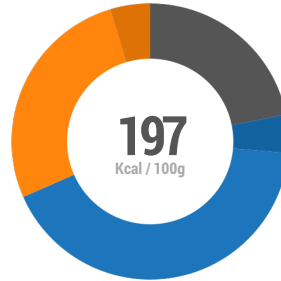
| U Ref Code: | Last Modified: 12 Mar 2024 | Nutritics ID:U8911279

Chicken Mayo Salad Roll



Overview ...

U / 7488131



CALORIES:

46.6% Carbs

21.9% Protein

31.6% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 172G SERVING	%RI
Energy(Kj)	855 kJ	10%	1471 kJ	18%
Energy(kcal)	204 kcal	10%	350 kcal	18%
Fat	6.9 g	10%	12 g	17%
of which saturates	1 g	5%	1.7 g	9%
Carbohydrate	23 g	9%	39 g	15%
of which sugars	2.2 g	2%	3.8 g	4%
Fibre	2.9 g	12%	5 g	20%
Protein	11 g	22%	19 g	38%
Salt	0.6 g	10%	1 g	17%

CONTAINS:



WHEAT



EGGS



MILK

MAY CONTAIN:



TREE NUTS



PEANUTS



SESAME

Ingredient List (QUID) ...

Bread Roll (49.4%) [Heavily Malted Flour (**Wheat**) With Large Malted **Wheatflakes**, Salt, Bread Improver(E471 E472 & E300), Bread Fat, Yeast, Water], Sliced Chicken Breast (20.3%) [Chicken Breast Meat (99%), Water, Salt], Mayonnaise (8.7%) [Rapeseed Oil, Water, Spirit Vinegar, Stabilisers (Modified Potato Starch, Xanthan Gum), Sugar, Salt, Pasteurised **Egg**, Preservative (Potassium Sorbate)], Tomato (7%), Cucumber (5.8%), Lettuce (5.8%), Buttery Spread (2.9%) [Rapeseed Oil, Palm Oil, Water, Reconstituted BUTTERMILK (**Milk**) 3%, Salt (1.5%), Emulsifier Mono And Di Glyceride Of Fatty Acids Stabiliser Sodium Alginate Preservative Potassium Sorbate Vitamin A & D, Flavouring, Colour Carotenes Flavouring Natural Colour Natural]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Tree nuts, Peanuts, Sesame

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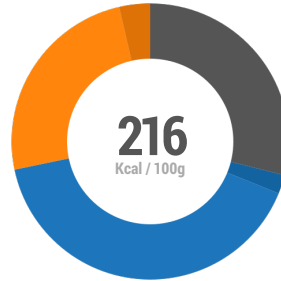
| U Ref Code: | Last Modified: 8 Mar 2024 | Nutritics ID:U7488131

Chicken Mayo Sandwich



Overview ...

U / 7950845



CALORIES:

42.8% Carbs

28.9% Protein

28.3% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 156G SERVING	%RI
Energy(Kj)	927 kJ	11%	1446 kJ	17%
Energy(kcal)	220 kcal	11%	344 kcal	17%
Fat	6.8 g	10%	11 g	16%
of which saturates	0.9 g	5%	1.3 g	7%
Carbohydrate	23 g	9%	36 g	14%
of which sugars	1.2 g	1%	1.9 g	2%
Fibre	2.1 g	8%	3.3 g	13%
Protein	16 g	32%	24 g	48%
Salt	0.7 g	12%	1.1 g	18%

CONTAINS:



WHEAT,
BARLEY



EGGS

MAY CONTAIN:



OATS, RYE

Ingredient List (QUID) ...

Malted Bread (48.7%) [**Wheat** Flour [with Added Calcium Carbonate, Iron, Niacin, Thiamin], Water, Malted **Wheat** Flakes (9.5%), **Wheat** Bran (2.7%), **Wheat** Protein, Malted **Barley** Flour (0.9%), Salt, Yeast, Emulsifiers [E471, E472(e)], Spirit Vinegar, Malted **Wheat** Flour, Vegetable Oils [Rapeseed, Palm], Flour Treatment Agent (E300), Palm Fat, **Wheat** Flour], Sliced Chicken Breast (38.5%) [Chicken Breast Meat (99%), Water, Salt], Mayonnaise (12.8%) [Rapeseed Oil, Water, Spirit Vinegar, Stabilisers (Modified Potato Starch, Xanthan Gum), Sugar, Salt, Pasteurised **Egg**, Preservative (Potassium Sorbate)]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Oats, Rye

| Generated by Nutritics v5.96 on 22nd Apr 2024. Last Modified 22nd Apr 2024.

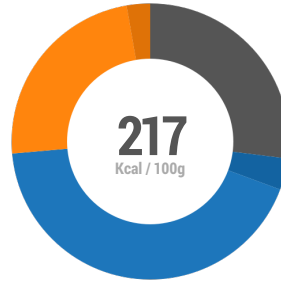
| U Ref Code: | Last Modified: 22 Apr 2024 | Nutritics ID:U7950845

Chicken Mayo Sandwich White Bread



Overview ...

U / 9091912



CALORIES:

46.6% Carbs

27% Protein

26.4% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 160G SERVING	%RI
Energy(Kj)	926 kJ	11%	1481 kJ	18%
Energy(kcal)	220 kcal	11%	352 kcal	18%
Fat	6.4 g	9%	10 g	14%
of which saturates	0.7 g	4%	1.1 g	6%
Carbohydrate	25 g	10%	40 g	15%
of which sugars	2 g	2%	3.2 g	4%
Fibre	1.4 g	6%	2.2 g	9%
Protein	15 g	30%	23 g	46%
Salt	0.54 g	9%	0.86 g	14%

CONTAINS:



WHEAT



EGGS



SOYA

MAY CONTAIN:



BARLEY

Ingredient List (QUID) ...

Sliced White Square Loaf (50%) [**Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Palm Oil, Salt, Yeast, Emulsifier (Mono And Di Acetyltartaric Acid Esters Of Mono And Di Glycerides Of Fatty Acids), Spirit Vinegar, **Soya** Flour, Preservative (Calcium Propionate), flour Treatment Agent (Ascorbic Acid)], Sliced Chicken Breast (37.5%) [Chicken Breast Meat (99%), Water, Salt], Mayonnaise (12.5%) [Rapeseed Oil, Water, Spirit Vinegar, Stabilisers (Modified Potato Starch, Xanthan Gum), Sugar, Salt, Pasteurised **Egg**, Preservative (Potassium Sorbate)]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Barley

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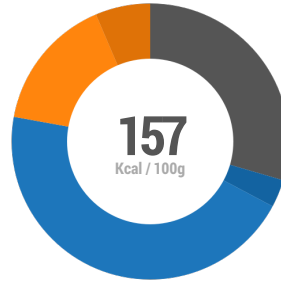
| U Ref Code: | Last Modified: 12 Mar 2024 | Nutritics ID:U9091912

Chicken Salad Sandwich



Overview ...

U / 6741356



CALORIES:

48.3% Carbs

29.5% Protein

22.1% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 190G SERVING	%RI
Energy(Kj)	679 kJ	8%	1290 kJ	15%
Energy(kcal)	161 kcal	8%	306 kcal	15%
Fat	3.9 g	6%	7.3 g	10%
of which saturates	1.1 g	6%	2.1 g	11%
Carbohydrate	19 g	7%	36 g	14%
of which sugars	1.3 g	1%	2.4 g	3%
Fibre	2 g	8%	3.8 g	15%
Protein	12 g	24%	22 g	44%
Salt	0.54 g	9%	1 g	17%

CONTAINS:



WHEAT,
BARLEY



MILK

MAY CONTAIN:



OATS, RYE

Ingredient List (QUID) ...

Malted Bread (40%) [**Wheat** Flour [with Added Calcium Carbonate, Iron, Niacin, Thiamin], Water, Malted **Wheat** Flakes (9.5%), **Wheat** Bran (2.7%), **Wheat** Protein, Malted **Barley** Flour (0.9%), Salt, Yeast, Emulsifiers [E471, E472(e)], Spirit Vinegar, Malted **Wheat** Flour, Vegetable Oils [Rapeseed, Palm], Flour Treatment Agent (E300), Palm Fat, **Wheat** Flour], Sliced Chicken Breast (26.3%) [Chicken Breast Meat (99%), Water, Salt], Tomato (12.6%), Cucumber (10.5%), Buttery Spread (5.3%) [Rapeseed Oil, Palm Oil, Water, Reconstituted BUTTERMILK (**Milk**) 3%, Salt (1.5%), Emulsifier Mono And Di Glyceride Of Fatty Acids Stabiliser Sodium Alginate Preservative Potassium Sorbate Vitamin A & D, Flavouring, Colour Carotenes Flavouring Natural Colour Natural], Lettuce (5.3%)

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Oats, Rye

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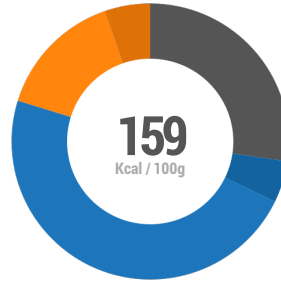
| U Ref Code: | Last Modified: 22 Apr 2024 | Nutritics ID:U6741356

Chicken Salad Sandwich White Bread



Overview ...

U / 9091804



CALORIES:

52.5% Carbs

27.3% Protein

20.2% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 194G SERVING	%RI
Energy(Kj)	683 kJ	8%	1326 kJ	16%
Energy(kcal)	162 kcal	8%	314 kcal	16%
Fat	3.6 g	5%	6.9 g	10%
of which saturates	0.9 g	5%	1.8 g	9%
Carbohydrate	21 g	8%	40 g	15%
of which sugars	1.9 g	2%	3.8 g	4%
Fibre	1.4 g	6%	2.7 g	11%
Protein	11 g	22%	21 g	42%
Salt	0.42 g	7%	0.81 g	14%

CONTAINS:



WHEAT



MILK



SOYA

MAY CONTAIN:



BARLEY

Ingredient List (QUID) ...

Sliced White Square Loaf (41.2%) [**Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Palm Oil, Salt, Yeast, Emulsifier (Mono And Di Acetyl tartaric Acid Esters Of Mono And Di Glycerides Of Fatty Acids), Spirit/Vinegar, **Soya** Flour, Preservative (Calcium Propionate), flour Treatment Agent (Ascorbic Acid)], Sliced Chicken Breast (25.8%) [Chicken Breast Meat (99%), Water, Salt], Tomato (12.4%), Cucumber (10.3%), Buttery Spread (5.2%) [Rapeseed Oil, Palm Oil, Water, Reconstituted BUTTERMILK (**Milk**) 3%, Salt (1.5%), Emulsifier Mono And Di Glyceride Of Fatty Acids Stabiliser Sodium Alginate Preservative Potassium Sorbate Vitamin A & D, Flavouring, Colour Carotenes Flavouring Natural Colour Natural], Lettuce (5.2%)

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Barley

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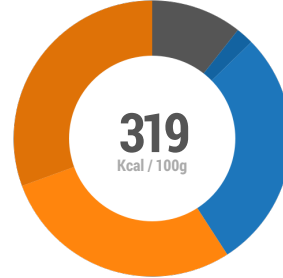
| U Ref Code: | Last Modified: 12 Mar 2024 | Nutritics ID: U9091804

Chicken Tikka Pasty



Overview ...

U / 6657791



CALORIES:

30.3% Carbs

10.6% Protein

59.1% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 179G SERVING	%RI
Energy(Kj)	1345 kJ	16%	2413 kJ	29%
Energy(kcal)	323 kcal	16%	579 kcal	29%
Fat	21 g	30%	38 g	54%
of which saturates	11 g	55%	19 g	95%
Carbohydrate	24 g	9%	43 g	17%
of which sugars	1.6 g	2%	3 g	3%
Fibre	2.1 g	8%	3.7 g	15%
Protein	8.5 g	17%	15 g	30%
Salt	1.3 g	22%	2.3 g	38%

CONTAINS:



WHEAT



MILK



CELERY



MUSTARD



SOYA

MAY CONTAIN:



TREE NUTS

Ingredient List (QUID) ...

Chicken Tikka Pasty (103g of Chicken Tikka Pasty per 100g) [**Wheat** Flour, Margarine [Palm Oil, Palm Stearin, Water, Salt, Rapeseed Oil, Emulsifier (E471), Acidity Regulator (Citric Acid), Lemon Juice Concentrate], Water, Cooked Chicken (12%) (Chicken, Salt), Whipping Cream (**Milk**), Potato, Onion, Tikka Seasoning [Spices (Curry Madras, Turmeric, Ginger, Garam Masala, **Mustard**, Paprika), Full Cream (**Milk**) **Milk** Powder, Sugar, Salt, Modified Starch, **Wheat** Flour, Vegetable Bouillon (Salt, Potato Starch, Sugar, Yeast Extracts, Flavorings, Onion Powder, Green Leek Powder, **Celery**, Citric Acid, Turmeric, Pepper Extract, E551), Onion Powder, Garlic Powder, Paprika Extract, Colour (E150c)], Tomato Puree, Dehydrated Potato, Glaze [Water, Modified Starch (potato, Tapioca), Rapeseed Oil, **Milk** Proteins, Emulsifiers (**Soya** Lecithin, E471), Acidity Regulator (E339iii), Colour (E160a)], Salt, Thickener (E1422), Stabiliser (E460) **Wheat** Flour Contains Calcium Carbonate, Iron, Niacin, Thiamin]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Tree nuts

Savouries | Generated by Nutritics v5.96 on 22nd Apr 2024. Last Modified 12th Mar 2024.

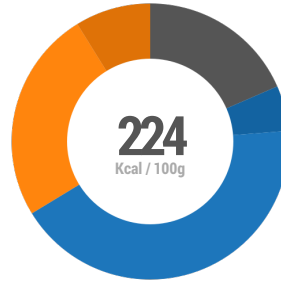
Savouries | U Ref Code: | Last Modified: 12 Mar 2024 | Nutritics ID:U6657791

Chicken Tikka Yoghurt & Mint Wrap



Overview ...

U / 10347234



CALORIES:

47.8% Carbs

18.5% Protein

33.7% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 190G SERVING	%RI
Energy(Kj)	941 kJ	11%	1787 kJ	21%
Energy(kcal)	224 kcal	11%	425 kcal	21%
Fat	8.4 g	12%	16 g	23%
of which saturates	2.2 g	11%	4.2 g	21%
Carbohydrate	26 g	10%	50 g	19%
of which sugars	3 g	3%	5.6 g	6%
Fibre	0 g	0%	0.5 g	2%
Protein	10 g	20%	20 g	40%
Salt	1.9 g	32%	3.6 g	60%

CONTAINS:



WHEAT



EGGS



MILK



MUSTARD

Ingredient List (QUID) ...

Tortilla Wrap (47.4%) [Fortified **Wheat Flour** [**Wheat Flour**, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Water, Vegetable Oils [Palm Oil, Rapeseed Oil], Raising Agents (Diphosphates, Sodium Bicarbonate, Calcium Phosphates), Salt, Sugar, Acidity Regulators (Malic Acid, Citric Acid), Yeast, Preservative (Calcium Propionate)], Chicken Tikka Yoghurt & Mint (42.1%) [Ingredients: Chicken 60%, Water, Rapeseed Oil, Water, Yoghurt (**Milk**) 10% (**Milk**), Tomatoes, Lemon Juice Concentrate, Thickener (Modified Starch), Sugar, Salt, Onions, Spices (**Mustard**), Ginger, Colour (Caramel), Spirit Vinegar, Pasteurised **Egg** Yolk, Acetic Acid, Garlic, Herbs, Colour (Paprika Extract), Mint 0.06%, Stabilisers (Xanthan Gum, Guar Gum), Preservatives (Potassium Sorbate, Sodium Benzoate), Citric Acid, Flavouring, Colours (Beta Carotene, Copper Chlorophyll)], Lettuce (10.5%)

ALLERGY ADVICE: For allergens, see ingredients in **Bold**

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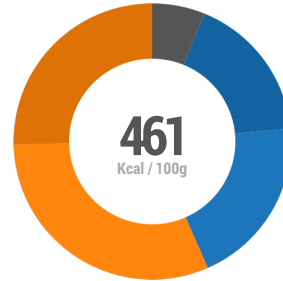
| U Ref Code: | Last Modified: 12 Mar 2024 | Nutritics ID:U10347234

Chocca Nut Donut



Overview ...

U / 7585769



CALORIES:

37.3% Carbs

6.2% Protein

56.6% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 71G SERVING	%RI
Energy(Kj)	1925 kJ	23%	1367 kJ	16%
Energy(kcal)	461 kcal	23%	328 kcal	16%
Fat	29 g	41%	21 g	30%
<i>of which saturates</i>	13 g	65%	9.2 g	46%
Carbohydrate	43 g	17%	31 g	12%
<i>of which sugars</i>	20 g	22%	14 g	16%
Fibre	0 g	0%	0 g	0%
Protein	7.1 g	14%	5 g	10%
Salt	0.72 g	12%	0.51 g	9%

CONTAINS:



WHEAT



HAZELNUTS



PEANUTS



EGGS



MILK



SOYA

OTHER PROPERTIES:



VEGETARIAN



HALAL

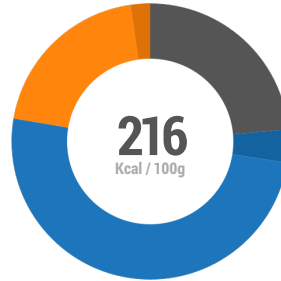
Ingredient List (QUID) ...

Donut (100%) [**Wheat** Flour, Water, Vegetable Fat (palm), **Hazelnut** Filling 16% (sugar, Vegetable Oils (sunflower, Palm), Fat Reduced Cocoa Powder, **Hazelnut** Paste, Emulsifier E322, Vegetable Fat (palm), Flavour), **Hazelnut** Topping 12% (sugar, Vegetable Fat (palm Kernel, Palm, Coconut), Whole **Milk** Powder, Whey (**Milk**) Powder (**Milk**), Low Fat Cocoa Powder, **Hazelnuts** Mass 1, 7%, Emulsifier **Soya** Lecithin, Flavours), **Peanuts** 6%, Sugar, Glucose, Yeast, Vegetable Oil (rapeseed), **Soya** Flour, Whey (**Milk**) Powder (**Milk**), Raising Agents Disodium Diphosphate, Sodium Bicarbonate, Salt, Emulsifiers E471, E481, **Wheat Gluten**, Skimmed **Milk** Powder, Flour Treatment Agent Ascorbic Acid, Whole **Egg** Powder, Colour Beta Carotene, Flavouring]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**

| Generated by Nutritics v5.96 on 22nd Apr 2024. Last Modified 12th Mar 2024.

| U Ref Code: | Last Modified: 12 Mar 2024 | Nutritics ID:U7585769



CALORIES:
54.1% Carbs
23.6% Protein
22.3% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 170G SERVING	%RI
Energy(Kj)	922 kJ	11%	1568 kJ	19%
Energy(kcal)	219 kcal	11%	372 kcal	19%
Fat	5.4 g	8%	9.1 g	13%
<i>of which saturates</i>	0.5 g	3%	0.9 g	5%
Carbohydrate	29 g	11%	50 g	19%
<i>of which sugars</i>	2.1 g	2%	3.6 g	4%
Fibre	1.3 g	5%	2.2 g	9%
Protein	13 g	26%	22 g	44%
Salt	0.68 g	11%	1.2 g	20%

CONTAINS:



WHEAT

EGGS

MAY CONTAIN:



TREE NUTS

PEANUTS

SESAME

Ingredient List (QUID) ...

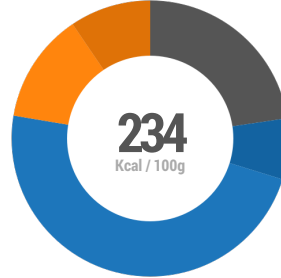
Bread (52.9%) [**Wheat**flour, Salt, Bread Improver (E471 E472 & E300), Bread Fat, Yeast, Water], Sliced Chicken Breast (29.4%) [Chicken Breast Meat (99%), Water, Salt], Mayonnaise (8.8%) [Rapeseed Oil, Water, Spirit Vinegar, Stabilisers (Modified Potato Starch, Xanthan Gum), Sugar, Salt, Pasteurised **Egg**, Preservative (Potassium Sorbate)], Lettuce (8.8%)
ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Tree nuts, Peanuts, Sesame

Corned Beef Roll



Overview ...

U / 8435899



CALORIES:

55% Carbs

22.7% Protein

22.3% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 145G SERVING	%RI
Energy(Kj)	999 kJ	12%	1448 kJ	17%
Energy(kcal)	237 kcal	12%	344 kcal	17%
Fat	5.8 g	8%	8.4 g	12%
<i>of which saturates</i>	2.5 g	13%	3.6 g	18%
Carbohydrate	32 g	12%	47 g	18%
<i>of which sugars</i>	4.2 g	5%	6.1 g	7%
Fibre	1.3 g	5%	1.9 g	8%
Protein	13 g	26%	19 g	38%
Salt	1.1 g	18%	1.5 g	25%

CONTAINS:



WHEAT,
BARLEY



SULPHITES

MAY CONTAIN:



TREE NUTS



PEANUTS



SESAME

Ingredient List (QUID) ...

Bread Roll (55.2%) [**Wheatflour**, Salt, Bread Improver (E471 E472 & E300), Bread Fat, Yeast, Water], Corned Beef (34.5%) [Cooked Beef, Beef, Salt, Sugar, Preservative (E250)], Sweet Pickle (10.3%) [Water, Vegetables In Varying Proportions (Swede, Onion, Cauliflower, Carrot) (35%), Sugar, **Barley** Malt Vinegar, Modified Maize Starch, Apple Pulp (Sodium **Metabisulphite**) (**Sulphites**), Acetic Acid, Date Paste, Tomato Paste, Cane Molasses, Flavouring, Ammonia Caramel]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Tree nuts, Peanuts, Sesame

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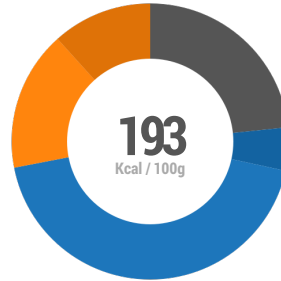
| U Ref Code: | Last Modified: 14 Mar 2024 | Nutritics ID:U8435899

Corned Beef Sandwich



Overview ...

U / 8435989



CALORIES:
48.6% Carbs
23.4% Protein
28% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 171G SERVING	%RI
Energy(Kj)	828 kJ	10%	1415 kJ	17%
Energy(kcal)	197 kcal	10%	336 kcal	17%
Fat	6 g	9%	10 g	14%
<i>of which saturates</i>	2.5 g	13%	4.3 g	22%
Carbohydrate	23 g	9%	40 g	15%
<i>of which sugars</i>	2.4 g	3%	4.2 g	5%
Fibre	1.5 g	6%	2.5 g	10%
Protein	11 g	22%	19 g	38%
Salt	0.77 g	13%	1.3 g	22%

CONTAINS:



MAY CONTAIN:



Ingredient List (QUID) ...

Sliced White Square Loaf (46.8%) [**Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Palm Oil, Salt, Yeast, Emulsifier (Mono And Di Acetyl tartaric Acid Esters Of Mono And Di Glycerides Of Fatty Acids), Spirit/Vinegar, **Soya** Flour, Preservative (Calcium Propionate), flour Treatment Agent (Ascorbic Acid)], Corned Beef (29.2%) [Cooked Beef, Beef, Salt, Sugar, Preservative (E250)], Tomato (21.1%), Buttery Spread (2.9%) [Rapeseed Oil, Palm Oil, Water, Reconstituted BUTTERMILK (**Milk**) 3%, Salt (1.5%), Emulsifier Mono And Di Glyceride Of Fatty Acids Stabiliser Sodium Alginate Preservative Potassium Sorbate Vitamin A & D, Flavouring, Colour Carotenes Flavouring Natural Colour Natural]

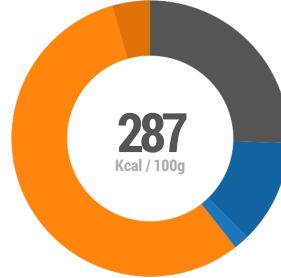
ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Barley

Coronation Chicken Mix



Overview ...

U / 10786156



CALORIES:

13.9% Carbs

25.5% Protein

60.5% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 80G SERVING	%RI
Energy(Kj)	1194 kJ	14%	956 kJ	11%
Energy(kcal)	287 kcal	14%	229 kcal	11%
Fat	19 g	27%	15 g	21%
of which saturates	1.4 g	7%	1.1 g	6%
Carbohydrate	9.9 g	4%	7.9 g	3%
of which sugars	8.7 g	10%	7 g	8%
Fibre	0.5 g	2%	0.5 g	2%
Protein	18 g	36%	15 g	30%
Salt	0.56 g	9%	0.45 g	8%

CONTAINS:



EGGS



MUSTARD

Ingredient List (QUID) ...

Sliced Chicken Breast (63%) [Chicken Breast Meat (99%), Water, Salt], Coronation Mayonnaise (25%) [Rapeseed Oil 69%, Water, Curry Paste Rapeseed Oil, Water, Coriander, Salt, Rice Flour, Turmeric, Fenugreek, Black Pepper, Cumin, Preservative (Acetic Acid), Garlic Powder, Ginger, Mango Powder, Acidity Regulator (Citric Acid), Spice Extracts, Flavourings, Natural Colour (Paprika Extract & Turmeric Extract), Emulsifier (Polyoxyethylene Sorbitan Monooleate Polysorbate 80), Pasteurised **Egg** Yolk, Spirit Vinegar, Sugar, Salt, **Mustard** Flour, Stabilisers (Xanthan Gum, Guar Gum)], Sultanas (12%) [Sultanas, Sunflower Oil]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**

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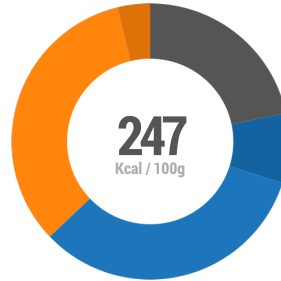
| U Ref Code: | Last Modified: 22 Apr 2024 | Nutritics ID:U10786156

Coronation Chicken Sandwich



Overview ...

U / 6820208



CALORIES:

41.2% Carbs

21.7% Protein

37.1% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 166G SERVING	%RI
Energy(Kj)	1055 kJ	13%	1751 kJ	21%
Energy(kcal)	251 kcal	13%	417 kcal	21%
Fat	10 g	14%	17 g	24%
of which saturates	1 g	5%	1.7 g	9%
Carbohydrate	25 g	10%	42 g	16%
of which sugars	5 g	6%	8.4 g	9%
Fibre	2.2 g	9%	3.7 g	15%
Protein	13 g	26%	22 g	44%
Salt	0.67 g	11%	1.1 g	18%

CONTAINS:



WHEAT,
BARLEY



EGGS



MUSTARD

MAY CONTAIN:



OATS, RYE

Ingredient List (QUID) ...

Coronation Chicken Mix (48.2%) [Sliced Chicken Breast (63%) [Chicken Breast Meat (99%), Water, Salt], Coronation Mayonnaise (25%) [Rapeseed Oil 69%, Water, Curry Paste Rapeseed Oil, Water, Coriander, Salt, Rice Flour, Turmeric, Fenugreek, Black Pepper, Cumin, Preservative (Acetic Acid), Garlic Powder, Ginger, Mango Powder, Acidity Regulator (Citric Acid), Spice Extracts, Flavourings, Natural Colour (Paprika Extract & Turmeric Extract), Emulsifier (Polyoxyethylene Sorbitan Monooleate Polysorbate 80), Pasteurised Egg Yolk, Spirit Vinegar, Sugar, Salt, **Mustard** Flour, Stabilisers (Xanthan Gum, Guar Gum)], Sultanas (12%) [Sultanas, Sunflower Oil]], Malted Bread (45.8%) [**Wheat** Flour [with Added Calcium Carbonate, Iron, Niacin, Thiamin], Water, Malted **Wheat** Flakes (9.5%), **Wheat** Bran (2.7%), **Wheat** Protein, Malted **Barley** Flour (0.9%), Salt, Yeast, Emulsifiers [E471, E472(e)], Spirit Vinegar, Malted **Wheat** Flour, Vegetable Oils [Rapeseed, Palm], Flour Treatment Agent (E300), Palm Fat, **Wheat** Flour], Lettuce (6%)

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Oats, Rye

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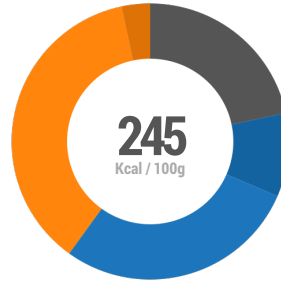
| U Ref Code: | Last Modified: 22 Apr 2024 | Nutritics ID:U6820208

Coronation Chicken Sandwich Brown Bread



Overview ...

U / 9091531



CALORIES:

38.2% Carbs

21.7% Protein

40.1% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 152G SERVING	%RI
Energy(Kj)	1044 kJ	12%	1582 kJ	19%
Energy(kcal)	249 kcal	12%	377 kcal	19%
Fat	11 g	16%	16 g	23%
of which saturates	0.9 g	5%	1.4 g	7%
Carbohydrate	23 g	9%	35 g	13%
of which sugars	6 g	7%	9.1 g	10%
Fibre	2.2 g	9%	3.4 g	14%
Protein	13 g	26%	20 g	40%
Salt	0.66 g	11%	1 g	17%

CONTAINS:



MAY CONTAIN:



Ingredient List (QUID) ...

Coronation Chicken Mix (52.8%) [Sliced Chicken Breast (63%) [Chicken Breast Meat (99%), Water, Salt], Coronation Mayonnaise (25%) [Rapeseed Oil 69%, Water, Curry Paste Rapeseed Oil, Water, Coriander, Salt, Rice Flour, Turmeric, Fenugreek, Black Pepper, Cumin, Preservative (Acetic Acid), Garlic Powder, Ginger, Mango Powder, Acidity Regulator (Citric Acid), Spice Extracts, Flavourings, Natural Colour (Paprika Extract & Turmeric Extract), Emulsifier (Polyoxyethylene Sorbitan Monooleate Polysorbate 80), Pasteurised Egg Yolk, Spirit Vinegar, Sugar, Salt, **Mustard** Flour, Stabilisers (Xanthan Gum, Guar Gum)], Sultanas (12%) [Sultanas, Sunflower Oil], Brown Bread (40.6%) [**Wheat** Flour (with Added Calcium, Iron, Niacin And Thiamine), Water, **Wheat** Bran, Yeast, Salt, Emulsifier: E472e Preservative: E282. Rapeseed Oil, Flour Treatment Agent: E300.], Lettuce (6.6%)

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Soya, Oats, Barley, Rye

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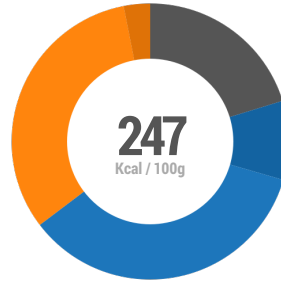
| U Ref Code: | Last Modified: 22 Apr 2024 | Nutritics ID:U9091531

Coronation Chicken Sandwich White Bread



Overview ...

U / 9091990



CALORIES:

44.4% Carbs

20.2% Protein

35.3% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 170G SERVING	%RI
Energy(Kj)	1051 kJ	13%	1786 kJ	21%
Energy(kcal)	250 kcal	13%	425 kcal	21%
Fat	9.7 g	14%	16 g	23%
of which saturates	0.8 g	4%	1.4 g	7%
Carbohydrate	27 g	10%	47 g	18%
of which sugars	5.7 g	6%	9.7 g	11%
Fibre	1.5 g	6%	2.6 g	10%
Protein	13 g	26%	21 g	42%
Salt	0.52 g	9%	0.89 g	15%

CONTAINS:



WHEAT



EGGS



MUSTARD



SOYA

MAY CONTAIN:



BARLEY

Ingredient List (QUID) ...

Sliced White Square Loaf (47.1%) [**Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Palm Oil, Salt, Yeast, Emulsifier (Mono And Di Acetyl tartaric Acid Esters Of Mono And Di Glycerides Of Fatty Acids), Spirit Vinegar, **Soya** Flour, Preservative (Calcium Propionate), flour Treatment Agent (Ascorbic Acid)], Coronation Chicken Mix (47.1%) [Sliced Chicken Breast (63%) [Chicken Breast Meat (99%), Water, Salt], Coronation Mayonnaise (25%) [Rapeseed Oil 69%, Water, Curry Paste Rapeseed Oil, Water, Coriander, Salt, Rice Flour, Turmeric, Fenugreek, Black Pepper, Cumin, Preservative (Acetic Acid), Garlic Powder, Ginger, Mango Powder, Acidity Regulator (Citric Acid), Spice Extracts, Flavourings, Natural Colour (Paprika Extract & Turmeric Extract), Emulsifier (Polyoxyethylene Sorbitan Monooleate Polysorbate 80), Pasteurised **Egg** Yolk, Spirit Vinegar, Sugar, Salt, **Mustard** Flour, Stabilisers (Xanthan Gum, Guar Gum)], Sultanas (12%) [Sultanas, Sunflower Oil]], Lettuce (5.9%)

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Barley

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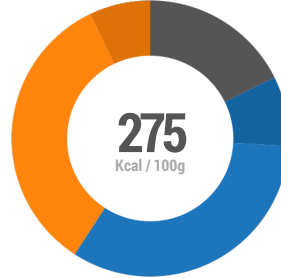
| U Ref Code: | Last Modified: 22 Apr 2024 | Nutritics ID:U9091990

Coronation Chicken Wrap



Overview ...

U / 9145862



CALORIES:

41.4% Carbs

17.7% Protein

40.8% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 195G SERVING	%RI
Energy(Kj)	1151 kJ	14%	2245 kJ	27%
Energy(kcal)	275 kcal	14%	535 kcal	27%
Fat	12 g	17%	24 g	34%
of which saturates	2.2 g	11%	4.2 g	21%
Carbohydrate	28 g	11%	55 g	21%
of which sugars	5.6 g	6%	11 g	12%
Fibre	0.5 g	2%	0.5 g	2%
Protein	12 g	24%	24 g	48%
Salt	1.6 g	27%	3.1 g	52%

CONTAINS:



WHEAT



EGGS



MUSTARD

Ingredient List (QUID) ...

Tortilla Wrap (46.2%) [Fortified **Wheat Flour** [**Wheat Flour**, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Water, Vegetable Oils [Palm Oil, Rapeseed Oil], Raising Agents (Diphosphates, Sodium Bicarbonate, Calcium Phosphates), Salt, Sugar, Acidity Regulators (Malic Acid, Citric Acid), Yeast, Preservative (Calcium Propionate)], Coronation Chicken Mix (46.2%) [Sliced Chicken Breast (63%) [Chicken Breast Meat (99%), Water, Salt], Coronation Mayonnaise (25%) [Rapeseed Oil 69%, Water, Curry Paste Rapeseed Oil, Water, Coriander, Salt, Rice Flour, Turmeric, Fenugreek, Black Pepper, Cumin, Preservative (Acetic Acid), Garlic Powder, Ginger, Mango Powder, Acidity Regulator (Citric Acid), Spice Extracts, Flavourings, Natural Colour (Paprika Extract & Turmeric Extract), Emulsifier (Polyoxyethylene Sorbitan Monooleate Polysorbate 80), Pasteurised **Egg** Yolk, Spirit Vinegar, Sugar, Salt, **Mustard** Flour, Stabilisers (Xanthan Gum, Guar Gum)], Sultanas (12%) [Sultanas, Sunflower Oil]], Lettuce (7.7%)

ALLERGY ADVICE: For allergens, see ingredients in **Bold**

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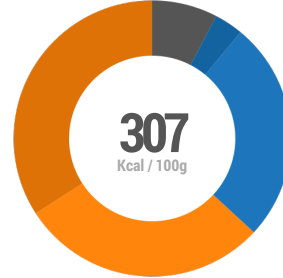
| U Ref Code: | Last Modified: 22 Apr 2024 | Nutritics ID:U9145862

Creamy Vegetable Slice



Overview ...

U / 6689198



CALORIES:

29.3% Carbs

7.6% Protein

63.1% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 170G SERVING	%RI
Energy(Kj)	1292 kJ	15%	2192 kJ	26%
Energy(kcal)	310 kcal	16%	527 kcal	26%
Fat	22 g	31%	37 g	53%
of which saturates	12 g	60%	20 g	100%
Carbohydrate	22 g	8%	38 g	15%
of which sugars	2.6 g	3%	4.4 g	5%
Fibre	1.5 g	6%	2.6 g	10%
Protein	5.9 g	12%	10 g	20%
Salt	1 g	17%	1.7 g	28%

CONTAINS:



WHEAT



MILK



CELERY



MUSTARD



SOYA

MAY CONTAIN:



TREE NUTS

OTHER PROPERTIES:



VEGETARIAN

Ingredient List (QUID) ...

Vegetable Lattice Slice (103g of Vegetable Lattice Slice per 100g) [**Wheat** Flour (Contains Calcium Carbonate, Iron, Niacin, Thiamin), Water, Margarine [Palm Oil, Palm Stearin, Water, Salt, Rapeseed Oil, Emulsifier (E471), Acidity Regulator (Citric Acid), Lemon Juiceconcentrate], Cheddar Cheese (**Milk**), Potatoes (5%), Courgette (4%), Green Beans (2%), Broccoli (2%), Carrots (2%), Cream (**Milk**) Cheese (**Milk**), Onion, Butter (**Milk**), **Celery**, Modified Maize Starch, Leek, High Fat Powder [Palm Fat, Lactose (**Milk**), **Milk** Protein], Cheese (**Milk**) Powder (**Milk**), Glaze [Water, Modified Starch (potato, Tapioca), Rapeseed Oil, **Milk** Proteins, Emulsifiers (**Soya** Lecithin, E471), AcidityRegulator (E339iii), Colour (E160a)], Salt, Vegetable Stock Powder [Dried Vegetables (Onion & Leek), Salt, Sugar, Sunflower Oil, Turmeric, Black Pepper], Stabiliser (E415), Yeast Extract, **Mustard** Powder, White Pepper]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Tree nuts

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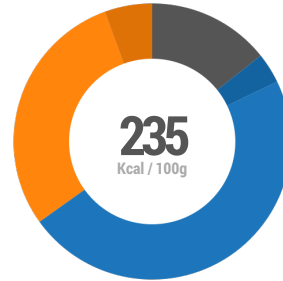
| U Ref Code: | Last Modified: 8 Mar 2024 | Nutritics ID:U6689198

Egg & Cress Baguette



Overview ...

U / 6781949



CALORIES:

50.8% Carbs

14.3% Protein

34.9% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 165G SERVING	%RI
Energy(Kj)	998 kJ	12%	1647 kJ	20%
Energy(kcal)	238 kcal	12%	392 kcal	20%
Fat	9.1 g	13%	15 g	21%
of which saturates	1.4 g	7%	2.4 g	12%
Carbohydrate	30 g	12%	49 g	19%
of which sugars	2.1 g	2%	3.5 g	4%
Fibre	1.4 g	6%	2.3 g	9%
Protein	8.4 g	17%	14 g	28%
Salt	0.82 g	14%	1.4 g	23%

CONTAINS:



WHEAT



EGGS



MUSTARD



SULPHITES

MAY CONTAIN:



TREE NUTS



PEANUTS



SESAME

OTHER PROPERTIES:



VEGETARIAN

Ingredient List (QUID) ...

Bread (54.5%) [**Wheat**flour, Salt, Bread Improver (E471 E472 & E300), Bread Fat, Yeast, Water], **Egg** Mayonnaise [Hard Boiled **Eggs** (70%) [**Eggs**, Water, Salt, Acidity Regulator Citric Acid (E330), Acetic Acid (E260)], Mayonnaise (27%) [Rapeseed Oil, Water, Spirit Vinegar, Stabilisers (Modified Potato Starch, Xanthan Gum), Sugar, Salt, Pasteurised **Egg**, Preservative (Potassium Sorbate)], Dijon **Mustard** (2%) [Water, **Mustard** Seeds (30%), Spirit Vinegar, Sea Salt, Preservative (SODIUM HYDROGEN **Sulphite**)], Cracked Black Pepper (1%) [Black Pepper]], Cress (3%)

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Tree nuts, Peanuts, Sesame

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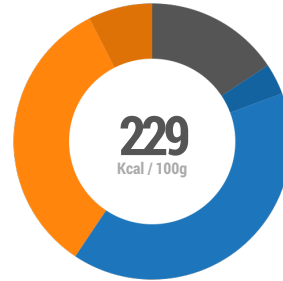
| U Ref Code: | Last Modified: 8 Mar 2024 | Nutritics ID:U6781949

Egg & Cress Roll



Overview ...

U / 7487693



CALORIES:

43.7% Carbs

15.7% Protein

40.6% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 155G SERVING	%RI
Energy(Kj)	986 kJ	12%	1528 kJ	18%
Energy(kcal)	235 kcal	12%	365 kcal	18%
Fat	10 g	14%	16 g	23%
<i>of which saturates</i>	1.9 g	10%	2.9 g	15%
Carbohydrate	25 g	10%	39 g	15%
<i>of which sugars</i>	2.1 g	2%	3.2 g	4%
Fibre	3.2 g	13%	4.9 g	20%
Protein	9 g	18%	14 g	28%
Salt	0.79 g	13%	1.2 g	20%

CONTAINS:



WHEAT



EGGS



MILK



MUSTARD



SULPHITES

MAY CONTAIN:



TREE NUTS



PEANUTS



SESAME

OTHER PROPERTIES:



VEGETARIAN

Ingredient List (QUID) ...

Bread Roll (54.8%) [Heavily Malted Flour (**Wheat**) With Large Malted **Wheatflakes**, Salt, Bread Improver(E471 E472 & E300), Bread Fat, Yeast, Water], **Egg** Mayonnaise [Hard Boiled **Eggs** (70%) [**Eggs**, Water, Salt, Acidity Regulator Citric Acid (E330), Acetic Acid (E260)], Mayonnaise (27%) [Rapeseed Oil, Water, Spirit Vinegar, Stabilisers (Modified Potato Starch, Xanthan Gum), Sugar, Salt, Pasteurised **Egg**, Preservative (Potassium Sorbate)], Dijon **Mustard** (2%) [Water, **Mustard** Seeds (30%), Spirit Vinegar, Sea Salt, Preservative (SODIUM HYDROGEN Sulphite)], Cracked Black Pepper (1%) [Black Pepper]], Buttery Spread (3.2%) [Rapeseed Oil, Palm Oil, Water, Reconstituted BUTTERMILK (**Milk**) 3%, Salt (1.5%), Emulsifier Mono And Di Glyceride Of Fatty Acids Stabiliser Sodium Alginate Preservative Potassium Sorbate Vitamin A & D, Flavouring, Colour Carotenes Flavouring Natural Colour Natural], Cress (3.2%)

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Tree nuts, Peanuts, Sesame

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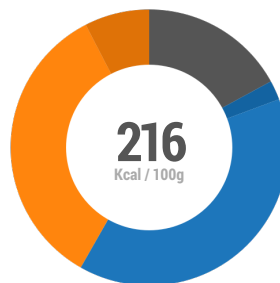
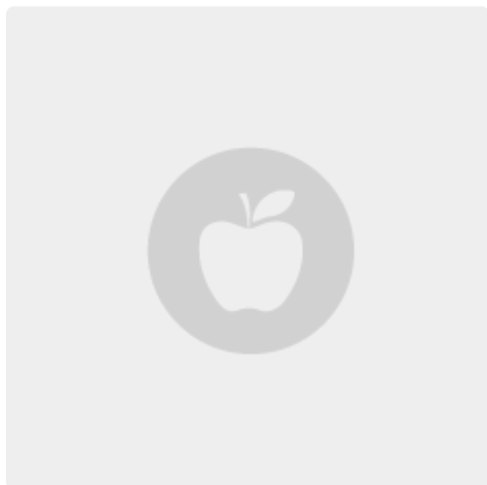
| U Ref Code: | Last Modified: 8 Mar 2024 | Nutritics ID:U7487693

Egg & Cress Sandwich



Overview ...

U / 6695531



CALORIES:

41.2% Carbs

17.1% Protein

41.8% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 161G SERVING	%RI
Energy(Kj)	924 kJ	11%	1487 kJ	18%
Energy(kcal)	221 kcal	11%	355 kcal	18%
Fat	10 g	14%	16 g	23%
of which saturates	1.8 g	9%	2.9 g	15%
Carbohydrate	22 g	8%	36 g	14%
of which sugars	1.2 g	1%	2 g	2%
Fibre	2.3 g	9%	3.7 g	15%
Protein	9.2 g	18%	15 g	30%
Salt	0.8 g	13%	1.3 g	22%

CONTAINS:



WHEAT,
BARLEY



EGGS



MUSTARD



SULPHITES

MAY CONTAIN:



OATS, RYE

OTHER PROPERTIES:



VEGETARIAN

Ingredient List (QUID) ...

Egg Mayonnaise [Hard Boiled **Eggs** (70%) [**Eggs**, Water, Salt, Acidity Regulator Citric Acid (E330), Acetic Acid (E260)], Mayonnaise (27%) [Rapeseed Oil, Water, Spirit Vinegar, Stabilisers (Modified Potato Starch, Xanthan Gum), Sugar, Salt, Pasteurised **Egg**, Preservative (Potassium Sorbate)], Dijon **Mustard** (2%) [Water, **Mustard** Seeds (30%), Spirit Vinegar, Sea Salt, Preservative (SODIUM HYDROGEN **Sulphite**)], Cracked Black Pepper (1%) [Black Pepper]], Malted Bread (47.2%) [**Wheat** Flour [with Added Calcium Carbonate, Iron, Niacin, Thiamin], Water, Malted **Wheat** Flakes (9.5%), **Wheat** Bran (2.7%), **Wheat** Protein, Malted **Barley** Flour (0.9%), Salt, Yeast, Emulsifiers [E471, E472(e)], Spirit Vinegar, Malted **Wheat** Flour, Vegetable Oils [Rapeseed, Palm], Flour Treatment Agent (E300), Palm Fat, **Wheat** Flour], Cress (3.1%)

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Oats, Rye

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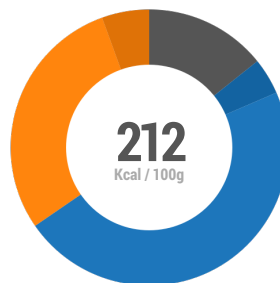
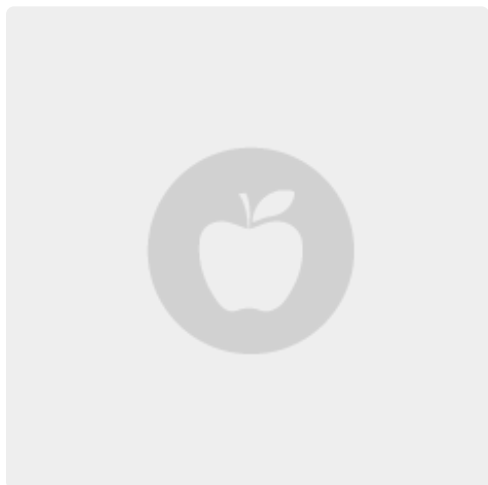
| U Ref Code: | Last Modified: 22 Apr 2024 | Nutritics ID:U6695531

Egg & Tomato Baguette



Overview ...

U / 6779774



CALORIES:

51.2% Carbs

14.2% Protein

34.6% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 184G SERVING	%RI
Energy(Kj)	905 kJ	11%	1665 kJ	20%
Energy(kcal)	215 kcal	11%	396 kcal	20%
Fat	8.2 g	12%	15 g	21%
of which saturates	1.3 g	7%	2.4 g	12%
Carbohydrate	27 g	10%	50 g	19%
of which sugars	2.3 g	3%	4.1 g	5%
Fibre	1.4 g	6%	2.5 g	10%
Protein	7.6 g	15%	14 g	28%
Salt	0.73 g	12%	1.4 g	23%

CONTAINS:



MAY CONTAIN:



OTHER PROPERTIES:



Ingredient List (QUID) ...

Bread (48.9%) [**Wheat**flour, Salt, Bread Improver (E471 E472 & E300), Bread Fat, Yeast, Water], **Egg** Mayonnaise [Hard Boiled **Eggs** (70%) [**Eggs**, Water, Salt, Acidity Regulator Citric Acid (E330), Acetic Acid (E260)], Mayonnaise (27%) [Rapeseed Oil, Water, Spirit Vinegar, Stabilisers (Modified Potato Starch, Xanthan Gum), Sugar, Salt, Pasteurised **Egg**, Preservative (Potassium Sorbate)], Dijon **Mustard** (2%) [Water, **Mustard** Seeds (30%), Spirit Vinegar, Sea Salt, Preservative (SODIUM HYDROGEN **Sulphite**)], Cracked Black Pepper (1%) [Black Pepper]], Tomato (13%)

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Tree nuts, Peanuts, Sesame

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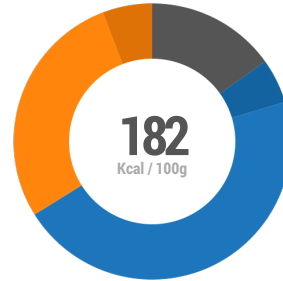
| U Ref Code: | Last Modified: 8 Mar 2024 | Nutritics ID:U6779774

Egg Mayo & Tomato Sandwich



Overview ...

U / 7951931



CALORIES:

51% Carbs

15.2% Protein

33.9% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 176G SERVING	%RI
Energy(Kj)	782 kJ	9%	1376 kJ	16%
Energy(kcal)	186 kcal	9%	328 kcal	16%
Fat	6.9 g	10%	12 g	17%
<i>of which saturates</i>	1.2 g	6%	2.1 g	11%
Carbohydrate	23 g	9%	41 g	16%
<i>of which sugars</i>	2.4 g	3%	4.2 g	5%
Fibre	1.6 g	6%	2.8 g	11%
Protein	6.9 g	14%	12 g	24%
Salt	0.51 g	9%	0.91 g	15%

CONTAINS:



WHEAT



EGGS



MUSTARD



SOYA



SULPHITES

MAY CONTAIN:



BARLEY

OTHER PROPERTIES:



VEGETARIAN

Ingredient List (QUID) ...

Sliced White Square Loaf (45.5%) [**Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Palm Oil, Salt, Yeast, Emulsifier (Mono And Di Acetyl tartaric Acid Esters Of Mono And Di Glycerides Of Fatty Acids), Spirit Vinegar, **Soya** Flour, Preservative (Calcium Propionate), flour Treatment Agent (Ascorbic Acid)], **Egg** Mayonnaise [Hard Boiled **Eggs** (70%) [**Eggs**, Water, Salt, Acidity Regulator Citric Acid (E330), Acetic Acid (E260)], Mayonnaise (27%) [Rapeseed Oil, Water, Spirit Vinegar, Stabilisers (Modified Potato Starch, Xanthan Gum), Sugar, Salt, Pasteurised **Egg**, Preservative (Potassium Sorbate)], Dijon **Mustard** (2%) [Water, **Mustard** Seeds (30%), Spirit Vinegar, Sea Salt, Preservative (SODIUM HYDROGEN **Sulphite**)], Cracked Black Pepper (1%) [Black Pepper]], Tomato (20.5%)

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Barley

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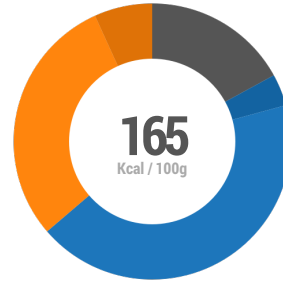
| U Ref Code: | Last Modified: 12 Mar 2024 | Nutritics ID: U7951931

Egg Mayo Salad Sandwich



Overview ...

U / 6711011



CALORIES:

46.7% Carbs

17% Protein

36.3% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 190G SERVING	%RI
Energy(Kj)	712 kJ	8%	1353 kJ	16%
Energy(kcal)	170 kcal	9%	322 kcal	16%
Fat	6.6 g	9%	13 g	19%
of which saturates	1.2 g	6%	2.4 g	12%
Carbohydrate	19 g	7%	37 g	14%
of which sugars	1.5 g	2%	2.9 g	3%
Fibre	2.1 g	8%	4 g	16%
Protein	7.1 g	14%	13 g	26%
Salt	0.59 g	10%	1.1 g	18%

CONTAINS:



WHEAT,
BARLEY



EGGS



MUSTARD



SULPHITES

MAY CONTAIN:



OATS, RYE

OTHER PROPERTIES:



VEGETARIAN

Ingredient List (QUID) ...

Malted Bread (40%) [**Wheat** Flour [with Added Calcium Carbonate, Iron, Niacin, Thiamin], Water, Malted **Wheat** Flakes (9.5%), **Wheat** Bran (2.7%), **Wheat** Protein, Malted **Barley** Flour (0.9%), Salt, Yeast, Emulsifiers [E471, E472(e)], Spirit Vinegar, Malted **Wheat** Flour, Vegetable Oils [Rapeseed, Palm], Flour Treatment Agent (E300), Palm Fat, **Wheat** Flour], **Egg** Mayonnaise [Hard Boiled **Eggs** (70%) [**Eggs**, Water, Salt, Acidity Regulator Citric Acid (E330), Acetic Acid (E260)], Mayonnaise (27%) [Rapeseed Oil, Water, Spirit Vinegar, Stabilisers (Modified Potato Starch, Xanthan Gum), Sugar, Salt, Pasteurised **Egg**, Preservative (Potassium Sorbate)], Dijon **Mustard** (2%) [Water, **Mustard** Seeds (30%), Spirit Vinegar, Sea Salt, Preservative (SODIUM HYDROGEN **Sulphite**)], Cracked Black Pepper (1%) [Black Pepper]], Tomato (12.6%), Cucumber (10.5%), Lettuce (5.3%)

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Oats, Rye

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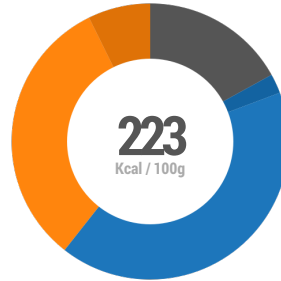
| U Ref Code: | Last Modified: 22 Apr 2024 | Nutritics ID:U6711011

Egg Mayo Sandwich



Overview ...

U / 7950749



CALORIES:

43.6% Carbs

17% Protein

39.4% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 146G SERVING	%RI
Energy(Kj)	956 kJ	11%	1396 kJ	17%
Energy(kcal)	228 kcal	11%	333 kcal	17%
Fat	9.8 g	14%	14 g	20%
of which saturates	1.8 g	9%	2.6 g	13%
Carbohydrate	24 g	9%	36 g	14%
of which sugars	1.3 g	1%	1.9 g	2%
Fibre	2.4 g	10%	3.6 g	14%
Protein	9.5 g	19%	14 g	28%
Salt	0.82 g	14%	1.2 g	20%

CONTAINS:



WHEAT,
BARLEY



EGGS



MUSTARD



SULPHITES

MAY CONTAIN:



OATS, RYE

OTHER PROPERTIES:



VEGETARIAN

Ingredient List (QUID) ...

Malted Bread (52.1%) [**Wheat** Flour [with Added Calcium Carbonate, Iron, Niacin, Thiamin], Water, Malted **Wheat** Flakes (9.5%), **Wheat** Bran (2.7%), **Wheat** Protein, Malted **Barley** Flour (0.9%), Salt, Yeast, Emulsifiers [E471, E472(e)], Spirit Vinegar, Malted **Wheat** Flour, Vegetable Oils [Rapeseed, Palm], Flour Treatment Agent (E300), Palm Fat, **Wheat** Flour], **Egg** Mayonnaise [Hard Boiled **Eggs** (70%) [**Eggs**, Water, Salt, Acidity Regulator Citric Acid (E330), Acetic Acid (E260)], Mayonnaise (27%) [Rapeseed Oil, Water, Spirit Vinegar, Stabilisers (Modified Potato Starch, Xanthan Gum), Sugar, Salt, Pasteurised **Egg**, Preservative (Potassium Sorbate)], Dijon **Mustard** (2%) [Water, **Mustard** Seeds (30%), Spirit Vinegar, Sea Salt, Preservative (SODIUM HYDROGEN **Sulphite**)], Cracked Black Pepper (1%) [Black Pepper]]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Oats, Rye

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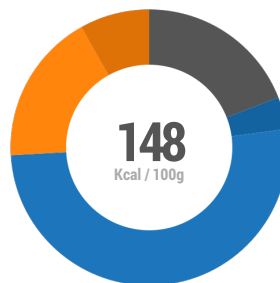
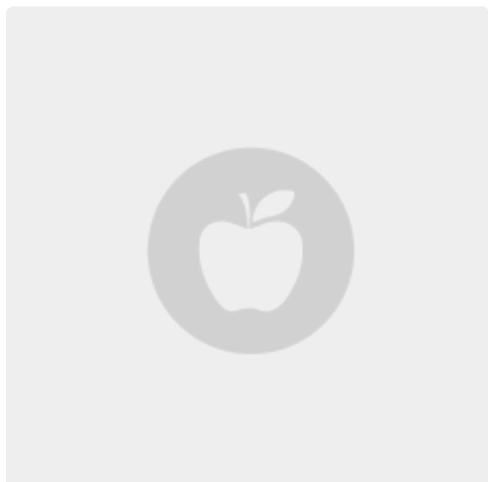
| U Ref Code: | Last Modified: 22 Apr 2024 | Nutritics ID:U7950749

Egg Salad Sandwich



Overview ...

U / 7141032



CALORIES:

55% Carbs

19.1% Protein

25.9% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 172G SERVING	%RI
Energy(Kj)	648 kJ	8%	1117 kJ	13%
Energy(kcal)	154 kcal	8%	265 kcal	13%
Fat	4.3 g	6%	7.4 g	11%
of which saturates	1.3 g	7%	2.3 g	12%
Carbohydrate	20 g	8%	35 g	13%
of which sugars	1.4 g	2%	2.4 g	3%
Fibre	2.2 g	9%	3.8 g	15%
Protein	7.2 g	14%	12 g	24%
Salt	0.56 g	9%	0.96 g	16%

CONTAINS:



WHEAT,
BARLEY



EGGS



MILK

MAY CONTAIN:



OATS, RYE

OTHER PROPERTIES:



VEGETARIAN

Ingredient List (QUID) ...

Malted Bread (44.1%) [**Wheat** Flour [with Added Calcium Carbonate, Iron, Niacin, Thiamin], Water, Malted **Wheat** Flakes (9.5%), **Wheat** Bran (2.7%), **Wheat** Protein, Malted **Barley** Flour (0.9%), Salt, Yeast, Emulsifiers [E471, E472(e)], Spirit Vinegar, Malted **Wheat** Flour, Vegetable Oils [Rapeseed, Palm], Flour Treatment Agent (E300), Palm Fat, **Wheat** Flour], Hard Boiled **Eggs** (20%) [**Eggs**, Water, Salt, Acidity Regulator Citric Acid (E330), Acetic Acid (E260)], Tomato (13.9%), Cucumber (11.6%), Lettuce (5.8%), Buttery Spread (2.9%) [Rapeseed Oil, Palm Oil, Water, Reconstituted BUTTERMILK (**Milk**) 3%, Salt (1.5%), Emulsifier Mono And Di Glyceride Of Fatty Acids Stabiliser Sodium Alginate Preservative Potassium Sorbate Vitamin A & D, Flavouring, Colour Carotenes Flavouring Natural Colour Natural], Cress (1.7%)

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Oats, Rye

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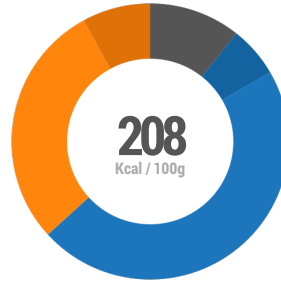
| U Ref Code: | Last Modified: 22 Apr 2024 | Nutritics ID:U7141032

Falafel & Spinach Slaw Wrap



Overview ...

U / 7161329



CALORIES:

52.5% Carbs

10.7% Protein

36.8% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 211G SERVING	%RI
Energy(Kj)	886 kJ	11%	1870 kJ	22%
Energy(kcal)	211 kcal	11%	446 kcal	22%
Fat	8.5 g	12%	18 g	26%
of which saturates	1.8 g	9%	3.9 g	20%
Carbohydrate	27 g	10%	57 g	22%
of which sugars	3.1 g	3%	6.6 g	7%
Fibre	2.2 g	9%	4.7 g	19%
Protein	5.5 g	11%	12 g	24%
Salt	1.5 g	25%	3.1 g	52%

CONTAINS:



WHEAT

MAY CONTAIN:



TREE NUTS

OTHER PROPERTIES:



VEGETARIAN



VEGAN

Ingredient List (QUID) ...

Tortilla Wrap (42.7%) [Fortified **Wheat Flour** [**Wheat Flour**, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Water, Vegetable Oils [Palm Oil, Rapeseed Oil], Raising Agents (Diphosphates, Sodium Bicarbonate, Calcium Phosphates), Salt, Sugar, Acidity Regulators (Malic Acid, Citric Acid), Yeast, Preservative (Calcium Propionate)], Falafel Burger (26.5%) [Onions (39%), Chick Peas (32%), **Wheat Flour** [**Wheat Flour**, Calcium Carbonate, Iron, Niacin, Thiamin], Spinach (9%), Rapeseed Oil, Cumin, Salt, Garlic Purée [Garlic, Acidity Regulator (Citric Acid)], Ground Coriander, Coriander Leaf, Chilli Powder, Concentrated Lemon Juice, Stabiliser (Methylcellulose), Black Pepper, Turmeric], Vegan Coleslaw Mix (23.7%) [Cabbage (28.5%), Carrots (28.5%), Vegan Mayo (28.5%) [Water, Rapeseed Oil, Thickener (Modified Starch), Sugar, Salt, Acidity Regulator (Acetic Acid), Stabilisers (Xanthan Gum, Guar Gum), Preservative (Potassium Sorbate), Flavouring, Colour (Beta Carotene)], Red Onion (14.5%)], Spinach (7.1%)

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Tree nuts

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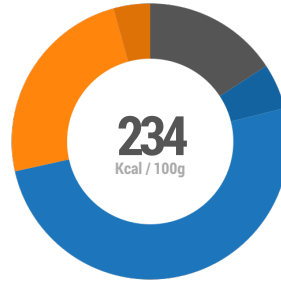
| U Ref Code: | Last Modified: 8 Mar 2024 | Nutritics ID:U7161329

Festive Special Ciabatta



Overview ...

U / 7768970



CALORIES:

55.7% Carbs

15.8% Protein

28.5% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 225G SERVING	%RI
Energy(Kj)	980 kJ	12%	2206 kJ	26%
Energy(kcal)	233 kcal	12%	524 kcal	26%
Fat	7.4 g	11%	17 g	24%
<i>of which saturates</i>	1.1 g	6%	2.5 g	13%
Carbohydrate	32 g	12%	72 g	28%
<i>of which sugars</i>	3.1 g	3%	7 g	8%
Fibre	0.5 g	2%	0.9 g	4%
Protein	9.3 g	19%	21 g	42%
Salt	1.4 g	23%	3.2 g	53%

CONTAINS:



MAY CONTAIN:



Ingredient List (QUID) ...

Ciabatta (55.6%) [**Wheat** Flour, Water, Sunflower Oil, Sourdough (**Wheat, Rye**), Skimmed **Milk** Powder, Iodised Salt, Yeast], Festive Special Mix (40%) [Mayonnaise (Water, Rapeseed Oil, Thickener (Modified Starch), Sugar, Salt, Pasteurised **Egg** Yolk, Acidity Regulator (Acetic Acid) Stabilisers (Xanthan Gum, Guar Gum), Preservatives (Potassium Sorbate, Sodium Benzoate), Flavouring, Natural Colour (Beta Carotene)), Turkey Breast (20%) (Turkey (100%) (Water, Salt, Pea Starch, Stabilisers (E451, E450), Gelling Agent (Carrageenan (E407)), Paprika)), Cranberry, Sage & Onion Chutney (Water, Cranberries (16%), Glucose Syrup Solids, Sugar, Onion (6.5%), Spirit Vinegar, Thickener (Modified Starch), Salt, Sage (1%), Garlic), Diced Chicken (15%) (Chicken Breast (98%), Water, Salt), Sausages (10%) (Pork (50%), Water, Rusk (Contains **Wheat** Flour (**Wheat**) Fortified With Calcium Carbonate, Iron, Niacin, Thiamin), Pork Fat, Pork Rind, **Soya** Protein, Salt, Potato Starch, Flavourings, Stabilisers (E450i, E450iii), Yeast Extract, Preservative (SODIUM **Sulphite**), Spice (White Pepper), Dextrose, Sunflower Oil, Antioxidant (E300)), Bacon (5%) (Pork, Salt, Hydrolysed Vegetable Protein (Maize), Preservative (Sodium Nitrite, Sodium Nitrate), Antioxidant (Sodium Ascorbate), Naturally Smoked)], Spinach (4.4%)

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Tree nuts, Fish, Crustaceans, Mustard, Sesame, Lupin

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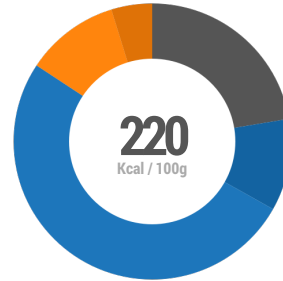
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Festive Special Sandwich



Overview ...

U / 7769018



CALORIES:

61.9% Carbs

22.4% Protein

15.7% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 176G SERVING	%RI
Energy(Kj)	951 kJ	11%	1674 kJ	20%
Energy(kcal)	225 kcal	11%	396 kcal	20%
Fat	3.8 g	5%	6.8 g	10%
of which saturates	1.2 g	6%	2 g	10%
Carbohydrate	34 g	13%	60 g	23%
of which sugars	5.9 g	7%	10 g	11%
Fibre	2.5 g	10%	4.4 g	18%
Protein	12 g	24%	22 g	44%
Salt	1.8 g	30%	3.2 g	53%

CONTAINS:



WHEAT,
BARLEY



MILK

MAY CONTAIN:



OATS, RYE

Ingredient List (QUID) ...

Malted Bread (43.2%) [**Wheat Flour** [with Added Calcium Carbonate, Iron, Niacin, Thiamin], Water, Malted **Wheat Flakes** (9.5%), **Wheat Bran** (2.7%), **Wheat Protein**, Malted **Barley Flour** (0.9%), Salt, Yeast, Emulsifiers [E471, E472(e)], Spirit Vinegar, Malted **Wheat Flour**, Vegetable Oils [Rapeseed, Palm], Flour Treatment Agent (E300), Palm Fat, **Wheat Flour**], Turkey (28.4%) [Turkey, Dextrose, Salt, Stabilisers (Triphosphates, Diphosphates)], Stuffing (14.2%) [Breadrusk [**Wheat Flour** (Calcium Carbonate, Iron, Niacin, Thiamin)], Water, Salt, Yeast], Fried Onions (3%) [Onions, Buck **Wheat Flour**, Palm Oil, Salt], Dried Onion (2.5%), Salt, Sunflower Oil, Dried Sage (0.9%), Rubbed Parsley, Flavouring (Salt, Sage Extract, Anticaking Agent E551), Black Ground Pepper], Cranberry Sauce (11.4%) [Cranberries (34%), Sugar, Water, Gelling Agent (Pectin (Pectin, Dextrose)), Acidity Regulators (Citric Acid, TriSodium Citrate, Calcium Lactate), Preservative (Potassium Sorbate)], Buttery Spread (2.8%) [Rapeseed Oil, Palm Oil, Water, Reconstituted BUTTERMILK (**Milk**) 3%, Salt (1.5%), Emulsifier Mono And Di Glyceride Of Fatty Acids Stabiliser Sodium Alginate Preservative Potassium Sorbate Vitamin A & D, Flavouring, Colour Carotenes Flavouring Natural Colour Natural]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Oats, Rye

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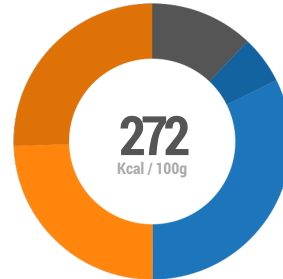
| U Ref Code: | Last Modified: 22 Apr 2024 | Nutritics ID:U7769018

Festive Special Slice



Overview ...

U / 7768853



CALORIES:

37.9% Carbs

12.1% Protein

50.1% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 175G SERVING	%RI
Energy(kJ)	1151 kJ	14%	2014 kJ	24%
Energy(kcal)	276 kcal	14%	482 kcal	24%
Fat	15 g	21%	26 g	37%
of which saturates	7.7 g	39%	13 g	65%
Carbohydrate	26 g	10%	45 g	17%
of which sugars	3.8 g	4%	6.7 g	7%
Fibre	2 g	8%	3.5 g	14%
Protein	8.2 g	16%	14 g	28%
Salt	0.9 g	15%	1.6 g	27%

CONTAINS:



WHEAT,
BARLEY



MILK



SOYA



SULPHITES

MAY CONTAIN:



TREE NUTS

Ingredient List (QUID) ...

Festive Slice (100%) [Water, **Wheat** Flour, Margarine [Palm Oil, Palm Stearin, Water, Salt, Rapeseed Oil, Emulsifier (E471), Acidity Regulator (E330), Lemon Juice], Cooked Chicken (9%) [Chicken, Salt], Pork & Herb Sausage (4%) [Pork, Water, Rusk (**Wheat** Flour, Salt, Raising Agent (E503ii)), Pork Fat, Potato Starch, Salt, Black Pepper, Herbs (Sage, Parsley), Dextrose, Stabilisers (E450i, E450ii), Preservative (Sodium **Sulphite**), Antioxidant (E300), Spice Extracts (Nutmeg Extract, Coriander Extract), Sage Extract – In Beef Collagen Casing], Bacon (4%) [Pork Belly, Salt, Antioxidant (E301), Preservative (E250)], Onions, Stuffing [**Wheat** Flour, Dried Onion, Vegetable Oils (Palm, Sunflower), Salt, Dried Sage, Dried Parsley, Raising Agents (E503, E500ii), Malt (**barley**) Extract (**Barley**)], Glaze [Water, Modified Starch (tapioca, Potato), Rapeseed Oil, **Milk** Proteins, Emulsifiers (**Soya** Lecithin, E471), Acidity Regulator (E339iii), Colour (E160a)], Sweetened Dried Cranberries [Cranberries, Sugar, Sunflower Oil], Thickener (E1422), Chicken Stock [Chicken, Yeast Extract, Salt, Chicken Fat, Rehydrated Vegetable Powders (Leek, Onion), Sugar, Lemon Juice Concentrate, Natural Black Pepper Flavour, Sage Oil], Salt, Emulsifier (E464), Malt (**barley**) Extract (**Barley**), Ground White Pepper, Dried Thyme, Dried Sage, Ground Black Pepper **Wheat** Flour Contains Calcium Carbonate, Iron, Niacin, Thiamin]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Tree nuts

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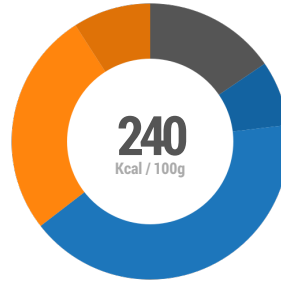
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Festive Special Wrap



Overview ...

U / 7769036



CALORIES:

49.1% Carbs

15.5% Protein

35.5% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 190G SERVING	%RI
Energy(Kj)	1008 kJ	12%	1915 kJ	23%
Energy(kcal)	240 kcal	12%	456 kcal	23%
Fat	9.5 g	14%	18 g	26%
of which saturates	2.4 g	12%	4.6 g	23%
Carbohydrate	29 g	11%	55 g	21%
of which sugars	4.6 g	5%	8.7 g	10%
Fibre	0.5 g	2%	0.9 g	4%
Protein	9.3 g	19%	18 g	36%
Salt	2.1 g	35%	4.1 g	68%

CONTAINS:



WHEAT



EGGS



SOYA



SULPHITES

MAY CONTAIN:



TREE NUTS



MILK



FISH



CRUSTACEANS



MUSTARD



SESAME

Ingredient List (QUID) ...

Festive Special Mix (47.4%) [Mayonnaise (Water, Rapeseed Oil, Thickener (Modified Starch), Sugar, Salt, Pasteurised **Egg** Yolk, Acidity Regulator (Acetic Acid) Stabilisers (Xanthan Gum, Guar Gum), Preservatives (Potassium Sorbate, Sodium Benzoate), Flavouring, Natural Colour (Beta Carotene)), Turkey Breast (20%) (Turkey (100%) (Water, Salt, Pea Starch, Stabilisers (E451, E450), Gelling Agent (Carrageenan (E407)), Paprika)), Cranberry, Sage & Onion Chutney (Water, Cranberries (16%), Glucose Syrup Solids, Sugar, Onion (6.5%), Spirit Vinegar, Thickener (Modified Starch), Salt, Sage (1%), Garlic), Diced Chicken (15%) (Chicken Breast (98%), Water, Salt), Sausages (10%) (Pork (50%), Water, Rusk (Contains **Wheat** Flour (**Wheat**) Fortified With Calcium Carbonate, Iron, Niacin, Thiamin), Pork Fat, Pork Rind, **Soya** Protein, Salt, Potato Starch, Flavourings, Stabilisers (E450i, E450iii), Yeast Extract, Preservative (SODIUM **Sulphite**), Spice (White Pepper), Dextrose, Sunflower Oil, Antioxidant (E300)), Bacon (5%) (Pork, Salt, Hydrolysed Vegetable Protein (Maize), Preservative (Sodium Nitrite, Sodium Nitrate), Antioxidant (Sodium Ascorbate), Naturally Smoked)], Tortilla Wrap (47.4%) [Fortified **Wheat** Flour [**Wheat** Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Water, Vegetable Oils [Palm Oil, Rapeseed Oil], Raising Agents (Diphosphates, Sodium Bicarbonate, Calcium Phosphates), Salt, Sugar, Acidity Regulators (Malic Acid, Citric Acid), Yeast, Preservative (Calcium Propionate)], Spinach (5.3%)

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Tree nuts, Milk, Fish, Crustaceans, Mustard, Sesame

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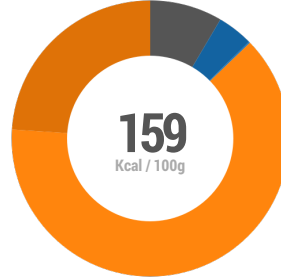
| U Ref Code: | Last Modified: 12 Mar 2024 | Nutritics ID:U7769036

Greek Salad



Overview ...

U / 6671192



CALORIES:

4.3% Carbs

8.5% Protein

87.2% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 301G SERVING	%RI
Energy(Kj)	677 kJ	8%	2040 kJ	24%
Energy(kcal)	164 kcal	8%	494 kcal	25%
Fat	15 g	21%	47 g	67%
of which saturates	4.2 g	21%	13 g	65%
Carbohydrate	1.7 g	1%	5.2 g	2%
of which sugars	1.7 g	2%	5 g	6%
Fibre	0.9 g	4%	2.9 g	12%
Protein	3.8 g	8%	11 g	22%
Salt	0.7 g	12%	2.1 g	35%

CONTAINS:



MILK



SULPHITES

MAY CONTAIN:



TREE NUTS



PEANUTS

OTHER PROPERTIES:



VEGETARIAN

Ingredient List (QUID) ...

Lettuce (29.9%), Feta Cheese (16.6%) [Pasteurized Sheep's **Milk** (70%)min, Pasteurized Goat's **Milk** (30%)max, Salt, Microbial Rennet, Culture], Tomato (15.9%), Olives (13.3%) [Pitted Kalamata Olives (50%), Brine (Water, Salt, White Wine Vinegar, Ascorbic Acid) (45%), Sunflower Oil (4%), Extra Virgin Olive Oil (1%)], Cucumber (13.3%), Olive Oil (7.1%), Balsamic Vinegar (2.4%) [Wine Vinegar, E224 (**Sulphites**)], Red Onion (1.7%)

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Tree nuts, Peanuts

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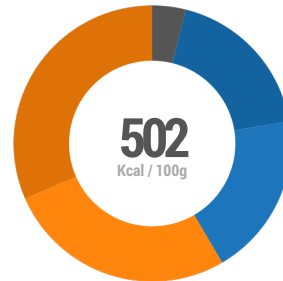
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Halloween Donut



Overview ...

U / 7558571



CALORIES:

37.7% Carbs

3.9% Protein

58.4% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 77G SERVING	%RI
Energy(Kj)	2115 kJ	25%	1629 kJ	19%
Energy(kcal)	508 kcal	25%	391 kcal	20%
Fat	33 g	47%	25 g	36%
<i>of which saturates</i>	18 g	90%	14 g	70%
Carbohydrate	47 g	18%	36 g	14%
<i>of which sugars</i>	23 g	26%	18 g	20%
Fibre	2.7 g	11%	2.1 g	8%
Protein	4.9 g	10%	3.8 g	8%
Salt	0.54 g	9%	0.42 g	7%

CONTAINS:



WHEAT, RYE

MILK

MAY CONTAIN:



TREE NUTS

EGGS

SOYA

OTHER PROPERTIES:



VEGETARIAN

Ingredient List (QUID) ...

Donut (100%) [**Wheat** Flour, Vegetable Fats (Palm, Coconut, (in Varying Proportions)), Sugar, Water, Vegetable Oils (Rapeseed, Palm), Fat Reduced Cocoa Powder, Emulsifier (Mono And Diglycerides Of Fatty Acids, Lecithins, Sodium Stearoyl 2 Lactylate, Polyglycerol Polyricinoleate), **Rye** Flour, Yeast, Dextrose, Skimmed **Milk** Powder, Cocoa Mass, Salt, Glucose Syrup, Raising Agent (Diphosphates, Sodium Carbonates), Natural Orange Flavouring, Stabiliser (Xanthan Gum) Colour (Paprika Extract), Flour Treatment Agent (Ascorbic Acid), Natural Flavouring, Natural Vanilla Flavouring (contains **Milk**)]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Tree nuts, Eggs, Soya

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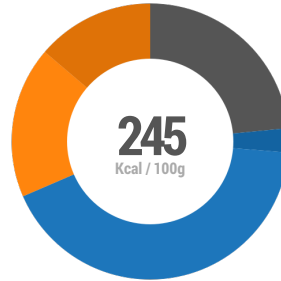
| U Ref Code: | Last Modified: 8 Mar 2024 | Nutritics ID:U7558571

Ham & Cheese Roll



Overview ...

U / 7487378



CALORIES:

45% Carbs

23.5% Protein

31.5% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 155G SERVING	%RI
Energy(Kj)	1040 kJ	12%	1613 kJ	19%
Energy(kcal)	247 kcal	12%	384 kcal	19%
Fat	8.6 g	12%	13 g	19%
of which saturates	3.7 g	19%	5.8 g	29%
Carbohydrate	28 g	11%	43 g	17%
of which sugars	1.7 g	2%	2.7 g	3%
Fibre	1.1 g	4%	1.8 g	7%
Protein	14 g	28%	22 g	44%
Salt	1.6 g	27%	2.4 g	40%

CONTAINS:



WHEAT



MILK

MAY CONTAIN:



TREE NUTS



PEANUTS



SESAME

Ingredient List (QUID) ...

Bread Roll (51.6%) [**Wheatflour**, Salt, Bread Improver (E471 E472 & E300), Bread Fat, Yeast, Water], Gammon Ham (32.3%) [Pork Leg (100%), Salt, Water, Dextrose, Yeast Extract, Stabiliser E451i, E450i ii, Preservative E250, Antioxidant (E301)], Mature Cheddar Slice (12.9%) [Pasteurised Cow's **Milk**, Salt (contains Anti Caking Agent E535), Non Animal Rennet (sodium Benzoate Free), Starter Culture], Buttery Spread (3.2%) [Rapeseed Oil, Palm Oil, Water, Reconstituted BUTTERMILK (**Milk**) 3%, Salt (1.5%), Emulsifier Mono And Di Glyceride Of Fatty Acids Stabiliser Sodium Alginate Preservative Potassium Sorbate Vitamin A & D, Flavouring, Colour Carotenes Flavouring Natural Colour Natural]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Tree nuts, Peanuts, Sesame

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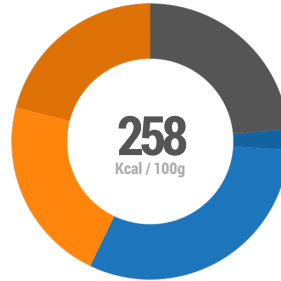
| U Ref Code: | Last Modified: 8 Mar 2024 | Nutritics ID:U7487378

Ham & Cheese Sandwich



Overview ...

U / 6690944



CALORIES:

33.6% Carbs

23.6% Protein

42.9% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 180G SERVING	%RI
Energy(Kj)	1089 kJ	13%	1961 kJ	23%
Energy(kcal)	260 kcal	13%	468 kcal	23%
Fat	12 g	17%	22 g	31%
of which saturates	6 g	30%	11 g	55%
Carbohydrate	22 g	8%	39 g	15%
of which sugars	1.6 g	2%	2.8 g	3%
Fibre	1.2 g	5%	2.2 g	9%
Protein	15 g	30%	27 g	54%
Salt	1.4 g	23%	2.6 g	43%

CONTAINS:



WHEAT



MILK



SOYA

MAY CONTAIN:



BARLEY

Ingredient List (QUID) ...

Sliced White Square Loaf (44.4%) [**Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Palm Oil, Salt, Yeast, Emulsifier (Mono And Di Acetyl tartaric Acid Esters Of Mono And Di Glycerides Of Fatty Acids), Spirit Vinegar, **Soya** Flour, Preservative (Calcium Propionate), flour Treatment Agent (Ascorbic Acid)], Gammon Ham (27.8%) [Pork Leg (100%), Salt, Water, Dextrose, Yeast Extract, Stabiliser E451i, E450i ii, Preservative E250, Antioxidant (E301)], Mature Cheddar Slice (22.2%) [Pasteurised Cow's **Milk**, Salt (contains Anti Caking Agent E535), Non Animal Rennet (sodium Benzoate Free), Starter Culture], Buttery Spread (5.6%) [Rapeseed Oil, Palm Oil, Water, Reconstituted BUTTERMILK (**Milk**) 3%, Salt (1.5%), Emulsifier Mono And Di Glyceride Of Fatty Acids Stabiliser Sodium Alginate Preservative Potassium Sorbate Vitamin A & D, Flavouring, Colour Carotenes Flavouring Natural Colour Natural]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Barley

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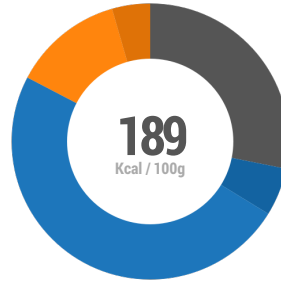
| U Ref Code: | Last Modified: 12 Mar 2024 | Nutritics ID:U6690944

Ham & Mustard Sandwich



Overview ...

U / 6736232



CALORIES:

54.5% Carbs

28.2% Protein

17.3% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 146G SERVING	%RI
Energy(Kj)	819 kJ	10%	1196 kJ	14%
Energy(kcal)	194 kcal	10%	283 kcal	14%
Fat	3.6 g	5%	5.3 g	8%
<i>of which saturates</i>	0.9 g	5%	1.4 g	7%
Carbohydrate	26 g	10%	38 g	15%
<i>of which sugars</i>	2.6 g	3%	3.9 g	4%
Fibre	2.7 g	11%	4 g	16%
Protein	13 g	26%	19 g	38%
Salt	2.4 g	40%	3.5 g	58%

CONTAINS:



WHEAT,
BARLEY



MUSTARD

MAY CONTAIN:



OATS, RYE

Ingredient List (QUID) ...

Malted Bread (52.1%) [**Wheat Flour** [with Added Calcium Carbonate, Iron, Niacin, Thiamin], Water, Malted **Wheat Flakes** (9.5%), **Wheat Bran** (2.7%), **Wheat Protein**, Malted **Barley Flour** (0.9%), Salt, Yeast, Emulsifiers [E471, E472(e)], Spirit Vinegar, Malted **Wheat Flour**, Vegetable Oils [Rapeseed, Palm], Flour Treatment Agent (E300), Palm Fat, **Wheat Flour**], Gammon Ham (34.2%) [Pork Leg (100%), Salt, Water, Dextrose, Yeast Extract, Stabiliser E451i, E450i ii, Preservative E250, Antioxidant (E301)], English **Mustard** (13.7%) [Water, **Mustard Flour** (21%), Sugar, Spirit Vinegar, Salt, **Wheat Flour** (**Wheat Flour**, Calcium Carbonate, Iron, Niacin, Thiamin), Turmeric, Stabiliser(Xanthan Gum)]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Oats, Rye

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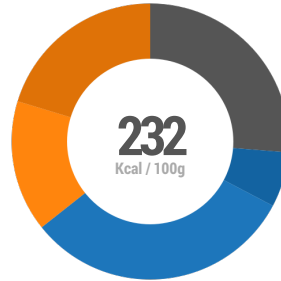
| U Ref Code: | Last Modified: 22 Apr 2024 | Nutritics ID:U6736232

Ham Cheese & Chutney Sandwich



Overview ...

U / 6708302



CALORIES:

38.1% Carbs

26.3% Protein

35.7% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 186G SERVING	%RI
Energy(Kj)	989 kJ	12%	1840 kJ	22%
Energy(kcal)	236 kcal	12%	438 kcal	22%
Fat	9.2 g	13%	17 g	24%
<i>of which saturates</i>	5.2 g	26%	9.7 g	49%
Carbohydrate	22 g	8%	41 g	16%
<i>of which sugars</i>	3.7 g	4%	7 g	8%
Fibre	1.8 g	7%	3.3 g	13%
Protein	15 g	30%	28 g	56%
Salt	1.4 g	23%	2.7 g	45%

CONTAINS:



WHEAT,
BARLEY



MILK



MUSTARD



SULPHITES

MAY CONTAIN:



OATS, RYE

Ingredient List (QUID) ...

Malted Bread (40.9%) [**Wheat** Flour [with Added Calcium Carbonate, Iron, Niacin, Thiamin], Water, Malted **Wheat** Flakes (9.5%), **Wheat** Bran (2.7%), **Wheat** Protein, Malted **Barley** Flour (0.9%), Salt, Yeast, Emulsifiers [E471, E472(e)], Spirit Vinegar, Malted **Wheat** Flour, Vegetable Oils [Rapeseed, Palm], Flour Treatment Agent (E300), Palm Fat, **Wheat** Flour], Gammon Ham (26.9%) [Pork Leg (100%), Salt, Water, Dextrose, Yeast Extract, Stabiliser E451i, E450i ii, Preservative E250, Antioxidant (E301)], Mature Cheddar Slice (21.5%) [Pasteurised Cow's **Milk**, Salt (contains Anti Caking Agent E535) , Non Animal Rennet (sodium Benzoate Free) , Starter Culture], Chutney (10.8%) [Red Onions (60%), Sugar, Red Wine Vinegar (**Sulphites**), Balsamic Vinegar (**Sulphites**) [Wine (**Sulphites**), Vinegar, Concentrated Grape Must, Colour (E150d)], Thickeners (Modified Maize Starch, Pectin), Colour (E150c), Spices (**Mustard**), Preservatives (Potassium Sorbate)]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Oats, Rye

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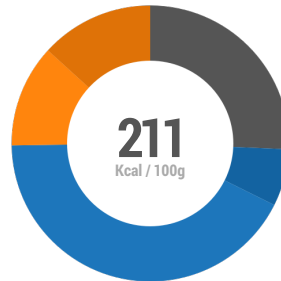
| U Ref Code: | Last Modified: 22 Apr 2024 | Nutritics ID:U6708302

Ham Cheese & Pickle Sandwich



Overview ...

U / 7955411



CALORIES:

49.1% Carbs

25.7% Protein

25.2% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 165G SERVING	%RI
Energy(Kj)	899 kJ	11%	1483 kJ	18%
Energy(kcal)	213 kcal	11%	352 kcal	18%
Fat	5.9 g	8%	9.7 g	14%
of which saturates	3.1 g	16%	5.1 g	26%
Carbohydrate	26 g	10%	43 g	17%
of which sugars	3.5 g	4%	5.8 g	6%
Fibre	1.4 g	6%	2.3 g	9%
Protein	14 g	28%	22 g	44%
Salt	1.3 g	22%	2.1 g	35%

CONTAINS:



WHEAT,
BARLEY



MILK



SOYA



SULPHITES

Ingredient List (QUID) ...

Sliced White Square Loaf (48.5%) [**Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Palm Oil, Salt, Yeast, Emulsifier (Mono And Di Acetyl tartaric Acid Esters Of Mono And Di Glycerides Of Fatty Acids), Spirit Vinegar, **Soya** Flour, Preservative (Calcium Propionate), flour Treatment Agent (Ascorbic Acid)], Gammon Ham (30.3%) [Pork Leg (100%), Salt, Water, Dextrose, Yeast Extract, Stabiliser E451i, E450i ii, Preservative E250, Antioxidant (E301)], Mature Cheddar Slice (12.1%) [Pasteurised Cow's **Milk**, Salt (contains Anti Caking Agent E535), Non Animal Rennet (sodium Benzoate Free), Starter Culture], Sweet Pickle (9.1%) [Water, Vegetables In Varying Proportions (Swede, Onion, Cauliflower, Carrot) (35%), Sugar, **Barley** Malt Vinegar, Modified Maize Starch, Apple Pulp (Sodium **Metabisulphite**) (**Sulphites**), Acetic Acid, Date Paste, Tomato Paste, Cane Molasses, Flavouring, Ammonia Caramel]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**

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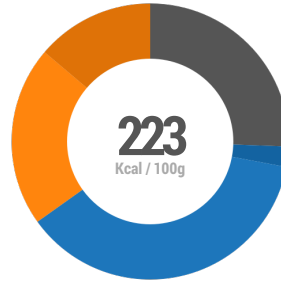
| U Ref Code: | Last Modified: 12 Mar 2024 | Nutritics ID: U7955411

Ham Cheese & Spring Onion Sandwich



Overview ...

U / 6741842



CALORIES:

39.5% Carbs

25.6% Protein

34.9% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 161G SERVING	%RI
Energy(Kj)	953 kJ	11%	1535 kJ	18%
Energy(kcal)	227 kcal	11%	366 kcal	18%
Fat	8.6 g	12%	14 g	20%
of which saturates	3.4 g	17%	5.5 g	28%
Carbohydrate	22 g	8%	35 g	13%
of which sugars	1.3 g	1%	2.1 g	2%
Fibre	2.1 g	8%	3.4 g	14%
Protein	14 g	28%	23 g	46%
Salt	1.5 g	25%	2.4 g	40%

CONTAINS:



WHEAT,
BARLEY



EGGS



MILK

MAY CONTAIN:



OATS, RYE

Ingredient List (QUID) ...

Malted Bread (47.2%) [**Wheat** Flour [with Added Calcium Carbonate, Iron, Niacin, Thiamin], Water, Malted **Wheat** Flakes (9.5%), **Wheat** Bran (2.7%), **Wheat** Protein, Malted **Barley** Flour (0.9%), Salt, Yeast, Emulsifiers [E471, E472(e)], Spirit Vinegar, Malted **Wheat** Flour, Vegetable Oils [Rapeseed, Palm], Flour Treatment Agent (E300), Palm Fat, **Wheat** Flour], Gammon Ham (31.1%) [Pork Leg (100%), Salt, Water, Dextrose, Yeast Extract, Stabiliser E451i, E450i ii, Preservative E250, Antioxidant (E301)], Mayonnaise (6.2%) [Rapeseed Oil, Water, Spirit Vinegar, Stabilisers (Modified Potato Starch, Xanthan Gum), Sugar, Salt, Pasteurised **Egg**, Preservative (Potassium Sorbate)], Grated Mature White Cheese (6.2%) [Pasteurised Full Fat **Milk**, Salt, Starter Culture, Vegetarian Rennet, Potato Starch], Grated Coloured Cheese (6.2%) [Pasteurised Cows **Milk**, Starter, Microbial Rennet, Salt, Water, Vegetable Palm Oil, **Milk** Protein, Lactic Acid, Emulsifying Salts (E331 & E339) Modified Corn Starch (E413) Beta Carotene (E160a), Annatto Norbixin (E160b(ii)), Potato Starch (anti Caking Agent)], Spring Onion (3.1%)

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Oats, Rye

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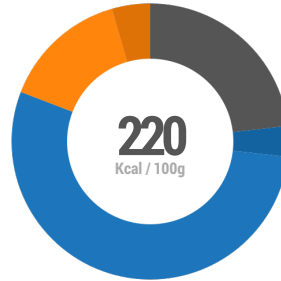
| U Ref Code: | Last Modified: 22 Apr 2024 | Nutritics ID:U6741842

Ham Roll



Overview ...

U / 7487030



CALORIES:

57.6% Carbs

23.2% Protein

19.2% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 135G SERVING	%RI
Energy(Kj)	939 kJ	11%	1268 kJ	15%
Energy(kcal)	222 kcal	11%	300 kcal	15%
Fat	4.7 g	7%	6.3 g	9%
<i>of which saturates</i>	1.1 g	6%	1.5 g	8%
Carbohydrate	32 g	12%	43 g	17%
<i>of which sugars</i>	2 g	2%	2.7 g	3%
Fibre	1.3 g	5%	1.8 g	7%
Protein	13 g	26%	17 g	34%
Salt	1.5 g	25%	2 g	33%

CONTAINS:



WHEAT



MILK

MAY CONTAIN:



TREE NUTS



PEANUTS



SESAME

Ingredient List (QUID) ...

Bread Roll (59.3%) [**Wheatflour**, Salt, Bread Improver (E471 E472 & E300), Bread Fat, Yeast, Water], Gammon Ham (37%) [Pork Leg (100%), Salt, Water, Dextrose, Yeast Extract, Stabiliser E451i, E450i li, Preservative E250, Antioxidant (E301)], Buttery Spread (3.7%) [Rapeseed Oil, Palm Oil, Water, Reconstituted BUTTERMILK (**Milk**) 3%, Salt (1.5%), Emulsifier Mono And Di Glyceride Of Fatty Acids Stabiliser Sodium Alginate Preservative Potassium Sorbate Vitamin A & D, Flavouring, Colour Carotenes Flavouring Natural Colour Natural]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Tree nuts, Peanuts, Sesame

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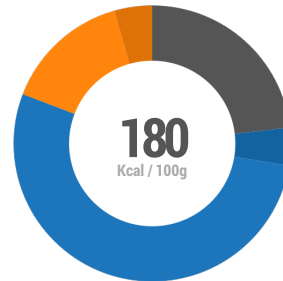
| U Ref Code: | Last Modified: 12 Mar 2024 | Nutritics ID: U7487030

Ham Salad Roll



Overview ...

U / 7487438



CALORIES:

57.7% Carbs

23.2% Protein

19.2% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 167G SERVING	%RI
Energy(Kj)	775 kJ	9%	1294 kJ	15%
Energy(kcal)	184 kcal	9%	307 kcal	15%
Fat	3.8 g	5%	6.4 g	9%
of which saturates	0.9 g	5%	1.5 g	8%
Carbohydrate	26 g	10%	43 g	17%
of which sugars	2 g	2%	3.3 g	4%
Fibre	1.2 g	5%	2.1 g	8%
Protein	11 g	22%	18 g	36%
Salt	1.2 g	20%	2 g	33%

CONTAINS:



WHEAT



MILK

MAY CONTAIN:



TREE NUTS



PEANUTS



SESAME

Ingredient List (QUID) ...

Bread Roll (47.9%) [**Wheatflour**, Salt, Bread Improver (E471 E472 & E300), Bread Fat, Yeast, Water], Gammon Ham (29.9%) [Pork Leg (100%), Salt, Water, Dextrose, Yeast Extract, Stabiliser E451i, E450i ii, Preservative E250, Antioxidant (E301)], Tomato (7.2%), Cucumber (6%), Lettuce (6%), Buttery Spread (3%) [Rapeseed Oil, Palm Oil, Water, Reconstituted BUTTERMILK (**Milk**) 3%, Salt (1.5%), Emulsifier Mono And Di Glyceride Of Fatty Acids Stabiliser Sodium Alginate Preservative Potassium Sorbate Vitamin A & D, Flavouring, Colour Carotenes Flavouring Natural Colour Natural]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Tree nuts, Peanuts, Sesame

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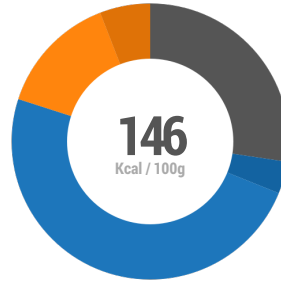
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Ham Salad Sandwich



Overview ...

U / 7141071



CALORIES:

52.6% Carbs

27.3% Protein

20% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 185G SERVING	%RI
Energy(Kj)	637 kJ	8%	1179 kJ	14%
Energy(kcal)	151 kcal	8%	280 kcal	14%
Fat	3.3 g	5%	6 g	9%
<i>of which saturates</i>	1 g	5%	1.8 g	9%
Carbohydrate	19 g	7%	36 g	14%
<i>of which sugars</i>	1.4 g	2%	2.5 g	3%
Fibre	2 g	8%	3.8 g	15%
Protein	10 g	20%	19 g	38%
Salt	1.1 g	18%	2 g	33%

CONTAINS:



WHEAT,
BARLEY



MILK

MAY CONTAIN:



OATS, RYE

Ingredient List (QUID) ...

Malted Bread (41.1%) [**Wheat** Flour [with Added Calcium Carbonate, Iron, Niacin, Thiamin], Water, Malted **Wheat** Flakes (9.5%), **Wheat** Bran (2.7%), **Wheat** Protein, Malted **Barley** Flour (0.9%), Salt, Yeast, Emulsifiers [E471, E472(e)], Spirit Vinegar, Malted **Wheat** Flour, Vegetable Oils [Rapeseed, Palm], Flour Treatment Agent (E300), Palm Fat, **Wheat** Flour], Gammon Ham (27%) [Pork Leg (100%), Salt, Water, Dextrose, Yeast Extract, Stabiliser E451i, E450i li, Preservative E250, Antioxidant (E301)], Tomato (13%), Cucumber (10.8%), Lettuce (5.4%), Buttery Spread (2.7%) [Rapeseed Oil, Palm Oil, Water, Reconstituted BUTTERMILK (**Milk**) 3%, Salt (1.5%), Emulsifier Mono And Di Glyceride Of Fatty Acids Stabiliser Sodium Alginate Preservative Potassium Sorbate Vitamin A & D, Flavouring, Colour Carotenes Flavouring Natural Colour Natural]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Oats, Rye

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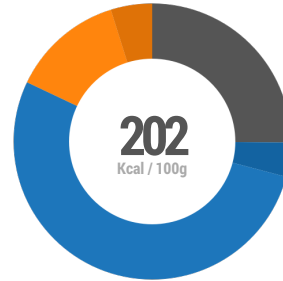
| U Ref Code: | Last Modified: 22 Apr 2024 | Nutritics ID:U7141071

Ham Sandwich



Overview ...

U / 7953149



CALORIES:

56.9% Carbs

25.1% Protein

17.9% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 135G SERVING	%RI
Energy(Kj)	867 kJ	10%	1170 kJ	14%
Energy(kcal)	205 kcal	10%	277 kcal	14%
Fat	4 g	6%	5.4 g	8%
of which saturates	1.1 g	6%	1.5 g	8%
Carbohydrate	29 g	11%	39 g	15%
of which sugars	2 g	2%	2.7 g	3%
Fibre	1.6 g	6%	2.2 g	9%
Protein	13 g	26%	17 g	34%
Salt	1.3 g	22%	1.8 g	30%

CONTAINS:



WHEAT



MILK



SOYA

MAY CONTAIN:



BARLEY

Ingredient List (QUID) ...

Sliced White Square Loaf (59.3%) [**Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Palm Oil, Salt, Yeast, Emulsifier (Mono And Di Acetyl tartaric Acid Esters Of Mono And Di Glycerides Of Fatty Acids), Spirit/Vinegar, **Soya** Flour, Preservative (Calcium Propionate), flour Treatment Agent (Ascorbic Acid)], Gammon Ham (37%) [Pork Leg (100%), Salt, Water, Dextrose, Yeast Extract, Stabiliser E451i, E450i ii, Preservative E250, Antioxidant (E301)], Buttery Spread (3.7%) [Rapeseed Oil, Palm Oil, Water, Reconstituted BUTTERMILK (**Milk**) 3%, Salt (1.5%), Emulsifier Mono And Di Glyceride Of Fatty Acids Stabiliser Sodium Alginate Preservative Potassium Sorbate Vitamin A & D, Flavouring, Colour Carotenes Flavouring Natural Colour Natural]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Barley

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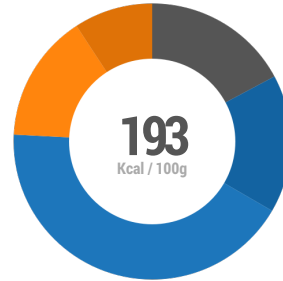
| U Ref Code: | Last Modified: 8 Mar 2024 | Nutritics ID:U7953149

Hoisin Duck Wrap



Overview ...

U / 10347486



CALORIES:

58.6% Carbs

17.2% Protein

24.2% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 220G SERVING	%RI
Energy(Kj)	811 kJ	10%	1785 kJ	21%
Energy(kcal)	192 kcal	10%	423 kcal	21%
Fat	5.2 g	7%	11 g	16%
of which saturates	2 g	10%	4.3 g	22%
Carbohydrate	28 g	11%	62 g	24%
of which sugars	7.8 g	9%	17 g	19%
Fibre	0 g	0%	0.5 g	2%
Protein	8.4 g	17%	18 g	36%
Salt	1.5 g	25%	3.3 g	55%

CONTAINS:



WHEAT



SOYA

Ingredient List (QUID) ...

Tortilla Wrap (40.9%) [Fortified **Wheat Flour** [**Wheat Flour**, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Water, Vegetable Oils [Palm Oil, Rapeseed Oil], Raising Agents (Diphosphates, Sodium Bicarbonate, Calcium Phosphates), Salt, Sugar, Acidity Regulators (Malic Acid, Citric Acid), Yeast, Preservative (Calcium Propionate)], Hoisin Duck & Spring Onion (36.4%) [Duck 50%, Water, Sugar, Spring Onion 10%, Yellow Bean Sauce ((Fermented Salted **Soybean** (soybean, **Wheat Flour**, salt, water), **Soy Sauce** (Water, **Soybean** (soybean, **Wheat Flour**, salt, water), Salt, **Wheat Flour**), Salt, Colour (Plain Caramel)), Tomato, Thickener (Modified Starch), Apple, Spices, Colour (Ammonia Caramel), Preservative (potassium Sorbate, Sodium Benzoate), Salt], Cucumber (13.6%), Lettuce (6.8%), Spring Onion (2.3%)

ALLERGY ADVICE: For allergens, see ingredients in **Bold**

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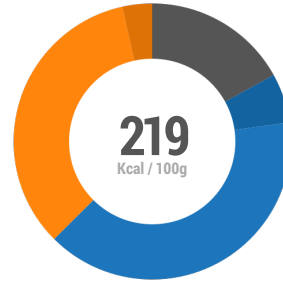
| U Ref Code: | Last Modified: 8 Mar 2024 | Nutritics ID:U10347486

Honey & Mustard Chicken Baguette



Overview ...

U / 10347046



CALORIES:

45.5% Carbs

17% Protein

37.5% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 211G SERVING	%RI
Energy(Kj)	934 kJ	11%	1970 kJ	23%
Energy(kcal)	222 kcal	11%	469 kcal	23%
Fat	9.1 g	13%	19 g	27%
of which saturates	0.8 g	4%	1.8 g	9%
Carbohydrate	25 g	10%	53 g	20%
of which sugars	3.2 g	4%	6.7 g	7%
Fibre	1.2 g	5%	2.5 g	10%
Protein	9.4 g	19%	20 g	40%
Salt	0.71 g	12%	1.5 g	25%

CONTAINS:



WHEAT



EGGS



MUSTARD

MAY CONTAIN:



TREE NUTS



PEANUTS



SESAME

Ingredient List (QUID) ...

Bread (42.7%) [**Wheat**flour, Salt, Bread Improver (E471 E472 & E300), Bread Fat, Yeast, Water], Honey & **Mustard** Chicken (33.2%) [Ingredients: Chicken 50%, Rapeseed Oil, Water, Honey 2%, **Mustard** Seed 1%, Thickener (Modified Starch), Sugar, Salt, Pasteurised **Egg** Yolk, Acidity Regulator (Acetic Acid, Citric Acid), Stabiliser (Xanthan Gum, Guar Gum), Colour (Ammonia Caramel), Flavouring, Preservative (Potassium Sorbate), Colour (Beta Carotene), Antioxidant (EDTA)], Tomato (17.1%), Lettuce (7.1%)

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Tree nuts, Peanuts, Sesame

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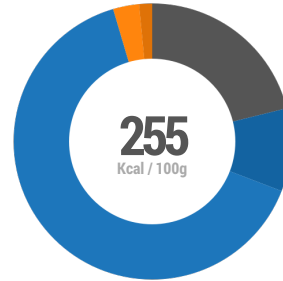
| U Ref Code: | Last Modified: 8 Mar 2024 | Nutritics ID:U10347046

Honey Chilli Chicken Pasta



Overview ...

U / 9214961



CALORIES:

74.3% Carbs

21.1% Protein

4.5% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 175G SERVING	%RI
Energy(Kj)	1099 kJ	13%	1923 kJ	23%
Energy(kcal)	259 kcal	13%	453 kcal	23%
Fat	1.3 g	2%	2.2 g	3%
of which saturates	0.4 g	2%	0.7 g	4%
Carbohydrate	47 g	18%	83 g	32%
of which sugars	6.2 g	7%	11 g	12%
Fibre	2.1 g	8%	3.7 g	15%
Protein	13 g	26%	24 g	48%
Salt	0.64 g	11%	1.1 g	18%

CONTAINS:



WHEAT



SOYA

MAY CONTAIN:



EGGS



MILK



FISH



CRUSTACEANS



MUSTARD



SESAME



SULPHITES

Ingredient List (QUID) ...

Penne Pasta (57.1%) [Durum **Wheat**, Semolina (**Gluten, wheat**)], Honey Chilli Chicken (42.9%) [Sliced Chicken (60%) (Chicken Breast (98%), Water, Salt), Honey And Chilli Chunky Sauce (40%) (Water, Sugar, Honey (10%), Spirit Vinegar, Tomato Paste, Thickener (E1422, E415), Salt, Red Bell Pepper, Garlic, Onion, **Soy** Sauce (Water, Sugar, Molasses, Hydrolysed **Soya** Protein, Caramel, Salt, Vinegar, Preservative (E202)), Molasses, Spices (Cayenne, Cumin), Oregano, Paprika Extract)]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Eggs, Milk, Fish, Crustaceans, Mustard, Sesame, Sulphites

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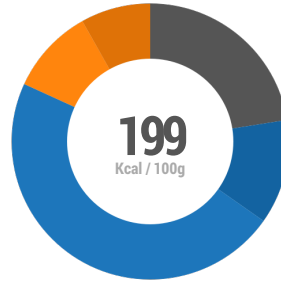
| U Ref Code: | Last Modified: 8 Mar 2024 | Nutritics ID:U9214961

Honey Chilli Chicken Wrap



Overview ...

U / 6695207



CALORIES:

59.3% Carbs

22.5% Protein

18.2% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 195G SERVING	%RI
Energy(Kj)	841 kJ	10%	1641 kJ	20%
Energy(kcal)	199 kcal	10%	389 kcal	19%
Fat	4 g	6%	7.8 g	11%
<i>of which saturates</i>	1.8 g	9%	3.5 g	18%
Carbohydrate	29 g	11%	57 g	22%
<i>of which sugars</i>	6.1 g	7%	12 g	13%
Fibre	0.5 g	2%	1 g	4%
Protein	11 g	22%	22 g	44%
Salt	2 g	33%	4 g	67%

CONTAINS:



WHEAT



SOYA

MAY CONTAIN:



EGGS



MILK



FISH



CRUSTACEANS



MUSTARD



SESAME



SULPHITES

Ingredient List (QUID) ...

Honey Chilli Chicken (46.2%) [Sliced Chicken (60%) (Chicken Breast (98%), Water, Salt), Honey And Chilli Chunky Sauce (40%) (Water, Sugar, Honey (10%), Spirit Vinegar, Tomato Paste, Thickener (E1422, E415), Salt, Red Bell Pepper, Garlic, Onion, **Soy** Sauce (Water, Sugar, Molasses, Hydrolysed **Soya** Protein, Caramel, Salt, Vinegar, Preservative (E202)), Molasses, Spices (Cayenne, Cumin), Oregano, Paprika Extract)], Tortilla Wrap (46.2%) [Fortified **Wheat** Flour [**Wheat** Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Water, Vegetable Oils [Palm Oil, Rapeseed Oil], Raising Agents (Diphosphates, Sodium Bicarbonate, Calcium Phosphates), Salt, Sugar, Acidity Regulators (Malic Acid, Citric Acid), Yeast, Preservative (Calcium Propionate)], Lettuce (7.7%)

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Eggs, Milk, Fish, Crustaceans, Mustard, Sesame, Sulphites

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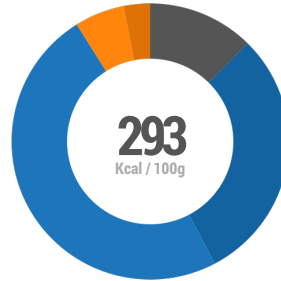
| U Ref Code: | Last Modified: 8 Mar 2024 | Nutritics ID:U6695207

Hot Cross Bun



Overview ...

U / 8412280



CALORIES:

78.7% Carbs

12.4% Protein

8.9% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 80G SERVING	%RI
Energy(Kj)	1262 kJ	15%	1010 kJ	12%
Energy(kcal)	298 kcal	15%	238 kcal	12%
Fat	2.9 g	4%	2.3 g	3%
of which saturates	1 g	5%	0.8 g	4%
Carbohydrate	58 g	22%	46 g	18%
of which sugars	22 g	24%	18 g	20%
Fibre	2.4 g	10%	1.9 g	8%
Protein	9.1 g	18%	7.3 g	15%
Salt	0.61 g	10%	0.49 g	8%

CONTAINS:



WHEAT



EGGS



MILK



SOYA

MAY CONTAIN:



TREE NUTS



PEANUTS



SESAME

Ingredient List (QUID) ...

Hot Cross Bun (100%) [Sultanas, White Flour (**Wheat Gluten**), Sugar, Vegetable Oil, Raising Agents, E450, E500, Buttermilk (**Milk**) Powder, Dextrose Monohydrate, **Soya** Flour, **Egg**, Bun Spice, Mixed Peel]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Tree nuts, Peanuts, Sesame

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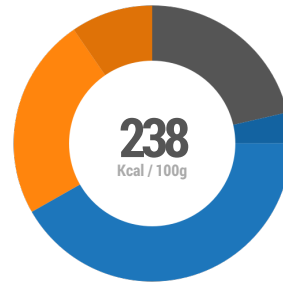
| U Ref Code: | Last Modified: 12 Mar 2024 | Nutritics ID:U8412280

Hot Dog



Overview ...

U / 8216751



CALORIES:

45.4% Carbs

21.4% Protein

33.2% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(Kj)	1010 kJ	12%	1869 kJ	22%
Energy(kcal)	240 kcal	12%	445 kcal	22%
Fat	8.8 g	13%	16 g	23%
of which saturates	2.5 g	13%	4.7 g	24%
Carbohydrate	27 g	10%	50 g	19%
of which sugars	2.1 g	2%	3.9 g	4%
Fibre	1.2 g	5%	2.3 g	9%
Protein	13 g	26%	24 g	48%
Salt	1.3 g	22%	2.5 g	42%

CONTAINS:



WHEAT



SULPHITES

MAY CONTAIN:



TREE NUTS



PEANUTS



SESAME

Ingredient List (QUID) ...

Bread (48.6%) [**Wheat**flour, Salt, Bread Improver (E471 E472 & E300), Bread Fat, Yeast, Water], Jumbo Sausage (43.2%) [Pork (82%), **Wheat** Flour, Water, Salt, Yeast, Dextrose Preservative E221 (sulphur Dioxide, **Sulphites**), Spices, Emulsifier E451, Flavour Enhancer E621, Flavourings, Antioxidant E301.], Onion (8.1%)

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Tree nuts, Peanuts, Sesame

Meat Dishes | Generated by Nutritics v5.96 on 22nd Apr 2024. Last Modified 12th Mar 2024.

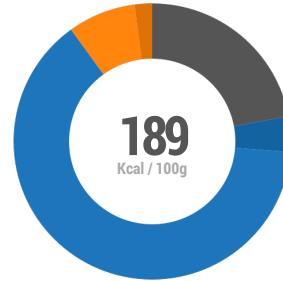
Meat Dishes | U Ref Code: | Last Modified: 12 Mar 2024 | Nutritics ID:U8216751

Hot Southern Fried Chicken Baguette



Overview ...

U / 6781871



CALORIES:

68% Carbs

22.1% Protein

10% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 190G SERVING	%RI
Energy(Kj)	814 kJ	10%	1546 kJ	18%
Energy(kcal)	192 kcal	10%	365 kcal	18%
Fat	2.1 g	3%	4 g	6%
of which saturates	0.4 g	2%	0.8 g	4%
Carbohydrate	32 g	12%	61 g	23%
of which sugars	2 g	2%	3.7 g	4%
Fibre	1.8 g	7%	3.4 g	14%
Protein	11 g	22%	20 g	40%
Salt	1.3 g	22%	2.4 g	40%

CONTAINS:



WHEAT



CELERY



SULPHITES

MAY CONTAIN:



TREE NUTS



PEANUTS



SESAME

Ingredient List (QUID) ...

Bread (47.4%) [**Wheat**flour, Salt, Bread Improver (E471 E472 & E300), Bread Fat, Yeast, Water], Southern Fried Chick Goujon (36.8%) [Chicken (57%), **Wheat** Flour, Water, Modified Tapioca Starch, Tapioca Starch, **Wheat** Starch, Palm Oil, Salt, **Wheat** Gluten, Garlic Powder, Yeast Extract, Sugar, Yellow Corn Flour, Yeast, Dried Onion, Emulsifier (Disodium Diphosphate), Raising Agent (Sodium Hydrogen Carbonate), White Pepper, **Celery**, Colour (Curcumin), Black Pepper, Herbs (Oregano, Fennel), Paprika], Piri Piri Hot Sauce (7.9%) [Water, Salt, Cayenne Pepper, Red Chilli, Acidity Regulator (Acetic Acid), Modified Maize Starch, Dried Onion, Crushed Chilli, Red Bird Eye Chillies, Concentrated Lemon Comminute (Contains Preservative (**Sulphur** Dioxide (**Sulphites**), Rapeseed Oil, Preservative (Potassium Sorbate), Stabiliser (Xanthan Gum), Colour (Paprika Extract), Dried Garlic, Marjoram], Lettuce (7.9%)

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Tree nuts, Peanuts, Sesame

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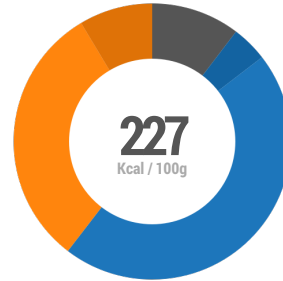
| U Ref Code: | Last Modified: 8 Mar 2024 | Nutritics ID:U6781871

Hummus, Peppers & Spinach Wrap



Overview ...

U / 8508657



CALORIES:

50.1% Carbs

10.3% Protein

39.6% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 190G SERVING	%RI
Energy(kj)	960 kJ	11%	1824 kJ	22%
Energy(kcal)	229 kcal	11%	435 kcal	22%
Fat	10 g	14%	19 g	27%
<i>of which saturates</i>	2.2 g	11%	4.1 g	21%
Carbohydrate	28 g	11%	53 g	20%
<i>of which sugars</i>	2.4 g	3%	4.5 g	5%
Fibre	1.5 g	6%	2.9 g	12%
Protein	5.9 g	12%	11 g	22%
Salt	1.8 g	30%	3.4 g	57%

CONTAINS:



MAY CONTAIN:



OTHER PROPERTIES:



Ingredient List (QUID) ...

Tortilla Wrap (47.4%) [Fortified **Wheat Flour** [**Wheat Flour**, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Water, Vegetable Oils [Palm Oil, Rapeseed Oil], Raising Agents (Diphosphates, Sodium Bicarbonate, Calcium Phosphates), Salt, Sugar, Acidity Regulators (Malic Acid, Citric Acid), Yeast, Preservative (Calcium Propionate)], Hummus (26.3%) [Chick Peas (56%), Rapeseed Oil, Water, Tahini (**Sesame Seeds**), Salt (Salt, Anti Caking Agent (E535)), Citric Acid, Garlic Powder (Garlic Powder (Contains Naturally Occuring **Sulphites**, Anti Caking Agent (E470a))), Potassium Sorbate], Mixed Bell Peppers (15.8%), Spinach (10.5%)

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Tree nuts, Eggs, Milk, Fish, Crustaceans, Mustard, Soya

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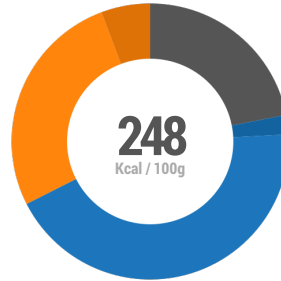
| U Ref Code: | Last Modified: 12 Mar 2024 | Nutritics ID:U8508657

Italian Club Ciabatta



Overview ...

U / 6710135



CALORIES:

45.6% Carbs

21.9% Protein

32.5% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 240G SERVING	%RI
Energy(Kj)	1034 kJ	12%	2483 kJ	30%
Energy(kcal)	246 kcal	12%	591 kcal	30%
Fat	8.9 g	13%	21 g	30%
<i>of which saturates</i>	1.6 g	8%	3.8 g	19%
Carbohydrate	28 g	11%	66 g	25%
<i>of which sugars</i>	1.4 g	2%	3.4 g	4%
Fibre	0.5 g	2%	0.7 g	3%
Protein	14 g	28%	33 g	66%
Salt	1.3 g	22%	3.2 g	53%

CONTAINS:



MAY CONTAIN:



Ingredient List (QUID) ...

Ciabatta (52.1%) [**Wheat** Flour, Water, Sunflower Oil, Sourdough (**Wheat, Rye**), Skimmed **Milk** Powder, Iodised Salt, Yeast], Sliced Chicken Breast (25%) [Chicken Breast Meat (99%), Water, Salt], Club Sauce Mix (12.5%) [Mayonnaise (53.5%) [Rapeseed Oil, Water, Spirit Vinegar, Stabilisers (Modified Potato Starch, Xanthan Gum), Sugar, Salt, Pasteurised **Egg**, Preservative (Potassium Sorbate)], Sundried Tomatoes (33%) [Rehydrated Sun Dried Tomatoes 49% (Sundried Tomatoes 74 78%, Water 18 24%, White Wine Vinegar 1 1, 5%, Salt 3 5% Preservative (Sodium **Metabisulphite**) Max 200 Ppm) Rapeseed Oil 48%, Rehydrated Garlic Puree 2.64% (Water 10 12%, Garlic Powder 86 90 %, Acidity Regulator Citric Acid 1, 5 – 2, 5%) Basil 0.36%], Green Pesto (13.5%) [Basil, (41%), Rapeseed Oil, Olive Oil (17%), Medium Fat Hard Cheese (**Milk**) (8%), Water, Sugar, Salt, Garlic (1%), Acidity Regulator (Lactic Acid), Potato Powder, (Contains Preservative Sodium **Metabisulphite** (**Sulphites**), Black Pepper]], Smoked Streaky Bacon (6.3%) [Pork Belly, Salt, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite), Prepared With 220g Of Pork Per 100g Of Cooked Bacon], Lettuce (4.2%)

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Wheat, Tree nuts, Sesame, Soya, Lupin

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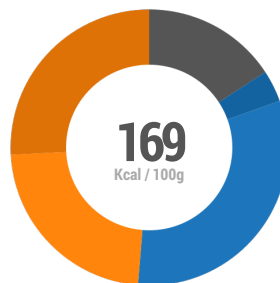
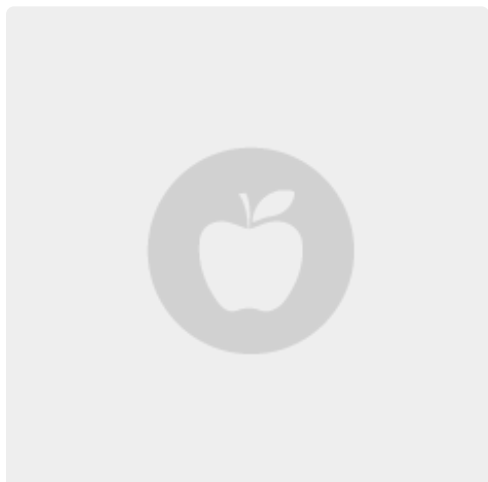
| U Ref Code: | Last Modified: 8 Mar 2024 | Nutritics ID:U6710135

Jacket Potato with Cheese



Overview ...

U / 7213077



CALORIES:

35.5% Carbs

15.8% Protein

48.7% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 298G SERVING	%RI
Energy(Kj)	726 kJ	9%	2163 kJ	26%
Energy(kcal)	174 kcal	9%	518 kcal	26%
Fat	9.1 g	13%	27 g	39%
of which saturates	4.8 g	24%	14 g	70%
Carbohydrate	15 g	6%	45 g	17%
of which sugars	1.6 g	2%	4.7 g	5%
Fibre	2.6 g	10%	7.8 g	31%
Protein	6.7 g	13%	20 g	40%
Salt	0.52 g	9%	1.5 g	25%

CONTAINS:



MILK

OTHER PROPERTIES:



VEGETARIAN

Ingredient List (QUID) ...

Potato (76.5%) [British Potato (100%)], Grated Mature White Cheese (20.1%) [Pasteurised Full Fat **Milk**, Salt, Starter Culture, Vegetarian Rennet, Potato Starch], Buttery Spread (3.4%) [Rapeseed Oil, Palm Oil, Water, Reconstituted BUTTERMILK (**Milk**) 3%, Salt (1.5%), Emulsifier Mono And Di Glyceride Of Fatty Acids Stabiliser Sodium Alginate Preservative Potassium Sorbate Vitamin A & D, Flavouring, Colour Carotenes Flavouring Natural Colour Natural]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**

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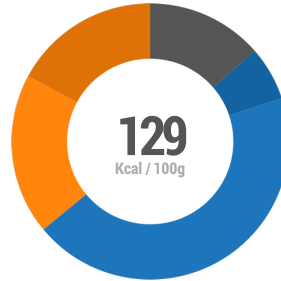
| U Ref Code: | Last Modified: 8 Mar 2024 | Nutritics ID:U7213077

Jacket Potato with Cheese & Beans



Overview ...

U / 7213017



CALORIES:

50.4% Carbs

13.6% Protein

36% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 298G SERVING	%RI
Energy(Kj)	564 kJ	7%	1682 kJ	20%
Energy(kcal)	135 kcal	7%	401 kcal	20%
Fat	5.2 g	7%	15 g	21%
of which saturates	2.5 g	13%	7.3 g	37%
Carbohydrate	16 g	6%	48 g	18%
of which sugars	2 g	2%	6 g	7%
Fibre	3 g	12%	8.9 g	36%
Protein	4.4 g	9%	13 g	26%
Salt	0.4 g	7%	1.2 g	20%

CONTAINS:



MILK

OTHER PROPERTIES:



VEGETARIAN

Ingredient List (QUID) ...

Potato (76.5%) [British Potato (100%)], Grated Coloured Cheese (10.1%) [Pasteurised Cows **Milk**, Starter, Microbial Rennet, Salt, Water, Vegetable Palm Oil, **Milk** Protein, Lactic Acid, Emulsifying Salts (E331 & E339) Modified Corn Starch (E413) Beta Carotene (E160a), Annatto Norbixin (E160b(ii)), Potato Starch (anti Caking Agent)], Heinz Beanz 200g (10.1%) [Beans (51%), Tomatoes (34%), Water, Sugar, Spirit Vinegar, Modified Corn Flour, Salt, Spice Extracts, Herb Extract], Buttery Spread (3.4%) [Rapeseed Oil, Palm Oil, Water, Reconstituted BUTTERMILK (**Milk**) 3%, Salt (1.5%), Emulsifier Mono And Di Glyceride Of Fatty Acids Stabiliser Sodium Alginate Preservative Potassium Sorbate Vitamin A & D, Flavouring, Colour Carotenes Flavouring Natural Colour Natural]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**

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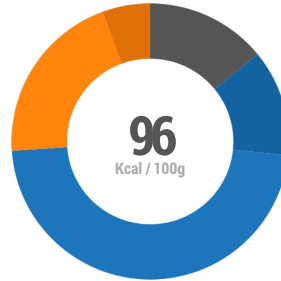
| U Ref Code: | Last Modified: 8 Mar 2024 | Nutritics ID:U7213017

Jacket Potato with Chilli Con Carne



Overview ...

U / 7296980



CALORIES:

59.8% Carbs

14.1% Protein

26.1% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 413G SERVING	%RI
Energy(Kj)	425 kJ	5%	1755 kJ	21%
Energy(kcal)	101 kcal	5%	418 kcal	21%
Fat	2.8 g	4%	11 g	16%
of which saturates	0.6 g	3%	2.4 g	12%
Carbohydrate	14 g	5%	59 g	23%
of which sugars	3 g	3%	12 g	13%
Fibre	2.8 g	11%	11 g	44%
Protein	3.4 g	7%	14 g	28%
Salt	0.49 g	8%	2 g	33%

CONTAINS:



WHEAT,
BARLEY



MILK

MAY CONTAIN:



TREE NUTS

Ingredient List (QUID) ...

Potato (55.2%) [British Potato (100%)], Chilli Con Carne (42.4%) [Red Kidney Beans (Contains Water, Salt), Tomato, Water, Onion, Cooked Minced Beef (12%), Capsicum, Tomato Puree, Rapeseed Oil, Jalapeno (Contains Spirit Vinegar, Salt, Spices), Sugar, Beef Gravy Mix (Contains Fortified **Wheat** Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Modified Potato Starch, Salt, **Barley** Malt Extract, Yeast Extract, Onion Powder, Sunflower Oil, Flavouring, Beef Powder, Acidulant E330, Bay), Demi Glace (Contains Potato Starch, **Wheat** Flour, Sugar, Yeast Extract, Salt, Tomato Powder, **Barley** Malt Extract, Smoke Flavouring [**Milk**], Onion Powder, Sunflower Oil, Stabiliser E412, White Pepper, Fenugreek Extract), Salt, Spices, Fortified **Wheat** Flour (Contains Calcium Carbonate, Iron, Niacin, Thiamin), Flavouring (Contains Salt, Flavouring [**Barley**], Sugar, Maltodextrin)], Buttery Spread (2.4%) [Rapeseed Oil, Palm Oil, Water, Reconstituted BUTTERMILK (**Milk**) 3%, Salt (1.5%), Emulsifier Mono And Di Glyceride Of Fatty Acids Stabiliser Sodium Alginate Preservative Potassium Sorbate Vitamin A & D, Flavouring, Colour Carotenes Flavouring Natural Colour Natural]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Tree nuts

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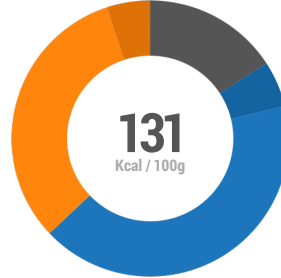
| U Ref Code: | Last Modified: 8 Mar 2024 | Nutritics ID:U7296980

Jacket Potato with Tuna Mayo



Overview ...

U / 7212774



CALORIES:

47.1% Carbs

15.8% Protein

37.1% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 298G SERVING	%RI
Energy(Kj)	573 kJ	7%	1707 kJ	20%
Energy(kcal)	137 kcal	7%	407 kcal	20%
Fat	5.4 g	8%	16 g	23%
of which saturates	0.7 g	4%	2.2 g	11%
Carbohydrate	15 g	6%	46 g	18%
of which sugars	1.8 g	2%	5.3 g	6%
Fibre	2.7 g	11%	7.9 g	32%
Protein	5.2 g	10%	16 g	32%
Salt	0.34 g	6%	1 g	17%

CONTAINS:



EGGS



MILK



FISH

Ingredient List (QUID) ...

Potato (76.5%) [British Potato (100%)], Tuna Mayo Mix (20.1%) [Tuna (65%) [Tuna (**Fish**) Chunks, Water, Salt], Mayonnaise (34.5%) [Rapeseed Oil, Water, Spirit Vinegar, Stabilisers (Modified Potato Starch, Xanthan Gum), Sugar, Salt, Pasteurised **Egg**, Preservative (Potassium Sorbate)], Cracked Black Pepper (0.5%) [Black Pepper]], Buttery Spread (3.4%) [Rapeseed Oil, Palm Oil, Water, Reconstituted BUTTERMILK (**Milk**) 3%, Salt (1.5%), Emulsifier Mono And Di Glyceride Of Fatty Acids Stabiliser Sodium Alginate Preservative Potassium Sorbate Vitamin A & D, Flavouring, Colour Carotenes Flavouring Natural Colour Natural]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**

| Generated by Nutritics v5.96 on 22nd Apr 2024. Last Modified 8th Mar 2024.

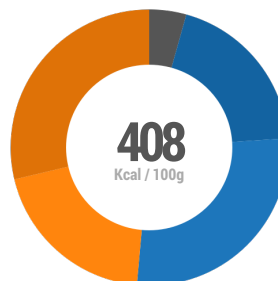
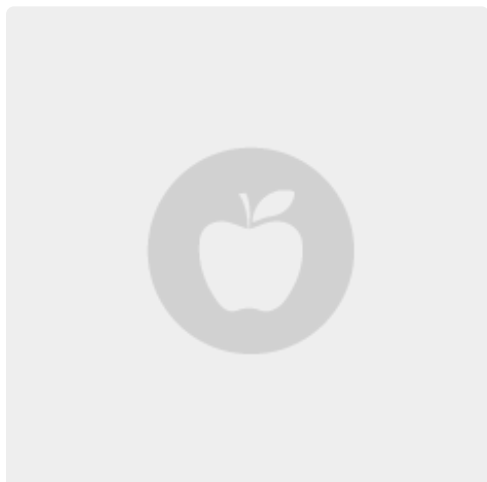
| U Ref Code: | Last Modified: 8 Mar 2024 | Nutritics ID:U7212774

Lovely Lemon Donut



Overview ...

U / 8541906



CALORIES:

47.1% Carbs

4.3% Protein

48.6% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 68G SERVING	%RI
Energy(Kj)	1716 kJ	20%	1167 kJ	14%
Energy(kcal)	410 kcal	21%	279 kcal	14%
Fat	22 g	31%	15 g	21%
of which saturates	13 g	65%	8.8 g	44%
Carbohydrate	48 g	18%	33 g	13%
of which sugars	20 g	22%	14 g	16%
Fibre	1.4 g	6%	1 g	4%
Protein	4.4 g	9%	3 g	6%
Salt	0.72 g	12%	0.49 g	8%

CONTAINS:



WHEAT



EGGS



MILK



SOYA

MAY CONTAIN:



TREE NUTS



PEANUTS

OTHER PROPERTIES:



VEGETARIAN



HALAL

Ingredient List (QUID) ...

Donut (100%) [**Wheat** Flour, Lemon Filling 16% (water, Sugar, Glucose Fructose Syrup, Lemon Juice Concentrate 5%, Modified Starch (maize), Acidity Regulators (citric Acid, Calcium Citrate), Thickener (pectin), Colouring Foods (safflower Concentrate, Lemon Concentrate), Natural Flavouring), Water, Vegetable Fat (palm), White Topping 13% (sugar, Vegetable Oils And Fats (palm Kernel, Palm, Coconut, Sunflower), Lactose (**Milk**), Emulsifier (lecithin), Natural Flavouring), Sprinkles 4.9% (sugar, Natural Flavouring, Colour (curcumin)), Sugar, Dextrose, Yeast, Vegetable Oil (rapeseed), **Soya** Flour, Sweet Whey (**Milk**) Powder (**Milk**), Raising Agents (disodium Diphosphate, Sodium Bicarbonate), Salt, Emulsifiers (E471, E481), **Wheat Gluten**, Skimmed **Milk** Powder, Flour Treatment Agent (ascorbic Acid), Whole **Egg** Powder, Colour (beta Carotene), Flavouring]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Tree nuts, Peanuts

| Generated by Nutritics v5.96 on 22nd Apr 2024. Last Modified 19th Mar 2024.

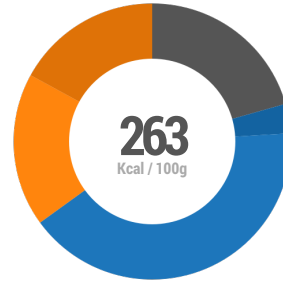
| U Ref Code: | Last Modified: 19 Mar 2024 | Nutritics ID:U8541906

Mexican Chicken Wrap



Overview ...

U / 6730763



CALORIES:

44.4% Carbs

20.6% Protein

35% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 170G SERVING	%RI
Energy(Kj)	1087 kJ	13%	1849 kJ	22%
Energy(kcal)	259 kcal	13%	440 kcal	22%
Fat	10 g	14%	17 g	24%
of which saturates	5 g	25%	8.4 g	42%
Carbohydrate	28 g	11%	48 g	18%
of which sugars	2.3 g	3%	3.9 g	4%
Fibre	0 g	0%	0.5 g	2%
Protein	14 g	28%	23 g	46%
Salt	2.3 g	38%	3.9 g	65%

CONTAINS:



WHEAT



EGGS



MILK

Ingredient List (QUID) ...

Tortilla Wrap (52.9%) [Fortified **Wheat Flour** [**Wheat Flour**, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Water, Vegetable Oils [Palm Oil, Rapeseed Oil], Raising Agents (Diphosphates, Sodium Bicarbonate, Calcium Phosphates), Salt, Sugar, Acidity Regulators (Malic Acid, Citric Acid), Yeast, Preservative (Calcium Propionate)], Sliced Chicken Breast (25.3%) [Chicken Breast Meat (99%), Water, Salt], Grated Mature White Cheese (8.2%) [Pasteurised Full Fat **Milk**, Salt, Starter Culture, Vegetarian Rennet, Potato Starch], Full Fat Soft Cheese (8.2%) [CREAM (**Milk**), Skimmed **Milk**, **Milk Solids**, Modified Starch (E1442), Salt, Potassium Sorbate (E202), Culture], Mayonnaise (2.4%) [Rapeseed Oil, Water, Spirit Vinegar, Stabilisers (Modified Potato Starch, Xanthan Gum), Sugar, Salt, Pasteurised **Egg**, Preservative (Potassium Sorbate)], Sliced Jalapeno Peppers (2.1%) [Jalapeno Pepper, Water, Vinegar, Salt, Calcium Chloride, Citric Acid], Fajita Seasoning (0.88%) [Salt, Paprika, Sugar, Dried Onion, Chilli Powder, Dried Oregano, Dried Garlic, Cinnamon Powder, Black Pepper, Acid (Citric Acid)]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**

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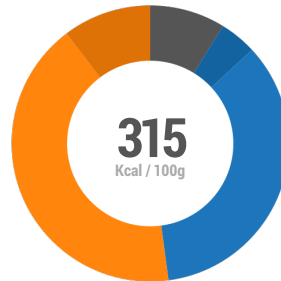
U Ref Code: | Last Modified: 14 Mar 2024 | Nutritics ID:U6730763

Mexican Pasta



Overview ...

U / 6731981



CALORIES:

39.1% Carbs

8.8% Protein

52.1% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 163G SERVING	%RI
Energy(Kj)	1327 kJ	16%	2164 kJ	26%
Energy(kcal)	318 kcal	16%	518 kcal	26%
Fat	18 g	26%	30 g	43%
of which saturates	3.6 g	18%	5.9 g	30%
Carbohydrate	30 g	12%	49 g	19%
of which sugars	3.4 g	4%	5.6 g	6%
Fibre	1.9 g	8%	3.1 g	12%
Protein	7.3 g	15%	12 g	24%
Salt	1.8 g	30%	3 g	50%

CONTAINS:



WHEAT



EGGS



MILK

Ingredient List (QUID) ...

Pasta Twists (35.6%) [Durum **Wheat** Semolina (**Gluten, Wheat**)], Mayonnaise (30.7%) [Rapeseed Oil, Water, Spirit Vinegar, Stabilisers (Modified Potato Starch, Xanthan Gum), Sugar, Salt, Pasteurised **Egg**, Preservative (Potassium Sorbate)], Full Fat Soft Cheese (15.3%) [Skim **Milk**, Cream (**Milk**), Lactic Cultures, Salt, **Milk** Protein, (0.13%) Potassium Sorbate Preservative (E202)], Red Pepper (7.4%), Sliced Jalapeno Peppers (4.9%) [Jalapeno Pepper, Water, Vinegar, Salt, Calcium Chloride, Citric Acid], Fajita Seasoning (3.1%) [Salt, Paprika, Sugar, Dried Onion, Chilli Powder, Dried Oregano, Dried Garlic, Cinnamon Powder, Black Pepper, Acid (Citric Acid)], Mature White Cheddar (3.1%) [Cows **Milk**, Salt, Coagulating Enzyme, Starter Culture]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**

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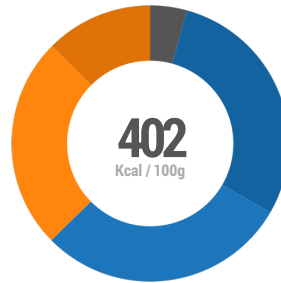
| U Ref Code: | Last Modified: 14 Mar 2024 | Nutritics ID:U6731981

Mince Pies



Overview ...

U / 7789259



CALORIES:

58.4% Carbs

4.3% Protein

37.4% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 70G SERVING	%RI
Energy(Kj)	1691 kJ	20%	1184 kJ	14%
Energy(kcal)	403 kcal	20%	282 kcal	14%
Fat	17 g	24%	12 g	17%
<i>of which saturates</i>	5.6 g	28%	3.9 g	20%
Carbohydrate	59 g	23%	41 g	16%
<i>of which sugars</i>	29 g	32%	20 g	22%
Fibre	0.5 g	2%	0 g	0%
Protein	4.3 g	9%	3 g	6%
Salt	0.34 g	6%	0.24 g	4%

CONTAINS:



WHEAT



MILK

MAY CONTAIN:



TREE NUTS

OTHER PROPERTIES:



VEGETARIAN

Ingredient List (QUID) ...

Mince Pie (100%) [Mincemeat (50%) [Sultanas, Bramley Apple Pulp (Bramley Apple Pulp, Preservative (E260)), Sugar, Glucose Syrup, Glace Mixed Citrus Peel (Glucose Fructose Syrup, Orange Peel, Sugar, Lemon Peel, Acidity Regulator (E330), Preservative (E202)), Vegetable Suet (Palm Oil, Sunflower Oil, Rice Flour), Water, Modified Maize Starch, Mixed Spice (Coriander, Cinnamon, Ginger, Caraway, Nutmeg, Sunflower Oil, Cloves), Raisins, Colour (E150a), Orange Oil], **Wheat** Flour (contains Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Shortening (Rapeseed Oil, Palm Oil, Palm Stearin), Sugar, Skimmed **Milk** Powder, Dextrose, Salt, Raising Agents (E450, E500)]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Tree nuts

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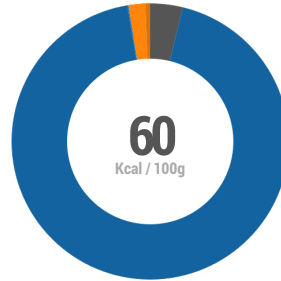
| U Ref Code: | Last Modified: 14 Mar 2024 | Nutritics ID:U7789259

Mixed Fruit



Overview ...

U / 6667442



CALORIES:

93.7% Carbs

3.8% Protein

2.5% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 210G SERVING	%RI
Energy(Kj)	279 kJ	3%	587 kJ	7%
Energy(kcal)	66 kcal	3%	138 kcal	7%
Fat	0 g	0%	0.5 g	1%
<i>of which saturates</i>	0 g	0%	0 g	0%
Carbohydrate	14 g	5%	30 g	12%
<i>of which sugars</i>	14 g	16%	29 g	32%
Fibre	1.5 g	6%	3.1 g	12%
Protein	0.5 g	1%	1.1 g	2%
Salt	0 g	0%	0 g	0%

OTHER PROPERTIES:



VEGETARIAN



VEGAN

Ingredient List (QUID) ...

Green Grapes (33.3%), Red Grapes (33.3%), Pineapple (33.3%)

ALLERGY ADVICE: For allergens, see ingredients in **Bold**

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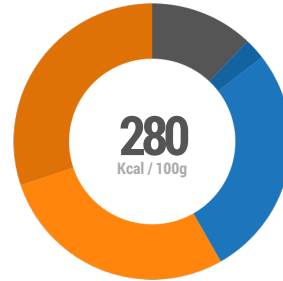
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Peppered Steak Slice



Overview ...

U / 6657224



CALORIES:

29.7% Carbs

12.1% Protein

58.2% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 171G SERVING	%RI
Energy(Kj)	1185 kJ	14%	2023 kJ	24%
Energy(kcal)	284 kcal	14%	485 kcal	24%
Fat	18 g	26%	31 g	44%
of which saturates	9.4 g	47%	16 g	80%
Carbohydrate	21 g	8%	36 g	14%
of which sugars	1.8 g	2%	3 g	3%
Fibre	2 g	8%	3.3 g	13%
Protein	8.5 g	17%	14 g	28%
Salt	0.98 g	16%	1.7 g	28%

CONTAINS:



WHEAT,
BARLEY



MILK



SOYA

MAY CONTAIN:



TREE NUTS

Ingredient List (QUID) ...

Peppered Steak Slice (103g of Peppered Steak Slice per 100g) [**Wheat** Flour (Contains Calcium Carbonate, Iron, Niacin, Thiamin), Beef (19%), Margarine [Palm Oil, Palm Stearin, Water, Salt, Rapeseed Oil, Emulsifier (E471), Acidity Regulator (E330), Lemon Juiceconcentrate], Water, Onions, Modified Maize Starch, Whipping Cream (**Milk**), Glaze [Water, Modified Starch (potato, Tapioca), Rapeseed Oil, **Milk** Proteins, Emulsifiers (**Soya** Lecithin, E471), AcidityRegulator (E339iii), Colour (E160a)], Salt, Roast Beef Stock [Rehydrated Beef, Natural Flavouring, Water, Beef Stock (Beef Protein, Water), Salt, Potato Flakes, Sugar, Beef Fat, Lemon Juice Concentrate, MaltExtract (**Barley**), Yeast Extract, Dried Onion, Black Pepper], Cracked Black Pepper, Emulsifier (E464), Malt (**Gluten, Barley**) Extract (**Barley**), Caramelised Sugar]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Tree nuts

Savouries | Generated by Nutritics v5.96 on 22nd Apr 2024. Last Modified 8th Mar 2024.

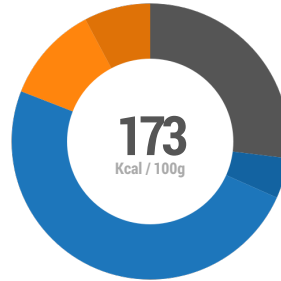
Savouries | U Ref Code: | Last Modified: 8 Mar 2024 | Nutritics ID:U6657224

Peri Peri Chicken Wrap



Overview ...

U / 6731651



CALORIES:

54% Carbs

26.9% Protein

19.1% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 213G SERVING	%RI
Energy(Kj)	731 kJ	9%	1557 kJ	19%
Energy(kcal)	173 kcal	9%	369 kcal	18%
Fat	3.7 g	5%	7.8 g	11%
<i>of which saturates</i>	1.5 g	8%	3.2 g	16%
Carbohydrate	23 g	9%	49 g	19%
<i>of which sugars</i>	2 g	2%	4.4 g	5%
Fibre	0.7 g	3%	1.5 g	6%
Protein	12 g	24%	25 g	50%
Salt	1.4 g	23%	2.9 g	48%

CONTAINS:



Ingredient List (QUID) ...

Tortilla Wrap (42.3%) [Fortified **Wheat Flour** [**Wheat Flour**, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Water, Vegetable Oils [Palm Oil, Rapeseed Oil], Raising Agents (Diphosphates, Sodium Bicarbonate, Calcium Phosphates), Salt, Sugar, Acidity Regulators (Malic Acid, Citric Acid), Yeast, Preservative (Calcium Propionate)], Sliced Chicken Breast (28.2%) [Chicken Breast Meat (99%), Water, Salt], Tomato (11.3%), Cucumber (9.4%), Lettuce (7.5%), Piri Piri Seasoning (1.4%) [Paprika, Chilli Powder, Dried Onion, Ground Bay Leaf, Black Pepper, Dried Garlic, Acid (Citric Acid)]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**

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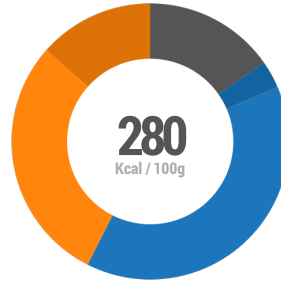
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Pesto Mozzarella & Sundried Tomato Ciabatta



Overview ...

U / 7141158



CALORIES:

42.2% Carbs

15.3% Protein

42.5% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 235G SERVING	%RI
Energy(Kj)	1169 kJ	14%	2747 kJ	33%
Energy(kcal)	279 kcal	14%	656 kcal	33%
Fat	13 g	19%	31 g	44%
of which saturates	4.2 g	21%	9.8 g	49%
Carbohydrate	29 g	11%	68 g	26%
of which sugars	2.3 g	3%	5.3 g	6%
Fibre	0.7 g	3%	1.8 g	7%
Protein	11 g	22%	25 g	50%
Salt	1.6 g	27%	3.9 g	65%

CONTAINS:



MAY CONTAIN:



OTHER PROPERTIES:



Ingredient List (QUID) ...

Ciabatta (53.2%) [**Wheat** Flour, Water, Sunflower Oil, Sourdough (**Wheat, Rye**), Skimmed **Milk** Powder, Iodised Salt, Yeast], Mozzarella (21.3%) [Cheese (**Milk**)], Green Pesto (10.6%) [Basil, (41%), Rapeseed Oil, Olive Oil (17%), Medium Fat Hard Cheese (**Milk**) (8%), Water, Sugar, Salt, Garlic (1%), Acidity Regulator (Lactic Acid), Potato Powder, (Contains Preservative Sodium **Metabisulphite** (**Sulphites**), Black Pepper), Sundried Tomatoes (8.5%) [Rehydrated Sun Dried Tomatoes 49% (Sundried Tomatoes 74.78%, Water 18.24%, White Wine Vinegar 1.15%, Salt 3.5% Preservative (Sodium **Metabisulphite**) Max 200 Ppm) Rapeseed Oil 48%, Rehydrated Garlic Puree 2.64% (Water 10.12%, Garlic Powder 86.90%, Acidity Regulator Citric Acid 1.5 - 2, 5%) Basil 0.36%], Spinach (6.4%)

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Tree nuts, Sesame, Soya, Lupin

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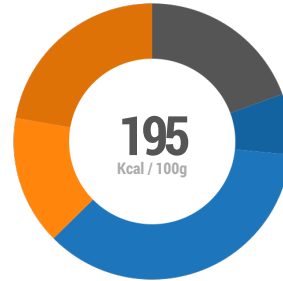
| U Ref Code: | Last Modified: 8 Mar 2024 | Nutritics ID:U7141158

Ploughmans Sandwich



Overview ...

U / 6736469



CALORIES:

43.2% Carbs

19.4% Protein

37.4% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 193G SERVING	%RI
Energy(Kj)	837 kJ	10%	1615 kJ	19%
Energy(kcal)	200 kcal	10%	385 kcal	19%
Fat	8.1 g	12%	16 g	23%
of which saturates	4.8 g	24%	9.3 g	47%
Carbohydrate	21 g	8%	41 g	16%
of which sugars	3.5 g	4%	6.7 g	7%
Fibre	2.1 g	8%	4 g	16%
Protein	9.5 g	19%	18 g	36%
Salt	0.74 g	12%	1.4 g	23%

CONTAINS:



WHEAT,
BARLEY



MILK



SULPHITES

MAY CONTAIN:



OATS, RYE

OTHER PROPERTIES:



VEGETARIAN

Ingredient List (QUID) ...

Malted Bread (39.4%) [**Wheat** Flour [with Added Calcium Carbonate, Iron, Niacin, Thiamin], Water, Malted **Wheat** Flakes (9.5%), **Wheat** Bran (2.7%), **Wheat** Protein, Malted **Barley** Flour (0.9%), Salt, Yeast, Emulsifiers [E471, E472(e)], Spirit Vinegar, Malted **Wheat** Flour, Vegetable Oils [Rapeseed, Palm], Flour Treatment Agent (E300), Palm Fat, **Wheat** Flour], Mature Cheddar Slice (20.7%) [Pasteurised Cow's **Milk**, Salt (contains Anti Caking Agent E535) , Non Animal Rennet (sodium Benzoate Free) , Starter Culture], Tomato (12.4%), Sweet Pickle (10.4%) [Water, Vegetables In Varying Proportions (Swede, Onion, Cauliflower, Carrot) (35%), Sugar, **Barley** Malt Vinegar, Modified Maize Starch, Apple Pulp (Sodium **Metabisulphite**) (**Sulphites**), Acetic Acid, Date Paste, Tomato Paste, Cane Molasses, Flavouring, Ammonia Caramel], Cucumber (10.4%), Lettuce (5.2%), Red Onion (1.6%)

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Oats, Rye

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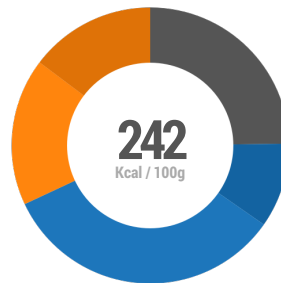
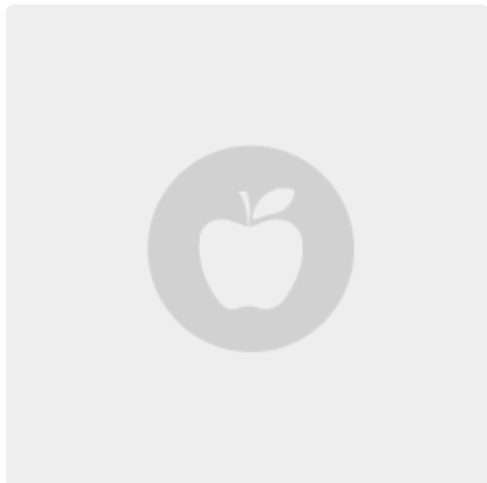
| U Ref Code: | Last Modified: 22 Apr 2024 | Nutritics ID:U6736469

Pulled Pork with Monterey Jack Cheese Bun



Overview ...

U / 7587299



CALORIES:

43.2% Carbs

24.8% Protein

32% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 173G SERVING	%RI
Energy(Kj)	1030 kJ	12%	1782 kJ	21%
Energy(kcal)	245 kcal	12%	424 kcal	21%
Fat	8.6 g	12%	15 g	21%
of which saturates	4 g	20%	6.8 g	34%
Carbohydrate	26 g	10%	45 g	17%
of which sugars	6 g	7%	10 g	11%
Fibre	1.6 g	6%	2.8 g	11%
Protein	15 g	30%	26 g	52%
Salt	1.5 g	25%	2.5 g	42%

CONTAINS:

- WHEAT, BARLEY
- EGGS
- MILK

MAY CONTAIN:

- OATS, RYE
- FISH
- CRUSTACEANS
- MUSTARD
- SESAME
- SOYA
- SULPHITES

Ingredient List (QUID) ...

Pulled Pork (46.2%) [Pulled Pork (80%) (Pork (90%), Salt, Dextrose, Stabilisers (E451, E450, E452)), Smokey BBQ Glaze (10%) (Sugar, Maltodextrin, Acidity Regulator (Sodium Diacetate), Salt, Maize Starch, Tomato Powder, MaizeStarch, Smoke Flavour, **Barley (Gluten)**, Malt (**Gluten, Barley**) Extract, Yeast Extract, Ground Paprika, Acidity Regulator (Citric Acid), Ground Black Pepper, Thickener (E412), Garlic Powder, Paprika Extract, Chilli Powder, Anti Caking Agent (silicon Dioxide), Smoke Oil (Sunflower Oil, Hickory Smoke Extract)), BBQ Sauce (10%) (Water, Sugar, Tomato Paste, Molasses, Spirit Vinegar, Thickener (E1422), Salt, Onion, Garlic, Colouring(E150c), Paprika Extract, Spices (Allspice, Cayenne, Pepper), Smoke Flavouring)], Brioche Bun (42.2%) [**Wheat Flour (Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin)**, Water, **Egg** (10%), Sugar, Unsalted Butter (**Milk**) (2%), Rapeseed Oil, **Egg White**, Yeast, Salt, **Wheat Gluten**, Palm Oil, Emulsifier (E472e), Colour (Carotenes), Flavouring, Flour Treatment Agent (E300)], Cheese (11.6%) [Monterey Jack Cheese (**Milk**) (Pasteurised Cow's **Milk**, Salt, Starter Culture, Non Animal Rennet)]

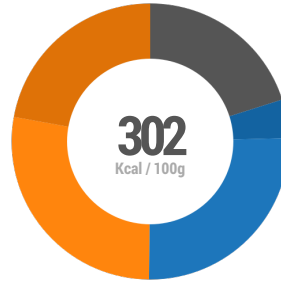
ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Fish, Crustaceans, Mustard, Sesame, Soya, Sulphites, Oats, Rye

Quarter Pounder with Cheese



Overview ...

U / 6742019



CALORIES:

30% Carbs

20.1% Protein

49.9% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 181G SERVING	%RI
Energy(kJ)	1272 kJ	15%	2296 kJ	27%
Energy(kcal)	305 kcal	15%	550 kcal	28%
Fat	17 g	24%	30 g	43%
of which saturates	7.4 g	37%	13 g	65%
Carbohydrate	22 g	8%	40 g	15%
of which sugars	3.4 g	4%	6.2 g	7%
Fibre	2.3 g	9%	4.2 g	17%
Protein	15 g	30%	27 g	54%
Salt	1 g	17%	1.9 g	32%

CONTAINS:



WHEAT



EGGS



MILK



SOYA

MAY CONTAIN:



OATS, BARLEY,
RYE



SESAME

Ingredient List (QUID) ...

Burger (49.9%) [Beef (85%), Beef Fat, Textured **Soya** Protein, Dextrose, **Wheat Gluten**, **Wheat** Flour (with Calcium Carbonate, Iron, Niacin, Thiamin), Stabiliser, Triphosphates **Egg** White Powder, Salt, Onion Powder, Yeast Extract, Flavouring], Brioche Bun (40.4%) [**Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, **Egg** (10%), Sugar, Unsalted Butter (**Milk**) (2%), Rapeseed Oil, **Egg** White, Yeast, Salt, **Wheat Gluten**, Palm Oil, Emulsifier (E472e), Colour (Carotenes), Flavouring, Flour Treatment Agent (E300)], Cheese Slice (6.9%) [Cheese (**Milk**) (70%)(**Milk**), Vegetable Oil (palm), Modified Potatoes Starch, **Milk** Proteins, Skimmed **Milk** Powder, **Whey** (**Milk**) (**Milk**) powder, Emulsifying Salts (E 331, E 339), Natural Flavouring, Salt, Preservative (E 202), Colour (Beta Carotene, Paprika Extract), Flavour], Crispy Fried Onions (2.8%) [Onions (76%), Palm Oil, **Wheat** Flour, Salt]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Sesame, Oats, Barley, Rye

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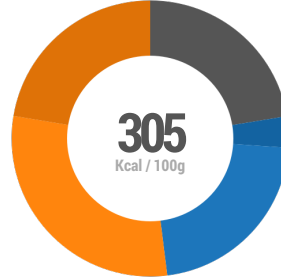
| U Ref Code: | Last Modified: 19 Apr 2024 | Nutritics ID:U6742019

Quarter Pounder with Cheese & Bacon



Overview ...

U / 7423503



CALORIES:

25.6% Carbs

22.4% Protein

52% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 198G SERVING	%RI
Energy(Kj)	1287 kJ	15%	2548 kJ	30%
Energy(kcal)	308 kcal	15%	610 kcal	31%
Fat	18 g	26%	35 g	50%
of which saturates	7.6 g	38%	15 g	75%
Carbohydrate	19 g	7%	38 g	15%
of which sugars	2.8 g	3%	5.5 g	6%
Fibre	2.1 g	8%	4.2 g	17%
Protein	17 g	34%	34 g	68%
Salt	1.3 g	22%	2.6 g	43%

CONTAINS:



WHEAT



EGGS



MILK



SOYA

MAY CONTAIN:



OATS, BARLEY,
RYE



SESAME

Ingredient List (QUID) ...

Burger (45.5%) [**B**eef (85%), Beef Fat, Textured **S**oya Protein, Dextrose, **W**heat **G**luten, **W**heat Flour (with Calcium Carbonate, Iron, Niacin, Thiamin), Stabiliser, Triphosphates **E**gg White Powder, Salt, Onion Powder, Yeast Extract, Flavouring], Brioche Bun (36.9%) [**W**heat Flour (**W**heat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, **E**gg (10%), Sugar, Unsalted Butter (**M**ilk) (2%), Rapeseed Oil, **E**gg White, Yeast, Salt, **W**heat **G**luten, Palm Oil, Emulsifier (E472e), Colour (Carotenes), Flavouring, Flour Treatment Agent (E300)], Smoked Streaky Bacon (11.4%) [**P**ork Belly, Salt, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite), Prepared With 220g Of Pork Per 100g Of Cooked Bacon], Cheese Slice (6.3%) [**C**heese (**M**ilk) (70%)(**M**ilk), Vegetable Oil (palm), Modified Potatoes Starch, **M**ilk Proteins, Skimmed **M**ilk Powder, Whey (**M**ilk) (**M**ilk)powder, Emulsifying Salts (E 331, E 339), Natural Flavouring, Salt, Preservative (E 202), Colour (Beta Carotene, Paprika Extract), Flavour]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Sesame, Oats, Barley, Rye

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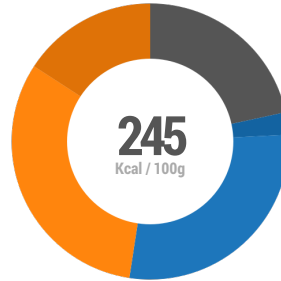
| U Ref Code: | Last Modified: 19 Apr 2024 | Nutritics ID:U7423503

Sausage & Bacon Bap



Overview ...

U / 7423485



CALORIES:

30.8% Carbs

21.6% Protein

47.6% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 216G SERVING	%RI
Energy(Kj)	1035 kJ	12%	2235 kJ	27%
Energy(kcal)	247 kcal	12%	534 kcal	27%
Fat	13 g	19%	28 g	40%
of which saturates	4.3 g	22%	9.3 g	47%
Carbohydrate	19 g	7%	41 g	16%
of which sugars	1.6 g	2%	3.5 g	4%
Fibre	1.1 g	4%	2.4 g	10%
Protein	13 g	26%	29 g	58%
Salt	1.9 g	32%	4.1 g	68%

CONTAINS:



WHEAT



MILK



SULPHITES

MAY CONTAIN:



SESAME

Ingredient List (QUID) ...

Floured Bap (39.8%) [**Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Salt, Yeast, Rapeseed Oil, Emulsifier (Diacetyltartaric Acid Esters Of Mono And Diglycerides, Mono And Diglycerides Of Fatty Acids), Flour (Wheat) Treatment Agents (L Cysteine, Ascorbic Acid)**], Bacon (32.4%) [Pork (87%), Water (9%), Salt, Antioxidant(E301), Preservatives (E252, E250)], Sausage (23.1%) [Pork (82%), **Wheat Flour, Water, Salt, Yeast, Dextrose Preservative E221 (sulphur Dioxide, Sulphites)**, Spices, Emulsifier E451, Flavour Enhancer E621, Flavourings, Antioxidant E301.], Buttery Spread (4.6%) [Rapeseed Oil, Palm Oil, Water, Reconstituted BUTTERMILK (**Milk**) 3%, Salt (1.5%), Emulsifier Mono And Di Glyceride Of Fatty Acids Stabiliser Sodium Alginate Preservative Potassium Sorbate Vitamin A & D, Flavouring, Colour Carotenes Flavouring Natural Colour Natural]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Sesame

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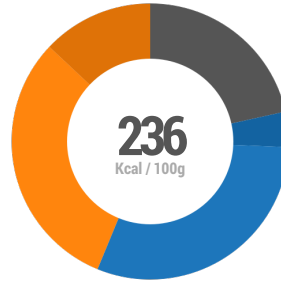
| U Ref Code: | Last Modified: 14 Mar 2024 | Nutritics ID:U7423485

Sausage & Brown Sauce Sandwich



Overview ...

U / 10232267



CALORIES:

34.7% Carbs

21.5% Protein

43.8% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 210G SERVING	%RI
Energy(Kj)	996 kJ	12%	2091 kJ	25%
Energy(kcal)	238 kcal	12%	499 kcal	25%
Fat	11 g	16%	24 g	34%
of which saturates	3.4 g	17%	7.1 g	36%
Carbohydrate	20 g	8%	43 g	17%
of which sugars	2.4 g	3%	5.1 g	6%
Fibre	1.1 g	4%	2.3 g	9%
Protein	13 g	26%	27 g	54%
Salt	1.5 g	25%	3.1 g	52%

CONTAINS:



WHEAT,
BARLEY



MILK



SOYA



SULPHITES

Ingredient List (QUID) ...

Sausage (47.6%) [Pork (82%), **Wheat** Flour, Water, Salt, Yeast, Dextrose Preservative E221 (sulphur Dioxide, **Sulphites**), Spices, Emulsifier E451, Flavour Enhancer E621, Flavourings, Antioxidant E301.], Sliced White Square Loaf (38.1%) [**Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Palm Oil, Salt, Yeast, Emulsifier (Mono And Di Acetyltartaric Acid Esters Of Mono And Di Glycerides Of Fatty Acids), Spirit/Vinegar, **Soya** Flour, Preservative (Calcium Propionate), flour Treatment Agent (Ascorbic Acid)], Crucials Brown Sauce 1 Litre (9.5%) [Water, Tomato Concentrate, Sugar, Dark **Soya** Sauce (contains **Wheat**), Modified Starch, Acid: Acetic Acid, Spices, Salt, **Barley** Malt Flour (contains **Wheat**), Preservative (Potassium Sorbate), Colour (E150d), Sweetener (Sucralose)], Buttery Spread (4.8%) [Rapeseed Oil, Palm Oil, Water, Reconstituted BUTTERMILK (**Milk**) 3%, Salt (1.5%), Emulsifier Mono And Di Glyceride Of Fatty Acids Stabiliser Sodium Alginate Preservative Potassium Sorbate Vitamin A & D, Flavouring, Colour Carotenes Flavouring Natural Colour Natural]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**

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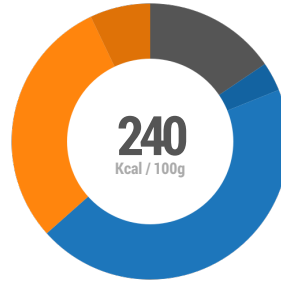
| U Ref Code: | Last Modified: 21 Mar 2024 | Nutritics ID:U10232267

Sausage & Egg Baguette



Overview ...

U / 6779507



CALORIES:

47.9% Carbs

15.5% Protein

36.6% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 180G SERVING	%RI
Energy(Kj)	1021 kJ	12%	1838 kJ	22%
Energy(kcal)	243 kcal	12%	438 kcal	22%
Fat	9.8 g	14%	18 g	26%
of which saturates	1.9 g	10%	3.4 g	17%
Carbohydrate	29 g	11%	52 g	20%
of which sugars	2 g	2%	3.7 g	4%
Fibre	1.4 g	6%	2.6 g	10%
Protein	9.3 g	19%	17 g	34%
Salt	0.93 g	16%	1.7 g	28%

CONTAINS:



MAY CONTAIN:



Ingredient List (QUID) ...

Bread (50%) [**Wheatflour**, Salt, Bread Improver (E471 E472 & E300), Bread Fat, Yeast, Water], **Egg** Mayonnaise [Hard Boiled **Eggs** (70%) [**Eggs**, Water, Salt, Acidity Regulator Citric Acid (E330), Acetic Acid (E260)], Mayonnaise (27%) [Rapeseed Oil, Water, Spirit Vinegar, Stabilisers (Modified Potato Starch, Xanthan Gum), Sugar, Salt, Pasteurised **Egg**, Preservative (Potassium Sorbate)], Dijon **Mustard** (2%) [Water, **Mustard** Seeds (30%), Spirit Vinegar, Sea Salt, Preservative (SODIUM HYDROGEN **Sulphite**)], Cracked Black Pepper (1%) [Black Pepper]], Sausage (11.1%) [Pork (66%), Water, Rusk [**Wheat Flour** (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin)], Pork Fat, Seasoning (**Oat** Flour, Potato Starch, Salt, Dextrose, Rusk [**Wheat Flour** (**Wheat** Flour, Calcium Carbonate, Iron Niacin, Thiamin), Salt], Black Pepper, Emulsifier (E451), Herbs (Marjoram, Sage), Preservative (E223 (**Sulphites**) (**Sulphite**), Antioxidant (E300), Spice & Herb Extracts (Nutmeg, Pepper, Sage, Coriander) Beef Collagen Casing]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Tree nuts, Peanuts, Sesame

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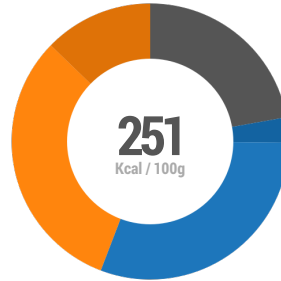
| U Ref Code: | Last Modified: 8 Mar 2024 | Nutritics ID:U6779507

Sausage Bap



Overview ...

U / 7423497



CALORIES:

33.6% Carbs

22.2% Protein

44.2% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 196G SERVING	%RI
Energy(Kj)	1063 kJ	13%	2084 kJ	25%
Energy(kcal)	254 kcal	13%	498 kcal	25%
Fat	12 g	17%	24 g	34%
of which saturates	3.6 g	18%	7 g	35%
Carbohydrate	21 g	8%	41 g	16%
of which sugars	1.8 g	2%	3.6 g	4%
Fibre	1.2 g	5%	2.4 g	10%
Protein	14 g	28%	27 g	54%
Salt	1.5 g	25%	3 g	50%

CONTAINS:



WHEAT



MILK



SULPHITES

MAY CONTAIN:



SESAME

Ingredient List (QUID) ...

Sausage (51%) [Pork (82%), **Wheat** Flour, Water, Salt, Yeast, Dextrose Preservative E221 (sulphur Dioxide, **Sulphites**), Spices, Emulsifier E451, Flavour Enhancer E621, Flavourings, Antioxidant E301.], Floured Bap (43.9%) [**Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Salt, Yeast, Rapeseed Oil, Emulsifier (Diacetyl tartaric Acid Esters Of Mono And Diglycerides, Mono And Diglycerides Offatty Acids), Flour (**wheat**) Treatment Agents (L Cysteine, Ascorbic Acid)], Buttery Spread (5.1%) [Rapeseed Oil, Palm Oil, Water, Reconstituted BUTTERMILK (**Milk**) 3%, Salt (1.5%), Emulsifier Mono And Di Glyceride Of Fatty Acids Stabiliser Sodium Alginate Preservative Potassium Sorbate Vitamin A & D, Flavouring, Colour Carotenes Flavouring Natural Colour Natural]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Sesame

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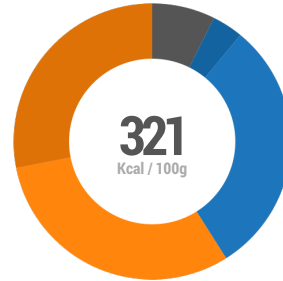
| U Ref Code: | Last Modified: 8 Mar 2024 | Nutritics ID:U7423497

Sausage Roll



Overview ...

U / 6689702



CALORIES:

33.7% Carbs

7.4% Protein

59% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 152G SERVING	%RI
Energy(Kj)	1347 kJ	16%	2047 kJ	24%
Energy(kcal)	323 kcal	16%	491 kcal	25%
Fat	21 g	30%	32 g	46%
of which saturates	10 g	50%	15 g	75%
Carbohydrate	27 g	10%	41 g	16%
of which sugars	2.9 g	3%	4.4 g	5%
Fibre	1.3 g	5%	2 g	8%
Protein	5.9 g	12%	9 g	18%
Salt	1.6 g	27%	2.4 g	40%

CONTAINS:



WHEAT



MILK



SOYA



SULPHITES

MAY CONTAIN:



TREE NUTS

Ingredient List (QUID) ...

Sausage Roll (100%) [Water, **Wheat** Flour, Pork (13%), Margarine (Palm Oil, Water, Rapeseed Oil, Salt, Emulsifier: Mono And Diglycerides Of Fatty Acids, Acidity Regulator: Citric Acid; Lemon Juice), Rusk (**Wheat** Flour, Water, Salt, Raising Agent: Ammonium Bicarbonate), **Wheat** Starch, Seasoning [Salt, Spices, **Wheat** Flour, Sugar, Flavour Enhancer: Monosodium Glutamate, Preservatives: Sodium **Sulphite**, Sodium **Metabisulphite**, Rusk (**Wheat** Flour, Salt, Raising Agent: Ammonium Carbonate), Stabiliser: Disodium Diphosphate, Onion Powder, Antioxidants: Sodium Ascorbate, Fatty Acid Esters Of Ascorbic Acid, Alpha Tocopherol, Emulsifier: Sodium Triphosphate, Dextrose, Rapeseed Oil, Spice Extracts, Flavourings, Colour: Cochineal, Herb Extracts], Pork Fat, Glaze [Water, Modified Starch (potato, Tapioca), Rapeseed Oil, **Milk** Proteins, Emulsifiers: **Soya** Lecithin, Mono And Diglycerides Of Fatty Acids, Acidity Regulator: Trisodium Phosphate, Colour: Carotenes], Pea Starch, Salt **Wheat** Flour Contains Calcium Carbonate, Iron, Niacin, Thiamin]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Tree nuts

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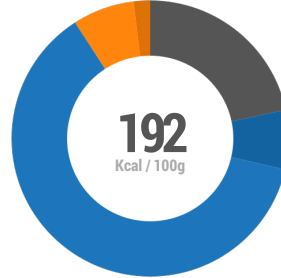
| U Ref Code: | Last Modified: 8 Mar 2024 | Nutritics ID:U6689702

Southern Fried Chicken Baguette



Overview ...

U / 6756122



CALORIES:

69.2% Carbs

21.7% Protein

9.1% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 190G SERVING	%RI
Energy(Kj)	832 kJ	10%	1581 kJ	19%
Energy(kcal)	197 kcal	10%	373 kcal	19%
Fat	2 g	3%	3.7 g	5%
of which saturates	0.4 g	2%	0.8 g	4%
Carbohydrate	33 g	13%	63 g	24%
of which sugars	3.3 g	4%	6.3 g	7%
Fibre	1.8 g	7%	3.5 g	14%
Protein	11 g	22%	20 g	40%
Salt	0.82 g	14%	1.6 g	27%

CONTAINS:



WHEAT



CELERY



MUSTARD

MAY CONTAIN:



TREE NUTS



PEANUTS



SESAME

Ingredient List (QUID) ...

Bread (47.4%) [**Wheat**flour, Salt, Bread Improver (E471 E472 & E300), Bread Fat, Yeast, Water], Southern Fried Chick Goujon (36.8%) [Chicken (57%), **Wheat** Flour, Water, Modified Tapioca Starch, Tapioca Starch, **Wheat** Starch, Palm Oil, Salt, **Wheat** Gluten, Garlic Powder, Yeast Extract, Sugar, Yellow Corn Flour, Yeast, Dried Onion, Emulsifier (Disodium Diphosphate), Raising Agent (Sodium Hydrogen Carbonate), White Pepper, **Celery**, Colour (Curcumin), Black Pepper, Herbs (Oregano, Fennel), Paprika], Burger Relish (7.9%) [Water, Chopped Tomato (22%) Sugar, Red Peppers (7%) Tomato Paste (6%) Spirit Vinegar, Onion (4%) Gherkin (4%) Cauliflower (4%) Thickener (Modified Maize Starch) Acidity Regulator (Acetic Acid) **Mustard** Seed (**Mustard**) (1%) Salt, Paprika, Ginger Powder, Cinnamon, Cloves], Lettuce (7.9%)

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Tree nuts, Peanuts, Sesame

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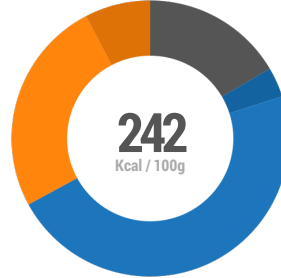
| U Ref Code: | Last Modified: 8 Mar 2024 | Nutritics ID:U6756122

Southern Fried Chicken Wrap



Overview ...

U / 6718964



CALORIES:

50.5% Carbs

16.6% Protein

32.9% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 195G SERVING	%RI
Energy(Kj)	1019 kJ	12%	1987 kJ	24%
Energy(kcal)	242 kcal	12%	473 kcal	24%
Fat	8.8 g	13%	17 g	24%
of which saturates	2.1 g	11%	4 g	20%
Carbohydrate	30 g	12%	59 g	23%
of which sugars	2.1 g	2%	4.1 g	5%
Fibre	0.7 g	3%	1.4 g	6%
Protein	10 g	20%	20 g	40%
Salt	1.8 g	30%	3.5 g	58%

CONTAINS:



WHEAT



EGGS



CELERY

Ingredient List (QUID) ...

Tortilla Wrap (46.2%) [Fortified **Wheat Flour** [**Wheat Flour**, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Water, Vegetable Oils [Palm Oil, Rapeseed Oil], Raising Agents (Diphosphates, Sodium Bicarbonate, Calcium Phosphates), Salt, Sugar, Acidity Regulators (Malic Acid, Citric Acid), Yeast, Preservative (Calcium Propionate)], Southern Fried Chick Goujon (35.9%) [Chicken (57%), **Wheat Flour**, Water, Modified Tapioca Starch, Tapioca Starch, **Wheat Starch**, Palm Oil, Salt, **Wheat Gluten**, Garlic Powder, Yeast Extract, Sugar, Yellow Corn Flour, Yeast, Dried Onion, Emulsifier (Disodium Diphosphate), Raising Agent (Sodium Hydrogen Carbonate), White Pepper, **Celery**, Colour (Curcumin), Black Pepper, Herbs (Oregano, Fennel), Paprika], Mayonnaise (10.3%) [Rapeseed Oil, Water, Spirit Vinegar, Stabilisers (Modified Potato Starch, Xanthan Gum), Sugar, Salt, Pasteurised **Egg**, Preservative (Potassium Sorbate)], Lettuce (7.7%)

ALLERGY ADVICE: For allergens, see ingredients in **Bold**

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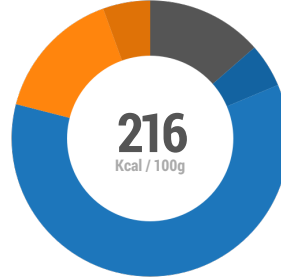
| U Ref Code: | Last Modified: 8 Mar 2024 | Nutritics ID:U6718964

Spicy Meatball Ciabatta



Overview ...

U / 10347394



CALORIES:

65.5% Carbs

13.5% Protein

21% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 205G SERVING	%RI
Energy(Kj)	902 kJ	11%	1849 kJ	22%
Energy(kcal)	214 kcal	11%	438 kcal	22%
Fat	5 g	7%	10 g	14%
of which saturates	1.3 g	7%	2.7 g	14%
Carbohydrate	35 g	13%	71 g	27%
of which sugars	2.8 g	3%	5.7 g	6%
Fibre	-	-	-	-
Protein	7.3 g	15%	15 g	30%
Salt	1.6 g	27%	3.3 g	55%

CONTAINS:



MAY CONTAIN:



Ingredient List (QUID) ...

Ciabatta (61%) [**Wheat** Flour, Water, Sunflower Oil, Sourdough (**Wheat, Rye**), Skimmed **Milk** Powder, Iodised Salt, Yeast], Spicy Meatballs In Salsa (39%) [Ingredients: Beef Meatballs 40% [Beef, Beef Fat, Breadcrumbs (**Wheat** Flour, Salt, Yeast), Potato Starch, Onion, Salt, Paprika, Dextrose, Spices, Herbs, Colour (Ammonia Caramel), Flavour], Water, Tomatoes, Onion, Sugar, Green Peppers, Thickener (Modified Starch), Salt, Acidity Regulator (Acetic Acid, Citric Acid), Red Peppers, Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate), Spices, Herbs, Sodium **Metabisulphite**]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Tree nuts, Sesame, Soya, Lupin

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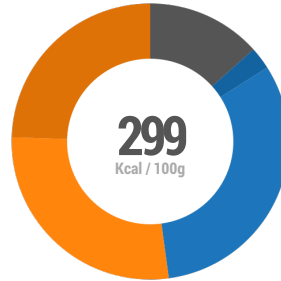
| U Ref Code: | Last Modified: 8 Mar 2024 | Nutritics ID:U10347394

Steak Slice



Overview ...

U / 9333413



CALORIES:

34.5% Carbs

13.4% Protein

52.1% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 170G SERVING	%RI
Energy(Kj)	1262 kJ	15%	2143 kJ	26%
Energy(kcal)	302 kcal	15%	513 kcal	26%
Fat	17 g	24%	29 g	41%
of which saturates	8.1 g	41%	14 g	70%
Carbohydrate	26 g	10%	44 g	17%
of which sugars	2 g	2%	3.3 g	4%
Fibre	1.6 g	6%	2.8 g	11%
Protein	10 g	20%	17 g	34%
Salt	1 g	17%	1.7 g	28%

CONTAINS:



WHEAT,
BARLEY



MILK



SOYA

MAY CONTAIN:



TREE NUTS

Ingredient List (QUID) ...

Steak Slice (103g of Steak Slice per 100g) [Water, **Wheat** Flour (Contains Calcium Carbonate, Iron, Niacin, Thiamin), Margarine [Palm Oil, Palm Stearin, Water, Salt, Rapeseed Oil, Emulsifier (E471), Acidity Regulator (E330), Lemon Juice Concentrate], Beef (20%), Glaze [Water, Modified Starch (potato, Tapioca), Rapeseed Oil, **Milk** Proteins, Emulsifiers (**Soya** Lecithin, E471), Acidity Regulator (E339iii), Colour (E160a)], Thickener (E1422), Salt, Emulsifier (E464), Malt (**Barley**) Extract (**Barley**), Caramelised Sugar, White Pepper]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Tree nuts

Savouries | Generated by Nutritics v5.96 on 22nd Apr 2024. Last Modified 19th Mar 2024.

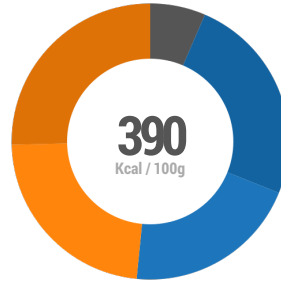
Savouries | U Ref Code: | Last Modified: 19 Mar 2024 | Nutritics ID:U9333413

Strawberry Sprinkle Donut



Overview ...

U / 7585760



CALORIES:

45.1% Carbs

6.5% Protein

48.4% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 70G SERVING	%RI
Energy(Kj)	1643 kJ	20%	1150 kJ	14%
Energy(kcal)	393 kcal	20%	275 kcal	14%
Fat	21 g	30%	15 g	21%
<i>of which saturates</i>	11 g	55%	7.7 g	39%
Carbohydrate	44 g	17%	31 g	12%
<i>of which sugars</i>	24 g	27%	17 g	19%
Fibre	1.3 g	5%	0.9 g	4%
Protein	6.3 g	13%	4.4 g	9%
Salt	1.1 g	18%	0.77 g	13%

MAY CONTAIN:



TREE NUTS

OTHER PROPERTIES:



VEGETARIAN



HALAL

Ingredient List (QUID) ...

Donut (100%) [**Wheat** Flour, Sugar, Vegetable Fats (palm, Palm Kernel, Coconut), water, Strawberry Puree 6%, Glucose Syrup, **Milk** Whey (**Milk**) Powder, dextrose, vegetable Oils (rapeseed, Coconut), Yeast, Strawberry Puree From Concentrate 1%, **Soya** Flour, Lactose (**Milk**), Starch (maize), Raising Agents(E450, E500), Salt, Emulsifiers (E471, E481, E322), Thickeners (E440, E410), Colours (160a, E163, E162, E100), Acidity Regulator(E330), Flavouring, concentrate (red Beet Juice, Beetroot, spirulina), Preservative (E202), Skimmed **Milk** Powder, Whole **Egg** Powder, Flour Treatment Agent (E300)]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Tree nuts

| Generated by Nutritics v5.96 on 22nd Apr 2024. Last Modified 8th Mar 2024.

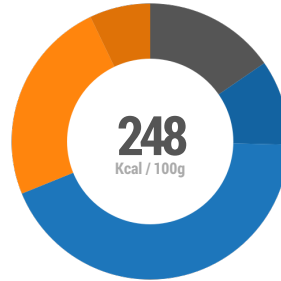
| U Ref Code: | Last Modified: 8 Mar 2024 | Nutritics ID:U7585760

Sweet Chilli Chicken Wrap



Overview ...

U / 8891005



CALORIES:

53.5% Carbs

15.4% Protein

31.2% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 205G SERVING	%RI
Energy(Kj)	1048 kJ	12%	2148 kJ	26%
Energy(kcal)	249 kcal	12%	511 kcal	26%
Fat	8.6 g	12%	18 g	26%
of which saturates	2 g	10%	4 g	20%
Carbohydrate	33 g	13%	68 g	26%
of which sugars	6.2 g	7%	13 g	14%
Fibre	0.7 g	3%	1.4 g	6%
Protein	9.7 g	19%	20 g	40%
Salt	1.8 g	30%	3.6 g	60%

CONTAINS:



WHEAT



EGGS



CELERY

Ingredient List (QUID) ...

Tortilla Wrap (43.9%) [Fortified **Wheat Flour** [**Wheat Flour**, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Water, Vegetable Oils [Palm Oil, Rapeseed Oil], Raising Agents (Diphosphates, Sodium Bicarbonate, Calcium Phosphates), Salt, Sugar, Acidity Regulators (Malic Acid, Citric Acid), Yeast, Preservative (Calcium Propionate)], Southern Fried Chick Goujon (34.1%) [Chicken (57%), **Wheat Flour**, Water, Modified Tapioca Starch, Tapioca Starch, **Wheat Starch**, Palm Oil, Salt, **Wheat Gluten**, Garlic Powder, Yeast Extract, Sugar, Yellow Corn Flour, Yeast, Dried Onion, Emulsifier (Disodium Diphosphate), Raising Agent (Sodium Hydrogen Carbonate), White Pepper, **Celery**, Colour (Curcumin), Black Pepper, Herbs (Oregano, Fennel), Paprika], Mayonnaise (9.8%) [Rapeseed Oil, Water, Spirit Vinegar, Stabilisers (Modified Potato Starch, Xanthan Gum), Sugar, Salt, Pasteurised **Egg**, Preservative (Potassium Sorbate)], Lettuce (7.3%), Thai Sweet Chilli Sauce (4.9%) [Glucose Fructose Syrup, Sugar, Water, Spirit Vinegar, Modified Starch, Garlic Puree (Water, Dried Garlic, Acidity Regulator (Citric Acid)), Salt, Dried Garlic, Birds Eye Chillies, Dried Red Pepper, Crushed Chilli, Preservative (Potassium Sorbate)]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**

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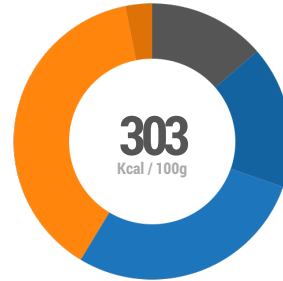
U Ref Code: | Last Modified: 8 Mar 2024 | Nutritics ID:U8891005

Thai Pasta



Overview ...

U / 6732296



CALORIES:

45% Carbs

13.7% Protein

41.4% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 205G SERVING	%RI
Energy(Kj)	1277 kJ	15%	2617 kJ	31%
Energy(kcal)	305 kcal	15%	625 kcal	31%
Fat	14 g	20%	29 g	41%
of which saturates	1 g	5%	2.1 g	11%
Carbohydrate	34 g	13%	69 g	27%
of which sugars	13 g	14%	26 g	29%
Fibre	1.1 g	4%	2.2 g	9%
Protein	11 g	22%	22 g	44%
Salt	0.54 g	9%	1.1 g	18%

CONTAINS:



WHEAT



EGGS

Ingredient List (QUID) ...

Mayonnaise (29.3%) [Rapeseed Oil, Water, Spirit Vinegar, Stabilisers (Modified Potato Starch, Xanthan Gum), Sugar, Salt, Pasteurised **Egg**, Preservative (Potassium Sorbate)], Pasta Twists (28.3%) [Durum **Wheat** Semolina (**Gluten, Wheat**)], Sliced Chicken Breast (24.4%) [Chicken Breast Meat (99%), Water, Salt], Thai Sweet Chilli Sauce (12.2%) [Glucose Fructose Syrup, Sugar, Water, Spirit Vinegar, Modified Starch, Garlic Puree (Water, Dried Garlic, Acidity Regulator (Citric Acid)), Salt, Dried Garlic, Birds Eye Chillies, Dried Red Pepper, Crushed Chilli, Preservative (Potassium Sorbate)], Red Pepper (5.9%)

ALLERGY ADVICE: For allergens, see ingredients in **Bold**

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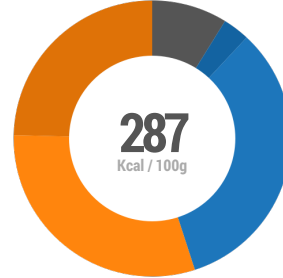
| U Ref Code: | Last Modified: 8 Mar 2024 | Nutritics ID:U6732296

Traditional Pasty



Overview ...

U / 6689528



CALORIES:

36.2% Carbs

8.8% Protein

55% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 212G SERVING	%RI
Energy(Kj)	1207 kJ	14%	2554 kJ	30%
Energy(kcal)	289 kcal	14%	612 kcal	31%
Fat	18 g	26%	37 g	53%
of which saturates	7.9 g	40%	17 g	85%
Carbohydrate	26 g	10%	55 g	21%
of which sugars	2.2 g	2%	4.8 g	5%
Fibre	0.9 g	4%	1.9 g	8%
Protein	6.3 g	13%	13 g	26%
Salt	0.7 g	12%	1.5 g	25%

CONTAINS:



WHEAT,
BARLEY



MILK



SOYA

MAY CONTAIN:



TREE NUTS

Ingredient List (QUID) ...

Pasty (102g of Pasty per 100g) | **Wheat Flour** (**Wheat Flour**, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Potato (10%), Beef (8%), Pork Fat, Onion (6%), Carrot (4%), Beef Fat, Vegetable Shortening (Palm Oil, Rapeseed Oil), Swede (2%), Turnip (2%), Margarine (Palm Oil, Water, Salt, Rapeseed Oil, Emulsifier: Mono And Diglycerides Of Fatty Acids; Acidity Regulator: Citric Acid; Lemon Juice), Peas, Glaze [Water, Modified Starches (potato, Tapioca), Rapeseed Oil, **Milk** Proteins, Emulsifiers: **Soya** Lecithin, Mono And Diglycerides Of Fatty Acids; Acidity Regulator: Trisodium Phosphate; Colour: Carotenes], Salt, Cornflour, Roast Beef Stock [Rehydrated Beef, Natural Flavouring, Water, Beef Stock (Beef Protein, Water), Salt, Dried Potato, Sugar, Beef Fat, Concentrated Lemon Juice, **Barley** Malt Extract, Yeast Extract, Dried Onion, Black Pepper], Potato Fibre, Yeast Extract, Raising Agents: Disodium Diphosphate, Sodium Bicarbonate; Black Pepper, Emulsifier: Hydroxypropyl Methyl Cellulose; **Barley** Malt Extract, White Pepper]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Tree nuts

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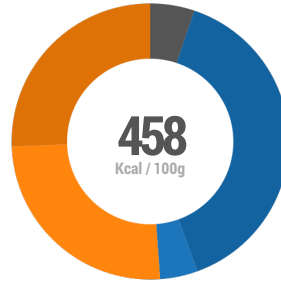
| U Ref Code: | Last Modified: 8 Mar 2024 | Nutritics ID:U6689528

Triple Choc Donut



Overview ...

U / 7585772



CALORIES:

43.7% Carbs

5.2% Protein

51.1% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 69G SERVING	%RI
Energy(Kj)	1949 kJ	23%	1345 kJ	16%
Energy(kcal)	467 kcal	23%	322 kcal	16%
Fat	26 g	37%	18 g	26%
of which saturates	13 g	65%	9 g	45%
Carbohydrate	50 g	19%	35 g	13%
of which sugars	45 g	50%	31 g	34%
Fibre	4.6 g	18%	3.2 g	13%
Protein	5.9 g	12%	4.1 g	8%
Salt	0.67 g	11%	0.46 g	8%

CONTAINS:



WHEAT



EGGS



MILK



SOYA

MAY CONTAIN:



TREE NUTS



PEANUTS

OTHER PROPERTIES:



VEGETARIAN



HALAL

Ingredient List (QUID) ...

Donut (100%) [**Wheat** Flour, Chocolate Cream (**Milk**) Filling 16% (sugar, Vegetable Fats (sunflower, Palm, Palm Kernel), Plain Chocolate 10% (sugar, Fat Reduced Cocoa Powder, Cocoa Butter, Emulsifier (**Soya** Lecithin), Flavouring), Fat Reduced Cocoa Powder, Emulsifier (**Soya** Lecithin), Flavouring), Water, Vegetable Fat (palm), Cocoa Topping 12% (sugar, Vegetable Fats (palm Kernel, Palm, Coconut), Fat Reduced Cocoa Powder, Lactose (**Milk**), Emulsifier (lecithin), Natural Flavouring, Antioxidants (ascorbyl Palmitate, Tocopherol Rich Extract)), Cocoa Sprinkles 5.8% (sugar, Fat Reduced Cocoa Powder 13%, Vegetable Fats (palm, Shea), Emulsifier (lecithin), Glazing Agents (shellac, Acacia Gum)), Sugar, Dextrose, Yeast, Vegetable Oil (rapeseed), **Soya** Flour, Sweet Whey (**Milk**) Powder (**Milk**), Raising Agents (disodium Diphosphate, Sodium Bicarbonate), Salt, Emulsifiers (E471, E481), **Wheat Gluten**, Skimmed **Milk** Powder, Flour Treatment Agent (ascorbic Acid), Whole **Egg** Powder, Colour (beta Carotene), Flavouring]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Tree nuts, Peanuts

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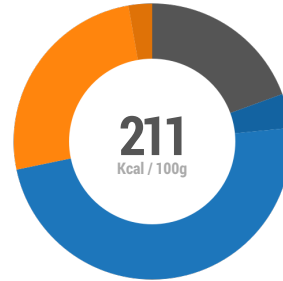
| U Ref Code: | Last Modified: 8 Mar 2024 | Nutritics ID:U7585772

Tuna & Cucumber Baguette



Overview ...

U / 6782228



CALORIES:

52.3% Carbs

19.4% Protein

28.3% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 180G SERVING	%RI
Energy(Kj)	899 kJ	11%	1618 kJ	19%
Energy(kcal)	214 kcal	11%	384 kcal	19%
Fat	6.6 g	9%	12 g	17%
of which saturates	0.6 g	3%	1.2 g	6%
Carbohydrate	28 g	11%	50 g	19%
of which sugars	2.1 g	2%	3.8 g	4%
Fibre	1.3 g	5%	2.3 g	9%
Protein	10 g	20%	18 g	36%
Salt	0.76 g	13%	1.4 g	23%

CONTAINS:



WHEAT



EGGS



FISH

MAY CONTAIN:



TREE NUTS



PEANUTS



SESAME

Ingredient List (QUID) ...

Bread (50%) [**Wheatflour**, Salt, Bread Improver (E471 E472 & E300), Bread Fat, Yeast, Water], Tuna Mayo Mix (33.3%) [Tuna (65%) [Tuna (**Fish**) Chunks, Water, Salt], Mayonnaise (34.5%) [Rapeseed Oil, Water, Spirit Vinegar, Stabilisers (Modified Potato Starch, Xanthan Gum), Sugar, Salt, Pasteurised **Egg**, Preservative (Potassium Sorbate)], Cracked Black Pepper (0.5%) [Black Pepper]], Cucumber (16.7%)

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Tree nuts, Peanuts, Sesame

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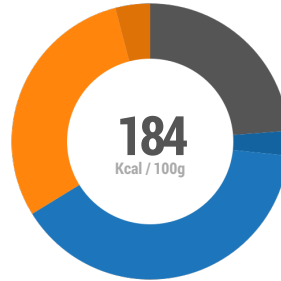
| U Ref Code: | Last Modified: 8 Mar 2024 | Nutritics ID:U6782228

Tuna & Cucumber Sandwich



Overview ...

U / 6705017



CALORIES:

42.5% Carbs

23.8% Protein

33.8% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 186G SERVING	%RI
Energy(Kj)	791 kJ	9%	1471 kJ	18%
Energy(kcal)	188 kcal	9%	350 kcal	18%
Fat	6.9 g	10%	13 g	19%
<i>of which saturates</i>	0.8 g	4%	1.5 g	8%
Carbohydrate	20 g	8%	36 g	14%
<i>of which sugars</i>	1.3 g	1%	2.5 g	3%
Fibre	2 g	8%	3.7 g	15%
Protein	11 g	22%	20 g	40%
Salt	0.71 g	12%	1.3 g	22%

CONTAINS:



WHEAT,
BARLEY



EGGS



FISH

MAY CONTAIN:



OATS, RYE

Ingredient List (QUID) ...

Malted Bread (40.9%) [**Wheat** Flour [with Added Calcium Carbonate, Iron, Niacin, Thiamin], Water, Malted **Wheat** Flakes (9.5%), **Wheat** Bran (2.7%), **Wheat** Protein, Malted **Barley** Flour (0.9%), Salt, Yeast, Emulsifiers [E471, E472(e)], Spirit Vinegar, Malted **Wheat** Flour, Vegetable Oils [Rapeseed, Palm], Flour Treatment Agent (E300), Palm Fat, **Wheat** Flour], Tuna Mayo Mix (37.6%) [Tuna (65%) [Tuna (**Fish**) Chunks, Water, Salt], Mayonnaise (34.5%) [Rapeseed Oil, Water, Spirit Vinegar, Stabilisers (Modified Potato Starch, Xanthan Gum), Sugar, Salt, Pasteurised **Egg**, Preservative (Potassium Sorbate)], Cracked Black Pepper (0.5%) [Black Pepper]], Cucumber (21.5%)

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Oats, Rye

| Generated by Nutritics v5.96 on 22nd Apr 2024. Last Modified 22nd Apr 2024.

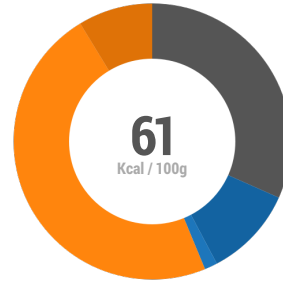
| U Ref Code: | Last Modified: 22 Apr 2024 | Nutritics ID:U6705017

Tuna & Egg Salad



Overview ...

U / 7977878



CALORIES:

12.1% Carbs

31.7% Protein

56.2% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 262G SERVING	%RI
Energy(Kj)	274 kJ	3%	719 kJ	9%
Energy(kcal)	66 kcal	3%	172 kcal	9%
Fat	3.8 g	5%	10 g	14%
<i>of which saturates</i>	0.6 g	3%	1.5 g	8%
Carbohydrate	1.9 g	1%	4.9 g	2%
<i>of which sugars</i>	1.6 g	2%	4.3 g	5%
Fibre	0.8 g	3%	2.2 g	9%
Protein	5.4 g	11%	14 g	28%
Salt	0.23 g	4%	0.6 g	10%

CONTAINS:



EGGS



FISH

Ingredient List (QUID) ...

Lettuce (38.1%), Tomato (18.3%), Cucumber (15.2%), Tuna Mayo Mix (15.2%) [Tuna (65%) [Tuna (Fish) Chunks, Water, Salt], Mayonnaise (34.5%) [Rapeseed Oil, Water, Spirit Vinegar, Stabilisers (Modified Potato Starch, Xanthan Gum), Sugar, Salt, Pasteurised Egg, Preservative (Potassium Sorbate)], Cracked Black Pepper (0.5%) [Black Pepper]], Hard Boiled Eggs (13.1%) [Eggs, Water, Salt, Acidity Regulator Citric Acid (E330), Acetic Acid (E260)]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**

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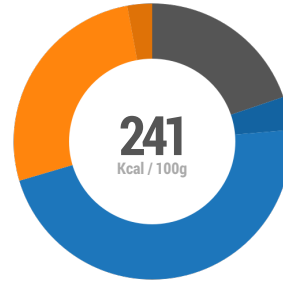
| U Ref Code: | Last Modified: 14 Mar 2024 | Nutritics ID: U7977878

Tuna & Sweetcorn Baguette



Overview ...

U / 6779597



CALORIES:

50.6% Carbs

19.8% Protein

29.6% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 170G SERVING	%RI
Energy(Kj)	1024 kJ	12%	1740 kJ	21%
Energy(kcal)	243 kcal	12%	414 kcal	21%
Fat	7.9 g	11%	13 g	19%
<i>of which saturates</i>	0.8 g	4%	1.3 g	7%
Carbohydrate	30 g	12%	52 g	20%
<i>of which sugars</i>	2.3 g	3%	4 g	4%
Fibre	1.3 g	5%	2.2 g	9%
Protein	12 g	24%	20 g	40%
Salt	0.91 g	15%	1.5 g	25%

CONTAINS:



WHEAT



EGGS



FISH

MAY CONTAIN:



TREE NUTS



PEANUTS



SESAME

Ingredient List (QUID) ...

Bread (52.9%) [**Wheat**flour, Salt, Bread Improver (E471 E472 & E300), Bread Fat, Yeast, Water], Tuna Mayo Mix (41.2%) [Tuna (65%) [Tuna (**Fish**) Chunks, Water, Salt], Mayonnaise (34.5%) [Rapeseed Oil, Water, Spirit Vinegar, Stabilisers (Modified Potato Starch, Xanthan Gum), Sugar, Salt, Pasteurised **Egg**, Preservative (Potassium Sorbate)], Cracked Black Pepper (0.5%) [Black Pepper]], Sweetcorn (5.9%) [Sweetcorn, Water, Sugar, Salt]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Tree nuts, Peanuts, Sesame

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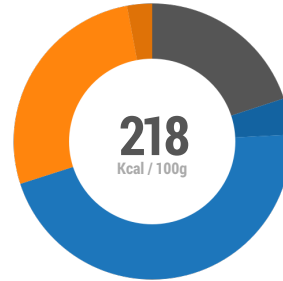
| U Ref Code: | Last Modified: 8 Mar 2024 | Nutritics ID:U6779597

Tuna & Tomato Baguette



Overview ...

U / 6780377



CALORIES:

50.1% Carbs

20% Protein

30% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 184G SERVING	%RI
Energy(Kj)	931 kJ	11%	1713 kJ	20%
Energy(kcal)	221 kcal	11%	407 kcal	20%
Fat	7.3 g	10%	13 g	19%
of which saturates	0.7 g	4%	1.3 g	7%
Carbohydrate	27 g	10%	50 g	19%
of which sugars	2.3 g	3%	4.3 g	5%
Fibre	1.3 g	5%	2.4 g	10%
Protein	11 g	22%	20 g	40%
Salt	0.79 g	13%	1.5 g	25%

CONTAINS:



WHEAT



EGGS



FISH

MAY CONTAIN:



TREE NUTS



PEANUTS



SESAME

Ingredient List (QUID) ...

Bread (48.9%) [**Wheat**flour, Salt, Bread Improver (E471 E472 & E300), Bread Fat, Yeast, Water], Tuna Mayo Mix (38%) [Tuna (65%) [Tuna (**Fish**) Chunks, Water, Salt], Mayonnaise (34.5%) [Rapeseed Oil, Water, Spirit Vinegar, Stabilisers (Modified Potato Starch, Xanthan Gum), Sugar, Salt, Pasteurised **Egg**, Preservative (Potassium Sorbate)], Cracked Black Pepper (0.5%) [Black Pepper]], Tomato (13%)

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Tree nuts, Peanuts, Sesame

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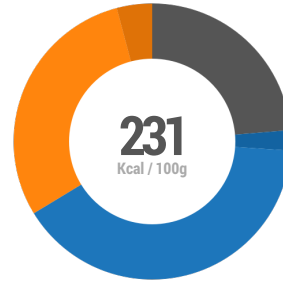
| U Ref Code: | Last Modified: 8 Mar 2024 | Nutritics ID:U6780377

Tuna Mayo Sandwich



Overview ...

U / 7951085



CALORIES:

42.6% Carbs

23.7% Protein

33.7% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 146G SERVING	%RI
Energy(Kj)	990 kJ	12%	1445 kJ	17%
Energy(kcal)	236 kcal	12%	344 kcal	17%
Fat	8.6 g	12%	13 g	19%
of which saturates	1.1 g	6%	1.5 g	8%
Carbohydrate	25 g	10%	36 g	14%
of which sugars	1.4 g	2%	2 g	2%
Fibre	2.4 g	10%	3.4 g	14%
Protein	14 g	28%	20 g	40%
Salt	0.9 g	15%	1.3 g	22%

CONTAINS:



WHEAT,
BARLEY



EGGS



FISH

MAY CONTAIN:



OATS, RYE

Ingredient List (QUID) ...

Malted Bread (52.1%) [**Wheat** Flour [with Added Calcium Carbonate, Iron, Niacin, Thiamin], Water, Malted **Wheat** Flakes (9.5%), **Wheat** Bran (2.7%), **Wheat** Protein, Malted **Barley** Flour (0.9%), Salt, Yeast, Emulsifiers [E471, E472(e)], Spirit Vinegar, Malted **Wheat** Flour, Vegetable Oils [Rapeseed, Palm], Flour Treatment Agent (E300), Palm Fat, **Wheat** Flour], Tuna Mayo Mix (47.9%) [Tuna (65%) [Tuna (**Fish**) Chunks, Water, Salt], Mayonnaise (34.5%) [Rapeseed Oil, Water, Spirit Vinegar, Stabilisers (Modified Potato Starch, Xanthan Gum), Sugar, Salt, Pasteurised **Egg**, Preservative (Potassium Sorbate)], Cracked Black Pepper (0.5%) [Black Pepper]]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Oats, Rye

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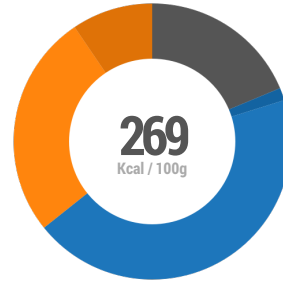
| U Ref Code: | Last Modified: 22 Apr 2024 | Nutritics ID:U7951085

Tuna Melt Ciabatta



Overview ...

U / 7453295



CALORIES:

45.6% Carbs

18.7% Protein

35.7% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 215G SERVING	%RI
Energy(Kj)	1122 kJ	13%	2411 kJ	29%
Energy(kcal)	267 kcal	13%	574 kcal	29%
Fat	11 g	16%	23 g	33%
of which saturates	2.8 g	14%	6.1 g	31%
Carbohydrate	30 g	12%	65 g	25%
of which sugars	1 g	1%	2.1 g	2%
Fibre	0 g	0%	0 g	0%
Protein	13 g	26%	27 g	54%
Salt	1.3 g	22%	2.7 g	45%

CONTAINS:



MAY CONTAIN:



Ingredient List (QUID) ...

Ciabatta (58.1%) [**Wheat** Flour, Water, Sunflower Oil, Sourdough (**Wheat, Rye**), Skimmed **Milk** Powder, Iodised Salt, Yeast], Tuna Mayo Mix (30.2%) [Tuna (65%) [Tuna (**Fish**) Chunks, Water, Salt], Mayonnaise (34.5%) [Rapeseed Oil, Water, Spirit Vinegar, Stabilisers (Modified Potato Starch, Xanthan Gum), Sugar, Salt, Pasteurised **Egg**, Preservative (Potassium Sorbate)], Cracked Black Pepper (0.5%) [Black Pepper]], Mature Cheddar Slice (9.3%) [Pasteurised Cow's **Milk**, Salt (contains Anti Caking Agent E535) , Non Animal Rennet (sodium Benzoate Free) , Starter Culture], Red Onion (2.3%)

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Tree nuts, Sesame, Soya, Lupin

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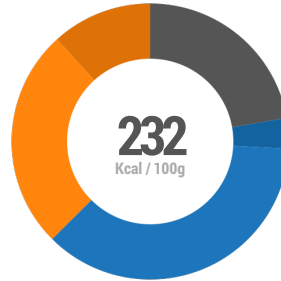
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Tuna Melt Sandwich



Overview ...

U / 6679913



CALORIES:

40.2% Carbs

22.3% Protein

37.5% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 173G SERVING	%RI
Energy(Kj)	986 kJ	12%	1705 kJ	20%
Energy(kcal)	235 kcal	12%	406 kcal	20%
Fat	9.7 g	14%	17 g	24%
of which saturates	3 g	15%	5.2 g	26%
Carbohydrate	23 g	9%	40 g	15%
of which sugars	2.1 g	2%	3.6 g	4%
Fibre	1.4 g	6%	2.4 g	10%
Protein	13 g	26%	22 g	44%
Salt	0.79 g	13%	1.4 g	23%

CONTAINS:



WHEAT



EGGS



MILK



FISH



SOYA

MAY CONTAIN:



BARLEY

Ingredient List (QUID) ...

Sliced White Square Loaf (46.2%) [**Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Palm Oil, Salt, Yeast, Emulsifier (Mono And Di Acetyl tartaric Acid Esters Of Mono And Di Glycerides Of Fatty Acids), Spirit Vinegar, **Soya** Flour, Preservative (Calcium Propionate), flour Treatment Agent (Ascorbic Acid)], Tuna (23.1%) [Tuna (**Fish**) Chunks, Water, Salt], Mayonnaise (11.6%) [Rapeseed Oil, Water, Spirit Vinegar, Stabilisers (Modified Potato Starch, Xanthan Gum), Sugar, Salt, Pasteurised **Egg**, Preservative (Potassium Sorbate)], Grated Mature White Cheese (5.8%) [Pasteurised Full Fat **Milk**, Salt, Starter Culture, Vegetarian Rennet, Potato Starch], Grated Coloured Cheese (5.8%) [Pasteurised Cows **Milk**, Starter, Microbial Rennet, Salt, Water, Vegetable Palm Oil, **Milk** Protein, Lactic Acid, Emulsifying Salts (E331 & E339) Modified Corn Starch (E413) Beta Carotene (E160a), Annatto Norbixin (E160b(ii)), Potato Starch (anti Caking Agent)], Lettuce (5.8%), Red Onion (1.7%)

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Barley

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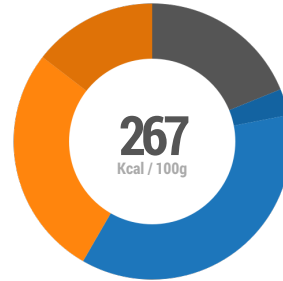
| U Ref Code: | Last Modified: 8 Mar 2024 | Nutritics ID:U6679913

Tuna Melt Wrap



Overview ...

U / 9147158



CALORIES:

39.5% Carbs

18.8% Protein

41.7% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 183G SERVING	%RI
Energy(Kj)	1115 kJ	13%	2040 kJ	24%
Energy(kcal)	266 kcal	13%	487 kcal	24%
Fat	12 g	17%	23 g	33%
of which saturates	4.3 g	22%	7.9 g	40%
Carbohydrate	26 g	10%	48 g	18%
of which sugars	2.1 g	2%	3.8 g	4%
Fibre	0 g	0%	0 g	0%
Protein	13 g	26%	23 g	46%
Salt	1.9 g	32%	3.5 g	58%

CONTAINS:



WHEAT



EGGS



MILK



FISH

Ingredient List (QUID) ...

Tortilla Wrap (49.2%) [Fortified **Wheat Flour** [**Wheat Flour**, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Water, Vegetable Oils [Palm Oil, Rapeseed Oil], Raising Agents (Diphosphates, Sodium Bicarbonate, Calcium Phosphates), Salt, Sugar, Acidity Regulators (Malic Acid, Citric Acid), Yeast, Preservative (Calcium Propionate)], Tuna (21.9%) [Tuna (**Fish**) Chunks, Water, Salt], Mayonnaise (10.9%) [Rapeseed Oil, Water, Spirit Vinegar, Stabilisers (Modified Potato Starch, Xanthan Gum), Sugar, Salt, Pasteurised **Egg**, Preservative (Potassium Sorbate)], Grated Mature White Cheese (5.5%) [Pasteurised Full Fat **Milk**, Salt, Starter Culture, Vegetarian Rennet, Potato Starch], Grated Coloured Cheese (5.5%) [Pasteurised Cows **Milk**, Starter, Microbial Rennet, Salt, Water, Vegetable Palm Oil, **Milk Protein**, Lactic Acid, Emulsifying Salts (E331 & E339) Modified Corn Starch (E413) Beta Carotene (E160a), Annatto Norbixin (E160b(ii)), Potato Starch (anti Caking Agent)], Lettuce (5.5%), Red Onion (1.6%)

ALLERGY ADVICE: For allergens, see ingredients in **Bold**

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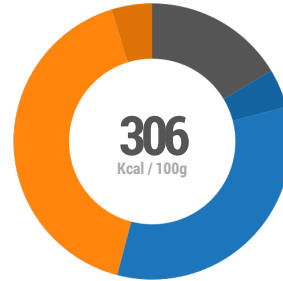
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Tuna Pasta



Overview ...

U / 6709262



CALORIES:

37.6% Carbs

16.4% Protein

45.9% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 172G SERVING	%RI
Energy(Kj)	1294 kJ	15%	2226 kJ	27%
Energy(kcal)	309 kcal	15%	532 kcal	27%
Fat	16 g	23%	27 g	39%
of which saturates	1.6 g	8%	2.8 g	14%
Carbohydrate	28 g	11%	49 g	19%
of which sugars	3.5 g	4%	6 g	7%
Fibre	1.7 g	7%	2.9 g	12%
Protein	13 g	26%	22 g	44%
Salt	1.1 g	18%	1.8 g	30%

CONTAINS:



WHEAT



EGGS



MILK



FISH



SULPHITES

Ingredient List (QUID) ...

Club Sauce Mix (34.9%) [Mayonnaise (53.5%) [Rapeseed Oil, Water, Spirit Vinegar, Stabilisers (Modified Potato Starch, Xanthan Gum), Sugar, Salt, Pasteurised **Egg**, Preservative (Potassium Sorbate)], Sundried Tomatoes (33%) [Rehydrated Sun Dried Tomatoes 49% (Sundried Tomatoes 74 78%, Water 18 24%, White Wine Vinegar 1 1, 5%, Salt 3 5% Preservative (Sodium **Metabisulphite**) Max 200 Ppm) Rapeseed Oil 48%, Rehydrated Garlic Puree 2.64% (Water 10 12%, Garlic Powder 86 90 %, Acidity Regulator Citric Acid 1, 5 - 2, 5%) Basil 0.36%], Green Pesto (13.5%) [Basil, (41%), Rapeseed Oil, Olive Oil (17%), Medium Fat Hard Cheese (**Milk**) (8%), Water, Sugar, Salt, Garlic (1%), Acidity Regulator (Lactic Acid), Potato Powder, (Contains Preservative Sodium **Metabisulphite** (**Sulphites**), Black Pepper)], Pasta Twists (33.7%) [Durum **Wheat** Semolina (**Gluten**, **Wheat**)], Tuna (29.1%) [Tuna (**Fish**) Chunks, Water, Salt], Olive Oil (2.3%)

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Wheat

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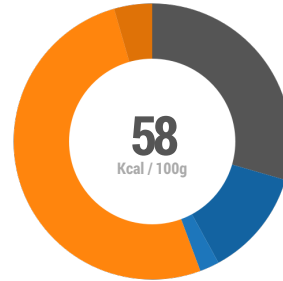
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Tuna Salad



Overview ...

U / 7978253



CALORIES:

14.9% Carbs

29.5% Protein

55.6% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 238G SERVING	%RI
Energy(Kj)	264 kJ	3%	629 kJ	7%
Energy(kcal)	63 kcal	3%	151 kcal	8%
Fat	3.6 g	5%	8.6 g	12%
of which saturates	0.3 g	2%	0.7 g	4%
Carbohydrate	2.2 g	1%	5.2 g	2%
of which sugars	1.8 g	2%	4.4 g	5%
Fibre	0.9 g	4%	2.2 g	9%
Protein	4.9 g	10%	12 g	24%
Salt	0.2 g	3%	0.47 g	8%

CONTAINS:



EGGS



FISH

Ingredient List (QUID) ...

Lettuce (42%), Tuna Mayo Mix (21%) [Tuna (65%) [Tuna (**Fish**) Chunks, Water, Salt], Mayonnaise (34.5%) [Rapeseed Oil, Water, Spirit Vinegar, Stabilisers (Modified Potato Starch, Xanthan Gum), Sugar, Salt, Pasteurised **Egg**, Preservative (Potassium Sorbate)], Cracked Black Pepper (0.5%) [Black Pepper]], Tomato (20.2%), Cucumber (16.8%)

ALLERGY ADVICE: For allergens, see ingredients in **Bold**

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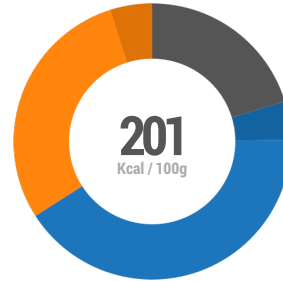
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Tuna Salad Roll



Overview ...

U / 7487780



CALORIES:

45.6% Carbs

20.3% Protein

34.1% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 172G SERVING	%RI
Energy(Kj)	871 kJ	10%	1498 kJ	18%
Energy(kcal)	207 kcal	10%	357 kcal	18%
Fat	7.6 g	11%	13 g	19%
of which saturates	1.1 g	6%	1.9 g	10%
Carbohydrate	23 g	9%	39 g	15%
of which sugars	2.3 g	3%	3.9 g	4%
Fibre	2.9 g	12%	5 g	20%
Protein	10 g	20%	18 g	36%
Salt	0.71 g	12%	1.2 g	20%

CONTAINS:



WHEAT



EGGS



MILK



FISH

MAY CONTAIN:



TREE NUTS



PEANUTS



SESAME

Ingredient List (QUID) ...

Bread Roll (49.4%) [Heavily Malted Flour (**Wheat**) With Large Malted **Wheatflakes**, Salt, Bread Improver(E471 E472 & E300), Bread Fat, Yeast, Water], Tuna Mayo Mix (29.1%) [Tuna (65%) [Tuna (**Fish**) Chunks, Water, Salt], Mayonnaise (34.5%) [Rapeseed Oil, Water, Spirit Vinegar, Stabilisers (Modified Potato Starch, Xanthan Gum), Sugar, Salt, Pasteurised **Egg**, Preservative (Potassium Sorbate)], Cracked Black Pepper (0.5%) [Black Pepper]], Tomato (7%), Cucumber (5.8%), Lettuce (5.8%) [Black Pepper]], Butter Spread (2.9%) [Rapeseed Oil, Palm Oil, Water, Reconstituted BUTTERMILK (**Milk**) 3%, Salt (1.5%), Emulsifier Mono And Di Glyceride Of Fatty Acids Stabiliser Sodium Alginate Preservative Potassium Sorbate Vitamin A & D, Flavouring, Colour Carotenes Flavouring Natural Colour Natural]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Tree nuts, Peanuts, Sesame

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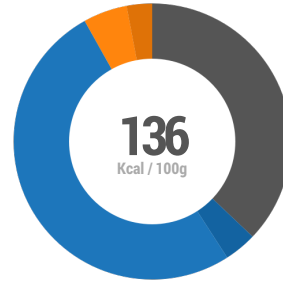
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Tuna Salad Sandwich



Overview ...

U / 6736109



CALORIES:

54.8% Carbs

37.1% Protein

8.1% Fat

136
Kcal / 100g

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 192G SERVING	%RI
Energy(Kj)	594 kJ	7%	1140 kJ	14%
Energy(kcal)	140 kcal	7%	269 kcal	13%
Fat	1.2 g	2%	2.3 g	3%
<i>of which saturates</i>	0.4 g	2%	0.9 g	5%
Carbohydrate	19 g	7%	36 g	14%
<i>of which sugars</i>	1.3 g	1%	2.5 g	3%
Fibre	2 g	8%	3.8 g	15%
Protein	13 g	26%	24 g	48%
Salt	0.66 g	11%	1.3 g	22%

CONTAINS:



WHEAT,
BARLEY



FISH

MAY CONTAIN:



OATS, RYE

Ingredient List (QUID) ...

Malted Bread (39.6%) [**Wheat Flour** [with Added Calcium Carbonate, Iron, Niacin, Thiamin], Water, Malted **Wheat Flakes** (9.5%), **Wheat Bran** (2.7%), **Wheat Protein**, Malted **Barley Flour** (0.9%), Salt, Yeast, Emulsifiers [E471, E472(e)], Spirit Vinegar, Malted **Wheat Flour**, Vegetable Oils [Rapeseed, Palm], Flour Treatment Agent (E300), Palm Fat, **Wheat Flour**], Tuna (31.3%) [Tuna (**Fish**) Chunks, Water, Salt], Tomato (12.5%), Cucumber (10.4%), Lettuce (5.2%), Red Onion (1%)

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Oats, Rye

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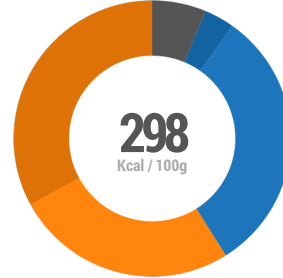
| U Ref Code: | Last Modified: 22 Apr 2024 | Nutritics ID:U6736109

Vegan Red Thai Slice



Overview ...

U / 7948061



CALORIES:

34.8% Carbs

6.3% Protein

58.9% Fat

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 175G SERVING	%RI
Energy(Kj)	1263 kJ	15%	2209 kJ	26%
Energy(kcal)	303 kcal	15%	530 kcal	27%
Fat	20 g	29%	34 g	49%
of which saturates	11 g	55%	19 g	95%
Carbohydrate	26 g	10%	45 g	17%
of which sugars	2.6 g	3%	4.6 g	5%
Fibre	2.6 g	10%	4.6 g	18%
Protein	4.7 g	9%	8.2 g	16%
Salt	1.1 g	18%	2 g	33%

CONTAINS:



WHEAT



SOYA

MAY CONTAIN:



TREE NUTS

OTHER PROPERTIES:



VEGETARIAN



VEGAN

Ingredient List (QUID) ...

Vegan Red Thai Slice (100%) [**Wheat** Flour (Contains Calcium Carbonate, Iron, Niacin, Thiamin), Margarine [Palm Oil, Palm Stearin, Water, Rapeseed Oil, Salt, Emulsifier (E471), Acidity Regulator (E330), Lemon Juice Concentrate], Water, Coconut Milk (Coconut, Water), Butternut Squash, Green Beans, Onions, Red Peppers, Carrots, Glaze (Water, Vegetable Proteins, Sunflower Oil, Dextrose, Maltodextrin, Starch), Desiccated Coconut, Rapeseed Oil, Tomato Passata, Milled Lemon Grass, Lime Juice, Chopped Red Chillies, Ginger Puree, Thickener (E1422), Coriander, Garlic Puree, Salt, **Soy** Sauce (Water, **Soybean**, **Wheat**, Salt), Vegetable Stock [Dried Vegetables (Onion, Leek), Salt, Sugar, Sunflower Oil, Turmeric, Natural Flavouring], Sugar, Emulsifier (E464), Ground Coriander, Ground Cumin, Chilli Powder [Spices (Cayenne, Paprika, Cumin), Salt, Garlic Powder, Oregano], Cracked Black Pepper]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Tree nuts

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