



# NUTRITIONAL INFO / GRAB 'N GO

| MELTS<br>NUTRITIONAL INFO                                                                                                                                                             |          | ENERGY (KCAL) | FAT (G) | SATURATES (G) | CARBS (G) | SUGARS (G) | PROTEIN (G) | SALT (G) |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|---------------|---------|---------------|-----------|------------|-------------|----------|
| MANGO CHICKEN MELT<br>Grilled chicken, melted edam cheese, red onions, peppers, homemade mango chutney in toasted tortilla wrap                                                       | /SERVING | 558.2         | 23.91   | 9.12          | 41.85     | 11.44      | 41.67       | 2.02     |
|                                                                                                                                                                                       | /100 G   | 205.7         | 9.52    | 3.22          | 13.43     | 4.48       | 15.19       | 0.75     |
| CHIPOTLE CHICKEN MELT<br>Grilled chicken, jalapeno peppers chipotle sauce melted edam cheese in toasted tortilla wrap                                                                 | /SERVING | 601.2         | 34.49   | 10.13         | 27.83     | 4.61       | 38.24       | 2.65     |
|                                                                                                                                                                                       | /100 G   | 226.9         | 11.73   | 3.88          | 9.05      | 1.5        | 16.2        | 1.26     |
| SRIRACHA BEEF MELT<br>Pulled beef, caramelized onions edam, red peppers & smoked sriracha mayo in tortilla wrap                                                                       | /SERVING | 551.3         | 33.88   | 14.02         | 20.56     | 6.26       | 36.25       | 2.48     |
|                                                                                                                                                                                       | /100 G   | 221.3         | 11.5    | 4.9           | 10.6      | 3.2        | 17.3        | 1.15     |
| VEGAN JACKFRUIT MELT<br>Pulled jackfruit, vegan cheese, smoked aubergine, tomatoes, crunchy celery & onions                                                                           | /SERVING | 396.1         | 18.22   | 5.46          | 38.07     | 7.25       | 6.92        | 1.66     |
|                                                                                                                                                                                       | /100 G   | 172.6         | 6.64    | 2.39          | 18.35     | 4.12       | 6.21        | 1.01     |
| WRAPS<br>NUTRITIONAL INFO                                                                                                                                                             |          | ENERGY (KCAL) | FAT (G) | SATURATES (G) | CARBS (G) | SUGARS (G) | PROTEIN (G) | SALT (G) |
| SWEET POTATO FALAFEL<br>Sweet potato falafel beetroot hummus quinoa, mixed salad cucumber, tomatoes, almond flakes & creamy coriander dressing in toasted tortilla wrap               | /SERVING | 484.6         | 17.84   | 3.05          | 59.21     | 11.02      | 14.56       | 1.28     |
|                                                                                                                                                                                       | /100 G   | 171.4         | 5.63    | 0.78          | 21.95     | 4.64       | 4.81        | 0.54     |
| CHICKEN CAESAR<br>Grilled chicken mixed salad parmesan shavings & homemade Caesar dressing in toasted tortilla wrap                                                                   | /SERVING | 523.8         | 29.18   | 7.21          | 24.74     | 3.29       | 36.45       | 2.43     |
|                                                                                                                                                                                       | /100 G   | 202.8         | 10.63   | 3.27          | 8.67      | 1.9        | 14.2        | 1.17     |
| THAI CHICKEN SATAY<br>Roasted chicken, Asian slaw, peanut satay dressing, crushed peanut, coriander in toasted tortilla wrap                                                          | /SERVING | 521.6         | 27.42   | 5.78          | 27.63     | 6.31       | 33          | 2.13     |
|                                                                                                                                                                                       | /100 G   | 193.6         | 8.42    | 2.04          | 12.8      | 4.1        | 15.7        | 1.01     |
| CHICK JAGGER<br>Sriracha marinated chicken, tomatoes, roasted peppers, onions, coriander, iceberg lettuce & sriracha mayo                                                             | /SERVING | 470.9         | 20.84   | 4.39          | 31.95     | 6.31       | 37.56       | 1.83     |
|                                                                                                                                                                                       | /100 G   | 190.2         | 8.44    | 1.57          | 13.88     | 3.09       | 13.34       | 0.78     |
| TOASTIES<br>NUTRITIONAL INFO                                                                                                                                                          |          | ENERGY (KCAL) | FAT (G) | SATURATES (G) | CARBS (G) | SUGARS (G) | PROTEIN (G) | SALT (G) |
| KLESSIK TOASTIE<br>Edam & ham with honey mustard sauce in white bread                                                                                                                 | /SERVING | 355.8         | 16.74   | 7.92          | 30.05     | 4.44       | 18.42       | 1.63     |
|                                                                                                                                                                                       | /100 G   | 149.12        | 8.95    | 2.49          | 0.00      | 0.00       | 17.89       | 0.10     |
| TURKEY & DILL<br>Turkey breast, fried egg, baby spinach, cucumber, tomatoes & dill mayo dressing in brown bread                                                                       | /SERVING | 383.4         | 18.43   | 6.02          | 30.91     | 4.65       | 22.17       | 1.83     |
|                                                                                                                                                                                       | /100 G   | 218.6         | 9.82    | 2.14          | 19.63     | 2.54       | 11.36       | 0.87     |
| GLUTEN FREE TURKEY CAESAR CIABATTA<br>Grilled turkey breast, grana shavings, cucumber, tomato, lollo bianco, lettuce & homemade Caesar dressing in gluten free sesame seeded baguette | /SERVING | 352.2         | 13.58   | 3.91          | 31.44     | 3.87       | 23.67       | 1.39     |
|                                                                                                                                                                                       | /100 G   | 226.9         | 10.24   | 2.84          | 17.46     | 2.13       | 12.05       | 0.91     |
| SUPER FOOD SNACKS<br>NUTRITIONAL INFO                                                                                                                                                 |          | ENERGY (KCAL) | FAT (G) | SATURATES (G) | CARBS (G) | SUGARS (G) | PROTEIN (G) | SALT (G) |
| LEMON PROTEIN<br>Roasted cashew nuts, almonds, desiccated coconut, lemon juice, lemon zest, whey protein, honey & vanilla                                                             | /SERVING | 116.2         | 8.5     | 1.1           | 7.1       | 4          | 3.2         | 0.01     |
|                                                                                                                                                                                       | /100 G   | 372.5         | 20.14   | 6.23          | 30.42     | 15.64      | 12.58       | 0.09     |
| HAZELNUT CHOCOLATE PROTEIN<br>White roasted hazelnut, cacao powder, vegan protein, vanilla & honey                                                                                    | /SERVING | 114.3         | 11.4    | 1.3           | 5.5       | 3.8        | 4.9         | 0.01     |
|                                                                                                                                                                                       | /100 G   | 398.7         | 23.16   | 6.88          | 27.92     | 16.34      | 10.73       | 0.11     |
| CACAO & COCONUT ENERGY<br>Almond, raisin cocoa powder, coconut & date                                                                                                                 | /SERVING | 117.6         | 7.6     | 1.2           | 8.4       | 6.1        | 3           | 0.01     |
|                                                                                                                                                                                       | /100 G   | 386.2         | 22.35   | 7.12          | 28.47     | 13.89      | 11.04       | 0.01     |
| BANANA BREAD<br>Banana, vanilla, walnuts, cinnamon, flour, eggs, brown sugar                                                                                                          | /SERVING | 405.8         | 20.56   | 5.09          | 46.35     | 27.85      | 6.32        | 0.49     |
|                                                                                                                                                                                       | /100 G   | 289.4         | 12.63   | 3.26          | 39.42     | 19.58      | 4.12        | 0.43     |
| CHOCO HAZLENUT BREAD<br>Roasted hazelnut, dates, raw cacao, vanilla & chocolate chips                                                                                                 | /SERVING | 192.7         | 10.4    | 1.5           | 20.6      | 12.1       | 4.1         | 0.12     |
|                                                                                                                                                                                       | /100 G   | 312.6         | 15.84   | 3.92          | 35.67     | 21.43      | 4.86        | 0.38     |
| LEMON & BLUEBERRY BREAD<br>Greek yogurt, fresh lemon, blueberries & vanilla essence                                                                                                   | /SERVING | 181.5         | 6.5     | 2.2           | 24.8      | 13.8       | 4.3         | 0.15     |
|                                                                                                                                                                                       | /100 G   | 301.6         | 13.87   | 3.58          | 38.64     | 18.72      | 4.36        | 0.41     |
| BROWNIE<br>Chocolate brownie with cocoa, walnuts, and white roasted hazelnuts                                                                                                         | /SERVING | 281.45        | 12.94   | 3.341         | 36.06     | 17.47      | 4.07        | 0.38     |
|                                                                                                                                                                                       | /100 G   | 328.1         | 17.42   | 5.63          | 36.28     | 24.85      | 4.43        | 0.32     |
| ACAI POT<br>Banana, almond butter, acai & granola                                                                                                                                     | /SERVING | 296.8         | 14.44   | 2.34          | 34.1      | 18.86      | 5.23        | 0.04     |
|                                                                                                                                                                                       | /100 G   | 127.8         | 5.84    | 1.06          | 15.42     | 8.13       | 2.74        | 0.06     |
| PISTACHIO CHIA OVERNIGHT OATS<br>Pistachio chia, overnight oats and pistachio butter                                                                                                  | /SERVING | 346.2         | 21.86   | 4.51          | 23.47     | 5.12       | 9.78        | 0.06     |
|                                                                                                                                                                                       | /100 G   | 153.7         | 6.72    | 1.32          | 17.84     | 5.68       | 4.92        | 0.11     |