



NUTRITIONAL INFO / GRAB 'N GO

MELTS NUTRITIONAL INFO		ENERGY (KCAL)	FAT (G)	SATURATES (G)	CARBS (G)	SUGARS (G)	PROTEIN (G)	SALT (G)
MANGO CHICKEN MELT 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 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 Pulled beef, caramelized onions edam, red peppers & smoked sriracha mayo in tortilla wrap	/SERVING	598.5	34.3	13.3	28.9	7.3	38.5	2.41
	/100 G	198.4	11.4	4.4	9.6	2.4	12.8	0.8
VEGAN JACKFRUIT MELT 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 NUTRITIONAL INFO		ENERGY (KCAL)	FAT (G)	SATURATES (G)	CARBS (G)	SUGARS (G)	PROTEIN (G)	SALT (G)
SWEET POTATO FALAFEL 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 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 Roasted chicken, Asian slaw, peanut satay dressing, crushed peanut, coriander in toasted tortilla wrap	/SERVING	538.7	26.5	5.8	32.2	7.5	34.9	2.12
	/100 G	178.2	8.8	1.9	10.6	2.5	11.5	0.7
CHICK JAGGER 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 NUTRITIONAL INFO		ENERGY (KCAL)	FAT (G)	SATURATES (G)	CARBS (G)	SUGARS (G)	PROTEIN (G)	SALT (G)
KLESSIK TOASTIE 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	265.3	14.76	6.12	21.84	3.72	10.28	1.12
TURKEY & DILL 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 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 NUTRITIONAL INFO		ENERGY (KCAL)	FAT (G)	SATURATES (G)	CARBS (G)	SUGARS (G)	PROTEIN (G)	SALT (G)
LEMON PROTEIN 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 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 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 Banana, vanilla, walnuts, cinnamon, flour, eggs, brown sugar	/SERVING	572.3	21.99	3.22	84.18	44.48	8.74	0.54
	/100 G	298.07	11.45	1.68	43.84	23.17	4.55	0.28
LEMON & BLUEBERRY BREAD 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 Chocolate brownie with cocoa, walnuts, and white roasted hazelnuts	/SERVING	397.4	24.65	11.30	38.80	31.25	5.94	0.12
	/100 G	406.7	25.24	11.56	39.68	31.95	6.07	0.12
ACAI POT 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 Pistachio chia, overnight oats and pistachio butter	/SERVING	377.5	17.42	3.70	40.99	14.78	11.13	0.29
	/100 G	171.6	7.92	1.68	18.63	6.72	5.14	0.13



MELTS BREADS

MANGO CHICKEN MELT

CHIPOTLE CHICKEN MELT

SRIRACHA BEEF MELT

NEW VEGAN JACKFRUIT MELT

WRAPS

SWEET POTATO FALAFEL

CHICKEN CAESAR

CHICKEN PARMA

NEW CHICK JAGGER

BREADS

KLESSIK TOASTIE

PROTEIN TOSTIE

SALADS

NEW POWER GARDEN SALAD

NEW SUPER BURNER SALAD

ASIAN NOODLE SALAD

BALANCE BOWL

TERIYAKI BEEF BOWL

SUPERFOOD SNACKS

PISTACHIO CHIAOVERNIGHT OATS

HAZELNUT POWER POT

ACAI POT

PEANUT PROTEIN BALL

LEMON PROTEIN BALL

HAZELNUT CHOCOLATE PROTEIN BALL

CACAO & COCONUT ENERGY BALL

BANANA BREAD

CHOCO HAZELNUT BREAD

BROWNIE

SNICKERS BAR

	CEREALS INCLUDING GLUTEN	EGG	MILK	NUTS	SOY	SESAME	CRUSTACEANS	FISH	MOLLUSCS	LUPIN	CELERY	MUSTARD	PEANUTS	SULPHUR DIOXIDE
MANGO CHICKEN MELT														
CHIPOTLE CHICKEN MELT														
SRIRACHA BEEF MELT														
NEW VEGAN JACKFRUIT MELT														
WRAPS														
SWEET POTATO FALAFEL														
CHICKEN CAESAR														
CHICKEN PARMA														
NEW CHICK JAGGER														
BREADS														
KLESSIK TOASTIE														
PROTEIN TOSTIE														
SALADS														
NEW POWER GARDEN SALAD														
NEW SUPER BURNER SALAD														
ASIAN NOODLE SALAD														
BALANCE BOWL														
TERIYAKI BEEF BOWL														
SUPERFOOD SNACKS														
PISTACHIO CHIAOVERNIGHT OATS														
HAZELNUT POWER POT														
ACAI POT														
PEANUT PROTEIN BALL														
LEMON PROTEIN BALL														
HAZELNUT CHOCOLATE PROTEIN BALL														
CACAO & COCONUT ENERGY BALL														
BANANA BREAD														
CHOCO HAZELNUT BREAD														
BROWNIE														
SNICKERS BAR														

NATURAL GOOD FOOD