
















































Healthy Morning Break 25

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Tex Mex Breakfast Nachos with Salsa, Mixed Beans & Guacamole - 1 Serving		363Kcal			 VEGETARIAN
Spiced Scramble Tofu Breakfast soft Taco - 1 Serving		165Kcal	 WHEAT  SOYA		
Hearty Meatball Marinara with Sub Roll (VG) - 1 Serving		432Kcal	 WHEAT  MILK  SOYA	 BARLEY  SESAME	 VEGETARIAN
Beetroot Falafel Burger with Raita - 1 Serving		388Kcal	 WHEAT  EGGS  MILK  SESAME  SULPHITES		 VEGETARIAN
Beetroot & Chia Seed Sweet Chilli Mixed Bean Wrap - 1 Serving		294Kcal	 WHEAT		 VEGETARIAN  VEGAN
Hearty Sloppy Joe on Garlic Baguette - 1 Serving		298Kcal	 WHEAT  MILK  SOYA	 BARLEY  SESAME	 VEGETARIAN
Crispy Onion Bhaji with Beetroot Mango Slaw in a Beetroot Wrap - 1 Serving		409Kcal	 WHEAT  EGGS  MILK	 MUSTARD  SULPHITES	 VEGETARIAN
Baked Sweet Potato Fingers with Cajun Mayonnaise - 1 Serving		352Kcal			 VEGETARIAN  VEGAN
Marmite & Cheddar Pin Wheels - 1 Serving		159Kcal	 OATS, WHEAT, BARLEY, RYE  MILK  CELERY		 VEGETARIAN
Middle Eastern Pitta Chips with Houmous & Smokey Trail Mix - 1 Serving		320Kcal	 WHEAT  SESAME		 VEGETARIAN  VEGAN

Vegan Banana, fruit & Seed Muffin - 1 Serving	378Kcal	 OATS, WHEAT	 BARLEY	 VEGETARIAN  VEGAN
Seeded Berry Oaty Powerbar Flapjack - 1 Serving	510Kcal	 OATS	 WHEAT, BARLEY	 VEGETARIAN  VEGAN