

To support the dietary needs of our students, we provide detailed nutritional information for all meals on the school menu. This data has been calculated using our nutritional analysis system and reflects the ingredients and portion sizes at the time the menu was issued. Please note that data may be subject to change due to product or dish modifications.

There are menu variations across our schools - please use this data alongside your school menu to determine the values of each dish.

If you have any questions or need further assistance, please reach out to our nutrition team at Nutrition@Impactfood.co.uk.

Recipe Name	Portion Size (g)	Energy (kcal)	Fat (g)	Carb (g)	Protein (g)	Salt (g)
12oz Americano	279	0.0	0.0	0.0	0.0	0.0
12oz Breakfast Tea	287	2.4	0.1	0.3	0.2	0.0
12oz Cappuccino	279	86.4	2.9	8.8	6.1	0.2
12oz Chai Latte	220	172.2	3.2	28.7	6.8	0.2
12oz Herbal Variety Tea	282	0.0	0.0	0.0	0.0	0.0
12oz HOT CHOC.	358	1107.3	3.5	50.0	8.8	0.7
12oz Latte	299	96.0	3.2	9.8	6.8	0.2
12oz Mocha	358	894.5	3.1	40.8	7.6	0.6
SLUSH 12OZ RASPBERRY	300	19.0	0.0	4.6	0.0	0.0
SLUSH 12OZ S/BERRY	300	18.4	0.0	4.4	0.0	0.0
SLUSH 12OZ TROPICAL	500	92.0	0.0	22.0	0.0	0.0
SLUSH 12OZ WATERMELON	300	18.5	0.0	4.6	0.0	0.0
3 Piece Breakfast	296	352.8	8.9	44.2	17.7	2.1
4 Piece Breakfast	340	434.9	15.0	44.2	25.1	3.2
5 Piece Breakfast	310	435.3	20.8	31.3	28.2	2.8
Bang Bang Chicken Loaded Fries	344	423.7	9.7	65.6	14.6	2.7
Bang Bang Halal Chicken Loaded Fries	344	423.7	9.7	65.6	14.6	2.7
Bang Bang Veggie Loaded Fries	325	392.5	6.8	66.9	11.4	2.7
Banoffee Flips	143	302.1	5.4	54.3	8.0	0.7
BBQ Pulled Chicken Wrap with Ranch Slaw	234	211.0	6.6	19.1	17.2	1.1
Bhaji & Indian Rice Salad	219	410.0	9.4	67.6	10.4	3.0
Buffalo Cauliflower Wings Combo	331	429.4	7.4	71.3	15.7	1.1
Buffalo Chicken Wrap	171	275.3	12.3	25.7	15.0	2.0
Cheese & Bean Ciabatta	230	518.4	14.4	73.0	20.6	2.2
Cheese & Onion Slice	127	280.7	14.0	30.5	6.5	0.8
Cheese Cruffin	84	331.3	20.0	26.7	10.3	1.0
Chicken & Ham Slice	130	378.3	20.8	35.1	10.4	0.9
Chicken Pesto & Mozzarella Ciabatta	251	536.0	16.8	64.2	32.2	1.8
Chicken Tikka & Chutney Slaw Wrap	241	284.8	10.0	25.8	21.0	1.6

Recipe Name	Portion Size (g)	Energy (kcal)	Fat (g)	Carb (g)	Protein (g)	Salt (g)
Chickpea Lemon & Cream Cheesecake	197	712.9	38.8	80.8	9.2	0.7
Choco Raisin & Biscuit Squassant	131	591.2	33.2	62.7	8.2	0.9
Chocolate & Beetroot Cake	176	567.1	28.3	69.0	6.9	1.4
Chocolate Fudge Cake	88	331.6	14.9	44.6	3.4	0.1
Coconut Frangipane	124	526.7	35.5	45.3	5.2	0.4
Fishfinger Subwich	245	483.1	12.8	69.7	19.3	1.7
Frappe Chocolate Cookie	488	573.7	21.3	56.9	7.8	0.5
Frappe Classic Vanilla	447	235.5	16.1	18.7	5.7	8.2
Garlic Ciabatta Beef Sloppy Joe & House Salad	268	409.8	16.0	43.3	21.6	1.4
Garlic Ciabatta Veggie Sloppy Joe & House Salad	313	401.6	12.9	47.4	21.3	1.3
Halal BBQ Pulled Chicken Wrap With Ranch Slaw	234	211.0	6.6	19.1	17.2	1.1
Halal Buffalo Chicken Wrap	171	275.3	12.3	25.7	15.0	2.0
Halal Chicken Pesto & Mozzarella Ciabatta	276	599.9	21.4	64.8	37.0	2.0
Halal Chicken Tikka & Chutney Slaw Wrap	241	284.8	10.0	25.8	21.0	1.6
Halal Garlic Ciabatta Beef Sloppy Joe & House Salad	268	429.8	18.4	43.3	21.2	1.4
Halal IFG Wing Combo	333	617.2	34.6	46.6	26.8	2.2
Halal Mexican Chicken Focaccia	164	247.5	8.9	27.5	15.8	1.0
Halal Pepperoni Focaccia	101	245.4	12.3	25.0	10.4	1.1
Halal Piri Piri Chicken & Jalapeno Wrap	184	222.0	8.4	15.2	20.2	1.3
Halal Pizza Pie Pepperoni	227	511.2	13.6	75.4	20.2	2.4
Halal Sweet Chilli Chicken Hot Bagel	190	424.5	7.3	60.7	27.3	2.0
Halal Tex Mex Beef Burritos	379	491.6	15.5	63.8	22.6	0.8
Millionaires Shortbread	107	486.3	26.3	56.9	4.9	0.4
Hot Glazed Gammon & Stuffing Baguette with Gravy Dip	402	533.5	5.1	90.2	28.7	4.4
Hot Halal Turkey & Stuffing Baguette with Gravy Dip	391	532.4	5.6	80.8	37.2	2.5
Hot Lemon & Thyme Halal Chicken & Stuffing Baguette with Gravy Dip	347	538.9	10.4	77.2	30.8	2.5
Hot Roast Pork & Stuffing Baguette with Gravy Dip	391	584.9	14.8	80.4	29.3	2.6
Hot Salt & Pepper Halal Chicken & Stuffing Baguette with Gravy Dip	406	557.4	10.5	81.0	31.1	3.2
Hot Turkey & Stuffing Baguette with Gravy Dip	391	532.4	5.6	80.8	37.2	2.5
Hummingbird Cake	114	410.5	22.9	46.4	4.3	0.4
Iced Donut	60	256.8	13.8	29.4	3.2	0.2
IFG Wing Combo	333	617.2	34.6	46.6	26.8	2.2
Italian Vegetable & Buffalo Mozzarella Focaccia	138	264.0	13.6	25.8	11.1	0.6
Lemon & Cream Cheese Squassant	131	374.6	17.5	46.9	6.8	0.7
Loaded Halal Chicken Fire Dogs	290	561.6	13.2	86.3	21.1	3.1
Loaded Nachos Concept Halal Meat Special	340	664.4	31.6	67.1	24.0	2.8
Loaded Nachos Concept Meat Special	339	673.5	33.1	65.9	24.1	2.7
Loaded Nachos Concept Veggie Special	283	569.4	25.1	66.4	15.2	2.6
Loaded Pork Fire Dogs	303	577.7	15.9	76.5	28.6	3.0
Loaded Veggie Fire Dogs	290	587.8	17.4	76.2	29.8	3.2

Recipe Name	Portion Size (g)	Energy (kcal)	Fat (g)	Carb (g)	Protein (g)	Salt (g)
Margherita Focaccia	119	264.8	13.3	25.1	13.1	0.8
Mexican Buddha Bowl	287	366.3	9.4	57.6	9.3	3.2
Mexican Chicken Focaccia	164	247.5	8.9	27.5	15.8	1.0
Onion Bhaji & Slaw Wrap	297	449.9	18.0	58.3	9.9	1.7
Orzo Pesto and Mozzarella Salad	293	480.1	19.6	56.3	19.5	0.5
Overnight Oats with Chia, Berries & Cocoa	242	380.0	10.6	56.1	11.0	0.2
Pepperoni Focaccia	101	274.5	15.6	24.8	10.6	1.2
Piri Piri Chicken and Jalapeno Wrap	184	222.0	8.4	15.2	20.2	1.3
Pizza Pie Ham	246	509.9	11.6	75.2	24.5	2.6
Pizza Pie Margherita	216	475.7	10.6	75.2	18.2	2.0
Pizza Pie Pepperoni	227	532.8	16.0	75.3	20.3	2.5
Roast Vegetable, Pesto & Violife Baguette	280	618.5	25.0	82.2	13.1	2.5
Roast Vegetable, Pesto & Violife Malted Baguette	275	617.3	25.0	81.2	13.7	2.4
Rocky Road	110	541.9	30.6	59.8	5.1	0.7
Smokey Bean & Jalapeno Crunch Wrap	149	254.1	11.2	26.5	9.6	0.9
Smoothie Berry & Watermelon	400	92.4	0.7	20.4	1.5	0.2
Smoothie Strawberry & Banana	450	340.4	14.3	44.0	9.4	0.2
Spicy Falafel Hot Bagel	208	406.7	7.9	64.8	16.1	1.6
Spicy Sriracha Tuna Wraps	188	177.5	5.3	14.2	17.4	0.8
Sticky Date & Ginger Cake	197	588.3	16.2	100.7	9.1	1.7
Sweet Chilli Chicken Hot Bagel	190	424.5	7.3	60.7	27.3	2.0
Tex Mex Beef Burritos	379	462.8	11.9	63.8	23.3	0.9
The Ultimate Ham & Cheese Toastie	249	625.1	24.7	67.3	31.7	3.2
Tomato, Mozzarella & Basil Ciabatta	245	441.8	10.8	65.9	22.1	1.6
Tomato, Mozzarella & Basil Bagel	214	348.6	7.8	52.0	19.6	1.1
Tomato, Mozzarella & Basil Baguette	261	565.8	20.9	68.7	25.3	1.9
Tomato, Mozzarella & Basil Baguette Malted	256	564.6	20.9	67.7	26.0	1.8
Triple Cheese Toastie	211	580.4	23.4	67.1	23.6	2.6
Tuna Poke Bowl	184	422.1	20.3	42.6	14.4	1.5
Vegan Apple & Cinnamon Bircher	350	539.6	6.3	103.2	12.7	0.0
Vegetable Gyoza & Noodle Salad	293	359.3	6.3	64.3	11.9	1.9
Victoria Sponge	135	563.0	31.6	64.3	5.2	0.9
White Chocolate & Cranberry Squassant	99	440.8	22.2	52.8	6.2	0.6
8oz Beef Bolognese Pasta - Power Bites	156	235.8	4.0	37.0	11.6	0.3
8oz Cheese Sauce Pasta Pot - Power Bites	196	340.0	13.1	40.8	13.8	0.8
8oz Nacho Pot - Power Bites	80	249.0	12.3	27.8	5.3	0.6
8oz Sesame Vegetable Noodles - Power Bites	160	202.7	5.9	31.7	6.5	2.4
8oz Soy, Garlic & Ginger Noodles - Power Bites	166	190.1	3.2	35.2	6.1	1.9
8oz Sweet Chilli Vegetable Noodles - Power Bites	181	221.6	2.7	43.4	6.3	3.1
8oz Tomato & Basil Pasta - Power Bites	159	193.8	1.8	36.9	6.3	0.3

Recipe Name	Portion Size (g)	Energy (kcal)	Fat (g)	Carb (g)	Protein (g)	Salt (g)
Apple	115	61.0	0.1	13.6	0.5	0.0
Apple Traybake	103	308.5	8.9	49.7	5.8	0.5
Bacon Baguette	225	495.1	14.0	64.5	26.9	3.5
Bacon Bap 4"	90	214.3	7.6	24.7	11.5	1.5
Bacon, Cheese & Tomato Bagel	228	517.9	21.7	51.6	29.2	3.6
Bacon Rasher	45	84.6	6.3	0.0	7.7	1.2
Baked Beans	98	90.2	0.0	14.7	5.0	0.7
Banana	60	40.8	0.1	9.2	0.5	0.0
Banana Bread Traybake	130	408.4	19.6	50.9	6.4	0.8
BBQ Bacon & Cheese Bagel	228	528.5	21.6	54.4	29.1	3.8
BBQ Chicken & Sweetcorn Wrap	135	179.1	5.5	14.6	17.4	0.9
BBQ Chicken Baguette	243	450.5	2.6	74.0	30.3	2.2
BBQ Chicken Baguette Malted	238	449.4	2.6	73.0	30.9	2.1
BBQ Chicken Panini	250	545.5	10.4	75.3	35.4	2.7
BBQ Chicken Wings	183	240.2	13.4	7.8	21.5	1.2
BBQ Chicken Wings, Rice & Lime & Coriander Slaw	328	432.0	14.0	50.0	25.3	1.3
BBQ Crispy Chicken Open Wrap	236	423.1	16.0	48.3	18.9	2.0
BBQ French Bread Pizza - Power Bites	109	261.4	6.0	41.1	9.6	1.5
BBQ Pepperoni Bagel Stack	168	515.1	23.7	54.6	19.6	2.8
BBQ Quorn Dipper Open Wrap	197	334.9	11.2	41.2	14.1	1.1
BBQ Sausage Baguette	252	530.7	12.2	76.6	26.0	2.6
Halal Harissa Chicken & Houmous	51	93.5	1.6	13.5	6.0	0.4
Ham Salad	44	79.2	2.1	11.6	3.6	0.4
Harissa Chicken & Houmous	51	93.5	1.6	13.5	6.0	0.4
Mozzarella Tomato Pesto Mayo	47	103.9	4.4	11.7	4.3	0.3
BBTI Tuna With Lemon Mayonnaise	53	96.4	3.1	11.8	4.9	0.4
Vegan Onion Bhaji & Mango Chutney	70	119.1	3.8	17.8	2.7	0.5
Biscoff Swirl Sponge	137	329.5	13.2	49.0	4.0	0.1
BLT Baguette	302	584.8	22.2	67.4	29.8	3.9
BLT Baguette Malted	291	571.8	21.7	65.1	29.8	3.7
Blueberry Muffin	114	304.9	8.9	51.2	4.9	0.0
Breakfast Mushrooms	140	71.3	6.3	0.5	2.3	0.2
Breakfast Pancake Maple Syrup	100	252.8	2.3	54.8	4.0	0.6
Breakfast Wrap - Meat	176	368.4	22.1	21.4	20.8	2.4
Breakfast Wrap - Veggie	162	328.2	17.2	25.6	15.0	1.6
Brookie Bar	72	265.0	9.4	41.4	3.6	0.0
Buffalo Cauliflower Wings, Salt & Pepper Wedges	332	417.9	9.9	64.0	15.2	1.0
Butter Portion	1	7.6	0.8	0.0	0.0	0.0
Cadbury Flake Cone	125	245.0	12.8	29.3	3.1	0.1
Cajun Chicken Wings	182	261.5	13.7	11.5	22.2	2.2

Recipe Name	Portion Size (g)	Energy (kcal)	Fat (g)	Carb (g)	Protein (g)	Salt (g)
Cajun Popcorn	38	227.7	20.6	7.6	1.4	0.4
Cajun Roasted Vegetable & Houmous Baguette	273	495.0	13.7	73.8	15.4	2.1
Cajun Roasted Vegetable & Houmous Baguette Malted	268	493.8	13.7	72.8	16.0	2.0
Cajun Tuna & Red Pepper Pasta Pot	286	479.8	9.9	71.8	23.9	2.5
Cajun Tuna Melt Panini	234	525.5	14.8	68.3	27.4	2.8
Cajun Vegetable Quesadilla	102	162.0	11.0	8.7	6.4	1.0
Carrot & Coriander Soup	399	198.8	5.8	29.7	3.3	0.4
Carrot Cake Orange Glaze	113	358.9	17.3	47.2	3.6	0.7
Cereal - Cornflakes	150	156.0	2.3	27.1	6.2	0.3
Cereal - Rice Crispies	150	156.2	2.3	27.4	6.2	0.3
Cheese & Spring Onion Quesadilla	57	128.5	8.4	7.0	6.0	0.7
Cheese & Tomato Bagel	178	384.8	11.7	51.5	19.8	1.3
Cheese & Tomato Muffin	76	195.2	10.1	19.3	6.2	0.9
Cheese & Tomato Nacho Melt	57	132.5	4.1	18.7	4.5	0.6
Cheese Panini	168	425.6	9.4	66.1	17.0	1.7
Cheese Salad Deli Sub	176	414.9	16.4	48.0	18.3	1.4
Cheese Salad Malted Baguette	245	584.5	23.0	66.0	25.9	2.2
Cheese Salad Pot	175	226.1	17.3	3.5	15.9	1.0
Cheese Salad Sub	205	379.0	12.9	49.1	17.1	1.2
Cheese Salad White Baguette	250	585.7	23.1	67.0	25.2	2.3
Cheese Straws	74	270.5	17.3	20.0	8.2	0.6
Cheese, Mayo & Spring Onion Deli Sub	150	426.1	18.3	48.1	15.5	1.5
Cheesy Garlic & Parsley Ciabatta - Power Bites	98	277.2	12.2	31.5	9.5	1.0
Cheesy Garlic French Bread - Power Bites	108	280.8	11.1	33.8	10.4	1.1
Cherry Coke Can	330	141.9	0.0	35.3	0.0	0.0
Chicken & Sweetcorn Bloomer Malted	140	275.9	4.5	41.0	16.6	1.0
No Spread Chicken & Sweetcorn Deli Sub	145	331.3	6.9	48.1	17.4	1.1
Chicken & Sweetcorn Pasta Pot	274	519.0	14.7	71.5	23.4	1.1
No Spread Chicken & Sweetcorn Sandwich	143	295.6	4.6	44.6	17.6	0.8
Chicken & Wedges Pot	204	350.6	15.1	35.8	16.2	1.4
Chicken Caesar baguette	250	552.5	15.2	67.8	33.9	2.0
Chicken Caesar Baguette Malted	245	551.3	15.1	66.8	34.5	1.9
Chicken Caesar Salad	262	345.5	23.0	11.2	22.8	1.1
Chicken Caesar Wrap	125	253.0	14.9	9.4	20.1	0.8
Chicken Salad Pot	165	73.9	0.9	3.0	15.4	0.3
Chicken Tikka & Mayo Panini	242	510.5	15.4	66.0	24.7	1.9
Chicken Tikka Bloomer	196	411.2	17.2	46.0	16.8	1.3
Chicken Tikka Bloomer Malted	196	395.9	17.1	42.4	16.7	1.5
Chicken Tikka Burrito	215	351.4	8.0	51.3	17.1	1.9
Chicken Tikka Mayonnaise Baguette	252	483.2	8.7	68.3	30.4	2.1

Recipe Name	Portion Size (g)	Energy (kcal)	Fat (g)	Carb (g)	Protein (g)	Salt (g)
Chicken Tikka Mayonnaise Baguette Malted	248	482.0	8.6	67.3	31.0	2.0
Small Cheese Roll	69	218.3	8.7	25.7	8.2	0.8
Small Chicken Roll	84	204.2	5.3	26.3	11.9	0.7
Small Egg Mayo Roll	66	165.9	5.9	21.8	5.6	0.7
Small Ham Roll	73	178.0	4.2	25.7	8.4	0.9
Small Tuna Mayo Roll	85	198.8	5.1	26.4	10.8	0.9
Chinese Style Fried Rice	272	431.0	16.6	60.0	8.2	1.1
Chipotle Roast Chickpea & Orzo Pasta Salad	275	437.1	19.4	48.7	11.8	0.6
Chocolate and Banana Brownie 50% Fruit	144	197.7	4.6	35.9	3.0	0.1
Chocolate and Caramel Cruffin	85	336.6	16.0	40.3	6.7	0.6
Chocolate and Whole Banana Puff Pastry Pinwheel	82	247.6	10.9	32.0	4.6	0.4
Chocolate Brownie	72	234.3	7.1	39.0	3.8	0.1
Chocolate Brownie New	72	292.6	15.1	33.6	4.2	0.3
Chocolate Cake GF	28	108.9	4.8	15.1	1.1	0.2
Chocolate Chip Cookie Small	41	173.2	7.0	25.4	1.9	0.0
Chocolate Cookie	78	314.3	11.2	49.0	3.8	0.0
Chocolate Crispie Cake	78	336.0	14.9	46.7	3.3	0.7
Chocolate Fudge Cake	116	332.4	16.2	36.2	7.8	1.2
Chocolate Fudge Cake	112	279.9	9.4	42.3	5.5	0.2
Chocolate Ice Cream Pot	80	124.0	5.7	15.2	2.2	0.1
Chocolate Muffin	103	292.4	8.9	48.7	4.7	0.0
Chocolate Sponge & Chocolate Sauce	138	265.6	7.4	45.9	4.1	0.1
Cinnamon Popcorn	80	394.6	20.7	48.2	1.6	0.2
Cocoa Bread and Butter Pudding	158	239.2	9.8	32.1	5.1	0.4
Coronation Chicken Bloomer	192	393.9	11.5	45.2	25.8	1.4
Coronation Chicken Malted Bloomer	192	378.8	11.4	41.6	25.8	1.6
Coronation Chickpea Bloomer	154	298.4	4.9	49.1	10.8	0.8
Coronation Chickpea Bloomer Malted	154	283.5	4.8	45.6	10.7	1.0
Creamy Pesto Pasta 12oz	223	381.3	12.2	55.5	10.9	0.7
Creamy Pesto Pasta 16oz	297	508.4	16.2	74.0	14.6	1.0
Crispy Chicken Ranch Open Wrap	192	307.6	16.0	24.6	15.2	1.6
Crispy Katsu Chicken Open Wrap	302	514.5	16.4	69.6	20.4	2.6
Crispy Korean BBQ Chicken Burger	180	364.2	12.6	43.6	19.2	1.8
Croissant	60	235.8	11.4	27.0	5.4	0.5
Dips - BBQ	50	83.5	0.0	20.0	0.7	1.5
Dips - Houmous	60	176.4	13.8	6.6	4.7	0.7
Dips - Mayonnaise	50	139.5	14.0	3.2	0.3	0.7
Dips - Sweet Chilli	50	98.5	0.0	24.0	0.0	1.6
Dips - Tomato Sauce	50	45.0	0.0	10.0	0.3	0.9
Double Chocolate Chip Cookie	90	381.0	15.3	55.8	4.2	0.1

Recipe Name	Portion Size (g)	Energy (kcal)	Fat (g)	Carb (g)	Protein (g)	Salt (g)
Double Espresso	94	0.0	0.0	0.0	0.0	0.0
Dragon Fruit & Mango Bubble Tea	405	61.2	0.8	15.3	0.3	0.1
Dropped Pancake with Fruit Toppings	139	284.9	7.5	44.4	9.0	1.5
Falafel & Red Pepper Wrap	168	202.0	6.0	27.1	7.3	0.8
Flapjack	108	464.2	21.2	59.3	6.5	0.4
Flapjack Triangle	54	232.1	10.6	29.6	3.3	0.2
Flora Portion	10	53.1	5.9	0.0	0.0	0.1
Free Plain Porridge	281	200.0	4.7	28.2	9.6	0.2
French Bread Pizza	109	240.2	6.2	35.4	9.8	1.1
French Toast with Maple Syrup	115	234.2	2.5	45.4	7.0	0.6
Fresh Milk	200	96.0	3.2	9.8	6.8	0.2
Fried Egg	63	120.9	10.2	0.0	7.5	0.2
Fruit Salad Pot 4oz	69	31.5	0.1	7.1	0.3	0.0
Galaxy	42	228.5	13.4	23.1	3.1	0.1
Galaxy Caramel	48	232.3	11.5	28.8	2.6	0.2
Galaxy Ripple	30	158.4	8.7	17.4	2.3	0.1
Garlic & Chilli Noodles	332	539.1	20.9	77.6	12.2	3.9
Garlic Bread	82	202.6	4.6	32.9	6.2	0.7
GEN JUICE 250ml	28	5.6	0.0	1.3	0.1	0.0
GEN JUICE 500ml	56	11.1	0.0	2.6	0.3	0.0
Grape Pot 4oz	64	42.4	0.1	9.9	0.3	0.0
Halal 3 Piece Breakfast	303	369.1	8.9	50.6	15.5	2.3
Halal 4 Piece Breakfast	325	386.4	9.2	50.0	19.0	2.8
Halal 5 Piece Breakfast	290	380.7	14.7	37.1	21.2	2.3
Halal BBQ Chicken & Sweetcorn Wrap	135	179.1	5.5	14.6	17.4	0.9
Halal BBQ Chicken Baguette	243	450.5	2.6	74.0	30.3	2.2
Halal BBQ Chicken Baguette Malted	238	449.4	2.6	73.0	30.9	2.1
Halal BBQ Chicken Panini	250	545.5	10.4	75.3	35.4	2.7
Halal BBQ Chicken Wings	183	240.2	13.4	7.8	21.5	1.2
Halal BBQ Chicken Wings, Rice & Lime & Coriander Slaw	328	432.0	14.0	50.0	25.3	1.3
Halal BBQ Crispy Chicken Ranch Open Wrap	236	423.1	16.0	48.3	18.9	2.0
Halal BBQ Pepperoni Bagel Stack	158	424.9	14.5	54.8	17.5	2.2
BBQ Sausage Baguette Halal	252	538.6	10.9	87.4	20.4	2.9
Halal Beef Bolognese Pasta 8oz- Power Bites	156	248.7	5.7	37.0	11.3	0.3
Halal Breakfast Wrap - Meat	133	291.9	15.5	26.5	10.8	1.4
Halal Cajun Chicken Wings	182	261.5	13.7	11.5	22.2	2.2
No Spread Chicken & Sweetcorn Deli Sub Halal	148	335.3	7.0	48.1	18.3	1.1
Halal Chicken & Sweetcorn Pasta Pot	283	532.0	14.9	71.6	26.3	1.2
Halal Chicken & Sweetcorn Sandwich No Spread	143	280.5	4.5	41.0	17.5	1.0
Halal Chicken & Sweetcorn Sandwich No Spread	143	295.6	4.6	44.6	17.6	0.8

Recipe Name	Portion Size (g)	Energy (kcal)	Fat (g)	Carb (g)	Protein (g)	Salt (g)
Halal Chicken and Wedges Pot	204	350.6	15.1	35.8	16.2	1.4
Halal Chicken Caesar Baguette	250	536.9	14.9	69.1	25.8	2.3
Halal Chicken Caesar Baguette Malted	245	535.7	14.8	68.1	26.5	2.2
Halal Chicken Caesar Salad	262	345.5	23.0	11.2	22.8	1.1
Chicken Caesar Wrap	125	253.0	14.9	9.4	20.1	0.8
Halal Chicken Salad Pot	165	73.9	0.9	3.0	15.4	0.3
Halal Chicken Sausage (Beef Casing) Salt & Pepper Shake Fries	328	397.6	14.4	51.5	12.7	1.9
Halal Chicken Tikka & Mayo Panini	242	510.5	15.4	66.0	24.7	1.9
Halal Chicken Tikka Bloomer	216	438.6	17.5	46.1	22.8	1.4
Halal Chicken Tikka Bloomer Malted	216	423.3	17.4	42.5	22.7	1.6
Halal Chicken Tikka Burrito	215	351.4	8.0	51.3	17.1	1.9
Halal Chicken Tikka Mayonnaise Baguette	252	483.2	8.7	68.3	30.4	2.1
Halal Chicken Tikka Mayonnaise Baguette Malted	248	482.0	8.6	67.3	31.0	2.0
Halal Small Chicken Roll	84	204.2	5.3	26.3	11.9	0.7
Coronation Chicken Bloomer	192	393.9	11.5	45.2	25.8	1.4
Halal Coronation Chicken Malted Bloomer	192	363.2	11.1	42.9	17.7	1.8
Halal Crispy Chicken Ranch Open Wrap	192	307.6	16.0	24.6	15.2	1.6
Halal Crispy Katsu Chicken Open Wrap	302	514.5	16.4	69.6	20.4	2.6
Halal Crispy Korean BBQ Chicken Burger	178	359.9	12.6	42.7	19.2	1.8
Halal Half BBQ Chicken Baguette	243	450.5	2.6	74.0	30.3	2.2
Halal Half BBQ Chicken Baguette Malted	119	224.7	1.3	36.5	15.5	1.1
Halal Half BBQ Chicken Panini	125	272.8	5.2	37.6	17.7	1.4
Half BBQ Sausage Baguette Halal	126	269.3	5.4	43.7	10.2	1.4
Halal Half Chicken Sausage Baguette	127	277.1	7.2	41.3	10.3	1.3
Halal Half Chicken Tikka Mayonnaise Baguette	126	241.6	4.3	34.2	15.2	1.0
Halal Half Chicken Tikka Mayonnaise Baguette Malted	124	241.0	4.3	33.7	15.5	1.0
Half Piri Piri Chicken Baguette Halal	126	242.4	4.4	34.4	15.2	1.2
Half Piri Piri Chicken Baguette Malted Halal	124	241.8	4.4	33.9	15.5	1.1
Half South Fried Chicken Chilli Mayo Baguette Halal	128	294.2	8.8	39.9	12.7	1.4
Halal Half South Fried Chicken Mayo Baguette Malted	126	289.3	8.8	38.7	12.7	1.3
Halal Half South Fried Chicken Mayo Baguette Malted	123	288.7	8.8	38.2	13.1	1.3
Halal Half Turkey Lettuce Mayo Baguette	138	274.0	6.5	33.8	19.1	0.8
Halal Half Turkey Lettuce Mayo Baguette Malted	135	273.4	6.5	33.3	19.4	0.7
Halal Homemade Sausage Roll	150	391.5	19.2	42.3	11.7	2.2
Halal Louisiana Chicken and Wedges	228	373.2	15.2	40.7	16.6	1.7
Halal Pepperoni and Cheese Bagel	168	446.3	17.2	52.2	19.4	2.3
Halal Pepperoni Panini	212	512.9	15.6	69.4	21.6	2.7
Halal Pepperoni Pizza	105	253.7	9.8	30.1	10.7	1.2
Halal Pepperoni Pizza Homemade TUGO	120	288.6	10.3	36.4	11.7	1.2
Halal Philly Hot Dog	268	588.4	16.1	86.0	22.2	3.8

Recipe Name	Portion Size (g)	Energy (kcal)	Fat (g)	Carb (g)	Protein (g)	Salt (g)
Piri Piri Chicken Baguette Halal	252	484.8	8.8	68.7	30.3	2.4
Piri Piri Chicken Baguette Malted Halal	248	483.6	8.7	67.8	31.0	2.3
Halal Sausage Cheese & Hash Brown Muffin	193	408.1	15.7	49.3	16.2	2.1
Halal Southern Fried BBQ Chicken Twister	108	261.1	12.3	22.9	14.7	1.7
Halal Southern Fried Chicken & Cajun Mayo Wrap	129	289.8	16.5	20.3	14.8	2.0
Halal Southern Fried Chicken Burger Lettuce & Mayo	171	376.9	16.5	38.4	17.8	1.8
Halal Southern Fried Chicken Chilli Mayo Baguette Malted	252	587.3	17.6	78.8	26.1	2.7
Halal Southern Fried Chicken Mayo Baguette	249	572.8	17.5	76.6	25.2	2.6
Halal Southern Style Chicken Wings	208	451.2	30.3	19.8	23.4	1.5
Halal Southern Style Chicken Wings, Rice and Ranch Slaw	365	689.9	35.3	63.3	27.4	1.6
Halal Sweet Chilli Chicken Open Wrap	184	221.6	8.2	22.4	13.0	1.2
Halal Turkey Lettuce Mayo Baguette	275	548.0	13.1	67.6	38.2	1.6
Halal Turkey Lettuce Mayo Baguette Malted	270	546.8	13.0	66.6	38.9	1.5
Half Cheese Salad Malted Baguette	123	292.2	11.5	33.0	12.9	1.1
Half BBQ Chicken Baguette	121	225.3	1.3	37.0	15.2	1.1
Half BBQ Chicken Baguette Malted	119	224.7	1.3	36.5	15.5	1.1
Half BBQ Chicken Panini	125	272.8	5.2	37.6	17.7	1.4
Half BBQ Sausage Baguette	126	265.3	6.1	38.3	13.0	1.3
Half BLT Baguette	151	292.4	11.1	33.7	14.9	1.9
Half BLT Baguette Malted	149	291.8	11.1	33.2	15.2	1.9
Half Cajun Roasted Vegetable and Houmous Baguette	137	247.5	6.9	36.9	7.7	1.1
Half Cajun Roasted Vegetable and Houmous Baguette Malted	134	246.9	6.8	36.4	8.0	1.0
Cheese Baguette Half	99	286.2	11.4	32.6	12.3	1.1
Half Cheese Panini	84	212.8	4.7	33.1	8.5	0.9
Half Cheese Salad White Baguette	125	292.9	11.5	33.5	12.6	1.2
Half Chicken Tikka & Mayo Panini	121	255.3	7.7	33.0	12.4	1.0
Half Chicken Tikka Mayonnaise Baguette	126	241.6	4.3	34.2	15.2	1.0
Half Chicken Tikka Mayonnaise Baguette Malted	124	241.0	4.3	33.7	15.5	1.0
Half Halal Chicken Tikka & Mayo Panini	121	255.3	7.7	33.0	12.4	1.0
Half Halal Pepperoni Panini	106	256.5	7.8	34.7	10.8	1.3
Half Ham & Cheese Baguette	108	266.5	8.5	32.6	13.8	1.3
Ham & Cheese Baguette Malted	109	270.1	8.6	32.1	14.8	1.4
Half Ham & Cheese Panini	113	240.2	5.4	34.2	12.7	1.3
Half Ham Baguette	93	204.7	3.4	32.6	10.0	1.0
Half Ham Salad Baguette Malted	117	209.9	3.4	33.0	10.6	1.0
Half Ham Salad Baguette White	119	210.5	3.5	33.5	10.2	1.1
Houmous and Pesto Roasted Veg Baguette White 1/2	129	276.6	10.1	36.9	7.6	0.9
Half Houmous and Pesto Roasted Vegetable Baguette Malted	131	268.2	9.7	35.5	7.7	0.8
Half Pepperoni Panini	106	278.0	10.2	34.5	10.9	1.5
Pizza Melt Panini	95	220.9	4.8	34.5	8.8	1.0

Recipe Name	Portion Size (g)	Energy (kcal)	Fat (g)	Carb (g)	Protein (g)	Salt (g)
Half South Fried Chicken Chilli Mayo Baguette	128	294.2	8.8	39.9	12.7	1.4
Half South Fried Chicken Mayo Baguette	126	289.3	8.8	38.7	12.7	1.3
Half South Fried Chicken Mayo Baguette Malted	123	288.7	8.8	38.2	13.1	1.3
Half Tuna & Cucumber Baguette	116	236.9	5.1	33.1	13.5	1.0
Half Tuna & Cucumber Baguette Malted	114	236.3	5.1	32.6	13.8	0.9
Half Turkey Lettuce Mayo Baguette	138	274.0	6.5	33.8	19.1	0.8
Turkey Lettuce Mayo Baguette Malted	135	273.4	6.5	33.3	19.4	0.7
Half Vegan BBQ Sausage Baguette	130	293.6	9.1	38.4	12.4	1.5
Half Vegan BBQ Sausage Baguette Malted	127	293.0	9.0	37.9	12.7	1.5
Ham & Cheese Bagel	176	451.8	16.8	49.5	24.4	2.1
Ham & Cheese Baguette	216	532.9	17.1	65.2	27.5	2.6
Ham & Cheese Baguette Malted	220	545.6	17.5	64.8	29.9	2.7
Ham & Cheese Croissant	118	362.3	19.7	27.0	18.5	1.6
Ham & Cheese Deli Sub	172	421.7	14.7	47.0	23.8	2.1
Ham & Cheese Panini	206	468.5	10.7	66.1	24.9	2.5
Ham & Cheese Sandwich	148	344.3	9.5	43.2	20.4	1.6
Ham & Cheese Sandwich Malted	148	329.0	9.4	39.6	20.3	1.8
Ham Salad Deli Sub Rol	188	342.9	7.5	47.4	20.9	1.8
Ham Salad Baguette Malted	233	419.8	6.8	65.9	21.1	2.0
Ham Salad Baguette White	238	421.0	6.9	66.9	20.5	2.1
Hard Boiled Egg Salad Pot	212	133.1	8.2	2.7	14.7	0.4
Hash Brown	50	83.0	3.5	11.5	1.0	0.2
Hob Nob	83	368.7	16.0	51.0	4.3	0.9
Homemade Sausage Roll	175	460.5	28.3	37.2	12.6	1.5
Hot Chocolate Rocky Road and Custard	164	282.4	8.8	41.5	8.6	0.5
Hot Honey Popcorn	48	243.8	20.6	11.5	1.4	0.5
Hot Maple and Cajun Quorn Burrito	227	345.2	6.3	54.2	13.7	1.7
Hot Pesto Pasta with Roasted Tomatoes	368	518.2	20.4	67.9	15.7	1.2
Hot Wrap - Ham & Cheese	103	198.0	10.8	10.5	14.7	1.6
Hot Wrap - Margherita	85	187.2	11.9	11.1	8.4	1.1
No Spread Houmous & Pesto Roast Veg Bag Malted	243	518.1	16.4	72.8	15.9	1.6
Houmous & Pesto Roasted Vegetable Baguette White	257	553.1	20.2	73.8	15.2	1.8
Houmous & Roasted Vegetable Bloomer	185	358.8	12.6	48.9	10.0	0.8
Houmous & Roasted Vegetable Bloomer Malted	185	344.3	12.5	45.4	9.9	1.0
Iced Thai Milk Tea - Berry	433	260.0	7.4	45.8	5.5	0.7
Iced Thai Milk Tea - Green Tea	433	260.0	7.4	45.8	5.5	0.7
Iced Thai Milk Tea - Lemon & Ginger	433	260.0	7.4	45.8	5.5	0.7
IRN BRU	330	62.7	0.0	14.9	1.7	0.0
Jam and Coconut Sponge	124	311.8	15.9	37.9	3.9	0.4
Jasmine & Mango Bubble Tea	382	27.0	0.7	7.1	0.2	0.1

Recipe Name	Portion Size (g)	Energy (kcal)	Fat (g)	Carb (g)	Protein (g)	Salt (g)
Korean Glazed Eat Curious pieces Crunchy Veg & Noodle Salad	341	378.8	7.9	57.8	19.2	4.1
Korean BBQ Quorn Open Wrap	199	265.4	12.8	23.2	10.7	0.8
Lemon Sponge & Custard	130	250.1	6.8	43.7	3.8	0.1
Lentil & Chickpea Dahl with Crispy Bombay Potatoes	327	222.7	5.9	28.6	10.4	1.1
Loaded Flapjack	110	467.5	21.9	61.7	4.2	0.5
Louisiana Chicken and Wedges	228	373.2	15.2	40.7	16.6	1.7
Maltesers Standard	37	186.1	8.9	22.9	3.1	0.1
Maple & Chilli Cauliflower Wings with Cajun Wedges	336	388.9	4.1	77.3	8.1	2.6
Margherita Pizza	96	225.0	7.3	29.9	9.1	0.9
Margherita Pizza Homemade	111	259.9	7.9	36.3	10.1	0.9
Mars Bar	40	176.8	6.4	28.0	1.8	0.3
Mexican Red Pepper & Tomato Soup	309	129.8	4.5	17.9	2.7	1.0
Mexican Salsa Quesadilla	66	107.4	6.2	7.8	4.7	0.5
Milk - Chocolate	200	94.0	3.0	9.6	7.2	0.3
Milk - Strawberry	200	92.0	2.8	9.6	6.8	0.3
Mini Bacon Baguette	113	247.5	7.0	32.2	13.5	1.8
Mini Chocolate Cookie	39	157.1	5.6	24.5	1.9	0.0
Mini Sausage Baguette	116	247.8	6.0	34.6	12.6	1.0
Mixed Berry & Apple Crumble	119	196.5	6.8	30.9	2.0	0.1
Mozzarella, Tomato & Basil Croissant	160	458.3	31.5	28.9	16.2	0.8
Mushroom Gyoza & Wilted Slaw Salad Bowl	239	174.9	5.2	23.7	5.0	0.9
Nestle Fab	58	79.5	2.7	13.2	0.3	0.0
Leek & Potato Soup	302	90.3	4.0	10.4	2.1	0.8
Nut Free Bakewell Sponge	0	575.9	31.5	65.4	7.4	0.4
Oaty Apple Crumble and Custard	151	260.8	8.0	43.0	2.7	0.2
Onion Bhaji & Tabbouleh Salad	245	504.3	14.5	79.6	14.3	1.5
Onion Bhaji Skewer with Bombay Potato	524	562.8	24.5	70.4	11.1	1.4
Orange	130	55.9	0.1	11.1	1.4	0.0
Oreo 6 Pack	66	311.5	12.5	44.2	3.7	0.5
Oreo Style Cookie	57	255.7	14.3	28.1	3.1	0.5
Pain Au Chocolate	74	301.5	15.6	32.7	6.2	0.5
Parsnip & Apple Soup	274	160.7	6.0	22.0	2.6	0.6
Pasta in Cheese Sauce 12oz	300	519.3	13.6	77.1	20.5	0.7
Pasta in Cheese Sauce 16oz	400	692.5	18.1	102.8	27.4	0.9
Peach & Strawberry Bubble Tea	405	49.0	0.8	11.8	0.3	0.1
Pear & Apple Orchard Crumble & Custard	151	264.1	8.1	43.8	2.7	0.2
Pear	165	77.6	0.2	16.5	0.5	0.0
Pepperoni Panini	212	556.0	20.4	69.1	21.8	2.9
Pepperoni Pizza	105	271.2	11.7	30.0	10.8	1.3
Pepperoni Pizza Homemade	120	306.1	12.3	36.3	11.8	1.3

Recipe Name	Portion Size (g)	Energy (kcal)	Fat (g)	Carb (g)	Protein (g)	Salt (g)
Pesto Pasta Salad	220	533.8	21.9	68.8	13.8	0.6
Philly Hot Dog	281	717.3	28.7	84.3	25.2	3.7
Philly Hot Dog Veggie	268	608.4	19.6	76.6	26.8	3.8
Pineapple Pot 4oz	60	27.6	0.1	6.1	0.2	0.0
Pizza Melt Panini	190	441.9	9.7	69.0	17.6	1.9
Plain Popcorn	18	91.9	5.5	7.5	1.4	0.0
Plain Porridge	281	200.0	4.7	28.2	9.6	0.2
Plain Strawberry Yogurt	90	13.0	0.4	1.5	0.7	0.0
Plain Vanilla Yogurt	90	12.9	0.4	1.5	0.7	0.0
Pork Sausage (Beef Casing) Salt & Pepper Shake Fries	341	533.3	27.7	49.7	15.8	1.8
Pork Sausage	48	83.1	5.0	2.7	6.6	0.4
Pork Sausage Bap 4"	95	217.1	6.6	27.4	10.9	0.8
Protein Pot - Boiled egg	58	76.0	5.2	0.0	7.5	0.2
Protein Pot - Cheese	30	124.2	10.2	0.5	7.5	0.6
Protein Pot - Chicken	25	34.3	0.4	0.2	7.5	0.2
Protein Pot - Halal Chicken	25	34.3	0.4	0.2	7.5	0.2
Protein Pot - Ham	28	31.9	1.0	0.0	5.9	0.6
Protein Pot - Onion Bhaji	41	83.8	4.5	8.9	1.7	0.4
Protein Pot - Tuna	42	54.3	1.8	0.3	9.3	0.3
Pumpkin Seed Pot 4oz	50	290.0	23.5	2.8	15.5	0.1
Quorn Tikka Burrito	215	321.8	4.3	53.0	14.5	1.8
Raspberry Ripple Cake	91	350.1	18.5	41.1	4.6	0.5
Raspberry Ripple Cake	86	232.9	5.9	42.0	3.2	0.0
Roast Vegetable, Pesto & Mozzarella Wrap	175	261.3	17.6	13.8	10.8	0.6
Roasted Butternut, Sweetcorn & Chipotle Pasta	473	359.2	6.0	61.3	11.7	0.7
Roasted Squash & Ginger Soup	286	136.1	6.6	15.7	2.2	0.3
Roasted Tomato & Basil Soup	308	97.1	0.4	18.5	5.4	0.4
Roasted Vegetable Salad	211	108.7	5.7	10.0	2.6	0.5
Sausage Baguette	233	495.7	11.9	69.3	25.3	2.1
Sausage Cheese & Hash Brown Muffin	186	391.6	15.7	42.8	18.4	1.9
Giant Sausage Roll	103	296.6	17.5	26.8	5.8	1.0
Shortbread	107	496.2	27.5	55.9	5.4	0.4
Shortbread Triangle	42	193.0	10.7	21.7	2.1	0.2
Single Espresso	47	0.0	0.0	0.0	0.0	0.0
Small Chocolate Brownie	36	117.1	3.6	19.5	1.9	0.0
Chocolate Muffin	60	169.4	5.2	28.2	2.7	0.0
Small Vegan Chocolate Brownie with No Added Gluten	37	118.8	4.2	18.6	1.2	0.1
Smokey Chilli & Tomato Soup	307	100.8	0.6	18.6	5.5	0.4
Southern Fried BBQ Chicken Twister	108	261.1	12.3	22.9	14.7	1.7
Southern Fried Chicken & Cajun Mayo Wrap	129	289.8	16.5	20.3	14.8	2.0

Recipe Name	Portion Size (g)	Energy (kcal)	Fat (g)	Carb (g)	Protein (g)	Salt (g)
Southern Fried Chicken Burger Lettuce & Mayo	171	376.9	16.5	38.4	17.8	1.8
Southern Fried Chicken Mayo Baguette	180	408.2	16.7	44.4	19.3	2.0
Southern Fried Chicken Mayo Baguette Malted	251	587.2	17.6	78.8	26.1	2.7
Southern Fried Ranch Quorn Open Wrap	198	259.9	13.1	20.7	11.1	1.6
Southern Style Chicken Wings	208	451.2	30.3	19.8	23.4	1.5
Southern Style Chicken Wings, Rice and Slaw	365	689.9	35.3	63.3	27.4	1.6
Spiced Lentil & Sweet Potato Soup	284	170.0	5.6	23.9	4.4	0.9
Spiced Pineapple Cake	135	217.3	5.0	40.3	2.8	0.1
Spiced Vegetable Soup	261	146.9	5.0	20.8	2.5	0.5
Spicy Bean & Cheese Quesadilla	102	164.4	7.7	13.9	7.7	0.6
Spicy Houmous Salad Sub	183	418.8	16.3	52.9	12.1	1.4
Spicy Tomato pasta	202	247.2	3.8	44.8	6.8	0.6
Spicy Vegetable & Noodle Salad	255	310.6	7.5	50.3	11.7	3.8
Spicy Vegetable Fried Rice	169	219.4	3.6	39.1	5.8	1.2
Spicy Vegetable Noodles - Power Bites	185	223.0	2.7	43.6	6.4	3.1
Sticky Ginger Cake and Custard	158	325.7	6.9	62.1	3.8	0.2
Sticky Lemon Sponge	121	276.6	7.2	49.5	3.8	0.1
Strawberry Yogurt with Strawberry Topping	90	39.5	0.4	8.2	0.6	0.0
Sultana Pot 4oz	50	148.0	0.2	34.7	1.4	0.0
Sunflower Seed Pot 4oz	50	296.5	24.0	9.5	10.0	0.0
Super Charged Chilli Quorn Dipper	162	234.6	13.2	16.9	10.4	0.7
Sweet Chilli Chicken Open Wrap	170	177.6	6.8	15.8	11.8	1.1
Tex Mex Loaded Hash Browns	246	449.8	22.9	50.1	9.2	2.0
Thai Style Butternut Squash Soup	284	170.6	10.0	15.9	2.7	0.6
The Big Plant Burger	186	433.6	18.5	33.9	28.1	2.1
White Toast	50	121.0	0.7	24.0	4.1	0.3
Toasted Buttered bagel	110	288.2	5.2	50.0	9.0	0.8
Toasted Crumpets	60	126.7	4.1	18.7	3.0	0.7
Toasted Teacake	65	180.7	4.7	29.6	4.3	0.5
Tomato & Basil Pasta 12oz	229	263.8	2.6	49.9	8.6	0.5
Tomato & Basil Pasta 16oz	305	351.8	3.5	66.5	11.5	0.6
Tonys Chocolonely Caramel Sea Salt	35	188.0	11.1	19.0	2.4	0.2
Tonys Chocolonely Milk Chocolate	35	190.8	11.6	18.2	2.7	0.1
Topping - Cinnamon Sugar	21	82.9	0.0	20.3	0.0	0.0
Topping - Dried Fruit	20	54.9	0.1	12.4	0.6	0.0
Topping - Easiyo Mixed Berry	20	32.8	0.0	7.8	0.0	0.0
Topping - Easiyo Strawberry	20	29.4	0.0	7.0	0.0	0.0
Topping - Golden Syrup	20	63.4	0.0	15.8	0.0	0.1
Topping - Honey	20	61.4	0.0	15.2	0.0	0.0
Topping - Mixed Fruit Jam	15	41.9	0.0	10.4	0.0	0.0

Recipe Name	Portion Size (g)	Energy (kcal)	Fat (g)	Carb (g)	Protein (g)	Salt (g)
Topping - Pumpkin Seeds	20	116.0	9.4	1.1	6.2	0.0
Topping - Raspberry Jam	15	42.0	0.0	10.2	0.0	0.0
Topping - Sunflower Seeds	20	118.6	9.6	3.8	4.0	0.0
Tuna & Cucumber Bloomer	139	263.4	2.9	43.3	14.8	0.8
Tuna & Cucumber Bloomer Malted	139	248.3	2.8	39.7	14.8	1.0
Tuna & Cucumber Deli Sub	153	328.0	7.4	47.1	16.5	1.1
Tuna & Sweetcorn Pasta Pot	293	485.3	10.2	72.4	24.4	1.2
Tuna Crunch Bagel	205	337.6	4.8	52.6	19.5	1.1
Tuna Crunch Baguette	264	440.4	5.2	68.3	27.6	1.8
Tuna Crunch Baguette Malted	259	439.2	5.2	67.3	28.2	1.7
Tuna Mayo Salad Pot	206	140.3	6.5	4.0	18.5	1.2
Tuna & Cucumber Baguette	233	473.8	10.2	66.2	27.0	2.0
Tuna Mayonnaise & Cucumber Baguette Malted	218	461.8	10.0	65.3	25.2	1.8
Tuna Melt Ciabatta	216	502.5	15.0	62.5	27.9	2.5
Turkey Lettuce Mayo Baguette	275	548.0	13.1	67.6	38.2	1.6
Turkey Lettuce Mayo Baguette Malted	270	546.8	13.0	66.6	38.9	1.5
Tuscan Bean Soup	285	124.7	0.8	20.8	7.4	0.3
Vanilla Cookie	66	260.5	9.2	40.7	3.1	0.0
Vanilla Ice cream pot	80	128.0	6.7	15.2	1.8	0.2
Vanilla Sponge & Custard	128	250.6	6.8	43.9	3.8	0.1
Plain Vanilla Yogurt	90	39.4	0.4	8.2	0.6	0.0
Vegan BBQ Sausage Baguette	260	587.3	18.1	76.8	24.9	3.0
Vegan BBQ Sausage Baguette Malted	255	586.1	18.1	75.9	25.5	3.0
Vegan Chinese Style Noodles	335	325.6	2.0	65.9	12.7	1.7
Vegan Chocolate Brownie made with GF Flour	74	237.5	8.4	37.3	2.3	0.2
Vegan Falafel & Lime Slaw Wrap	188	234.7	11.0	24.5	6.6	1.0
Vegan Korean Noodles Salad	343	499.0	12.6	84.6	15.5	2.7
Vegan Onion Bhaji Wrap	155	211.1	7.6	30.5	4.2	1.2
Vegan Roasted Cauliflower Salad	310	424.0	11.3	56.4	20.0	0.4
Vegan Salt & Pepper Shake Fries	325	362.3	12.0	45.5	12.7	1.2
Vegan Sausage	48	96.9	6.2	3.1	6.2	0.6
Vegan Singapore Noodles	248	326.3	2.3	68.2	12.2	1.9
Vegan Tomato & Basil Pasta Salad	265	341.4	2.3	66.8	11.4	0.3
Vegetable Sticks with Houmous	177	161.3	9.1	13.2	4.2	0.5
Vegetable Sushi with Japanese Slaw	215	311.3	5.0	56.7	6.1	1.0
Vegetarian Sausage Cheese & Hash Brown Muffin	186	405.8	16.9	43.3	18.0	2.1
Victoria Sponge Muffin	134	433.3	16.3	67.2	4.8	0.1
Waffle Berry Pudding	158	232.4	9.9	30.9	4.7	0.4
Plain Waffle		387.0	19.8	45.0	6.1	0.8
Watermelon Pot 4oz	62	16.1	0.1	3.5	0.3	0.0

Recipe Name	Portion Size (g)	Energy (kcal)	Fat (g)	Carb (g)	Protein (g)	Salt (g)
Whipped cream	30	88.2	8.4	2.4	0.7	0.0
White Chocolate & Blueberry Muffin	116	323.1	10.9	51.4	4.9	0.0
Forest Fruits Jelly Pot	121	1.5	0.1	0.9	0.1	0.0
Orange Jelly Pot	121	37.7	0.1	10.1	0.1	0.0
Strawberry Jelly Pot	121	37.7	0.1	10.1	0.1	0.0