



The nutritional values are based on a 6 inch portion serving.

	Value Per Serving Size									Value Per 100 Gram										
	Serving Size (g)	Energy (kJ)	Energy (kcal)	Fat (g)	of which saturates (g)	Carbohydrate (g)	of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Serving Size (g)	Energy (kJ)	Energy (kcal)	Fat (g)	of which saturates (g)	Carbohydrate (g)	of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
<b>Bread</b>																				
9 Grain Multi-Seed Bread	93	1154	275	8.2	1.3	36	3.7	5.3	12	0.6	100	1241	296	8.8	1.4	39	4	5.7	13	0.6
9-Grain Wheat Bread	78	789	189	1	0.4	34	3.5	3.7	7.9	0.6	100	1012	242	1.3	0.5	44	4.5	4.7	10	0.8
Gluten-Free Bread	110	1246	284	4.5	0.4	56	1.4	3.5	3	1.1	100	1133	258	4.1	0.4	51	1.3	3.2	2.7	1
Heartly Italian Bread	78	844	201	1.2	0.5	40	3.3	1.7	6.9	0.7	100	1082	258	1.5	0.6	51	4.2	2.2	8.8	0.9
Italian Herbs & Cheese Bread	81	784	210	3.2	1.7	35	3.4	2	8.8	0.7	100	968	259	4.0	2.1	43	4.2	2.5	11	0.9
Italian White Bread	71	739	176	1	0.4	34.6	3.2	1.5	6.3	0.6	100	1041	248	1.4	0.6	49	4.5	2.1	8.9	0.8
Tiger Bread (IO)	74	834	199	3.3	0.7	35	3.3	1.5	6.4	0.7	100	1127	269	4.5	0.9	47	4.5	2.0	8.6	0.9
Ciabatta Toasted Bite	28	308	73	0.7	0.1	13.7	0.3	0.7	2.5	0.3	100	1100	261	2.5	0.4	49	1.1	2.5	8.9	1.1
Plain Tortilla Wrap	71.5	897	214	5.3	2	36	1.7	1.2	5.6	0.5	100	1255	299	7.4	2.8	50	2.4	1.7	7.8	0.7
<b>Protein</b>																				
Egg Omelette	35	191	45	3	0.4	0.8	0.4	0.2	3.7	0.4	100	546	129	8.6	1.1	2.3	1.0	0.7	11	1.1
Poached Egg	50	291	69	4.7	1.8	0.5	0.2	0.3	6.4	0.2	100	582	138	9.4	3.5	0.9	0.3	0.6	13	0.3
Barbacoa Beef	71	409	97	2.8	0	3.9	0	0	14	0.7	100	576	137	3.9	0.0	5.5	0	0	20	1
Buffalo Chicken	92	475	113	3.6	1.8	1.7	1	0.5	18	1.6	100	516	123	3.9	2.0	1.8	1.1	0.5	19	1.7
Breakfast Back Bacon	14	155	37	2.6	1	0.1	0	0	3.4	0.3	100	1107	264	19	7.4	1	0	0	24	2.1
Maple Cured Streaky Bacon	9	152	37	2.8	1	0.2	0.2	0	3	0.3	100	1689	410	31	11	2.6	2.2	0	33	3.3
Roast Chicken Breast Strips	71	356	85	1	0.4	1.4	0.7	0.3	16	0.8	100	501	120	1.4	0.6	2	1	0.4	23	1.1
Chicken Teriyaki	92	427	102	1.6	0.5	4.5	3.4	0.1	18	0.9	100	464	111	1.7	0.5	4.9	3.7	0.1	19	1
Chicken Tikka	71	371	88	1.4	0.3	2.5	0.8	0	18	0.7	100	523	124	2.0	0.4	3.5	1.1	0	25	1
Ham (1 slice)	11	56	13	0.4	0.1	0.2	0.1	0.1	2.1	0.1	100	509	118	3.6	0.9	1.8	0.9	1	19	0.9
Meatballs (in marinara sauce)	137	956	228	14	5.9	13	6.7	2.7	14	1	100	698	166	9.9	4.3	9.1	4.9	2	10	0.7
Meatless Meatballs (in marinara sauce)	137	648	155	3.9	0.4	14	6.3	6.9	14	1.3	100	473	113	2.8	0.3	10	4.6	5	10	0.9
Meatballs only	72	789	188	12	5.6	5.7	1.5	1.7	13	0.7	100	1096	261	17	8.1	7.9	2.1	2.4	18	1
Nacho Chicken Bite (4 Pieces)	72	753	180	8.5	1.2	14	0.6	1	11	0.9	100	1046	250	12	1.7	19	0.8	1.4	15	1.3
Pepperoni (1 slice)	6	101	24	2.1	0.7	0.1	0	0	1.2	0.2	100	1683	400	35	12	2.2	0	0	20	4
Salami (1 slice)	6	101	24	2.1	0.7	0.1	0	0	1.2	0.2	100	1683	400	35	12	1.7	0	0	20	3.3
Breakfast Sausage	76	794	190	13	4.3	8.6	0.9	1	9.9	1	100	1045	250	17	5.7	11	1.2	1.3	13	1.3
Steak	71	392	93	1.4	0.5	6.7	3.6	0.5	14	0.7	100	552	131	2	0.7	9.4	5.1	0.7	20	1
Turkey Breast (1 slice)	19	78	18	0.3	0	0.1	0.1	0	3.8	0.3	100	411	95	1.6	0	0.5	0.5	0	20	1.6
Tuna Mayo	74	606	144	10	0.9	2.4	1	0	12	0.9	100	819	195	14	1.1	3.2	1.4	0	16	1.2
Plant Patty	85	707	169	8.7	0.8	10.2	1.6	2.7	11	1.1	100	832	199	10	0.9	12	1.9	3.2	13	1.3
Meatless Meatball Only	72	472	113	3.1	0.3	5.5	0.4	4.5	13	0.9	100	656	157	4.3	0.4	7.6	0.5	6.3	18	1.3
T.L.C.* (Tastes Like Chicken)	71	404	96	1.7	0.2	4.2	0.7	4.3	13	1.2	100	569	135	2.4	0.3	5.9	1	6.1	18	1.7
HALAL Buffalo Chicken	92	475	113	3.7	1.8	2.7	2	0.1	17	1.6	100	516	123	4.0	2	3	2.2	0.1	18	1.7
HALAL Meatballs (in marinara sauce)	137	956	228	14	5.9	13	6.7	2.7	14	1	100	698	166	9.9	4.3	9.1	4.9	2	10	0.7
HALAL Roast Chicken Breast Strips	71	356	85	1	0.4	1.4	0.7	0.3	16	0.8	100	501	120	1.4	0.6	2	1	0.4	23	1.1
HALAL Chicken Teriyaki	92	427	102	1.6	0.5	4.5	3.4	0.1	18	0.9	100	464	111	1.7	0.5	4.9	3.7	0.1	19	1
HALAL Chicken Tikka	72	379	90	1.4	0.3	1.8	0.8	0	18	0.6	100	526	125	1.9	0.4	2.5	1.1	0	25	0.8
HALAL Meatballs only	72	789	188	13	5.6	5.7	1.5	1.7	13	0.7	100	1096	261	17	8.1	7.9	2.1	2.4	18	1
HALAL Pepperoni (Beef) (1 slice)	6	101	24	2.1	0.7	0.1	0	0	1.2	0.2	100	1683	400	35	12	1.7	0	0	20	3.3
HALAL Salami (Beef) (1 slice)	6	101	24	2.1	0.7	0.1	0	0	1.2	0.2	100	1683	405	35	12	1.7	0	0	20	3.3
HALAL Steak	71	392	93	1.4	0.5	6.7	3.6	0.5	14	0.7	100	552	131	2	0.7	9.4	5.1	0.7	20	1
HALAL Turkey Breast (1 slice)	19	85	20	0.4	0.2	0.2	0	0	3.8	0.2	100	447	105	2.1	1	1.1	0	0	20	1.1
HALAL Turkey Ham (1 slice)	14	60	14	0.5	0.1	0.1	0	0	1.9	0.2	100	429	100	3.6	1	0.7	0	0	14	1.4
HALAL Turkey Rashers (1 slice)	19	124	30	1	0.2	0	0	0	4.8	0.4	100	653	158	5.3	1	0	0	0	25	2.1
HALAL Turkey Sausage Patty	75	420	100	3	1	4.7	0.9	0.8	14	0.7	100	560	133	4	1	6	1	1	19	1
<b>Cheese</b>																				
American-style Cheese	12	177	42	3.4	2.2	0.4	0.4	0.0	2.3	0.2	100	1475	350	28	18	3.3	3.3	0	19	1.7
Peppered Cheese (IO)	12	162	39	3.2	2	0.2	0.2	0.1	2.1	0.4	100	1350	325	27	17	1.7	2	1	18	3
Shredded Mozzarella & Cheddar Cheese Mix	14	374	90	6.9	4.3	1.2	0.2	0	6.4	0.3	100	2671	643	49	31	8.6	1.4	0	46	2.1
Vegan CheeseZé	10	119	28	2.3	2.1	2.0	0	0	0	0.2	100	1190	280	23	21	20	0	0	0	2.3
<b>Vegetables</b>																				
Cucumber	18	11	1.8	0	0	0.6	0.2	0.1	0.1	0	100	63	10	0	0	3.1	1.1	0.5	0.7	0
Carrots	7	12	2.9	0	0	0.5	0.3	0.2	0.1	0	100	172	41	0	0	6.8	4.7	2.8	0.9	0.2
Guacamole	35	282	67	6.0	0.9	2.5	0.3	0.5	0.6	0.2	100	806	191	17	2.6	7.1	0.9	1.4	1.7	0.6
Jalapenos	7	6	0.8	0	0	0.1	0	0.2	0	0.3	100	92	11	0	0.1	1.6	0.5	2.8	0.4	4.3
Lettuce	14	8	2	0	0	0.7	0.2	0	0.1	0	100	59	14	0	0	5.0	1.5	0	0.5	0
Mixed peppers	12	10	2.4	0	0	0.4	0.3	0.4	0.1	0	100	84	20	0	0.1	2.9	2.4	3.4	0.9	0
Olives	3	12	5.8	0.3	0.1	0	0	0.1	0.1	0.1	100	406	194	9	3.1	1.1	0.1	2.1	2	1.9
Pickles	5	3	1.4	0	0	0.1	0	0.1	0	0.1	100	57	27	1	0.3	1.4	0.2	1.1	0.6	2.9
Red onions	7	10	1.7	0	0	0.6	0.4	0.1	0.1	0	100	150	24	0	0	7.9	5.6	1.4	0.8	0
Spinach	7	5	1.1	0.1	0	0	0	0.1	0.1	0	100	67	16	1	0.1	0.4	0.1	2	1.5	0.1
Sweetcorn	7	23	5.6	0.1	0	0.6	0.7	0.2	0.1	0	100	335	80	1	0.5	7.9	10	2.7	1.7	0.3
Tomatoes	10	23	5.4	0	0	0.3	1.6	0.4	0.3	0	100	226	54	0	0.1	2.7	1.6	3.6	2.6	0
<b>Sauces &amp; Condiments</b>																				
Blue Cheese	14	309	73	7.7	0.8	0.6	0.5	0	0.4	0.2	100	2207	521	55	5.7	4.3	3.6	0	2.9	1.4
Chipotle Southwest	14	241	57	5.7	0.4	1.2	0.6	0	0.1	0.2	100	1721	407							