

United Kingdom

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

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	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)
Breads																				
9-Grain Wheat Bread	78	690	165	1.6	0.4	27	1.3	4.4	7.8	0.5	100	885	212	2.1	0.5	35	1.7	5.6	10	0.6
Gluten-Free Bread	110	1192	285	4.5	0.4	56	1.4	3.5	3.1	1.1	100	1084	259	4.1	0.4	51	1.3	3.2	2.8	1
Hearty Italian Bread	78	778	186	1.8	0.3	35	0.9	1.6	7.4	0.5	100	998	238	2.3	0.4	44	1.2	2.1	9.5	0.6
Honey & Oat Bread	96	983	235	2.6	0.5	41	9.1	5.3	9.5	0.5	100	1024	245	2.7	0.5	42	9.5	5.5	10	0.5
Italian Herbs & Cheese Bread	81	816	195	3.9	1.6	30	1.0	1.9	9.3	0.7	100	1007	241	4.8	2.0	37	1.2	2.3	11	0.9
Italian White Bread	71	674	161	1.7	0.3	29	0.9	1.4	6.9	0.5	100	949	227	2.4	0.4	41	1.3	2	9.7	0.7
Plain Tortilla Wrap	71.5	897	214.5	5.4	2.9	35	1.7	1.21	6	0.5	100	1255	300	7.5	4.1	49	2.4	1.7	8.4	0.7
Proteins																				
Big Beef Patty	65	585	140	9.6	4.9	1.6	0.8	1.4	10	0.8	100	900	215	14.8	7.5	2.4	1.2	2.2	16	1.2
Lincolnshire Sausage Patty	50	508	121.5	9	3	3	0.2	0.5	7	0.6	100	1016	243	18	6.8	6	0	1	14	1.1
Chicken Tikka	71	371	89	1.4	0.4	3	0.9	0	18	0.7	100	523	125	2.0	0.5	4	1	0	25	1
Ham (2 slices)	28	143	34	1	0.3	1	0.4	0.3	5	0.5	100	510	121	3.6	1.1	2.5	1.4	1	19	2
Maple Cured Streaky Bacon (2 slices)	9	154	37	2.8	1	0	0.3	0.0	3	0.2	100	1711	410	31	11.1	2.4	3	0	33	2.4
Pork & Beef Meatballs (in marinara sauce)	137	955	228	14	2.6	14	5.8	2.3	12	1	100	697	166	9.9	1.9	10	4.2	2	9	0.7
Meatless Meatballs (in marinara sauce)	137	649	155	3.9	0.4	14	6.3	6.9	14	1.3	100	473	113	3	0.3	10	4.6	5.0	10	0.9
Nacho Chicken Bites (4 Pieces)	72	753	180	8.5	1.2	14	0.6	1.0	11	1.0	100	1046	250	12	2	20	1	1	15	1
Pepperoni (3 slices)	18	305	73	6.3	2.3	1	0	0	3.6	0.7	100	1694	405	35	13	3.5	0	0	20	4.0
Plant Patty	85	708	169	9	0.8	10	1.6	2.7	11	1	100	833	199	10	0.9	12	1.9	3.2	13	1.3
Plantbased steak	71	478	114	4.7	0.7	7.3	2.5	2.5	9.2	0.8	100	674	161	7	1.0	10	3.5	3.5	13	1.1
Poached Egg	50	291	70	4.7	1.8	0.5	0.2	0.3	6.4	0.2	100	582	139	9	3.5	0.9	0.3	0.6	13	0
Pork and Beef Meatballs (Participating stores)	72	787	188	13	2.5	8	0	1.4	11	0.8	100	1093	261	18	3.5	11	0	1.9	15	1
Roast Chicken Breast Strips	71	356	85	1	0.4	1	0.7	0.4	16	0.8	100	501	120	1.4	1	2.1	1.0	0	23	1.1
Salami (3 slices)	18	305	73	6.3	2.6	0	0	0	4	0.7	100	1693	404	35	14	1.9	0	0	20	3.7
Philly Steak	71	359	86	1.42	0	8	0	0	11	0.7	100	506	121	2	0	11	0	0.0	15	1.0
Tuna (with Lite Mayonaise)	74	606	144.9	10	0.9	2	1.0	0	12	0.9	100	819	196	13.5	1.1	3.3	1.4	0.0	16	1.2
Turkey Breast (2 slices)	38	157	38	0.6	0.1	0	0.4	0.2	8	0.6	100	413	99	1.6	0.3	0.9	1	0.5	20	1.6
HALAL Meatballs (in marinara sauce)	137	933	223	14	2.2	14	5.8	2.3	11	1	100	681	163	9.9	1.6	10	4.2	2	8	0.7
HALAL Roast Chicken Breast Strips	71	356	85	1	0.5	1	1.4	0	16	0.9	100	501	120	1.4	0.7	2	2	0	23	1.2
HALAL Chicken Tikka	71	374	89	1.4	0.4	2	0.9	0	18	0.6	100	527	126	2.0	0.5	2.5	1.2	0	25	0.9
HALAL Pepperoni (Beef) (3 slices)	18	305	73	6.3	2.3	0	0	0	3.6	0.7	100	1694	405	35	13	2.2	0	0	20	4.0
HALAL Salami (Beef) (3 slices)	18	305	73	6.3	2.2	0	0	0	3.6	0.7	100	1694	405	35	12	2.3	0	0	20	4.0
HALAL Steak	71	359	86	1.4	0.6	8	3.9	0.7	11	0.8	100	506	121	2	1	11	5.5	1.0	15	1
HALAL Turkey Breast (3 slices)	57	258	62	1.4	0.6	1	0.3	0.3	11	0.8	100	452	108	2.5	1	1.2	0	0	20	1.3
HALAL Turkey Ham (3 slices)	28	121	29	1.1	0.4	0	0.1	0.1	3.9	0.5	100	431	103	3.9	1	1.4	1	1	14	1.6
HALAL Turkey Rashers (2 slices)	19	124	30	1	0.28	0	0	0	4.8	0.4	100	651	155	5.3	1	1.1	0	0	25	2.3
HALAL Turkey Sausage Patty	50	295	71	2.5	0.8	3	0	0.5	8	0.7	100	590	141	5	2	6	0	1	16	1
Cheeses																				
American-style Cheese	12	177	42	3.5	2.3	0.4	0.4	0	2.3	0.3	100	1477	353	29	19	3.5	3.5	0	20	2.5
Monterey Jack Cheddar Slices	10	157	38	3.1	1.9	0	0	0	2.3	0.2	100	1569	375	31	19	0.2	0	0	23	1.9
Mozzarella	30	309	74	5.6	3.7	0.3	0.3	0	5.7	0.2	100	1029	246	19	12	1.0	1.0	0	19	0.6
Peppered Cheese (IOI)	14	189	45	3.8	2.4	0.3	0.3	0.2	2.5	0.5	100	1351	323	27	17	2.1	2	1	18	3
Shredded Mozzarella & Cheddar Cheese Mix	14	187	45	3.4	2.2	0.6	0.1	0	3.2	0.2	100	1339	320	25	16	4.6	1	0	23	1
Sliced Brie Cheese	25	380	91	8.0	5.7	1	0.5	0	4.2	0.4	100	1520	364	32	23	2.0	2	0	17	2
Vegan CheeZe	20	247	59	4.8	4.1	3.8	0	0	0	0.2	100	1235	296	24	21	19	0	0	0	1.0
Vegetables																				
Cucumbers	18	11	3	0	0	0.6	0.3	0.1	0.1	0	100	63	15	0	0	3.1	1.7	0.5	0.7	0
Carrots	7	12	3	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
Jalapenos	7	3	1	0	0	0.1	0.1	0.1	0	0.3	100	46	11	1	0.1	1.6	0.8	1.4	0.4	4.3
Lettuce	14	6	2	0	0	0.2	0.2	0.2	0.2	0	100	46	11	0	0	1.4	1.4	2	1.2	0
Mixed peppers	12	13	3	0	0	0.5	0.3	0.2	0.1	0	100	105	25	0	0	4.3	2.4	1.8	0.7	0
Olives	3	12	3	0.3	0	0.0	0	0.1	0	0.1	100	406	97	9	1.5	1.1	0.1	3.1	1	1.9
Pickles	7.5	3	1	0	0	0.1	0	0.1	0	0.2	100	38	9	1	0.1	1.4	0.1	1.1	0.4	2.9
Red onions	7	10	3	0	0	0.6	0.4	0.1	0.1	0	100	150	36	0	0	7.9	5.6	1.4	1.2	0
Sweetcorn	7	23	6	0.1	0	0.8	0.4	0.3	0.2	0	100	335	80	2	0.5	11.0	5	3.8	2.9	0.4
Tomatoes	30	23	5	0.1	0	0.8	0.8	0.4	0.3	0	100	75	18	0	0	2.7	3	1.2	0.9	0
Sauces & Condiments																				
Caramelised Red Onion in Balsamic Vinegar	7.5	36	9	0	0	2	1.7	0	0	0	100	480	115	0	0	24	22	0	0	0
Chipotle Southwest sauce	14	241	58	5.8	0.4	1.2	0.6	0.1	0.1	0.2	100	1724	412	41	3.1	8.8	4.6	1	1.0	1.7
Creamy Caesar sauce	2	29	7	0.7	0.1	0.2	0.1	0	0.1	0	100	1468	351	34	3.5	8.3	5	0	2.6	2.3
Extra Spicy Chipotle sauce	14	251	60	6.1	0.4	1.1	0.7	0	0.2	0.3	100	1793	429	44	2.9	7.9	5	0	1.1	1.8
Garlic & Herb Sauce	9	215	51	5.4	0.4	0.6	0.6	0	0	0.1	100	2385	570	61	4.3	6.2	7	1	0.2	1
Hickory Smoked BBQ sauce	14	100	24	0.1	0	5.8	5.2	0.1	0.1	0.2	100	711	170	1	0	42	37	1	1.0	1.1
Honey & Wholegrain Mustard sauce	14	122	29	1.9	0.1	2.7	2.3	0.2	0.3	0	100	870	208	14	0.9	19	17	1.7	1.8	0.0
HP Brown sauce	14	71	17	0	0	4.0	3.2	0	0.1	0.2	100	510	122	0	0	28	23	0	0.9	1.3
Lite Mayonnaise	14	201	48	4.0	0.3	1.2	0.5	0	0	0.2	100	1436	343	29	2.4	8.6	3.6	0	0	1.4
Basil Pesto	14	100	24	1.7	0.2	1.3	0.0	0	0.7	0.3	100	714	171	12	1	9	0.0	0.0	5.0	2.1
Salsa	28	55	13	0.4	0	1.7	1.6	0.6	0.5	0.1	100	196	47	1	0	6.1	5.7	2.0	1.8	0
Sriracha Hot Chili sauce	14	74	18	0.7	0	2.7	1.9	0.1	0.2	0.7	100	531	127	5	0	19	13	1	1.3	5
Sticky Sweet Chili sauce	14	127	30	0.1	0	7.5	6.5	0.1	0.1	0.2	100	908	217	1	0	54	47	1	0	1.7
Sweet Onion sauce	14	97	23	0.1	0	5.6	4.8</													