



Product code	Product name	Product descriptor	Item weight without packaging (per 100g / per pack)	Energy (kJ)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrates (g)	of which sugars (g)	Fibre (g)	Protein (g)	Sodium (g)	Salt (g)	Allergens	Barcode	Label Claims
36001	British Shredded Ham Hock, West Country Cheddar with Real Ale, Caramelised Onion & Cranberry Sauce	British ham hock with West Country Cheddar, real ale chutney, cranberry sauce, caramelised red onion and salad leaves on malted wheatgrain farmhouse bread.	100	1041	249	10.8	4.0	24.8	4.0	2.3	11.9	0.5	1.2	Wheat & Barley gluten, Milk, Egg, Mustard	5029730060523	
			227	2364	564	24.5	9.0	56.3	9.0	5.2	26.9	1.1	2.7	Wheat & Barley gluten, Milk, Egg, Mustard	5029730060523	
36002	British Chicken & Bacon Caesar	British Chicken with bacon, Caesar style dressing, Grana Padano and salad leaves on malted wheatgrain farmhouse bread.	100	1051	251	11.2	3.2	21.5	0.9	2.4	14.8	0.5	1.2	Wheat & Barley gluten, Milk, Egg, Mustard	5029730060530	
			220	2312	552	24.6	7.1	47.4	2.1	5.4	32.6	1.0	2.5	Wheat & Barley gluten, Milk, Egg, Mustard	5029730060530	
36003	King Prawns & Scottish Smoked Salmon	King prawns with Scottish smoked salmon, crème fraîche, dill, lemon oil and rocket on wholemeal farmhouse bread.	100	865	206	7.4	2.8	22.7	1.2	4.2	10.1	0.4	1.1	Wheat & Barley gluten, Milk, Fish, Shellfish	5029730060547	No mayo
			202	1748	417	14.9	5.6	45.9	2.4	8.5	20.4	0.9	2.1	Wheat & Barley gluten, Milk, Fish, Shellfish	5029730060547	No mayo
36004	West Country Cheddar Ploughman's with Apple Mayonnaise & Caramelised Red Onion Confit	West Country Cheddar with apple mayonnaise, caramelised red onion confit, tomato and salad leaves on malted wheatgrain Farmers bread.	100	1083	259	13.4	5.1	24.5	4.7	2.3	9.0	0.3	0.8	Wheat & Barley gluten, Milk, Egg, Mustard	5029730061667	Suitable for vegetarians
			239	2587	619	31.9	12.2	58.7	11.2	5.4	21.5	0.8	2.0	Wheat & Barley gluten, Milk, Egg, Mustard	5029730061667	Suitable for vegetarians
36010	New York Deli	Salt beef with Emmental cheese, American style mustard mayonnaise, gherkins, tomato and rocket on rye bread.	100	827	197	8.5	2.7	19.2	1.1	2.0	10.0	0.4	1.1	Gluten, Mustard, Milk, Egg		
			230	3308.0	788.0	34.0	10.8	76.8	4.5	7.8	40.1	1.7	4.3			
36106	Chicken & Stuffing	Chicken breast with pork, sage and onion stuffing and mayonnaise on white bread.	174	1249	299	17.3	1.9	23.2	2.8	1.3	12.1	0.4	1.0	Wheat gluten, Soya, Milk, Egg, Mustard	5029730060639	
			174	2088	500	27.7	3.2	40.3	4.9	2.7	21.0	0.7	1.7	Wheat gluten, Soya, Milk, Egg, Mustard	5029730060639	
36107	Prawn mayonnaise	Prawns with mayonnaise on oatmeal bread	159	1021	244	13.1	1.2	21.2	3.2	2.0	9.4	0.5	1.2	Wheat & Oat gluten, Soya, Milk, Egg, Mustard, Shellfish	5029730060646	North Atlantic Prawns
			169	1611	385	19.7	2.0	33.3	4.7	2.9	17.1	0.8	2.0	Wheat & Oat gluten, Soya, Milk, Egg, Mustard, Shellfish	5029730060646	North Atlantic Prawns
36109	Double egg & Cress	Free range hard boiled egg with free range egg mayonnaise and cress on malted wheatgrain bread.	100	847	202	8.8	1.7	20.0	0.7	1.9	9.8	0.3	0.6	Wheat & Barley gluten, Milk, Egg, Mustard	5029730060660	Suitable for vegetarians; Free range egg
			200	1694	404	17.6	3.5	40.0	1.5	3.7	19.6	0.5	1.3	Wheat & Barley gluten, Milk, Egg, Mustard	5029730060660	Suitable for vegetarians; Free range egg
36110	BLT	Sweetcure bacon with tomato, mayonnaise and apollo leaves on malted bread.	100	1227	294	16.3	3.3	26.1	2.0	2.2	9.7	0.4	1.1	Egg, Gluten, Milk, Mustard	5029730067089	
			185	2269.95	544	30.2	6.0	48.2	3.7	4.0	17.9	0.8	2.0	Egg, Gluten, Milk, Mustard, Soya	5029730067096	
36111	All Day Breakfast	Sweetcure bacon with free range egg mayonnaise, Cumberland sausage and tomato sauce on white bread.	100	1010	241	10.8	2.7	24.4	3.1	1.3	10.9	0.4	1.3			
			183	1845	440	19.8	4.9	44.6	5.7	2.3	19.9	0.7	2.4			
36112	Ham and Cheese	Smoked dry cure ham and west country cheddar cheese on oatmeal bread.	100	1032	246	10.6	5.2	21.6	3.1	2.0	15.1	0.6	1.5	Gluten, Milk, Soya	5029730067102.00	
			154	1589	379	16.4	8.0	33.2	4.8	3.1	23.3	0.9	2.3			
36113	Ham and Egg Mayo	Gammon ham with free range egg mayonnaise on malted bread.	100	864	205	7.7	1.5	21.8	1.1	1.8	11.3	0.4	1.0	Egg, Gluten, Milk, Mustard	5029730067119	
			187	1616	383	14.5	2.8	40.7	2	3.4	21.2	0.70	1.80			
36114	Roast Chicken Salad	Roast chicken breast with cucumber, tomato, mayonnaise and apollo leaves on malted bread.	100	887	211	8.5	1.1	22.1	1.4	1.9	10.7	0.30	0.80	Egg, Gluten, Milk, Mustard	5029730067126	
			202	1792	426	17.2	2.3	44.6	2.7	3.8	21.6	0.60	1.80			
36115	Chicken and Bacon	Roast chicken breast, sweetcure bacon and mayonnaise on malted bread.	100	1019	242	8.2	2.4	26.1	1.3	2	15.1	0.50	1.20	Egg, Gluten, Milk, Mustard	5029730067133	
			162	1651	392	13.3	3.9	42.2	2.1	3.3	24.4	0.80	1.90			
36116	Cheddar Ploughmans	West country cheddar cheese with tomato, red onion, pickle and apollo leaves on malted bread.	100	944	225	9.2	4.9	25.5	4.2	2.1	9.1	0.40	1.10	Gluten, Milk	5029730067140	Suitable for vegetarians.
			200	1888	450	18.3	9.9	51	8.4	4.2	18.2	0.40	1.10			
36202	Beef & Horseradish	Beef with horseradish mustard mayonnaise and rocket on white bread.	100	994	237	11.1	1.6	23.1	2.1	1.2	10.6	0.4	1.1	Wheat gluten, Soya, Milk, Egg, Mustard	5029730060691	
			159	1580	377	17.6	2.6	36.8	3.4	1.9	16.8	0.7	1.8	Wheat gluten, Soya, Milk, Egg, Mustard	5029730060691	
36204	Ham and Mustard Mayonnaise	Smoked ham with English mustard mayonnaise on white bread.	100	894	213	7.5	1.2	23.4	1.8	1.2	12.4	0.7	1.6	Wheat gluten, Soya, Milk, Egg, Mustard	5029730060714	less than 350kcal
			149	1332	317	11.1	1.8	34.8	2.7	1.8	18.5	1.0	2.4	Wheat gluten, Soya, Milk, Egg, Mustard	5029730060714	less than 350kcal
36206	Chicken Tikka	Chicken tikka with yoghurt and mint dressing and iceberg lettuce	100	947	225	7.9	1.1	25.1	1.6	2.1	12.4	0.4	1.0	Wheat & Barley gluten, Milk, Mustard	5029730060769	No mayo



Product ID	Product Name	Description	Weight (g)	Energy (kJ)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Fibre (g)	Salt (g)	Iron (mg)	Calcium (mg)	Ingredients	Product Code	Notes	
		on malted wheatgrain bread.	167	1582	377	13.2	1.8	42.0	2.6	3.5	20.7	0.6	1.6	Wheat & Barley gluten, Milk, Mustard	5029730060769	No mayo
36212	Tuna mayonnaise & Cucumber	Tuna mayonnaise with cucumber on softgrain bread.	100	1022	245	13.5	1.3	21.0	0.7	1.3	9.2	0.3	0.8	Wheat & Rye gluten, Soya, Milk, Egg, Mustard, Fish	5029730060790	Dolphin Friendly Tuna
			172	1758	421	23.2	2.3	36.1	1.2	2.2	15.7	0.6	1.4	Wheat & Rye gluten, Soya, Milk, Egg, Mustard, Fish	5029730060790	Dolphin Friendly Tuna
36213	Two Cheese & Red Onion Chutney	Cheddar and Red Leicester cheese with mayonnaise, caramelised red onion confit, spinach, red onion and chives on malted wheatgrain bread.	100	1348	323	18.1	6.6	27.7	5.1	2.0	11.2	0.4	1.1	Wheat & Barley gluten, Milk, Egg, Mustard	5029730060806	Suitable for vegetarians
			180	2426	581	32.6	11.9	49.8	9.1	3.5	20.2	0.8	2.0	Wheat & Barley gluten, Milk, Egg, Mustard	5029730060806	Suitable for vegetarians
36230	Chicken and Chorizo	Roast chicken breast with chorizo, slow roasted tomato pesto mayonnaise, red pepper, tomato and rocket on malted wheatgrain bread.	100	1169	279	14.1	2.4	24.6	1.7	2.2	12.4	0.50	1.20	Egg, Gluten, Milk, Mustard	5029730067300	
			169	1976	472	23.9	4.1	41.6	2.9	3.7	20.9	0.80	2.00			
36231	Salmon and Cucumber	Salmon with mayonnaise and cucumber on softgrain bread.	100	1016	243	13.8	1.7	19.6	1.8	1.3	9.5	0.30	0.80	Egg, Fish/Shellfish, Gluten, Milk, Mustard, Soya	5029730067645	
			179	1819	435	24.7	3	35	3.2	2.4	17	0.60	1.50			
36232	Egg Mayonnaise & Bacon	Free range hard boiled egg mayonnaise and sweetcure bacon on malted wheatgrain bread.	100	1002	239	10.4	2.8	23.2	1	2	12.2	0.40	0.90	Egg, Gluten, Milk, Mustard	5029730067157	Free range egg. Suitable for vegetarians.
			197	1974	471	20.5	5.4	45.6	2	3.9	24.1	0.70	1.80			
36233	Chicken Triple Pack	Chicken with pork, sage and onion stuffing mayonnaise on white bread. Roast chicken breast with tomato, cucumber, apollo leaves and mayonnaise on malted wheatgrain bread. Chicken Tikka with yoghurt and mint dressing, iceberg lettuce on malted wheatgrain bread.	100	1022	244	11.2	1.4	23.1	1.9	1.7	11.8	0.40	0.90	Egg, Gluten, Milk, Mustard, Soya	5029730067317	
			268	2739	654	30.1	3.6	61.8	5	4.6	31.7	1.00	2.50			
36234	Mixed Triple Pack	Sweetcure bacon with mayonnaise, tomato and apollo leaves on malted wheatgrain bread. Roast chicken breast with tomato, cucumber, apollo leaves and mayonnaise on malted wheatgrain bread. Smoked dry cured ham and West Country Cheddar cheese on oatmeal bread.	100	1049	251	21.1	3.2	22.5	2.2	2	11.9	0.40	1.10	Egg, Gluten, Milk, Mustard, Soya	5029730067324	
			263	2759	660	31.9	8.5	59.3	5.7	5.2	31.2	1.20	2.90			
38000	Roots Bhaji Bonanza	Onion bhaji with bombay potato, mango chutney, beetroot, carrot and coriander on malted wheatgrain bread.	100	851	202	4.1	0.9	34.2	6.1	2.7	5.6	0.40	1.10	Gluten, Mustard, Sulphites	5029730067294	Suitable for vegetarians
			189	1608	382	7.8	1.6	64.6	11.6	5.1	10.6	0.80	2.00			
38001	Feta the Better	Greek Feta cheese with chargrilled peppers, kalamata olives, yoghurt and mint dressing and rocket on Farmers bread.	100	1063	255	13.3	3.4	24.8	3.3	2.5	7.5	0.30	0.80	Gluten, Milk, Mustard, Soya	5029730067188	Suitable for vegetarians
			162	1722	413	21.6	5.5	40.2	5.4	4.1	12.2	0.50	1.30			
38002	Shabby Chic Pea	Houmous with harrisa chickpeas, Moroccan style carrot and orange chutney with spinach on softgrain bread.	100	811	193	3.8	1.4	31.6	10.1	3.4	6.2	0.40	1.00	Gluten, Soya	5029730067195	Suitable for vegetarians
			174	1411	336	6.6	2.4	54.9	17.6	6	10.8	0.70	1.70			
38003	Mozza Ella Ella	Mozzarella with slow roast tomato basil pesto mayonnaise, rocket and tomato on soft grain bread,	100	990	237	13	4.1	20.7	2.6	1.7	8.4	0.30	0.90	Egg, Gluten, Milk, Mustard, Soya	5029730067201	Suitable for vegetarians
			181	1792	429	23.6	7.4	37.5	4.7	3.1	15.2	0.60	1.50			
38004	Rocket Eggs	Free range hard boiled egg with slow roast tomato Cajun mayonnaise, salsa and rocket on Farmers bread.	100	852.0	203.0	8.3	1.4	22.3	3.2	2.2	8.8	0.1	0.3	Egg, Gluten, Milk, Mustard, Soya	5029730067218	Suitable for vegetarians
			191	1627.3	387.7	15.8	2.8	42.7	6.1	4.1	16.8	0.2	0.5			
38005	The Beet Goats On	Roasted beetroot with caramelised onions, crème fraiche, goats cheese and spinach on Farmers bread.	100	979	234	9.8	5.2	26.2	4.9	2.0	9.2	0.2	0.4	Egg, Milk, Soya	5029730067164	Suitable for vegetarians
			164	1606	384	16.1	8.5	42.9	8.0	3.2	15.0	0.2	0.6			
36229	Ham Salad	Gammon ham with cucumber, mayonnaise and apollo leaves on seeded wholemeal bread.	100	682	162	3.5	0.8	21.5	1.5	3.7	9.3	0.3	0.8	Egg, Gluten, Milk, Mustard	5029730067171	
			179	1221	290	6.2	1.5	38.5	2.8	6.6	16.7	0.6	1.5			
36552	Vietnamese Style Chicken	Chicken with Vietnamese style coconut chutney, rocket, red pepper, spring onion, cress, coriander on seeded wholemeal bread.	100	736	175	2.7	1.3	22.6	2.9	3.7	12.3	0.3	0.8	Fish, Gluten, Sulphites	5029730064170	Whole grain bread, Low Sat Fat, High Protein
			183	1347	320	4.9	2.4	41.4	5.2	6.8	22.5	0.6	1.4	Fish, Gluten, Sulphites	5029730064170	Whole grain bread, Low Sat Fat, High Protein
36553	Smoked Salmon & Soft Cheese Swch	Smoked salmon with soft cheese on oatmeal bread.	100	984	234	7.4	2.5	26.1	1.3	4.4	13.6	0.2	0.6	Fish, Gluten, Milk	5029730064187	High in Omega, wholegrain bread, High in protein
			142	1397	332	10.5	3.6	37.1	1.8	6.3	19.3	0.3	0.8	Fish, Gluten, Milk	5029730064187	High in Omega, wholegrain bread, High in protein
36554	Falafel with Lemon & Coriander Houmous	Sweet potato falafel with houmous, coriander, chickpeas, carrot, lemon juice, pumpkin seeds and spinach on seeded wholemeal bread.	100	830	198	4.6	0.6	27.9	1.6	7.0	7.7	0.3	0.9	Gluten	5029730064194	Vegan, Source Fibre, Wholegrain bread
			172	1428	341	7.9	1.1	48.0	2.7	12.0	13.2	0.6	1.5	Gluten	5029730064194	Vegan, Source Fibre, Wholegrain bread
36556	Bombay Spiced Veggie Wrap	Bombay chick peas with coriander, red onion, mango chutney, cucumber and spinach in a spinach tortilla wrap.	100	726	173	4.5	0.6	26.6	3.6	2.5	5.1	0.2	0.6	Wheat	5029730065085	Source of protein, Vegan, 1 of your 5 a day
			245	1779	424	11.0	1.5	65.2	8.7	6.0	12.6	0.5	1.3	Wheat	5029730065085	Source of protein, Vegan, 1 of your 5 a day



36557	Harissa Chicken Gluten Free Wrap	Harissa chicken with crème fraîche, red pepper, pomegranate kernels and spinach in a gluten free seeded wrap.	100	889	225	8.0	3.0	28.0	4.1	2.9	8.9	0.3	0.9	Milk	5029730065108	Gluten Free, Source of Protein
			165	1467	371	13.3	4.9	46.2	6.8	4.8	14.7	0.6	1.4	Milk	5029730065108	Gluten Free, Source of Protein
36562	Falafel Gluten Free Wrap	Gluten free sweet potato falafel with houmous and red pepper tapenade, carrot and rocket in a gluten free seeded wrap	100	850	203	7.7	0.7	27.0	5.5	4.7	4.0	0.3	0.8		5029730067386	Gluten Free
			194	1649	394	14.9	1.4	52.4	10.7	9.2	7.8	0.6	1.5			
36559	Egg Mayonnaise & Watercress	Free range hard boiled egg with free range egg mayonnaise and watercress on gluten free seeded sandwich thin.	100	962	227	13.8	1.7	15.5	1.6	1.9	8.5	0.2	0.5	Egg, Mustard	5029730065177	Gluten Free, Free Range Egg
			162	1558	368	22.4	2.7	25.1	2.7	3.0	13.7	0.3	0.9	Egg, Mustard	5029730065177	Gluten Free, Free Range Egg
36561	Chicken Pesto Gluten Free Roll	Roast chicken breast with green pesto, slow roasted tomato mayonnaise and rocket in a gluten free roll.	100	1123	269	14.9	1.5	20.3	2.0	3.9	11.5	0.4	1.0	Egg, Milk, Mustard	5029730067393	Gluten Free
			134	1505	360	20.0	2.1	27.2	2.7	5.2	15.4	0.5	1.3			
36300	Ham	Gammon ham* on white bread. *Formed from selected cuts of pork legs.	100	901	214	5.0	1.1	29.4	2.0	1.4	12.1	0.5	1.2	Wheat gluten,Soya, Milk	5029730060820	No mayo, less then 350kcal
			119	1072	254	5.9	1.3	35.0	2.4	1.7	14.4	0.6	1.4	Wheat gluten,Soya, Milk	5029730060820	No mayo, less then 350kcal
36301	Chicken & Sweetcorn Mayonnaise	Chicken with sweetcorn mayonnaise on malted wheatgrain bread.	100	1118	267	11.8	1.6	26.8	2.0	2.1	12.3	0.3	0.9	Wheat & Barley gluten, Milk, Egg, Mustard	5029730060837	
			167	1868	446	19.7	2.6	44.7	3.4	3.6	20.6	0.6	1.4	Wheat & Barley gluten, Milk, Egg, Mustard	5029730060837	
36302	Chicken mayonnaise	Chicken with mayonnaise on malted wheatgrain bread.	100	1272	305	16.5	1.9	25.3	1.3	2.2	12.7	0.4	0.9	Wheat & Barley gluten, Milk, Egg, Mustard	5029730060844	
			162	2061	493	26.7	3.1	41.0	2.1	3.6	20.5	0.6	1.5	Wheat & Barley gluten, Milk, Egg, Mustard	5029730060844	
36304	Tuna mayonnaise & sweetcorn	Tuna mayonnaise with sweetcorn on malted wheatgrain bread.	100	838	199	4.5	1.0	27.5	1.9	2.1	11.0	0.3	0.9	Wheat & Barley gluten, Milk, Egg, Mustard ,Fish	5029730060868	less then 350kcal, dolphin friendly tuna
			157	1316	312	7.1	1.5	43.2	3.0	3.3	17.2	0.5	1.3	Wheat & Barley gluten, Milk, Egg, Mustard ,Fish	5029730060868	less then 350kcal, dolphin friendly tuna
36305	Free range egg mayonnaise	Free range egg mayonnaise on white bread.	100	922	220	9.2	1.3	24.8	1.7	1.4	8.6	0.3	0.7	Wheat gluten,Soya, Milk, Egg, Mustard	5029730060875	Suitable for vegetarians ; Free range egg, less then 350kcal
			139	1282	306	12.8	1.9	34.5	2.3	2.0	12.0	0.4	0.9	Wheat gluten,Soya, Milk, Egg, Mustard	5029730060875	Suitable for vegetarians ; Free range egg, less then 350kcal
36306	Cheese & Onion	Cheddar with Red Leicester cheese, mayonnaise, red onion and chives on malted wheatgrain bread.	100	1510	362	23.6	6.1	26.5	1.7	2.0	10.0	0.4	1.1	Wheat & Barley gluten, Milk, Egg, Mustard	5029730060882	Suitable for vegetarians
			157	2371	569	37.0	9.6	41.6	2.6	3.2	15.7	0.7	1.7	Wheat & Barley gluten, Milk, Egg, Mustard	5029730060882	Suitable for vegetarians
36307	Cheddar cheese	Cheddar cheese on white bread.	100	1211	289	12.3	6.1	31.3	2.1	1.6	12.5	0.5	1.2	Wheat gluten,Soya, Milk	5029730060899	Suitable for vegetarians ; No mayo, less then 350kcal
			109	1320	315	13.4	6.6	34.1	2.3	1.7	13.6	0.5	1.3	Wheat gluten,Soya, Milk	5029730060899	Suitable for vegetarians ; No mayo, less then 350kcal
36353	Chicken Salad	Chicken breast with tomato, cucumber, mayonnaise and apollo leaves on malted bread.	100	889	212	8.6	1.1	22.1	1.4	2.3	10.5	0.3	0.8	Egg, Gluten, Milk, Mustard	5029730067430	Halal
			202	1796	428	17.3	2.1	44.7	2.7	4.7	21.1	0.6	1.5			
36354	Bombay Chicken	Bombay chicken with tomato chutney, tomato and spinach leaves on malted bread.	100	855	204	8.2	1.1	22.6	3.1	2.1	8.9	0.4	1.0	Egg, Gluten, Milk, Mustard	5029730067447	Halal
			232	1984	473	19.1	2.6	52.4	7.1	4.8	20.6	0.9	2.2			
36355	Piri Piri Chicken	Piri piri chicken with mayonnaise, spinach and coriander on malted bread.	100	886	211	7.1	1.1	24.3	2.6	2.1	11.4	0.3	0.9	Egg, Gluten, Milk, Mustard, Sulphites	5029730067454	Halal
			202	1790	426	14.3	2.1	49.1	5.2	4.2	23.0	0.7	1.7			
38050	Devilish Egg Wrap	Bombay spiced egg and coriander with mango chutney, free range hard boiled egg, spinach, red onion and red pepper in a spinach tortilla.	100	804	192	7.6	1.5	21.8	3.3	1.7	8.2	0.3	0.7	Egg, Gluten, Milk, Mustard, Sulphites	5029730067409	Suitable for vegetarians
			247	1986	474	18.7	3.7	53.9	8.2	4.2	20.2	0.7	1.7			
38051	A Mezze-In Wrap	Sweet potato falafel and Harissa houmous, chickpeas, roasted vegetables and rocket in a tomato tortilla.	100	877	209	7.0	2.6	27.3	2.8	4.0	7.3	0.4	1.0	Gluten	5029730067416	Suitable for vegetarians
			222	1947	464	15.5	5.7	60.5	6.1	8.8	16.1	0.9	2.2			
38052	Beany Mc Beanface Wrap	Three bean salsa with spicy guacamole, chargrilled peppers, Cheddar cheese and apollo leaves in a tomato tortilla.	100	841	200	7.0	3.2	26.2	4.5	2.5	6.8	0.5	1.2	Gluten, Milk, Mustard	5029730067423	Suitable for vegetarians
			245	2060	490	17.2	7.8	64.2	11.1	6.2	16.8	1.2	3.0			
36414	Chicken Caesar Wrap	Roast chicken breast with Caesar mayonnaise, Regato cheese and cos lettuce in a barmiked tortilla wrap.	100	1194	286	16.3	3.8	22.6	1.5	1.4	11.6	0.4	1.0	Egg, Wheat, Milk, Mustard	5029730065030	
			202	2406	576	32.8	7.7	45.6	3.0	2.8	23.3	0.8	2.0	Egg, Wheat, Milk, Mustard	5029730065030	
36415	Chicken Fajita Wrap		100	817	195	6.6	2.1	25.4	6.2	1.7	7.5	0.6	1.4	Egg, Wheat, Milk, Mustard	5029730065214	



36415	Chicken Tuna Wrap	Chicken breast with tomato salsa, fajita seasoning, red pepper, tomato and spinach in a tomato tortilla wrap.	231	1887	450	15.2	4.9	58.8	14.4	4.0	17.4	1.3	3.3	Egg, Wheat, Milk, Mustard	5029730065214	
36416	Southern Fried Chicken Wrap	Southern fried inspired chicken gujons with tomato salsa, Cheddar cheese, sour cream and mayonnaise, cos lettuce and tomato in a plain tortilla wrap.	100	1054	252	11.6	4.4	26.9	3.6	1.1	9.3	0.4	1.1	Egg, Wheat, Milk, Mustard, Soya	5029730065047	
			223	2350	562	25.9	9.7	60.1	8.1	2.5	20.6	1.0	2.4	Egg, Wheat, Milk, Mustard, Soya	5029730065047	
36417	Hoisin Duck Wrap	Shredded duck with hoisin sauce, cucumber, spring onion and spinach in a plain tortilla wrap.	100	791	188	5.2	1.9	25.8	5.8	1.5	8.8	0.4	1.0	Wheat, Soya	5029730065061	
			217	1716	408	11.3	4.1	56.0	12.5	3.2	19.0	0.8	2.1	Wheat, Soya	5029730065061	
36418	Mozzarella and Tomato Wrap	Mozzarella with slow roasted tomatoes, green pesto mayonnaise, rocket and tomato in a tomato tortilla wrap.	100	1192	285	16.1	5.3	25.3	3.6	1.7	9.0	0.4	1.1	Egg, Wheat, Milk, Mustard	5029730065078	
			190	2265	542	30.5	10.1	48.1	6.9	3.3	17.2	0.8	2.0	Egg, Wheat, Milk, Mustard	5029730065078	
36421	Chicken, Bacon & Guacamole Wrap	Chicken breast with bacon, spicy guacamole and salad leaves on multigrain tortilla.	100	990	236	8.7	3.9	25.6	1.4	2.3	12.7	0.4	1.0	Gluten	5029730067331	
			186	1841	439	16.1	7.2	47.6	2.6	4.3	23.6	0.7	1.9	Gluten	5029730067331	
36422	Cajun Chicken Flatbread	Roast chicken with sour cream mayonnaise, cajun spice and salad leaves on flatbread.	100	926	219	3.8	0.6	35.7	4.9	1.7	9.7	0.1	0.3	Egg, Gluten, Milk, Mustard	5029730067348	
			235	2176	515	9.0	1.5	83.8	11.6	4.0	22.7	0.3	0.7	Egg, Gluten, Milk, Mustard	5029730067348	
36423	Falafel & Houmous Flatbread	Sweet potato falafel with houmous, chickpeas and coriander, roasted vegetables, beetroot, carrot, spinach and yoghurt and mint crème fraîche dressing on a flatbread.	100	961	228	5.8	0.6	36.0	3.5	3.6	6.3	0.1	0.3	Gluten, Milk, Mustard	5029730067355	Suitable for vegetarians
			242	2326	552	13.9	1.5	87.0	8.5	8.6	15.3	0.3	0.726	Gluten, Milk, Mustard	5029730067355	Suitable for vegetarians
36419	Red Thai Chicken Wrap	Chicken with red Thai curry sauce, coriander, peppers and spinach in a tomato tortilla wrap.	100	804	191	5.5	2.7	24.0	3.3	1.5	10.6	0.4	1.0	Celery, Wheat, Barley, Mustard	5029730065191	
			220	1769	420	12.1	5.9	52.8	7.2	3.2	23.3	0.9	2.2	Celery, Wheat, Barley, Mustard	5029730065191	
36420	Bombay Chicken & Potato Wrap	Chicken with Bombay potato, mayonnaise, coriander, tomato chutney and spinach in a plain tortilla wrap.	100	975	232	9.4	2.1	28.6	4.4	1.5	7.6	0.5	1.2	Egg, Wheat, Mustard	5029730065184	Halal
			210	2048	487	19.6	4.3	60.1	9.2	3.2	16.0	1.0	2.4	Egg, Wheat, Mustard	5029730065184	Halal
36500	Ham & Cheese Sub Roll	Gammon ham* with Cheddar cheese and mayonnaise in a semolina topped sub roll. *Formed from selected cuts of pork legs.	100	1280	306	14.9	5.0	28.2	0.9	1.0	14.2	0.5	1.4	Wheat gluten, Milk, Egg, Mustard	5029730061056	
			227	2905	694	33.8	11.3	64.0	1.9	2.3	32.2	1.2	3.1	Wheat gluten, Milk, Egg, Mustard	5029730061056	
36502	Tuna Niçoise Seeded Sub Roll	Tuna with capers, hard boiled egg, mayonnaise, lemon juice and spinach on a seeded sub roll.	100	1071	256	12.4	1.5	23.4	0.7	2.0	11.7	0.4	0.9	Wheat, Milk, Egg, Mustard, Fish,	5029730061070	Dolphin Friendly Tuna, free range egg
			257	2753	658	31.8	3.8	60.2	1.9	5.1	30.2	0.9	2.3	Wheat, Milk, Egg, Mustard, Fish,	5029730061070	Dolphin Friendly Tuna, free range egg
36503	Cheddar Ploughman's Seeded Sub Roll	Cheddar cheese with pickle, mayonnaise, red onion, tomato and salad leaves on a seeded sub roll.	100	1153	276	14.5	4.3	25.8	3.3	2.0	9.6	0.4	1.1	Wheat, Barley, Milk, Egg, Mustard,	5029730061087	Suitable for vegetarians
			258	2976	712	37.4	11.2	66.5	8.5	5.1	24.8	1.1	2.8	Wheat, Barley, Milk, Egg, Mustard,	5029730061087	Suitable for vegetarians
36509	Chicken, Bacon and Mayonnaise	Seasoned chicken mayonnaise and bacon on semolina topped sub roll.	100	1345	322	16.2	2.2	29.0	1.1	1.1	14.4	0.5	1.2	Egg, Gluten, Milk, Mustard	5029730067508	
			226	3040	728	36.5	4.9	65.6	2.5	2.5	32.6	1.1	2.7	Egg, Gluten, Milk, Mustard	5029730067508	
36634	Pulled Pork Brioche Melt	Pulled pork with slaw and Monterey Jack cheese on brioche roll.	100	1087	259	11.9	5.0	26.2	6.9	0.4	11.7	0.5	1.1	Egg, Gluten, Milk, Mustard, Sulphites	5029730067485	
			163	1772	422	19.3	8.1	42.8	11.2	0.7	19.1	0.7	1.8	Egg, Gluten, Milk, Mustard, Sulphites	5029730067485	
36505	Cheese & Onion Roll	Cheddar and Red Leicester cheese with mayonnaise, chives and red onion on a oat flake topped roll	100	1025	245	12.3	4.4	23.7	2.2	1.7	9.1	0.5	1.3	Wheat & Oat gluten, Soya, Milk, Egg, Mustard	5029730061100	Suitable for vegetarians
			230	2440	583	29.3	10.4	56.4	5.2	3.9	21.6	1.2	3.0	Wheat & Oat gluten, Soya, Milk, Egg, Mustard	5029730061100	Suitable for vegetarians
36508	Ham & Egg Roll	Ham with egg mayonnaise on an oat flake topped bap.	100	1005	240	10.8	1.7	24.1	1.3	1.3	11.0	0.4	1.0	Wheat, Oat gluten, Soya, Egg, Mustard, Milk	5029730063272	N/A
			150	1508	360	16.1	2.6	36.1	2.0	1.9	16.5	0.6	1.5	Wheat, Oat gluten, Soya, Egg, Mustard, Milk	5029730063272	N/A
36217	Ham Roll	Reformed ham with added water in a white roll.	100	923	218	4.3	0.9	33.5	2.2	1.5	10.8	0.4	1.1	Wheat, Milk	5029730064569	
			130	1200	283	5.6	1.1	43.5	2.9	2.0	14.0	0.5	1.4	Wheat, Milk	5029730064569	
36218	Cheese Roll	Cheddar cheese in a white roll.	100	1255	299	11.2	5.5	36.1	2.2	1.6	12.6	0.6	1.5	Wheat, Milk	5029730064576	
			119	1493	356	13.4	6.5	42.9	2.6	2.0	14.9	0.8	1.9	Wheat, Milk	5029730064576	
36601	Ham & Cheese Croissant	Gammon ham* with Cheddar cheese in a croissant. *Formed from selected cuts of pork legs.	100	1202	288	15.5	9.1	23.2	3.9	0.8	13.4	0.6	1.4	Wheat, Soya, Milk, Egg,	5029730061148	No mayo
			125	1503	360	19.4	11.4	29.0	4.8	1.0	16.8	0.7	1.8	Wheat, Soya, Milk, Egg,	5029730061148	No mayo



36605	Spicy Meatball Panini	Pork and beef meatballs with Mozzarella, Cheddar cheese, Béchamel sauce, tomato ragu sauce, slow roasted tomatoes and piri piri sauce in a stonebaked ciabatta.	100	1026	245	12.3	4.4	23.6	2.2	1.7	9.1	0.5	1.3	Wheat, Milk,	5029730061186	No mayo
			215	1006	240	10.9	2.7	24.3	3.3	1.1	10.7	0.5	1.2	Wheat, Milk,	5029730061186	No mayo
36606	Chicken Fajita Panini	Chicken breast with Cheddar cheese, tomato salsa, fajita seasoning, sour cream and mayonnaise and red pepper on a stonebaked ciabatta.	100	1006	240	10.9	2.7	24.3	3.3	1.1	10.7	0.5	1.2	Wheat, Milk, Egg, Mustard,	5029730061193	
			215	2163	516	23.4	5.7	52.3	7.1	2.3	23.0	1.0	2.5	Wheat, Milk, Egg, Mustard,	5029730061193	
36609	Mozzarella & Tomato Panini	Mozzarella with slow roasted tomatoes, tomato ragu sauce, Béchamel and green pesto sauce with cherrybell peppers on a stonebaked ciabatta.	100	1002	239	11.6	4.4	23.7	2.4	1.5	9.2	0.5	1.1	Wheat, Milk,	5029730061223	Suitable for vegetarians
			216	2164	516	25.1	9.5	51.2	5.3	3.2	19.9	0.1	2.4	Wheat, Milk,	5029730061223	Suitable for vegetarians
36614	Ham & Cheese Panini	Gammon ham* with Cheddar cheese, Béchamel and mustard sauce on a stonebaked ciabatta. *Formed from selected cuts of pork legs.	100	1091	260	11.0	4.7	26.5	0.7	1.0	13.4	0.6	1.6	Wheat, Milk, Mustard,	5029730062985	N/A
			170	1855	442	18.6	8.0	45.0	1.3	1.7	22.7	1.1	2.6	Wheat, Milk, Mustard,	5029730062985	N/A
36632	Bacon Roll	Sweetcure bacon on white roll	100	1430	341	15.2	5.0	34.6	2.7	1.3	15.9	0.7	1.8	Gluten, Milk	5029730067362	
			125	1788	426	19	6.2	43.2	3.4	1.6	19.9	0.90	2.30			
36633	Bacon and Hash Brown Panini	Bacon hash brown and bacon with mayonnaise and spicy ketchup on ciabatta bread.	100	1186	284	15.5	4.6	27.6	3.7	1.5	7.8	0.50	1.30	Egg, Gluten, Mustard	5029730067379	
			235	2789	668	36.3	10.8	65	8.7	3.6	18.3	1.20	3.10			
36635	Chipotle Chicken Burrito	Shredded chicken with spiced rice, beans, guacamole, jalapeño peppers, tomato salsa, chargrilled peppers and sour cream in a plain tortilla.	100	854	204	7.4	2.3	26	3.6	1.5	7.5	0.30	0.60	Gluten, Milk, Mustard, Sulphites	5029730067607	
			255	2178	520	18.7	5.9	66.2	9.1	3.9	19.2	0.60	1.60			
36636	BBQ Pulled Pork Burrito	Pulled pork with spiced rice, Mesquitestyle barbecue sauce, guacamole, sour cream, tomato salsa, onions, jalapeño and tomato in a plain tortilla.	100	834	199	7.3	2.2	26.1	3.7	1.9	6.2	0.20	0.60	Gluten, Milk, Mustard, Sulphites	5029730067614	
			280	2335	557	20.4	6.1	73.1	10.4	5.2	17.4	0.60	1.60			
36637	Spicy Bean Burrito	Beans with spiced rice, guacamole, tomato salsa, jalapeño, Cheddar cheese, onions, tomato, sour cream and spinach in a tomato tortilla.	100	830	198	7.4	2.7	26.6	4.2	2	5.3	0.30	0.70	Gluten, Milk, Mustard	5029730067621	
			282	2341	558	20.8	7.5	75	11.9	5.6	14.9	0.80	1.90			
36638	ADB Muffin	Bacon with free range egg mayonnaise and Cumberland sausage on breakfast muffin.	100	1036	247	9.5	2.6	27.1	0.9	1.7	12.3	0.50	1.30	Egg, Gluten, Mustard	5029730067492	
			149	1544	368	14.2	3.9	40.4	1.3	2.5	18.3	0.70	1.90			
36611	Ham & Cheese Toastie	Gammon ham* with Cheddar cheese on white bread. *Formed from select cuts of pork legs.	100	1117	266	11.2	5.4	26.8	1.8	1.3	13.9	0.5	1.3	Wheat, Soya, Milk,	5029730061247	No mayo, less then 350kcal
			129	1440	343	14.4	6.9	34.6	2.4	1.7	17.9	0.7	1.6	Wheat, Soya, Milk,	5029730061247	No mayo, less then 350kcal
36612	Cheese & Tomato Toastie	Cheddar cheese and tomato on white bread.	100	955	228	9.6	4.7	24.9	2.3	1.4	9.8	0.4	0.9	Wheat, Soya, Milk,	5029730061254	No mayo
			141	1347	321	13.5	6.7	35.1	3.3	2.0	13.8	0.5	1.3	Wheat, Soya, Milk,	5029730061254	No mayo, suitable for vegetarians, less then 350kcal
36620	No Fuss Ham & Cheese Panini	Ham with Cheddar cheese on a ciabatta.	100	1202	287	13.0	6.0	27.6	0.8	1.0	14.4	0.6	1.5	Wheat gluten, Milk	5029730063036	N/A
			165	1983	474	21.4	10.0	45.5	1.2	1.6	23.8	1.0	2.4	Wheat gluten, Milk	5029730063036	N/A
36621	No Fuss Cheese & Tomato Panini	Cheddar cheese with tomato and herb sauce and tomato in a ciabatta.	100	1068	255	11.5	5.3	26.1	2.0	1.3	11.2	0.5	1.2	Wheat gluten, Milk	5029730063043	Suitable for Vegetarians
			184	1965	469	21.1	9.8	47.9	3.7	2.3	20.7	0.9	2.2	Wheat gluten, Milk	5029730063043	Suitable for Vegetarians
36622	Tuna Melt Panini No Fuss	Tuna with cheese sauce, red onion Cheddar cheese and crème fraiche in a ciabatta.	100	979	233	8.4	3.2	25.5	1.1	1.0	13.4	0.5	1.2	Wheat gluten, Milk, Fish	5029730063050	N/A
			180	1762	419	15.2	5.7	45.8	1.9	1.7	24.0	0.8	2.1	Wheat gluten, Milk, Fish	5029730063050	N/A
36640	Jumbo Sausage Roll	Pasty containing a mix of fresh beef with seasoned potato, swede and onion	100	1464	352	23.5	10.7	25.8	2.0		7.7		1.1	Gluten, Egg		
			Per pack	2050.0	493.0	32.9	15.0	36.1	2.8		10.8		1.5			
36641	Cornish Pasty	British beef with potato, onion and swede in pastry.	100	1159.0	278.0	16.9	8.3	24.0	1.4		5.6		0.8	Gluten, Egg, Milk		
			Per pack	2608.0	626.0	38.0	18.7	54.0	3.2		12.6		1.9			
36642	Seriously Cheesy Pasty	Cheese, onion and potato in pastry.	100	1255.0	301.0	18.7	9.6	25.3	1.6		6.9		1.1	Gluten, Milk, Egg, Mustard		
			Per pack	2824.0	677.0	42.1	21.6	56.9	3.6		15.5		2.4			
36643	Personal Pizza Slice		100	1406.0	338.0	22.1	10.3	22.1	3.2		10.9		0.5	Gluten, Milk, Mustard, Egg		



Code	Product Name	Description	Per pack	2657.0	639.0	41.6	19.5	41.7	6.0	20.6	0.9	Gluten, Milk, Mustard, Egg				
	Pepperoni Pizza Slice	Pastry slice with diced pepperoni, cheese and rich tomato sauce filling	Per pack	2657.0	639.0	41.6	19.5	41.7	6.0	20.6	0.9					
36644	Piri piri chicken slice	Pastry slice with diced chicken in a spicy sauce.	100	1126.0	270.0	15.6	7.2	25.0	3.1	7.1	0.9	Gluten, Egg, Milk				
			Per Pack	2128.0	270.0	15.6	3.1	47.3	5.9	13.4	1.7					
36645	Philly Beef Slice	Pastry Beef Slice	100	19.1	321.0	19.1	8.9	26.1	2.3	10.4	0.4					
			Per pack													
36701	Crudités & Houmous	Carrot and cucumber with houmous and pesto rosso.	100	318	76	2.8	0.3	8.4	2.9	3.6	2.4	0.2	Milk,	5029730061278	No mayo, suitable for vegetarians, less than 350kcal	
			145	462	110	4.1	0.5	12.2	4.2	5.3	3.5	0.3	Milk,	5029730061278	Suitable for Vegetarians, 1 of a 5 a day	
36704	Egg & Spinach	Free range hard boiled egg with spinach.	100	499	199	7.5	2.3	0.2	0.2	0.6	11.7	0.20	Egg	5029730067652		
			94	469	112	7.1	2.2	0.2	0.2	0.6	11.7	0.20	Egg			
36705	Salmon, Beans and Peas	Smoked salmon with mint peas, beans, rocket and a lime wedge.	100	556	133	7.2	1	4.5	1	2.6	11.4	0.10	Fish/Shellfish, Soya	5029730067669		
			135	751	180	9.7	1.3	6	1.4	3.5	15.4	0.20	Fish/Shellfish, Soya			
36750	Chicken & Bacon Pasta	Chicken with bacon, pasta, mayonnaise, peppers and parsley.	100	707	168	5.7	1.4	19.5	1.2	1.4	8.9	0.4	1.0	Wheat gluten, Milk, Egg, Mustard	5029730061292	
			240	1697	404	13.8	3.3	46.8	3.0	3.5	21.4	0.9	2.3	Wheat gluten, Milk, Egg, Mustard	5029730061292	
36752	Cheese & Slow Roasted Tomatoes Pasta	Cheddar and Red Leicester cheese with slow rpassed tomatoes, pasta, mayonnaise, red onion and parsley.	100	848	203	9.8	3.9	19.8	1.8	1.6	7.9	0.3	0.8	Wheat gluten, Milk, Egg, Mustard	5029730061315	Suitable for vegetarians
			240	2035	486	23.6	9.4	47.6	4.2	4.0	18.9	0.8	1.9	Wheat gluten, Milk, Egg, Mustard	5029730061315	Suitable for vegetarians
36753	Tuna & Sweetcorn Pasta	Pasta with tuna, mayonnaise, sweetcorn, peppers, red onion and parsley.	100	564	134	3.4	0.6	18.6	1.9	1.7	6.4	0.2	0.5	Wheat gluten, Milk, Egg, Mustard, Fish	5029730061322	
			245	1381	328	8.3	1.5	45.5	4.7	4.1	15.7	0.4	1.1	Wheat gluten, Milk, Egg, Mustard, Fish	5029730061322	
36805	Ham Hock & egg salad with peas, beans, cherry tomatoes & a lemon & mustard dressing	Shredded ham hock with lemon, garlic and mustard mayonnaise dressing, minted peas & beans, cherry tomatoes, radish, red onion, chives, mint, salad leaves and a free range hard boiled egg.	100	437	105	5.6	1.2	2.8	1.1	1.5	10.2	0.2	0.6	Egg, Milk, Mustard, Soya	5029730064293	1 of your 5 a day, High in protein
			242	1058	254	13.6	2.9	6.8	2.7	3.6	24.7	0.6	1.4	Egg, Milk, Mustard, Soya	5029730064293	1 of your 5 a day, High in protein
36809	Sweet Potato Falafel & Tabouleh Salad with quinoa, puy lentils, salad leaves & a beetroot & mint houmous dip	with quinoa, puy lentils, salad leaves & a beetroot & mint houmous di	100	608	145	6.2	0.7	16.7	4.2	3.1	4.2	0.1	0.2	Sulphur Dioxide	5029730064255	Gluten Free, 1 of your 5 a day, Vegan
			269	1636	390	16.5	1.9	44.8	11.4	8.3	11.4	0.2	0.5	Sulphur Dioxide	5029730064255	Gluten Free, 1 of your 5 a day, Vegan
36811	Rainbow Chicken Salad	with rice, lentils, edamame beans, pumpkin seeds, sugar snap peas, pomegranate kernals, salad leaves and a pot of soy sweet chilli dressing	100	586	139	5.1	0.7	16.4	3.7	1.4	6.3	0.1	0.3	Soya	5029730065252	Gluten Free, Source of Protein, Low Sat Fat
			298	1746	414	15.2	2.0	48.9	10.9	4.1	18.7	0.4	1.0	Soya	5029730065252	Gluten Free, Source of Protein, Low Sat Fat
36812	Mediterranean Inspired Chicken Salad	with orzo pasta, Kalamata olives, semi dried cherry tomatoes and salad leaves.	100	510	122	4.3	0.6	13.1	1.7	2.0	6.6	0.1	0.3	Wheat	5029730065139	High in Protein, low sat Fat
			280	1428	342	12.0	1.7	36.7	4.7	5.5	18.5	0.4	0.9	Wheat	5029730065139	High in Protein, low sat Fat
36813	King Prawn, Mango & Noodle Salad	with red pepper, pak choi, edamame beans, carrot, spring onion, coriander and a pot of soy sweet chilli dressing.	100	448	114	4.5	0.6	13.1	4.6	1.3	4.6	0.2	0.4	Shellfish, Gluten, Soya	5029730065016	Source of Protein, Low Sat Fat
			300	1344	342	13.5	1.9	39.3	13.9	3.9	13.8	0.5	1.3	Shellfish, Gluten, Soya	5029730065016	Source of Protein, Low Sat Fat
36862	Greek Style Yogurt & Blueberry Compote with Granola	Greek style natural yogurt with blueberry compote and a granola mix.	100	1018	242	8.4	1.2	31.3	14.5	3.8	8.5	0.0	0.1	Oats, Milk	5029730065238	
			155	1578	375	13.0	1.8	48.6	22.4	6.0	13.1	0.0	0.1	Oats, Milk	5029730065238	
36863	Raspberry, Yoghurt & Seeded Granola	Greek style yoghurt with raspberry compote and a granola mix.	100	988	241	8.4	1.2	30.4	13.5	3.9	9.0	0.0	0.1	Oats, Milk	5029730065245	
			155	1531	374	13.0	1.8	47.1	20.9	6.0	14.0	0.0	0.1	Oats, Milk	5029730065245	
36850	Classic Fruit	Melon with pineapple, apples, orange and grapes.	100	207	49	0.1	0.0	11.4	9.9	1.5	0.0	0.5	0.0		5029730061384	2 of a 5 a day
			170	353	83	0.2	0.0	19.4	16.8	2.5	0.0	0.9	0.0		5029730061384	2 of a 5 a day
36858	Rainbow Fruit Salad		100	162	38	0.2	0.0	7.8	7.6	1.2	0.7		0.0		5029730064262	Vitamin C, 2 fo your 5 a day, Suitble for Veg
			160	259	61	0.3	0	12.5	12.2	2	1.2		0.00		5029730064262	Vitamin C, 2 fo your 5 a day, Suitble for Veg
36860	Apple and Grape Bag		100	243	194	0.1	0	12.6	12.6	2.3	0.4		0.00		5029730064286	1 of your 5 a day
			80	57	46	0.1	0	10	10	1.8	0.3		0.00		5029730064286	1 of your 5 a day



36859	Mango, Pineapple & Lime Pot		100	210	50	0.2	0	10.7	10.1	1.5	0.5		0.00		5029730064279	Vitamin C, 1 of your 5 a day
			160	336	79	0.3	0.1	17.1	16.1	2.4	0.8				5029730064279	Vitamin C, 1 of your 5 a day
R60269	Sushi Fish Box	Salmon spicy roll, tuna roll, salmon nigiri, prawn nigiri, cucumber roll, carrot roll and soy sauce sachet	100	685	164	3.1	0.5	30.5	5.1	0.9	5.9	n/a	1.2	Wheat, Egg, Soya, Fish, Crustaceans, Sesame	5029730065511	Less than 350kcal
R60269	Sushi Fish Box	Salmon spicy roll, tuna roll, salmon nigiri, prawn nigiri, cucumber roll, carrot roll and soy sauce sachet	155g	1129	270	5.2	0.9	50.3	8.5	1.5	9.8	n/a	2.00	Wheat, Egg, Soya, Fish, Crustaceans, Sesame	5029730065511	Less than 350kcal
R60270	Sushi Veggie Box	Vegetarian California rolls, red pepper nigiri, butternut squash nigiri, fried tofu rolls and a soy sauce sachet	100	687	164	3.4	0.3	34.5	5.9	1.1	3.9	n/a	1.30	Wheat, Soya, Egg, Sesame	5029730065528	Less than 350kcal, Suitable for Vegetarians
R60270	Sushi Veggie Box	Vegetarian California rolls, red pepper nigiri, butternut squash nigiri, fried tofu rolls and a soy sauce sachet	155	1065	254	5.3	0.5	53.5	9.1	1.7	6.0	n/a	2.0	Wheat, Soya, Egg, Sesame	5029730065528	Less than 350kcal, Suitable for Vegetarians
R60271	Sushi Mix Box	Teriyaki chicken roll, tuna roll, curried salmon roll, carrot roll, cucumber roll, egg roll, red pepper roll and a soy sauce sachet	100	670	160	3.2	0.4	29.6	5.4	0.9	5.7	n/a	1.5	Wheat, Soya, Mustard, Egg, Fish, Sesame	5029730065535	Less than 350kcal
R60271	Sushi Mix Box	Teriyaki chicken roll, tuna roll, curried salmon roll, carrot roll, cucumber roll, egg roll, red pepper roll and a soy sauce sachet	155	894	214	4.4	0.6	39.8	7.3	1.2	7.1	n/a	2.20	Wheat, Soya, Mustard, Egg, Sesame	5029730065535	Less than 350kcal
36914	Platinum Mixed Sandwich Platter	Ham Hock with Cheddar cheese, chutney and rocket on oatmeal bread. Hot smoked salmon with soft cheese and horseradish sauce on oatmeal bread. Pastrami with Monterey Jack cheese, gherkins, mustard mayonnaise and spinach on Farmers bread. Goat's cheese with chargrilled peppers, green pesto mayonnaise and rocket on malted wheatgrain bread. BBQ chicken and bacon	100	1007	240	10	3.3	24.4	3.9	1.8	12.3		1.00	Gluten, Soya, Milk, Mustard, Egg	5029730067478	
			823	8288	1975	82.1	27.5	200.8	32.4	15.1	100.9		8.60			
36915	Platinum Vegetarian Sandwich	Free range egg mayonnaise with watercress on malted wheatgrain bread. Cheddar cheese with tomato, red onion, slow roast tomato mayonnaise and apollo leaves on softgrain bread. Sweet potato falafel with Harrisa houmous, chickpeas and chargrilled peppers on malted wheatgrain bread. Bombay egg with coriander and mango chutney on Farmer's bread. Greek Feta cheese with	100	930	222	10.0	2.5	23.5	2.6	2.6	8.2	0.3	0.8	Gluten, Milk, Egg, Mustard, Soya	5029730067461	
			917	426.4	101.8	4.6	1.1	10.8	1.2	1.2	3.8	0.1	0.4			
36916	Platinum Mixed Wrap Platter	Piri piri chicken with chargrilled peppers and rocket leaves on barmarked tortilla. Hoi Sin pork with carrot, spinach and spring onion on multigrain tortilla. Roast chicken breast with yogurt and mint crème fraiche, red onion and cos lettuce on barmarked tortilla. Sweet potato falafel with chargrilled vegetables and rocket leaves on tomato tortilla.	100	880.0	210.0	7.2	2.3	25.7	3.8	2.4	9.4	0.3	0.8	Gluten, Mustard, Sulphites, Soya, Milk	5029730067515	
			833	7730	1749	59.6	19.4	213.9	31.3	19.6	78.1	2.70	6.90			
36917	Platinum Mixed Roll Platter	BBQ pulled pork with Mozzarella cheese and spinach leaves on semolina roll. Roast chicken breast with slow roast mayonnaise and Chorizo on semolina sub roll. Ham hock with wholegrain mustard mayonnaise and rocket leaves on mini sub roll. King prawns and mayonnaise on mini sub roll.	100	1096	261	9.7	1.3	30.0	2.6	2.3	12.2	0.5	1.2	Egg, Fish/Shellfish, Gluten, Milk, Mustard, Sulphites	5029730067560	
			PER ROLL = 88g	649.4	154.6	5.8	0.7	17.8	1.5	1.3	7.2	0.3	0.7			
36918	Platinum Veg Roll Platter	Free range egg mayonnaise with slow roasted tomatoes in a brown sub roll. West Country Cheddar cheese with real ale chutney, cranberry sauce and spinach in a semolina in a semolina sub roll. Goat's cheese with chargrilled peppers, caramelised red onion confit and rocket in a brown sub roll. Sweet potato falafel with lemon and coriander houmous, mango chutney and toasted	100	1049	249	7.6	2.8	34.0	5.1	3.3	9.6	0.4	0.9	Milk, Gluten, Sulphites, Eggs, Mustard	5029730067577	
			180	627	149	4.5	1.7	20.3	3.0	2.0	5.8	0.2	0.5			
36919	Gold Meat Sandwich Platter	Bacon, tomato, mayonnaise and Apollo leaves on malted wheatgrain bread. Ham and cheddar cheese on oatmeal bread. Chicken stuffing and mayonnaise on white bread. Roast chicken breast with bacon and mayonnaise on malted wheatgrain bread. Prawns and mayonnaise on oatmeal bread.	100	1060	253	11.7	2.6	23.8	2.4	1.9	12.3	0.5	1.2	Egg, Fish/Shellfish, Gluten, Milk, Mustard, Soya	5029730067522	
			Per Quarter	428	102	4.7	1.0	9.6	1.0	0.8	5.0	0.2	0.5			
36920	Gold Veg Sandwich Platter	Cheddar cheese with caramelised red onion confit, tomato and apollo leaves on softgrain bread. Free range egg mayonnaise and mustard cress on malted wheatgrain bread. Sweet potato falafel with lemon and coriander houmous and carrot in wholemeal bread. Galbini mozzarella with slow roasted tomato and pesto mayonnaise and rocket leaves on Farmer's bread.	100	994	238	11.4	3.5	22.9	3.6	3.0	9.4	0.3	0.8	Egg, Gluten, Milk, Mustard, Soya	5029730067539	
			Per Quarter	436.9	104.6	5.0	1.5	10.1	1.6	1.3	4.1	0.1	0.4			
36921	Gold Veg Wrap Platter	Three bean salsa with spicy guacamole and salad leaves on plain tortilla. Greek Feta cheese with Kalamata olives, slow roast tomatoes, yogurt and mint crème fraiche, tomato and rocket leaves on multigrain tortilla. Sweet potato falafel with chargrilled vegetables, houmous, chickpeas, coriander, yogurt and mint crème fraiche and spinach leaves on multigrain tortilla. Mozzarella	100.0	1014	242	11.0	3.6	27.1	3.0	3.0	7.2	0.4	1.1	Egg, Gluten, Milk, Mustard	5029730067546	
			PER PACK	7990	1907	86.4	28.2	213.8	24.0	23.6	57.0	3.3	8.3			
36909	Silver Vegetarian Sandwich Platter	Cheddar cheese with pickle on white bread. Egg mayonnaise with tomato on malted wheatgrain bread. Cheddar and Red Leicester cheese with red onion mayonnaise on malted wheatgrain bread. Egg mayonnaise on white bread. Soft cheese with cucumber on wholemeal bread. Cheddar cheese and tomato on wholemeal bread.	100	1015	242	11.3	3.6	24.7	2.5	2.4	9.4	0.3	0.9	Wheat, Barley, Soya, Milk, Egg, Mustard,	5029730061551	
			Per Serving	1475	352	16.4	5.2	35.9	3.6	3.4	13.6	0.5	1.2	Wheat, Barley, Soya, Milk, Egg, Mustard,	5029730061551	
36912	Silver Meat Platter	Ham with mustard mayonnaise on wholemeal bread. Chicken with sweetcorn mayonnaise on malted wheatgrain bread. Beef and tomato on white bread. Chicken with pork, sage and onion stuffing mayonnaise on white bread. Ham and tomato on white bread. Chicken mayonnaise on malted wheatgrain bread.	100	989	236	9.9	1.4	25.1	2.2	2.0	10.6	0.3	0.9	Egg, Gluten, Milk, Mustard, Soya		
			Per Serving	1465	350	14.7	2.1	37.2	3.3	3.0	15.6	0.5	1.3	Egg, Gluten, Milk, Mustard, Soya		
36910	Premium Fruit Platter	A fruit platter consisting melons, pineapple, orange, mango, kiwi and strawberries	100	169	40	0.2	0.0	8.8	7.7	1.1	0.7	0.0	0.02		5026035002067	
			per serving	102	24	0.1	0.0	5.4	4.7	0.7	0.4	0.0	0.0		5026035002067	
36911	Crudités Snack Platter	Carrots, cherry tomatoes, peppers, cucumber, sugar snap peas, harissa chickpeas and houmous.	100	190	46	1.0	0.1	6.0	4.0	2.4	1.8	0.1	0.2		5029730063074	
			per serving	115	28	0.6	0.1	3.6	2.4	1.5	1.1	0.1	0.1		5029730063074	
36002C	British Chicken & Bacon Caesar	British Chicken with bacon, Caesar style dressing, Grana Padano and salad leaves on malted wheatgrain farmhouse bread.	100	1051	251	11.2	3.2	21.5	0.9	2.4	14.8	0.5	1.2	Wheat & Barley gluten, Milk, Egg, Mustard	5029730060530	
			880	9249	2208	98.4	28.3	189.6	8.3	21.5	130.3	4.1	10.1	Wheat & Barley gluten, Milk, Egg, Mustard	5029730060530	
36003C	King Prawns & Scottish Smoked Salmon	King prawns with Scottish smoked salmon, crème fraiche, dill, lemon oil and rocket on split tin wholemeal bread	100	865	206	7.4	2.8	22.7	1.2	4.2	10.1	0.4	1.1	Wheat, Barley, Milk, Fish, Shellfish,	N/A	
			Per Serving	1748	417	14.9	5.6	45.9	2.4	8.5	20.4	0.9	2.1	Wheat, Barley, Milk, Fish, Shellfish,	N/A	
36004C	West Country Cheddar Ploughman's with Apple Mayonnaise & Caramelised Red Onion Confit	West Country Cheddar with apple mayonnaise, caramelised red onion confit, tomato and salad leaves on malted wheatgrain Farmers bread.	100	1083	259	13.4	5.1	24.5	4.7	2.3	9.0	0.3	0.8	Egg, Gluten, Milk, Mustard		



			Per Pack	2568.39	615	32	12	58	10	5	21	1	2	Egg, Gluten, Milk, Mustard		
36010C	New York Deli	Salt beef with Emmental cheese, American style mustard mayonnaise, gherkins, tomato and rocket on rye bread.	100	827	197	8.5	2.7	19.2	1.1	2.0	10.0	0.4	1.1	Gluten, Mustard, Milk, Egg		
			230	3308.0	788.0	34.0	10.8	76.8	4.5	7.8	40.1	1.7	4.3			
36106C	Chicken & Stuffing	Chicken with pork, sage and onion stuffing and mayonnaise on white bread.	100	1200	287	15.9	1.8	23.1	2.8	1.5	12.0	0.4	1.0	Wheat, Soya, Milk, Egg, Mustard,	N/A	
36106C	Chicken & Stuffing	Chicken with pork, sage and onion stuffing and mayonnaise on white bread.	Per Serving	2088	500	27.7	3.2	40.3	4.9	2.7	21.0	0.7	1.7	Wheat, Soya, Milk, Egg, Mustard,	N/A	
36107C	Prawn Mayonnaise	Prawn mayonnaise on oatmeal bread.	100	953	228	11.7	1.2	19.7	2.8	1.7	10.1	0.5	1.2	Wheat, Oat, Soya, Milk, Egg, Mustard, Shellfish,	N/A	
			Per Serving	1611	385	19.7	2.0	33.3	4.7	2.9	17.1	0.8	2.0	Wheat, Oat, Soya, Milk, Egg, Mustard, Shellfish,	N/A	
36109C	Egg Mayonnaise & Cress	Hard boiled egg with egg mayonnaise and cress on malted wheatgrain bread.	100	847	202	8.8	1.7	20.0	0.7	1.9	9.8	0.3	0.6	Wheat, Barley, Milk, Egg, Mustard,	N/A	
			Per Serving	424	101	4.4	0.9	10.0	0.4	0.9	4.9	0.1	0.3	Wheat, Barley, Milk, Egg, Mustard,	N/A	
36110C	BLT	Sweetcure bacon with tomato, mayonnaise and apollo leaves on malted bread.	100	1227	294	16.3	3.3	26.1	2.0	2.2	9.7	0.4	1.1	Gluten, Mustard, Milk, Egg		
			185	2270	544	30.2	6.0	48.2	3.7	4.0	17.9	0.8	2.0			
36112C	Ham and Cheese	Smoked dry cure ham and west country cheddar cheese on oatmeal bread.	100	1032	246	10.6	5.2	21.6	3.1	2.0	15.1	0.6	1.5	Gluten, Milk, Soya		
			154	1589	379	16.4	8.0	33.2	4.8	3.1	23.3	0.9	2.3			
36114C	Roast Chicken Salad	Roast chicken breast with cucumber, tomato, mayonnaise and apollo leaves on malted bread.	100	887	211	8.5	1.1	22.1	1.4	1.9	10.7	0.3	0.8	Gluten, Mustard, Milk, Egg		
			202	1792	426	17.2	2.3	44.6	2.7	3.8	21.6	0.6	1.6			
36115C	Chicken and Bacon	Roast chicken breast, sweetcure bacon and mayonnaise on malted bread.	100	1019	242	8.2	2.4	26.1	1.3	2.0	15.1	0.5	1.2	Egg, Gluten, Milk, Mustard		
			162	1651	392	13.3	3.9	42.2	2.1	3.3	24.4	0.8	1.9			
36116C	Cheddar Ploughmans	West country mature cheddar cheese with tomato, red onion, pickle and apollo leaves on malted bread.	100	944	225	9.2	4.9	25.5	4.2	2.1	9.1	0.4	1.1	Gluten, Milk		
			200	1888.0	450.0	18.3	9.9	51.0	8.4	4.2	18.2	0.9	2.2			
36202C	Beef & Horseradish	Beef with horseradish mustard mayonnaise and rocket on white bread.	100	1010	242	11.5	1.9	23.1	2.1	1.3	10.7	0.4	0.9	Egg, Gluten, Milk, Mustard, Soya		
			per serving	6424	1539	73.3	12.1	146.6	13.6	8.0	67.9	2.2	5.6	Egg, Gluten, Milk, Mustard, Soya		
36213C	Two Cheese & Red Onion Chutney	Cheddar and Red Leicester cheese with mayonnaise, caramelised red onion confit, spinach, red onion and chives on malted wheatgrain bread.	100	1348	323	18.1	6.6	27.7	5.1	2.0	11.2	0.4	1.1	Wheat & Barley gluten, Milk, Egg, Mustard	5029730060806	Suitable for vegetarians
			720	9703	2323	130.6	47.7	199.1	36.5	14.1	80.8	3.2	7.9	Wheat & Barley gluten, Milk, Egg, Mustard	5029730060806	Suitable for vegetarians
36231C	Salmon and Cucumber	Salmon with mayonnaise and cucumber on softgrain bread.	100	1016	243	13.8	1.7	19.6	1.8	1.3	9.5	0.3	0.8	Egg, Fish/Shellfish, Gluten, Milk, Mustard, Soya		
			179	1819	435	24.7	3.0	35.0	3.2	2.4	17.0	0.6	1.5			
37006C	Chicken & Slow Roasted Tomato Mayonnaise	Roast chicken with slow roast tomato and herb mayonnaise and spinach on red pepper bread.	100	1015	242	11.5	1.2	21.6	2.4	1.9	12.3	0.4	0.9	Wheat, Soya, Milk, Egg, Mustard,	N/A	
			Per Serving	1696	405	19	2	36	4	3	20	1	1	Wheat, Soya, Milk, Egg, Mustard,	N/A	
36553C	Smoked Salmon & Soft Cheese	Smoked salmon with soft cheese on oatmeal bread.	100	984	234	7.4	2.5	26.1	1.3	4.4	13.6	0.2	0.6	Fish, Gluten, Milk		
			Per Serving	1397	332	10.5	3.6	37.1	1.8	6.3	19.3	0.3	0.8	Fish, Gluten, Milk		
37003C	Tuna Lemon Parsley Stack	Dolphin friendly tuna bound in mayonnaise and creme fraiche with lemon and parsley on softgrain bread	100	474	112	0.9	0.1	21.4	0.5	1.3	3.8	0.19	0.48	Wheat & Rye Gluten, Soya, Milk, Egg, Mustard, Fish	N/A	
			Per Serving	754	178	1.5	0.1	34.0	0.7	2.1	6.1	0.3	0.8	Wheat & Rye Gluten, Soya, Milk, Egg, Mustard, Fish	N/A	
37007C	Prawn Marie Rose	Prawns in Marie Rose sauce on red pepper bread	100	516	122	0.8	0.1	23.6	1.7	1.6	4.3	0.15	0.38	Wheat Gluten, Soya, Milk, Egg, Mustard, Shellfish	N/A	
			Per Serving	743	176	1.1	0.1	34.0	2.4	2.3	6.2	0.2	0.5	Wheat Gluten, Soya, Milk, Egg, Mustard, Shellfish	N/A	
36554C	Falafel with Lemon & Coriander Houmous	Sweet potato falafel with houmous, coriander, chickpeas, carrot, lemon juice, pumpkin seeds and spinach on seeded wholemeal bread.	100	830	198	4.6	0.6	27.9	1.6	7.0	7.7	0.3	0.9	Gluten		
			Per Serving	1428	341	7.9	1.1	48.0	2.7	12.0	13.2	0.6	1.5	Gluten		
37000C	Gammon Ham, Premium Leaf & Red Onion	Gammon ham, red onion relish and baby mixed leaf on softgrain bread.	100	771	183	11.0	25.9	5.1	3.9	0.9	1.5	0.44		wheat, barley & rye gluten, soya, milk, mustard	N/A	
			Per Serving	1323	314	19.5	43.3	8.0	6.9	1.4	2.5	0.9		wheat, barley & rye gluten, soya, milk, mustard	N/A	



37001C	Pastrami Mustard & Gherkin Mayonnaise	Beef Pastrami with English Mustard & Gherkin Mayonnaise on Malted Wheatgrain Bread.	100	1002	239	10.6	1.8	23.5	1.6	1.9	11.4	0.5	1.1	Wheat & Barley Gluten, Milk, Egg, Mustard,	N/A	
			Per Serving	1773	423	18.8	3.2	41.5	2.9	3.3	20.2	0.8	2.0	Wheat & Barley Gluten, Milk, Egg, Mustard,	N/A	
37008C	Mozzarella & Pesto Mayonnaise	Mozzarella with green pesto mayonnaise and tomato on a red pepper bread.	100	1030	246	13.2	4.4	21.9	2.6	1.7	9.2	0.3	0.7	Wheat, Soya, Milk, Egg, Mustard,		
			Per Serving	1715	410	22.0	7.4	36.5	4.4	2.8	15.2	0.5	1.2	Wheat, Soya, Milk, Egg, Mustard,		
37017C	Mixed Meat & Prawn Stack	Sweetcure bacon with mayonnaise, tomato and apollo leaves on malted wheatgrain bread. Chicken with pork, sage and onion mayonnaise on white bread. Prawn with mayonnaise on oatmeal bread. Smoked dry cured ham and Cheddar cheese on oatmeal bread.	Per 100g	1103	264	13.8	2.7	22.4	2.6	1.8	11.7	0.5	1.2	Egg, Crustaceans, Gluten (Wheat, Oat, Barley), Milk, Mustard, Soya		
			per pack	7622	1824	95.2	18.9	154.9	18.0	12.6	80.6	3.3	8.3	Egg, Crustaceans, Gluten (Wheat, Oat, Barley), Milk, Mustard, Soya		
37018C	Vegetarian Stack	apollo leaves on softgrain bread. Free range egg mayonnaise and watercress on malted wheatgrain bread. Sweet potato falafel with lemon and coriander houmous, carrot and spinach on wholemeal bread. Mozzarella with slow roast tomato and pesto mayonnaise.	Per 100g	919	219	9.3	2.6	24.1	3.0	3.0	8.3	0.3	0.7	Egg, Gluten (Wheat, Barley), Milk, Mustard, Soya		Suitable for vegetarians
			Per pack	6387	1522	64.6	17.9	167.4	21.1	21.1	57.8	2.0	5.0	Egg, Gluten (Wheat, Barley), Milk, Mustard, Soya		
36300C	Ham	Gammon ham* on white bread. *Formed from selected cuts of pork legs.	100	901	214	5.0	1.1	29.4	2.0	1.4	12.1	0.5	1.2	Wheat, Soya, Milk,		
			Per Serving	1072	254	5.9	1.3	35.0	2.4	1.7	14.4	0.6	1.4	Wheat, Soya, Milk,		
	Chicken and Sweetcorn Mayonnaise	Chicken with sweetcorn mayonnaise on malted wheatgrain bread.	100	1118	267	11.8	1.6	26.8	2.0	2.1	12.3	0.3	0.9	Wheat, Barley, Milk, Egg, Mustard,		