

CARAMBOLA  
22/10/2024 - SUBJECT TO CHANGE

Product	Portion Weight (g)	Energy (kJ)	Energy (kCal)	Fat (g)	Fat Saturates (g)	Carbs (g)	Carbs Sugar (g)	Fibre (g)	Protein (g)	Salt (g)
Brown Grain Sliced Bread	76	813	192	1.6	0.6	34	3.1	4.8	7.5	0.8
Floury Bap	80	885	211	2.1	0.4	39.2	3.9	1.6	9.6	7.7
Half and Half Sliced Bread	76	755	178	0.5	0.1	34.5	2.9	3.4	6.8	0.7
Sub Roll	73	835	197	1.7	0.6	37.4	3.1	1	7.5	0.9
Gluten Free Sliced Bread	80	756	180	2.4	0.2	32.8	1.3	10.2	1.7	0.77
Soda Bread	72	680	162	0.8	0.2	30	1.2	4.6	5.8	0.9
White Sliced Bread	76	760	179	1.1	0.3	34.3	2.2	2.2	7.2	0.8
White Wrap	66	822	195	4.4	1.7	31.7	1.2	4.8	4.8	1.4
Premium Ham	33	144	34	1	0.4	1.3	0.4	0		0.9
Cheese	20	340	81	6.9	4.9	0.02	0.02	0	5	0.3
Fruit Spread	36	257	61	0.25	0.04	15.1	14.5	0.2	0.1	0
Chicken Tikka	50	555	134	10.3	0.9	1.5	1.1	0.1	9.1	0.52
Tuna Sweetcorn	50	403	97	6.5	0.5	1.6	0.7	0.2	18.5	1.1
Egg Mayo	50	445	107	8.9	1.6	0.9	0.9	0.05	4.9	1.6
Sliced Chicken	50	257	61	0.9	0.3	0.6	0.6	0.03	12.6	0.4
Sliced Turkey	50	214	51	0.7	0.3	1.2	1	0.05	10.2	0.34
Butter Spread	5	56	13	1.5	0.5	0	0	0	0	0.07
Plain Penne Pasta	100	677	159	1.5	0.3	31.8	0.6	1.9	6.6	0.04
Tomato Pasta	110	698	164	2	0.3	32.7	1.4	2	6.7	0.1

Allergen
Gluten (Wheat), Soya
Gluten (Wheat), Soya
Gluten (Wheat), Soya
Gluten (Wheat), Milk
Gluten (Wheat), Milk
Gluten (Wheat), Soya
Gluten (Wheat)
Milk
Egg
Fish, Egg, Mustard
Egg, Mustard
Gluten (Wheat)
Gluten (Wheat)