

Product Group	Product	Portion Weight (g)	Energy (kJ)	Energy (kCal)	Fat (g)	Fat Saturates (g)	Carbs (g)	Carbs Sugar (g)	Fibre (g)	Protein (g)	Salt (g)	Allergen	May Contain Allergens
Bread	Brown Grain Sliced Bread	76	813	192	1.6	0.6	34	3.1	4.8	7.5	0.8	Gluten (Wheat), Soya	Sesame Seeds
Bread	Half and Half Sliced Bread	76	755	178	0.5	0.1	34.5	2.9	3.4	6.8	0.7	Gluten (Wheat), Soya	Sesame Seeds
Bread	Sub Roll	73	835	197	1.7	0.6	37.4	3.1	1	7.5	0.9	Gluten (Wheat), Milk	Egg, Sesame Seeds, Soya
Bread	Gluten Free Sliced Bread	80	756	180	2.4	0.2	32.8	1.3	10.2	1.7	0.77		
Bread	Soda Bread	72	680	162	0.8	0.2	30	1.2	4.6	5.8	0.9	Gluten (Wheat), Milk	
Bread	White Sliced Bread	76	760	179	1.1	0.3	34.3	2.2	2.2	7.2	0.8	Gluten (Wheat), Soya	Sesame Seeds
Bread	White Wrap	66	822	195	4.4	1.7	31.7	1.2	4.8	4.8	1.4	Gluten (Wheat)	
Filling	Fruit Spread	30	218	51	0.2	0.03	12.8	12.3	0.2	0.09	0		
Filling	Chicken Tikka	50	555	134	10.3	0.9	1.5	1.1	0.1	9.1	0.52	Egg, Mustard	
Filling	Chicken and Stuffing	50	623	150	10	0.9	6.9	1	1.2	6.9	0.8	Egg, Mustard, Gluten (Wheat), Soya	
Filling	Tuna Sweetcorn	50	403	97	6.5	0.5	1.6	0.7	0.2	18.5	1.1	Fish, Egg, Mustard	
Filling	Egg Mayo	50	445	107	8.9	1.6	0.9	0.9	0.05	4.9	1.6	Egg, Mustard	
Filling	Sliced Chicken	50	257	61	0.9	0.3	0.6	0.6	0.03	12.6	0.4		
Filling	Premium Ham	33	144	34	1	0.4	1.3	0.4	0	4.5	0.9		Gluten (Wheat), Soya
Filling	Cheese	20	340	81	6.9	4.9	0.02	0.02	0	5	0.3	Milk	
Filling	Sliced Turkey	50	214	51	0.7	0.3	1.2	1	0.05	10.2	0.34		
Filling	Butter Spread	5	56	13	1.5	0.5	0	0	0	0	0.07		
Salad	Plain Penne Pasta	100	677	159	1.5	0.3	31.8	0.6	1.9	6.6	0.04	Gluten (Wheat)	
Salad	Tomato Pasta	110	698	164	2	0.3	32.7	1.4	2	6.7	0.1	Gluten (Wheat)	