

NUTRITIONAL INFORMATION PER PORTION



MEAL TYPE	PRODUCT NAME	PORTION SIZE	ENERGY (Kcals)	ENERGY (Kj)	PROTEIN (g)	CARBS (g)	SUGARS (g)	FAT (g)	SAT FAT (g)	SALT (g)	ALLERGENS
Breakfast	Chicken Frittata	-	312.73	1309.10	36.53	5.12	0.80	16.21	4.12	378.41	Egg
Breakfast	Eggs Royale	-	285.51	1194.28	34.00	8.97	3.42	12.978	3.62	872.01	Fish, egg, milk, mustard
Breakfast	Breakfast Burrito	-	314.43	1315.57	33.58	9.23	4.038	16.44	6.59	446.71	Egg, milk
Breakfast	Yogurt Sundae and Berries	-	302.10	1271.25	38.32	15.75	10.69	10.29	1.50	-	Milk, whey, soy
Breakfast	Eggs Benedict	-	315.66	1320.93	36.10	16.10	3.50	15.31	4.85	-	Egg, milk, mustard
Breakfast	Profien Pancakes	-	248.20	1045.45	32.12	8.60	6.07	9.71	4.15	137.99	Egg, whey, milk, soy
Low Fat	Garlic + Chilli Steak	Small	310.18	1299.02	36.53	16.04	1.60	11.55	4.26	248.48	n/a
Low Fat	Garlic + Chilli Steak	Large	408.58	1711.22	49.85	16.04	1.60	16.17	6.06	286.28	n/a
Low Fat	Soy Glazed Salmon	Small	321.98	1347.02	39.45	16.04	1.60	11.48	1.76	235.08	Fish, soy
Low Fat	Soy Glazed Salmon	Large	428.48	1792.52	54.45	16.04	1.60	16.20	2.51	268.08	Fish, soy
Low Fat	Mediterranean Steak	Small	294.68	1233.97	35.18	12.99	3.35	11.65	4.31	231.48	n/a
Low Fat	Mediterranean Steak	Large	393.08	1646.17	48.50	12.99	3.35	16.27	6.11	269.28	n/a
Low Fat	Peri Peri Spiced Chicken	Small	208.08	871.47	34.13	12.99	3.35	2.43	0.50	227.78	n/a
Low Fat	Peri Peri Spiced Chicken	Large	285.08	1194.17	50.30	12.99	3.35	3.27	0.71	273.28	n/a
Low Fat	Jerk Spiced Chicken	Small	201.58	844.67	34.88	11.74	3.00	2.13	0.45	275.78	n/a
Low Fat	Jerk Spiced Chicken	Large	278.58	1167.37	51.05	11.74	3.00	2.97	0.66	321.28	n/a
Low Fat	Smoked Paprika Chicken	Small	191.08	800.72	34.63	9.04	1.80	2.13	0.45	267.78	n/a
Low Fat	Smoked Paprika Chicken	Large	268.08	1123.42	50.80	9.04	1.80	2.97	0.66	313.28	n/a
Low Fat	Citrus Salmon	Small	320.53	1340.97	39.37	15.76	1.55	11.41	1.75	234.91	Fish
Low Fat	Citrus Salmon	Large	427.03	1786.47	54.37	15.76	1.55	16.14	2.50	267.91	Fish
Low Fat	Italian Herb Chicken	Small	189.63	794.67	34.55	8.76	1.75	2.06	0.44	267.61	n/a
Low Fat	Italian Herb Chicken	Large	266.63	1117.37	50.72	8.76	1.75	2.90	0.65	313.11	n/a
Low Fat	Lemon and Herb Chicken	Small	189.63	794.67	34.55	8.76	1.75	2.06	0.44	267.61	n/a
Low Fat	Lemon and Herb Chicken	Large	266.63	1117.37	50.72	8.76	1.75	2.90	0.65	313.11	n/a
Low Fat	Curry Spiced Chicken	Small	200.13	838.62	34.80	11.46	2.95	2.06	0.44	275.61	n/a
Low Fat	Curry Spiced Chicken	Large	277.13	1161.32	50.97	11.46	2.95	2.90	0.65	321.11	n/a
Gourmet	Chicken Thai Curry	Small	381.32	1597.47	35.03	19.21	7.04	19.21	15.26	303.47	Nuts
Gourmet	Chicken Thai Curry	Large	470.02	1969.12	49.71	19.58	7.34	22.09	15.83	342.17	Nuts
Gourmet	Harissa Chicken	Small	354.93	1486.60	37.15	21.70	6.26	13.41	4.47	657.47	Milk
Gourmet	Harissa Chicken	Large	486.13	2036.14	51.72	21.90	6.47	21.04	6.37	752.27	Milk
Gourmet	Tandoori Chicken	Small	349.42	1463.15	37.51	19.02	7.05	14.65	2.47	286.10	Milk, nuts
Gourmet	Tandoori Chicken	Large	496.37	2078.56	52.42	20.12	7.27	23.72	3.81	325.15	Milk, nuts
Gourmet	Italian Turkey Burgers	Small	326.48	1366.05	39.71	17.66	5.61	11.54	4.97	482.01	Milk
Gourmet	Italian Turkey Burgers	Large	459.75	1923.82	49.84	19.80	7.08	21.03	6.56	531.23	Milk
Gourmet	Beef Ragu and Butternut Dice	Small	332.74	1392.38	33.73	19.39	8.05	13.62	4.12	397.84	n/a
Gourmet	Beef Ragu and Butternut Dice	Large	480.64	2011.30	48.43	19.39	8.05	22.97	6.64	444.04	n/a
Gourmet	Lemon Butter Hake	Small	307.73	1288.94	31.81	17.26	2.67	14.07	8.08	314.94	Fish, milk
Gourmet	Lemon Butter Hake	Large	374.03	1566.89	46.52	17.26	2.67	14.83	8.25	399.94	Fish, milk
Gourmet	Fajita Chicken	Small	363.54	1522.35	35.29	17.55	5.56	17.12	4.63	392.09	Milk
Gourmet	Fajita Chicken	Large	458.14	1918.60	48.97	18.16	6.18	20.91	7.01	591.99	Milk
Gourmet	Garlic Chicken Kiev	Small	358.18	1499.50	33.94	18.75	3.74	17.57	6.07	300.25	Nuts, milk, mustard
Gourmet	Garlic Chicken Kiev	Large	482.08	2018.35	49.90	20.95	4.18	23.29	6.63	339.35	Nuts, milk, mustard
Gourmet	Coconut Chicken Curry	Small	397.66	1666.62	38.24	18.88	7.94	18.97	5.60	484.89	Milk
Gourmet	Coconut Chicken Curry	Large	496.66	2081.32	54.85	20.28	8.99	21.54	7.31	532.89	Milk
Gourmet	Curried Turkey and Raita	Small	306.95	1287.21	37.48	18.95	2.78	9.27	1.52	495.72	Soy
Gourmet	Curried Turkey and Raita	Large	425.55	1783.90	52.24	18.95	2.78	15.54	2.61	525.12	Soy
Gourmet	Cocoa Beef Chilli	Small	314.22	1314.72	34.18	20.60	7.80	10.95	3.73	325.89	n/a
Gourmet	Cocoa Beef Chilli	Large	474.42	1985.17	46.78	20.60	7.80	22.73	6.515	365.49	n/a
Gourmet	Hake with Pesto	Small	307.30	1287.02	33.14	20.77	4.75	12.24	1.76	234.44	Fish, nuts
Gourmet	Hake with Pesto	Large	373.60	1564.97	47.85	20.77	4.75	13.00	1.93	319.44	Fish, nuts
Carb	Sweet Potato Wedges	Small	133.90	560.55	2.79	30.96	6.38	0.18	0	201.50	n/a
Carb	Sweet Potato Wedges	Large	219.90	920.55	4.39	51.06	10.58	0.28	0	256.50	n/a
Carb	Roasted New Potatoes	Small	125.65	526.30	3.37	30.56	2.18	0.20	0	129.50	n/a
Carb	Roasted New Potatoes	Large	198.10	829.75	5.15	48.41	3.44	0.31	0	135.80	n/a
Carb	Lightly Seasoned Rice	Small	143.00	598.40	2.97	31.02	0.11	0.33	0.11	118.10	n/a
Carb	Lightly Seasoned Rice	Large	227.50	952.00	4.72	49.35	0.17	0.52	0.17	118.75	n/a
Carb	Egg Fried Rice	Small	212.00	886.92	9.34	32.10	0.65	4.74	1.51	599.45	Egg,soy
Carb	Egg Fried Rice	Large	296.50	1240.52	11.10	50.43	0.71	4.94	1.57	600.10	Egg,soy
Fat	Chimichurri Dressing	-	85.40	357.53	0.187	1.25	0.70	9.03	1.50	2.44	n/a
Fat	Teriyaki Dressing	-	109.07	456.92	1.27	5.94	4.33	9.27	1.42	562.67	Soy, sesame
Fat	Pesto Dressing	-	108.65	454.78	1.55	3.89	2.17	10.35	1.39	7.32	Nuts
Fat	Feta and Chilli	-	118.80	497.25	6.39	1.84	1.84	9.58	6.70	502.20	Milk