



		ENERGY	PROTEIN	CARBS	SUGAR	SAT FAT	FIBRE	Wholegrain	Vegetarian	Vegan	contains gluten	contains wheat	contains rye	contains barley	contains oats	contains spelt	contains crustaceans	contains eggs	contains fish	contains peanuts	contains soybeans	contains milk	contains nuts	contains calery	contains mustard	contains sesame	contains sulphites	contains lupin	contains molluscs
		kcal	g	g	g	g	g																						
Balance pot	KATSU BALANCE POT CHICKEN	498	28	44	6	6.1	4.9	✓	✗	✗	YES	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	YES	NO	YES	NO	NO	NO	
Balance pot	KATSU BALANCE POT FALAFEL	522	15	54	8	5.2	13.6	✓	✓	✓	YES	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	YES	NO	YES	NO	NO	NO	
Balance pot	KATSU BALANCE POT HALLOUMI	538	22	44	6	13.4	5.0	✓	✗	✗	YES	YES	NO	NO	NO	NO	NO	NO	NO	YES	YES	NO	YES	NO	YES	NO	NO	NO	
Balance pot	KOREAN BBQ CHICKEN BALANCE POT	525	30	52	15	3.5	6.0	✓	✗	✗	YES	YES	NO	NO	NO	NO	NO	NO	NO	YES	YES	NO	YES	NO	YES	YES	NO	NO	
Balance pot	KOREAN BBQ FALAFEL BALANCE POT	549	18	62	17	2.6	14.7	✓	✗	✗	YES	YES	NO	NO	NO	NO	NO	NO	NO	YES	YES	NO	YES	NO	YES	YES	NO	NO	
Balance pot	KOREAN BBQ HALLOUMI BALANCE POT	565	24	53	15	10.8	6.1	✓	✓	✗	YES	YES	NO	NO	NO	NO	NO	NO	NO	YES	YES	NO	YES	NO	YES	YES	NO	NO	
Balance pot	PESTO POWERGRAINS CHICKEN	532	30	36	4	4.7	5.7	✓	✗	✗	YES	YES	NO	NO	NO	NO	NO	NO	NO	YES	YES	NO	YES	NO	YES	NO	NO	NO	
Balance pot	PESTO POWERGRAINS FALAFEL	556	18	45	6	3.8	14.4	✓	✓	✗	YES	YES	NO	NO	NO	NO	NO	NO	NO	YES	YES	NO	YES	NO	YES	NO	NO	NO	
Balance pot	PESTO POWERGRAINS HALLOUMI	572	24	36	4	12.0	5.8	✓	✓	✗	YES	YES	NO	NO	NO	NO	NO	NO	NO	YES	YES	NO	YES	NO	YES	NO	NO	NO	
Balance pot	SPINICH AND LENTIL DHAL BALANCE POT CHICKEN	513	32	41	5	6.7	7.1	✓	✗	✗	YES	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	YES	YES	NO	YES	NO	NO	
Balance pot	SPINICH AND LENTIL DHAL BALANCE POT FALAFEL	537	19	50	7	5.8	15.8	✓	✓	✓	YES	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	YES	YES	YES	YES	NO	NO	
Balance pot	SPINICH AND LENTIL DHAL BALANCE POT HALLOUMI	553	26	41	5	14.0	7.2	✓	✓	✗	YES	YES	NO	NO	NO	NO	NO	NO	NO	YES	YES	NO	YES	YES	YES	YES	NO	NO	
Balance pot	THAI RED CHICKEN BALANCE POT	579	32	43	9	10.9	6.5	✓	✗	✗	YES	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	YES	NO	YES	NO	NO	NO	
Balance pot	THAI RED FALAFEL BALANCE POT	601	19	52	11	9.8	15.2	✓	✓	✓	YES	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	YES	NO	YES	NO	NO	NO	
Balance pot	THAI RED HALLOUMI BALANCE POT	616	25	43	9	18.0	6.5	✓	✗	✗	YES	YES	NO	NO	NO	NO	NO	NO	NO	YES	YES	NO	YES	NO	YES	NO	NO	NO	
Bases	BASE KALE & COS LARGE	34	2	2	2	0.2	2.5	✗	✓	✓	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Bases	BASE SPINACH MEDIUM / WRAP	25	2	1	1	0.1	2.3	✓	✓	✓	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Bases	BASE SUPERGRAINS LARGE	240	9	43	1	0.4	3.6	✓	✓	✓	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Bases	BASE SUPERGRAINS MEDIUM / WRAP	144	6	26	1	0.2	2.2	✓	✓	✓	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Bases	BASE TOSSED LEAF LARGE	21	1	2	2	0.1	1.8	✗	✓	✓	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Bases	BASE TOSSED LEAF MEDIUM / WRAP	11	1	1	1	0.1	1.0	✗	✓	✓	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Breakfast	BREAKFAST COCONUT PORRIDGE PEANUT BUTTER & BLUEBERRY LARGE	555	19	62	12	6.4	11.1	✓	✓	✓	YES	NO	NO	NO	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	
Breakfast	BREAKFAST COCONUT PORRIDGE PEANUT BUTTER & BLUEBERRY MINI	405	15	39	8	4.8	7.7	✓	✓	✓	YES	NO	NO	NO	YES	NO	NO	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	
Breakfast	BREAKFAST COCONUT PORRIDGE BANANA & SULTANA MINI	480	11	82	33	4.0	10.3	✓	✓	✓	YES	NO	NO	NO	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	
Breakfast	BREAKFAST COCONUT PORRIDGE BANANA & SULTANA MINI	276	7	47	17	2.4	6.0	✓	✓	✓	YES	NO	NO	NO	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	
Breakfast	BREAKFAST COCONUT PORRIDGE GRANOLA & CRANBERRY LARGE	522	13	82	18	5.4	12.6	✓	✓	✗	YES	NO	NO	NO	YES	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	
Breakfast	BREAKFAST COCONUT PORRIDGE HONEY MINI	241	6	39	11	2.4	4.9	✓	✓	✗	YES	NO	NO	NO	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	
Breakfast	BREAKFAST COCONUT PORRIDGE PLAIN LARGE	369	10	57	9	3.9	8.3	✓	✓	✓	YES	NO	NO	NO	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	
Breakfast	BREAKFAST COCONUT PORRIDGE PLAIN MINI	221	6	34	6	2.4	4.9	✓	✓	✓	YES	NO	NO	NO	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	
Breakfast	BREAKFAST PORRIDGE HONEY LARGE	317	10	43	17	4.3	5.9	✓	✓	✗	YES	NO	NO	NO	YES	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	
Breakfast	BREAKFAST PORRIDGE PEANUT BUTTER & BLUEBERRY LARGE	463	19	38	10	6.8	8.7	✓	✓	✗	NO	NO	NO	NO	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	
Breakfast	BREAKFAST PORRIDGE PEANUT BUTTER & BLUEBERRY MINI	350	15	25	7	5.0	6.3	✓	✓	✗	NO	NO	NO	NO	YES	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	
Breakfast	BREAKFAST PORRIDGE PLAIN LARGE	259	10	31	8	4.3	5.9	✓	✓	✗	YES	NO	NO	NO	YES	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	
Breakfast	BREAKFAST PORRIDGE PLAIN MINI	166	6	20	5	2.6	3.5	✓	✓	✗	YES	NO	NO	NO	YES	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	
Breakfast	BREAKFAST TOPPING AGAVE LARGE	40	0	10	9	0.0	0.0	✗	✓	✓	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Breakfast	BREAKFAST TOPPING AGAVE MINI	40	0	10	9	0.0	0.0	✗	✓	✓	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Breakfast	BREAKFAST TOPPING BANANA & SULTANA LARGE	111	1	25	23	0.1	2.1	✗	✓	✓	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Breakfast	BREAKFAST TOPPING BANANA & SULTANA MINI	55	1	12	12	0.0	1.0	✗	✓	✓	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Breakfast	BREAKFAST TOPPING GRANOLA & CRANBERRY LARGE	152	3	24	9	1.5	4.4	✓	✓	✗	YES	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	
Breakfast	BREAKFAST TOPPING GRANOLA & CRANBERRY MINI	64	1	10	4	0.6	1.9	✓	✓	✗	YES	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	
Breakfast	BREAKFAST TOPPING PEANUT BUTTER & BLUEBERRY MINI	95	5	3	2	1.2	1.5	✗	✓	✓	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	
Breakfast Bread	BREAKFAST BREAD ADD MARMITE (topping only)	18	4	0	0	0.0	0.0	✗	✓	✓	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Breakfast Bread	BREAKFAST BREAD ADD PEANUT BUTTER (topping only)	189	8	4	2	3.8	1.8	✗	✓	✓	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	YES	NO	NO	NO	NO	NO	
Breakfast Bread	BREAKFAST BREAD AVOCADO BAGEL	388	14	50	6	2.3	7.6	✓	✓	✓	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Breakfast Bread	BREAKFAST BREAD BACON & AVOCADO BAGEL	523	24	51	6	5.8	8.1	✓	✗	✗	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Breakfast Bread	BREAKFAST BREAD Bagel	316	13	50	6	0.7	5.8	✓	✓	✓	YES	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Breakfast Pots	BREAKFAST POTS STRAWBERRY BIRCHER	334	13	64	55	1.3	5.3	✗	✓	✗	YES	NO	NO	NO	YES	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	
Breakfast Pots	BREAKFAST POTS BANANA & CUSTARD	167	6	29	22	0.6	2.1	✗	✓	✓	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	
Breakfast Pots	BREAKFAST POTS BIG FAT GREEK	449	19	93	56	2.5	6.2	✗	✓	✗	YES	NO	NO	NO	YES	NO	NO	NO	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	
Breakfast Pots	BREAKFAST POTS HONEY & YOGHURT	184	9	35	25	1.3	1.5	✗	✓	✗	YES	NO	NO	NO	YES	NO	NO	NO	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	
Breakfast Pots	BREAKFAST POTS MANGO PASSION	162	14	28	24	0.8	7.6	✗	✓	✗	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	
Breakfast Pots	MANGO OVERNIGHT ENERGY OATS	186	4	22	11	4.6	4.5	✓	✓	✓	NO	NO	NO	NO	YES</														



		ENERGY	PROTEIN	CARBS	SUGAR	SAT FAT	FIBRE	Wholegrain	Vegetarian	Vegan	contains gluten	contains wheat	contains rye	contains barley	contains oats	contains spelt	contains crustaceans	contains eggs	contains fish	contains peanuts	contains soybeans	contains milk	contains nuts	contains celery	contains mustard	contains sesame	contains sulphites	contains lupin	contains molluscs
CYO dressing	SOY & SESAME	60	0	1	1	0.7	0.3	*	*	*	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	YES	YES	NO	NO	
CYO premium	CYO SALMON	135	16	0	0	2.5	0.3	*	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
CYO premium	CYO AVOCADO	90	1	1	0	2.1	2.3	*	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
CYO premium	CYO BACON	117	11	0	0	3.0	0.0	*	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
CYO premium	CYO CHEDDAR	83	5	0	0	4.3	0.0	*	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	
CYO premium	CYO CHICKEN	93	20	0	0	0.4	0.1	*	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
CYO premium	CYO EGG	89	8	0	0	1.9	0.0	*	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
CYO Premium	CYO EGG WHITE	18	5	0	0	0.0	0.0	*	*	*	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
CYO premium	CYO FALAFEL LARGE	221	7	14	3	1.0	13.1	*	*	*	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
CYO premium	CYO FALAFEL MEDIUM	185	6	12	3	0.8	10.9	*	*	*	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
CYO premium	CYO FETA	124	7	1	0	6.9	0.0	*	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	
CYO Premium	CYO GRILLED CHICKEN	126	18	0	0	1.7	0.0	*	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
CYO premium	CYO MOZZARELLA	64	5	0	0	3.6	0.0	*	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	
CYO premium	CYO PARMASAN CRISPS	75	6	0	0	3.4	0.0	*	*	*	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	
CYO premium	CYO SALMON	113	14	0	0	2.1	0.3	*	*	*	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	
CYO protein	CYO GRILLED CHICKEN LARGE	176	38	0	0	0.7	0.0	*	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
CYO protein	CYO GRILLED CHICKEN WRAP	132	29	0	0	0.5	0.0	*	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
CYO protein	CYO GRILLED HALLOUMI LARGE	391	28	1	1	21.3	0.1	*	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	
CYO protein	CYO GRILLED HALLOUMI WRAP	291	21	1	1	15.8	0.1	*	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	
CYO Veggie	CYO CRANBERRY	4	0	1	1	0.0	0.8	*	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	
CYO Veggie	CYO RAINBOW SLAW	16	1	2	2	0.1	1.3	*	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
CYO veggie	CYO BEETROOT	19	1	3	3	0.0	0.7	*	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
CYO veggie	CYO BROCCOLI	11	1	1	0	0.1	0.8	*	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
CYO veggie	CYO CARROT	42	1	8	7	0.1	3.0	*	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
CYO veggie	CYO CASHEWS	94	3	3	1	1.5	0.3	*	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	
CYO veggie	CYO CROUTONS	79	2	12	0	1.4	0.7	*	*	*	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
CYO veggie	CYO CUCUMBER	4	0	1	1	0.0	0.3	*	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
CYO veggie	CYO EDAMAME	61	7	1	0	0.5	2.9	*	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	
CYO veggie	CYO HOUMOUS	108	3	4	0	0.9	1.9	*	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	
CYO veggie	CYO JALEPENOS	10	0	2	1	0.0	1.1	*	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
CYO veggie	CYO MIXED BEANS	44	3	8	1	0.0	2.3	*	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
CYO veggie	CYO OLIVES	49	0	0	0	1.2	1.1	*	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
CYO veggie	CYO PEPPERS	11	0	2	2	0.0	0.3	*	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
CYO veggie	CYO PESTO	93	1	1	0	1.4	0.0	*	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	
CYO veggie	CYO PICKLED RED ONION	11	0	2	1	0.0	0.5	*	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	
CYO veggie	CYO PINE NUTS	64	2	0	0	0.4	0.4	*	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
CYO veggie	CYO POMMEGRANETE	5	0	1	1	0.0	0.1	*	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
CYO veggie	CYO ROAST TOMATOES	60	1	5	0	0.3	0.0	*	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
CYO veggie	CYO ROASTED PEPPERS	9	1	1	0	0.0	0.3	*	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
CYO veggie	CYO SEEDS	67	3	2	0	0.7	1.1	*	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	YES	NO	NO	
CYO veggie	CYO SWEET PEPPER PEARLS	27	0	6	6	0.0	0.5	*	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	YES	NO	NO	
CYO veggie	CYO SWEET POTATOA	64	1	14	4	0.0	2.1	*	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
CYO veggie	CYO SWEETCORN	48	1	9	4	0.1	0.7	*	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
CYO veggie	CYO TOMATO	9	0	1	1	0.0	0.5	*	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
CYO veggie	CYO TOMATO SALSA	42	1	10	8	0.0	0.7	*	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	
CYO veggie	CYO TORTILLA CHIPS	116	2	15	1	0.7	1.8	*	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
CYO veggie	CYO PICKLED VEG	30	0	6	5	0.0	1.0	*	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Good Eggs	GOOD EGGS 39G GYM JUNKY	486	39	3	2	10.2	3.1	*	*	*	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	
Good Eggs	GOOD EGGS BETTER BREAKFAST	420	28	4	4	10.3	3.5	*	*	*	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	
Good Eggs	GOOD EGGS EGG WHITE UPGRADE	36	9	0	0	0.0	0.0	*	*	*	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Good Eggs	GOOD EGGS FIERY EGGS	466	28	5	4	15.1	3.5	*	*	*	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	
Good Eggs	GOOD EGGS JUST EGGS	231	20	1	1	6.0	0.0	*	*	*	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	
Good Eggs	GOOD EGGS MEXICAN EGGS	505	30	5	3	14.1	3.3	*	*	*	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	
Good Eggs	GOOD EGGS OMEGA SALMON	438	31	3	2	9.8	3.7	*	*	*	NO	NO	NO	NO	NO	NO	NO	YES	YES	NO	YES	YES	NO	NO	YES	NO	NO	NO	
Hot Drinks	HOT DRINKS AMERICANO WITH ALMOND MILK	9	0	1	0	0.1	0.1	*	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Hot Drinks	HOT DRINKS AMERICANO WITH COCONUT MILK	15	1	2	1	0.3	0.1	*	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	
Hot Drinks	HOT DRINKS AMERICANO WITH MILK	18	1	3	2	0.2	0.0	*	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	
Hot Drinks	HOT DRINKS CAPPUCCHINO	110	9	14	13	1.6	0.0	*	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Hot Drinks	HOT DRINKS CAPPUCCHINO WITH COCONUT MILK	111	5	12	11	2.3	0.6	*	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	
Hot Drinks	HOT DRINKS CAPPUCCHINO WITH ALMOND MILK	47	1	1	0	0.4	1.3	*	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	
Hot Drinks	HOT DRINKS FLAT LIGHT	68	5	9	8	1.0	0.0	*	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	
Hot Drinks	HOT DRINKS FLAT LIGHT WITH ALMOND MILK	25	1	1	0	0.2	0.6	*	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Hot Drinks	HOT DRINKS HOT CHOC SOYA	271	10	44	42	1.6	4.5	*	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	



		ENERGY	PROTEIN	CARBS	SUGAR	SAT FAT	FIBRE	Wholegrain	Vegetarian	Vegan	contains gluten	contains wheat	contains rye	contains barley	contains oats	contains spelt	contains crustaceans	contains eggs	contains fish	contains peanuts	contains soybeans	contains milk	contains nuts	contains calery	contains mustard	contains sesame	contains sulphites	contains lupin	contains molluscs
Hot Drinks	HOT DRINKS HOT CHOC WITH ALMOND MILK	229	4	42	41	1.2	5.3	*	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Hot Drinks	HOT DRINKS HOT CHOC WITH COCONUT MILK	269	6	49	47	2.4	4.9	*	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Hot Drinks	HOT DRINKS LATTE	119	9	15	14	1.8	0.0	*	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Hot Drinks	HOT DRINKS LATTE WITH ALMOND MILK	27	10	12	11	9.2	9.0	*	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Hot Drinks	HOT DRINKS LATTE WITH COCONUT MILK	111	5	12	11	2.3	0.6	*	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
House Wraps	WRAP CHIPOTLE WITH GRILLED CHICKEN	859	48	81	14	11.9	9.7	✓	*	*	YES	YES	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	
House Wraps	WRAP CHIPOTLE WITH CHICKEN	819	40	81	14	11.8	9.7	✓	*	*	YES	YES	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	
House Wraps	WRAP CHIPOTLE WITH FALAFEL	910	25	93	16	12.2	20.5	✓	*	*	YES	YES	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	
House Wraps	WRAP KALE CAESAR WITH CHICKEN	694	38	59	4	11.0	4.9	✓	*	*	YES	YES	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
House Wraps	WRAP KALE CAESAR WITH SALMON	736	34	59	4	13.1	5.1	✓	*	*	YES	YES	NO	NO	NO	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Jacket Potato	JACKET WITH CHEESE & TOMATO	594	23	59	4	14.6	5.3	✓	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Jacket Potato	JACKET WITH FLORA	337	8	58	3	1.5	4.8	✓	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Jacket Potato	JACKET WITH CHICKEN & AVOCADO	453	24	59	3	3.0	6.7	✓	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Jacket Potato	JACKET WITH SPICY BEANS & HOUMOUS	449	13	70	8	1.1	8.4	✓	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Jacket Potato	JACKET WITH SALMON & CREAM CHEESE	590	33	61	6	11.6	5.1	✓	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Juices	JUICE ACG MEDIUM	120	1	26	26	0.0	1.6	✓	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Juices	JUICE IMMUNE BOOST LARGE	178	4	0	34	0.2	3.7	✓	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Juices	JUICE ORANGE LARGE	165	3	39	39	0.0	0.5	✓	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Juices	JUICE ORANGE MEDIUM	109	2	25	25	0.0	0.3	✓	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Juices	JUICE SUPER KALE LARGE	160	3	33	33	0.1	2.2	✓	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Juices	JUICE SUPER KALE MEDIUM	98	2	19	19	0.1	1.8	✓	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Juices	JUICE IMMUNE BOOST MEDIUM	91	2	0	15	0.2	2.3	✓	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Kiosk	BASE LARGE KALE & COS HALF	17	1	1	1	0.1	1.3	✓	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Kiosk	BASE LARGE SPINACH HALF	16	2	1	1	0.1	1.5	✓	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Kiosk	BASE LARGE SUPERGRAINS	144	6	26	1	0.2	2.2	✓	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Kiosk	BASE LARGE TOSSED LEAF HALF	10	1	1	1	0.1	0.9	✓	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Kiosk	BASE MEDIUM / WRAP SUPERGRAINS	72	3	13	0	0.1	1.1	✓	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Kiosk	BASE MEDIUM / WRAP SUPERGRAINS	72	3	13	0	0.1	1.1	✓	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Kiosk	BASE MEDIUM KALE & COS HALF	14	1	1	1	0.1	1.0	✓	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Kiosk	BASE WRAP KALE & COS HALF	14	1	1	1	0.1	1.0	✓	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Kiosk	BASE WRAP SPINACH HALF	12	1	1	1	0.0	1.1	✓	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Kiosk	BASE WRAP SPINACH HALF	12	1	1	1	0.0	1.1	✓	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Kiosk	BASE WRAP TOSSED LEAF HALF	6	0	1	1	0.0	0.5	✓	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Kiosk	BASE WRAP TOSSED LEAF HALF	6	0	1	1	0.0	0.5	✓	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Kiosk	WRAP	274	8	45	3	3.0	1.4	✓	*	*	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Large House	LARGE AVOCADO KALE CAESAR WITH CHICKEN	518	38	15	3	9.9	3.9	✓	*	*	YES	YES	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Large House	LARGE AVOCADO KALE CAESAR WITH SALMON	560	34	15	3	12.0	4.1	✓	*	*	YES	YES	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Large House	LARGE CHORIZO & SWEET PEPPER SALAD	434	13	34	11	8.0	3.3	✓	*	*	YES	YES	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	YES	
Large House	LARGE GREEK WITH AVO	408	6	14	9	5.1	7.0	✓	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Large House	LARGE SUPERFOOD SALAD	366	28	10	7	4.4	8.5	✓	*	*	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Large House	LARGE ASIAN SUPERSALAD	418	32	17	12	2.7	7.2	✓	*	*	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Large House	LARGE CHICKEN, BACON AVOCADO	443	38	22	11	5.5	4.2	✓	*	*	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Large House	LARGE CHIPOTLE WITH CHICKEN	545	32	37	12	8.8	8.4	✓	*	*	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	YES	
Large House	LARGE CHIPOTLE WITH FALAFEL	674	19	50	14	9.4	21.3	✓	*	*	YES	YES	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	YES	NO	YES	NO	
Large House	LARGE GREEK WITH HALLOUMI	514	19	13	9	13.7	4.8	✓	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Large House	LARGE HALLOUMI & ROASTED VEG	612	19	30	9	13.8	3.3	✓	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Large House	LARGE MUSCLE BUILDER	485	53	26	10	6.6	3.8	✓	*	*	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Large House	LARGE PARMASAN CHICKEN	466	30	19	3	7.2	2.7	✓	*	*	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Large House	LARGE SALMON GREENS AND GRAINS	686	31	44	7	8.2	10.2	✓	*	*	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Large House	LARGE THE ITALIAN WITH CHICKEN	709	31	46	4	7.8	6.5	✓	*	*	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Large House	LARGE THE ITALIAN WITH MOZZARELLA	679	16	46	4	11.0	6.4	✓	*	*	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Medium House	MEDIUM ASIAN SUPERSALAD	418	32	17	12	2.7	7.2	✓	*	*	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Medium House	MEDIUM AVOCADO KALE CAESAR WITH CHICKEN	518	38	15	3	9.9	3.9	✓	*	*	YES	YES	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Medium House	MEDIUM AVOCADO KALE CAESAR WITH SALMON	560	34	15	3	12.0	4.1	✓	*	*	YES	YES	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Medium House	MEDIUM CHICKEN, BACON AVOCADO	443	38																										



		ENERGY	PROTEIN	CARBS	SUGAR	SAT FAT	FIBRE	Wholegrain	Vegetarian	Vegan	contains gluten	contains wheat	contains rye	contains barley	contains oats	contains spelt	contains crustaceans	contains eggs	contains fish	contains peanuts	contains soybeans	contains milk	contains nuts	contains celery	contains mustard	contains sesame	contains sulphites	contains lupin	contains molluscs
Power Bowls	POWER BOWL MEDIUM HALLOUMI KOREAN BBQ	567	23	69	25	9.4	7.5	✓	✓	✗	YES	YES	NO	NO	NO	NO	NO	NO	NO	YES	YES	NO	YES	NO	YES	YES	NO	NO	
Power Bowls	POWER BOWL MEDIUM HALLOUMI MIGHTY MEXICAN	643	27	51	6.8	16.1	7.6	✓	✓	✗	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	
Power Bowls	POWER BOWL MEDIUM HALLOUMI PERSIAN PROTEIN	539	22	36	4	16.7	4.9	✓	✓	✗	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	
Power Bowls	POWER BOWL MEDIUM HALLOUMI SPICY SUPERVEG	441	17	32	13	11.4	8.0	✓	✓	✗	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	
Power Bowls	POWER BOWL MEDIUM PLANT PROTEIN CHILLI	669	26	60	8	5.5	13.4	✓	✓	✓	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	YES	NO	YES	NO	NO	NO	
Power Bowls	POWER BOWL MEDIUM TOFU CHILLI DHAL	417	23	26	10	5.5	9.9	✓	✓	✓	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	YES	YES	NO	NO	NO	NO	
Power Bowls	POWER BOWL MEDIUM TOFU CHILLI HEARTY HOUMOUS	521	26	57	15	2.6	11.8	✓	✓	✓	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	YES	NO	YES	YES	NO	NO	
Power Bowls	POWER BOWL MEDIUM TOFU CHILLI KATSU	477	20	30	13	7.8	7.1	✓	✓	✓	YES	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	YES	NO	YES	YES	NO	NO	
Power Bowls	POWER BOWL MEDIUM TOFU CHILLI KOREAN BBQ	556	25	74	25	2.4	10.7	✓	✓	✗	YES	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	YES	NO	YES	YES	NO	NO	
Power Bowls	POWER BOWL MEDIUM TOFU CHILLI PERSIAN PROTEIN	515	24	40	5	9.1	8.1	✓	✓	✓	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	YES	NO	NO	NO	NO	NO	
Power Bowls	POWER BOWL MEDIUM TOFU CHILLI SPICY SUPERVEG	414	19	36	13	3.6	11.2	✓	✓	✓	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	YES	NO	NO	NO	NO	NO	
Protein HIITs	PROTEIN HIIT CHICKEN & EGG WHITES	144	22	0	0	1.7	0.0	✗	✗	✗	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Protein HIITs	PROTEIN HIIT CHICKEN & PIRI PIRI	200	18	2	1	2.5	0.4	✗	✗	✗	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Protein HIITs	PROTEIN HIIT HALLOUMI & AVOCADO	258	12	2	1	11.0	2.6	✗	✓	✗	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	
Protein HIITs	PROTEIN HIIT PLANT PROTEIN	212	9	21	2	1.3	8.5	✓	✓	✓	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Protein HIITs	PROTEIN HIIT SALMON & AVOCADO	230	17	1	1	4.7	2.8	✗	✗	✗	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Protein HIITs	PROTEIN HIIT VEGAN MEXICAN	234	14	6	1	3.4	5.8	✗	✓	✓	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	
Rainbow Wrap	WRAP CHICKEN CHORIZO & AVOCADO	702	35	54	12	12.3	5.4	✓	✗	✗	YES	YES	NO	NO	NO	NO	NO	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	
Rainbow Wrap	WRAP CHICKEN SWEET CHILLI	524	27	72	28	4.7	3.9	✓	✗	✗	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Rainbow Wrap	WRAP CHICKEN MUSCLE MEZZE	570	30	60	13	5.6	6.2	✓	✗	✗	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Rainbow Wrap	WRAP FALAFEL SWEET CHILLI	545	14	82	30	3.7	12.6	✓	✓	✓	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Rainbow Wrap	WRAP CHICKEN PIRI PROTEIN	547	27	55	11	6.7	5.7	✓	✗	✗	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Rainbow Wrap	WRAP HALLOUMI SWEET CHILLI	561	21	72	28	11.9	4.0	✓	✓	✗	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	
Rainbow Wrap	WRAP CHICKEN SUPER AVOCADO CAESAR	620	27	54	12	7.1	5.7	✓	✗	✗	YES	YES	NO	NO	NO	NO	YES	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	
Rainbow Wrap	WRAP FALAFEL CHORIZO & AVOCADO	756	23	66	15	11.7	14.4	✓	✗	✗	YES	YES	NO	NO	NO	NO	NO	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	
Rainbow Wrap	WRAP FALAFEL MUSCLE MEZZE	628	18	72	15	4.7	17.1	✓	✓	✓	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Rainbow Wrap	WRAP FALAFEL PIRI PROTEIN	606	16	66	13	5.8	16.3	✓	✓	✓	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Rainbow Wrap	WRAP FALAFEL SUPER AVOCADO CAESAR	674	15	66	14	6.5	14.7	✓	✗	✗	YES	YES	NO	NO	NO	NO	YES	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	
Rainbow Wrap	WRAP HALLOUMI CHORIZO & AVOCADO	772	30	57	13	19.9	5.8	✓	✗	✗	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	YES	NO	NO	NO	NO	NO	
Rainbow Wrap	WRAP HALLOUMI MUSCLE MEZZE	610	24	61	13	12.9	6.3	✓	✓	✗	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	
Rainbow Wrap	WRAP HALLOUMI PIRI PROTEIN	584	21	56	12	13.8	5.8	✓	✓	✗	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	
Rainbow Wrap	WRAP HALLOUMI SUPER AVOCADO CAESAR	690	22	57	12	14.7	6.1	✓	✓	✗	YES	YES	NO	NO	NO	NO	YES	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	
Savoury Snacks	SNACKS POPCHIPS BBQ	100	1	15	2	0.0	1.0	✗	✓	✗	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	
Savoury Snacks	SNACKS POPCHIPS SALTED	100	1	15	0	0.0	0.0	✗	✓	✓	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Savoury Snacks	SNACKS POPCHIPS SMOKEY BACON	99	1	15	1	0.3	0.9	✗	✓	✓	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Shakes	PROTEIN SHAKE BOUNTY BEAST	214	25	19	18	3.1	1.1	✗	✓	✓	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	
Shakes	PROTEIN SHAKE MARATHON	292	31	14	12	2.0	3.9	✗	✓	✓	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	YES	NO	YES	NO	NO	NO	NO	NO	
Shakes	PROTEIN SHAKE PEANUT BUTTER PROTEIN	359	28	37	34	3.3	3.0	✗	✓	✗	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	
Smoothies	SMOOTHIE COCO CAFÉ - MEDIUM	181	0	41	23	2.0	0.0	✗	✓	✓	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	
Smoothies	SMOOTHIE BERRY PUNCH LARGE - VG	259	3	58	56	0.1	4.3	✗	✓	✓	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Smoothies	SMOOTHIE BERRY PUNCH MEDIUM - VG	212	3	47	45	0.1	4.3	✗	✓	✓	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Smoothies	SMOOTHIE COCO CAFÉ - LARGE	201	0	43	25	3.0	0.0	✗	✓	✓	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	
Smoothies	SMOOTHIE GREEN DREAM LARGE	372	5	72	69	1.3	6.2	✗	✓	✓	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Smoothies	SMOOTHIE GREEN DREAM MEDIUM	253	4	45	43	1.2	4.5	✗	✓	✓	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Smoothies	SMOOTHIE MANGO & MINT - LARGE	237	1	48	41	3.0	1.3	✗	✓	✓	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	
Smoothies	SMOOTHIE MANGO & MINT - MEDIUM	217	1	46	39	2.0	1.3	✗	✓	✓	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	
Smoothies	SMOOTHIE PASSIONISTA LARGE	267	3	48	45	0.4	3.7	✗	✓	✓	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Smoothies	SMOOTHIE PASSIONISTA MEDIUM	223	3	42	39	0.3	3.7	✗	✓	✓	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Smoothies	SMOOTHIE STRAWBERRY SUPREME LARGE - VG	249	3	56	55	0.1	3.7	✗	✓	✓	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Smoothies	SMOOTHIE STRAWBERRY SUPREME MEDIUM - VG	202	2	45	44	0.1	3.7	✗	✓	✓	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Snacks bags	SNACKS CHOCOLATE HONEYCOMB	287	3	39	39	8.5	0.0	✗	✓	✗	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	
Snacks bags	SNACKS SALT & PEPPER CASHEWS	320	8	21	4	4.9	1.8	✗	✓	✓	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	
Snacks bags	SNACKS YOGHURT YUMMIES	261	2	39	34	8.5	1.8	✗	✓	✗	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	YES	NO	NO	NO	NO	YES	NO	NO	