



Category	Description	Per 100g										Per Serving										
		Energy (kJ)	Energy (kcal)	Fat (g)	of which saturates (g)	Carbohydrate (g)	of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Sodium (g)	Serving Weight (g)	Energy (kJ)	Energy (kcal)	Fat (g)	of which saturates (g)	Carbohydrate (g)	of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Sodium (g)
Chilled Sandwich	Sunday roast CHICKEN & STUFFING TRIPLE	840	199	4.67	0.93	25.08	1.09	1.43	13.52	0.93	0.37	261.0	2194	520	12.19	2.43	65.46	2.85	3.72	35.30	2.42	0.97
Chilled Sandwich	Sunday roast CHICKEN & STUFFING	840	199	4.67	0.93	25.08	1.09	1.43	13.52	0.93	0.37	174.0	1462	347	8.13	1.62	43.64	1.90	2.48	23.53	1.61	0.65
Chilled Sandwich	Black pepper mayo BLT TRIPLE	819	195	7.10	1.67	21.44	1.21	2.25	10.21	0.93	0.37	276.0	2260	538	19.60	4.61	59.17	3.34	6.20	28.19	2.57	1.02
Chilled Sandwich	Black pepper mayo BLT	819	195	7.10	1.67	21.44	1.21	2.25	10.21	0.93	0.37	184.0	1506	359	13.06	3.07	39.44	2.22	4.14	18.79	1.71	0.68
Chilled Sandwich	Malted bread EGG & BACON TRIPLE	892	212	8.08	1.88	22.13	0.62	2.24	11.68	0.94	0.38	259.5	2314	551	20.97	4.88	57.43	1.62	5.81	30.30	2.45	0.98
Chilled Sandwich	Malted bread EGG & BACON	892	212	8.08	1.88	22.13	0.62	2.24	11.68	0.94	0.38	173.0	1543	368	13.98	3.26	38.28	1.08	3.87	20.20	1.63	0.65
Chilled Sandwich	Apple & spring onion THREE-CHEESE COLESLAW	954	227	8.87	5.28	23.04	3.38	3.06	12.34	0.94	0.37	192.0	1832	437	17.02	10.13	44.24	6.48	5.88	23.68	1.80	0.72
Chilled Sandwich	Black pepper mayo ROAST CHICKEN	864	205	4.13	0.59	25.35	1.91	3.04	15.03	0.84	0.34	170.0	1468	348	7.01	1.00	43.10	3.24	5.17	25.56	1.42	0.57
Chilled Sandwich	Lemon mayo ROAST CHICKEN SALAD	656	156	4.07	0.49	19.71	0.81	1.89	9.10	0.60	0.24	206.0	1350	321	8.38	1.02	40.61	1.67	3.90	18.74	1.24	0.49
Chilled Sandwich	Smoked cheese & slaw SPICY CHIPOTLE CHICKEN	741	176	6.42	2.65	18.64	3.20	1.87	10.10	0.79	0.32	197.0	1460	348	12.65	5.22	36.72	6.30	3.67	19.91	1.56	0.62
Chilled Sandwich	Horseradish & red onion TUNA MAYO	683	162	2.72	0.52	22.94	2.17	2.28	10.27	0.83	0.33	179.0	1223	290	4.87	0.94	41.06	3.88	4.08	18.39	1.49	0.59
Chilled Sandwich	Real ale chutney CHEESE PLOUGHMAN'S	985	235	10.23	4.86	25.28	4.80	2.22	9.34	1.23	0.49	188.0	1852	442	19.24	9.14	47.53	9.02	4.18	17.56	2.31	0.92
Chilled Sandwich	Classic Marie Rose PRAWN COCKTAIL	612	145	3.42	0.39	19.99	1.72	2.03	7.65	0.98	0.39	183.0	1121	266	6.25	0.71	36.58	3.15	3.71	13.99	1.79	0.71
Chilled Sandwich	Capers & mayo EGG & TOMATO	669	159	5.60	1.01	18.87	1.01	2.24	7.28	0.77	0.31	181.0	1212	289	10.13	1.82	34.15	1.82	4.05	13.18	1.40	0.56
Chilled Sandwich	Apple coleslaw SMOKED HAM & MUSTARD	698	165	3.32	0.76	23.06	4.30	2.57	9.55	1.16	0.46	177.0	1235	293	5.88	1.35	40.82	7.62	4.55	16.90	2.06	0.82
Chilled Sandwich	Horseradish & parsley BEEF TOPSIDE	722	171	3.39	0.80	22.70	2.45	1.76	11.54	0.85	0.34	188.0	1357	322	6.37	1.50	42.68	4.61	3.32	21.70	1.61	0.64
Chilled Sandwich	Proper piccalilli HAM HOCK & CHEDDAR	761	181	5.04	2.70	22.08	1.92	1.65	10.91	0.88	0.35	186.0	1415	336	9.38	5.03	41.07	3.57	3.07	20.29	1.63	0.65
Chilled Sandwich	Caesar-dressed CHICKEN & BACON FLATBREAD	837	199	6.06	1.43	23.79	2.54	1.37	11.62	0.63	0.25	226.0	1892	450	13.69	3.23	53.77	5.74	3.09	26.27	1.43	0.57
Chilled Sandwich	Mustardy mayo BLT FLATBREAD	987	235	7.77	1.89	28.75	2.39	1.50	11.69	0.98	0.39	179.0	1767	420	13.91	3.39	51.46	4.28	2.68	20.93	1.75	0.70
Chilled Sandwich	Salsa mayo CAJUN-STYLE CHICKEN	911	217	7.82	2.03	25.87	4.43	1.64	9.91	0.52	0.21	208.0	1894	451	16.26	4.21	53.80	9.21	3.41	20.62	1.09	0.44
Chilled Sandwich	Mediterranean ROAST VEG & RICOTTA	728	173	5.59	2.08	23.60	3.62	2.82	5.74	0.65	0.26	230.0	1675	399	12.87	4.79	54.27	8.32	6.48	13.19	1.48	0.59
Chilled Sandwich	Houmous & veg SWEET POTATO FALAFEL	747	178	4.96	1.22	25.24	3.31	3.78	6.11	0.70	0.28	235.0	1755	417	11.66	2.86	59.32	7.78	8.89	14.36	1.65	0.66
Chilled Sandwich	Chicken sarnie KID'S MEAL BOX	505	120	2.83	0.35	16.46	5.16	2.02	6.12	0.49	0.20	202.0	1019	242	5.71	0.70	33.26	10.42	4.07	12.36	0.99	0.40
Chilled Sandwich	Cheese sarnie KID'S MEAL BOX	592	141	5.43	1.98	17.12	5.44	2.12	4.89	0.59	0.24	192.0	1137	271	10.42	3.81	32.87	10.44	4.07	9.39	1.13	0.45

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		Energy (kJ)	Energy (kcal)	Fat (g)	of which saturates (g)	Carbohydrate rate (g)	of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Sodium (g)	Serving Weight (g)	Energy (kJ)	Energy (kcal)	Fat (g)	of which saturates (g)	Carbohydrate rate (g)	of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Sodium (g)
Hot Sandwich (HTO*)	Mustardy HAM & CHEESE MELT	1121	267	11.32	6.24	24.95	1.00	2.13	15.37	1.56	0.62	170.3	1909	455	19.27	10.62	42.48	1.70	3.62	26.18	2.66	1.06
Hot Sandwich (HTO*)	Sweetcorn & red pepper CHEESY TUNA MELT	750	178	4.77	2.10	22.05	1.73	1.22	11.12	0.68	0.27	240.0	1800	427	11.44	5.05	52.92	4.15	2.93	26.70	1.64	0.66
Hot Sandwich (HTO*)	Mozzarella & pesto ITALIAN-STYLE FOCACCIA	987	235	10.38	4.50	25.01	1.04	1.42	9.79	0.94	0.38	169.0	1668	398	17.54	7.61	42.27	1.75	2.39	16.54	1.59	0.63
Hot Sandwich (HTO*)	New York-style PASTRAMI BAGEL	911	216	5.26	2.47	29.51	4.93	1.59	11.88	1.03	0.41	198.0	1803	428	10.41	4.89	58.42	9.77	3.14	23.52	2.05	0.82
Hot Sandwich (HTO*)	Tomato chutney EGG & MUSHROOM	882	210	7.22	3.49	25.17	2.96	2.83	9.69	0.68	0.27	180.0	1588	378	12.99	6.28	45.30	5.33	5.09	17.44	1.22	0.49
Hot Sandwich (HTO*)	Meal pot VEGGIE CHILLI & BROWN RICE	297	71	1.65	0.21	11.48	2.81	1.48	1.69	0.46	0.18	270.0	802	190	4.46	0.56	31.00	7.58	4.00	4.55	1.24	0.49
Hot Sandwich (HTO*)	Meal pot CHICKEN CURRY & RICE	413	98	2.90	0.40	10.10	3.20	1.44	7.20	0.70	0.28	255.0	1053	250	7.40	1.02	25.76	8.16	3.67	18.36	1.79	0.71
Hot Sandwich (HTO*)	Hot pot EGG, BEANS, MUSHROOM & SPINACH	293	70	2.91	0.69	5.32	1.73	2.41	4.42	0.30	0.12	267.0	781	187	7.78	1.84	14.20	4.61	6.45	11.81	0.79	0.32
Hot Sandwich (HTO*)	Hot pot EGG, BEANS & BACON	354	85	4.14	1.21	5.31	1.74	2.34	5.36	0.53	0.21	250.0	884	212	10.36	3.03	13.29	4.34	5.84	13.41	1.33	0.53
Hot Sandwich (HH**)	Mature Cheddar BACON & CHEESE ROLL	1249	298	11.22	5.20	31.25	1.94	3.26	16.27	1.02	0.41	135.0	1686	402	15.15	7.02	42.19	2.63	4.40	21.96	1.38	0.56
Hot Sandwich (HH**)	Proper Cumberland SAUSAGE & EGG ROLL	1055	252	11.57	4.24	24.22	2.66	2.29	11.58	0.91	0.34	200.0	2110	504	23.14	8.48	48.43	5.32	4.58	23.16	1.83	0.68
Hot Sandwich (HH**)	Tomato chutney BACON ROLL	1204	286	8.58	3.17	35.25	4.86	3.53	15.23	1.02	0.41	130.0	1565	372	11.15	4.12	45.82	6.32	4.60	19.80	1.33	0.53
Hot Sandwich (HH**)	Ragù & cheese MELTIN' MEATBALL WRAP	978	233	10.06	4.52	23.91	3.71	1.83	10.89	0.75	0.30	232.0	2270	541	23.33	10.48	55.48	8.60	4.24	25.27	1.75	0.71
Hot Sandwich (HH**)	Smoky salsa MELTIN' MEXICAN CHICKEN WRAP	845	201	6.49	2.60	24.03	3.67	1.99	10.61	0.75	0.29	228.0	1926	458	14.80	5.93	54.78	8.36	4.54	24.19	1.71	0.67
Hot Sandwich (HH**)	Berries & seeds PORRIDGE POT	329	78	2.09	0.52	10.02	5.53	2.19	3.75	0.04	0.02	258.0	849	202	5.40	1.33	25.85	14.26	5.65	9.68	0.10	0.04
Hot Sandwich (HH**)	Classic PORRIDGE POT	319	76	1.84	0.58	11.11	4.70	1.06	3.13	0.05	0.02	258.0	822	195	4.76	1.49	28.65	12.12	2.73	8.07	0.12	0.05

* HTO - Products are Heated to Order

** HH - Products are Hot Held in the Hot Unit Cabinet

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		Energy (kJ)	Energy (kcal)	Fat (g)	saturates (g)	Carbohydrate (g)	sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Sodium (g)	Weight (g)	Energy (kJ)	Energy (kcal)	Fat (g)	saturates (g)	Carbohydrate (g)	sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Sodium (g)
Chilled Snack	Caesar-style MEDITERRANEAN CHICKEN SALAD	504	121	7.68	1.48	3.67	2.08	0.98	8.81	0.60	0.24	199.0	1003	241	15.28	2.95	7.30	4.13	1.96	17.53	1.20	0.48
Chilled Snack	Beetroot houmous FALAFEL & COUSCOUS SALAD	674	161	7.35	1.82	16.94	3.63	3.45	5.09	0.39	0.15	263.0	1772	424	19.32	4.78	44.56	9.56	9.07	13.38	1.02	0.39
Chilled Snack	SunBlush® tomato & feta MEDITERRANEAN PASTA SALAD	599	143	6.65	2.38	13.59	2.50	3.61	5.49	0.63	0.25	223.0	1337	320	14.83	5.31	30.32	5.57	8.05	12.25	1.39	0.55
Chilled Snack	Sweet chilli & ginger SALMON SALAD	575	137	4.83	0.98	14.83	3.49	2.12	7.47	0.77	0.31	232.0	1333	318	11.19	2.27	34.42	8.09	4.91	17.33	1.79	0.71
Chilled Snack	Balsamic vinegar DRESSING	2315	562	59.60	3.90	6.40	6.30	0.10	0.00	0.34	0.13	30.0	694	169	17.88	1.17	1.92	1.89	0.03	0.00	0.10	0.04
Chilled Snack	Yoghurt & basil DRESSING	1498	362	33.80	2.30	8.80	8.80	0.90	5.30	0.21	0.08	30.0	449	109	10.14	0.69	2.64	2.64	0.27	1.59	0.06	0.02
Chilled Snack	Crispy & refreshing APPLE SLICES	229	54	0.10	0.00	11.70	11.70	2.60	0.30	0.00	0.00	110.0	251	60	0.11	0.00	12.87	12.87	2.86	0.33	0.00	0.00
Chilled Snack	Sweet & seedless GREEN GRAPES	287	68	0.20	0.10	15.20	15.20	1.20	0.70	0.00	0.00	120.0	345	81	0.24	0.12	18.24	18.24	1.44	0.84	0.00	0.00
Chilled Snack	Sweet & seedless RED GRAPES	313	74	0.10	0.00	17.00	17.00	1.30	0.60	0.00	0.00	120.0	376	89	0.12	0.00	20.40	20.40	1.56	0.72	0.00	0.00
Chilled Snack	Bright & fresh MANGO, KIWI & BLUEBERRY	250	59	0.30	0.10	12.00	11.70	2.40	0.90	0.01	0.00	150.0	374	89	0.45	0.15	18.00	17.55	3.60	1.35	0.02	0.01
Chilled Snack	POMEGRANATE, WATERMELON & NECTARINE	163	39	0.20	0.10	8.00	8.00	0.80	0.80	0.00	0.00	135.0	221	52	0.27	0.14	10.80	10.80	1.08	1.08	0.00	0.00
Chilled Snack	Sweet & colourful CHERRY TOMATOES	128	31	0.80	0.10	4.00	4.00	1.90	0.90	0.01	0.00	110.0	141	34	0.88	0.11	4.40	4.40	2.09	0.99	0.01	0.00
Chilled Snack	Sweet & tangy APPLE, GRAPES & CHEDDAR	582	139	7.40	4.60	11.10	11.10	1.60	6.30	0.44	0.18	110.0	641	153	8.14	5.06	12.21	12.21	1.76	6.93	0.48	0.19
Chilled Snack	Apple & sultana BIRCHER YOGHURT	544	129	3.02	0.68	17.90	10.91	2.67	6.26	0.07	0.03	203.0	1104	262	6.12	1.38	36.35	22.14	5.42	12.72	0.14	0.06
Chilled Snack	Raspberry ripple YOGHURT & GRANOLA	485	115	3.56	0.45	10.76	5.97	2.01	9.09	0.06	0.02	165.0	801	191	5.87	0.74	17.76	9.85	3.31	15.00	0.09	0.04
Chilled Snack	Mixed seeds EGG & SPINACH	558	134	8.71	2.36	0.99	0.18	0.88	12.46	0.39	0.16	103.0	575	138	8.97	2.44	1.02	0.18	0.90	12.84	0.40	0.16
Chilled Snack	Creamy houmous CRUNCHY VEG STICKS	333	80	3.12	0.38	9.54	4.60	1.48	2.58	0.48	0.19	125.0	417	99	3.90	0.47	11.92	5.75	1.85	3.22	0.60	0.24
Chilled Snack	Red pepper houmous CRUNCHY VEG STICKS	423	101	6.20	0.68	8.63	4.21	1.34	2.11	0.50	0.20	105.5	446	107	6.54	0.71	9.10	4.44	1.41	2.23	0.53	0.21
Chilled Snack	Sweet potato FALAFEL	1016	243	11.80	0.80	25.90	6.50	6.30	5.20	0.91	0.36	110.0	1117	268	12.98	0.88	28.49	7.15	6.93	5.72	1.00	0.40
Chilled Snack	Tuna & mixed veg SUSHI SELECTION	653	155	3.30	0.40	25.70	5.30	2.40	4.40	1.24	0.50	97.0	633	150	3.20	0.39	24.93	5.14	2.33	4.27	1.20	0.48
Chilled Snack	Fresh & pickled veg SUSHI SELECTION	581	137	1.60	0.20	26.70	6.50	1.90	3.10	1.18	0.47	96.0	558	132	1.54	0.19	25.63	6.24	1.82	2.98	1.13	0.45
Chilled Snack	Spicy tikka CHICKEN BITES	705	167	4.27	0.59	2.70	1.16	0.27	29.35	1.28	0.51	90.0	635	150	3.84	0.53	2.43	1.04	0.24	26.42	1.15	0.46
Chilled Snack	Balti-spiced VEG SAMOSA	889	213	10.10	0.80	23.90	4.30	3.20	4.90	1.10	0.44	100.0	889	213	10.10	0.80	23.90	4.30	3.20	4.90	1.10	0.44
Chilled Snack	Balti-spiced CHICKEN SAMOSA	1039	249	12.30	1.30	23.70	4.90	2.70	9.40	0.91	0.36	100.0	1039	249	12.30	1.30	23.70	4.90	2.70	9.40	0.91	0.36
Chilled Snack	All-butter puff pastry STEAK SLICE (Chilled)	1422	341	21.10	12.00	27.30	1.40	1.50	9.70	0.69	0.28	148.0	2104	505	31.23	17.76	40.40	2.07	2.20	14.36	1.02	0.41
Chilled Snack	All-butter puff pastry SAUSAGE ROLL (Large Chilled)	1563	375	24.60	13.10	26.40	1.60	1.80	11.30	1.48	0.59	112.0	1751	420	27.55	14.67	29.57	1.79	2.02	12.66	1.66	0.66

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Hot Savoury	All-butter puff pastry SAUSAGE ROLL	1566	376	24.60	13.10	26.40	1.60	1.80	11.30	1.48	0.59	75.6	1184	284	18.60	9.90	19.96	1.21	1.36	8.54	1.12	0.45
Hot Savoury	All-butter puff pastry LARGE SAUSAGE ROLL	1566	376	24.60	13.10	26.40	1.60	1.80	11.30	1.48	0.59	112.6	1762	423	27.69	14.75	29.72	1.80	2.03	12.72	1.67	0.67
Hot Savoury	All-butter puff pastry STEAK SLICE	1422	341	21.10	12.00	27.30	1.40	1.50	9.70	0.69	0.28	148.0	2104	505	31.23	17.76	40.40	2.07	2.22	14.36	1.02	0.41
Hot Savoury	Bombay-style CHICKEN SLICE	1402	336	21.30	12.20	26.70	1.80	2.30	8.30	0.80	0.32	150.0	2102	504	31.95	18.30	40.05	2.70	3.45	12.45	1.20	0.48
Hot Savoury	Beef & veg CORNISH PASTY	1038	248	12.50	6.50	27.20	1.10	1.60	5.90	0.88	0.35	287.0	2979	712	35.88	18.66	78.06	3.16	4.59	16.93	2.52	1.01
Hot Savoury	Pork & apple HOG ROAST ROLL	1408	338	21.20	9.90	22.90	5.60	1.70	13.00	1.05	0.42	140.0	1972	473	29.68	13.86	32.06	7.84	2.38	18.20	1.47	0.59
Hot Savoury	Bacon & cheese PASTRY TURNOVER	1425	342	22.40	12.80	21.30	2.40	1.40	13.10	2.09	0.84	100.0	1425	342	22.40	12.80	21.30	2.40	1.40	13.10	2.09	0.84
Baked Confectionery	Crisp & buttery CLASSIC CROISSANT	1752	419	21.90	14.60	43.10	6.10	4.70	10.10	0.98	0.39	72.0	1262	302	15.77	10.51	31.03	4.39	3.38	7.27	0.71	0.28
Baked Confectionery	Rich & buttery PAIN AU CHOCOLAT	1818	435	23.60	15.40	44.20	11.90	5.50	8.80	0.73	0.29	80.0	1455	348	18.88	12.32	35.36	9.52	4.40	7.04	0.58	0.23
Baked Confectionery	Crisp & buttery MULTIGRAIN CROISSANT	1700	408	23.70	15.50	34.60	3.60	8.10	10.00	0.73	0.29	68.0	1156	277	16.12	10.54	23.53	2.45	5.51	6.80	0.50	0.20
Baked Confectionery	Sweet & spiced CINNAMON KNOT	1551	371	19.00	12.00	44.00	16.00	1.60	5.10	0.75	0.30	80.0	1240	296	15.20	9.60	35.20	12.80	1.28	4.08	0.60	0.24
Baked Confectionery	Date & walnut BANANA BREAD	1525	365	19.80	5.00	39.00	24.00	3.40	6.00	0.60	0.24	80.0	1220	292	15.84	4.00	31.20	19.20	2.72	4.80	0.48	0.19
Baked Confectionery	Rich & sticky CHOCOLATE BROWNIE	1923	461	28.60	17.50	43.50	30.20	3.70	5.60	0.40	0.16	69.0	1327	318	19.73	12.08	30.02	20.84	2.55	3.86	0.28	0.11
Baked Confectionery	Blackberry & apple CRUMBLE SLICE	1646	394	19.30	9.60	48.50	19.10	3.70	4.60	0.30	0.12	82.0	1350	323	15.83	7.87	39.77	15.66	3.03	3.77	0.25	0.10
Baked Confectionery	Mixed fruit & seeds OATY FLAPJACK	1834	439	20.70	9.30	48.50	26.30	13.70	7.90	0.20	0.08	73.0	1339	321	15.11	6.79	35.41	19.20	10.00	5.77	0.15	0.06
Baked Confectionery	Lemon & raspberry DRIZZLE CAKE	1583	378	18.20	11.20	48.40	27.90	1.10	4.60	0.58	0.23	74.0	1172	280	13.47	8.29	35.82	20.65	0.81	3.40	0.43	0.17
Baked Confectionery	Sweet & spicy CARROT CAKE	1606	384	19.00	5.20	46.90	27.50	2.20	5.20	0.40	0.16	80.0	1285	307	15.20	4.16	37.52	22.00	1.76	4.16	0.32	0.13