

NUTRITION  
SPREADSHEET

		ALLERGENS	PROTEINS	CARB	FAT	CALORIES
BBQ CHICKEN	Boneless Chicken Thigh, Pure Basmati Rice, Corn on the Cob, Vegetable Oil, Water, Tomato Paste, Sugar, Glucose Syrup, Spirit Vinegar, Molasses, Salt, Modified Maize Starch, Colour: Plain Caramel, Mustard Flour, Spices, Smoked Water, Smoke Flavouring, Onion Powder, Preservative: Potassium Sorbate, Garlic Puree (Garlic, Acidity Regulator: Citric Acid), Celery, Herbs, Clove Oil,Corn, Salt, Acidity Regulator: Citric Acid.	- MUSTARD - CELERY	32.8	84.4	14.7	601.1
PESTO CHICKEN	Chicken Breast, Durum Wheat Semolina (100%),Basil (46%), Olive Oil (23%), Sunflower Oil, Cashew Nuts (2.5%), Salt, Spinach, Tomatoes Pine Nuts, Whey Protein (Milk), Full Fat Hard Cheese (Milk, Salt), Garlic, Maize Starch, White Wine Vinegar, Fructose, Acidity Regulators (Lactic Acid, Citric Acid).	- MILK - CASHEW NUTS - WHEAT	47.6	55.6	21.5	605
BUTTER CHICKEN	Chicken Breast, Rice, Tomato, Onion, Cashew Nuts, Butter (Milk), Coconut, Cumin, Chilli, Turmeric, Garlic, Ginger, Butter, Oil, Garam Masala.	- MILK - CASHEW NUTS	47.4	50.2	21.3	581.3
CAJUN SALMON	Salmon Fillet, Basmati Rice, Broccoli, Red Pepper, Salt, Paprika, Chilli Powder, Onion Powder, Cumin, Garlic Powder, Black Pepper, White Pepper, Oregano, Thyme, Acid (Citric Acid).		31.94	50.22	24.69	558.85
MASSSALA COD	Cod Fillet, Garlic Powder, Paprika, Salt, Coriander Powder, Sugar, Cumin, Ginger, Turmeric Powder, Black Pepper, Celery Seed, Clove, Fennel, Ground Nutmeg, Chilli Powder.	- CELERY	30.94	29.2	15.82	382.56
TERIYAKI STEAK	Beef, Edemame Beans , Pak ChoiWater, Sugar, Soy Sauce (18%) (Water, Soy Bean (Soya), Salt, Wheat Flour), Fructose Syrup, Tapioca Flour, Sugar Cane Vinegar (2%), Colour: Plain Caramel; Dextrose, Acidity Regulator: Lactic Acid; Stabiliser: Xanthan Gum; Yeast Extract, Salt, Preservative: Potassium Sorbate, Cooked Egg Noodles (Water, Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Pasteurised Whole Egg, Salt, Firming Agents: Potassium Carbonate, Sodium Carbonate; Colour: Beta-carotene; Acidity Regulator: Citric Acid), Rapeseed Oil.	- SOYA - WHEAT - EGG	51.85	49.95	15.48	546.52
CAULIFLOWER AND CHICKPEA CURRY	Cauliflower,Chickpeas ,Rice, Tomato, Onion, Cashew Nuts, Butter (Milk), Coconut, Cumin, Chilli, Turmeric, Garlic, Ginger, Butter, Oil, Garam Masala.	- MILK - CASHEW NUTS	10.9	58.14	28.86	533.2
COTTAGE PIE	Mince Beef.Potatoes, Water, Skimmed Milk, Rapeseed Oil, Salt, (Milk), Celery, Leek, Onion, Thyme, Rosemary, Gravy Powder, Maltodextrin, Starch, Flavourings, Salt, Onion Powder¹, Sugar, Caramel Syrup, Thickener (Guar Gum), Sage	- MILK - CELERY	31.95	42	33.44	596.4
STEAK & CHEESE BURRITO	Rump Beef, Cheese (Milk), Red Pepper Anti-Caking Agent (Potato Starch), Wheat Flour (contains Calcium Carbonate, Iron, Nicotinamide, Thiamin), Water, Rapeseed Oil, Humectant (Glycerol), Raising Agents (Diphosphates, Sodium Bicarbonate), Acidity Regulator (Malic Acid), Sugar, Preservatives (Potassium Sorbate, Calcium Propionate), Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Salt, Wheat Starch.	- MILK - WHEAT	32.9	66.4	13.4	517.8
SWEET CHILLI SALMON	Salmon Fillet, Basmati Rice, Broccoli, Tomato, Chilli, Red Pepper, Red Onion, Vinegar, Sugar, Salt.		30.62	58.92	23.51	569.16
VEGGIE BOLOGNESE	Rehydrated Textured Soya Protein (95%), Rapeseed Oil, Yeast Extract, Malted Barley Extract, Onion Powder, Salt, Dextrose, White Pepper, Natural Flavouring, Garlic Powder, Spaghetti (Wheat) Tinned Tomtoes, Onion, Celery, Leek, Carrots, Thyme, Rosemary, Garlic, Sugar, Salt.	- SOYA - WHEAT - BARLEY - CELERY	27.7	60.1	6.2	406.8
JERK CHICKEN	Chicken Thigh, Basmati Rice, Gravy Powder, Red Pepper, Pepper Mash (West Indian Pepper, Scotch Bonnet Pepper, Salt), Escallion Mash (Escallion, Salt), Cane Vinegar, Salt, Pimento, Onion, Garlic, Brown Sugar, Water, Paprika, Nutmeg, Thyme, Ginger, Black Pepper, Maltodextrin, Starch, Flavourings, Salt, Onion Powder¹, Sugar, Caramel Syrup, Thickener (Guar Gum), Sage.		31.5	48.9	15.14	457.86
CHICKEN IN BLACKBEAN SAUCE	Chicken Thigh Basmati Rice, Water, Sugar, Red and Green Bell Peppers (6%), Modified Maize Starch, Onion Purée, Onion, SoyaBeans (2%), Caramelised Sugar Syrup, Rice Wine, Garlic Purée, Salt, Ginger Purée, Acidity Regulators (Lactic Acid, Citric Acid, Acetic Acid), Flavourings (contain Barley), Dextrose, Yeast Extract Powder, Preservative (Potassium Sorbate), Spice Blend, Molasses, Wheat Flour (contains Calcium Carbonate, Iron, Nicotinamide, Thiamin), Spirit Vinegar, Barley Malt Extract.	- SOYA - WHEAT - BARLEY	31.5	57.7	13.64	479.56
HERB ROASTED CHICKEN	Chicken Breast. Rapseed Oil , Green Beans, Potatoes, Water, Skimmed Milk, Rapeseed Oil, Salt, Modified Potato Starch, Dextrose, Stabiliser: Guar Gum, Natural Flavouring (Milk).	- MILK	43.8	32	15.3	440.9

