



	Calories (Kcal)	Fat (g)	Of which saturates (g)	Carbohydrates (g)	Of which sugars (g)	Protein (g)	Salt (g)	
BREAKFAST POTS								
Acai smoothie bowl	258	6.5	2.2	42.5	21.4	5.7	0	✓
Blood orange cranberry rawnola yoghurt	238	11.6	5.2	25.6	22.1	8.6	0	✓
Kiwi mandarin granola yoghurt	355	13.3	6.5	46	27.5	11.9	0.1	✓
Mango passion fruit granola lassi	331	7.3	3.2	52.6	31.9	12.5	0.3	✓
Turmeric blueberry chia pudding	201	11	5.6	22.7	10.8	4.8	0.5	✓
Coconut matcha chia pudding	190	9.7	5	20.7	9.8	4	0.5	✓
Almond banana overnight oats	375	15.1	1.4	48.6	19.6	10.2	0.2	✓
Dark chocolate raspberry overnight oats	361	14.3	7.7	46.4	19.1	9.4	0	
FRUIT POTS								
Mango & lime	47	0.2	0.1	11.4	11.2	0.7	0	✓
Mixed citrus	76	0.3	0	17.4	17.3	2	0	✓
Mixed grapes	84	0.1	0	21.6	31.6	0.6	0	✓
Pineapple, gala apple & mint	78	0.3	0	19.3	19.2	0.8	0	✓
SNACK POTS								
Bocconcini & sun-blushed tomatoes	251	17.4	8.8	11.7	8	13.6	1.2	✓
Chicken pakora & coriander chutney	212	7.7	2.1	19.5	7.7	17	0.8	
Crudites & tahini yoghurt	173	13.7	2.6	6.7	5.7	5.6	0.4	✓
English cheese tray with celery & grapes	354	27.2	16.7	9.5	6.4	19.4	0.8	
English tapas tray	283	17.7	9.7	10.6	0.8	22.1	2.1	
Olives & feta	197	17.8	8	0.8	0.8	8.4	2.3	
Onion bhaji & mint raita	181	10.6	4	14.7	5.1	6.2	1	
Piri piri chicken & macho peas	193	3.6	0.7	14.5	4.3	26.6	0.3	✓
Steamed salmon & wasabi peas	194	7.4	0.8	13.5	4.4	19.2	0.6	✓
Quinoa falafel & beetroot houmous	349	23.4	2.2	24.3	1.8	9.4	1.3	
Scrambled chickpeas, spinach, tomatoes & mushrooms	223	16.8	2.3	10.4	1.8	5.6	0.9	✓
Sesame & soy edamame pods	118	3.8	0.2	9.9	1.9	11.1	0.2	✓

PRODUCT NAME	Calories (Kcal)	Fat (g)	Of which saturates (g)	Carbohydrates (g)	Of which sugars (g)	Protein (g)	Salt (g)	LIVE WELL
PREMIUM SALADS								
Broccoli, aubergine, marinated egg soba noodles	496	17.6	3.3	60.8	8.6	23.3	0.8	✓
Bulgogi steak salad	279	11	3.1	19.4	8.4	26.5	1.1	✓
Prawn avocado black rice salad	389	16.3	6.4	43.7	10.5	19.3	0.3	✓
Pulled chicken tinga beans and rice salad	490	17.2	3.3	48.1	11	36.4	1.1	✓
Smoked mackerel cauliflower rice beetroot salad	395	32.3	5.8	11.6	18.4	7	1.7	✓
Squash goats cheese salad	389	15.9	6.3	45.3	15.2	17.8	0.2	✓
Thai rice noodle tempeh salad with chilli & lime	491	20.8	3	51.2	10.8	21.4	0.3	✓
Korean chicken & kimchi brown rice bowl	480	6.8	1.4	55.1	15	51.7	1.6	✓
CLASSIC SALADS								
Italian chicken caesar salad	362	23.3	4.5	4.5	4	33.5	1.1	
Prawn cocktail	137	7.5	0.6	5.6	4.4	12.1	0.6	
Quinoa falafel fruity moroccan couscous	537	32.3	3.9	44.1	16.4	22.8	1.6	
Smoked salmon potato salad	279	8.5	2.1	26.3	10.6	24.9	2.4	
BAKERY - sweet								
Puffed Amaranth chocolate bar	147	8	4.6	14.7	8.7	2.4	0	
Black Bean brownie	230	11.9	4.4	28.1	28	2.4	0.3	
Spiced pumpkin pecan loaf	223	8.5	0.9	35.1	18.9	0.3	0.2	
BAKERY - savoury								
Feta spinach filo	111	6.1	2.5	9.8	1.3	5.7	0.4	