

Grab & Go Nutritional Information

Nutrition information per portion							
	Calories (Kcal)	Fat (g)	Saturates (g)	Carbs(g)	Sugars (g)	Protein (g)	Salt (g)
Salad							
Ham hock, roasted celeriac, carrot & honey mustard dressing	277	16.5	1.7	18.6	15.8	14.5	1.2
Smoked chicken cobb, avocado & blue cheese dressing	379	24.2	5.5	20	9.7	21.5	1.2
Autumn harvest, goat's cheese, pecan & balsamic reduction	282	16	6.1	24.1	10.5	11.4	0.8
Falafel, beetroot houmous, smoky aubergine, coriander, tahini & avocado dressing	686	49.3	4.6	38.1	5.5	19.1	2.8
Spicy tuna poke	497	30.1	4.7	28.5	14.7	29	2.7
Sweet chilli crayfish & crème fraiche potato salad	331	8.9	4.3	47	15.5	18.1	1.3
Classic chicken pesto pasta	554	31.5	5.4	44.9	4.3	20.7	3.2
Classic Greek salad	138	9.9	4.7	5.9	5.7	6.9	1.1
Classic smoky bacon Caesar	283	20.6	4.8	10.7	4.2	14.2	0.7
Protein pot							
Smoked salmon, crushed pea & watercress	179	8.3	1.3	11.8	2.4	15.3	1.7
Spiced hummus, lime, tomato & toasted seeds	351	28.7	2.9	12	1.5	9.5	2.2
Harissa chicken, yoghurt, pomegranate dressing & toasted seeds	290	16.8	5.9	5.7	4.2	29.2	1.4
Breakfast pot							
Morello cherry cranberry bircher muesli	258	2.6	0.7	50.5	22.6	6.4	0.1
Apple & blackberry, granola & Greek yoghurt	322	18.4	11.1	29.2	20.2	9.1	0
Lemon curd & blackcurrant, granola & Greek yoghurt	376	19.3	11.4	39.7	27.6	9.3	0