



NUTRITION GUIDE

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Seasoned Egg Meal Salad

Ingredients	calories (kcal)	fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fibre (g)	sugar (g)	protein (g)	vitamin A (µg)	vitamin C (mg)	calcium (mg)	iron (mg)
Seasoned Eggs	148	10	3	0	373	128	1	0	1	12	195	0	46	1.4
Spring Mix Lettuce	20	0	0	0	0	33	3	2	1	2	0	14	69	1.2
Shredded Beets	25	0	0	0	0	46	6	1	4	1	0	3	9	0.5
Shredded Carrots	25	0	0	0	0	42	6	1	3	1	0	4	20	0.2
Red Cabbage Slaw	14	0	0	0	0	13	3	1	2	1	0	16	20	0.3
Grape Tomatoes	7	0	0	0	0	2	2	0	1	0	0	5	4	0.1
Pico de Gallo Salsa	19	1	0	0	0	75	2	0	1	0	0	2	7	0.1
Citrus Basil Dressing (1oz)	158	16	3	0	0	123	4	0	3	0	0	2	3	0.1
Total	416	28	6	0	373	462	26	6	15	17	195	47	178	3.9

Contains: Eggs, Sulphites, Mustard

Half Avocado Meal Salad

Ingredients	calories (kcal)	fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fibre (g)	sugar (g)	protein (g)	vitamin A (µg)	vitamin C (mg)	calcium (mg)	iron (mg)
Half Avocado	80	6	1	0	141	49	2	1	0	5	74	1	19	0.6
Spring Mix Lettuce	20	0	0	0	0	33	3	2	1	2	0	14	69	1.2
Shredded Beets	25	0	0	0	0	46	6	1	4	1	0	3	9	0.5
Shredded Carrots	25	0	0	0	0	42	6	1	3	1	0	4	20	0.2
Red Cabbage Slaw	14	0	0	0	0	13	3	1	2	1	0	16	20	0.3
Grape Tomatoes	7	0	0	0	0	2	2	0	1	0	0	5	4	0.1
Pico de Gallo Salsa	19	1	0	0	0	75	2	0	1	0	0	2	7	0.1
Chili Lime Avocado Dressing (1oz)	146	14	2	0	0	110	4	0	3	0	0	3	2	0.1
Total	335	22	4	0	141	371	27	8	14	10	74	49	151	3.1

Contains: Sulphites, Mustard



MEAL SALADS

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Roasted Cajun Tofu Meal Salad

Ingredients	calories (kcal)	fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fibre (g)	sugar (g)	protein (g)	vitamin A (µg)	vitamin C (mg)	calcium (mg)	iron (mg)
Roasted Cajun Tofu	141	8	1	0	0	596	5	1	1	15	0	0	85	2.8
Spring Mix Lettuce	20	0	0	0	0	33	3	2	1	2	0	14	69	1.2
Shredded Beets	25	0	0	0	0	46	6	1	4	1	0	3	9	0.5
Shredded Carrots	25	0	0	0	0	42	6	1	3	1	0	4	20	0.2
Red Cabbage Slaw	14	0	0	0	0	13	3	1	2	1	0	16	20	0.3
Grape Tomatoes	7	0	0	0	0	2	2	0	1	0	0	5	4	0.1
Pico de Gallo Salsa	19	1	0	0	0	75	2	0	1	0	0	2	7	0.1
Smokey Paprika Dressing (1oz)	171	17	3	0	0	133	4	0	3	0	0	2	2	0.1
Total	422	27	4	0	0	940	30	7	16	20	0	47	216	5.3

Contains: Soy, Sulphites, Mustard

Lemon and Herb Chicken Meal Salad

Ingredients	calories (kcal)	fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fibre (g)	sugar (g)	protein (g)	vitamin A (µg)	vitamin C (mg)	calcium (mg)	iron (mg)
Lemon and Herb Chicken	223	10	2	0	81	238	1	0	0	30	6	1	20	1.4
Spring Mix Lettuce	20	0	0	0	0	33	3	2	1	2	0	14	69	1.2
Shredded Beets	25	0	0	0	0	46	6	1	4	1	0	3	9	0.5
Shredded Carrots	25	0	0	0	0	42	6	1	3	1	0	4	20	0.2
Red Cabbage Slaw	14	0	0	0	0	13	3	1	2	1	0	16	20	0.3
Grape Tomatoes	7	0	0	0	0	2	2	0	1	0	0	5	4	0.1
Pico de Gallo Salsa	19	1	0	0	0	75	2	0	1	0	0	2	7	0.1
Citrus Basil Dressing	158	16	3	0	0	123	4	0	3	0	0	2	3	0.1
Total	490	28	4	0	81	572	26	7	14	35	6	48	152	3.9

Contains: Sulphites, Mustard



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Spicy Grilled Chicken Meal Salad

Ingredients	calorie s (kcal)	fat (g)	saturat ed fat (g)	trans fat (g)	choles terol (mg)	sodiu m (mg)	carboh ydrate s (g)	fibre (g)	sugar (g)	protein (g)	vitami n A (ug)	vitami n C (mg)	calciu m (mg)	iron (mg)
Spicy Grilled Chicken	197	9	1	0	71	179	1	0	0	26	5	8	23	1.5
Spring Mix Lettuce	20	0	0	0	0	33	3	2	1	2	0	14	69	1.2
Shredded Beets	25	0	0	0	0	46	6	1	4	1	0	3	9	0.5
Shredded Carrots	25	0	0	0	0	42	6	1	3	1	0	4	20	0.2
Red Cabbage Slaw	14	0	0	0	0	13	3	1	2	1	0	16	20	0.3
Grape Tomatoes	7	0	0	0	0	2	2	0	1	0	0	5	4	0.1
Pico de Gallo Salsa	19	1	0	0	0	75	2	0	1	0	0	2	7	0.1
Garlic Peppercorn Dressing (1oz)	163	16	3	0	0	126	4	0	3	0	0	3	4	0.1
Total	470	27	4	0	71	516	27	7	14	31	5	55	156	4.0

Contains: Sulphites, Mustard

Shredded Striploin Meal Salad

Ingredients	calorie s (kcal)	fat (g)	saturat ed fat (g)	trans fat (g)	choles terol (mg)	sodiu m (mg)	carboh ydrate s (g)	fibre (g)	sugar (g)	protein (g)	vitami n A (ug)	vitami n C (mg)	calciu m (mg)	iron (mg)
Shredded Striploin	188	8	2	0	70	120	0	0	0	28	0	0	7	2.8
Spring Mix Lettuce	20	0	0	0	0	33	3	2	1	2	0	14	69	1.2
Shredded Beets	25	0	0	0	0	46	6	1	4	1	0	3	9	0.5
Shredded Carrots	25	0	0	0	0	42	6	1	3	1	0	4	20	0.2
Red Cabbage Slaw	14	0	0	0	0	13	3	1	2	1	0	16	20	0.3
Grape Tomatoes	7	0	0	0	0	2	2	0	1	0	0	5	4	0.1
Pico de Gallo Salsa	19	1	0	0	0	75	2	0	1	0	0	2	7	0.1
Garlic Peppercorn Dressing (1oz)	163	16	3	0	0	126	4	0	3	0	0	3	4	0.1
Total	460	26	5	0	70	457	26	7	14	33	0	47	140	5.4

Contains: Sulphites, Mustard



MEAL SALADS

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Seared Tuna Carpaccio Meal Salad

Ingredients	calories (kcal)	fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fibre (g)	sugar (g)	protein (g)	vitamin A (µg)	vitamin C (mg)	calcium (mg)	iron (mg)
Seared Tuna Carpaccio	93	3	1	0	21	383	4	2	0	13	0	0	20	2.0
Spring Mix Lettuce	20	0	0	0	0	33	3	2	1	2	0	14	69	1.2
Shredded Beets	25	0	0	0	0	46	6	1	4	1	0	3	9	0.5
Shredded Carrots	25	0	0	0	0	42	6	1	3	1	0	4	20	0.2
Red Cabbage Slaw	14	0	0	0	0	13	3	1	2	1	0	16	20	0.3
Grape Tomatoes	7	0	0	0	0	2	2	0	1	0	0	5	4	0.1
Pico de Gallo Salsa	19	1	0	0	0	75	2	0	1	0	0	2	7	0.1
Citrus Basil Dressing (1oz)	158	16	3	0	0	123	4	0	3	0	0	2	3	0.1
Total	360	21	4	0	21	718	30	8	14	18	0	47	152	4.6

Contains: Fish, Sulphites, Mustard

Roasted Salmon Meal Salad

Ingredients	calories (kcal)	fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fibre (g)	sugar (g)	protein (g)	vitamin A (µg)	vitamin C (mg)	calcium (mg)	iron (mg)
Roasted Salmon	324	25	5	0	62	266	0	0	0	22	15	4	17	0.5
Spring Mix Lettuce	20	0	0	0	0	33	3	2	1	2	0	14	69	1.2
Shredded Beets	25	0	0	0	0	46	6	1	4	1	0	3	9	0.5
Shredded Carrots	25	0	0	0	0	42	6	1	3	1	0	4	20	0.2
Red Cabbage Slaw	14	0	0	0	0	13	3	1	2	1	0	16	20	0.3
Grape Tomatoes	7	0	0	0	0	2	2	0	1	0	0	5	4	0.1
Pico de Gallo Salsa	19	1	0	0	0	75	2	0	1	0	0	2	7	0.1
Chili Lime Avocado Dressing (1oz)	146	14	2	0	0	110	4	0	3	0	0	3	2	0.1
Total	580	42	7	0	62	588	25	7	14	27	15	51	148	3.0

Contains: Fish, Sulphites, Mustard



GRAIN BOWLS

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Seasoned Eggs Boxed Grain Bowl

Ingredients	calories (kcal)	fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fibre (g)	sugar (g)	protein (g)	vitamin A (µg)	vitamin C (mg)	calcium (mg)	iron (mg)
Seasoned Eggs	148	10	3	0	373	128	1	0	1	12	195	0	46	1.4
Kale	26	0	0	0	0	20	5	1	1	2	0	63	79	0.8
Brown Rice & Quinoa	219	3	0	0	0	11	42	4	1	7	0	0	26	1.8
Roasted Brussel Sprouts	64	4	1	0	0	17	6	3	1	2	0	51	30	1.0
Fennel Slaw	34	2	0	0	0	14	4	1	2	1	0	25	26	0.4
Corn	51	2	0	0	0	89	7	0	0	1	0	1	3	0.2
Cajun Chickpeas	91	3	1	0	0	110	15	5	0	4	0	0	32	1.3
Pico de Gallo Salsa	19	1	0	0	0	75	2	0	1	0	0	2	7	0.1
Citrus Basil Dressing (1oz)	158	16	3	0	0	123	4	0	3	0	0	2	3	0.1
Total	810	42	8	0	373	588	85	15	11	29	195	145	250	7

Contains: Eggs, Sulphites, Mustard

Half Avocado Boxed Grain Bowl

Ingredients	calories (kcal)	fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fibre (g)	sugar (g)	protein (g)	vitamin A (µg)	vitamin C (mg)	calcium (mg)	iron (mg)
Half Avocado	80	6	1	0	141	49	2	1	0	5	74	1	19	0.6
Kale	26	0	0	0	0	20	5	1	1	2	0	63	79	0.8
Brown Rice & Quinoa	219	3	0	0	0	11	42	4	1	7	0	0	26	1.8
Roasted Brussel Sprouts	64	4	1	0	0	17	6	3	1	2	0	51	30	1.0
Fennel Slaw	34	2	0	0	0	14	4	1	2	1	0	25	26	0.4
Corn	51	2	0	0	0	89	7	0	0	1	0	1	3	0.2
Cajun Chickpeas	91	3	1	0	0	110	15	5	0	4	0	0	32	1.3
Pico de Gallo Salsa	19	1	0	0	0	75	2	0	1	0	0	2	7	0.1
Chili Lime Avocado Dressing (1oz)	146	14	2	0	0	110	4	0	3	0	0	3	2	0.1
Total	730	36	6	0	141	497	86	17	10	22	74	147	223	6

Contains: Sulphites,



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Roasted Cajun Tofu Boxed Grain Bowl

Ingredients	calories (kcal)	fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fibre (g)	sugar (g)	protein (g)	vitamin A (µg)	vitamin C (mg)	calcium (mg)	iron (mg)
Roasted Cajun Tofu	141	8	1	0	0	596	5	1	1	15	0	0	85	2.8
Kale	26	0	0	0	0	20	5	1	1	2	0	63	79	0.8
Brown Rice & Quinoa	219	3	0	0	0	11	42	4	1	7	0	0	26	1.8
Roasted Brussel Sprouts	64	4	1	0	0	17	6	3	1	2	0	51	30	1.0
Fennel Slaw	34	2	0	0	0	14	4	1	2	1	0	25	26	0.4
Corn	51	2	0	0	0	89	7	0	0	1	0	1	3	0.2
Cajun Chickpeas	91	3	1	0	0	110	15	5	0	4	0	0	32	1.3
Pico de Gallo Salsa	19	1	0	0	0	75	2	0	1	0	0	2	7	0.1
Smokey Paprika Dressing (1oz)	171	17	3	0	0	133	4	0	3	0	0	2	2	0.1
Total	816	41	6	0	0	1066	89	16	11	32	0	145	289	9

Contains: Soy, Sulphites, Mustard

Lemon and Herb Chicken Boxed Grain Bowl

Ingredients	calories (kcal)	fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fibre (g)	sugar (g)	protein (g)	vitamin A (µg)	vitamin C (mg)	calcium (mg)	iron (mg)
Lemon and Herb Chicken	223	10	2	0	81	238	1	0	0	30	6	1	20	1.4
Kale	26	0	0	0	0	20	5	1	1	2	0	63	79	0.8
Brown Rice & Quinoa	219	3	0	0	0	11	42	4	1	7	0	0	26	1.8
Roasted Brussel Sprouts	64	4	1	0	0	17	6	3	1	2	0	51	30	1.0
Fennel Slaw	34	2	0	0	0	14	4	1	2	1	0	25	26	0.4
Corn	51	2	0	0	0	89	7	0	0	1	0	1	3	0.2
Cajun Chickpeas	91	3	1	0	0	110	15	5	0	4	0	0	32	1.3
Pico de Gallo Salsa	19	1	0	0	0	75	2	0	1	0	0	2	7	0.1
Citrus Basil Dressing (1oz)	158	16	3	0	0	123	4	0	3	0	0	2	3	0.1
Total	885	42	7	0	81	698	85	16	10	47	6	146	225	7

Contains: Sulphites, Mustard



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Spicy Grilled Chicken Boxed Grain Bowl

Ingredients	calories (kcal)	fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fibre (g)	sugar (g)	protein (g)	vitamin A (µg)	vitamin C (mg)	calcium (mg)	iron (mg)
Spicy Grilled Chicken	197	9	1	0	71	179	1	0	0	26	5	8	23	1.5
Kale	26	0	0	0	0	20	5	1	1	2	0	63	79	0.8
Brown Rice & Quinoa	219	3	0	0	0	11	42	4	1	7	0	0	26	1.8
Roasted Brussel Sprouts	64	4	1	0	0	17	6	3	1	2	0	51	30	1.0
Fennel Slaw	34	2	0	0	0	14	4	1	2	1	0	25	26	0.4
Corn	51	2	0	0	0	89	7	0	0	1	0	1	3	0.2
Cajun Chickpeas	91	3	1	0	0	110	15	5	0	4	0	0	32	1.3
Pico de Gallo Salsa	19	1	0	0	0	75	2	0	1	0	0	2	7	0.1
Garlic Peppercorn Dressing (1oz)	163	16	3	0	0	126	4	0	3	0	0	3	4	0.1
Total	864	41	7	0	71	642	86	16	10	44	5	154	228	7

Contains: Sulphites, Mustard

Shredded Striploin Boxed Grain Bowl

Ingredients	calories (kcal)	fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fibre (g)	sugar (g)	protein (g)	vitamin A (µg)	vitamin C (mg)	calcium (mg)	iron (mg)
Shredded Striploin	188	8	2	0	70	120	0	0	0	28	0	0	7	2.8
Kale	26	0	0	0	0	20	5	1	1	2	0	63	79	0.8
Brown Rice & Quinoa	219	3	0	0	0	11	42	4	1	7	0	0	26	1.8
Roasted Brussel Sprouts	64	4	1	0	0	17	6	3	1	2	0	51	30	1.0
Fennel Slaw	34	2	0	0	0	14	4	1	2	1	0	25	26	0.4
Corn	51	2	0	0	0	89	7	0	0	1	0	1	3	0.2
Cajun Chickpeas	91	3	1	0	0	110	15	5	0	4	0	0	32	1.3
Pico de Gallo Salsa	19	1	0	0	0	75	2	0	1	0	0	2	7	0.1
Garlic Peppercorn Dressing (1oz)	163	16	3	0	0	126	4	0	3	0	0	3	4	0.1
Total	855	39	8	0	70	583	85	15	10	45	0	145	212	9

Contains: Sulphites, Mustard



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Seared Tuna Carpaccio Boxed Grain Bowl

Ingredients	calories (kcal)	fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fibre (g)	sugar (g)	protein (g)	vitamin A (µg)	vitamin C (mg)	calcium (mg)	iron (mg)
Seared Tuna Carpaccio	93	3	1	0	21	383	4	2	0	13	0	0	20	2.0
Kale	26	0	0	0	0	20	5	1	1	2	0	63	79	0.8
Brown Rice & Quinoa	219	3	0	0	0	11	42	4	1	7	0	0	26	1.8
Roasted Brussel Sprouts	64	4	1	0	0	17	6	3	1	2	0	51	30	1.0
Fennel Slaw	34	2	0	0	0	14	4	1	2	1	0	25	26	0.4
Corn	51	2	0	0	0	89	7	0	0	1	0	1	3	0.2
Cajun Chickpeas	91	3	1	0	0	110	15	5	0	4	0	0	32	1.3
Pico de Gallo Salsa	19	1	0	0	0	75	2	0	1	0	0	2	7	0.1
Citrus Basil Dressing	158	16	3	0	0	123	4	0	3	0	0	2	3	0.1
Total	755	34	6	0	21	843	89	17	10	30	0	145	225	8

Contains: Fish, Sulphites, Mustard

Roasted Salmon Boxed Grain Bowl

Ingredients	calories (kcal)	fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fibre (g)	sugar (g)	protein (g)	vitamin A (µg)	vitamin C (mg)	calcium (mg)	iron (mg)
Roasted Salmon	324	25	5	0	62	266	0	0	0	22	15	4	17	0.5
Kale	26	0	0	0	0	20	5	1	1	2	0	63	79	0.8
Brown Rice & Quinoa	219	3	0	0	0	11	42	4	1	7	0	0	26	1.8
Roasted Brussel Sprouts	64	4	1	0	0	17	6	3	1	2	0	51	30	1.0
Fennel Slaw	34	2	0	0	0	14	4	1	2	1	0	25	26	0.4
Corn	51	2	0	0	0	89	7	0	0	1	0	1	3	0.2
Cajun Chickpeas	91	3	1	0	0	110	15	5	0	4	0	0	32	1.3
Pico de Gallo Salsa	19	1	0	0	0	75	2	0	1	0	0	2	7	0.1
Chili Lime Avocado Dressing	146	14	2	0	0	110	4	0	3	0	0	3	2	0.1
Total	974	56	10	0	62	714	85	16	10	39	15	149	221	6

Contains: Fish, Sulphites, Mustard



GRILLED PANINIS

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Tuscan Chicken Boxed Grilled Panini

Ingredients	calories (kcal)	fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fibre (g)	sugar (g)	protein (g)	vitamin A (µg)	vitamin C (mg)	calcium (mg)	iron (mg)
Grilled Chicken Breast	207	9	1	0	83	153	0	0	0	30	6	0	15	1.1
Romesco Spread	204	16	3	0	0	71	14	3	9	4	0	17	30	2.2
Grilled Sweet Peppers	18	0	0	0	0	1	4	1	3	1	0	113	6	0.3
Goat Cheese	44	4	2	0	15	103	1	0	0	2	39	0	11	0.3
Multigrain Ciabatta	290	5	1	0	0	520	55	6	4	9	0	0	44	3.5
Total	764	33	7	0	98	848	74	10	16	46	45	129	106	7

Contains: Milk, Wheat, Rye, Barley, Sulphites

Chicken Lite Boxed Grilled Panini

Ingredients	calories (kcal)	fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fibre (g)	sugar (g)	protein (g)	vitamin A (µg)	vitamin C (mg)	calcium (mg)	iron (mg)
Grilled Chicken Breast	207	9	1	0	83	153	0	0	0	30	6	0	15	1.1
Avocado Gremolata	94	8	1	0	0	229	7	4	1	2	0	9	11	0.5
Grilled Zucchini	10	0	0	0	0	2	2	1	1	1	0	9	12	0.2
Grilled Sweet Peppers	18	0	0	0	0	1	4	1	3	1	0	113	6	0.3
Multigrain Ciabatta	290	5	1	0	0	520	55	6	4	9	0	0	44	3.5
Total	620	21	3	0	83	905	68	12	9	42	6	130	88	6

Contains: Wheat, Rye, Barley, Sulphites



GRILLED PANINIS

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Spicy Picante Chicken Boxed Grilled Panini

Ingredients	calories (kcal)	fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fibre (g)	sugar (g)	protein (g)	vitamin A (µg)	vitamin C (mg)	calcium (mg)	iron (mg)
Grilled Chicken Breast	207	9	1	0	83	153	0	0	0	30	6	0	15	1.1
Garlic Peppercorn Spread	86	7	1	0	0	300	6	2	0	1	0	2	17	0.4
Spicy Salsa Verde	7	0	0	0	0	92	1	0	0	0	0	16	16	0.8
Grilled Banana Peppers	12	0	0	0	0	6	2	2	1	1	0	37	6	0.2
Smoked Mozzarella	26	1	1	0	5	48	1	0	1	1	19	25	54	0.1
Multigrain Ciabatta	290	5	1	0	0	520	55	6	4	9	0	0	44	3.5
Total	628	22	4	0	88	1119	66	10	6	43	26	80	153	6

Contains: Milk, Wheat, Rye, Barley, Sulphites

Striploin and Smoked Mozzarella Boxed Grilled Panini

Ingredients	calories (kcal)	fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fibre (g)	sugar (g)	protein (g)	vitamin A (µg)	vitamin C (mg)	calcium (mg)	iron (mg)
Roasted Striploin	383	16	5	0	143	244	0	0	0	57	0	0	14	5.8
Romesco Spread	204	16	3	0	0	71	14	3	9	4	0	17	30	2.2
Grilled Sweet Peppers	18	0	0	0	0	1	4	1	3	1	0	113	6	0.3
Smoked Mozzarella	26	1	1	0	5	48	1	0	1	1	19	25	54	0.1
Multigrain Ciabatta	290	5	1	0	0	520	55	6	4	9	0	0	44	3.5
Total	921	38	9	0	147	886	75	10	17	71	19	154	148	12

Contains: Milk, Wheat, Rye, Barley, Sulphites



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GRILLED PANINIS

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Spicy Striploin and Salsa Verde Boxed Grilled Panini

Ingredients	calories (kcal)	fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fibre (g)	sugar (g)	protein (g)	vitamin A (µg)	vitamin C (mg)	calcium (mg)	iron (mg)
Roasted Striploin	383	16	5	0	143	244	0	0	0	57	0	0	14	5.8
Herb Dijon Aioli	107	10	1	0	5	176	0	0	0	0	0	1	20	1.7
Spicy Salsa Verde	7	0	0	0	0	92	1	0	0	0	0	16	16	0.8
Grilled Banana Peppers	12	0	0	0	0	6	2	2	1	1	0	37	6	0.2
Brie Cheese	105	8	5	0	29	163	1	0	0	7	0	0	204	0.0
Multigrain Ciabatta	290	5	1	0	0	520	55	6	4	9	0	0	44	3.5
Total	904	39	12	1	177	1201	61	8	5	75	0	54	304	12

Contains: Eggs, Milk, Mustard Wheat, Rye, Barley, Sulphites

Prosciutto and Brie Boxed Grilled Panini

Ingredients	calories (kcal)	fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fibre (g)	sugar (g)	protein (g)	vitamin A (µg)	vitamin C (mg)	calcium (mg)	iron (mg)
Prosciutto	189	12	5	0	47	1559	0	0	0	19	0	0	0	0.7
Herb Dijon Aioli	213	20	2	0	10	352	1	1	0	1	0	2	39	3.4
Grilled Zucchini	10	0	0	0	0	2	2	1	1	1	0	9	12	0.2
Baby Arugula	6	0	0	0	0	7	1	0	1	1	0	4	40	0.4
Brie Cheese	105	8	5	0	29	163	1	0	0	7	0	0	204	0.0
Multigrain Ciabatta	290	5	1	0	0	520	55	6	4	9	0	0	44	3.5
Total	814	45	12	0	86	2603	60	8	6	37	0	15	339	8

Contains: Eggs, Milk, Mustard, Wheat, Rye, Barley, Sulphites



GRILLED PANINIS

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Grilled Vegetarian and Goat Cheese Boxed Grilled Panini

Ingredients	calories (kcal)	fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fibre (g)	sugar (g)	protein (g)	vitamin A (µg)	vitamin C (mg)	calcium (mg)	iron (mg)
Avocado Gremolata	94	8	1	0	0	229	7	4	1	2	0	9	11	0.5
Grilled Sweet Peppers	18	0	0	0	0	1	4	1	3	1	0	113	6	0.3
Grilled Zucchini	10	0	0	0	0	2	2	1	1	1	0	9	12	0.2
Grilled Eggplants	23	0	0	0	0	1	6	2	2	1	0	1	4	0.2
Goat Cheese	44	4	2	0	15	103	1	0	0	2	39	0	11	0.3
Multigrain Ciabatta	290	5	1	0	0	520	55	6	4	9	0	0	44	3.5
Total	479	17	4	0	15	855	75	13	11	15	39	131	88	5

Contains: Milk, Wheat, Rye, Barley, Sulphites

Smoked Salmon Boxed Grilled Panini

Ingredients	calories (kcal)	fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fibre (g)	sugar (g)	protein (g)	vitamin A (µg)	vitamin C (mg)	calcium (mg)	iron (mg)
Smoked Salmon	172	11	2	0	39	608	2	0	2	17	0	0	0	0.0
Avocado Gremolata	80	7	1	0	0	195	6	4	0	1	0	7	10	0.4
Grilled Zucchini	10	0	0	0	0	2	2	1	1	1	0	9	12	0.2
Baby Arugula	6	0	0	0	0	7	1	0	1	1	0	4	40	0.4
Brie Cheese	105	8	5	0	29	163	1	0	0	7	0	0	204	0.0
Multigrain Ciabatta	290	5	1	0	0	520	55	6	4	9	0	0	44	3.5
Total	663	31	9	0	68	1495	66	11	8	36	0	20	310	5

Contains: Fish, Milk, Wheat, Barley, Rye, Sulphites



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GRILLED PANINIS

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Seared Tuna Carpaccio Boxed Grilled Panini

Ingredients	calories (kcal)	fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fibre (g)	sugar (g)	protein (g)	vitamin A (µg)	vitamin C (mg)	calcium (mg)	iron (mg)
Seared Tuna Carpaccio	139	4	1	0	32	575	7	3	1	20	0	0	30	3.1
Romesco Spread	102	8	1	0	0	36	7	2	5	2	0	8	15	1.1
Spicy Salsa Verde	7	0	0	0	0	92	1	0	0	0	0	16	16	0.8
Grilled Sweet Peppers	18	0	0	0	0	1	4	1	3	1	0	113	6	0.3
Goat Cheese	44	4	2	0	15	103	1	0	0	2	39	0	11	0.3
Multigrain Ciabatta	290	5	1	0	0	520	55	6	4	9	0	0	44	3.5
Total	600	21	5	0	47	1326	75	12	12	34	40	137	122	9

Contains: Fish, Milk, Wheat, Barley, Rye, Sulphites

Boxed Side Salad

Ingredients	calories (kcal)	fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fibre (g)	sugar (g)	protein (g)	vitamin A (µg)	vitamin C (mg)	calcium (mg)	iron (mg)
Spring Mix Lettuce	13	0	0	0	0	22	2	1	1	1	0	9	45	0.8
Shredded Beets	25	0	0	0	0	46	6	1	4	1	0	3	9	0.5
Shredded Carrots	25	0	0	0	0	42	6	1	3	1	0	4	20	0.2
Balsamic Vinaigrette	137	13	2	0	0	104	4	0	3	0	0	2	2	0.1
Total	200	14	2	0	0	214	18	4	11	3	0	18	77	2

Contains: Sulphites, Mustard



GRILLED WRAPS

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Chicken Avocado Boxed Grilled Wrap

Ingredients	calories (kcal)	fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fibre (g)	sugar (g)	protein (g)	vitamin A (µg)	vitamin C (mg)	calcium (mg)	iron (mg)
Grilled Chicken Breast	203	8	1	0	81	150	0	0	0	30	6	0	15	1.1
Avocado Gremolata	80	7	1	0	0	195	6	4	0	1	0	7	10	0.4
Fennel Slaw	34	2	0	0	0	14	4	1	2	1	0	25	26	0.4
Pico de Gallo Salsa	19	1	0	0	0	75	2	0	1	0	0	2	7	0.1
House Guacamole	89	8	1	0	0	15	5	4	0	1	0	6	7	0.3
Baby Arugula	6	0	0	0	0	7	1	0	1	1	0	4	40	0.4
Whole Wheat Wrap	280	9	3	0	0	480	44	5	1	8	0	0	88	2.1
Total	711	35	7	0	81	935	62	14	6	42	6	45	192	5

Contains: Wheat,

Spicy Chicken Boxed Grilled Wrap

Ingredients	calories (kcal)	fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fibre (g)	sugar (g)	protein (g)	vitamin A (µg)	vitamin C (mg)	calcium (mg)	iron (mg)
Grilled Chicken Breast	203	8	1	0	81	150	0	0	0	30	6	0	15	1.1
Herb Dijon Aioli	107	10	1	0	5	176	0	0	0	0	0	1	20	1.7
Spicy Salsa Verde	7	0	0	0	0	92	1	0	0	0	0	16	16	0.8
Fennel Slaw	34	2	0	0	0	14	4	1	2	1	0	25	26	0.4
Roasted Onions	48	3	0	0	0	2	6	1	3	1	0	3	13	0.1
Shredded Cheese	90	7	4	0	5	270	1	0	0	5	0	0	158	0.0
Baby Arugula	6	0	0	0	0	7	1	0	1	1	0	4	40	0.4
Whole Wheat Wrap	280	9	3	0	0	480	44	5	1	8	0	0	88	2.1
Total	775	39	10	0	91	1190	58	8	7	45	6	49	375	7

Contains: Milk, Mustard, Wheat, Sulphites



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Roasted Salmon Boxed Grilled Wrap

Ingredients	calories (kcal)	fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fibre (g)	sugar (g)	protein (g)	vitamin A (µg)	vitamin C (mg)	calcium (mg)	iron (mg)
Roasted Salmon	324	25	5	0	62	266	0	0	0	22	15	4	17	0.5
Romesco Spread	204	16	3	0	0	71	14	3	9	4	0	17	30	2.2
Fennel Slaw	34	2	0	0	0	14	4	1	2	1	0	25	26	0.4
Pico de Gallo Salsa	19	1	0	0	0	75	2	0	1	0	0	2	7	0.1
House Guacamole	89	8	1	0	0	15	5	4	0	1	0	6	7	0.3
Baby Arugula	6	0	0	0	0	7	1	0	1	1	0	4	40	0.4
Whole Wheat Wrap	280	9	3	0	0	480	44	5	1	8	0	0	88	2.1
Total	955	62	12	0	62	928	70	14	14	36	15	58	215	6

Contains: Fish, Wheat, Sulphites

Steak and Cheese Boxed Grilled Wrap

Ingredients	calories (kcal)	fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fibre (g)	sugar (g)	protein (g)	vitamin A (µg)	vitamin C (mg)	calcium (mg)	iron (mg)
Roasted Striploin	383	16	5	0	143	244	0	0	0	57	0	0	14	5.8
Herb Dijon Aioli	213	20	2	0	10	352	1	1	0	1	0	2	39	3.4
Fennel Slaw	34	2	0	0	0	14	4	1	2	1	0	25	26	0.4
Roasted Onions	48	3	0	0	0	2	6	1	3	1	0	3	13	0.1
Shredded Cheese	90	7	4	0	5	270	1	0	0	5	0	0	158	0.0
Baby Arugula	6	0	0	0	0	7	1	0	1	1	0	4	40	0.4
Whole Wheat Wrap	280	9	3	0	0	480	44	5	1	8	0	0	88	2.1
Total	1055	56	14	0	157	1369	57	8	7	73	0	34	377	12

Contains: Milk, Eggs, Mustard, Wheat, Sulphites



GRILLED WRAPS

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Cajun Roasted Tofu Boxed Grilled Wrap

Ingredients	calories (kcal)	fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fibre (g)	sugar (g)	protein (g)	vitamin A (µg)	vitamin C (mg)	calcium (mg)	iron (mg)
Roasted Cajun Tofu	212	13	2	0	0	893	7	1	2	22	0	0	127	4.2
Garlic Peppercorn Spread	86	7	1	0	0	300	6	2	0	1	0	2	17	0.4
Spicy Salsa Verde	7	0	0	0	0	92	1	0	0	0	0	16	16	0.8
Fennel Slaw	34	2	0	0	0	14	4	1	2	1	0	25	26	0.4
Pico de Gallo Salsa	19	1	0	0	0	75	2	0	1	0	0	2	7	0.1
Roasted Onions	48	3	0	0	0	2	6	1	3	1	0	3	13	0.1
Baby Arugula	6	0	0	0	0	7	1	0	1	1	0	4	40	0.4
Whole Wheat Wrap	280	9	3	0	0	480	44	5	1	8	0	0	88	2.1
Total	692	34	7	0	0	1864	71	11	9	34	0	52	334	9

Contains: Soy, Wheat, Sulphites

Roasted Cauliflower Wrap Boxed Grilled Wrap

Ingredients	calories (kcal)	fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fibre (g)	sugar (g)	protein (g)	vitamin A (µg)	vitamin C (mg)	calcium (mg)	iron (mg)
Roasted Cauliflower	24	0	0	0	0	30	5	2	2	2	0	47	21	0.4
Avocado Gremolata	94	8	1	0	0	229	7	4	1	2	0	9	11	0.5
Fennel Slaw	34	2	0	0	0	14	4	1	2	1	0	25	26	0.4
Pico de Gallo Salsa	19	1	0	0	0	75	2	0	1	0	0	2	7	0.1
House Guacamole	89	8	1	0	0	15	5	4	0	1	0	6	7	0.3
Baby Arugula	6	0	0	0	0	7	1	0	1	1	0	4	40	0.4
Whole Wheat Wrap	280	9	3	0	0	480	44	5	1	8	0	0	88	2.1
Total	546	28	6	0	0	849	67	17	7	14	0	93	201	4

Contains: Wheat, Sulphites



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Spicy Steak and Avocado Boxed Grilled Wrap

Ingredients	calories (kcal)	fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fibre (g)	sugar (g)	protein (g)	vitamin A (µg)	vitamin C (mg)	calcium (mg)	iron (mg)
Roasted Striploin	383	16	5	0	143	244	0	0	0	57	0	0	14	5.8
Spicy Salsa Verde	7	0	0	0	0	92	1	0	0	0	0	16	16	0.8
House Guacamole	44	4	1	0	0	7	2	2	0	1	0	3	3	0.2
Grilled Banana Peppers	12	0	0	0	0	6	2	2	1	1	0	37	6	0.2
Pico de Gallo Salsa	19	1	0	0	0	75	2	0	1	0	0	2	7	0.1
Baby Arugula	6	0	0	0	0	7	1	0	1	1	0	4	40	0.4
Whole Wheat Wrap	280	9	3	0	0	480	44	5	1	8	0	0	88	2.1
Total	751	30	9	0	143	911	53	10	4	68	0	62	175	10

Contains: Wheat, Sulphites

Smoked Salmon Boxed Grilled Wrap

Ingredients	calories (kcal)	fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fibre (g)	sugar (g)	protein (g)	vitamin A (µg)	vitamin C (mg)	calcium (mg)	iron (mg)
Smoked Salmon	172	11	2	0	39	608	2	0	2	17	0	0	0	0.0
Herb Dijon Aioli	213	20	2	0	10	352	1	1	0	1	0	2	39	3.4
Roasted Onions	48	3	0	0	0	2	6	1	3	1	0	3	13	0.1
Grilled Zucchini	10	0	0	0	0	2	2	1	1	1	0	9	12	0.2
Fennel Slaw	34	2	0	0	0	14	4	1	2	1	0	25	26	0.4
Baby Arugula	6	0	0	0	0	7	1	0	1	1	0	4	40	0.4
Whole Wheat Wrap	280	9	3	0	0	480	44	5	1	8	0	0	88	2.1
Total	763	45	8	0	49	1465	59	9	9	29	0	43	218	7

Contains: Fish, Mustard, Wheat, Sulphites



GRILLED WRAPS

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Spicy Egg Salad and Guacamole

Ingredients	calories (kcal)	fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fibre (g)	sugar (g)	protein (g)	vitamin A (µg)	vitamin C (mg)	calcium (mg)	iron (mg)
Crumbled Eggs	222	15	5	0	560	192	2	0	1	18	292	0	69	2.1
Spicy Salsa Verde	7	0	0	0	0	92	1	0	0	0	0	16	16	0.8
House Guacamole	44	4	1	0	0	7	2	2	0	1	0	3	3	0.2
Roasted Onions	48	3	0	0	0	2	6	1	3	1	0	3	13	0.1
Shredded Cheese	90	7	4	0	5	270	1	0	0	5	0	0	158	0.0
Baby Arugula	6	0	0	0	0	7	1	0	1	1	0	4	40	0.4
Whole Wheat Wrap	280	9	3	0	0	480	44	5	1	8	0	0	88	2.1
Total	697	38	12	0	564	1049	57	9	6	33	293	26	387	6

Contains: Eggs, Milk, Wheat, Sulphites

Boxed Side Salad

Ingredients	calories (kcal)	fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fibre (g)	sugar (g)	protein (g)	vitamin A (µg)	vitamin C (mg)	calcium (mg)	iron (mg)
Spring Mix Lettuce	13	0	0	0	0	22	2	1	1	1	0	9	45	0.8
Shredded Beets	25	0	0	0	0	46	6	1	4	1	0	3	9	0.5
Shredded Carrots	25	0	0	0	0	42	6	1	3	1	0	4	20	0.2
Balsamic Vinaigrette	137	13	2	0	0	104	4	0	3	0	0	2	2	0.1
Total	200	14	2	0	0	214	18	4	11	3	0	18	77	2

Contains: Sulphites, Mustard