Category	Recipe Name	Recipe Description	Energy (kJ) per 100g	Energy (kcal) per 100g	Protein (g) per 100g	Fat (g) per 100g	Saturated Fat (g) per 100g	Carbohyd rate (g) per 100g	Sugars (g) per 100g	Sodium (Na) (mg) per 100g	Energy (kJ) per serving	Energy (kcal) per serving	Protein (g) per serving	Fat (g) per serving	Saturated Fat (g) per serving	Carbohyd rate (g) per serving	Sugars (g) per serving	Sodium (Na) (mg) per serving	Fat (g) Traffic light	Saturated Fat (g) Traffic light	Sugars (g) Traffic light	Contains Allergens	May Contain Allergens	Recipe Quid
Breakfast	Acai Bowl	Acai sorbet, house-made granola, fresh berries and banana. Deliciously fresh and wholesome.	662	159	3.5	5.9	1.6	22.3	10.1	6.8	2490	596	13.3	22.1	6	84	37.9	25.5	orange	orange	orange	Contains: Gluten, Oats, Tree nuts, Almonds		Acai Sorbet (39.9%) [Organic Fair Trade AÃ§aÃ- Puree , Filtered Water, Organic Cane Syrup, Organic Tapioca Syrup, Less Than 0.5% Of: Organic Locust Bean Gum, Organic Guar Gum, Organic Flavor, Organic Sunflower Lecithin, Citric Acid, Fruit & Vegetable Juice (for Color) AÃ§aÃ- Puree From The Brazilian Amazon Rainforest], Housemade Granola Sub Recipe (21.3%) [Rolled Oats Toasted Sub Recipe (54.9%) [Rolled Oats (100%) [100% Wholegrain Oats]], Toasted Walnuts Sub Recipe (11%) [Walnut Pieces (100%) [100% Walnuts.Contains: Tree Nuts]], Pepitas Toasted Sub Recipe (11%) [Pumpkin Seeds / Pepitas (99.5%) [Pumpkin Seeds], Canola Oil (0.5%)], Sub Recipe: Almonds Slivered Roasted (7.7%) [Blanched Slivered Almonds (100%) [Tree Nuts 100% Almond Kernels]], Desiccated Coconut (7.7%) [Coconut 100%], Dried, Sweetened Cranberries (7.7%) [Cranberry(65%), Sugar, Sunflower Oil]], Banana Fresh (21.3%) [Banana], Strawberries Fresh (13.3%) [Strawberries], Blueberries Fresh (4%) [Blueberries 100%], Edible Flowers Fresh (0.27%) [Edible Flowers 100%]CONTAINS: Gluten, Almond
Breakfast	Asparagus Benedict Loaded Croissant		963	230	7	16.6	6.5	13.5	2.1	268	3320	795	24	57.4	22.5	46.6	7.1	924	orange	red	green	Contains: Gluten, Wheat, Eggs, Milk, Soya	May Contain: Tree nuts, Sesame, Lupin	Egg XL (33.6%) [Eggs], Plain Croissant (27.5%) [Croissant (100%) [Wheat Flour [Contains Vitamins (Thiamine, Folic Acid)], Water, Butter (Milk) (22%), Sugar, Baker's Yeast, Wheat Gluten, Iodised Salt, Egg, Soya Flour, Vegetable Emulsifiers (472e), Flour Treatment Agent (300), Plant Based Enzymes May Be Present: Tree Nuts, Sesame Seeds, Lupin]], Asparagus Spears (17.4%) [Asparagus (55%), Water, Salt], Hollandaise Sauce (11.6%) [Vegetable Oils (palm, Canola), Water, Pasteurised Egg Yolk (5%), Skim Milk Powder, Salt, Sugar, Acidity Regulator (lactic Acid), Stabilisers (xanthan Gum, Guar Gum, Locust Bean Gum), Flavours (contain Milk), DextroseCONTAINS Egg AND Milk PRODUCTS], Lemon Wedge 1/8 Cut Fresh (5.8%) [Lemons], Fresh Garlic Crushed (1.4%) [Garlic, Salt], Dill Herb Fresh (0.87%) [Dill 100%], Premium Blended Oil (0.87%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Micro Greens Fresh (0.29%)
Breakfast	Avocado with Whipped Feta	Light and fresh. Toasted sourdough with basil-whipped feta, sliced fresh avocado, dukkah, sesame, and a lemon wedge.	1010	242	6	15.8	4.8	18.8	1.4	511	2170	520	12.9	33.8	10.2	40.2	3	1097	orange	orange	green	Contains: Gluten, Wheat, Rye, Milk, Sesame, Soya		Sourdough Sliced Vegan (38.2%) [Wheat Flour [Contains Vitamins (Thiamine, Folate)], Water, Sourdough Culture (8%) [Water, Wheat Flour, Fermented Rye Flour, Durum Wheat, Ascorbic Acid (E300), Acetic Acid (E260), Enzymes], Semolina (Gluten, Wheat), Canola Oil, Wheat Gluten, Salt Iodised, Bran, Rye Flour, Vinegar, Yeast [Yeast, Water, Mineral Oil]], Avocado Fresh (37.1%) [Avocado], Basil Whipped Feta Sub Recipe (18.6%) [Danish Feta Cubed (54.1%) [Danish Fetta (75%) (Pasteurised Milk, Vegetable Oil, Salt, Lactic Acid, Culture & Rennet (Milk)), Water & SaltContains: Milk And Milk Products], Cream Cheese (37.8%) [Pasteurised Whole Milk And Cream (Milk), Salt, Stabiliser (E412, E415 (contains Soy), E407, Cultures], Premium Blended Oil (3.2%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Full Cream Milk (3.2%) [Full Cream (Milk) Milk, Milk Solids Non Fat], Basil Leaves Fresh (1.6%) [Basil]], Lemon Wedge 1/8 Cut Fresh (3.3%) [Lemons], Dukkah & Sesame Mix Sub Recipe (2.3%) [Black Sesame Seeds (50%) [Sesame Seed 100%], Dukkah Seasoning (50%) [Sunflower, Sesame Seed, Salt, Pumpkin Seed, spices]], Micro Greens Fresh (0.47%) [Micro Greens 100%]CONTAINS: Gluten, Wheat, Milk, Sesame, Soy
Breakfast	Bacon & Egg Roll	Bacon, fried egg and tomato sauce on a milk bun.	962	230	10.2	12.8	5.4	18.6	4	596	2240	536	23.7	29.8	12.5	43.2	9.3	1388	orange	red	green	Contains: Gluten, Wheat, Eggs, Milk, Soya		Milk Bun 80g (34.3%) [Wheat Flour [Contains Vitamins (Thiamine, Folic Acid)], Water, Egg (4.9%), Milk Powder (4.4%), Butter (Milk) (3.9%), Sugar, Baker's Yeast, IodisedSalt, Canola Oil, Wheat Flour, Soya Flour, Malted Wheat Flour, Processing Aids Enzymes, Flour Treatment Agent (300)], Middle Bacon Rindless (32.2%) [Bacon], Egg XL (24.9%) [Eggs], Tomato Sauce (8.6%) [Concentrated Tomatoes (Contains 165g Of Tomatoes Per 100mL), Sugar, Salt, Food Acid (Acetic Acid), Natural Flavours, Spice Contains 77% Concentrated Tomatoes]CONTAINS: Gluten, Wheat, Egg, Milk, Soy
Breakfast	Bacon Eggs Bene Burger	Bacon, fried egg and creamy hollandaise on a lightly toasted milk bun.	1090	261	10.2	17.3	6.5	16.4	2	531	2540	608	23.7	40.2	15.1	38.3	4.6	1236	orange	red	green	Contains: Gluten, Wheat, Eggs, Milk, Soya		Milk Bun 80g (34.3%) [Wheat Flour [Contains Vitamins (Thiamine, Folic Acid)], Water, Egg (4.9%), Milk Powder (4.4%), Butter (Milk) (3.9%), Sugar, Baker's Yeast, IodisedSalt, Canola Oil, Wheat Flour, Soya Flour, Malted Wheat Flour, Processing Aids Enzymes, Flour Treatment Agent (300)], Middle Bacon Rindless (32.2%) [Bacon], Egg XL (24.9%) [Eggs], Hollandaise Sauce (8.6%) [Vegetable Oils (palm, Canola), Water, Pasteurised Egg Yolk (5%), Skim Milk Powder, Salt, Sugar, Acidity Regulator (lactic Acid), Stabilisers (xanthan Gum, Guar Gum, Locust Bean Gum), Flavours (contain Milk), DextroseCONTAINS Egg AND Milk PRODUCTS]CONTAINS: Gluten, Wheat, Egg, Milk, Soy
Breakfast	Bacon Eggs Bene Wrap	Bacon, scrambled egg, creamy hollandaise and spinach wrapped in a warm tortilla.	1070	256	8.8	17.2	5.8	16.7	1.6	468	3420	818	28.1	55	18.6	53.2	5.1	1494	orange	red	green	Contains: Gluten, Wheat, Eggs, Milk, Soya		12" Flour Tortilla (32.6%) [Enriched Bleached Flour (flour (Wheat), niacin, reduced Iron, thiamine Mononitrate, riboflavin, folic Acid, Wheat), Water, Vegetable Shortening (Interesterified And Hydrogenated Soybean Oils), Contains 2% Or Less Of: Salt, Sugar, Baking Soda, Sodium Acid Pyrophosphate, Distilled Monoglycerides, Enzymes, Fumaric Acid, And Calcium Propionate And Sorbic Acid (to Maintain Freshness) Contains: Wheat], Egg Mix Sub Recipe (31.3%) [Egg XL (73.6%) [Eggs], Cooking Cream (26.4%) [Contains Minimum 35% Milk FatCream ð- Skim Milk ð- Thickener (1442) ð- Stabilisers (460, 466, 452) ð- Emulsifier (471Allergens: Contains Milk And Dairy Products]], Middle Bacon Rindless (23.5%) [Bacon], Spinach Leaves Fresh (6.3%) [Spinach Leaves], Hollandaise Sauce (6.3%) [Vegetable Oils (palm, Canola), Water, Pasteurised Egg Yolk (5%), Skim Milk Powder, Salt, Sugar, Acidity Regulator (lactic Acid), Stabilisers (xanthan Gum, Guar Gum, Locust Bean Gum), Flavours (contain Milk), DextroseCONTAINS Egg AND Milk PRODUCTS]CONTAINS: Gluten, Wheat, Egg, Milk, Soy
Breakfast	BBQ Bacon & Egg Wrap	Bacon, scrambled egg, mozzarella and smoked bbq sauce wrapped in a warm tortilla.	1080	259	10.5	15.9	6	18.6	3.1	512	3350	802	32.5	49.1	18.7	57.6	9.5	1583	orange	red	green	Contains: Gluten, Wheat, Eggs, Milk, Soya		12" Flour Tortilla (33.7%) [Enriched Bleached Flour (flour (Wheat), niacin, reduced Iron, thiamine Mononitrate, riboflavin, folic Acid, Wheat), Water, Vegetable Shortening (Interesterified And Hydrogenated Soybean Oils), Contains 2% Or Less Of: Salt, Sugar, Baking Soda, Sodium Acid Pyrophosphate, Distilled Monoglycerides, Enzymes, Fumaric Acid, And Calcium Propionate And Sorbic Acid (to Maintain Freshness) Contains: Wheat], Egg Mix Sub Recipe (32.4%) [Egg XL (73.6%) [Eggs], Cooking Cream (26.4%) [Contains Minimum 35% Milk FatCream ð- Skim Milk ð- Thickener (1442) ð- Stabilisers (460, 466, 452) ð- Emulsifier (471Allergens: Contains Milk And Dairy Products]], Middle Bacon Rindless (24.3%) [Bacon], Shredded Mozzarella (6.5%) [Mozzarella Cheese (Milk) [Milk, Salt, Cultures, Enzyme (Non Animal Rennet (Milk))], Anti Caking Agent (460), Preservative (200)], Smoked BBQ Sauce (3.2%) [Tomato Puree (55%) (Water, Tomato Paste), Thickener (1422), Molasses, Salt, Food Acid (260), Flavours, Colour (150c), Spice, Vegetable Gum (415)]CONTAINS: Gluten, Wheat, Egg, Milk, Soy
Breakfast	Beef Benedict Burger	Milk bun with fried egg, caramelised onion, tender steak pieces, bbq sauce, spinach, and creamy hollandaise sauce.	984	235	12.7	12.5	4.7	18	6.5	278	3030	725	39.1	38.4	14.4	55.4	19.9	855	orange	orange	orange	Contains: Gluten, Wheat, Eggs, Milk, Soya, Sulphites		Caramelised Onion & Steak Sub Recipe (32.5%) [BBQ Blade Steak (85.9%) [Beef Meat 100%], Brown Onion Fresh (22.8%) [Onion 100%], Balsamic Glaze (6.4%) [Cooked Grape Must, "aceto Balsamico Di Modena IGP" 38% [wine (Sulphites) Vinegar, Concentrated And Cooked Grape Must, Colour (150d), Anti Oxidant: Sulphur (Sulphites)], Wine (Sulphites) Vinegar, Colour (150d), Thickeners (1422) And Vegetable Gum (415)Product Contains Sulphites], Salted Butter (3.4%) [Pasteurised Cream (from Milk)], Table Salt (0.34%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.21%) [Pepper 100%]], Milk Bun 80g (26%) [Wheat Flour [Contains Vitamins (Thiamine, Folic Acid)], Water, Egg (4.9%), Milk Powder (4.4%), Butter (Milk) (3.9%), Sugar, Baker's Yeast, IodisedSalt, Canola Oil, Wheat Flour, Soya Flour, Malted Wheat Flour, Processing Aids Enzymes, Flour Treatment Agent (300)], Egg XL (18.8%) [Eggs], Hollandaise Sauce (9.7%) [Vegetable Oils (palm, Canola), Water, Pasteurised Egg Yolk (5%), Skim Milk Powder, Salt, Sugar, Acidity Regulator (lactic Acid), Stabilisers (xanthan Gum, Guar Gum, Locust Bean Gum), Flavours (contain Milk), DextroseCONTAINS Egg AND Milk PRODUCTS], Smoked BBQ Sauce (9.7%) [Tomato Puree (55%) (Water, Tomato Paste), Thickener (1422), Molasses, Salt, Food Acid (260), Flavours, Colour (150c), Spice, Vegetable Gum (415)], Spinach Leaves Fresh (3.2%) [Spinach Leaves]CONTAINS: Gluten, Wheat, Egg, Milk, Soy, Sulphites
Breakfast	Berry Frenchy Eggy Croissant	Perfectly flaky croissant french toast with fresh berries, whipped cream, ice cream, maple syrup and rich blueberry coulis. Bon appetit!	992	237	6.2	14.6	5.9	20.4	9.8	142	4510	1080	28.4	66.2	26.8	92.9	44.7	648	orange	red	orange	Contains: Gluten, Wheat, Eggs, Milk, Soya	May Contain: Tree nuts, Peanuts, Sesame, Lupin	Egg Mix Sub Recipe (44%) [Egg XL (73.6%) [Eggs], Cooking Cream (26.4%) [Contains Minimum 35% Milk FatCream ð- Skim Milk ð- Thickener (1442) ð- Stabilisers (460, 466, 452) ð- Emulsifier (471Allergens: Contains Milk And Dairy Products]], Plain Croissant (20.9%) [Croissant (100%) [Wheat Flour [Contains Vitamins (Thiamine, Folic Acid)], Water, Butter (Milk) (22%), Sugar, Baker's Yeast, Wheat Gluten, Iodised Salt, Egg, Soya Flour, Vegetable Emulsifiers (472e), Flour Treatment Agent (300), Plant Based Enzymes May Be Present: Tree Nuts, Sesame Seeds, Lupin]], Vanilla Ice Cream (11%) [Water, Dairy Ingredients (Reconstituted Skim Milk, Milk Solids, Butter (Milk) And Or Cream (Milk)), Sugar, Glucose Syrup, Maltodextrin, Coconut Oil, Vegetable Origin Emulsifiers (477, 471 (Soy)], Flavour, Vegetable Gum (412).Contains Milk And Soy.], Strawberries Fresh (6.6%) [Strawberries], Pure Cream (4.4%) [Cream (from Milk), Gelatin, Stabiliser (407a), Emulsifier (471)], Blueberry Coulis Sub Recipe (3.3%) [Blueberries Frozen (61%) [Blueberries], Tap Water (19.7%) [Water 100%], White Sugar (9.8%) [Cane Sugar], Lemon Juice Fresh Squeezed (5.9%) [Lemon Juice 100%], Cornflour (2%) [Cornflour (Wheat)], Lemon Zest Fresh (1.6%) [Lemons]], Blueberries Fresh (3.3%) [Blueberries 100%], Maple Syrup (3.3%) [Glucose, Sugar, Water, Flavour, Food Acid(330), Preservative(202), Colour(150)], Cinnamon Sugar Sub Recipe (3.3%) [White Sugar (96.4%) [Cane Sugar], Cinnamon Ground (3.6%) [Cinnamon Ground]]CONTAINS: Gluten, Wheat, Egg, Milk, Soy
Breakfast	Best Brunch Burger	Fried egg, bacon, hash brown, spinach and sauce on a milk bun.	868	208	9	10.8	4.7	18.5	3.8	501	2720	650	28.1	33.9	14.6	57.9	12	1567	orange	orange	green	Contains: Gluten, Wheat, Eggs, Milk, Soya		Milk Bun 80g (25.6%) [Wheat Flour [Contains Vitamins (Thiamine, Folic Acid)], Water, Egg (4.9%), Milk Powder (4.4%), Butter (Milk) (3.9%), Sugar, Baker's Yeast, IodisedSalt, Canola Oil, Wheat Flour, Soya Flour, Malted Wheat Flour, Processing Aids Enzymes, Flour Treatment Agent (300)], Middle Bacon Rindless (24%) [Bacon], Egg XL (18.5%) [Eggs], Triangle Chunky Hash Brown (17.6%) [Potato (92%), Vegetable Oil (7, 1%), Salt, Stabiliser: E461, Dextrose], Tomato Sauce (9.6%) [Concentrated Tomatoes (Contains 165g Of Tomatoes Per 100mL), Sugar, Salt, Food Acid (Acetic Acid), Natural Flavours, Spice Contains 77% Concentrated Tomatoes], Spinach Leaves Fresh (4.8%) [Spinach Leaves]CONTAINS: Gluten, Wheat, Egg, Milk, Soy
Breakfast	Boujee Beef Benedict Brekky	Toasted sourdough with poached eggs, caramelised onion, tender steak pieces, bbq sauce, spinach, diced tomato, fresh herbs, and creamy hollandaise sauce.	907	217	11.6	12.5	4.4	14.6	4.4	292	3700	886	47.1	51	17.9	59.4	18	1190	orange	orange	green	Contains: Gluten, Wheat, Rye, Eggs, Milk, Sulphites		Egg XL (28.4%) [Eggs], Caramelised Onion & Steak Sub Recipe (24.5%) [BBQ Blade Steak (85.9%) [Beef Meat 100%], Brown Onion Fresh (22.8%) [Onion 100%], Balsamic Glaze (6.4%) [Cooked Grape Must, "aceto Balsamico Di Modena IGP" 38% [wine (Sulphites) Vinegar, Concentrated And Cooked Grape Must, Colour (150d), Anti Oxidant: Sulphur (Sulphites)], Wine (Sulphites) Vinegar, Colour (150d), Thickeners (1422) And Vegetable Gum (415)Product Contains Sulphites], Salted Butter (3.4%) [Pasteurised Cream (from Milk)], Table Salt (0.34%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.21%) [Pepper 100%]], Sourdough Sliced Vegan (19.6%) [Wheat Flour [Contains Vitamins (Thiamine, Folate)], Water, Sourdough Culture (8%) [Water, Wheat Flour, Fermented Rye Flour, Durum Wheat, Ascorbic Acid (E300), Acetic Acid (E260), Enzymes], Semolina (Gluten, Wheat), Canola Oil, Wheat Gluten, Salt Iodised, Bran, Rye Flour, Vinegar, Yeast [Yeast, Water, Mineral Oil]], Hollandaise Sauce (9.8%) [Vegetable Oils (palm, Canola), Water, Pasteurised Egg Yolk (5%), Skim Milk Powder, Salt, Sugar, Acidity Regulator (lactic Acid), Stabilisers (xanthan Gum, Guar Gum, Locust Bean Gum), Flavours (contain Milk), DextroseCONTAINS Egg AND Milk PRODUCTS], Smoked BBQ Sauce (7.4%) [Tomato Puree (55%) (Water, Tomato Paste), Thickener (1422), Molasses, Salt, Food Acid (260), Flavours, Colour (150c), Spice, Vegetable Gum (415)], Bruschetta Mix Sub Recipe (4.9%) [Roma Tomato Fresh (69.9%) [Tomato 100%], Spanish (Red) Onion Fresh (20%) [Red Onion], Premium Blended Oil (8%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Basil Leaves Fresh (1.2%) [Basil], White Ground Pepper (0.5%) [Pepper 100%], Table Salt (0.5%) [Salt, Anti Caking Agent (554)]], Spinach Leaves Fresh (3.7%) [Spinach Leaves], Salted Butter (1.2%) [Pasteurised Cream (from Milk)], Parsley Fresh (0.49%) [Parsley 100%]CONTAINS: Gluten, Wheat, Egg, Milk, Sulphites
Breakfast	Breakfast Bruschetta	Toasted sourdough topped with grilled halloumi, bacon, 2 poached eggs, sliced avocado, finely diced tomato and red onion, fresh basil, a lemon wedge, and a light drizzle of rich balsamic glaze.	841	201	9.4	14.2	5.2	8.9	1.3	612	4580	1100	51.3	77.4	28.2	48.4	6.9	3333	orange	red	green	Contains: Gluten, Wheat, Rye, Eggs, Milk, Sulphites		Middle Bacon Rindless (27.6%) [Bacon], Egg XL (21.3%) [Eggs], Sourdough Sliced Vegan (15%) [Wheat Flour [Contains Vitamins (Thiamine, Folate)], Water, Sourdough Culture (8%) [Water, Wheat Flour, Fermented Rye Flour, Durum Wheat, Ascorbic Acid (E300), Acetic Acid (E260), Enzymes], Semolina (Gluten, Wheat), Canola Oil, Wheat Gluten, Salt Iodised, Bran, Rye Flour, Vinegar, Yeast [Yeast, Water, Mineral Oil]], Avocado Fresh (14.6%) [Avocado], Bruschetta Mix Sub Recipe (9.2%) [Roma Tomato Fresh (69.9%) [Tomato 100%], Spanish (Red) Onion Fresh (20%) [Red Onion], Premium Blended Oil (8%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Basil Leaves Fresh (1.2%) [Basil], White Ground Pepper (0.5%) [Pepper 100%], Table Salt (0.5%) [Salt, Anti Caking Agent (554)]], Halloumi Cheese (7.3%) [Milk, Salt, Mineral, Rennet (Milk), Cultures, Mint], Lemon Wedge 1/8 Cut Fresh (3.7%) [Lemons], Balsamic Glaze (0.92%) [Cooked Grape Must, "aceto Balsamico Di Modena IGP" 38% [wine (Sulphites) Vinegar, Concentrated And Cooked Grape Must, Colour (150d), Anti Oxidant: Sulphur (Sulphites)], Wine (Sulphites) Vinegar, Colour (150d), Thickeners (1422) And Vegetable Gum (415)Product Contains Sulphites], Basil Leaves Fresh (0.37%) [Basil]CONTAINS: Gluten, Wheat, Egg, Milk, Sulphites
Breakfast	Breakfast Crepe with Bacon	Traditional French crepe folded over scrambled eggs, shaved parmesan and spinach. Served with bacon and roasted tomato.	896	214	9.5	16.6	6.5	7.2	2.1	543	2780	665	29.4	51.4	20.2	22.2	6.5	1685	orange	red	green	Contains: Eggs, Milk, Soya		Middle Bacon Rindless (48.4%) [Bacon], French Crepe GF (16.1%) [Water, Maize Starch, Tapioca, Milk Solids, Pasteurised Egg, Canola Oil, Emulsifier (322 (Soy)), Sugar, Salt, Raising Agents (500, 541), Thickener (1422), Vegetable Gum (412)], Egg Mix Sub Recipe (16.1%) [Egg XL (73.6%) [Eggs], Cooking Cream (26.4%) [Contains Minimum 35% Milk FatCream ð- Skim Milk ð- Thickener (1442) ð- Stabilisers (460, 466, 452) ð- Emulsifier (471Allergens: Contains Milk And Dairy Products]], Roma Tomato Fresh (9.7%) [Tomato 100%], Spinach Leaves Fresh (6.5%) [Spinach Leaves], Shaved Parmesan (3.2%) [Parmesan Cheese (Milk, salt, starter Cultures, enzymes), Anticaking Agent (460), Preservative (200)]CONTAINS: Egg, Milk, Soy
Breakfast	Breakfast Crepe with Smoked Salmon	Traditional French crepe folded over scrambled eggs, spinach, smoked salmon and parmesan cheese. Served with lashings of creamy hollandaise.	866	207	9.3	15.9	4.2	7	1.3	317	2250	539	24.1	41.4	10.9	18.3	3.4	824	orange	orange	green	Contains: Eggs, Milk, Fish, Soya		Egg Mix Sub Recipe (38.5%) [Egg XL (73.6%) [Eggs], Cooking Cream (26.4%) [Contains Minimum 35% Milk FatCream ð- Skim Milk ð- Thickener (1442) ð- Stabilisers (460, 466, 452) ð- Emulsifier (471Allergens: Contains Milk And Dairy Products]], French Crepe GF (19.2%) [Water, Maize Starch, Tapioca, Milk Solids, Pasteurised Egg, Canola Oil, Emulsifier (322 (Soy)), Sugar, Salt, Raising Agents (500, 541), Thickener (1422), Vegetable Gum (412)], Smoked Salmon Sliced (19.2%) [Grown Atlantic Salmon (salmon Salar, Fish), Salt], Hollandaise Sauce (11.5%) [Vegetable Oils (palm, Canola), Water, Pasteurised Egg Yolk (5%), Skim Milk Powder, Salt, Sugar, Acidity Regulator (lactic Acid), Stabilisers (xanthan Gum, Guar Gum, Locust Bean Gum), Flavours (contain Milk), DextroseCONTAINS Egg AND Milk PRODUCTS], Spinach Leaves Fresh (7.7%) [Spinach Leaves], Shaved Parmesan (3.8%) [Parmesan Cheese (Milk, salt, starter Cultures, enzymes), Anticaking Agent (460), Preservative (200)]CONTAINS: Egg, Milk, Fish, Soy
Breakfast	Chia Pudding with Seasonal Fruit	Classic almond milk chia pudding with coconut flakes, toasted pepitas, dried cranberries, fresh banana, strawberries and coconut yoghurt.	488	117	2.5	6.5	3.6	11.8	7.3	26.2	2000	478	10.4	26.7	14.9	48.3	30.1	107	orange	orange	orange	Contains: Tree nuts, Almonds, Sulphites		Chia Almond Milk Mix Sub Recipe (26.8%) [Almond Milk (83.1%) [Filtered Water, Ground Australian Almonds (3%), Canesugar, Corn Maltodextrin, Minerals (phosphorus, Calcium), sunflower Oil, Canola Oil, Emulsifier (sunflower Lecithin), sea Salt, Vegetable Gums (locust Bean, Gellan)], Chia Seeds Black (13.6%) [Chia Seeds (100%)], Maple Syrup (3.3%) [Glucose, Sugar, Water, Flavour, Food Acid(330), Preservative(202), Colour(150)]], Natural Coconut Yoghurt (24.4%) [Coconut Yoghurt (water, coconut Milk, native Starch, tapioca Syrup, carob Bean Extract, agar, cultures And Probiotics, Milk)], Banana Fresh (19.5%) [Banana], Strawberries Fresh (14.6%) [Strawberries], Dried, Sweetened Cranberries (4.9%) [Cranberry(65%), Sugar, Sunflower Oil], Coconut Flakes (4.9%) [Coconut, Sugar, Water, Salt, Humectant (1520), Preservatives (202, 223Contains Sulphites], Pepitas Toasted Sub Recipe (4.9%) [Pumpkin Seeds / Pepitas (99.5%) [Pumpkin Seeds], Canola Oil (0.5%)]CONTAINS: Almond, Sulphites

Category	Recipe Name	Recipe Description	Energy (kJ) per 100g	Energy (kcal) per 100g	Protein (g) per 100g	Fat (g) per 100g	Saturated Fat (g) per 100g	Carbohyd rate (g) per 100g	Sugars (g) per 100g	Sodium (Na) (mg) per 100g	Energy (kJ) per serving	Energy (kcal) per serving	Protein (g) per serving	Fat (g) per serving	Saturated Fat (g) per serving	Carbohyd rate (g) per serving	Sugars (g) per serving	Sodium (Na) (mg) per serving	Fat (g) Traffic light	Saturated Fat (g) Traffic light	Sugars (g) Traffic light	Contains Allergens	May Contain Allergens	Recipe Quid
Breakfast	Chilli Chimichurri with Avo & Poached Egg	Diced tomato medley and avocado coated in a house-made chimichurri sauce. Served with a poached egg and crumbled feta on toasted sourdough.	754	180	5.9	11.4	3.6	13.3	1.4	320	2370	567	18.4	35.8	11.2	41.8	4.5	1006	orange	orange	green	Contains: Gluten, Wheat, Rye, Eggs, Milk		Sourdough Sliced Vegan (25.5%) [Wheat Flour [Contains Vitamins (Thiamine, Folate)], Water, Sourdough Culture (8%) [Water, Wheat Flour, Fermented Rye Flour, Durum Wheat, Ascorbic Acid (E300), Acetic Acid (E260), Enzymes], Semolina (Gluten, Wheat), Canola Oil, Wheat Gluten, Salt Iodised, Bran, Rye Flour, Vinegar, Yeast [Yeast, Water, Mineral Oil]], Avocado Fresh (19.1%) [Avocado], Tomato Medley Fresh (19.1%) [Tomatoes 100%], Egg XL (18.5%) [Eggs], Chimichurri Sub Recipe (9.6%) [Lemon Juice Fresh Squeezed (20.6%) [Lemon Juice 100%], Premium Blended Oil (20.6%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Coriander Fresh (16.5%) [Coriander], Parsley Fresh (16.5%) [Parsley 100%], Char Grilled Capsicum Strips (10.3%) [Roasted Capsicum Strips (60%) (Peppers, Vinegar, Salt, Sugar), Canola Oil, Vinegar, Coriander Ground, Black Pepper, Garlic And Salt], Spanish (Red) Onion Fresh (10.3%) [Red Onion], Fresh Garlic Crushed (2.1%) [Garlic, Salt], Chilli Fresh (2.1%) [Chilli 100%], Chilli Flakes (1%) [Chilli]], Danish Feta Cubed (6.4%) [Danish Fetta (75%) (Pasteurised Milk, Vegetable Oil, Salt, Lactic Acid, Culture & Rennet (Milk)), Water & SaltContains: Milk And Milk Products], Salted Butter (1.6%) [Pasteurised Cream (from Milk)], Micro Greens Fresh (0.32%) [Micro Greens 100%]CONTAINS: Gluten, Wheat, Egg, Milk
Breakfast	Chilli Chorizo Scramble	Sauteed chorizo with egg, sriracha and chilli. Served on toasted garlic and parmesan sourdough.	1100	264	9.2	19.9	7.9	12.3	1.7	493	4540	1090	37.6	81.9	32.3	50.7	7	2027	red	red	green	Contains: Gluten, Wheat, Rye, Eggs, Milk		Egg Mix Sub Recipe (51.1%) [Egg XL (73.6%) [Eggs], Cooking Cream (26.4%) [Contains Minimum 35% Milk FatCream ð- Skim Milk ð- Thickener (1442) ð- Stabilisers (460, 466, 452) ð- Emulsifier (471Allergens: Contains Milk And Dairy Products]], Sourdough Sliced Vegan (19.9%) [Wheat Flour [Contains Vitamins (Thiamine, Folate)], Water, Sourdough Culture (8%) [Water, Wheat Flour, Fermented Rye Flour, Durum Wheat, Ascorbic Acid (E300), Acetic Acid (E260), Enzymes], Semolina (Gluten, Wheat), Canola Oil, Wheat Gluten, Salt Iodised, Bran, Rye Flour, Vinegar, Yeast [Yeast, Water, Mineral Oil]], Spanish Chorizo (12.2%) [Meat Including Pork, Salt, Spices (Including Chilli), Dried Vegetables (Including Garlic), Lactose (Milk), Dextrose (Maize Or Tapioca), Maltodextrin (Maize), Mineral Salt (451), Antioxidant (316), Herbs, Starter Culture, Sugar, Preservative (250), Spice Extracts (Including 160c), Natural Hog Casing, Wood Smoke], Parmesan Butter Sub Recipe (7.3%) [Salted Butter (71.4%) [Pasteurised Cream (from Milk)], Shaved Parmesan (28.6%) [Parmesan Cheese (Milk, salt, starter Cultures, enzymes), Anticaking Agent (460), Preservative (200)]], Sriracha (4.9%) [SRIRACHA SAUCE (CHILI, SUGAR, SALT, GARLIC, DISTILLED VINEGAR, POTASSIUM SORBATE, SODIUM BISULFITE AS PRESERVATIVE, XANTHAN GUM)], Salted Butter (2.4%) [Pasteurised Cream (from Milk)], Chilli Flakes (1.2%) [Chilli], Chilli Fresh (0.49%) [Chilli 100%], Spring Onion Fresh (0.49%) [Onions]CONTAINS: Gluten, Wheat, Egg, Milk
Breakfast	Chimichurri Smashed Avo	With smoky peppers, coriander chimichurri, spiced pepitas, 2 poached eggs & toasted sourdough (V) (VO)	822	197	7.4	13.3	3.1	11.5	0.49	226	2870	687	26	46.5	10.8	40.2	1.7	791	orange	orange	green	Contains: Gluten, Wheat, Rye, Eggs		Egg XL (33.2%) [Eggs], Avocado Smash Mix Sub Recipe (28.6%) [Avocado Fresh (97.8%) [Avocado], Lemon Juice Fresh Squeezed (1.8%) [Lemon Juice 100%], Table Salt (0.18%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.18%) [Pepper 100%]], Sourdough Sliced Vegan (22.9%) [Wheat Flour [Contains Vitamins (Thiamine, Folate)], Water, Sourdough Culture (8%) [Water, Wheat Flour, Fermented Rye Flour, Durum Wheat, Ascorbic Acid (E300), Acetic Acid (E260), Enzymes], Semolina (Gluten, Wheat), Canola Oil, Wheat Gluten, Salt Iodised, Bran, Rye Flour, Vinegar, Yeast [Yeast, Water, Mineral Oil]], Sub Recipe: Smokey Pepper Chimichurri (10.8%) [Premium Blended Oil (25.2%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Char Grilled Capsicum Strips (24%) [Roasted Capsicum Strips (60%) (Peppers, Vinegar, Salt, Sugar), Canola Oil, Vinegar, Coriander Ground, Black Pepper, Garlic And Salt], Coriander Fresh (19.2%) [Coriander], Parsley Fresh (19.2%) [Parsley 100%], Lemon Juice Fresh Squeezed (6%) [Lemon Juice 100%], Fresh Garlic Crushed (2.4%) [Garlic, Salt], Baby Capers (2.4%) [Baby Capers, White Vinegar], Smokey Paprika Powder (1.2%) [Paprika, Canola Oil, Vegetable Powders, Smoke Flavour], Table Salt (0.24%) [Salt, Anti Caking Agent (554)]], Sub Recipe: Spiced Pepitas (3.1%) [Pumpkin Seeds / Pepitas (92.2%) [Pumpkin Seeds], Smokey Paprika Powder (4.6%) [Paprika, Canola Oil, Vegetable Powders, Smoke Flavour], Premium Blended Oil (2.3%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Table Salt (0.92%) [Salt, Anti Caking Agent (554)]], Rocket, Raw (1.4%) [Rocket 100%]CONTAINS: Gluten, Wheat, Egg
Breakfast	Choco Nutty Eggy Croissant	Perfectly flaky croissant french toast with fresh berries, choc hazelnut mascarpone, whipped cream and ice cream. Bon appetit!	1160	278	6.6	18.6	9.4	21.1	11.1	145	5340	1280	30.1	85.8	43.4	97.1	51	666	red	red	orange	Contains: Gluten, Wheat, Tree nuts, Hazelnuts, Eggs, Milk, Soya	May Contain: Peanuts, Sesame, Lupin	Egg Mix Sub Recipe (43.5%) [Egg XL (73.6%) [Eggs], Cooking Cream (26.4%) [Contains Minimum 35% Milk FatCream ð- Skim Milk ð- Thickener (1442) ð- Stabilisers (460, 466, 452) ð- Emulsifier (471Allergens: Contains Milk And Dairy Products]], Plain Croissant (20.7%) [Croissant (100%) [Wheat Flour [Contains Vitamins (Thiamine, Folic Acid)], Water, Butter (Milk) (22%), Sugar, Baker's Yeast, Wheat Gluten, Iodised Salt, Egg, Soya Flour, Vegetable Emulsifiers (472e), Flour Treatment Agent (300), Plant Based Enzymes May Be Present: Tree Nuts, Sesame Seeds, Lupin)], Nutella & Mascarpone Mix Sub Recipe (13%) [Nutella (50%) [Sugar, Vegetable Fat (palm), Hazelnuts (13%), Skimmed Milk Powder 8.7%, Fat Reduced Cocoa Powder 7.4% Emulsifier Lecithin (Soy), Flavouring (vanillin). ALLERGEN INFORMATION: Contains Hazelnuts, Milk, SOY.], Mascarpone (50%) [Pasteurised Cream (Milk), Thickener (1442), Sugar, Citric Acid)], Vanilla Ice Cream (10.9%) [Water, Dairy Ingredients (Reconstituted Skim Milk, Milk Solids, Butter (Milk) And Or Cream (Milk)), Sugar, Glucose Syrup, Maltodextrin, Coconut Oil, Vegetable Origin Emulsifiers (477, 471 (Soy)], Flavour, Vegetable Gum (412).Contains Milk And Soy.], Pure Cream (4.3%) [Cream (from Milk), Gelatin, Stabiliser (407a), Emulsifier (471)], Strawberries Fresh (3.3%) [Strawberries], Cinnamon Sugar Sub Recipe (3.3%) [White Sugar (96.4%) [Cane Sugar], Cinnamon Ground (3.6%) [Cinnamon Ground]], Blueberries Fresh (1.1%) [Blueberries 100%]CONTAINS: Gluten, Wheat, Hazelnut, Egg, Milk, Soy
Breakfast	Classic Bacon & Eggs	Bacon with eggs your way (fried, poached or scrambled) on toasted sourdough.	983	235	11.2	12.9	5.2	18.5	0.84	629	4240	1010	48.1	55.8	22.3	79.8	3.6	2712	orange	red	green	Contains: Gluten, Wheat, Rye, Eggs, Milk		Sourdough Sliced Vegan (37.1%) [Wheat Flour [Contains Vitamins (Thiamine, Folate)], Water, Sourdough Culture (8%) [Water, Wheat Flour, Fermented Rye Flour, Durum Wheat, Ascorbic Acid (E300), Acetic Acid (E260), Enzymes], Semolina (Gluten, Wheat), Canola Oil, Wheat Gluten, Salt Iodised, Bran, Rye Flour, Vinegar, Yeast [Yeast, Water, Mineral Oil]], Middle Bacon Rindless (34.8%) [Bacon], Egg XL (26.9%) [Eggs], Salted Butter (1.2%) [Pasteurised Cream (from Milk)]CONTAINS: Gluten, Wheat, Egg, Milk
Breakfast	Classic Breakfast Wrap	A brekky classic. Bacon, hash brown, fried egg, mozzarella, spinach and tomato relish wrapped in a warm tortilla.	883	211	9.9	11.4	5.1	17.1	2.8	418	3710	888	41.7	48	21.2	72	11.6	1756	orange	red	green	Contains: Gluten, Wheat, Eggs, Soya		Egg XL (27.6%) [Eggs], 12" Flour Tortilla (24.8%) [Enriched Bleached Flour (flour (Wheat), niacin, reduced Iron, thiamine Mononitrate, riboflavin, folic Acid, Wheat), Water, Vegetable Shortening (Interesterified And Hydrogenated Soybean Oils), Contains 2% Or Less Of: Salt, Sugar, Baking Soda, Sodium Acid Pyrophosphate, Distilled Monoglycerides, Enzymes, Fumaric Acid, And Calcium Propionate And Sorbic Acid (to Maintain Freshness) Contains: Wheat], Middle Bacon Rindless (17.9%) [Bacon], Triangle Chunky Hash Brown (13.1%) [Potato (92%), Vegetable Oil (7, 1%), Salt, Stabiliser: E461, Dextrose], Tomato Relish (7.1%) [Tomato (52%) ((Tomatoes, Firming Agent 509)), Sugar, Vinegar, Water, Onion, Modified Starch (1422), Tomato Paste, Salt, Garlic, Mustard Seed, Spices, Citric Acid], Spinach Leaves Fresh (4.8%) [Spinach Leaves], Shredded Mozzarella (4.8%) [Mozzarella Cheese (Milk) [Milk, Salt, Cultures, Enzyme (Non Animal Rennet (Milk))], Anti Caking Agent (460), Preservative (200)]CONTAINS: Gluten, Wheat, Egg, Soy
Breakfast	Classic Eggs Benedict	Toasted continental roll with poached eggs, spinach and creamy hollandaise.	921	220	7.4	16.2	5	11.4	0.58	254	2510	599	20.1	44.2	13.6	31.1	1.6	690	orange	orange	green	Contains: Gluten, Wheat, Eggs, Milk, Soya		Egg XL (42.6%) [Eggs], Continental Roll (22.1%) [Wheat Flour [Contains Vitamins (Thiamine, Folic Acid)], Water, Canola Oil, Iodised Salt, Improver [Wheat Flour, Soya Flour, Malted Wheatflour, Processing Aids Enzymes, Ascorbic Acid (300)], Yeast [Vegetable Oil, Potato Starch]], Hollandaise Sauce (18.4%) [Vegetable Oils (palm, Canola), Water, Pasteurised Egg Yolk (5%), Skim Milk Powder, Salt, Sugar, Acidity Regulator (lactic Acid), Stabilisers (xanthan Gum, Guar Gum, Locust Bean Gum), Flavours (contain Milk), DextroseCONTAINS Egg AND Milk PRODUCTS], Spinach Leaves Fresh (14.7%) [Spinach Leaves], Salted Butter (1.8%) [Pasteurised Cream (from Milk)], Micro Greens Fresh (0.37%) [Micro Greens 100%]CONTAINS: Gluten, Wheat, Egg, Milk, Soy
Breakfast	Corn Fritters With Avo Smash	Two house-made fritters with smashed avocado, fresh rocket & lemon(V)	575	138	5.1	6.2	2.3	14.9	2.7	180	1680	402	15.1	18.2	6.8	43.4	7.9	528	orange	orange	green	Contains: Gluten, Wheat, Eggs, Milk		Corn Fritter Mixture Sub Recipe (78.8%) [Corn Kernels (29.6%) [Corn], Ricotta (18.5%) [Pasteurised Cows Milk Salt Food Acid (260)], Creamed Corn (15.5%) [SWEET CORN (58%), WATER, SUGAR, THICKENER (1412), SALT], Self Raising Flour (12.9%) [Wheat Flour, Raising Agents (339, 341, 450, 500)], Full Cream Milk (9.2%) [Full Cream (Milk) Milk, Milk Solids Non Fat], Egg XL (8.6%) [Eggs], Spanish (Red) Onion Fresh (2.2%) [Red Onion], Parsley Fresh (2.2%) [Parsley 100%], Spring Onion Fresh (1.1%) [Onions], Table Salt (0.09%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.09%) [Pepper 100%]], Avocado Smash Mix Sub Recipe (13.7%) [Avocado Fresh (97.8%) [Avocado], Lemon Juice Fresh Squeezed (1.8%) [Lemon Juice 100%], Table Salt (0.18%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.18%) [Pepper 100%]], Rocket, Raw (5.1%) [Rocket 100%], Lemon Wedge 1/8 Cut Fresh (2.4%) [Lemons]CONTAINS: Gluten, Wheat, Egg, Milk
Breakfast	Corn Fritters with Chorizo	Two house-made fritters with fresh rocket, a poached egg, grilled chorizo and tomato relish.	665	159	7.5	8.3	3.4	13.6	3.5	388	2420	578	27.1	30	12.5	49.6	12.6	1411	orange	orange	green	Contains: Gluten, Wheat, Eggs, Milk		Corn Fritter Mixture Sub Recipe (63.4%) [Corn Kernels (29.6%) [Corn], Ricotta (18.5%) [Pasteurised Cows Milk Salt Food Acid (260)], Creamed Corn (15.5%) [SWEET CORN (58%), WATER, SUGAR, THICKENER (1412), SALT], Self Raising Flour (12.9%) [Wheat Flour, Raising Agents (339, 341, 450, 500)], Full Cream Milk (9.2%) [Full Cream (Milk) Milk, Milk Solids Non Fat], Egg XL (8.6%) [Eggs], Spanish (Red) Onion Fresh (2.2%) [Red Onion], Parsley Fresh (2.2%) [Parsley 100%], Spring Onion Fresh (1.1%) [Onions], Table Salt (0.09%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.09%) [Pepper 100%]], Egg XL (16%) [Eggs], Spanish Chorizo (12.4%) [Meat Including Pork, Salt, Spices (Including Chilli), Dried Vegetables (Including Garlic), Lactose (Milk), Dextrose (Maize Or Tapioca), Maltodextrin (Maize), Mineral Salt (451), Antioxidant (316), Herbs, Starter Culture, Sugar, Preservative (250), Spice Extracts (Including 160c), Natural Hog Casing, Wood Smoke], Tomato Relish (5.5%) [Tomato (52%) ((Tomatoes, Firming Agent 509)), Sugar, Vinegar, Water, Onion, Modified Starch (1422), Tomato Paste, Salt, Garlic, Mustard Seed, Spices, Citric Acid], Rocket, Raw (2.8%) [Rocket 100%]CONTAINS: Gluten, Wheat, Egg, Milk
Breakfast	Creamy Mushroom Medley & Eggs	A medley of swiss brown, enoki and field mushrooms sauteed in a creamy butter sauce. Served with 2 poached eggs on toasted sourdough.	873	209	6.9	14.7	3.6	12.4	0.65	206	3200	765	25.4	53.9	13.1	45.4	2.4	752	orange	orange	green	Contains: Gluten, Wheat, Rye, Eggs, Milk		Egg XL (31.7%) [Eggs], Mushroom Medley Sub Recipe (21.9%) [Brown Mushroom Swiss Fresh (40%) [Swiss Mushroom 100%], Garlic Mushrooms Side Sub Recipe (40%) [Mushroom Field Flat (90.2%) [Mushroom 100%], Premium Blended Oil (7.5%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Fresh Garlic Crushed (1.5%) [Garlic, Salt], Table Salt (0.38%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (0.38%) [Pepper 100%]], Enoki Mushroom Fresh (20%) [Enoki Mushroom 100%]], Sourdough Sliced Vegan (21.9%) [Wheat Flour [Contains Vitamins (Thiamine, Folate)], Water, Sourdough Culture (8%) [Water, Wheat Flour, Fermented Rye Flour, Durum Wheat, Ascorbic Acid (E300), Acetic Acid (E260), Enzymes], Semolina (Gluten, Wheat), Canola Oil, Wheat Gluten, Salt Iodised, Bran, Rye Flour, Vinegar, Yeast [Yeast, Water, Mineral Oil]], Cooking Cream (19.1%) [Contains Minimum 35% Milk FatCream ð- Skim Milk ð- Thickener (1442) ð- Stabilisers (460, 466, 452) ð- Emulsifier (471Allergens: Contains Milk And Dairy Products], Salted Butter (2.7%) [Pasteurised Cream (from Milk)], Premium Blended Oil (1.4%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Parsley Fresh (0.55%) [Parsley 100%], Table Salt (0.27%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (0.27%) [Pepper 100%], Micro Greens Fresh (0.27%) [Micro Greens 100%]CONTAINS: Gluten, Wheat, Egg, Milk
Breakfast	Crispy Potato Rosti	Traditional potato rosti with smashed avo, a poached egg, blistered truss tomatoes, a lemon wedge and wilted spinach.	421	101	4.1	5.4	1.7	8.8	1.6	166	1410	337	13.6	18.1	5.8	29.4	5.2	555	orange	orange	green	Contains: Gluten, Wheat, Eggs, Milk, Sulphites		Potato Rosti Vegan (29.9%) [Potato (84%), Onion, Wheat Flour (Wheat Flour, Raising Agents (341, 500)), Salt, Pepper Contains Gluten, Sulphite], Truss Cherry Tomatoes Vine On, Roasted Sub Recipe (22.5%) [Cherry Tomato Truss Fresh (92.6%) [100% tomatoes], Fresh Garlic Crushed (3.7%) [Garlic, Salt], Table Salt (1.9%) [Salt, Anti Caking Agent (554)], White Ground Pepper (1.9%) [Pepper 100%]], Egg XL (17.4%) [Eggs], Spinach Leaves Fresh (12%) [Spinach Leaves], Avocado Smash Mix Sub Recipe (9%) [Avocado Fresh (97.8%) [Avocado], Lemon Juice Fresh Squeezed (1.8%) [Lemon Juice 100%], Table Salt (0.18%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.18%) [Pepper 100%]], Lemon Wedge 1/8 Cut Fresh (6%) [Lemons], Salted Butter (0.9%) [Pasteurised Cream (from Milk)], Premium Blended Oil (0.9%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Balsamic Glaze (0.9%) [Cooked Grape Must, *aceto Balsamico Di Modena IGP" 38% (wine (Sulphites) Vinegar, Concentrated And Cooked Grape Must, Colour (150d), Anti Oxidant: Sulphur (Sulphites)], Wine (Sulphites) Vinegar, Colour (150d), Thickeners (1422) And Vegetable Gum (415)Product Contains Sulphites], Micro Greens Fresh (0.3%) [Micro Greens 100%], Sea Salt Flakes (0.3%) [Salt 100%]CONTAINS: Gluten, Wheat, Egg, Milk, Sulphites
Breakfast	Crumbed Mushroom & Poached Egg	With beetroot hummus, dukkah, sliced avocado, pomegranate salsa & a poached egg (V) (VO)	609	146	7.6	7.1	1.8	12.5	2.1	190	2770	664	34.9	32.4	8.4	57.2	9.7	865	orange	orange	green	Contains: Gluten, Wheat, Eggs, Milk, Sesame	May Contain: Soya	Parmesan Panko Crumbed Mushrooms Sub Recipe (52.6%) [Portabello Mushroom Fresh (54.2%) [Mushroom], Bread Crumbs (17.4%) [Wheat Flour, Canola Oil, Yeast, Sugar, Salt, Wheat Gluten], Egg XL (16.8%) [Eggs], Semolina (8.7%) [Wheat 100%], Shaved Parmesan (1.9%) [Parmesan Cheese (Milk, salt, starter Cultures, enzymes), Anticaking Agent (460), Preservative (200)], Tuscan Seasoning (0.97%) [Salt, Sugar, Garlic 15%, Pepper 11%, Rosemary 9%, Parsley 2%, Vegetable Oil]], Egg XL (25.4%) [Eggs], Avocado Fresh (6.6%) [Avocado], Bruschetta Mix Sub Recipe (6.6%) [Roma Tomato Fresh (69.9%) [Tomato 100%], Spanish (Red) Onion Fresh (20%) [Red Onion], Premium Blended Oil (8%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Basil Leaves Fresh (1.2%) [Basil], White Ground Pepper (0.5%) [Pepper 100%], Table Salt (0.5%) [Salt, Anti Caking Agent (554)]], Rocket, Raw (3.3%) [Rocket 100%], Beetroot Hommus (3.3%) [Chickpeas (58%), Beetroot, Tahini (Sesame), Canola Oil, Cumin, Citric Acid, Garlic, Food Additive E415, Preservative (E202 & 211), Salt & Sugar], Pomegranate Arils (1.1%) [Fresh Pomegranate Arils (100%)], Dukkah Seasoning (1.1%) [Sunflower, Sesame Seed, Salt, Pumpkin Seed, spices]CONTAINS: Gluten, Wheat, Egg, Milk, Sesame
Breakfast	DT Smashed Avo w Feta & Pepitas	Smashed Avo on Toasted Sourdough with feta and pepitas.	838	201	5.9	11.2	3	18.5	1.2	480	1770	423	12.4	23.7	6.4	39.1	2.6	1012	orange	orange	green	Contains: Gluten, Wheat, Rye, Milk		Sourdough Sliced Vegan (37.9%) [Wheat Flour [Contains Vitamins (Thiamine, Folate)], Water, Sourdough Culture (8%) [Water, Wheat Flour, Fermented Rye Flour, Durum Wheat, Ascorbic Acid (E300), Acetic Acid (E260), Enzymes], Semolina (Gluten, Wheat), Canola Oil, Wheat Gluten, Salt Iodised, Bran, Rye Flour, Vinegar, Yeast [Yeast, Water, Mineral Oil]], Avocado Smash Mix Sub Recipe (33.2%) [Avocado Fresh (97.8%) [Avocado], Lemon Juice Fresh Squeezed (1.8%) [Lemon Juice 100%], Table Salt (0.18%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.18%) [Pepper 100%]], Lemon Wedge 1/8 Cut Fresh (14.2%) [Lemons], Danish Feta Cubed (9.5%) [Danish Fetta (75%) (Pasteurised Milk, Vegetable Oil, Salt, Lactic Acid, Culture & Rennet (Milk)), Water & SaltContains: Milk And Milk Products], Pumpkin Seeds / Pepitas (4.7%) [Pumpkin Seeds], Lemon Pepper Seasoning (0.47%) [Salt, Pepper 23%, Rice Flour, Chicken Flavour, Food Acid (Citric), Sugar, Garlic, Onion, Lemon Peel 3%, Vegetable Oil, Lemon Flavour 0.5%, Lemon Oil 0.5%]CONTAINS: Gluten, Wheat, Milk
Breakfast	Eggs Benedict on Sourdough	Poached eggs, wilted spinach & hollandaise on toasted sourdough (V)	899	215	7.7	14.8	4	13.1	0.33	325	2750	658	23.4	45.2	12.3	40	1	995	orange	orange	green	Contains: Gluten, Wheat, Rye, Eggs, Milk		Egg XL (37.9%) [Eggs], Sourdough Sliced Vegan (26.1%) [Wheat Flour [Contains Vitamins (Thiamine, Folate)], Water, Sourdough Culture (8%) [Water, Wheat Flour, Fermented Rye Flour, Durum Wheat, Ascorbic Acid (E300), Acetic Acid (E260), Enzymes], Semolina (Gluten, Wheat), Canola Oil, Wheat Gluten, Salt Iodised, Bran, Rye Flour, Vinegar, Yeast [Yeast, Water, Mineral Oil]], Hollandaise Sauce (19.6%) [Vegetable Oils (palm, Canola), Water, Pasteurised Egg Yolk (5%), Skim Milk Powder, Salt, Sugar, Acidity Regulator (lactic Acid), Stabilisers (xanthan Gum, Guar Gum, Locust Bean Gum), Flavours (contain Milk), DextroseCONTAINS Egg AND Milk PRODUCTS], Spinach Leaves Fresh (16.3%) [Spinach Leaves]CONTAINS: Gluten, Wheat, Egg, Milk
Breakfast	Eggs Your Way (BYOB)	Eggs your way on lightly toasted sourdough.	832	199	10.7	8.7	3.3	19.2	0.25	358	1690	405	21.7	17.7	6.8	39.1	0.52	728	orange	orange	green	Contains: Gluten, Wheat, Rye, Eggs, Milk		Egg XL (57.1%) [Eggs], Sourdough Sliced Vegan (40.2%) [Wheat Flour [Contains Vitamins (Thiamine, Folate)], Water, Sourdough Culture (8%) [Water, Wheat Flour, Fermented Rye Flour, Durum Wheat, Ascorbic Acid (E300), Acetic Acid (E260), Enzymes], Semolina (Gluten, Wheat), Canola Oil, Wheat Gluten, Salt Iodised, Bran, Rye Flour, Vinegar, Yeast [Yeast, Water, Mineral Oil]], Salted Butter (2.5%) [Pasteurised Cream (from Milk)], Parsley Fresh (0.25%) [Parsley 100%]CONTAINS: Gluten, Wheat, Egg, Milk
Breakfast	Fruit Salad Cup		229	55	3.6	0.21	0.01	9.4	7.2	4.1	686	164	10.8	0.63	0.04	28.1	21.5	12.4	green	green	orange			Watermelon (53.3%) [Watermelon 100%], Oranges Segmented (13.3%) [Oranges 100%], Rockmelon Fresh (10%) [Cantaloupe melon], Honeydew Melon Fresh (10%) [Honeydew Melon], Kiwi Fresh (8.3%) [Kiwi Fruit 100%], Strawberries Fresh (5%) [Strawberries]

Category	Recipe Name	Recipe Description	Energy (kJ) per 100g	Energy (kcal) per 100g	Protein (g) per 100g	Fat (g) per 100g	Saturated Fat (g) per 100g	Carbohydrate (g) per 100g	Sugars (g) per 100g	Sodium (Na) (mg) per 100g	Energy (kJ) per serving	Energy (kcal) per serving	Protein (g) per serving	Fat (g) per serving	Saturated Fat (g) per serving	Carbohydrate (g) per serving	Sugars (g) per serving	Sodium (Na) (mg) per serving	Fat (g) Traffic light	Saturated Fat (g) Traffic light	Sugars (g) Traffic light	Contains Allergens	May Contain Allergens	Recipe Quid
Breakfast	Fruit Toast 1 Slice	1 fruit toast with butter	1320	317	7.9	8.7	4.4	51	22.8	127	926	222	5.5	6.1	3.1	35.7	16	89	orange	orange	red	Contains: Gluten, Wheat, Milk, Soya		Raisin Bread (92.9%) [Wheat Flour, Mixed Fruit (30%) (Raisins, Sultanas), Water, Bakerâ€™s Yeast, Vegetable Oil, Wheat Gluten, Sugar, Mixed Spice, Iodised Salt, Vinegar, Soy Flour, Fermented Wheat Flour, Emulsifier (481), Vitamins (Thiamin, Folic Acid)], Salted Butter (7.1%) [Pasteurised Cream (from Milk)]CONTAINS: Gluten, Wheat, Milk, Soy
Breakfast	Fruit Toast 2 Slice	2 fruit toast with butter (V)	1260	301	8.1	6	2.5	52.9	23.6	131	1700	406	11	8	3.4	71.4	31.9	177	orange	orange	red	Contains: Gluten, Wheat, Milk, Soya		Raisin Bread (96.3%) [Wheat Flour, Mixed Fruit (30%) (Raisins, Sultanas), Water, Bakerâ€™s Yeast, Vegetable Oil, Wheat Gluten, Sugar, Mixed Spice, Iodised Salt, Vinegar, Soy Flour, Fermented Wheat Flour, Emulsifier (481), Vitamins (Thiamin, Folic Acid)], Salted Butter (3.7%) [Pasteurised Cream (from Milk)]CONTAINS: Gluten, Wheat, Milk, Soy
Breakfast	G.O.A.T Brekky Burger	Our very own beef & pork sausage patty, bacon, fried egg, burger cheese, fresh tomato, spinach, tomato sauce and mayo all on a milk bun.	1000	240	9.6	16.5	6.6	13.5	3.4	621	3960	948	37.8	65.2	25.9	53.2	13.2	2450	orange	red	green	Contains: Gluten, Wheat, Eggs, Milk, Soya, Sulphites		Milk Bun 80g (20.3%) [Wheat Flour [Contains Vitamins (Thiamine, Folic Acid)], Water, Egg (4.9%), Milk Powder (4.4%), Butter (Milk) (3.9%), Sugar, Baker's Yeast, IodisedSalt, Canola Oil, Wheat Flour, Soya Flour, Malted Wheat Flour, Processing Aids Enzymes, Flour Treatment Agent (300)], Middle Bacon Rindless (19%) [Bacon], Sausage Patty Sub Recipe (18.6%) [Sausage Mince Fresh (56.7%) [Beef, Sausage Meal (rice Flour, Salt, Mineral Salt (451), Preservative (223 (Sulphites)) (Sulphites), Hydrolysed Vegetable Protein (Maize), Spice & Spice Extracts (160c), Herb Extract), Water, Parsley], Middle Bacon Rindless (34%) [Bacon], Maple Syrup (9.1%) [Glucose, Sugar, Water, Flavour, Food Acid(330), Preservative(202), Colour(150)], White Ground Pepper (0.23%) [Pepper 100%]], Egg XL (14.7%) [Eggs], Roma Tomato Fresh (10.1%) [Tomato 100%], Hi Melt Sliced Burger Cheese (7.1%) [Milk, Cream (Milk), Water, Sodium Citrate, Salt, Cheese (Milk) Culture, Sorbic Acid, Citric Acid, Enzyme, Soy Lecithin, Colour], Mayonnaise GF (3.8%) [Canola Oil, Pasteurised Whole Egg (10%), Vinegar, Sugar, Salt, Mustard], Tomato Sauce (3.8%) [Concentrated Tomatoes (Contains 165g Of Tomatoes Per 100mL), Sugar, Salt, Food Acid (Acetic Acid), Natural Flavours, Spice Contains 77% Concentrated Tomatoes], Spinach Leaves Fresh (2.5%) [Spinach Leaves]CONTAINS: Gluten, Wheat, Egg, Milk, Soy, Sulphites
Breakfast	Granola & Yoghurt Bowl	House-made granola, creamy greek yoghurt, fresh berries and a honey drizzle.	892	214	5.6	10.1	4.2	24.8	13.6	18.9	2450	587	15.4	27.7	11.4	68.1	37.5	52	orange	orange	orange	Contains: Gluten, Oats, Tree nuts, Almonds, Milk		Housemade Granola Sub Recipe (30.1%) [Rolled Oats Toasted Sub Recipe (54.9%) [Rolled Oats (100%) [100% Wholegrain Oats]], Toasted Walnuts Sub Recipe (11%) [Walnut Pieces (100%) [100% Walnuts.Contains: Tree Nuts]], Pepitas Toasted Sub Recipe (11%) [Pumpkin Seeds / Pepitas (99.5%) [Pumpkin Seeds], Canola Oil (0.5%)], Sub Recipe: Almonds Slivered Roasted (7.7%) [Blanched Slivered Almonds (100%) (Tree Nuts 100% Almond Kernels)], Desiccated Coconut (7.7%) [Coconut 100%], Dried, Sweetened Cranberries (7.7%) [Cranberry(65%), Sugar, Sunflower Oil)], Greek Yoghurt (29.1%) [Milk, Milk Solids, Cream (Milk), Yogurt Cultures: S. Thermophilus & L.Bulgaricus], Strawberries Fresh (18.2%) [Strawberries], Blueberries Fresh (10.9%) [Blueberries 100%], Honey (10.9%) [100% Pure Australian Honey], Edible Flowers Fresh (0.36%) [Edible Flowers 100%], Mint Leaves Fresh (0.36%) [Mint 100%]CONTAINS: Gluten, Almond, Milk
Breakfast	Gratitude Bowl		327	78	1.2	1.5	0.77	14.6	10.3	9.4	1690	404	6	7.7	3.9	75.1	53	49	green	green	orange	Contains: Gluten, Oats, Tree nuts, Almonds, Sulphites	May Contain: Peanuts, Milk, Sesame, Soya	Banana Fresh (19.4%) [Banana], Mango Frozen Diced (19.4%) [Mango 100%], Pitaya Smoothie (19.4%) [Acai Puree (Purified Water, Acai), Water, Tapioca Syrup , Banana Puree , Blueberry Juice Concentrate , Sunflower Oil , Cane Sugar , Allulose , Tapioca Fiber , Strawberry Juice Concentrate , Sunflower Lecithin , Gum Acacia , Pectin, Vitamin B12 (Cyanocobalmin)], Apple Juice (15.5%) [Reconstituted Apple Juice 99.9%, Preservative 202], Strawberries Fresh (7.8%) [Strawberries], Kiwi Fresh (7.8%) [Kiwi Fruit 100%], Granola (5.8%) [Oats, Honey, Sultanas (8.76%)(Sultanas, Vegetable Oil), Almonds (6.3%), Brown Sugar, Oat Flour, Vanilla Essence (Extract Of Organic Vanilla Beans, Organic Sugar), VegetableOil (Sunflower Oil, (Antifoaming Agent (900a), Antioxidant (307)).Allergen], Coconut Flakes (2.9%) [Coconut, Sugar, Water, Salt, Humectant (1520), Preservatives (202, 223Contains Sulphites], Blueberries Fresh (0.97%) [Blueberries 100%], Mint Sprig Fresh (0.97%) [Mint 100%]CONTAINS: Gluten, Almond, Sulphites
Breakfast	Halloumi & Bacon Brekky Burger	Grilled halloumi, bacon, diced tomato, red onion, fresh spinach and our chipotle hollandaise on a milk bun.	1100	264	11.6	18.4	7.5	13.2	1.8	1196	3250	778	34.2	54.3	22.1	39	5.2	3529	red	red	green	Contains: Gluten, Wheat, Eggs, Milk, Soya		Halloumi Cheese (27.1%) [Milk, Salt, Mineral, Rennet (Milk), Cultures, Mint], Milk Bun 80g (27.1%) [Wheat Flour [Contains Vitamins (Thiamine, Folic Acid)], Water, Egg (4.9%), Milk Powder (4.4%), Butter (Milk) (3.9%), Sugar, Baker's Yeast, IodisedSalt, Canola Oil, Wheat Flour, Soya Flour, Malted Wheat Flour, Processing Aids Enzymes, Flour Treatment Agent (300)], Middle Bacon Rindless (25.4%) [Bacon], Bruschetta Mix Sub Recipe (8.5%) [Roma Tomato Fresh (69.9%) [Tomato 100%], Spanish (Red) Onion Fresh (20%) [Red Onion], Premium Blended Oil (8%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Basil Leaves Fresh (1.2%) [Basil], White Ground Pepper (0.5%) [Pepper 100%], Table Salt (0.5%) [Salt, Anti Caking Agent (554)]], Chipotle Hollandaise Sub Recipe (5.1%) [Hollandaise Sauce (88.9%) [Vegetable Oils (palm, Canola), Water, Pasteurised Egg Yolk (5%), Skim Milk Powder, Salt, Sugar, Acidity Regulator (lactic Acid), Stabilisers (xanthan Gum, Guar Gum, Locust Bean Gum), Flavours (contain Milk), DextroseCONTAINS Egg AND Milk PRODUCTS], Chipotle Sauce (11.1%) [Chipotle Peppers (25.30%), Distilled Vinegar, Water, Salt, Sugar, Onion Powder, Garlic Powder, Spices, Tabasco Brand Pepper Pulp (distilled Vinegar, Red Peppers, Salt)]], Spinach Leaves Fresh (3.4%) [Spinach Leaves], Mayonnaise GF (3.4%) [Canola Oil, Pasteurised Whole Egg (10%), Vinegar, Sugar, Salt, Mustard]CONTAINS: Gluten, Wheat, Egg, Milk, Soy
Breakfast	Halloumi & Egg Brekky Burger	Fried egg, grilled halloumi, house-made chilli relish, smashed avo and fresh spinach on a milk bun.	928	222	11.9	11.7	5.8	17	4.4	1028	2490	595	31.9	31.4	15.6	45.4	11.7	2754	orange	red	green	Contains: Gluten, Wheat, Eggs, Milk, Soya		Halloumi Cheese (29.9%) [Milk, Salt, Mineral, Rennet (Milk), Cultures, Mint], Milk Bun 80g (29.9%) [Wheat Flour [Contains Vitamins (Thiamine, Folic Acid)], Water, Egg (4.9%), Milk Powder (4.4%), Butter (Milk) (3.9%), Sugar, Baker's Yeast, IodisedSalt, Canola Oil, Wheat Flour, Soya Flour, Malted Wheat Flour, Processing Aids Enzymes, Flour Treatment Agent (300)], Egg XL (21.6%) [Eggs], Avocado Smash Mix Sub Recipe (7.5%) [Avocado Fresh (97.8%) [Avocado], Lemon Juice Fresh Squeezed (1.8%) [Lemon Juice 100%], Table Salt (0.18%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.18%) [Pepper 100%]], Chilli Relish Sub Recipe (7.5%) [Brown Onion Fresh (77.5%) [Onion 100%], White Sugar (38.8%) [Cane Sugar], Tap Water (38.8%) [Water 100%], Roma Tomato Fresh (19.4%) [Tomato 100%], Cider Vinegar (13.6%) [Naturally Brewed Apple Cider Vinegar, Apple Extract], Birds Eye Chillis Fresh (11.6%) [Chilli 100%], Chilli Fresh (11.6%) [Chilli 100%], White Vinegar (11.6%) [Water, Food Acid (260)], Salted Butter (7.8%) [Pasteurised Cream (from Milk)], Table Salt (0.97%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.97%) [Pepper 100%]], Spinach Leaves Fresh (3.7%) [Spinach Leaves]CONTAINS: Gluten, Wheat, Egg, Milk, Soy
Breakfast	Halloumi Eggs Bene Wrap	Grilled halloumi, scrambled egg, creamy hollandaise and spinach wrapped in a warm tortilla.	1020	245	9.4	15.2	5.3	17.6	1.3	670	2950	707	27.2	43.9	15.4	51	3.7	1936	orange	red	green	Contains: Gluten, Wheat, Eggs, Milk, Soya		12" Flour Tortilla (36%) [Enriched Bleached Flour (flour (Wheat), niacin, reduced Iron, thiamine Mononitrate, riboflavin, folic Acid, Wheat), Water, Vegetable Shortening (Interesterified And Hydrogenated Soybean Oils), Contains 2% Or Less Of: Salt, Sugar, Baking Soda, Sodium Acid Pyrophosphate, Distilled Monoglycerides, Enzymes, Fumaric Acid, And Calcium Propionate And Sorbic Acid (to Maintain Freshness) Contains: Wheat], Egg Mix Sub Recipe (34.6%) [Egg XL (73.6%) [Eggs], Cooking Cream (26.4%) [Contains Minimum 35% Milk FatCream ð- Skim Milk ð- Thickener (1442) ð- Stabilisers (460, 466, 452) ð- Emulsifier (471Allergens: Contains Milk And Dairy Products]], Halloumi Cheese (13.8%) [Milk, Salt, Mineral, Rennet (Milk), Cultures, Mint], Spinach Leaves Fresh (8.7%) [Spinach Leaves], Hollandaise Sauce (6.9%) [Vegetable Oils (palm, Canola), Water, Pasteurised Egg Yolk (5%), Skim Milk Powder, Salt, Sugar, Acidity Regulator (lactic Acid), Stabilisers (xanthan Gum, Guar Gum, Locust Bean Gum), Flavours (contain Milk), DextroseCONTAINS Egg AND Milk PRODUCTS]CONTAINS: Gluten, Wheat, Egg, Milk, Soy
Breakfast	Handy Morning Feed	All-in-one brekky burrito with bacon, hash brown, garlic-roasted mushroom, mozzarella, smashed avo, tomato, red onion, scrambled egg, spinach and smoked bbq sauce.	932	223	8.4	13.8	5.1	16.2	2.5	373	4140	991	37.4	61.4	22.8	72	11	1655	orange	red	green	Contains: Gluten, Wheat, Eggs, Milk, Soya		12" Flour Tortilla (23.4%) [Enriched Bleached Flour (flour (Wheat), niacin, reduced Iron, thiamine Mononitrate, riboflavin, folic Acid, Wheat), Water, Vegetable Shortening (Interesterified And Hydrogenated Soybean Oils), Contains 2% Or Less Of: Salt, Sugar, Baking Soda, Sodium Acid Pyrophosphate, Distilled Monoglycerides, Enzymes, Fumaric Acid, And Calcium Propionate And Sorbic Acid (to Maintain Freshness) Contains: Wheat], Egg Mix Sub Recipe (18%) [Egg XL (73.6%) [Eggs], Cooking Cream (26.4%) [Contains Minimum 35% Milk FatCream ð- Skim Milk ð- Thickener (1442) ð- Stabilisers (460, 466, 452) ð- Emulsifier (471Allergens: Contains Milk And Dairy Products]], Middle Bacon Rindless (16.9%) [Bacon], Triangle Chunky Hash Brown (12.4%) [Potato (92%), Vegetable Oil (7, 1%), Salt, Stabiliser: E461, Dextrose], Garlic Mushrooms Side Sub Recipe (7.9%) [Mushroom Field Flat (90.2%) [Mushroom 100%], Premium Blended Oil (7.5%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Fresh Garlic Crushed (1.5%) [Garlic, Salt], Table Salt (0.38%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (0.38%) [Pepper 100%]], Avocado Smash Mix Sub Recipe (6.8%) [Avocado Fresh (97.8%) [Avocado], Lemon Juice Fresh Squeezed (1.8%) [Lemon Juice 100%], Table Salt (0.18%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.18%) [Pepper 100%]], Shredded Mozzarella (5.6%) [Mozzarella Cheese (Milk) [Milk, Salt, Cultures, Enzyme (Non Animal Rennet (Milk))], Anti Caking Agent (460), Preservative (200)], Bruschetta Mix Sub Recipe (4.5%) [Roma Tomato Fresh (69.9%) [Tomato 100%], Spanish (Red) Onion Fresh (20%) [Red Onion], Premium Blended Oil (8%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Basil Leaves Fresh (1.2%) [Basil], White Ground Pepper (0.5%) [Pepper 100%], Table Salt (0.5%) [Salt, Anti Caking Agent (554)]], Spinach Leaves Fresh (2.3%) [Spinach Leaves], Smoked BBQ Sauce (2.3%) [Tomato Puree (55%) (Water, Tomato Paste), Thickener (1422), Molasses, Salt, Food Acid (260), Flavours, Colour (150c), Spice, Vegetable Gum (415)]CONTAINS: Gluten, Wheat, Egg, Milk, Soy
Breakfast	HCTO Omelette	Classic egg omelette with ham, mozzarella, diced tomato and red onion. Served on toasted sourdough with fresh rocket salad.	866	207	9.8	13.6	4.3	11.6	0.95	351	3330	796	37.5	52.2	16.6	44.5	3.6	1348	orange	orange	green	Contains: Gluten, Wheat, Rye, Eggs, Milk, Sulphites	May Contain: Soya	Egg Mix Sub Recipe (46.9%) [Egg XL (73.6%) [Eggs], Cooking Cream (26.4%) [Contains Minimum 35% Milk FatCream ð- Skim Milk ð- Thickener (1442) ð- Stabilisers (460, 466, 452) ð- Emulsifier (471Allergens: Contains Milk And Dairy Products]], Sourdough Sliced Vegan (20.8%) [Wheat Flour [Contains Vitamins (Thiamine, Folate)], Water, Sourdough Culture (8%) [Water, Wheat Flour, Fermented Rye Flour, Durum Wheat, Ascorbic Acid (E300), Acetic Acid (E260), Enzymes], Semolina (Gluten, Wheat), Canola Oil, Wheat Gluten, Salt Iodised, Bran, Rye Flour, Vinegar, Yeast [Yeast, Water, Mineral Oil]], Bruschetta Mix Sub Recipe (10.4%) [Roma Tomato Fresh (69.9%) [Tomato 100%], Spanish (Red) Onion Fresh (20%) [Red Onion], Premium Blended Oil (8%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Basil Leaves Fresh (1.2%) [Basil], White Ground Pepper (0.5%) [Pepper 100%], Table Salt (0.5%) [Salt, Anti Caking Agent (554)]], Shaved Leg Ham (10.4%) [Pork, Water, Cure [Salt, Sugar, Mineral Salts (450, 451), Dextrose (Maize Or Tapioca), Antioxidant (316), Preservative (250)], Acidity Regulators (326, 262), Modified Starch (1442 Maize Or Tapioca), Vegetable Gum (407a), Natural Flavour, Wood Smoke], Shredded Mozzarella (6.5%) [Mozzarella Cheese (Milk) [Milk, Salt, Cultures, Enzyme (Non Animal Rennet (Milk))], Anti Caking Agent (460), Preservative (200)], Salted Butter (2.6%) [Pasteurised Cream (from Milk)], Dressed Rocket Sub Recipe (1.3%) [Rocket, Raw (50%) [Rocket 100%], Premium Blended Oil (30%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Table Salt (10%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (10%) [Pepper 100%]], Balsamic Glaze (1%) [Cooked Grape Must, "aceto Balsamico Di Modena IGP" 38% [wine (Sulphites) Vinegar, Concentrated And Cooked Grape Must, Colour (150d), Anti Oxidant: Sulphur (Sulphites)], Wine (Sulphites) Vinegar, Colour (150d), Thickeners (1422) And Vegetable Gum (415)Product Contains Sulphites]CONTAINS: Gluten, Wheat, Egg, Milk, Sulphites
Breakfast	Keto Breakfast	Field mushroom roasted with parmesan, asparagus spears, roasted tomato, rocket, bacon & a poached egg	625	150	6.9	12.2	4.1	3.2	1.5	258	2090	501	23.3	40.9	13.6	10.6	5.1	865	orange	orange	green	Contains: Eggs, Milk		Field Mushroom With Parmesan Sub Recipe (36.1%) [Mushroom Field Flat (82.8%) [Mushroom 100%], Shaved Parmesan (8.3%) [Parmesan Cheese (Milk, salt, starter Cultures, enzymes), Anticaking Agent (460), Preservative (200)], Premium Blended Oil (8.3%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Table Salt (0.34%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (0.34%) [Pepper 100%]], Middle Bacon Rindless (22.4%) [Bacon], Egg XL (17.3%) [Eggs], Roma Tomato Fresh (11.9%) [Tomato 100%], Asparagus Spear Fresh (7.2%) [Asparagus 100%], Rocket, Raw (3%) [Rocket 100%], Premium Blended Oil (1.5%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Table Salt (0.3%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (0.3%) [Pepper 100%]CONTAINS: Egg, Milk
Breakfast	Keto Heaven	Bacon, roasted tomato, smashed avo, 2 poached eggs, field mushroom with melted parmesan, wilted spinach and grilled asparagus spears.	597	143	6.8	11.9	4.2	2.2	1.2	207	2680	641	30.3	53.3	18.9	10.1	5.3	931	orange	orange	green	Contains: Eggs, Milk		Egg XL (25.8%) [Eggs], Field Mushroom With Parmesan Sub Recipe (17.8%) [Mushroom Field Flat (82.8%) [Mushroom 100%], Shaved Parmesan (8.3%) [Parmesan Cheese (Milk, salt, starter Cultures, enzymes), Anticaking Agent (460), Preservative (200)], Premium Blended Oil (8.3%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Table Salt (0.34%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (0.34%) [Pepper 100%]], Middle Bacon Rindless (16.7%) [Bacon], Asparagus Spear Fresh (13.4%) [Asparagus 100%], Roma Tomato Fresh (11.1%) [Tomato 100%], Avocado Smash Mix Sub Recipe (8.9%) [Avocado Fresh (97.8%) [Avocado], Lemon Juice Fresh Squeezed (1.8%) [Lemon Juice 100%], Table Salt (0.18%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.18%) [Pepper 100%]], Spinach Leaves Fresh (4.5%) [Spinach Leaves], Salted Butter (1.1%) [Pasteurised Cream (from Milk)], Premium Blended Oil (0.67%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)]CONTAINS: Egg, Milk
Breakfast	Lemon & Coconut Bircher	Strawberry compote, coconut yoghurt, lemon curd, green apple & pistachios served with our house-made coconut, pineapple & chia bircher (V) (VF)	745	178	3.8	5.9	2.8	27.3	12.3	20.5	3130	749	16	24.6	11.9	115	51.8	86	orange	orange	orange	Contains: Gluten, Oats, Tree nuts, Pistachios, Eggs, Milk, Sulphites		Sub Recipe: Coconut Bircher Mix (57.1%) [Pineapple Juice (51.7%) [Reconstituted Pineapple Juice (98.8%), Food Acid (Citric Acid), Vitamin C, Stabiliser (Pectin), Flavour], Rolled Oats (37.2%) [100% Wholegrain Oats], Coconut Flakes (4.5%) [Coconut, Sugar, Water, Salt, Humectant (1520), Preservatives (202, 223Contains Sulphites], Natural Coconut Yoghurt (4.5%) [Coconut Yoghurt (water, coconut Milk, native Starch, tapioca Syrup, carob Bean Extract, agar, cultures And Probiotics, Milk)], Chia Seeds Black (2.1%) [Chia Seeds (100%)]], Sub Recipe: Roast Strawberry Compote (11.9%) [Strawberries Fresh (84.2%) [Strawberries], Honey (10.1%) [100% Pure Australian Honey], Pulp Free Orange Juice (5.1%) [Reconstituted Orange Juice 99.9%, Flavour, Colour (110), Preservative 202], Vanilla Bean Paste (0.67%) [undefined]], Granny Smith Apple Fresh (9.5%) [Apple 100%], Lemon Curd (9.5%) [Sugar, Lemon 24% (concentrated Lemon Juice, NZ Whole Lemons), NZ Butter (Milk) 13% (cream (Milk), Salt), NZ Whole Eggs], Natural Coconut Yoghurt (9.5%) [Coconut Yoghurt (water, coconut Milk, native Starch, tapioca Syrup, carob Bean Extract, agar, cultures And Probiotics, Milk)], Mint Sprig Fresh (1.2%) [Mint 100%], Pistachio Kernals (1.2%) [Pistachio Kernals]CONTAINS: Gluten, Pistachio, Egg, Milk, Sulphites
Breakfast	Loaded Mango & Coconut Loaf	Toasted mango & coconut loaf with mango mascarpone, mixed berry compote, mango coulis and crunchy coconut	1330	317	4	20.4	10.4	29.5	6.8	5.6	3590	858	10.9	55.3	28.1	79.9	18.4	15.2	red	red	orange	Contains: Gluten, Wheat, Eggs, Milk		Mango Coconut Loaf (58.4%) [Wheat Flour (Wheat Flour, Thiamine, Folate), Sugar, Sour Cream (from Milk) [Skim Milk, Cream (from Milk), Milk Solids, Thickener (440), Sour Cream (from Milk) Cultures], Canola Oil, Egg, Mango (10%), Water, Desiccated Coconut (3%), Baking Powder [Raising Agents (500, 450, 451), Calcium Carbonate, Maize Starch], Coconut Flavouring (0.1%)], Mango Mascarpone Sub Recipe (18.5%) [Mascarpone (70%) [Pasteurised Cream (Milk), Thickener (1442), Sugar, Citric Acid], Mango Pulp (30%) [Water, Apple Juice Concentrate, Mango Puree, Citric Acid (330), Mango Flavour, Ascorbic Acid (300), Xanthan Gum (415), Sodium Benzoate (211)]], Mixed Berry Compote Sub Recipe (16.4%) [Mixed Berries Frozen (84.5%) [(Blueberry 25%, Blackberry 25%, Strawberry 25%, Raspberry 25%)], White Sugar (11.3%) [Cane Sugar], Lemon Juice Fresh Squeezed (4.2%) [Lemon Juice 100%]], Mango Pulp (5.5%) [Water, Apple Juice Concentrate, Mango Puree, Citric Acid (330), Mango Flavour, Ascorbic Acid (300), Xanthan Gum (415), Sodium Benzoate (211)], Desiccated Coconut (0.74%) [Coconut 100%], Edible Flowers Fresh (0.37%) [Edible Flowers 100%]CONTAINS: Gluten, Wheat, Egg, Milk

Category	Recipe Name	Recipe Description	Energy (kJ) per 100g	Energy (kcal) per 100g	Protein (g) per 100g	Fat (g) per 100g	Saturated Fat (g) per 100g	Carbohyd rate (g) per 100g	Sugars (g) per 100g	Sodium (Na) (mg) per 100g	Energy (kJ) per serving	Energy (kcal) per serving	Protein (g) per serving	Fat (g) per serving	Saturated Fat (g) per serving	Carbohyd rate (g) per serving	Sugars (g) per serving	Sodium (Na) (mg) per serving	Fat (g) Traffic light	Saturated Fat (g) Traffic light	Sugars (g) Traffic light	Contains Allergens	May Contain Allergens	Recipe Quid
Breakfast	Lush Pancakes - Banana & Butterscotch Split	Caramelised banana, butterscotch sauce, ice cream, whipped cream, walnuts, dried coconut and fresh strawbs.	1050	252	4	12.1	6.2	31.2	16.3	225	6100	1460	23.1	70.4	35.7	181	94.4	1307	orange	red	orange	Contains: Gluten, Wheat, Tree nuts, Walnuts, Eggs, Milk, Soya	May Contain: Peanuts	Small Pancakes (47.4%) [Pancake Mix (Wheat Flour, Sugar, Canola Oil, EggPowder, Raising Agents (500, 450, 541), Non FatMilk Solids, Wheat Starch, Preservative (281), Salt, Emulsifier (471), Flavour), Water Contains: Gluten (Wheat), Egg, Milk], Caramelised Banana Sub Recipe (20.7%) [Banana Fresh (83.3%) [Banana], Salted Butter (8.3%) [Pasteurised Cream (from Milk)], Brown Sugar (8.3%) [Cane Sugar]], Butterscotch Sauce Sub Recipe (10.3%) [Brown Sugar (45.1%) [Cane Sugar], Thickened Cream (37.6%) [Cream (Milk)], Salted Butter (17.3%) [Pasteurised Cream (from Milk)]], Vanilla Ice Cream (8.6%) [Water, Dairy Ingredients (Reconstituted Skim Milk, Milk Solids, Butter (Milk) And Or Cream (Milk)), Sugar, Glucose Syrup, Maltodextrin, Coconut Oil, Vegetable Origin Emulsifiers [477, 471 (Soy)], Flavour, Vegetable Gum (412).Contains Milk And Soy.], Banana & Butterscotch Pancake Topping Sub Recipe (6.9%) [Toasted Walnuts Sub Recipe (35.7%) [Walnut Pieces (100%) [100% Walnuts.Contains: Tree Nuts]], Banana Chips (35.7%) [Bananas, Coconut Oil, Sugar, Natural Banana Flavour], Desiccated Coconut (28.6%) [Coconut 100%]], Thickened Cream (2.6%) [Cream (Milk)], Strawberries Fresh (2.6%) [Strawberries], Mint Sprig Fresh (0.86%) [Mint 100%]CONTAINS: Gluten, Wheat, Walnut, Egg, Milk, Soy
Breakfast	Lush Pancakes - Classic Strawbs & Cream	Fresh strawbs, ice cream, whipped cream and maple syrup.	818	196	3.9	5.5	2	32.2	13.8	272	3860	924	18.5	25.9	9.6	152	65.3	1285	orange	orange	orange	Contains: Gluten, Wheat, Eggs, Milk, Soya	May Contain: Tree nuts, Peanuts	Small Pancakes (58.3%) [Pancake Mix (Wheat Flour, Sugar, Canola Oil, EggPowder, Raising Agents (500, 450, 541), Non FatMilk Solids, Wheat Starch, Preservative (281), Salt, Emulsifier (471), Flavour), Water Contains: Gluten (Wheat), Egg, Milk], Strawberries Fresh (16.9%) [Strawberries], Vanilla Ice Cream (10.6%) [Water, Dairy Ingredients (Reconstituted Skim Milk, Milk Solids, Butter (Milk) And Or Cream (Milk)), Sugar, Glucose Syrup, Maltodextrin, Coconut Oil, Vegetable Origin Emulsifiers [477, 471 (Soy)], Flavour, Vegetable Gum (412).Contains Milk And Soy.], Maple Syrup (8.5%) [Glucose, Sugar, Water, Flavour, Food Acid(330), Preservative(202), Colour(150)], Pure Cream (4.2%) [Cream (from Milk), Gelatin, Stabiliser (407a), Emulsifier (471)], Mint Sprig Fresh (1.1%) [Mint 100%], Icing Mixture Soft (0.42%) [Cane Sugar (96%), Tapioca Or Maize Starch]CONTAINS: Gluten, Wheat, Egg, Milk, Soy
Breakfast	Lush Pancakes - Moreish Lemon	Lemon mascarpone, ice cream, maple syrup and fresh berries.	907	217	4.1	6.7	3	34.7	16.2	287	4160	995	18.9	30.6	13.7	159	74.3	1314	orange	orange	orange	Contains: Gluten, Wheat, Eggs, Milk, Soya	May Contain: Tree nuts, Peanuts	Small Pancakes (60%) [Pancake Mix (Wheat Flour, Sugar, Canola Oil, EggPowder, Raising Agents (500, 450, 541), Non FatMilk Solids, Wheat Starch, Preservative (281), Salt, Emulsifier (471), Flavour), Water Contains: Gluten (Wheat), Egg, Milk], Lemon Mascarpone Mix Sub Recipe (12.3%) [Lemon Curd (55.6%) [Sugar, Lemon 24% (concentrated Lemon Juice, NZ Whole Lemons), NZ Butter (Milk) 13% (cream (Milk), Salt), NZ Whole Eggs], Mascarpone (44.4%) [Pasteurised Cream (Milk), Thickener (1442), Sugar, Citric Acid]], Vanilla Ice Cream (10.9%) [Water, Dairy Ingredients (Reconstituted Skim Milk, Milk Solids, Butter (Milk) And Or Cream (Milk)), Sugar, Glucose Syrup, Maltodextrin, Coconut Oil, Vegetable Origin Emulsifiers [477, 471 (Soy)], Flavour, Vegetable Gum (412).Contains Milk And Soy.], Maple Syrup (6.5%) [Glucose, Sugar, Water, Flavour, Food Acid(330), Preservative(202), Colour(150)], Mint Sprig Fresh (1.1%) [Mint 100%], Icing Mixture Soft (0.44%) [Cane Sugar (96%), Tapioca Or Maize Starch]CONTAINS: Gluten, Wheat, Egg, Milk, Soy
Breakfast	Lush Pancakes - Velvet Choco Nut	Decadent choc hazelnut mascarpone, ice cream, fresh strawbs and maple syrup.	986	236	4.3	9.5	5.8	33.1	16.4	274	4700	1130	20.5	45.2	27.5	158	78.4	1305	orange	red	orange	Contains: Gluten, Wheat, Tree nuts, Hazelnuts, Eggs, Milk, Soya	May Contain: Peanuts	Small Pancakes (57.7%) [Pancake Mix (Wheat Flour, Sugar, Canola Oil, EggPowder, Raising Agents (500, 450, 541), Non FatMilk Solids, Wheat Starch, Preservative (281), Salt, Emulsifier (471), Flavour), Water Contains: Gluten (Wheat), Egg, Milk], Nutella, Mascarpone Mix Sub Recipe (16.8%) [Nutella (50%) [Sugar, Vegetable Fat (palm), Hazelnuts (13%), Skimmed Milk Powder 8.7%, Fat Reduced Cocoa Powder 7.4% Emulsifier Lecithin (Soy), Flavouring (vanillin). ALLERGEN INFORMATION: Contains Hazelnuts, Milk, SOY.], Mascarpone (50%) [Pasteurised Cream (Milk), Thickener (1442), Sugar, Citric Acid]], Strawberries Fresh (10.5%) [Strawberries], Vanilla Ice Cream (10.5%) [Water, Dairy Ingredients (Reconstituted Skim Milk, Milk Solids, Butter (Milk) And Or Cream (Milk)), Sugar, Glucose Syrup, Maltodextrin, Coconut Oil, Vegetable Origin Emulsifiers [477, 471 (Soy)], Flavour, Vegetable Gum (412).Contains Milk And Soy.], Choc Soil Sub Recipe (3.1%) [White Sugar (54.5%) [Cane Sugar], Dark Choc Buttons (25%) [Sugar, Vegetable Fat, Milk Solids, Cocoa Powder, Emulsifiers, Flavour], Tap Water (20.5%) [Water 100%]], Mint Sprig Fresh (1%) [Mint 100%], Icing Mixture Soft (0.42%) [Cane Sugar (96%), Tapioca Or Maize Starch]CONTAINS: Gluten, Wheat, Hazelnut, Egg, Milk, Soy
Breakfast	Marinated Tomatoes & Basil Whipped Feta	Basil whipped feta, with sliced roma tomatoes, cracked pepper and basil leaves 1(V)	748	179	5.4	8.5	3.1	20	1.8	460	1550	370	11.2	17.6	6.5	41.4	3.7	949	orange	orange	green	Contains: Gluten, Wheat, Rye, Milk, Soya		Sourdough Sliced Vegan (38.7%) [Wheat Flour [Contains Vitamins (Thiamine, Folate)], Water, Sourdough Culture (8%) [Water, Wheat Flour, Fermented Rye Flour, Durum Wheat, Ascorbic Acid (E300), Acetic Acid (E260), Enzymes], Semolina (Gluten, Wheat), Canola Oil, Wheat Gluten, Salt Iodised, Bran, Rye Flour, Vinegar, Yeast [Yeast, Water, Mineral Oil]], Tomato Fresh (38.7%) [Tomato 100%], Basil Whipped Feta Sub Recipe (17.7%) [Danish Feta Cubed (54.1%) [Danish Fetta (75%) (Pasteurised Milk, Vegetable Oil, Salt, Lactic Acid, Culture & Rennet (Milk)), Water & SaltContains: Milk And Milk Products], Cream Cheese (37.8%) [Pasteurised Whole Milk And Cream (Milk), Salt, Stabiliser (E412, E415 (contains Soy), E407, Cultures], Premium Blended Oil (3.2%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Full Cream Milk (3.2%) [Full Cream (Milk) Milk, Milk Solids Non Fat], Basil Leaves Fresh (1.6%) [Basil]], Premium Blended Oil (2.4%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Basil Leaves Fresh (1.5%) [Basil], Whole Black Peppercorns (0.97%) [Pepper 100%]CONTAINS: Gluten, Wheat, Milk, Soy
Breakfast	Mediterranean Omelette	Classic egg omelette with kalamata olives, danish feta, diced tomato, red onion and basil pesto. Served on toasted sourdough with fresh rocket salad.	991	237	8.1	16.6	4.4	14	2	351	3410	816	28	57.2	15.3	48	6.9	1209	orange	orange	green	Contains: Gluten, Wheat, Rye, Tree nuts, Cashews, Pine Nut, Eggs, Milk, Sulphites		Egg Mix Sub Recipe (52.3%) [Egg XL (73.6%) [Eggs], Cooking Cream (26.4%) [Contains Minimum 35% Milk FatCream ð- Skim Milk ð- Thickener (1442) ð- Stabilisers (460, 466, 452) ð- Emulsifier (471Allergens: Contains Milk And Dairy Products]], Sourdough Sliced Vegan (23.3%) [Wheat Flour [Contains Vitamins (Thiamine, Folate)], Water, Sourdough Culture (8%) [Water, Wheat Flour, Fermented Rye Flour, Durum Wheat, Ascorbic Acid (E300), Acetic Acid (E260), Enzymes], Semolina (Gluten, Wheat), Canola Oil, Wheat Gluten, Salt Iodised, Bran, Rye Flour, Vinegar, Yeast [Yeast, Water, Mineral Oil]], Basil Pesto (5.8%) [Contains Dairy (Milk), Egg, Tree Nuts.Basil Puree, Canola Oil, Water, Cashews, Parmesan Cheese (Milk), Sugar, Garlic, Vinegar, Pinenuts, Salt, Food Acid (Citirc Acid), (330), Preservatives (Potassium Sorbate) (202), Thickener (Xanthan Gum), (415)], Bruschetta Mix Sub Recipe (5.8%) [Roma Tomato Fresh (69.9%) [Tomato 100%], Spanish (Red) Onion Fresh (20%) [Red Onion], Premium Blended Oil (8%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Basil Leaves Fresh (1.2%) [Basil], White Ground Pepper (0.5%) [Pepper 100%], Table Salt (0.5%) [Salt, Anti Caking Agent (554)]], Danish Feta Cubed (4.4%) [Danish Fetta (75%) (Pasteurised Milk, Vegetable Oil, Salt, Lactic Acid, Culture & Rennet (Milk)), Water & SaltContains: Milk And Milk Products], Salted Butter (2.9%) [Pasteurised Cream (from Milk)], Pitted Kalamata Olives (2.9%) [Kalamata Olives (50%), Water, Vinegar, Salt, Lactic Acid], Dressed Rocket Sub Recipe (1.5%) [Rocket, Raw (50%) [Rocket 100%], Premium Blended Oil (30%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Table Salt (10%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (10%) [Pepper 100%]], Balsamic Glaze (1.2%) [Cooked Grape Must, "aceto Balsamico Di Modena IGP" 38% [wine (Sulphites) Vinegar, Concentrated And Cooked Grape Must, Colour (150d), Anti Oxidant: Sulphur (Sulphites)], Wine (Sulphites) Vinegar, Colour (150d), Thickeners (1422) And Vegetable Gum (415)]Product Contains Sulphites]CONTAINS: Gluten, Wheat, Cashew, Pine Nut, Egg, Milk, Sulphites
Breakfast	Mushroom & Halloumi w Pesto	Grilled field mushroom, grilled halloumi, poached egg & basil pesto on toasted sourdough (V)	832	199	10.6	9	3.9	18.9	1.3	969	3690	882	46.8	39.7	17.1	83.6	5.8	4294	orange	orange	green	Contains: Gluten, Wheat, Rye, Tree nuts, Cashews, Pine Nut, Eggs, Milk		Sourdough Sliced Vegan (36.1%) [Wheat Flour [Contains Vitamins (Thiamine, Folate)], Water, Sourdough Culture (8%) [Water, Wheat Flour, Fermented Rye Flour, Durum Wheat, Ascorbic Acid (E300), Acetic Acid (E260), Enzymes], Semolina (Gluten, Wheat), Canola Oil, Wheat Gluten, Salt Iodised, Bran, Rye Flour, Vinegar, Yeast [Yeast, Water, Mineral Oil]], Mushroom Field Flat (22.6%) [Mushroom 100%], Halloumi Cheese (22.6%) [Milk, Salt, Mineral, Rennet (Milk), Cultures, Mint], Egg XL (13.1%) [Eggs], Basil Pesto (4.5%) [Contains Dairy (Milk), Egg, Tree Nuts.Basil Puree, Canola Oil, Water, Cashews, Parmesan Cheese (Milk), Sugar, Garlic, Vinegar, Pinenuts, Salt, Food Acid (Citirc Acid), (330), Preservatives (Potassium Sorbate) (202), Thickener (Xanthan Gum), (415)], Salted Butter (1.1%) [Pasteurised Cream (from Milk)]CONTAINS: Gluten, Wheat, Cashew, Pine Nut, Egg, Milk
Breakfast	Pancakes - Drive Thru	Three plain pancakes with ice cream, fresh strawbs and maple syrup.	1040	249	4.8	7.9	2.2	39.2	18.9	386	3550	851	16.4	27.1	7.5	134	64.5	1316	orange	orange	orange	Contains: Gluten, Wheat, Eggs, Milk		Small Pancakes (80.6%) [Pancake Mix (Wheat Flour, Sugar, Canola Oil, EggPowder, Raising Agents (500, 450, 541), Non FatMilk Solids, Wheat Starch, Preservative (281), Salt, Emulsifier (471), Flavour), Water Contains: Gluten (Wheat), Egg, Milk], Maple Syrup P/c (14.7%) [LIQUID SUGAR (SUGAR WATER) SUGAR INVERT SUGAR (SUGAR WATER) WATER MAPLE FLAVOUR SALT COLOUR (150C) PRESERVATIVE (202) ACIDITY REGULATOR (CITRIC ACID)], Butter P/C (4.7%) [Butter (Milk), Rapeseed Oil, Water, Lactic Acid Cultures, Salt, Vit D Preparation]CONTAINS: Gluten, Wheat, Egg, Milk
Breakfast	Pancakes - Maple Syrup & Ice cream	With ice cream & maple syrup (V)	940	225	4.5	4.7	1.3	40.7	17.9	324	3670	878	17.4	18.2	4.9	159	69.8	1264	orange	green	orange	Contains: Gluten, Wheat, Eggs, Milk, Soya	May Contain: Tree nuts, Peanuts	Plain Pancakes (69.2%) [Pancake Mix (Wheat Flour, Sugar, Canola Oil, Egg Powder, Raising Agents (500, 450, 541), Non Fat Milk Solids, Wheat Starch, Preservative (281), Salt, Emulsifier (471), Flavour), WaterContains: Gluten (Wheat), Egg, Milk], Maple Syrup (15.4%) [Glucose, Sugar, Water, Flavour, Food Acid(330), Preservative(202), Colour(150)], Vanilla Ice Cream (15.4%) [Water, Dairy Ingredients (Reconstituted Skim Milk, Milk Solids, Butter (Milk) And Or Cream (Milk)), Sugar, Glucose Syrup, Maltodextrin, Coconut Oil, Vegetable Origin Emulsifiers [477, 471 (Soy)], Flavour, Vegetable Gum (412).Contains Milk And Soy.]CONTAINS: Gluten, Wheat, Egg, Milk, Soy
Breakfast	Pea & Halloumi Fritters	Served with bacon and a side of warmed hollandaise sauce.	746	178	8.1	13.4	5.4	6.5	1.6	601	3520	843	38.5	63.4	25.7	30.6	7.5	2839	orange	red	green	Contains: Gluten, Wheat, Eggs, Milk	May Contain: Soya	Pea, Halloumi Fritters Mixture Sub Recipe (59.8%) [Tap Water (29.5%) [Water 100%], Peas Frozen (17.7%) [Peas Legumes Eg Beans, Peas, Lentils, Bean Sprouts], Halloumi Cheese (14.7%) [Milk, Salt, Mineral, Rennet (Milk), Cultures, Mint], Full Cream Milk (14%) [Full Cream (Milk) Milk, Milk Solids Non Fat], Egg XL (10.3%) [Eggs], Semolina (8.8%) [Wheat 100%], Spanish (Red) Onion Fresh (3.5%) [Red Onion], Parsley Fresh (1.2%) [Parsley 100%], Table Salt (0.15%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.15%) [Pepper 100%]], Middle Bacon Rindless (31.7%) [Bacon], Hollandaise Sauce (6.3%) [Vegetable Oils (palm, Canola), Water, Pasteurised Egg Yolk (5%), Skim Milk Powder, Salt, Sugar, Acidity Regulator (lactic Acid), Stabilisers (xanthan Gum, Guar Gum, Locust Bean Gum), Flavours (contain Milk), DextroseCONTAINS Egg AND Milk PRODUCTS], Rocket, Raw (2.1%) [Rocket 100%]CONTAINS: Gluten, Wheat, Egg, Milk
Breakfast	Poached Egg & Creamy Mushroom	With rocket & toasted sourdough (V)	876	210	6.9	15.2	2.9	11.6	0.46	199	3350	803	26.3	58.1	11.1	44.5	1.7	761	orange	orange	green	Contains: Gluten, Wheat, Rye, Eggs, Milk		Egg XL (30.3%) [Eggs], Cooking Cream (26.1%) [Contains Minimum 35% Milk FatCream ð- Skim Milk ð- Thickener (1442) ð- Stabilisers (460, 466, 452) ð- Emulsifier (471Allergens: Contains Milk And Dairy Products], Sourdough Sliced Vegan (20.9%) [Wheat Flour [Contains Vitamins (Thiamine, Folate)], Water, Sourdough Culture (8%) [Water, Wheat Flour, Fermented Rye Flour, Durum Wheat, Ascorbic Acid (E300), Acetic Acid (E260), Enzymes], Semolina (Gluten, Wheat), Canola Oil, Wheat Gluten, Salt Iodised, Bran, Rye Flour, Vinegar, Yeast [Yeast, Water, Mineral Oil]], Portabello Mushroom Fresh (15.7%) [Mushroom], Rocket, Raw (3.9%) [Rocket 100%], Salted Butter (1.3%) [Pasteurised Cream (from Milk)], Premium Blended Oil (1.3%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Table Salt (0.26%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.26%) [Pepper 100%]CONTAINS: Gluten, Wheat, Egg, Milk
Breakfast	Porky Belly Roll	Pork belly, slow-cooked then fried, with smoked bbq sauce and a fried egg on a lightly toasted milk bun.	943	226	11.6	11.8	4.5	18.1	4.6	350	2430	582	30.1	30.5	11.7	46.7	11.8	902	orange	orange	green	Contains: Gluten, Wheat, Eggs, Milk, Soya		Slow Cooked Pork Belly (38.8%) [Australian Pork (92%), Water, Salt, Acidity Regulators (451, 450, 327, 331), Thickeners (1414, 415), Sugar, Canola Oil], Milk Bun 80g (31%) [Wheat Flour [Contains Vitamins (Thiamine, Folic Acid)], Water, Egg (4.9%), Milk Powder (4.4%), Butter (Milk) (3.9%), Sugar, Baker's Yeast, IodisedSalt, Canola Oil, Wheat Flour, Soya Flour, Malted Wheat Flour, Processing Aids Enzymes, Flour Treatment Agent (300)], Egg XL (22.5%) [Eggs], Smoked BBQ Sauce (7.8%) [Tomato Puree (55%) (Water, Tomato Paste), Thickener (1422), Molasses, Salt, Food Acid (260), Flavours, Colour (150c), Spice, Vegetable Gum (415)]CONTAINS: Gluten, Wheat, Egg, Milk, Soy
Breakfast	Pumpkin Buddha Bowl	Roasted field mushroom with garlic, avocado with dukkah and sesame, grilled tomato, roast pumpkin with garlic and cumin, lemon and herb quinoa with kale, and cashew cheese.	564	135	3.3	10.3	1.7	7.2	2.4	26.7	2690	643	15.6	49	8.3	34.3	11.3	127	orange	orange	green	Contains: Tree nuts, Cashews, Sesame, Sulphites		Roasted Pumpkin Wedge With Garlic & Cumin Sub Recipe (28.2%) [Butternut Pumpkin (83.7%) [Pumpkin 100%], Premium Blended Oil (11.2%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Fresh Garlic Crushed (3.7%) [Garlic, Salt], Cumin Ground (0.47%) [Cumin], Table Salt (0.47%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.47%) [Pepper 100%]], Garlic Mushrooms Side Sub Recipe (21%) [Mushroom Field Flat (90.2%) [Mushroom 100%], Premium Blended Oil (7.5%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Fresh Garlic Crushed (1.5%) [Garlic, Salt], Table Salt (0.38%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (0.38%) [Pepper 100%]], Lemon & Herb Quinoa With Kale Sub Recipe (16.8%) [Organic Quinoa Mix Sub Recipe (64.6%) [Tap Water (66.7%) [Water 100%], Quinoa 3 Grain Mix (33.3%) [White Quinoa, Red Quinoa, Black Quinoa]], Kale Fresh (17.6%) [Kale 100%], Lemon Juice Fresh Squeezed (7%) [Lemon Juice 100%], Pumpkin Seeds / Pepitas (7%) [Pumpkin Seeds], Parsley Fresh (3.5%) [Parsley 100%], Lemon Zest Fresh (0.23%) [Lemons]], Roma Tomato Fresh (10.5%) [Tomato 100%], Cashew Cheese Vegan Sub Recipe (10.5%) [Cashews Roasted Unsalted (59.8%) [Cashews 100%], Tap Water (25.6%) [Water 100%], Lemon Juice Fresh Squeezed (12.8%) [Lemon Juice 100%], Garlic Powder (0.85%) [GARLIC FLAKES, GRANULES AND POWDER Contains: Sulphites], Table Salt (0.53%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.43%) [Pepper 100%]], Avocado Fresh (8.4%) [Avocado], Lemon Wedge 1/8 Cut Fresh (4.2%) [Lemons], Dukkah & Sesame Mix Sub Recipe (0.42%) [Black Sesame Seeds (50%) [Sesame Seed 100%], Dukkah Seasoning (50%) [Sunflower, Sesame Seed, Salt, Pumpkin Seed, spices]]CONTAINS: Cashew, Sesame, Sulphites
Breakfast	Raspberry Infused Chia Pudding	With toasted coconut & muesli (V) (VF)	560	134	3.2	6.6	1.5	15.3	5.8	22.3	1650	395	9.5	19.5	4.6	45.2	17.2	66	orange	green	orange	Contains: Gluten, Oats, Barley, Tree nuts, Almonds, Walnuts, Sesame, Soya, Sulphites	May Contain: Peanuts, Milk	Chia Pudding Sub Recipe (83.1%) [Coconut Water (51%) [100% Young Coconut Water], Raspberries Fresh (24.5%) [Raspberries Fresh], Chia Seeds Black (16.3%) [Chia Seeds (100%)], Ice Cubes (8.2%)], Raspberries Fresh (6.8%) [Raspberries Fresh], Toated Muesli (6.8%) [Honey Toasted Oats (Oats, canola Oil, glucose, golden Syrup, honey, flavour, antioxidant) (306)), Sultanas (Vegetable Oil), Sunflower, Bran Straws (WheatBran, Malt (Gluten, Barley) Extract, Emulsifier (471)), Bananas (Sugar, Coconut Oil, Banana Flavour(Maltodextrin)), Coconut (Preservative (220)), Papaya (Cane Sugar, Preservative (220)), Pineapple(Cane Sugar, Food Acid (330), Preservative (220)), Almonds, Apricots(RiceFlour, Preservative (220)), Apples (Preservative (220), Food Acid (330)), Walnuts, Sesame Seeds, Cashews.Allergen Contains: Tree Nuts, Soy, Gluten, Sesame, Sulphites], Coconut Flakes (3.4%) [Coconut, Sugar, Water, Salt, Humectant (1520), Preservatives (202, 223Contains Sulphites]CONTAINS: Gluten, Almond, Walnut, Sesame, Soy, Sulphites
Breakfast	Ricotta Blueberry Hotcake	House-made hotcake, with blueberries, strawberries, mascarpone, pepitas, maple syrup and house-made blueberry coulis (V)	747	179	5.7	6.9	4.4	23	10.8	181	3110	745	23.8	28.8	18.2	96	45	755	orange	orange	orange	Contains: Gluten, Wheat, Eggs, Milk		Ricotta Blueberry Pancake Batter Sub Recipe (62.4%) [Ricotta (36%) [Pasteurised Cows Milk Salt Food Acid (260)], Self Raising Flour (18%) [Wheat Flour, Raising Agents (339, 341, 450, 500)], Egg XL (16.7%) [Eggs], Blueberries Frozen (14.4%) [Blueberries], Full Cream Milk (10.8%) [Full Cream (Milk) Milk, Milk Solids Non Fat], White Sugar (3.6%) [Cane Sugar], Lemon Zest Fresh (0.29%) [Lemons], Table Salt (0.07%) [Salt, Anti Caking Agent (554)]], Maple Syrup (9.6%) [Glucose, Sugar, Water, Flavour, Food Acid(330), Preservative(202), Colour(150)], Strawberries Fresh (9.6%) [Strawberries], Mascarpone (7.2%) [Pasteurised Cream (Milk), Thickener (1442), Sugar, Citric Acid], Blueberry Coulis Sub Recipe (4.8%) [Blueberries Frozen (61%) [Blueberries], Tap Water (19.7%) [Water 100%], White Sugar (9.8%) [Cane Sugar], Lemon Juice Fresh Squeezed (5.9%) [Lemon Juice 100%], Cornflour (2%) [Cornflour (Wheat)], Lemon Zest Fresh (1.6%) [Lemons]], Blueberries Fresh (3.6%) [Blueberries 100%], Pepitas Toasted Sub Recipe (1.2%) [Pumpkin Seeds / Pepitas (99.5%) [Pumpkin Seeds], Canola Oil (0.5%)], Mint Sprig Fresh (1.2%) [Mint 100%], Icing Mixture Soft (0.48%) [Cane Sugar (96%), Tapioca Or Maize Starch]CONTAINS: Gluten, Wheat, Egg, Milk

Category	Recipe Name	Recipe Description	Energy (kJ) per 100g	Energy (kcal) per 100g	Protein (g) per 100g	Fat (g) per 100g	Saturated Fat (g) per 100g	Carbohydrate (g) per 100g	Sugars (g) per 100g	Sodium (Na) (mg) per 100g	Energy (kJ) per serving	Energy (kcal) per serving	Protein (g) per serving	Fat (g) per serving	Saturated Fat (g) per serving	Carbohydrate (g) per serving	Sugars (g) per serving	Sodium (Na) (mg) per serving	Fat (g) Traffic light	Saturated Fat (g) Traffic light	Sugars (g) Traffic light	Contains Allergens	May Contain Allergens	Recipe Quid
Breakfast	Ricotta, Pea & Chive Fritters	Delish ricotta, pea and chive fritters stacked and served with blistered truss tomatoes, our house-made creamy dill dip, a poached egg, rocket, and a lemon wedge.	662	158	6.9	10.1	3.7	10	1.8	99	2370	568	24.9	36.2	13.4	36	6.4	356	orange	orange	green	Contains: Gluten, Wheat, Eggs, Milk	May Contain: Soya	Ricotta, Pea & Chive Fritters Sub Recipe (50.1%) [Ricotta (33.5%) [Pasteurised Cows Milk Salt Food Acid (260)], Peas Frozen (20.1%) [Peas Legumes Eg Beans, Peas, Lentils, Bean Sprouts], Semolina (20.1%) [Wheat 100%], Egg XL (15.5%) [Eggs], Full Cream Milk (6.7%) [Full Cream (Milk) Milk, Milk Solids Non Fat], Edlyn (2.7%) [100% Lemon Juice], Chives Fresh (0.67%) [Chives 100%], Table Salt (0.33%) [Salt, Anti Caking Agent (554)], Parsley Fresh (0.33%) [Parsley 100%], White Ground Pepper (0.07%) [Pepper 100%], Egg XL (16.2%) [Eggs], Cherry Tomato Truss Fresh (13.9%) [100% Tomatoes], Dill Dip Sub Recipe (11.1%) [Sour Cream Light (69%) [REDUCED FAT CREAM (Milk), HALAL GELATINE, SOUR CREAM (Milk) CULTURE CONTAINS Milk AND Milk PRODUCTS], Mayonnaise GF (13.8%) [Canola Oil, Pasteurised Whole Egg (10%), Vinegar, Sugar, Salt, Mustard], Lemon Juice Fresh Squeezed (6.9%) [Lemon Juice 100%], Dill Herb Fresh (6.9%) [Dill 100%], Fresh Garlic Crushed (3.4%) [Garlic, Salt]], Lemon Wedge 1/8 Cut Fresh (4.2%) [Lemons], Premium Blended Oil (2.8%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Dressed Rocket Sub Recipe (1.4%) [Rocket, Raw (50%) [Rocket 100%], Premium Blended Oil (30%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Table Salt (10%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (10%) [Pepper 100%]], Whole Black Peppercorns (0.28%) [Pepper 100%]CONTAINS: Gluten, Wheat, Egg, Milk
Breakfast	Saucy Italian Eggs	Toasted turkish bread with poached eggs, spinach, basil pesto, danish feta, fresh basil, Italian sugo and rich balsamic glaze.	709	170	7.1	8.8	2.3	15.5	3.2	331	2640	631	26.3	32.8	8.5	57.6	11.8	1233	orange	orange	green	Contains: Gluten, Wheat, Tree nuts, Cashews, Pine Nut, Eggs, Milk, Sesame, Soya, Sulphites	May Contain: Lupin	Egg XL (31.2%) [Eggs], Turkish Bread (28.8%) [Wheat Flour [Thiamin, Folic Acid], Water, Iodised Salt, Sesame Seed, Yeast, Vinegar, Canola Oil, Preservative 202, Soy Flour.Made On A Line That Also Processes Other Seeds And], Sub Recipe: Italian Eggs Sauce (23.2%) [Napoli (89.3%) [Italian Tomatoes* (95%) (diced, Paste), Sunflower Oil, Sugar, Salt, Water, Food Acid (citric), Onions], Premium Blended Oil (5.4%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Fresh Garlic Crushed (3.6%) [Garlic, Salt], Italian Mixed Herbs (1.8%) [Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil]], Spinach Leaves Fresh (5.4%) [Spinach Leaves], Basil Pesto (5.4%) [Contains Dairy (Milk), Egg, Tree Nuts.Basil Puree, Canola Oil, Water, Cashews, Parmesan Cheese (Milk), Sugar, Garlic, Vinegar, Pinenuts, Salt, Food Acid (Citric Acid), (330), Preservatives (Potassium Sorbate) (202), Thickener (Xanthan Gum), (415)], Danish Feta Cubed (2.7%) [Danish Fetta (75%) (Pasteurised Milk, Vegetable Oil, Salt, Lactic Acid, Culture & Rennet (Milk)), Water & SaltContains: Milk And Milk Products], Basil Leaves Fresh (1.3%) [Basil], Balsamic Glaze (1.1%) [Cooked Grape Must, "aceto Balsamico Di Modena IGP" 38% [wine (Sulphites) Vinegar, Concentrated And Cooked Grape Must, Colour (150d), Anti Oxidant: Sulphur (Sulphites)], Wine (Sulphites) Vinegar, Colour (150d), Thickeners (1422) And Vegetable Gum (415)Product Contains Sulphites], Salted Butter (0.54%) [Pasteurised Cream (from Milk)], Canola Oil Spray (0.54%) [Canola Oil, Soy Lecithin]CONTAINS: Gluten, Wheat, Cashew, Pine Nut, Egg, Milk, Sesame, Soy, Sulphites
Breakfast	Sausage, Egg & Bacon Wrap	Bacon, scrambled egg, mozzarella and smoked bbq sauce wrapped in a warm tortilla.	1080	259	11	16.7	6.9	16.4	3.4	586	4430	1060	44.9	68.3	28.1	67.1	13.8	2395	orange	red	green	Contains: Gluten, Wheat, Eggs, Milk, Soya, Sulphites		12" Flour Tortilla (25.4%) [Enriched Bleached Flour (flour (Wheat), niacin, reduced Iron, thiamine Mononitrate, riboflavin, folic Acid, Wheat), Water, Vegetable Shortening (Interesterified And Hydrogenated Soybean Oils), Contains 2% Or Less Of: Salt, Sugar, Baking Soda, Sodium Acid Pyrophosphate, Distilled Monoglycerides, Enzymes, Fumaric Acid, And Calcium Propionate And Sorbic Acid (to Maintain Freshness) Contains: Wheat], Egg Mix Sub Recipe (24.4%) [Egg Xl. (73.6%) [Eggs], Cooking Cream (26.4%) [Contains Minimum 35% Milk FatCream & Skim Milk & Thickener (1442) & Stabilisers (460, 466, 452) & Emulsifier (471Allergens: Contains Milk And Dairy Products]], Sausage Patty Sub Recipe (18.3%) [Sausage Mince Fresh (56.7%) [Beef, Sausage Meal (rice Flour, Salt, Mineral Salt (451), Preservative (223 (Sulphites)) (Sulphites), Hydrolysed Vegetable Protein (Maize), Spice & Spice Extracts (160c), Herb Extract), Water, Parsley], Middle Bacon Rindless (34%) [Bacon], Maple Syrup (9.1%) [Glucose, Sugar, Water, Flavour, Food Acid(330), Preservative(202), Colour(150)], White Ground Pepper (0.23%) [Pepper 100%]], Middle Bacon Rindless (18.3%) [Bacon], Shredded Mozzarella (8.6%) [Mozzarella Cheese (Milk) [Milk, Salt, Cultures, Enzyme (Non Animal Rennet (Milk))], Anti Caking Agent (460), Preservative (200)], Tomato Sauce (4.9%) [Concentrated Tomatoes (Contains 165g Of Tomatoes Per 100mL), Sugar, Salt, Food Acid (Acetic Acid), Natural Flavours, Spice Contains 77% Concentrated Tomatoes]CONTAINS: Gluten, Wheat, Egg, Milk, Soy, Sulphites
Breakfast	Savoury Mince Jaffle	House-made wagyu savoury mince with parmesan in a toasted jaffle.	810	194	8.2	8.9	3.3	20	2.2	321	1820	436	18.4	20	7.5	45	5	722	orange	orange	green	Contains: Gluten, Wheat, Milk		Wagyu Savoury Mince Sub Recipe (53.3%) [Napoli Pronto Blendered Sub Recipe (61.7%) [Napoli (100%) [Italian Tomatoes* (95%) (diced, Paste), Sunflower Oil, Sugar, Salt, Water, Food Acid (citric), Onions]], Beef Mince Fresh (19.7%) [Beef Meat 100%], Carrots (4.9%), Peas Frozen (4.9%) [Peas Legumes Eg Beans, Peas, Lentils, Bean Sprouts], Leeks (2.5%), Premium Blended Oil (2.5%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Onions (2.5%), Fresh Garlic Crushed (0.37%) [Garlic, Salt], Beef Stock Powder (0.33%) [Maize Maltodextrin, Rice Flour, Yeast Extract, Natural Vegetable Flavours, Potato Flakes, Cane Sugar, Dehydrated Vegetables (Celery), Bay Leaf, Caramelised Sugar Syrup (Natural), Canola Oil], Table Salt (0.31%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.31%) [Pepper 100%]], White Bread Sliced (35.6%) [Wheat Flour, Water, Yeast, Vegetable Oils (Palm, Canola), Iodised Salt, Wheat Gluten, Yellow Pea Flour, Vitamins (Thiamin, Folate], Shaved Parmesan (8.9%) [Parmesan Cheese (Milk, salt, starter Cultures, enzymes), Anticaking Agent (460), Preservative (200)], Fat (2.2%)CONTAINS: Gluten, Wheat, Milk
Breakfast	Simple Sausage Brekky Burger	Our very own sausage patty, fried egg, hash brown, mayo and smoked bbq sauce on a milk bun.	1050	250	8.9	14.4	5	21.4	4.6	404	3100	742	26.5	42.6	15	63.3	13.5	1197	orange	orange	green	Contains: Gluten, Wheat, Eggs, Milk, Soya, Sulphites		Milk Bun 80g (27%) [Wheat Flour [Contains Vitamins (Thiamine, Folic Acid)], Water, Egg (4.9%), Milk Powder (4.4%), Butter (Milk) (3.9%), Sugar, Baker's Yeast, IodisedSalt, Canola Oil, Wheat Flour, Soya Flour, Malted Wheat Flour, Processing Aids Enzymes, Flour Treatment Agent (300)], Sausage Patty Sub Recipe (24.8%) [Sausage Mince Fresh (56.7%) [Beef, Sausage Meal (rice Flour, Salt, Mineral Salt (451), Preservative (223 (Sulphites)) (Sulphites), Hydrolysed Vegetable Protein (Maize), Spice & Spice Extracts (160c), Herb Extract), Water, Parsley], Middle Bacon Rindless (34%) [Bacon], Maple Syrup (9.1%) [Glucose, Sugar, Water, Flavour, Food Acid(330), Preservative(202), Colour(150)], White Ground Pepper (0.23%) [Pepper 100%]], Egg XL (19.6%) [Eggs], Triangle Chunky Hash Brown (18.5%) [Potato (92%), Vegetable Oil (7, 1%), Salt, Stabiliser: E461, Dextrose], Smoked BBQ Sauce (5.1%) [Tomato Puree (55%) (Water, Tomato Paste), Thickener (1422), Molasses, Salt, Food Acid (260), Flavours, Colour (150c), Spice, Vegetable Gum (415)], Mayonnaise GF (5.1%) [Canola Oil, Pasteurised Whole Egg (10%), Vinegar, Sugar, Salt, Mustard]CONTAINS: Gluten, Wheat, Egg, Milk, Soy, Sulphites
Breakfast	Slow Cooked Brisket Ragu	Served on crusty sourdough with poached eggs, blistered cherry tomatoes & salsa verde	719	172	13.5	8	2.1	11.4	1.3	252	2860	685	53.7	31.8	8.4	45.2	5.1	1002	orange	orange	green	Contains: Gluten, Wheat, Rye, Eggs, Milk, Sulphites		Beef Ragu Sub Recipe (40.2%) [Sous Vide Pulled Beef Brisket (38.1%) [Beef], Napoli Pronto Blendered Sub Recipe (38.1%) [Napoli (100%) [Italian Tomatoes* (95%) (diced, Paste), Sunflower Oil, Sugar, Salt, Water, Food Acid (citric), Onions]], Red Cooking Wine (9.5%) [RED WINE (Sulphites), SALT 1700mg/ltr, PERSERVATIVE 220 (Sulphites), Milk], Carrots Fresh (3.2%) [Carrots], Brown Onion Fresh (3.2%) [Onion 100%], Celery Fresh (3.2%) [Celery], Balsamic Vinegar (3.2%) [Wine (Sulphites) Vinegar, Concentrated Grape Must, Caramel (E150d), Antioxidant], Fresh Garlic Crushed (1%) [Garlic, Salt], Premium Blended Oil (0.38%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Rosemary Dried (0.1%) [Dried Rosemary], Sage Leaves Fresh (0.05%) [Sage Leaves]], Egg XL (29.1%) [Eggs], Sourdough Sliced Vegan (20.1%) [Wheat Flour [Contains Vitamins (Thiamine, Folate)], Water, Sourdough Culture (8%) [Water, Wheat Flour, Fermented Rye Flour, Durum Wheat, Ascorbic Acid (E300), Acetic Acid (E260), Enzymes], Semolina (Gluten, Wheat), Canola Oil, Wheat Gluten, Salt Iodised, Bran, Rye Flour, Vinegar, Yeast [Yeast, Water, Mineral Oil]], Cherry Tomatoes Fresh (5%) [Tomatoes], Salsa Verde (2.5%) [Premium Blended Oil (53.7%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Parsley Fresh (17.9%) [Parsley 100%], Lemon Juice Fresh Squeezed (11.9%) [Lemon Juice 100%], Baby Capers (9%) [Baby Capers, White Vinegar], Basil Leaves Fresh (4.5%) [Basil], Garlic Fresh (1.8%) [Garlic 100%], Table Salt (0.6%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.6%) [Pepper 100%]], Premium Blended Oil (1.3%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Rocket, Raw (1.3%) [Rocket 100%], Table Salt (0.25%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.25%) [Pepper 100%]CONTAINS: Gluten, Wheat, Egg, Milk, Sulphites
Breakfast	Smashed Avo & Whipped Feta on Toast - DT	Light and fresh. Toasted sourdough with basil-whipped feta, fresh avocado, dukkah, sesame, and a lemon wedge.	937	224	5.9	13.9	4.5	18.4	1.4	514	2000	480	12.6	29.8	9.7	39.4	3	1101	orange	orange	green	Contains: Gluten, Wheat, Rye, Milk, Sesame, Soya		Sourdough Sliced Vegan (37.4%) [Wheat Flour [Contains Vitamins (Thiamine, Folate)], Water, Sourdough Culture (8%) [Water, Wheat Flour, Fermented Rye Flour, Durum Wheat, Ascorbic Acid (E300), Acetic Acid (E260), Enzymes], Semolina (Gluten, Wheat), Canola Oil, Wheat Gluten, Salt Iodised, Bran, Rye Flour, Vinegar, Yeast [Yeast, Water, Mineral Oil]], Avocado Smash Mix Sub Recipe (32.7%) [Avocado Fresh (97.8%) [Avocado], Lemon Juice Fresh Squeezed (1.8%) [Lemon Juice 100%], Table Salt (0.18%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.18%) [Pepper 100%]], Basil Whipped Feta Sub Recipe (18.7%) [Danish Feta Cubed (54.1%) [Danish Fetta (75%) (Pasteurised Milk, Vegetable Oil, Salt, Lactic Acid, Culture & Rennet (Milk)), Water & SaltContains: Milk And Milk Products], Cream Cheese (37.8%) [Pasteurised Whole Milk And Cream (Milk), Salt, Stabiliser (E412, E415 (contains Soy), E407, Cultures], Premium Blended Oil (3.2%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Full Cream Milk (3.2%) [Full Cream (Milk) Milk, Milk Solids Non Fat], Basil Leaves Fresh (1.6%) [Basil]], Lemon Wedge 1/8 Cut Fresh (9.3%) [Lemons], Dukkah Seasoning (1.4%) [Sunflower, Sesame Seed, Salt, Pumpkin Seed, spices], Micro Greens Fresh (0.47%) [Micro Greens 100%]CONTAINS: Gluten, Wheat, Milk, Sesame, Soy
Breakfast	Smashed Avo on Corn and Zucchini Fritters	Smashed avocado on two corn and zuchini fritters with feta and pepitas, and served with rocket and relish.	667	160	3.6	11.7	3	9.8	3.6	332	1870	448	10.2	32.8	8.4	27.6	10.2	933	orange	orange	green	Contains: Eggs, Milk, Soya		Corn & Zucchini GF Fritter (42.7%) [Zucchini (36%), Egg, Corn Kernels (12%), Gluten Free Flour (Maize Cornflour, Modified Starch (1422), Rice Flour, Raising Agents (450, 500) Soy Flour), Canola Oil (Refined, Bleached And Deodorised Canola Oil), Water, Onions, Cheese (contains Anticaking Agent (460), Milk), Modified Starch (1422), Capsicum, Stabiliser (1412), Salt, Vegetable Stock (Southern Ocean Sea Salt, Maize Maltodextrin, Cane Sugar, Yeast Extract, Rice Flour, Dehydrated Vegetables (Onion, Celery, Garlic And Spinach), Natural Vegetable Flavours, Disodium Guanylate & Inosinate, Canola Oil, Chilli), Baking Powder Gluten Free (Contains Raising Agents (450, 500), Free Flow Agent (170)), Spices], Avocado Smash Mix Sub Recipe (24.9%) [Avocado Fresh (97.8%) [Avocado], Lemon Juice Fresh Squeezed (1.8%) [Lemon Juice 100%], Table Salt (0.18%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.18%) [Pepper 100%]], Lemon Wedge 1/8 Cut Fresh (10.7%) [Lemons], Tomato Relish (10.7%) [Tomato (52%) ((Tomatoes, Firming Agent 509)), Sugar, Vinegar, Water, Onion, Modified Starch (1422), Tomato Paste, Salt, Garlic, Mustard Seed, Spices, Citric Acid], Danish Feta Cubed (7.1%) [Danish Fetta (75%) (Pasteurised Milk, Vegetable Oil, Salt, Lactic Acid, Culture & Rennet (Milk)), Water & SaltContains: Milk And Milk Products], Pumpkin Seeds / Pepitas (3.6%) [Pumpkin Seeds], Lemon Pepper Seasoning (0.36%) [Salt, Pepper 23%, Rice Flour, Chicken Flavour, Food Acid (Citric), Sugar, Garlic, Onion, Lemon Peel 3%, Vegetable Oil, Lemon Flavour 0.5%, Lemon Oil 0.5%]CONTAINS: Egg, Milk, Soy
Breakfast	Smashed Avo on Potato Rosti	Smashed avocado on a potato rosti with feta and pepitas, and served with rocket and relish.	608	145	3.6	8.8	2.4	12.8	4	382	1620	387	9.5	23.3	6.4	34	10.6	1017	orange	orange	green	Contains: Milk		Potato Rosti (37.6%), Avocado Smash Mix Sub Recipe (26.3%) [Avocado Fresh (97.8%) [Avocado], Lemon Juice Fresh Squeezed (1.8%) [Lemon Juice 100%], Table Salt (0.18%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.18%) [Pepper 100%]], Lemon Wedge 1/8 Cut Fresh (11.3%) [Lemons], Tomato Relish (11.3%) [Tomato (52%) ((Tomatoes, Firming Agent 509)), Sugar, Vinegar, Water, Onion, Modified Starch (1422), Tomato Paste, Salt, Garlic, Mustard Seed, Spices, Citric Acid], Danish Feta Cubed (7.5%) [Danish Fetta (75%) (Pasteurised Milk, Vegetable Oil, Salt, Lactic Acid, Culture & Rennet (Milk)), Water & SaltContains: Milk And Milk Products], Pumpkin Seeds / Pepitas (3.8%) [Pumpkin Seeds], Dressed Rocket Sub Recipe (1.9%) [Rocket, Raw (50%) [Rocket 100%], Premium Blended Oil (30%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Table Salt (10%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (10%) [Pepper 100%]], Lemon Pepper Seasoning (0.38%) [Salt, Pepper 23%, Rice Flour, Chicken Flavour, Food Acid (Citric), Sugar, Garlic, Onion, Lemon Peel 3%, Vegetable Oil, Lemon Flavour 0.5%, Lemon Oil 0.5%]CONTAINS: Milk
Breakfast	Smashed Avo on Sourdough		842	202	5.7	11.4	3	18.7	2	458	1860	445	12.6	25.1	6.6	41.3	4.5	1013	orange	orange	green	Contains: Gluten, Wheat, Rye, Milk, Sulphites		Sourdough Sliced Vegan (36.2%) [Wheat Flour [Contains Vitamins (Thiamine, Folate)], Water, Sourdough Culture (8%) [Water, Wheat Flour, Fermented Rye Flour, Durum Wheat, Ascorbic Acid (E300), Acetic Acid (E260), Enzymes], Semolina (Gluten, Wheat), Canola Oil, Wheat Gluten, Salt Iodised, Bran, Rye Flour, Vinegar, Yeast [Yeast, Water, Mineral Oil]], Avocado Smash Mix Sub Recipe (31.7%) [Avocado Fresh (97.8%) [Avocado], Lemon Juice Fresh Squeezed (1.8%) [Lemon Juice 100%], Table Salt (0.18%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.18%) [Pepper 100%]], Lemon Wedge 1/8 Cut Fresh (13.6%) [Lemons], Danish Feta Cubed (9%) [Danish Fetta (75%) (Pasteurised Milk, Vegetable Oil, Salt, Lactic Acid, Culture & Rennet (Milk)), Water & SaltContains: Milk And Milk Products], Pumpkin Seeds / Pepitas (4.5%) [Pumpkin Seeds], Balsamic Glaze (2.3%) [Cooked Grape Must, "aceto Balsamico Di Modena IGP" 38% [wine (Sulphites) Vinegar, Concentrated And Cooked Grape Must, Colour (150d), Anti Oxidant: Sulphur (Sulphites)], Wine (Sulphites) Vinegar, Colour (150d), Thickeners (1422) And Vegetable Gum (415)Product Contains Sulphites], Dressed Rocket Sub Recipe (2.3%) [Rocket, Raw (50%) [Rocket 100%], Premium Blended Oil (30%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Table Salt (10%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (10%) [Pepper 100%]], Lemon Pepper Seasoning (0.45%) [Salt, Pepper 23%, Rice Flour, Chicken Flavour, Food Acid (Citric), Sugar, Garlic, Onion, Lemon Peel 3%, Vegetable Oil, Lemon Flavour 0.5%, Lemon Oil 0.5%]CONTAINS: Gluten, Wheat, Milk, Sulphites
Breakfast	Smashed Avocado on Toasted Sourdough	With dukkah, crumbled feta and tomatoes marinated in parsley salsa (V)	774	185	4.7	10.6	2.7	17.3	1.5	407	1790	430	10.9	24.6	6.2	40.2	3.4	945	orange	orange	green	Contains: Gluten, Wheat, Rye, Milk, Sesame	May Contain: Sulphites	Sourdough Sliced Vegan (34.5%) [Wheat Flour [Contains Vitamins (Thiamine, Folate)], Water, Sourdough Culture (8%) [Water, Wheat Flour, Fermented Rye Flour, Durum Wheat, Ascorbic Acid (E300), Acetic Acid (E260), Enzymes], Semolina (Gluten, Wheat), Canola Oil, Wheat Gluten, Salt Iodised, Bran, Rye Flour, Vinegar, Yeast [Yeast, Water, Mineral Oil]], Roma Tomato Fresh (25.9%) [Tomato 100%], Avocado Smash Mix Sub Recipe (25.9%) [Avocado Fresh (97.8%) [Avocado], Lemon Juice Fresh Squeezed (1.8%) [Lemon Juice 100%], Table Salt (0.18%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.18%) [Pepper 100%]], Danish Feta Cubed (8.6%) [Danish Fetta (75%) (Pasteurised Milk, Vegetable Oil, Salt, Lactic Acid, Culture & Rennet (Milk)), Water & SaltContains: Milk And Milk Products], Sub Recipe: Parsley Salsa (4.3%) [Premium Blended Oil (40.8%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Parsley (20.4%), Coriander (20.4%), Lemon Juice (8.2%), Baby Capers (6.1%) [Baby Capers, White Vinegar], Fresh Garlic Crushed (4.1%) [Garlic, Salt]], Dukkah & Sesame Mix Sub Recipe (0.86%) [Black Sesame Seeds (50%) [Sesame Seed 100%], Dukkah Seasoning (50%) [Sunflower, Sesame Seed, Salt, Pumpkin Seed, spices]]CONTAINS: Gluten, Wheat, Milk, Sesame
Breakfast	Smoked Salmon Light Breakfast	Smoked salmon, smashed avo, crumbled feta and a poached egg served on toasted sourdough with a wedge of lemon.	738	177	9.9	8.9	2.6	14	0.86	481	2100	502	28	25.3	7.3	39.7	2.4	1366	orange	orange	green	Contains: Gluten, Wheat, Rye, Eggs, Milk, Fish		Sourdough Sliced Vegan (28.2%) [Wheat Flour [Contains Vitamins (Thiamine, Folate)], Water, Sourdough Culture (8%) [Water, Wheat Flour, Fermented Rye Flour, Durum Wheat, Ascorbic Acid (E300), Acetic Acid (E260), Enzymes], Semolina (Gluten, Wheat), Canola Oil, Wheat Gluten, Salt Iodised, Bran, Rye Flour, Vinegar, Yeast [Yeast, Water, Mineral Oil]], Egg XL (20.4%) [Eggs], Smoked Salmon Sliced (17.6%) [Grown Atlantic Salmon (salmon Salar, Fish), Salt], Avocado Smash Mix Sub Recipe (14.1%) [Avocado Fresh (97.8%) [Avocado], Lemon Juice Fresh Squeezed (1.8%) [Lemon Juice 100%], Table Salt (0.18%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.18%) [Pepper 100%]], Lemon Wedge 1/8 Cut Fresh (8.8%) [Lemons], Danish Feta Cubed (7%) [Danish Fetta (75%) (Pasteurised Milk, Vegetable Oil, Salt, Lactic Acid, Culture & Rennet (Milk)), Water & SaltContains: Milk And Milk Products], Pepitas Toasted Sub Recipe (3.5%) [Pumpkin Seeds / Pepitas (99.5%) [Pumpkin Seeds], Canola Oil (0.5%)], Whole Black Peppercorns (0.35%) [Pepper 100%]CONTAINS: Gluten, Wheat, Egg, Milk, Fish

Category	Recipe Name	Recipe Description	Energy (kJ) per 100g	Energy (kcal) per 100g	Protein (g) per 100g	Fat (g) per 100g	Saturated Fat (g) per 100g	Carbohydrate (g) per 100g	Sugars (g) per 100g	Sodium (Na) (mg) per 100g	Energy (kJ) per serving	Energy (kcal) per serving	Protein (g) per serving	Fat (g) per serving	Saturated Fat (g) per serving	Carbohydrate (g) per serving	Sugars (g) per serving	Sodium (Na) (mg) per serving	Fat (g) Traffic light	Saturated Fat (g) Traffic light	Sugars (g) Traffic light	Contains Allergens	May Contain Allergens	Recipe Quid
Breakfast	Smoked Salmon Loaded Croissant		1190	285	8.4	18.9	10.8	20.6	3.5	373	2510	600	17.6	39.8	22.6	43.3	7.3	785	red	red	green	Contains: Gluten, Wheat, Eggs, Milk, Fish, Soya	May Contain: Tree nuts, Sesame, Lupin	Plain Croissant (45.2%) [Croissant (100%) [Wheat Flour [Contains Vitamins (Thiamine, Folic Acid)], Water, Butter (Milk) (22%), Sugar, Baker's Yeast, Wheat Gluten, Iodised Salt, Egg, Soya Flour, Vegetable Emulsifiers (472e), Flour Treatment Agent (300), Plant Based Enzymes May Be Present: Tree Nuts, Sesame Seeds, Lupin]], Smoked Salmon Sliced (23.8%) [Grown Atlantic Salmon (salmon Salar, Fish), Salt], Dill Crème Fraiche Sub Recipe (21.1%) [Crème Fraiche (84.5%) [Cream (Milk), Vegetable Gums (415, 410), Stabiliser (440), Halal Gelatin, Food Acid (270), Natural Flavour, Cultures Contains: Milk], Lemon Juice Fresh Squeezed (7%) [Lemon Juice 100%], Dill Herb Fresh (4.2%) [Dill 100%], Premium Blended Oil (4.2%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)]], Lemon Wedge 1/8 Cut Fresh (9.5%) [Lemons], Micro Greens Fresh (0.48%) [Micro Greens 100%]CONTAINS: Gluten, Wheat, Egg, Milk, Fish, Soy
Breakfast	Smoked Salmon Omelette	Classic egg omelette with smoked salmon, spring onion, crumbled feta and spring onion. Served on toasted sourdough with fresh rocket salad, a lemon wedge and fried capers.	901	216	8.9	15	3.9	11.3	0.99	375	3510	841	34.9	58.7	15.3	44	3.9	1461	orange	orange	green	Contains: Gluten, Wheat, Rye, Eggs, Milk, Fish		Egg Mix Sub Recipe (46.2%) [Egg XL (73.6%) [Eggs], Cooking Cream (26.4%) [Contains Minimum 35% Milk FatCream ð- Skim Milk ð- Thickener (1442) ð- Stabilisers (460, 466, 452) ð- Emulsifier (471Allergens: Contains Milk And Dairy Products]], Sourdough Sliced Vegan (20.5%) [Wheat Flour [Contains Vitamins (Thiamine, Folate)], Water, Sourdough Culture (8%) [Water, Wheat Flour, Fermented Rye Flour, Durum Wheat, Ascorbic Acid (E300), Acetic Acid (E260), Enzymes], Semolina (Gluten, Wheat), Canola Oil, Wheat Gluten, Salt Iodised, Bran, Rye Flour, Vinegar, Yeast [Yeast, Water, Mineral Oil]], Smoked Salmon Sliced (10.3%) [Grown Atlantic Salmon (salmon Salar, Fish), Salt], Dill Dip Sub Recipe (7.7%) [Sour Cream Light (69%) [REDUCED FAT CREAM (Milk), HALAL GELATINE, SOUR CREAM (Milk) CULTURE CONTAINS Milk AND Milk PRODUCTS], Mayonnaise GF (13.8%) [Canola Oil, Pasteurised Whole Egg (10%), Vinegar, Sugar, Salt, Mustard], Lemon Juice Fresh Squeezed (6.9%) [Lemon Juice 100%], Dill Herb Fresh (6.9%) [Dill 100%], Fresh Garlic Crushed (3.4%) [Garlic, Salt]], Danish Feta Cubed (5.1%) [Danish Fetta (75%) (Pasteurised Milk, Vegetable Oil, Salt, Lactic Acid, Culture & Rennet (Milk)), Water & SaltContains: Milk And Milk Products], Lemon Wedge 1/8 Cut Fresh (5.1%) [Lemons], Salted Butter (1.3%) [Pasteurised Cream (from Milk)], Spring Onion Fresh (1.3%) [Onions], Dressed Rocket Sub Recipe (1.3%) [Rocket, Raw (50%) [Rocket 100%], Premium Blended Oil (30%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Table Salt (10%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (10%) [Pepper 100%]], Capers Fried Sub Recipe (1%) [Canola Oil (188g of Canola Oil per 100g), Baby Capers (64.5%) [Baby Capers, White Vinegar]], Whole Black Peppercorns (0.26%) [Pepper 100%]CONTAINS: Gluten, Wheat, Egg, Milk, Fish
Breakfast	Spring Chicken Bene	Crispy chicken schnitzel topped with poached eggs, maple-sriracha hollandaise and paprika-bacon crumb.	939	225	10.1	13.4	3.2	16	1.5	382	4050	969	43.4	57.7	13.8	69	6.6	1649	orange	orange	green	Contains: Gluten, Wheat, Rye, Eggs, Milk, Soya		Schnitzel (29%) [Chicken, Water, Flour (Wheat) [Maize, Rice, Besan], Soy Protein, Vegetable Oil, Salt, Acidity Regulators (326, 262), Thickener (1442 Maize Or Tapioca), Dried Vegetables (Including Garlic, Onion), Mineral Salts (450, 451, 500), Herbs, Dextrose (Maize Or Tapioca), Yeast Extract], Egg XL (26.9%) [Eggs], Sourdough Sliced Vegan (18.5%) [Wheat Flour [Contains Vitamins (Thiamine, Folate)], Water, Sourdough Culture (8%) [Water, Wheat Flour, Fermented Rye Flour, Durum Wheat, Ascorbic Acid (E300), Acetic Acid (E260), Enzymes], Semolina (Gluten, Wheat), Canola Oil, Wheat Gluten, Salt Iodised, Bran, Rye Flour, Vinegar, Yeast [Yeast, Water, Mineral Oil]], Sriracha Hollandaise Sub Recipe (13.4%) [Hollandaise Sauce (87%) [Vegetable Oils (palm, Canola), Water, Pasteurised Egg Yolk (5%), Skim Milk Powder, Salt, Sugar, Acidity Regulator (lactic Acid), Stabilisers (xanthan Gum, Guar Gum, Locust Bean Gum), Flavours (contain Milk), DextroseCONTAINS Egg AND Milk PRODUCTS], Maple Syrup (8.7%) [Glucose, Sugar, Water, Flavour, Food Acid(330), Preservative(202), Colour(150)], Sriracha (4.3%) [SRIRACHA SAUCE (CHILI, SUGAR, SALT, GARLIC, DISTILLED VINEGAR, POTASSIUM SORBATE, SODIUM BISULFITE AS PRESERVATIVE, XANTHAN GUM)]], Paprika Bacon Crumb Sub Recipe (5.8%) [Middle Bacon Rindless (78.7%) [Bacon], Sourdough Sliced Vegan (21%) [Wheat Flour [Contains Vitamins (Thiamine, Folate)], Water, Sourdough Culture (8%) [Water, Wheat Flour, Fermented Rye Flour, Durum Wheat, Ascorbic Acid (E300), Acetic Acid (E260), Enzymes], Semolina (Gluten, Wheat), Canola Oil, Wheat Gluten, Salt Iodised, Bran, Rye Flour, Vinegar, Yeast [Yeast, Water, Mineral Oil]], Smokey Paprika Powder (0.26%) [Paprika, Canola Oil, Vegetable Powders, Smoke Flavour]], Rocket, Raw (5.8%) [Rocket 100%], Table Salt (0.58%) [Salt, Anti Caking Agent (554)]CONTAINS: Gluten, Wheat, Egg, Milk, Soy
Breakfast	Sriracha Fried Chicken Waffle	A warm, crispy waffle stacked with bacon, sriracha fried chicken, a poached egg and spiced maple syrup.	1020	244	8.6	10.7	4.7	28.1	11.8	406	4570	1090	38.6	48	21.2	126	52.8	1821	orange	orange	orange	Contains: Gluten, Wheat, Eggs, Milk, Soya, Sulphites		Sriracha Fried Chicken Marinade Sub Recipe (27.9%) [Chicken Thigh Boneless Skin Off (55.6%) [Chicken], Buttermilk (33.3%) [Skim Milk, Concentrated Skim Milk, Culture], Sriracha (11.1%) [SRIRACHA SAUCE (CHILI, SUGAR, SALT, GARLIC, DISTILLED VINEGAR, POTASSIUM SORBATE, SODIUM BISULFITE AS PRESERVATIVE, XANTHAN GUM)]], Waffle (20.1%) [Wheat Flour, Margarine [Vegetable Oil, Water, Emulsifier (471)], Sugar, Water, Egg, Invert Sugar, Yeast, Soy Flour, Salt, Emulsifier [322 (Soy)], Flavour], Middle Bacon Rindless (16.7%) [Bacon], Spiced Maple Syrup Sub Recipe (13.4%) [Maple Syrup (80%) [Glucose, Sugar, Water, Flavour, Food Acid(330), Preservative(202), Colour(150)], Sriracha (20%) [SRIRACHA SAUCE (CHILI, SUGAR, SALT, GARLIC, DISTILLED VINEGAR, POTASSIUM SORBATE, SODIUM BISULFITE AS PRESERVATIVE, XANTHAN GUM)]], Egg XL (12.9%) [Eggs], Sriracha Fried Chicken Flour Coating Sub Recipe (8.9%) [Potato Starch (90.2%) [Potato Starch, Contains: Sulphur (sulphites)], Garlic Powder (4.5%) [GARLIC FLAKES, GRANULES AND POWDER Contains: Sulphites], Onion Powder (3%) [Sulphites, Present In Ingredients, Additives Or Processing Aids, Onions], Smokey Paprika Powder (1.5%) [Paprika, Canola Oil, Vegetable Powders, Smoke Flavour], Cayenne Pepper (0.75%) [Cayenne Pepper]]CONTAINS: Gluten, Wheat, Egg, Milk, Soy, Sulphites
Breakfast	Sriracha Fried Chicken Waffles	With bacon, spiced maple syrup and a poached egg.	1020	244	8.6	10.7	4.7	28.1	11.8	406	4570	1090	38.6	48	21.2	126	52.8	1821	orange	orange	orange	Contains: Gluten, Wheat, Eggs, Milk, Soya, Sulphites		Sriracha Fried Chicken Marinade Sub Recipe (27.9%) [Chicken Thigh Boneless Skin Off (55.6%) [Chicken], Buttermilk (33.3%) [Skim Milk, Concentrated Skim Milk, Culture], Sriracha (11.1%) [SRIRACHA SAUCE (CHILI, SUGAR, SALT, GARLIC, DISTILLED VINEGAR, POTASSIUM SORBATE, SODIUM BISULFITE AS PRESERVATIVE, XANTHAN GUM)]], Waffle (20.1%) [Wheat Flour, Margarine [Vegetable Oil, Water, Emulsifier (471)], Sugar, Water, Egg, Invert Sugar, Yeast, Soy Flour, Salt, Emulsifier [322 (Soy)], Flavour], Middle Bacon Rindless (16.7%) [Bacon], Spiced Maple Syrup Sub Recipe (13.4%) [Maple Syrup (80%) [Glucose, Sugar, Water, Flavour, Food Acid(330), Preservative(202), Colour(150)], Sriracha (20%) [SRIRACHA SAUCE (CHILI, SUGAR, SALT, GARLIC, DISTILLED VINEGAR, POTASSIUM SORBATE, SODIUM BISULFITE AS PRESERVATIVE, XANTHAN GUM)]], Egg XL (12.9%) [Eggs], Sriracha Fried Chicken Flour Coating Sub Recipe (8.9%) [Potato Starch (90.2%) [Potato Starch, Contains: Sulphur (sulphites)], Garlic Powder (4.5%) [GARLIC FLAKES, GRANULES AND POWDER Contains: Sulphites], Onion Powder (3%) [Sulphites, Present In Ingredients, Additives Or Processing Aids, Onions], Smokey Paprika Powder (1.5%) [Paprika, Canola Oil, Vegetable Powders, Smoke Flavour], Cayenne Pepper (0.75%) [Cayenne Pepper]]CONTAINS: Gluten, Wheat, Egg, Milk, Soy, Sulphites
Breakfast	Stella Rosti	Rustic potato rosti w grilled chorizo, fire-roasted capsicum, spinach, dukkah, poached eggs & hollandaise sauce (V)	958	229	4.7	19	5.6	10.4	1.2	673	3230	772	15.7	63.9	18.8	35	4	2268	red	red	green	Contains: Eggs, Milk, Sesame, Soya	May Contain: Gluten, Wheat, Tree nuts, Peanuts, Sulphites	Potato Rosti GF (35.9%) [Potatoes, Onions, Gluten Free Flour (maize Cornflour, Modified Starch (1422), Rice Flour, Raising Agents (450, 500) Soy Flour), Herbs, Salt, Spices, Acid (330)], Hollandaise Sauce (21.1%) [Vegetable Oils (palm, Canola), Water, Pasteurised Egg Yolk (5%), Skim Milk Powder, Salt, Sugar, Acidity Regulator (lactic Acid), Stabilisers (xanthan Gum, Guar Gum, Locust Bean Gum), Flavours (contain Milk), DextroseCONTAINS Egg AND Milk PRODUCTS], Spanish Chorizo (21.1%) [Meat Including Pork, Salt, Spices (Including Chilli)], Dried Vegetables (Including Garlic), Lactose (Milk), Dextrose (Maize Or Tapioca), Maltodextrin (Maize), Mineral Salt (451), Antioxidant (316), Herbs, Starter Culture, Sugar, Preservative (250), Spice Extracts (Including 160c), Natural Hog Casing, Wood Smoke], Roasted Red Peppers (12.7%) [Peppers (60%), Water, Vinegar, Salt, Sugar], Spinach Leaves Fresh (8.4%) [Spinach Leaves], Dukkah Seasoning (0.84%) [Sunflower, Sesame Seed, Salt, Pumpkin Seed, spices]CONTAINS: Egg, Milk, Sesame, Soy
Breakfast	Stella's Savoury Mince	Our house-made, slow-cooked savoury mince is packed with beef and veggies, with a rich, flavourful gravy. Served on toasted continental roll with 2 poached eggs and wilted spinach. A delightful classic.	515	123	7.2	6.4	2.6	9.1	1.2	159	2180	521	30.4	27.1	11.2	38.6	5.2	672	orange	orange	green	Contains: Gluten, Wheat, Eggs, Milk, Soya, Sulphites		Savoury Mince (Gravy) Sub Recipe (42.6%) [Napoli Pronto Blendered Sub Recipe (21.2%) [Napoli (100%) [Italian Tomatoes^ (95%) (diced, Paste), Sunflower Oil, Sugar, Salt, Water, Food Acid (citric), Onions)], Minced Beef Lean (21.2%) [85% Lean Mince, 15% Fat], Tap Water (21.2%) [Water 100%], Peas Frozen (9.8%) [Peas Legumes Eg Beans, Peas, Lentils, Bean Sprouts], Corn Kernels (5.9%) [Corn], Brown Onion Fresh (4.2%) [Onion 100%], Carrots Fresh (3.2%) [Carrots], Celery Fresh (3.2%) [Celery], Full Cream Milk (2.6%) [Full Cream (Milk) Milk, Milk Solids Non Fat], Red Cooking Wine (2.6%) [RED WINE (Sulphites), SALT 1700mg/ltr, PERSERVATIVE 220 (Sulphites), Milk], Brown Gravy GF (2%) [Thickeners (1422, 1412) (contain Sulphites), Maltodextrins (from Maize), Flavour Enhancers (621, 635), Flavours, Mineral Salt (potassium Chloride), Sugar, Potato Flour, Onion Powder, Salt, Vegetable Oil, Cream (Milk) Powder, Colours (150d, Beetroot, Tomato Powder, Skim Milk Powder, Herbs, Spices, Food Acid (citric)], Tomato Paste (1.1%) [F Tomato Paste, Water And Salt], Premium Blended Oil (0.85%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Fresh Garlic Crushed (0.53%) [Garlic, Salt], Whole Black Peppercorns (0.21%) [Pepper 100%], Black Pepper Cracked (0.11%) [Pepper], Bay Leaves Dried (0.02%) [Bay Leaves 100%], Table Salt (0.02%) [Salt, Anti Caking Agent (554)]], Egg XL (27.4%) [Eggs], Continental Roll (14.2%) [Wheat Flour [Contains Vitamins (Thiamine, Folic Acid)], Water, Canola Oil, Iodised Salt, Improver [Wheat Flour, Soya Flour, Malted Wheatflour, Processing Aids Enzymes, Ascorbic Acid (300)], Yeast [Vegetable Oil, Potato Starch]], Spinach Leaves Fresh (11.8%) [Spinach Leaves], Salted Butter (2.4%) [Pasteurised Cream (from Milk)], Spring Onion Fresh (1.2%) [Onions], Table Salt (0.24%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (0.24%) [Pepper 100%]CONTAINS: Gluten, Wheat, Egg, Milk, Soy, Sulphites
Breakfast	Strawberry & Granola Crumble	Roast strawberry compote with crunchy granola clusters, vanilla yoghurt & honey drizzle (V)	485	116	1.4	2.9	1.7	20.9	14.7	4.2	1360	325	4	8	4.7	58.4	41	11.8	green	orange	orange	Contains: Gluten, Oats, Tree nuts, Almonds	May Contain: Peanuts, Milk, Sesame, Soya	Sub Recipe: Roast Strawberry Compote (64.3%) [Strawberries Fresh (84.2%) [Strawberries], Honey (10.1%) [100% Pure Australian Honey], Pulp Free Orange Juice (5.1%) [Reconstituted Orange Juice 99.9%, Flavour, Colour (110), Preservative 202], Vanilla Bean Paste (0.67%) [undefined]], Natural Coconut Yoghurt (17.9%) [Coconut Yoghurt (water, coconut Milk, native Starch, tapioca Syrup, carob Bean Extract, agar, cultures And Probiotics, Milk)], Granola (10.7%) [Oats, Honey, Sultanas (8.76%)(Sultanas, Vegetable Oil), Almonds (6.3%), Brown Sugar, Oat Flour, Vanilla Essence (Extract Of Organic Vanilla Beans, Organic Sugar), VegetableOil (Sunflower Oil, (Antifoaming Agent (900a), Antioxidant (307)).Allergen], Blueberries Fresh (3.6%) [Blueberries 100%], Honey (3.6%) [100% Pure Australian Honey]CONTAINS: Gluten, Almond
Breakfast	Sweet Potato & Mushroom Omelette	Classic egg omelette with field mushroom, roasted sweet potato, spinach, diced tomato and red onion. Served on toasted sourdough with fresh rocket salad. (V)	778	186	7.7	11.4	3	13.2	1.7	216	3070	734	30.4	45.1	12	51.8	6.6	852	orange	orange	green	Contains: Gluten, Wheat, Rye, Eggs, Milk, Sulphites		Egg Mix Sub Recipe (45.7%) [Egg XL (73.6%) [Eggs], Cooking Cream (26.4%) [Contains Minimum 35% Milk FatCream ð- Skim Milk ð- Thickener (1442) ð- Stabilisers (460, 466, 452) ð- Emulsifier (471Allergens: Contains Milk And Dairy Products]], Sourdough Sliced Vegan (20.3%) [Wheat Flour [Contains Vitamins (Thiamine, Folate)], Water, Sourdough Culture (8%) [Water, Wheat Flour, Fermented Rye Flour, Durum Wheat, Ascorbic Acid (E300), Acetic Acid (E260), Enzymes], Semolina (Gluten, Wheat), Canola Oil, Wheat Gluten, Salt Iodised, Bran, Rye Flour, Vinegar, Yeast [Yeast, Water, Mineral Oil]], Mushroom Field Flat (8.9%) [Mushroom 100%], Roasted Sweet Potato Sub Recipe (7.6%) [Golden Sweet Potato Fresh (93.5%) [100% Sweet Potato], Premium Blended Oil (4.7%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Table Salt (0.93%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.93%) [Pepper 100%]], Bruschetta Mix Sub Recipe (7.6%) [Roma Tomato Fresh (69.9%) [Tomato 100%], Spanish (Red) Onion Fresh (20%) [Red Onion], Premium Blended Oil (8%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Basil Leaves Fresh (1.2%) [Basil], White Ground Pepper (0.5%) [Pepper 100%], Table Salt (0.5%) [Salt, Anti Caking Agent (554)]], Shredded Mozzarella (3.8%) [Mozzarella Cheese (Milk) [Milk, Salt, Cultures, Enzyme (Non Animal Rennet (Milk))], Anti Caking Agent (460), Preservative (200)], Spinach Leaves Fresh (2.5%) [Spinach Leaves], Salted Butter (1.3%) [Pasteurised Cream (from Milk)], Dressed Rocket Sub Recipe (1.3%) [Rocket, Raw (50%) [Rocket 100%], Premium Blended Oil (30%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Table Salt (10%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (10%) [Pepper 100%]], Balsamic Glaze (1%) [Cooked Grape Must, "aceto Balsamico Di Modena IGP" 38% (wine (Sulphites) Vinegar, Concentrated And Cooked Grape Must, Colour (150d), Anti Oxidant: Sulphur (Sulphites)], Wine (Sulphites) Vinegar, Colour (150d), Thickeners (1422) And Vegetable Gum (415)Product Contains Sulphites]CONTAINS: Gluten, Wheat, Egg, Milk, Sulphites
Breakfast	The One-Pan	Tomato, onion, mushroom, bacon, chorizo, eggs and mozzarella cheese, served with a hash brown.	636	152	9.2	10.5	4.6	5.2	1.3	312	2890	690	41.9	47.8	21	23.7	6.1	1413	orange	orange	green	Contains: Eggs, Milk		Egg XL (25.6%) [Eggs], Mushroom Field Flat (15.4%) [Mushroom 100%], Roma Tomato Fresh (13.2%) [Tomato 100%], Triangle Chunky Hash Brown (12.1%) [Potato (92%), Vegetable Oil (7, 1%), Salt, Stabiliser: E461, Dextrose], Shredded Mozzarella (11%) [Mozzarella Cheese (Milk) [Milk, Salt, Cultures, Enzyme (Non Animal Rennet (Milk))], Anti Caking Agent (460), Preservative (200)], Middle Bacon Rindless (8.3%) [Bacon], Spanish Chorizo (7.7%) [Meat Including Pork, Salt, Spices (Including Chilli)], Dried Vegetables (Including Garlic), Lactose (Milk), Dextrose (Maize Or Tapioca), Maltodextrin (Maize), Mineral Salt (451), Antioxidant (316), Herbs, Starter Culture, Sugar, Preservative (250), Spice Extracts (Including 160c), Natural Hog Casing, Wood Smoke], Spanish (Red) Onion Fresh (6.6%) [Red Onion]CONTAINS: Egg, Milk
Breakfast	The Stellar Bene	Continental roll toasted with parmesan butter, 2 poached eggs, fresh sliced avocado, wilted spinach, lavish sriracha hollandaise and bacon-paprika crumb.	944	226	6.3	18.1	6.2	9.4	1.2	214	3650	873	24.4	70.1	24.1	36.4	4.5	825	red	red	green	Contains: Gluten, Wheat, Rye, Eggs, Milk, Soya		Egg XL (30%) [Eggs], Avocado Fresh (20.7%) [Avocado], Continental Roll (15.5%) [Wheat Flour [Contains Vitamins (Thiamine, Folic Acid)], Water, Canola Oil, Iodised Salt, Improver [Wheat Flour, Soya Flour, Malted Wheatflour, Processing Aids Enzymes, Ascorbic Acid (300)], Yeast [Vegetable Oil, Potato Starch]], Spinach Leaves Fresh (12.9%) [Spinach Leaves], Sriracha Hollandaise Sub Recipe (12.9%) [Hollandaise Sauce (87%) [Vegetable Oils (palm, Canola), Water, Pasteurised Egg Yolk (5%), Skim Milk Powder, Salt, Sugar, Acidity Regulator (lactic Acid), Stabilisers (xanthan Gum, Guar Gum, Locust Bean Gum), Flavours (contain Milk), DextroseCONTAINS Egg AND Milk PRODUCTS], Maple Syrup (8.7%) [Glucose, Sugar, Water, Flavour, Food Acid(330), Preservative(202), Colour(150)], Sriracha (4.3%) [SRIRACHA SAUCE (CHILI, SUGAR, SALT, GARLIC, DISTILLED VINEGAR, POTASSIUM SORBATE, SODIUM BISULFITE AS PRESERVATIVE, XANTHAN GUM)]], Parmesan Butter Sub Recipe (3.9%) [Salted Butter (71.4%) [Pasteurised Cream (from Milk)], Shaved Parmesan (28.6%) [Parmesan Cheese (Milk, salt, starter Cultures, enzymes), Anticaking Agent (460), Preservative (200)]], Paprika Bacon Crumb Sub Recipe (2.6%) [Middle Bacon Rindless (78.7%) [Bacon], Sourdough Sliced Vegan (21%) [Wheat Flour [Contains Vitamins (Thiamine, Folate)], Water, Sourdough Culture (8%) [Water, Wheat Flour, Fermented Rye Flour, Durum Wheat, Ascorbic Acid (E300), Acetic Acid (E260), Enzymes], Semolina (Gluten, Wheat), Canola Oil, Wheat Gluten, Salt Iodised, Bran, Rye Flour, Vinegar, Yeast [Yeast, Water, Mineral Oil]], Smokey Paprika Powder (0.26%) [Paprika, Canola Oil, Vegetable Powders, Smoke Flavour]], Salted Butter (1.3%) [Pasteurised Cream (from Milk)], Micro Greens Fresh (0.13%) [Micro Greens 100%]CONTAINS: Gluten, Wheat, Egg, Milk, Soy

Category	Recipe Name	Recipe Description	Energy (kJ) per 100g	Energy (kcal) per 100g	Protein (g) per 100g	Fat (g) per 100g	Saturated Fat (g) per 100g	Carbohyd rate (g) per 100g	Sugars (g) per 100g	Sodium (Na) (mg) per 100g	Energy (kJ) per serving	Energy (kcal) per serving	Protein (g) per serving	Fat (g) per serving	Saturated Fat (g) per serving	Carbohyd rate (g) per serving	Sugars (g) per serving	Sodium (Na) (mg) per serving	Fat (g) Traffic light	Saturated Fat (g) Traffic light	Sugars (g) Traffic light	Contains Allergens	May Contain Allergens	Recipe Quid
Breakfast	The Ultimate Breakfast Plate	Bacon, our very own sausage patty, roasted tomato, crispy hash brown, fresh avocado with dukkah and sesame, garlic-roasted field mushroom, 2 eggs your way, wilted spinach, tomato relish, and lightly toasted continental roll.	821	196	8.3	13.8	5.3	10	2.2	419	5300	1270	53.3	88.9	34.1	64.3	14.1	2705	orange	red	green	Contains: Gluten, Wheat, Eggs, Milk, Sesame, Soya, Sulphites		Middle Bacon Rindless (23.2%) [Bacon], Egg XL (18%) [Eggs], Sausage Patty Sub Recipe (11.4%) [Sausage Mince Fresh (56.7%) [Beef, Sausage Meal (rice Flour, Salt, Mineral Salt (451), Preservative (223 (Sulphites)) (Sulphites), Hydrolysed Vegetable Protein (Maize), Spice & Spice Extracts (160c), Herb Extract), Water, Parsley], Middle Bacon Rindless (34%) [Bacon], Maple Syrup (9.1%) [Glucose, Sugar, Water, Flavour, Food Acid(330), Preservative(202), Colour(150)], White Ground Pepper (0.23%) [Pepper 100%]], Continental Roll (9.3%) [Wheat Flour [Contains Vitamins (Thiamine, Folic Acid)], Water, Canola Oil, Iodised Salt, Improver [Wheat Flour, Soya Flour, Malted Wheatflour, Processing Aids Enzymes, Ascorbic Acid (300)], Yeast [Vegetable Oil, Potato Starch]], Triangle Chunky Hash Brown (8.5%) [Potato (92%), Vegetable Oil (7, 1%), Salt, Stabiliser: E461, Dextrose], Grilled Tomato Sub Recipe (7.9%) [Roma Tomato Fresh (98.3%) [Tomato 100%], Table Salt (0.61%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (0.61%) [Pepper 100%], Canola Oil Spray (0.49%) [Canola Oil, Soy Lecithin]], Garlic Mushrooms Side Sub Recipe (7.7%) [Mushroom Field Flat (90.2%) [Mushroom 100%], Premium Blended Oil (7.5%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%) , Fresh Garlic Crushed (1.5%) [Garlic, Salt], Table Salt (0.38%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (0.38%) [Pepper 100%]], Avocado Fresh (6.2%) [Avocado], Tomato Relish (3.1%) [Tomato (52%) ((Tomatoes, Firming Agent 509)), Sugar, Vinegar, Water, Onion, Modified Starch (1422), Tomato Paste, Salt, Garlic, Mustard Seed, Spices, Citric Acid], Spinach Leaves Fresh (3.1%) [Spinach Leaves], Salted Butter (0.77%) [Pasteurised Cream (from Milk)], Dukkah & Sesame Mix Sub Recipe (0.77%) [Black Sesame Seeds (50%) [Sesame Seed 100%], Dukkah Seasoning (50%) [Sunflower, Sesame Seed, Salt, Pumpkin Seed, spices]]CONTAINS: Gluten, Wheat, Egg, Milk, Sesame, Soy, Sulphites
Breakfast	Truffled Mushies & Poached Eggs	Truffled field mushrooms, poached eggs, crumbled feta and rocket on lightly toasted sourdough. Drizzled with truffle oil and served with a lemon wedge.	613	147	6.3	8.4	1.9	11.6	1.6	255	2810	672	28.8	38.3	8.7	52.9	7.1	1170	orange	orange	green	Contains: Gluten, Wheat, Rye, Eggs, Milk		Truffle Mushrooms Sub Recipe (49.1%) [Mushroom Field Flat (88.9%) [Mushroom 100%], Premium Blended Oil (4.4%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%) , Fresh Garlic Crushed (3%) [Garlic, Salt], Truffle Paste (3%) [Cultivated Mushrooms (Agaricus Bisporus)Mushrooms (Boletus Edulis And Related Group)Sunflower Seed Oil Extra Virgin Olive Oil Tartufi Bianchi : Truffle (Tuber Borchii Or Albidum Pico), White Truffle (Tuber Magnum Pico)salt Aroma], Table Salt (0.37%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.37%) [Pepper 100%]], Egg XL (25.3%) [Eggs], Sourdough Sliced Vegan (17.9%) [Wheat Flour [Contains Vitamins (Thiamine, Folate)], Water, Sourdough Culture (8%) [Water, Wheat Flour, Fermented Rye Flour, Durum Wheat, Ascorbic Acid (E300), Acetic Acid (E260), Enzymes], Semolina (Gluten, Wheat), Canola Oil, Wheat Gluten, Salt Iodised, Bran, Rye Flour, Vinegar, Yeast [Yeast, Water, Mineral Oil]], Danish Feta Cubed (4.4%) [Danish Fetta (75%) (Pasteurised Milk, Vegetable Oil, Salt, Lactic Acid, Culture & Rennet (Milk)), Water & SaltContains: Milk And Milk Products], Dressed Rocket Sub Recipe (2.2%) [Rocket, Raw (50%) [Rocket 100%], Premium Blended Oil (30%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%) , Table Salt (10%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (10%) [Pepper 100%]], Truffle Oil (1.1%) [Extra Virgin Olive Oil, Black Truffle Aroma, Dehydrated Truffle (Tuber Indicum)]CONTAINS: Gluten, Wheat, Egg, Milk
Breakfast	Truffled Mushrooms Loaded Croissant		1010	242	5.4	15.8	7.8	19.7	4.2	346	2530	604	13.4	39.5	19.4	49.2	10.6	863	orange	red	green	Contains: Gluten, Wheat, Eggs, Milk, Soya	May Contain: Tree nuts, Sesame, Lupin	Truffle Mushrooms Sub Recipe (45.1%) [Mushroom Field Flat (88.9%) [Mushroom 100%], Premium Blended Oil (4.4%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%) , Fresh Garlic Crushed (3%) [Garlic, Salt], Truffle Paste (3%) [Cultivated Mushrooms (Agaricus Bisporus)Mushrooms (Boletus Edulis And Related Group)Sunflower Seed Oil Extra Virgin Olive Oil Tartufi Bianchi : Truffle (Tuber Borchii Or Albidum Pico), White Truffle (Tuber Magnum Pico)salt Aroma], Table Salt (0.37%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.37%) [Pepper 100%]], Plain Croissant (38.1%) [Croissant (100%) [Wheat Flour [Contains Vitamins (Thiamine, Folic Acid)], Water, Butter (Milk) (22%), Sugar, Baker's Yeast, Wheat Gluten, Iodised Salt, Egg, Soya Flour, Vegetable Emulsifiers (472e), Flour Treatment Agent (300), Plant Based Enzymes May Be Present: Tree Nuts, Sesame Seeds, Lupin]], Basil Whipped Feta Sub Recipe (16.4%) [Danish Feta Cubed (54.1%) [Danish Fetta (75%) (Pasteurised Milk, Vegetable Oil, Salt, Lactic Acid, Culture & Rennet (Milk)), Water & SaltContains: Milk And Milk Products], Cream Cheese (37.8%) [Pasteurised Whole Milk And Cream (Milk), Salt, Stabiliser (E412, E415 (contains Soy), E407, Cultures], Premium Blended Oil (3.2%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%) , Full Cream Milk (3.2%) [Full Cream (Milk) Milk, Milk Solids Non Fat], Basil Leaves Fresh (1.6%) [Basil]], Micro Greens Fresh (0.4%) [Micro Greens 100%]CONTAINS: Gluten, Wheat, Egg, Milk, Soy
Breakfast	Turmeric Bircher	House-made, with coconut yoghurt, fresh berries & pepita seeds (V) (VF)	495	118	3.3	4.1	1.2	16.8	5.8	14.9	1730	415	11.6	14.4	4.3	58.9	20.4	52	orange	green	orange	Contains: Gluten, Oats, Tree nuts, Almonds		Turmeric Bircher Sub Recipe (70%) [Coconut Water (61.2%) [100% Young Coconut Water], Rolled Oats (20.4%) [100% Wholegrain Oats], Chia Seeds Black (6.1%) [Chia Seeds (100%)], Turmeric Syrup (6.1%) [Water, Australian Raw Sugar, Natural Spice Extracts (Turmeric (2.8%), Ginger, Black Pepper, Cinnamon), Natural Organic Vanilla Extract, Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate), Acidity Regulator (Citric Acid)], Almond Milk (6.1%) [Filtered Water, Ground Australian Almonds (3%), Canesugar, Corn Maltodextrin, Minerals (phosphorus, Calcium), sunflower Oil, Canola Oil, Emulsifier (sunflower Lecithin), sea Salt, Vegetable Gums (locust Bean, Gellan)]], Strawberries Fresh (14.3%) [Strawberries], Natural Coconut Yoghurt (8.6%) [Coconut Yoghurt (water, coconut Milk, native Starch, tapioca Syrup, carob Bean Extract, agar, cultures And Probiotics, Milk)], Blueberries Fresh (4.3%) [Blueberries 100%], Pumpkin Seeds / Pepitas (2.9%) [Pumpkin Seeds]CONTAINS: Gluten, Almond
Breakfast	Vegetarian's Brekky	Grilled halloumi, wilted spinach, roasted tomato, grilled field mushroom, poached egg and basil-whipped feta served atop toasted sourdough.	628	150	8.4	7.6	3.7	12	1.3	679	2300	551	30.7	27.9	13.5	44.1	4.6	2490	orange	orange	green	Contains: Gluten, Wheat, Rye, Eggs, Milk, Soya		Sourdough Sliced Vegan (21.8%) [Wheat Flour [Contains Vitamins (Thiamine, Folate)], Water, Sourdough Culture (8%) [Water, Wheat Flour, Fermented Rye Flour, Durum Wheat, Ascorbic Acid (E300), Acetic Acid (E260), Enzymes], Semolina (Gluten, Wheat), Canola Oil, Wheat Gluten, Salt Iodised, Bran, Rye Flour, Vinegar, Yeast [Yeast, Water, Mineral Oil]], Egg XL (15.8%) [Eggs], Mushroom Field Flat (13.6%) [Mushroom 100%], Halloumi Cheese (13.6%) [Milk, Salt, Mineral, Rennet (Milk), Cultures, Mint], Roma Tomato Fresh (13.6%) [Tomato 100%], Spinach Leaves Fresh (10.9%) [Spinach Leaves], Basil Whipped Feta Sub Recipe (10%) [Danish Feta Cubed (54.1%) [Danish Fetta (75%) (Pasteurised Milk, Vegetable Oil, Salt, Lactic Acid, Culture & Rennet (Milk)), Water & SaltContains: Milk And Milk Products], Cream Cheese (37.8%) [Pasteurised Whole Milk And Cream (Milk), Salt, Stabiliser (E412, E415 (contains Soy), E407, Cultures], Premium Blended Oil (3.2%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%) , Full Cream Milk (3.2%) [Full Cream (Milk) Milk, Milk Solids Non Fat], Basil Leaves Fresh (1.6%) [Basil]], Table Salt (0.27%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (0.27%) [Pepper 100%]CONTAINS: Gluten, Wheat, Egg, Milk, Soy
Breakfast	Vego Breakfast	Poached eggs, avocado, blistered cherry tomatoes & spinach on toasted sourdough (V)	852	204	17.6	6.5	1.7	18.2	0.5	303	3630	869	75.1	27.7	7.2	77.6	2.1	1291	orange	orange	green	Contains: Gluten, Wheat, Rye, Eggs		Sourdough Sliced Vegan (37.6%) [Wheat Flour [Contains Vitamins (Thiamine, Folate)], Water, Sourdough Culture (8%) [Water, Wheat Flour, Fermented Rye Flour, Durum Wheat, Ascorbic Acid (E300), Acetic Acid (E260), Enzymes], Semolina (Gluten, Wheat), Canola Oil, Wheat Gluten, Salt Iodised, Bran, Rye Flour, Vinegar, Yeast [Yeast, Water, Mineral Oil]], Egg XL (27.2%) [Eggs], Spinach Leaves Fresh (11.7%) [Spinach Leaves], Cherry Tomatoes Fresh (11.7%) [Tomatoes], Avocado Smash Mix Sub Recipe (11.7%) [Avocado Fresh (97.8%) [Avocado], Lemon Juice Fresh Squeezed (1.8%) [Lemon Juice 100%], Table Salt (0.18%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.18%) [Pepper 100%]]CONTAINS: Gluten, Wheat, Egg
Breakfast	Very Corny Fritters	Our corn fritters served with bacon, smashed avo, diced tomato, red onion, more corn, and a poached egg. Served with fresh rocket salad and a lemon wedge.	667	160	7	9.7	3.7	10.9	2.3	291	3040	727	32	44.3	16.7	49.7	10.6	1327	orange	orange	green	Contains: Gluten, Wheat, Eggs, Milk		Corn Fritter Mixture Sub Recipe (50.6%) [Corn Kernels (29.6%) [Corn], Ricotta (18.5%) [Pasteurised Cows Milk Salt Food Acid (260)], Creamed Corn (15.5%) [SWEET CORN (58%), WATER, SUGAR, THICKENER (1412), SALT], Self Raising Flour (12.9%) [Wheat Flour, Raising Agents (339, 341, 450, 500)], Full Cream Milk (9.2%) [Full Cream (Milk) Milk, Milk Solids Non Fat], Egg XL (8.6%) [Eggs], Spanish (Red) Onion Fresh (2.2%) [Red Onion], Parsley Fresh (2.2%) [Parsley 100%], Spring Onion Fresh (1.1%) [Onions], Table Salt (0.09%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.09%) [Pepper 100%]], Middle Bacon Rindless (16.5%) [Bacon], Egg XL (12.7%) [Eggs], Avocado Smash Mix Sub Recipe (8.8%) [Avocado Fresh (97.8%) [Avocado], Lemon Juice Fresh Squeezed (1.8%) [Lemon Juice 100%], Table Salt (0.18%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.18%) [Pepper 100%]], Bruschetta Mix Sub Recipe (6.6%) [Roma Tomato Fresh (69.9%) [Tomato 100%], Spanish (Red) Onion Fresh (20%) [Red Onion], Premium Blended Oil (8%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%) , Basil Leaves Fresh (1.2%) [Basil], White Ground Pepper (0.5%) [Pepper 100%], Table Salt (0.5%) [Salt, Anti Caking Agent (554)]], Corn Kernels (2.2%) [Corn], Lemon Wedge 1/8 Cut Fresh (1.5%) [Lemons], Rocket, Raw (1.1%) [Rocket 100%]CONTAINS: Gluten, Wheat, Egg, Milk
Breakfast	Wagyu Savoury Mince Breakfast	House-made wagyu savoury mince with two poached eggs on toasted sourdough.	594	142	7.1	7.8	2.1	10.9	1.5	265	2570	615	30.7	33.6	9	47.1	6.7	1148	orange	orange	green	Contains: Gluten, Wheat, Rye, Eggs		Wagyu Savoury Mince Sub Recipe (41.6%) [Napoli Pronto Blendered Sub Recipe (61.7%) [Napoli (100%) [Italian Tomatoes^ (95%) (diced, Paste), Sunflower Oil, Sugar, Salt, Water, Food Acid (citric), Onions]], Beef Mince Fresh (19.7%) [Beef Meat 100%], Carrots (4.9%), Peas Frozen (4.9%) [Peas Legumes Eg Beans, Peas, Lentils, Bean Sprouts], Leeks (2.5%), Premium Blended Oil (2.5%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%) , Onions (2.5%), Fresh Garlic Crushed (0.37%) [Garlic, Salt], Beef Stock Powder (0.33%) [Maize Maltodextrin, Rice Flour, Yeast Extract, Natural Vegetable Flavours, Potato Flakes, Cane Sugar, Dehydrated Vegetables (Celery), Bay Leaf, Caramelised Sugar Syrup (Natural), Canola Oil], Table Salt (0.31%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.31%) [Pepper 100%]], Egg XL (26.8%) [Eggs], Sourdough Sliced Vegan (18.5%) [Wheat Flour [Contains Vitamins (Thiamine, Folate)], Water, Sourdough Culture (8%) [Water, Wheat Flour, Fermented Rye Flour, Durum Wheat, Ascorbic Acid (E300), Acetic Acid (E260), Enzymes], Semolina (Gluten, Wheat), Canola Oil, Wheat Gluten, Salt Iodised, Bran, Rye Flour, Vinegar, Yeast [Yeast, Water, Mineral Oil]], Spinach Leaves Fresh (11.5%) [Spinach Leaves], Premium Blended Oil (1.2%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%) , Table Salt (0.23%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.23%) [Pepper 100%]CONTAINS: Gluten, Wheat, Egg
Burgers, Sandwiches & Wraps	3 Meat Stack Stand-out Toastie		1220	291	11.7	14.4	7.8	28.5	5.7	740	4110	984	39.5	48.7	26.3	96.3	19.2	2502	orange	red	orange	Contains: Gluten, Wheat, Rye, Milk	May Contain: Soya, Sulphites	Sourdough Sliced Vegan (48.2%) [Wheat Flour [Contains Vitamins (Thiamine, Folate)], Water, Sourdough Culture (8%) [Water, Wheat Flour, Fermented Rye Flour, Durum Wheat, Ascorbic Acid (E300), Acetic Acid (E260), Enzymes], Semolina (Gluten, Wheat), Canola Oil, Wheat Gluten, Salt Iodised, Bran, Rye Flour, Vinegar, Yeast [Yeast, Water, Mineral Oil]], Shredded Mozzarella (11.8%) [Mozzarella Cheese (Milk) [Milk, Salt, Cultures, Enzyme (Non Animal Rennet (Milk))], Anti Caking Agent (460), Preservative (200)], Smoked BBQ Sauce (11.8%) [Tomato Puree (55%) (Water, Tomato Paste), Thickener (1422), Molasses, Salt, Food Acid (260), Flavours, Colour (150c), Spice, Vegetable Gum (415)], Parmesan Butter Sub Recipe (10.4%) [Salted Butter (71.4%) [Pasteurised Cream (from Milk)], Shaved Parmesan (28.6%) [Parmesan Cheese (Milk, salt, starter Cultures, enzymes), Anticaking Agent (460), Preservative (200)]], Shaved Leg Ham (7.4%) [Pork, Water, Cure [Salt, Sugar, Mineral Salts (450, 451), Dextrose (Maize Or Tapioca), Antioxidant (316), Preservative (250)], Acidity Regulators (326, 262), Modified Starch (1442 Maize Or Tapioca), Vegetable Gum (407a), Natural Flavour, Wood Smoke], Mild Hungarian Salami (5.9%) [Meat Including Pork (90%), Salt, Potato Fibre, Dextrose (tapioca, Maize), Spices And Spice Extracts, Maltodextrin (Maize), Sugar, Herb Extracts, Antioxidants (316, 307b), Mustard Flour, Dehydrated Vegetable, Emulsifier (451), Fermented Rice, Starter Cultures, Sodium Nitrite (250), Canola Oil Smoked], Sliced Pepperoni (4.4%) [Pork]CONTAINS: Gluten, Wheat, Milk
Burgers, Sandwiches & Wraps	BBQ Jackfruit & Slaw Toasted Sando	Lightly toasted sourdough sandwich with marinated BBQ jackfruit, slaw, and vegan mozzarella and aioli. Served with chips.	766	183	4.1	8	0.77	23.4	2.2	370	3930	940	21	41.1	4	120	11	1899	orange	green	green	Contains: Gluten, Wheat, Rye, Soya	May Contain: Tree nuts, Sesame	Sourdough Sliced Vegan (31.8%) [Wheat Flour [Contains Vitamins (Thiamine, Folate)], Water, Sourdough Culture (8%) [Water, Wheat Flour, Fermented Rye Flour, Durum Wheat, Ascorbic Acid (E300), Acetic Acid (E260), Enzymes], Semolina (Gluten, Wheat), Canola Oil, Wheat Gluten, Salt Iodised, Bran, Rye Flour, Vinegar, Yeast [Yeast, Water, Mineral Oil]], Side Chips Sub Recipe (29.2%) [Potato Chips Ultrafast (95.5%) [Potato (97%), Canola Oil, Dextrose (from Maize)], Canola Oil (3.2%), Chip Seasoning Sub Recipe (1.3%) [Table Salt (60%) [Salt, Anti Caking Agent (554)], Smokey Paprika Powder (40%) [Paprika, Canola Oil, Vegetable Powders, Smoke Flavour]]], BBQ Jackfruit Sub Recipe (16.8%) [Jackfruit (81.4%) [Jackfruit], Smoked BBQ Sauce (17.4%) [Tomato Puree (55%) (Water, Tomato Paste), Thickener (1422), Molasses, Salt, Food Acid (260), Flavours, Colour (150c), Spice, Vegetable Gum (415)], Table Salt (0.58%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.58%) [Pepper 100%]], Vegan Mozzarella Shreds (7.8%) [Ingredients: Water, Soy Milk (Filtered Water, Organic Whole Soya Beans, Organic Sunflower Oil, Sea Salt), Canola Oil, Tapioca Starch, Thickener (Agar Agar), Vegan Flavours, Sea Salt, Yeast Flakes, Emulsifier (Soy Lecithin), Preservative (Sorbic Acid), Antioxidant (Citric Acid). Allergen Advice: Contains Soy], Dry Slaw Sub Recipe (7.8%) [Cabbage White Fresh (33.3%) [Cabbage], Cabbage Red Fresh (33.3%) [Cabbage 100%], Carrots Fresh (25%) [Carrots], Spring Onion Fresh (8.3%) [Onions]], Aioli Vegan GF (5.8%) [Canola Oil, Soy Milk (22%), Vinegar, Salt, Garlic & Mustard Powder], Canola Oil (0.78%)CONTAINS: Gluten, Wheat, Soy
Burgers, Sandwiches & Wraps	BBQ Jackfruit Toastie		834	200	4.8	8.6	0.88	25.4	2.6	510	3030	724	17.3	31.4	3.2	92.1	9.4	1852	orange	green	green	Contains: Gluten, Wheat, Rye, Soya	May Contain: Tree nuts, Sesame	Sourdough Sliced Vegan (44.9%) [Wheat Flour [Contains Vitamins (Thiamine, Folate)], Water, Sourdough Culture (8%) [Water, Wheat Flour, Fermented Rye Flour, Durum Wheat, Ascorbic Acid (E300), Acetic Acid (E260), Enzymes], Semolina (Gluten, Wheat), Canola Oil, Wheat Gluten, Salt Iodised, Bran, Rye Flour, Vinegar, Yeast [Yeast, Water, Mineral Oil]], BBQ Jackfruit Sub Recipe (23.7%) [Jackfruit (81.4%) [Jackfruit], Smoked BBQ Sauce (17.4%) [Tomato Puree (55%) (Water, Tomato Paste), Thickener (1422), Molasses, Salt, Food Acid (260), Flavours, Colour (150c), Spice, Vegetable Gum (415)], Table Salt (0.58%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.58%) [Pepper 100%]], Vegan Mozzarella Shreds (11%) [Ingredients: Water, Soy Milk (Filtered Water, Organic Whole Soya Beans, Organic Sunflower Oil, Sea Salt), Canola Oil, Tapioca Starch, Thickener (Agar Agar), Vegan Flavours, Sea Salt, Yeast Flakes, Emulsifier (Soy Lecithin), Preservative (Sorbic Acid), Antioxidant (Citric Acid). Allergen Advice: Contains Soy], Dry Slaw Sub Recipe (11%) [Cabbage White Fresh (33.3%) [Cabbage], Cabbage Red Fresh (33.3%) [Cabbage 100%], Carrots Fresh (25%) [Carrots], Spring Onion Fresh (8.3%) [Onions]], Aioli Vegan GF (8.3%) [Canola Oil, Soy Milk (22%), Vinegar, Salt, Garlic & Mustard Powder], Canola Oil (1.1%)CONTAINS: Gluten, Wheat, Soy
Burgers, Sandwiches & Wraps	BLT	It's a classic for good reason! Bacon, lettuce, tomato and aioli on toasted turkish bread. Served with chips.	856	205	6.1	13.3	3.4	15.4	1.6	375	4480	1070	31.7	69.5	17.8	80.7	8.3	1964	orange	orange	green	Contains: Gluten, Wheat, Eggs, Sesame, Soya	May Contain: Tree nuts, Milk, Lupin	Middle Bacon Rindless (28.6%) [Bacon], Side Chips Sub Recipe (28.6%) [Potato Chips Ultrafast (95.5%) [Potato (97%), Canola Oil, Dextrose (from Maize)], Canola Oil (3.2%), Chip Seasoning Sub Recipe (1.3%) [Table Salt (60%) [Salt, Anti Caking Agent (554)], Smokey Paprika Powder (40%) [Paprika, Canola Oil, Vegetable Powders, Smoke Flavour]]], Turkish Bread (20.4%) [Wheat Flour [Thiamin, Folic Acid], Water, Iodised Salt, Sesame Seed, Yeast, Vinegar, Canola Oil, Preservative 202, Soy Flour.Made On A Line That Also Processes Other Seeds And], Roma Tomato Fresh (11.5%) [Tomato 100%], Aioli GF (5.7%) [Canola Oil, Egg, Water, Balsamic Vinegar (Colour (150d)), Dijon Mustard, Vinegar, Garlic (0.5%), Salt, Reconstituted Lemon Juice, White Pepper, Acidity Regulator (270)], Cos Lettuce Fresh (4.8%) [Lettuce 100%], Table Salt (0.19%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (0.19%) [Pepper 100%]CONTAINS: Gluten, Wheat, Egg, Sesame, Soy
Burgers, Sandwiches & Wraps	BLT Stand-out Toastie		1070	256	8.3	16.9	7	17.8	1.1	580	4960	1190	38.4	78.5	32.2	82.5	5.1	2687	orange	red	green	Contains: Gluten, Wheat, Rye, Eggs, Milk		Sourdough Sliced Vegan (35.2%) [Wheat Flour [Contains Vitamins (Thiamine, Folate)], Water, Sourdough Culture (8%) [Water, Wheat Flour, Fermented Rye Flour, Durum Wheat, Ascorbic Acid (E300), Acetic Acid (E260), Enzymes], Semolina (Gluten, Wheat), Canola Oil, Wheat Gluten, Salt Iodised, Bran, Rye Flour, Vinegar, Yeast [Yeast, Water, Mineral Oil]], Middle Bacon Rindless (32.4%) [Bacon], Roma Tomato Fresh (17.3%) [Tomato 100%], Parmesan Butter Sub Recipe (7.6%) [Salted Butter (71.4%) [Pasteurised Cream (from Milk)], Shaved Parmesan (28.6%) [Parmesan Cheese (Milk, salt, starter Cultures, enzymes), Anticaking Agent (460), Preservative (200)]], Aioli GF (4.3%) [Canola Oil, Egg, Water, Balsamic Vinegar (Colour (150d)), Dijon Mustard, Vinegar, Garlic (0.5%), Salt, Reconstituted Lemon Juice, White Pepper, Acidity Regulator (270)], Cos Lettuce Fresh (3.2%) [Lettuce 100%]CONTAINS: Gluten, Wheat, Egg, Milk

Category	Recipe Name	Recipe Description	Energy (kJ) per 100g	Energy (kcal) per 100g	Protein (g) per 100g	Fat (g) per 100g	Saturated Fat (g) per 100g	Carbohyd rate (g) per 100g	Sugars (g) per 100g	Sodium (Na) (mg) per 100g	Energy (kJ) per serving	Energy (kcal) per serving	Protein (g) per serving	Fat (g) per serving	Saturated Fat (g) per serving	Carbohyd rate (g) per serving	Sugars (g) per serving	Sodium (Na) (mg) per serving	Fat (g) Traffic light	Saturated Fat (g) Traffic light	Sugars (g) Traffic light	Contains Allergens	May Contain Allergens	Recipe Quid
Burgers, Sandwiches & Wraps	Caesar's Chicken Burger	It's a chicken ceasar salad in burger form. Grilled chicken, bacon, shaved parmesan, cos lettuce and caesar dressing on a milk bun. Served with chips.	874	209	10.7	12.3	3.5	14.1	1.6	393	4280	1020	52.3	60	17.2	68.8	7.8	1923	orange	orange	green	Contains: Gluten, Wheat, Eggs, Milk, Soya, Sulphites		Side Chips Sub Recipe (30.7%) [Potato Chips Ultrafast (95.5%) [Potato (97%), Canola Oil, Dextrose (from Maize)], Canola Oil (3.2%), Chip Seasoning Sub Recipe (1.3%) [Table Salt (60%) [Salt, Anti Caking Agent (554)], Smokey Paprika Powder (40%) [Paprika, Canola Oil, Vegetable Powders, Smoke Flavour]]], Sous Vide Chicken Breast (16.4%) [Chicken 97% (BBQ Provence Dry Rub â€" Salt, Rice Cereal, Sugar, Dextrose, Dehydrated Vegetables, Natural Flavours (Wheat, Soy), Breadcrumbs (Wheat), Herbs, Spices, Flavour Enhancers (621, 635), Canola Oil, Anti Caking Agent (551), Hydrolysed Vegetable Protein (Soy), Food Acid (330), Spice Extract (160c) 3%)], Milk Bun 80g (16.4%) [Wheat Flour [Contains Vitamins (Thiamine, Folic Acid)], Water, Egg (4.9%), Milk Powder (4.4%), Butter (Milk) (3.9%), Sugar, Baker's Yeast, IodisedSalt, Canola Oil, Wheat Flour, Soya Flour, Malted Wheat Flour, Processing Aids Enzymes, Flour Treatment Agent (300)], Middle Bacon Rindless (15.3%) [Bacon], Egg XL (12.1%) [Eggs], Cos Lettuce Fresh (4.1%) [Lettuce 100%], Caesar Dressing (4.1%) [Canola Oil, Whole Egg, Parmesan Cheese (Milk) (6%) (Pasteurised Milk, Tapioca Starch, Salt, Culture, Enzymes), Water, Worcestershire Sauce, Red Wine (Sulphites) Vinegar, Salt, Garlic, Acidity Regulator (330)], Shaved Parmesan (1%) [Parmesan Cheese (Milk, salt, starter Cultures, enzymes), Anticaking Agent (460), Preservative (200)]CONTAINS: Gluten, Wheat, Egg, Milk, Soy, Sulphites
Burgers, Sandwiches & Wraps	Candied Bacon & Avocado Open Melt	Fresh avocado and rocket, candied bacon bits, mozzarella, aioli and maple syrup on an open-toasted continental roll.	1200	286	8.8	21.5	6.1	14.4	2.6	366	3220	770	23.7	57.8	16.4	38.6	6.9	984	red	red	green	Contains: Gluten, Wheat, Eggs, Soya		Avocado Fresh (29.6%) [Avocado], Continental Roll (22.3%) [Wheat Flour [Contains Vitamins (Thiamine, Folic Acid)], Water, Canola Oil, Iodised Salt, Improver [Wheat Flour, Soya Flour, Malted Wheatflour, Processing Aids Enzymes, Ascorbic Acid (300)], Yeast [Vegetable Oil, Potato Starch]], Shredded Mozzarella (18.6%) [Mozzarella Cheese (Milk) [Milk, Salt, Cultures, Enzyme (Non Animal Rennet (Milk))], Anti Caking Agent (460), Preservative (200)], Bacon Bits Sub Recipe (13.9%) [Middle Bacon Rindless (100%) [Bacon]], Aioli GF (7.4%) [Canola Oil, Egg, Water, Balsamic Vinegar (Colour (150d)), Dijon Mustard, Vinegar, Garlic (0.5%), Salt, Reconstituted Lemon Juice, White Pepper, Acidity Regulator (270)], Maple Syrup (3.7%) [Glucose, Sugar, Water, Flavour, Food Acid(330), Preservative(202), Colour(150)], Dressed Rocket Sub Recipe (3.7%) [Rocket, Raw (50%) [Rocket 100%], Premium Blended Oil (30%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Table Salt (10%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (10%) [Pepper 100%]], Table Salt (0.37%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (0.37%) [Pepper 100%]CONTAINS: Gluten, Wheat, Egg, Soy
Burgers, Sandwiches & Wraps	Cheesy Chicken Stand-out Toastie		1220	291	13.4	16.9	6.4	21.4	0.79	596	4480	1070	49.4	62.3	23.7	78.7	2.9	2193	orange	red	green	Contains: Gluten, Wheat, Rye, Eggs, Milk		Sourdough Sliced Vegan (44.3%) [Wheat Flour [Contains Vitamins (Thiamine, Folate)], Water, Sourdough Culture (8%) [Water, Wheat Flour, Fermented Rye Flour, Durum Wheat, Ascorbic Acid (E300), Acetic Acid (E260), Enzymes], Semolina (Gluten, Wheat), Canola Oil, Wheat Gluten, Salt Iodised, Bran, Rye Flour, Vinegar, Yeast [Yeast, Water, Mineral Oil]], Sous Vide Chicken Breast (21.7%) [Chicken 97% (BBQ Provence Dry Rub â€" Salt, Rice Cereal, Sugar, Dextrose, Dehydrated Vegetables, Natural Flavours (Wheat, Soy), Breadcrumbs (Wheat), Herbs, Spices, Flavour Enhancers (621, 635), Canola Oil, Anti Caking Agent (551), Hydrolysed Vegetable Protein (Soy), Food Acid (330), Spice Extract (160c) 3%)], Parmesan Butter Sub Recipe (9.5%) [Salted Butter (71.4%) [Pasteurised Cream (from Milk)], Shaved Parmesan (28.6%) [Parmesan Cheese (Milk, salt, starter Cultures, enzymes), Anticaking Agent (460), Preservative (200)]], Shredded Mozzarella (8.2%) [Mozzarella Cheese (Milk) [Milk, Salt, Cultures, Enzyme (Non Animal Rennet (Milk))], Anti Caking Agent (460), Preservative (200)], Mayonnaise GF (8.2%) [Canola Oil, Pasteurised Whole Egg (10%), Vinegar, Sugar, Salt, Mustard], Artichoke Hearts Marinated (5.4%) [Quartered Artichoke Hearts (65%), Water, Soybean Oil, Vinegar, Salt, Spices, Acidity Regulator: Citric Acid, Antioxidant: Ascorbic Acid], Spinach Leaves Fresh (2.7%) [Spinach Leaves]CONTAINS: Gluten, Wheat, Egg, Milk
Burgers, Sandwiches & Wraps	Chicken & Bacon Sandwich		802	192	12.8	6.9	2.5	19.3	1.1	635	3330	796	53.2	28.7	10.5	80	4.5	2637	orange	orange	green	Contains: Gluten, Wheat, Rye		Sourdough Sliced Vegan (38.6%) [Wheat Flour [Contains Vitamins (Thiamine, Folate)], Water, Sourdough Culture (8%) [Water, Wheat Flour, Fermented Rye Flour, Durum Wheat, Ascorbic Acid (E300), Acetic Acid (E260), Enzymes], Semolina (Gluten, Wheat), Canola Oil, Wheat Gluten, Salt Iodised, Bran, Rye Flour, Vinegar, Yeast [Yeast, Water, Mineral Oil]], Sous Vide Chicken Breast (24.1%) [Chicken 97% (BBQ Provence Dry Rub â€" Salt, Rice Cereal, Sugar, Dextrose, Dehydrated Vegetables, Natural Flavours (Wheat, Soy), Breadcrumbs (Wheat), Herbs, Spices, Flavour Enhancers (621, 635), Canola Oil, Anti Caking Agent (551), Hydrolysed Vegetable Protein (Soy), Food Acid (330), Spice Extract (160c) 3%)], Middle Bacon Rindless (18.1%) [Bacon], Roma Tomato Fresh (14.5%) [Tomato 100%], Cos Lettuce Fresh (4.8%) [Lettuce 100%]CONTAINS: Gluten, Wheat
Burgers, Sandwiches & Wraps	Chicken & Bacon Sandwich w Chips	Toasted, with lettuce, tomato & honey mustard dressing.	771	184	9.8	7.5	2	19.2	1.6	483	4510	1080	57.3	43.8	11.7	113	9.4	2825	orange	orange	green	Contains: Gluten, Wheat, Rye, Eggs, Milk, Soya		Sourdough Sliced Vegan (27.4%) [Wheat Flour [Contains Vitamins (Thiamine, Folate)], Water, Sourdough Culture (8%) [Water, Wheat Flour, Fermented Rye Flour, Durum Wheat, Ascorbic Acid (E300), Acetic Acid (E260), Enzymes], Semolina (Gluten, Wheat), Canola Oil, Wheat Gluten, Salt Iodised, Bran, Rye Flour, Vinegar, Yeast [Yeast, Water, Mineral Oil]], Side Chips Sub Recipe (25.6%) [Potato Chips Ultrafast (95.5%) [Potato (97%), Canola Oil, Dextrose (from Maize)], Canola Oil (3.2%), Chip Seasoning Sub Recipe (1.3%) [Table Salt (60%) [Salt, Anti Caking Agent (554)], Smokey Paprika Powder (40%) [Paprika, Canola Oil, Vegetable Powders, Smoke Flavour]]], Sous Vide Chicken Breast (17.1%) [Chicken 97% (BBQ Provence Dry Rub â€" Salt, Rice Cereal, Sugar, Dextrose, Dehydrated Vegetables, Natural Flavours (Wheat, Soy), Breadcrumbs (Wheat), Herbs, Spices, Flavour Enhancers (621, 635), Canola Oil, Anti Caking Agent (551), Hydrolysed Vegetable Protein (Soy), Food Acid (330), Spice Extract (160c 3%)], Middle Bacon Rindless (12.8%) [Bacon], Roma Tomato Fresh (10.3%) [Tomato 100%], Cos Lettuce Fresh (3.4%) [Lettuce 100%], Honey Mustard Dressing (3.4%) [Water, Vegetable Oil (contains Antioxidant (Butylated Hydroxyanisole)), Honey 9%, Sugar, Glucose Syrup, Mustard Seed 4%, Egg Yolk, Food Acids (Acetic, Citric), Salt, Thickeners (Modified Cornstarch, Xanthan Gum (contains Soy)), Whey (Milk) Protein (contains Milk), Turmeric, Colour (Caramel (150c)), Marjoram, Thyme, Garlic Extract, Spice Extract]CONTAINS: Gluten, Wheat, Egg, Milk, Soy
Burgers, Sandwiches & Wraps	Chicken & Zesty Artichoke Toasted Sando	Our creamy house-made zesty artichoke relish with sliced chicken and melted mozzarella on parmesan-butter toasted sourdough. Served with chips.	995	238	10.1	12.2	5.1	21.9	0.92	413	4860	1160	49.1	59.5	24.9	107	4.5	2016	orange	red	green	Contains: Gluten, Wheat, Rye, Tree nuts, Cashews, Eggs, Milk		Sourdough Sliced Vegan (33.4%) [Wheat Flour [Contains Vitamins (Thiamine, Folate)], Water, Sourdough Culture (8%) [Water, Wheat Flour, Fermented Rye Flour, Durum Wheat, Ascorbic Acid (E300), Acetic Acid (E260), Enzymes], Semolina (Gluten, Wheat), Canola Oil, Wheat Gluten, Salt Iodised, Bran, Rye Flour, Vinegar, Yeast [Yeast, Water, Mineral Oil]], Side Chips Sub Recipe (30.7%) [Potato Chips Ultrafast (95.5%) [Potato (97%), Canola Oil, Dextrose (from Maize)], Canola Oil (3.2%), Chip Seasoning Sub Recipe (1.3%) [Table Salt (60%) [Salt, Anti Caking Agent (554)], Smokey Paprika Powder (40%) [Paprika, Canola Oil, Vegetable Powders, Smoke Flavour]]], Sous Vide Chicken Breast (12.3%) [Chicken 97% (BBQ Provence Dry Rub â€" Salt, Rice Cereal, Sugar, Dextrose, Dehydrated Vegetables, Natural Flavours (Wheat, Soy), Breadcrumbs (Wheat), Herbs, Spices, Flavour Enhancers (621, 635), Canola Oil, Anti Caking Agent (551), Hydrolysed Vegetable Protein (Soy), Food Acid (330), Spice Extract (160c 3%)], Artichoke Dip Sub Recipe (9.2%) [Artichoke Hearts Marinated (35.5%) [Quartered Artichoke Hearts (65%), Water, Soybean Oil, Vinegar, Salt, Spices, Acidity Regulator: Citric Acid, Antioxidant: Ascorbic Acid], Mayonnaise GF (20.3%) [Canola Oil, Pasteurised Whole Egg (10%), Vinegar, Sugar, Salt, Mustard], Sour Cream Light (20.3%) [REDUCED FAT CREAM (Milk), HALAL GELATINE, SOUR CREAM (Milk) CULTURE CONTAINS Milk AND Milk PRODUCTS], Spinach Leaves Fresh (7.6%) [Spinach Leaves], Cashews Roasted Unsalted (7.6%) [Cashews 100%], Lemon Juice Fresh Squeezed (5.1%) [Lemon Juice 100%], Lemon Zest Fresh (1.5%) [Lemons], Mint Leaves Fresh (1%) [Mint 100%], Table Salt (0.51%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.51%) [Pepper 100%]], Parmesan Butter Sub Recipe (7.2%) [Salted Butter (71.4%) [Pasteurised Cream (from Milk)], Shaved Parmesan (28.6%) [Parmesan Cheese (Milk, salt, starter Cultures, enzymes), Anticaking Agent (460), Preservative (200)]], Shredded Mozzarella (7.2%) [Mozzarella Cheese (Milk) [Milk, Salt, Cultures, Enzyme (Non Animal Rennet (Milk))], Anti Caking Agent (460), Preservative (200)]CONTAINS: Gluten, Wheat, Cashew, Egg, Milk
Burgers, Sandwiches & Wraps	Chicken Burger DT - Quick Fry Breast		980	235	15.6	10.1	2.6	20.1	2	546	2380	570	37.8	24.5	6.4	48.8	4.8	1328	orange	orange	green	Contains: Gluten, Wheat, Eggs, Milk, Soya		Sous Vide Chicken Breast (41.2%) [Chicken 97% (BBQ Provence Dry Rub â€" Salt, Rice Cereal, Sugar, Dextrose, Dehydrated Vegetables, Natural Flavours (Wheat, Soy), Breadcrumbs (Wheat), Herbs, Spices, Flavour Enhancers (621, 635), Canola Oil, Anti Caking Agent (551), Hydrolysed Vegetable Protein (Soy), Food Acid (330), Spice Extract (160c) 3%)], Milk Bun 80g (32.9%) [Wheat Flour [Contains Vitamins (Thiamine, Folic Acid)], Water, Egg (4.9%), Milk Powder (4.4%), Butter (Milk) (3.9%), Sugar, Baker's Yeast, IodisedSalt, Canola Oil, Wheat Flour, Soya Flour, Malted Wheat Flour, Processing Aids Enzymes, Flour Treatment Agent (300)], DT Quick Fry Batter Sub Recipe (9.5%) [Water (42.1%), Egg XL (30.5%) [Eggs], Self Raising Flour (26.3%) [Wheat Flour, Raising Agents (339, 341, 450, 500)], Table Salt (1.1%) [Salt, Anti Caking Agent (554)]], Cos Lettuce Fresh (6.2%) [Lettuce 100%], Aioli GF (6.2%) [Canola Oil, Egg, Water, Balsamic Vinegar (Colour (150d)), Dijon Mustard, Vinegar, Garlic (0.5%), Salt, Reconstituted Lemon Juice, White Pepper, Acidity Regulator (270)], Self Raising Flour (4.1%) [Wheat Flour, Raising Agents (339, 341, 450, 500)]CONTAINS: Gluten, Wheat, Egg, Milk, Soy
Burgers, Sandwiches & Wraps	Chicken Pesto Sourdough With Chips		691	165	8.3	5.3	1.2	20.7	0.91	377	3590	860	43.3	27.7	6.3	108	4.8	1959	orange	green	green	Contains: Gluten, Wheat, Rye, Eggs, Milk		Sourdough Sliced Vegan (30.8%) [Wheat Flour [Contains Vitamins (Thiamine, Folate)], Water, Sourdough Culture (8%) [Water, Wheat Flour, Fermented Rye Flour, Durum Wheat, Ascorbic Acid (E300), Acetic Acid (E260), Enzymes], Semolina (Gluten, Wheat), Canola Oil, Wheat Gluten, Salt Iodised, Bran, Rye Flour, Vinegar, Yeast [Yeast, Water, Mineral Oil]], Side Chips Sub Recipe (28.8%) [Potato Chips Ultrafast (95.5%) [Potato (97%), Canola Oil, Dextrose (from Maize)], Canola Oil (3.2%), Chip Seasoning Sub Recipe (1.3%) [Table Salt (60%) [Salt, Anti Caking Agent (554)], Smokey Paprika Powder (40%) [Paprika, Canola Oil, Vegetable Powders, Smoke Flavour]]], Sous Vide Chicken Breast (15.4%) [Chicken 97% (BBQ Provence Dry Rub â€" Salt, Rice Cereal, Sugar, Dextrose, Dehydrated Vegetables, Natural Flavours (Wheat, Soy), Breadcrumbs (Wheat), Herbs, Spices, Flavour Enhancers (621, 635), Canola Oil, Anti Caking Agent (551), Hydrolysed Vegetable Protein (Soy), Food Acid (330), Spice Extract (160c) 3%)], Roma Tomato Fresh (11.5%) [Tomato 100%], Basil Pesto Mayo (5.8%) [Whole Egg Mayonnaise (75%), (Canola Oil, Pasteurised Whole Egg, Sugar, Water, Vinegar, Mustard, Salt, Basil (20%), Lemon JuiceContains: Egg], Cos Lettuce Fresh (3.8%) [Lettuce 100%], Tasty Cheese Sliced (3.8%) [Pasteurised Milk, Salt, Starter Cultures, Non Animal Rennet (Milk), Non Animal Lipase]CONTAINS: Gluten, Wheat, Egg, Milk
Burgers, Sandwiches & Wraps	Chicken Schnitzel, BLAT		932	223	9.1	13	3.6	17.4	2.8	423	3730	892	36.3	51.8	14.4	69.7	11.2	1693	orange	orange	green	Contains: Gluten, Wheat, Eggs, Milk, Soya		Schnitzel (31.3%) [Chicken, Water, Flour (Wheat) [Maize, Rice, Besan], Soy Protein, Vegetable Oil, Salt, Acidity Regulators (326, 262), Thickener (1442 Maize Or Tapioca), Dried Vegetables (Including Garlic, Onion), Mineral Salts (450, 451, 500), Herbs, Dextrose (Maize Or Tapioca), Yeast Extract], Milk Bun 80g (22.5%) [Wheat Flour [Contains Vitamins (Thiamine, Folic Acid)], Water, Egg (4.9%), Milk Powder (4.4%), Butter (Milk) (3.9%), Sugar, Baker's Yeast, IodisedSalt, Canola Oil, Wheat Flour, Soya Flour, Malted Wheat Flour, Processing Aids Enzymes, Flour Treatment Agent (300)], Middle Bacon Rindless (18.8%) [Bacon], Avocado Fresh (10%) [Avocado], Roma Tomato Fresh (7.5%) [Tomato 100%], Honey Mustard Dressing (5%) [Water, Vegetable Oil (contains Antioxidant (Butylated Hydroxyanisole)), Honey 9%, Sugar, Glucose Syrup, Mustard Seed 4%, Egg Yolk, Food Acids (Acetic, Citric), Salt, Thickeners (Modified Cornstarch, Xanthan Gum (contains Soy)), Whey (Milk) Protein (contains Milk), Turmeric, Colour (Caramel (150c)), Marjoram, Thyme, Garlic Extract, Spice Extract], Cos Lettuce Fresh (5%) [Lettuce 100%]CONTAINS: Gluten, Wheat, Egg, Milk, Soy
Burgers, Sandwiches & Wraps	Chipotle Pork Belly Burger	Slow-cooked pork belly with chipotle mayo and slaw on a milk bun. Served with chips.	827	198	7	10.7	2.7	18.2	2.6	208	3230	772	27.2	41.9	10.4	71.1	10.2	809	orange	orange	green	Contains: Gluten, Wheat, Eggs, Milk, Soya		Side Chips Sub Recipe (38.5%) [Potato Chips Ultrafast (95.5%) [Potato (97%), Canola Oil, Dextrose (from Maize)], Canola Oil (3.2%), Chip Seasoning Sub Recipe (1.3%) [Table Salt (60%) [Salt, Anti Caking Agent (554)], Smokey Paprika Powder (40%) [Paprika, Canola Oil, Vegetable Powders, Smoke Flavour]]], Slow Cooked Pork Belly (25.6%) [Australian Pork (92%), Water, Salt, Acidity Regulators (451, 450, 327, 331), Thickeners (1414, 415), Sugar, Canola Oil], Milk Bun 80g (20.5%) [Wheat Flour [Contains Vitamins (Thiamine, Folic Acid)], Water, Egg (4.9%), Milk Powder (4.4%), Butter (Milk) (3.9%), Sugar, Baker's Yeast, IodisedSalt, Canola Oil, Wheat Flour, Soya Flour, Malted Wheat Flour, Processing Aids Enzymes, Flour Treatment Agent (300)], Dry Slaw Sub Recipe (9%) [Cabbage White Fresh (33.3%) [Cabbage], Cabbage Red Fresh (33.3%) [Cabbage 100%], Carrots Fresh (25%) [Carrots], Spring Onion Fresh (8.3%) [Onions]], Smoked BBQ Sauce (2.6%) [Tomato Puree (55%) (Water, Tomato Paste), Thickener (1422), Molasses, Salt, Food Acid (260), Flavours, Colour (150c), Spice, Vegetable Gum (415)], Chipotle Mayo (2.6%) [Canola Oil, Pasturised Whole Egg, Water, Chipotle Powder (8%), Vinegar, Sugar, Salt, Mustard, Garlic PowderContains: Egg], Cider Vinegar (1.3%) [Naturally Brewed Apple Cider Vinegar, Apple Extract]CONTAINS: Gluten, Wheat, Egg, Milk, Soy
Burgers, Sandwiches & Wraps	Chipotle Pulled Pork Burger	Juicy pulled pork with melted cheese, slaw and lashings of chipotle mayo on a milk bun. Served with chips.	749	179	5.9	8.1	1.4	20.5	4.5	244	3010	721	23.5	32.6	5.7	82.4	18	982	orange	green	green	Contains: Gluten, Wheat, Eggs, Milk, Soya		Side Chips Sub Recipe (40.3%) [Potato Chips Ultrafast (95.5%) [Potato (97%), Canola Oil, Dextrose (from Maize)], Canola Oil (3.2%), Chip Seasoning Sub Recipe (1.3%) [Table Salt (60%) [Salt, Anti Caking Agent (554)], Smokey Paprika Powder (40%) [Paprika, Canola Oil, Vegetable Powders, Smoke Flavour]]], Pulled Pork (19.9%) [Pork (90%), Marinade Mix: [Water, [Sugar, Maize Starch, Dehydrated Vegetables, Salt, Molasses Powder, Spices, Caramel Powder (150c), Yeast Extract, Natural Smoke Flavour, Acidity Regulator (331), Natural Flavour, Vegetable Gum (415), Preservative (202), Vegetable Extract], [Potato Starch, Salt, Maltodextrin, Mineral Salt (450), Fibre, Vegetable Gum (407a), Natural Flavours, Yeast Extract, Chicken Stock Powder, Vegetable Powders, Spice, Natural Smoke Flavour, Vinegar]], Milk Bun 80g (19.9%) [Wheat Flour [Contains Vitamins (Thiamine, Folic Acid)], Water, Egg (4.9%), Milk Powder (4.4%), Butter (Milk) (3.9%), Sugar, Baker's Yeast, IodisedSalt, Canola Oil, Wheat Flour, Soya Flour, Malted Wheat Flour, Processing Aids Enzymes, Flour Treatment Agent (300)], Dry Slaw Mix Sub Recipe (9.9%) [Cabbage White Fresh (33.3%) [Cabbage], Cabbage Red Fresh (33.3%) [Cabbage 100%], Carrots Fresh (25%) [Carrots], Spring Onion Fresh (8.3%) [Onions]], Tasty Cheese Sliced (6.2%) [Pasteurised Milk, Salt, Starter Cultures, Non Animal Rennet (Milk), Non Animal Lipase], Chipotle Mayo (3.7%) [Canola Oil, Pasturised Whole Egg, Water, Chipotle Powder (8%), Vinegar, Sugar, Salt, Mustard, Garlic PowderContains: Egg]CONTAINS: Gluten, Wheat, Egg, Milk, Soy
Burgers, Sandwiches & Wraps	Classic Cheeseburger	Grain-fed beef patty with American cheddar, onion, bread and butter pickles, yellow mustard, tomato sauce and mayo. Served with chips.	892	213	11.3	11.9	4.4	15.3	3.5	417	4780	1140	60.6	63.6	23.8	82.3	18.7	2236	orange	orange	green	Contains: Gluten, Wheat, Eggs, Milk, Soya		Beef Patty 150g (28%) [Beef 100%], Side Chips Sub Recipe (28%) [Potato Chips Ultrafast (95.5%) [Potato (97%), Canola Oil, Dextrose (from Maize)], Canola Oil (3.2%), Chip Seasoning Sub Recipe (1.3%) [Table Salt (60%) [Salt, Anti Caking Agent (554)], Smokey Paprika Powder (40%) [Paprika, Canola Oil, Vegetable Powders, Smoke Flavour]]], Milk Bun 80g (14.9%) [Wheat Flour [Contains Vitamins (Thiamine, Folic Acid)], Water, Egg (4.9%), Milk Powder (4.4%), Butter (Milk) (3.9%), Sugar, Baker's Yeast, IodisedSalt, Canola Oil, Wheat Flour, Soya Flour, Malted Wheat Flour, Processing Aids Enzymes, Flour Treatment Agent (300)], Hi Melt Sliced Burger Cheese (10.4%) [Milk, Cream (Milk), Water, Sodium Citrate, Salt, Cheese (Milk) Culture, Sorbic Acid, Citric Acid, Enzyme, Soy Lecithin, Colour], Bread & Butter Cucumbers (9.3%) [Gherkins (55%), Water, Sugar, Salt, Acidity Regulator (acetic Acid), Mustard Seeds, Celery Seeds, Firming Agent (calcium Chloride), Colour (riboflavin)], Tomato Sauce (3.7%) [Concentrated Tomatoes (Contains 165g Of Tomatoes Per 100mL), Sugar, Salt, Food Acid (Acetic Acid), Natural Flavours, Spice Contains 77% Concentrated Tomatoes], White Onion Fresh (1.9%) [Onions], Yellow Mustard (1.9%) [Distilled Vinegar, Water, 1 Grade Mustard Seed, Salt, Turmeric, Paprika, Spice, Natural Flavors And Garlic Powder], Mayonnaise GF (1.9%) [Canola Oil, Pasteurised Whole Egg (10%), Vinegar, Sugar, Salt, Mustard]CONTAINS: Gluten, Wheat, Egg, Milk, Soy

Category	Recipe Name	Recipe Description	Energy (kJ) per 100g	Energy (kcal) per 100g	Protein (g) per 100g	Fat (g) per 100g	Saturated Fat (g) per 100g	Carbohydrate (g) per 100g	Sugars (g) per 100g	Sodium (Na) (mg) per 100g	Energy (kJ) per serving	Energy (kcal) per serving	Protein (g) per serving	Fat (g) per serving	Saturated Fat (g) per serving	Carbohydrate (g) per serving	Sugars (g) per serving	Sodium (Na) (mg) per serving	Fat (g) Traffic light	Saturated Fat (g) Traffic light	Sugars (g) Traffic light	Contains Allergens	May Contain Allergens	Recipe Quid
Burgers, Sandwiches & Wraps	Classic Chicken Burger	Sliced chicken breast with sliced cheese, tomato, lettuce and smashed avo on a milk bun. Served with chips.	784	188	9.5	9.8	2	15.3	1.5	294	3410	816	41.3	42.6	8.9	66.3	6.7	1280	orange	orange	green	Contains: Gluten, Wheat, Eggs, Milk, Soya		Side Chips Sub Recipe (34.5%) [Potato Chips Ultrafast (95.5%) [Potato (97%), Canola Oil, Dextrose (from Maize)], Canola Oil (3.2%), Chip Seasoning Sub Recipe (1.3%) [Table Salt (60%) [Salt, Anti Caking Agent (554)], Smokey Paprika Powder (40%) [Paprika, Canola Oil, Vegetable Powders, Smoke Flavour]]], Sous Vide Chicken Breast (23%) [Chicken 97% (BBQ Provence Dry Rub â€" Salt, Rice Cereal, Sugar, Dextrose, Dehydrated Vegetables, Natural Flavours (Wheat, Soy), Breadcrumbs (Wheat), Herbs, Spices, Flavour Enhancers (621, 635), Canola Oil, Anti Caking Agent (551), Hydrolysed Vegetable Protein (Soy), Food Acid (330), Spice Extract (160c) 3%)], Milk Bun 80g (18.4%) [Wheat Flour [Contains Vitamins (Thiamine, Folic Acid)], Water, Egg (4.9%), Milk Powder (4.4%), Butter (Milk) (3.9%), Sugar, Baker's Yeast, IodisedSalt, Canola Oil, Wheat Flour, Soya Flour, Malted Wheat Flour, Processing Aids Enzymes, Flour Treatment Agent (300)], Tasty Cheese Sliced (5.7%) [Pasteurised Milk, Salt, Starter Cultures, Non Animal Rennet (Milk), Non Animal Lipase], Cos Lettuce Fresh (4.6%) [Lettuce 100%], Roma Tomato Fresh (4.6%) [Tomato 100%], Aioli GF (4.6%) [Canola Oil, Egg, Water, Balsamic Vinegar (Colour (150d)), Dijon Mustard, Vinegar, Garlic (0.5%), Salt, Reconstituted Lemon Juice, White Pepper, Acidity Regulator (270)], Avocado Smash Mix Sub Recipe (4.6%) [Avocado Fresh (97.8%) [Avocado], Lemon Juice Fresh Squeezed (1.8%) [Lemon Juice 100%], Table Salt (0.18%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.18%) [Pepper 100%]]CONTAINS: Gluten, Wheat, Egg, Milk, Soy
Burgers, Sandwiches & Wraps	Corned Beef & Peppers Toasted Sando	Grilled peppers and onion, spicy sliced jalapenos and melted mozzarella on parmesan-butter toasted sourdough. Served with chips.	854	204	7.7	9.7	4.4	21.4	1.5	462	4470	1070	40.3	50.7	22.8	112	8	2418	orange	orange	green	Contains: Gluten, Wheat, Rye, Milk		Sourdough Sliced Vegan (31.2%) [Wheat Flour [Contains Vitamins (Thiamine, Folate)], Water, Sourdough Culture (8%) [Water, Wheat Flour, Fermented Rye Flour, Durum Wheat, Ascorbic Acid (E300), Acetic Acid (E260), Enzymes], Semolina (Gluten, Wheat), Canola Oil, Wheat Gluten, Salt Iodised, Bran, Rye Flour, Vinegar, Yeast [Yeast, Water, Mineral Oil]], Side Chips Sub Recipe (28.7%) [Potato Chips Ultrafast (95.5%) [Potato (97%), Canola Oil, Dextrose (from Maize)], Canola Oil (3.2%), Chip Seasoning Sub Recipe (1.3%) [Table Salt (60%) [Salt, Anti Caking Agent (554)], Smokey Paprika Powder (40%) [Paprika, Canola Oil, Vegetable Powders, Smoke Flavour]]], Corned Beef Sub Recipe (11.5%) [Corned Beef Raw (98.4%) [undefined], Whole Black Peppercorns (1.5%) [Pepper 100%], Bay Leaves Dried (0.1%) [Bay Leaves 100%]], Grilled Pepper And Onion Sub Recipe (9.6%) [Brown Onion Fresh (46.1%) [Onion 100%], Roasted Red Peppers (46.1%) [Peppers (60%), Water, Vinegar, Salt, Sugar], Brown Sugar (6.9%) [Cane Sugar], Table Salt (0.46%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.46%) [Pepper 100%]], Shredded Mozzarella (6.7%) [Mozzarella Cheese (Milk) [Milk, Salt, Cultures, Enzyme (Non Animal Rennet (Milk))], Anti Caking Agent (460), Preservative (200)], Parmesan Butter Sub Recipe (6.7%) [Salted Butter (71.4%) [Pasteurised Cream (from Milk)], Shaved Parmesan (28.6%) [Parmesan Cheese (Milk, salt, starter Cultures, enzymes), Anticaking Agent (460), Preservative (200)]], Sliced Jalapenos (5.7%) [Jalapenos 56%, Water, Salt, Acidity Regulator, Citric Acid]CONTAINS: Gluten, Wheat, Milk
Burgers, Sandwiches & Wraps	Corned Beef Stand-out Toastie		1170	280	9.6	16.8	6.2	22.9	2	657	4310	1030	35.2	61.7	22.8	84.1	7.5	2419	orange	red	green	Contains: Gluten, Wheat, Rye, Eggs, Milk		Sourdough Sliced Vegan (44.3%) [Wheat Flour [Contains Vitamins (Thiamine, Folate)], Water, Sourdough Culture (8%) [Water, Wheat Flour, Fermented Rye Flour, Durum Wheat, Ascorbic Acid (E300), Acetic Acid (E260), Enzymes], Semolina (Gluten, Wheat), Canola Oil, Wheat Gluten, Salt Iodised, Bran, Rye Flour, Vinegar, Yeast [Yeast, Water, Mineral Oil]], Corned Beef Sub Recipe (16.3%) [Corned Beef Raw (98.4%) [undefined], Whole Black Peppercorns (1.5%) [Pepper 100%], Bay Leaves Dried (0.1%) [Bay Leaves 100%]], Bread & Butter Cucumbers (13.6%) [Gherkins (55%), Water, Sugar, Salt, Acidity Regulator (acetic Acid), Mustard Seeds, Celery Seeds, Firming Agent (calcium Chloride), Colour (riboflavin)], Parmesan Butter Sub Recipe (9.5%) [Salted Butter (71.4%) [Pasteurised Cream (from Milk)], Shaved Parmesan (28.6%) [Parmesan Cheese (Milk, salt, starter Cultures, enzymes), Anticaking Agent (460), Preservative (200)]], Aioli GF (8.2%) [Canola Oil, Egg, Water, Balsamic Vinegar (Colour (150d)), Dijon Mustard, Vinegar, Garlic (0.5%), Salt, Reconstituted Lemon Juice, White Pepper, Acidity Regulator (270)], Shredded Mozzarella (8.2%) [Mozzarella Cheese (Milk) [Milk, Salt, Cultures, Enzyme (Non Animal Rennet (Milk))], Anti Caking Agent (460), Preservative (200)]CONTAINS: Gluten, Wheat, Egg, Milk
Burgers, Sandwiches & Wraps	Cornflake Crumbed Chicken Burger w Chips	With slaw, bacon and chipotle mayo.	977	234	9	10.1	2.1	26.4	2.4	259	6100	1460	56	63.2	13.2	165	15.2	1618	orange	orange	green	Contains: Gluten, Wheat, Barley, Eggs, Milk, Soya, Sulphites		Cornflake Crumbed Chicken Thigh Sub Recipe (38.4%) [Chicken Thigh Boneless Skin Off (50%) [Chicken], Cornflake Crumb Sub Recipe (30%) [Cornflakes (97.7%) [Corn (90%), Sugar, Salt, Barley Malt Extract, Vitamins (vitamin E, Niacin, Vitamin B6, Riboflavin, Folate), Minerals (iron, Zinc Oxide)], Garlic Powder (1.3%) [GARLIC FLAKES, GRANULES AND POWDER Contains: Sulphites], Onion Powder (0.77%) [Sulphites, Present In Ingredients, Additives Or Processing Aids, Onions], Smokey Paprika Powder (0.26%) [Paprika, Canola Oil, Vegetable Powders, Smoke Flavour]], Semolina (20%) [Wheat 100%]], Side Chips Sub Recipe (24%) [Potato Chips Ultrafast (95.5%) [Potato (97%), Canola Oil, Dextrose (from Maize)], Canola Oil (3.2%), Chip Seasoning Sub Recipe (1.3%) [Table Salt (60%) [Salt, Anti Caking Agent (554)], Smokey Paprika Powder (40%) [Paprika, Canola Oil, Vegetable Powders, Smoke Flavour]]], Milk Bun 80g (14.4%) [Wheat Flour [Contains Vitamins (Thiamine, Folic Acid)], Water, Egg (4.9%), Milk Powder (4.4%), Butter (Milk) (3.9%), Sugar, Baker's Yeast, IodisedSalt, Canola Oil, Wheat Flour, Soya Flour, Malted Wheat Flour, Processing Aids Enzymes, Flour Treatment Agent (300)], Middle Bacon Rindless (12%) [Bacon], Dry Slaw Sub Recipe (6.4%) [Cabbage White Fresh (33.3%) [Cabbage], Cabbage Red Fresh (33.3%) [Cabbage 100%], Carrots Fresh (25%) [Carrots], Spring Onion Fresh (8.3%) [Onions]], Chipotle Mayo (4.8%) [Canola Oil, Pasturised Whole Egg, Water, Chipotle Powder (8%), Vinegar, Sugar, Salt, Mustard, Garlic PowderContains: Egg]CONTAINS: Gluten, Wheat, Egg, Milk, Soy, Sulphites
Burgers, Sandwiches & Wraps	Cuban Stand-out Toastie		1230	294	10.9	17.3	6.7	23.8	3.1	576	4630	1110	40.9	65	25.4	89.7	11.5	2172	orange	red	green	Contains: Gluten, Wheat, Rye, Eggs, Milk	May Contain: Peanuts, Crustaceans, Sesame, Soya	Sourdough Sliced Vegan (43.2%) [Wheat Flour [Contains Vitamins (Thiamine, Folate)], Water, Sourdough Culture (8%) [Water, Wheat Flour, Fermented Rye Flour, Durum Wheat, Ascorbic Acid (E300), Acetic Acid (E260), Enzymes], Semolina (Gluten, Wheat), Canola Oil, Wheat Gluten, Salt Iodised, Bran, Rye Flour, Vinegar, Yeast [Yeast, Water, Mineral Oil]], Pulled Pork (13.3%) [Pork (90%), Marinade Mix: [Water, [Sugar, Maize Starch, Dehydrated Vegetables, Salt, Molasses Powder, Spices, Caramel Powder (150c), Yeast Extract, Natural Smoke Flavour, Acidity Regulator (331), Natural Flavour, Vegetable Gum (415), Preservative (202), Vegetable Extract], [Potato Starch, Salt, Maltodextrin, Mineral Salt (450), Fibre, Vegetable Gum (407a), Natural Flavours, Yeast Extract, Chicken Stock Powder, Vegetable Powders, Spice, Natural Smoke Flavour, Vinegar]], Slow Cooked Pork Belly (13.3%) [Australian Pork (92%), Water, Salt, Acidity Regulators (451, 450, 327, 331), Thickeners (1414, 415), Sugar, Canola Oil], Parmesan Butter Sub Recipe (9.3%) [Salted Butter (71.4%) [Pasteurised Cream (from Milk)], Shaved Parmesan (28.6%) [Parmesan Cheese (Milk, salt, starter Cultures, enzymes), Anticaking Agent (460), Preservative (200)]], Shredded Mozzarella (8%) [Mozzarella Cheese (Milk) [Milk, Salt, Cultures, Enzyme (Non Animal Rennet (Milk))], Anti Caking Agent (460), Preservative (200)], Mustard Mayo Sub Recipe (7.7%) [Mayonnaise GF (88.2%) [Canola Oil, Pasteurised Whole Egg (10%), Vinegar, Sugar, Salt, Mustard], Dijon Mustard (13.8%) [Water, Mustard Seed, Salt, Sugar, Food Acid (Acetic), Turmeric]], Bread & Butter Cucumbers (5.3%) [Gherkins (55%), Water, Sugar, Salt, Acidity Regulator (acetic Acid), Mustard Seeds, Celery Seeds, Firming Agent (calcium Chloride), Colour (riboflavin)]CONTAINS: Gluten, Wheat, Egg, Milk
Burgers, Sandwiches & Wraps	Delish Chicken & Bacon Toasted Turkish	Sliced chicken breast, bacon, tomato, lettuce, ranch and our special chive and onion cream cheese on a lightly toasted turkish bread. Served with cornichon pickles and chips.	864	207	8	12.8	3	15	1.6	362	4750	1140	44.1	70.1	16.5	82.5	8.9	1990	orange	orange	green	Contains: Gluten, Wheat, Eggs, Milk, Sesame, Soya	May Contain: Tree nuts, Lupin	Side Chips Sub Recipe (27.3%) [Potato Chips Ultrafast (95.5%) [Potato (97%), Canola Oil, Dextrose (from Maize)], Canola Oil (3.2%), Chip Seasoning Sub Recipe (1.3%) [Table Salt (60%) [Salt, Anti Caking Agent (554)], Smokey Paprika Powder (40%) [Paprika, Canola Oil, Vegetable Powders, Smoke Flavour]]], Turkish Bread (19.5%) [Wheat Flour [Thiamin, Folic Acid], Water, Iodised Salt, Sesame Seed, Yeast, Vinegar, Canola Oil, Preservative 202, Soy Flour.Made On A Line That Also Processes Other Seeds And], Middle Bacon Rindless (13.7%) [Bacon], Sous Vide Chicken Breast (12.8%) [Chicken 97% (BBQ Provence Dry Rub â€" Salt, Rice Cereal, Sugar, Dextrose, Dehydrated Vegetables, Natural Flavours (Wheat, Soy), Breadcrumbs (Wheat), Herbs, Spices, Flavour Enhancers (621, 635), Canola Oil, Anti Caking Agent (551), Hydrolysed Vegetable Protein (Soy), Food Acid (330), Spice Extract (160c) 3%)], Ranch Dressing GF (7.3%) [Canola Oil, Whole Egg, Vinegar, Milk Solids (2%), Sugar, Salt, Garlic, Herbs And Spices, Acidity Regulator (270).Gluten Free], Roma Tomato Fresh (7.3%) [Tomato 100%], Chive & Onion Cream Cheese Sub Recipe (4.6%) [Cream Cheese (82%) [Pasteurised Whole Milk And Cream (Milk), Salt, Stabiliser (E412, E415 (contains Soy), E407, Cultures], Spring Onion Fresh (13.1%) [Onions], Chives Fresh (4.9%) [Chives 100%]], Cos Lettuce Fresh (3.6%) [Lettuce 100%], Cornichons Baby Cucumbers (2.9%) [Gherkins, Water, Vinegar, Salt, Onions Spices, Aromas As Estragon Firming Agent (E509 Calcium Chloride)], Parsley Fresh (1.1%) [Parsley 100%]CONTAINS: Gluten, Wheat, Egg, Milk, Sesame, Soy
Burgers, Sandwiches & Wraps	Fish Burger w Chips	Crispy battered fish with lettuce & creamy tartare sauce.	904	216	5.7	12.2	1.7	20.8	1.5	236	3210	768	20.3	43.5	6	73.9	5.3	837	orange	orange	green	Contains: Gluten, Wheat, Eggs, Milk, Fish, Soya		Side Chips Sub Recipe (42.3%) [Potato Chips Ultrafast (95.5%) [Potato (97%), Canola Oil, Dextrose (from Maize)], Canola Oil (3.2%), Chip Seasoning Sub Recipe (1.3%) [Table Salt (60%) [Salt, Anti Caking Agent (554)], Smokey Paprika Powder (40%) [Paprika, Canola Oil, Vegetable Powders, Smoke Flavour]]], Milk Bun 80g (22.5%) [Wheat Flour [Contains Vitamins (Thiamine, Folic Acid)], Water, Egg (4.9%), Milk Powder (4.4%), Butter (Milk) (3.9%), Sugar, Baker's Yeast, IodisedSalt, Canola Oil, Wheat Flour, Soya Flour, Malted Wheat Flour, Processing Aids Enzymes, Flour Treatment Agent (300)], Beer Battered Flathead (22.5%) [South American Flathead (percophis Brasiliensis, Fish) (65%), Coating [Wheat Flour, Water, Palm Oil, Thickener (1404), Salt, Raising Agents(450, 500), Flavour Enhancer (621), Sugar, Rice Flour, Milk Powder, Beer Flavour]], Tartare Sauce GF (7%) [Canola Oil, Whole Egg, Vinegar, Gherkin & Gherkin Spread (8.2%) (Gherkins, Sugar, Water, Thickener(1422), Acidity Regulator (260), Salt, Natural Colours (141, 101), Spice Extract), Capers (2.5%), Salt, Mustard, Thickener (415)], Cos Lettuce Fresh (5.6%) [Lettuce 100%]CONTAINS: Gluten, Wheat, Egg, Milk, Fish, Soy
Burgers, Sandwiches & Wraps	Got Beef With Brie Burger	Grain-fed beef patty with creamy brie, lettuce, mayo and our house chilli relish on a milk bun. Served with chips.	958	229	12.2	13	4.4	15.7	3	160	4520	1080	57.7	61.3	20.6	74.2	14	755	orange	orange	green	Contains: Gluten, Wheat, Eggs, Milk, Soya		Beef Patty 150g (31.8%) [Beef 100%], Side Chips Sub Recipe (31.8%) [Potato Chips Ultrafast (95.5%) [Potato (97%), Canola Oil, Dextrose (from Maize)], Canola Oil (3.2%), Chip Seasoning Sub Recipe (1.3%) [Table Salt (60%) [Salt, Anti Caking Agent (554)], Smokey Paprika Powder (40%) [Paprika, Canola Oil, Vegetable Powders, Smoke Flavour]]], Milk Bun 80g (17%) [Wheat Flour [Contains Vitamins (Thiamine, Folic Acid)], Water, Egg (4.9%), Milk Powder (4.4%), Butter (Milk) (3.9%), Sugar, Baker's Yeast, IodisedSalt, Canola Oil, Wheat Flour, Soya Flour, Malted Wheat Flour, Processing Aids Enzymes, Flour Treatment Agent (300)], Brie Cheese (8.5%) [Pasteurised Milk, Salt, Cultures, Rennet], Chilli Relish Sub Recipe (4.6%) [Brown Onion Fresh (77.5%) [Onion 100%], White Sugar (38.8%) [Cane Sugar], Tap Water (38.8%) [Water 100%], Roma Tomato Fresh (19.4%) [Tomato 100%], Cider Vinegar (13.6%) [Naturally Brewed Apple Cider Vinegar, Apple Extract], Birds Eye Chillis Fresh (11.6%) [Chilli 100%], Chilli Fresh (11.6%) [Chilli 100%], White Vinegar (11.6%) [Water, Food Acid (260)], Salted Butter (7.8%) [Pasteurised Cream (from Milk)], Table Salt (0.97%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.97%) [Pepper 100%]], Cos Lettuce Fresh (3.2%) [Lettuce 100%], Mayonnaise GF (3.2%) [Canola Oil, Pasteurised Whole Egg (10%), Vinegar, Sugar, Salt, Mustard]CONTAINS: Gluten, Wheat, Egg, Milk, Soy
Burgers, Sandwiches & Wraps	Grecian Yiros - Chicken	Your choice of roast chicken or marinated lamb with crumbled feta, lettuce, tabbouleh and beetroot tzatziki in a warm pita wrap. Served with chips..	787	188	10.1	7.6	2.6	19.7	3.2	515	3750	899	48.2	36	12.2	94.1	15.4	2456	orange	orange	green	Contains: Gluten, Wheat, Milk		Side Chips Sub Recipe (31.4%) [Potato Chips Ultrafast (95.5%) [Potato (97%), Canola Oil, Dextrose (from Maize)], Canola Oil (3.2%), Chip Seasoning Sub Recipe (1.3%) [Table Salt (60%) [Salt, Anti Caking Agent (554)], Smokey Paprika Powder (40%) [Paprika, Canola Oil, Vegetable Powders, Smoke Flavour]]], Souvlaki Bread 10" (24.3%) [Wheat Flour [(65%), Thiamine, Folic Acid], Water, Vegetable Oil, Sugar, Yeast, Mineral Salts (500, 450, 341), Iodised Salt, Acidity Regulator (297), Preservative (282), Mineral Salt (500)], Sous Vide Chicken Breast (21%) [Chicken 97% (BBQ Provence Dry Rub â€" Salt, Rice Cereal, Sugar, Dextrose, Dehydrated Vegetables, Natural Flavours (Wheat, Soy), Breadcrumbs (Wheat), Herbs, Spices, Flavour Enhancers (621, 635), Canola Oil, Anti Caking Agent (551), Hydrolysed Vegetable Protein (Soy), Food Acid (330), Spice Extract (160c) 3%)], Tabbouleh Sub Recipe (7.5%) [Parsley Fresh (38.5%) [Parsley 100%], Roma Tomato Fresh (13.7%) [Tomato 100%], Cucumber Fresh (11%) [Cucumbers 100%], Spanish (Red) Onion Fresh (11%) [Red Onion], Organic Quinoa Mix Sub Recipe (8.2%) [Tap Water (66.7%) [Water 100%], Quinoa 3 Grain Mix (33.3%) [White Quinoa, Red Quinoa, Black Quinoa]], Mint Leaves Fresh (6.9%) [Mint 100%], Spring Onion Fresh (5.5%) [Onions], Lemon Juice Fresh Squeezed (4.1%) [Lemon Juice 100%], Table Salt (0.55%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.55%) [Pepper 100%]], Danish Feta Cubed (6.3%) [Danish Fetta (75%) (Pasteurised Milk, Vegetable Oil, Salt, Lactic Acid, Culture & Rennet (Milk)), Water & SaltContains: Milk And Milk Products], Beetroot Tzatziki Sub Recipe (6.3%) [Greek Yoghurt (63.5%) [Milk, Milk Solids, Cream (Milk), Yogurt Cultures: S. Thermophilus & L.Bulgaricus], Sliced Beetroot (15.9%) [Beetroot (61%), Water, Sugar, Food Acid (acetic), Salt], Cucumber Fresh (15.9%) [Cucumbers 100%], Fresh Garlic Crushed (4.8%) [Garlic, Salt]], Cos Lettuce Fresh (3.1%) [Lettuce 100%]CONTAINS: Gluten, Wheat, Milk
Burgers, Sandwiches & Wraps	Grecian Yiros - Lamb	Your choice of roast chicken or marinated lamb with crumbled feta, lettuce, tabbouleh and beetroot tzatziki in a warm pita wrap. Served with chips..	776	186	7.4	8	2.7	20.7	3.2	492	3540	848	33.9	36.7	12.4	94.5	14.8	2249	orange	orange	green	Contains: Gluten, Wheat, Milk, Soya		Side Chips Sub Recipe (32.8%) [Potato Chips Ultrafast (95.5%) [Potato (97%), Canola Oil, Dextrose (from Maize)], Canola Oil (3.2%), Chip Seasoning Sub Recipe (1.3%) [Table Salt (60%) [Salt, Anti Caking Agent (554)], Smokey Paprika Powder (40%) [Paprika, Canola Oil, Vegetable Powders, Smoke Flavour]]], Souvlaki Bread 10" (25.4%) [Wheat Flour [(65%), Thiamine, Folic Acid], Water, Vegetable Oil, Sugar, Yeast, Mineral Salts (500, 450, 341), Iodised Salt, Acidity Regulator (297), Preservative (282), Mineral Salt (500)], Yiros Lamb Meat (17.5%) [Lamb, Water, Soy Protein, Mineral Salt(508, 451, 450), Thickener(1442), Sugar, Vegetable Gum(407), Dextrose, Canola Oil, Onions, Rice Flour, Yeast Extract, Dehydrated Vegetables, Flavours, Colours (150d, 100, 150c), Citric Acid(330), Herbs& Spices, Anti Caking Agent(341), Vegetable Extract(Celery)], Tabbouleh Sub Recipe (7.9%) [Parsley Fresh (38.5%) [Parsley 100%], Roma Tomato Fresh (13.7%) [Tomato 100%], Cucumber Fresh (11%) [Cucumbers 100%], Spanish (Red) Onion Fresh (11%) [Red Onion], Organic Quinoa Mix Sub Recipe (8.2%) [Tap Water (66.7%) [Water 100%], Quinoa 3 Grain Mix (33.3%) [White Quinoa, Red Quinoa, Black Quinoa]], Mint Leaves Fresh (6.9%) [Mint 100%], Spring Onion Fresh (5.5%) [Onions], Lemon Juice Fresh Squeezed (4.1%) [Lemon Juice 100%], Table Salt (0.55%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.55%) [Pepper 100%]], Beetroot Tzatziki Sub Recipe (6.6%) [Greek Yoghurt (63.5%) [Milk, Milk Solids, Cream (Milk), Yogurt Cultures: S. Thermophilus & L.Bulgaricus], Sliced Beetroot (15.9%) [Beetroot (61%), Water, Sugar, Food Acid (acetic), Salt], Cucumber Fresh (15.9%) [Cucumbers 100%], Fresh Garlic Crushed (4.8%) [Garlic, Salt]], Danish Feta Cubed (6.6%) [Danish Fetta (75%) (Pasteurised Milk, Vegetable Oil, Salt, Lactic Acid, Culture & Rennet (Milk)), Water & SaltContains: Milk And Milk Products], Cos Lettuce Fresh (3.3%) [Lettuce 100%]CONTAINS: Gluten, Wheat, Milk, Soy

Category	Recipe Name	Recipe Description	Energy (kJ) per 100g	Energy (kcal) per 100g	Protein (g) per 100g	Fat (g) per 100g	Saturated Fat (g) per 100g	Carbohydrate (g) per 100g	Sugars (g) per 100g	Sodium (Na) (mg) per 100g	Energy (kJ) per serving	Energy (kcal) per serving	Protein (g) per serving	Fat (g) per serving	Saturated Fat (g) per serving	Carbohydrate (g) per serving	Sugars (g) per serving	Sodium (Na) (mg) per serving	Fat (g) Traffic light	Saturated Fat (g) Traffic light	Sugars (g) Traffic light	Contains Allergens	May Contain Allergens	Recipe Quid
Burgers, Sandwiches & Wraps	Ham & Cheese Stand-out Toastie		1150	274	10.3	14.3	6.6	25.8	3.2	677	3950	946	35.7	49.4	22.9	89.2	11.1	2334	orange	red	green	Contains: Gluten, Wheat, Rye, Eggs, Milk, Soya		Sourdough Sliced Vegan (47.2%) [Wheat Flour [Contains Vitamins (Thiamine, Folate)], Water, Sourdough Culture (8%) [Water, Wheat Flour, Fermented Rye Flour, Durum Wheat, Ascorbic Acid (E300), Acetic Acid (E260), Enzymes], Semolina (Gluten, Wheat), Canola Oil, Wheat Gluten, Salt Iodised, Bran, Rye Flour, Vinegar, Yeast [Yeast, Water, Mineral Oil]], Shaved Leg Ham (12.2%) [Pork, Water, Cure [Salt, Sugar, Mineral Salts (450, 451), Dextrose (Maize Or Tapioca), Antioxidant (316), Preservative (250)], Acidity Regulators (326, 262), Modified Starch (1442 Maize Or Tapioca), Vegetable Gum (407a), Natural Flavour, Wood Smoke], Shredded Mozzarella (11.6%) [Mozzarella Cheese (Milk) [Milk, Salt, Cultures, Enzyme (Non Animal Rennet (Milk))], Anti Caking Agent (460), Preservative (200)], Honey Mustard Dressing (11.6%) [Water, Vegetable Oil (contains Antioxidant (Butylated Hydroxyanisole)), Honey 9%, Sugar, Glucose Syrup, Mustard Seed 4%, Egg Yolk, Food Acids (Acetic, Citric), Salt, Thickeners (Modified Cornstarch, Xanthan Gum (contains Soy)), Whey (Milk) Protein (contains Milk), Turmeric, Colour (Caramel (150c)), Marjoram, Thyme, Garlic Extract, Spice Extract], Parmesan Butter Sub Recipe (10.1%) [Salted Butter (71.4%) [Pasteurised Cream (from Milk)], Shaved Parmesan (28.6%) [Parmesan Cheese (Milk, salt, starter Cultures, enzymes), Anticaking Agent (460), Preservative (200)]], Bread & Butter Cucumbers (7.2%) [Gherkins (55%), Water, Sugar, Salt, Acidity Regulator (acetic Acid), Mustard Seeds, Celery Seeds, Firming Agent (calcium Chloride), Colour (riboflavin)]CONTAINS: Gluten, Wheat, Egg, Milk, Soy
Burgers, Sandwiches & Wraps	Hawaiian Chicken Stand-out Toastie		998	239	12.9	10.6	5.9	22.7	3.2	553	3970	951	51.5	42.1	23.4	90.5	12.9	2201	orange	red	green	Contains: Gluten, Wheat, Rye, Milk		Sourdough Sliced Vegan (41%) [Wheat Flour [Contains Vitamins (Thiamine, Folate)], Water, Sourdough Culture (8%) [Water, Wheat Flour, Fermented Rye Flour, Durum Wheat, Ascorbic Acid (E300), Acetic Acid (E260), Enzymes], Semolina (Gluten, Wheat), Canola Oil, Wheat Gluten, Salt Iodised, Bran, Rye Flour, Vinegar, Yeast [Yeast, Water, Mineral Oil]], Sous Vide Chicken Breast (20.1%) [Chicken 97% (BBQ Provence Dry Rub â€" Salt, Rice Cereal, Sugar, Dextrose, Dehydrated Vegetables, Natural Flavours (Wheat, Soy), Breadcrumbs (Wheat), Herbs, Spices, Flavour Enhancers (621, 635), Canola Oil, Anti Caking Agent (551), Hydrolysed Vegetable Protein (Soy), Food Acid (330), Spice Extract (160c) 3%)], Shredded Mozzarella (10.1%) [Mozzarella Cheese (Milk) [Milk, Salt, Cultures, Enzyme (Non Animal Rennet (Milk))], Anti Caking Agent (460), Preservative (200)], Parmesan Butter Sub Recipe (8.8%) [Salted Butter (71.4%) [Pasteurised Cream (from Milk)], Shaved Parmesan (28.6%) [Parmesan Cheese (Milk, salt, starter Cultures, enzymes), Anticaking Agent (460), Preservative (200)]], Pineapple Pieces (7.5%) [Pineapple (60%), Pineapple Juice], Tomato Relish (7.5%) [Tomato (52%) (Tomatoes, Firming Agent 509)), Sugar, Vinegar, Water, Onion, Modified Starch (1422), Tomato Paste, Salt, Garlic, Mustard Seed, Spices, Citric Acid], Spanish (Red) Onion Fresh (5%) [Red Onion]CONTAINS: Gluten, Wheat, Milk
Burgers, Sandwiches & Wraps	Honey Mustard Ham & Cheese Open Melt	Sliced leg ham, mozzarella, cherry tomatoes, sliced qukes, rocket and honey mustard dressing on an open-toasted continental roll.	1270	303	18.5	19.2	7.1	14.2	3	476	3970	950	58	60.1	22.2	44.6	9.4	1491	red	red	green	Contains: Gluten, Wheat, Eggs, Milk, Soya		Continental Roll (19.2%) [Wheat Flour [Contains Vitamins (Thiamine, Folic Acid)], Water, Canola Oil, Iodised Salt, Improver [Wheat Flour, Soya Flour, Malted Wheatflour, Processing Aids Enzymes, Ascorbic Acid (300)], Yeast [Vegetable Oil, Potato Starch]], Shaved Leg Ham (17.9%) [Pork, Water, Cure [Salt, Sugar, Mineral Salts (450, 451), Dextrose (Maize Or Tapioca), Antioxidant (316), Preservative (250)], Acidity Regulators (326, 262), Modified Starch (1442 Maize Or Tapioca), Vegetable Gum (407a), Natural Flavour, Wood Smoke], Cherry Tomatoes Roasted Sub Recipe (16%) [Cherry Tomatoes Fresh (70.2%) [Tomatoes], Premium Blended Oil (26.3%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Table Salt (1.8%) [Salt, Anti Caking Agent (554)], White Ground Pepper (1.8%) [Pepper 100%]], Shredded Mozzarella (16%) [Mozzarella Cheese (Milk) [Milk, Salt, Cultures, Enzyme (Non Animal Rennet (Milk))], Anti Caking Agent (460), Preservative (200)], Honey Mustard Dressing (12.8%) [Water, Vegetable Oil (contains Antioxidant (Butylated Hydroxyanisole)), Honey 9%, Sugar, Glucose Syrup, Mustard Seed 4%, Egg Yolk, Food Acids (Acetic, Citric), Salt, Thickeners (Modified Cornstarch, Xanthan Gum (contains Soy)), Whey (Milk) Protein (contains Milk), Turmeric, Colour (Caramel (150c)), Marjoram, Thyme, Garlic Extract, Spice Extract], Cornichons Baby Cucumbers (8%) [Gherkins, Water, Vinegar, Salt, Onions Spices, Aromas As Estragon Firming Agent (E509 Calcium Chloride)], Salted Butter (6.4%) [Pasteurised Cream (from Milk)], Dressed Rocket Sub Recipe (3.2%) [Rocket, Raw (50%) [Rocket 100%], Premium Blended Oil (30%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Table Salt (10%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (10%) [Pepper 100%]], Table Salt (0.32%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (0.32%) [Pepper 100%]CONTAINS: Gluten, Wheat, Egg, Milk, Soy
Burgers, Sandwiches & Wraps	House Beef Burger	Grain-fed beef patty with melted American cheese, lettuce, tomato, mayo and tomato sauce on a lightly toasted milk bun. Served with chips. You'll be back.	894	214	11	12.3	3.8	14.8	2.2	269	4590	1100	56.4	63.2	19.4	75.7	11.4	1380	orange	orange	green	Contains: Gluten, Wheat, Eggs, Milk, Soya		Beef Patty 150g (29.2%) [Beef 100%], Side Chips Sub Recipe (29.2%) [Potato Chips Ultrafast (95.5%) [Potato (97%), Canola Oil, Dextrose (from Maize)], Canola Oil (3.2%), Chip Seasoning Sub Recipe (1.3%) [Table Salt (60%) [Salt, Anti Caking Agent (554)], Smokey Paprika Powder (40%) [Paprika, Canola Oil, Vegetable Powders, Smoke Flavour]]], Milk Bun 80g (17.5%) [Wheat Flour [Contains Vitamins (Thiamine, Folic Acid)], Water, Egg (4.9%), Milk Powder (4.4%), Butter (Milk) (3.9%), Sugar, Baker's Yeast, IodisedSalt, Canola Oil, Wheat Flour, Soya Flour, Malted Wheat Flour, Processing Aids Enzymes, Flour Treatment Agent (300)], Roma Tomato Fresh (7.8%) [Tomato 100%], Hi Melt Sliced Burger Cheese (5.5%) [Milk, Cream (Milk), Water, Sodium Citrate, Salt, Cheese (Milk) Culture, Sorbic Acid, Citric Acid, Enzyme, Soy Lecithin, Colour], Mayonnaise GF (3.9%) [Canola Oil, Pasteurised Whole Egg (10%), Vinegar, Sugar, Salt, Mustard], Tomato Sauce (3.9%) [Concentrated Tomatoes (Contains 165g Of Tomatoes Per 100mL), Sugar, Salt, Food Acid (Acetic Acid), Natural Flavours, Spice Contains 77% Concentrated Tomatoes], Cos Lettuce Fresh (2.9%) [Lettuce 100%]CONTAINS: Gluten, Wheat, Egg, Milk, Soy
Burgers, Sandwiches & Wraps	Lamb Pita w Chips	With grilled halloumi, tomato, onion, spinach & honey mustard dressing.	703	168	6.9	7.8	2	17.5	2.8	495	2770	663	27.2	30.7	7.9	69	11	1948	orange	orange	green	Contains: Gluten, Wheat, Eggs, Milk, Soya		Side Chips Sub Recipe (38.1%) [Potato Chips Ultrafast (95.5%) [Potato (97%), Canola Oil, Dextrose (from Maize)], Canola Oil (3.2%), Chip Seasoning Sub Recipe (1.3%) [Table Salt (60%) [Salt, Anti Caking Agent (554)], Smokey Paprika Powder (40%) [Paprika, Canola Oil, Vegetable Powders, Smoke Flavour]]], Souvlaki Bread 10" (16.2%) [Wheat Flour [(65%), Thiamine, Folic Acid], Water, Vegetable Oil, Sugar, Yeast, Mineral Salts (500, 450, 341), Iodised Salt, Acidity Regulator (297), Preservative (282), Minreal Salt (500)], Yiros Lamb Meat (15.2%) [Lamb, Water, Soy Protein, Mineral Salt(508, 451, 450), Thickener (1442), Sugar, Vegetable Gum(407), Dextrose, Canola Oil, Onions, Rice Flour, Yeast Extract, Dehydrated Vegetables, Flavours, Colours (150d, 100, 150c), Citric Acid(330), Herbs& Spices, Anti Caking Agent(341), Vegetable Extract(Celery)], Roma Tomato Fresh (10.2%) [Tomato 100%], Halloumi Cheese (6.3%) [Milk, Salt, Mineral, Rennet (Milk), Cultures, Mint], Spanish (Red) Onion Fresh (5.1%) [Red Onion], Honey Mustard Dressing (5.1%) [Water, Vegetable Oil (contains Antioxidant (Butylated Hydroxyanisole)), Honey 9%, Sugar, Glucose Syrup, Mustard Seed 4%, Egg Yolk, Food Acids (Acetic, Citric), Salt, Thickeners (Modified Cornstarch, Xanthan Gum (contains Soy)), Whey (Milk) Protein (contains Milk), Turmeric, Colour (Caramel (150c)), Marjoram, Thyme, Garlic Extract, Spice Extract], Spinach Leaves Fresh (3.8%) [Spinach Leaves]CONTAINS: Gluten, Wheat, Egg, Milk, Soy
Burgers, Sandwiches & Wraps	Louisianna Muffaletta Sando	Chorizo, leg ham, salami, cheese, artichoke, bread and butter pickles and olives on a fresh turkish sandwich. Served with chips.	639	153	5.8	6.9	2.1	16.8	2.4	447	3230	773	29.5	34.7	10.8	85	12	2256	orange	orange	green	Contains: Gluten, Wheat, Milk, Sesame, Soya	May Contain: Tree nuts, Eggs, Lupin	Side Chips Sub Recipe (29.7%) [Potato Chips Ultrafast (95.5%) [Potato (97%), Canola Oil, Dextrose (from Maize)], Canola Oil (3.2%), Chip Seasoning Sub Recipe (1.3%) [Table Salt (60%) [Salt, Anti Caking Agent (554)], Smokey Paprika Powder (40%) [Paprika, Canola Oil, Vegetable Powders, Smoke Flavour]]], Turkish Bread (21.2%) [Wheat Flour [Thiamin, Folic Acid], Water, Iodised Salt, Sesame Seed, Yeast, Vinegar, Canola Oil, Preservative 202, Soy Flour.Made On A Line That Also Processes Other Seeds And], Tasty Cheese Sliced (9.9%) [Pasteurised Milk, Salt, Starter Cultures, Non Animal Rennet (Milk), Non Animal Lipase], Bread & Butter Cucumbers (9.9%) [Gherkins (55%), Water, Sugar, Salt, Acidity Regulator (acetic Acid), Mustard Seeds, Celery Seeds, Firming Agent (calcium Chloride), Colour (riboflavin)], Spanish Chorizo (5.9%) [Meat Including Pork, Salt, Spices (Including Chilli), Dried Vegetables (Including Garlic), Lactose (Milk), Dextrose (Maize Or Tapioca), Maltodextrin (Maize), Mineral Salt (451), Antioxidant (316), Herbs, Starter Culture, Sugar, Preservative (250), Spice Extracts (Including 160c), Natural Hog Casing, Wood Smoke], Mild Hungarian Salami (5.9%) [Meat Including Pork (90%), Salt, Potato Fibre, Dextrose (tapioca, Maize), Spices And Spice Extracts, Maltodextrin (Maize), Sugar, Herb Extracts, Antioxidants (316, 307b), Mustard Flour, Dehydrated Vegetable, Emulsifier (451), Fermented Rice, Starter Cultures, Sodium Nitrite (250), Canola Oil Smoked], Marinated Pitted Olives (5.9%) [Greek And Spanish Olives (60%), Capsicum, Water, Salt, Acidity Regulators: Acetic Acid & Citric Acid, Vegetable Oil, Garlic, Chilli, Herbs And Spices], Artichoke Hearts Marinated (5.9%) [Quartered Artichoke Hearts (65%), Water, Soybean Oil, Vinegar, Salt, Spices, Acidity Regulator: Citric Acid, Antioxidant: Ascorbic Acid], Shaved Leg Ham (5.5%) [Pork, Water, Cure [Salt, Sugar, Mineral Salts (450, 451), Dextrose (Maize Or Tapioca), Antioxidant (316), Preservative (250)], Acidity Regulators (326, 262), Modified Starch (1442 Maize Or Tapioca), Vegetable Gum (407a), Natural Flavour, Wood Smoke]CONTAINS: Gluten, Wheat, Milk, Sesame, Soy
Burgers, Sandwiches & Wraps	Panko Crumb Mushroom Burger with Chips	With beetroot relish, tomato, baby cos lettuce, smashed avocado & basil pesto mayo (V) (VO)	708	169	4.5	7.4	2	21	3.2	167	3550	849	22.5	37	9.9	105	15.9	839	orange	orange	green	Contains: Gluten, Wheat, Eggs, Milk, Soya		Side Chips Sub Recipe (29.9%) [Potato Chips Ultrafast (95.5%) [Potato (97%), Canola Oil, Dextrose (from Maize)], Canola Oil (3.2%), Chip Seasoning Sub Recipe (1.3%) [Table Salt (60%) [Salt, Anti Caking Agent (554)], Smokey Paprika Powder (40%) [Paprika, Canola Oil, Vegetable Powders, Smoke Flavour]]], Parmesan Panko Crumbed Mushrooms Sub Recipe (25.2%) [Portabello Mushroom Fresh (54.2%) [Mushroom], Bread Crumbs (17.4%) [Wheat Flour, Canola Oil, Yeast, Sugar, Salt, Wheat Gluten], Egg XL (16.8%) [Eggs], Semolina (8.7%) [Wheat 100%], Shaved Parmesan (1.9%) [Parmesan Cheese (Milk, salt, starter Cultures, enzymes), Anticaking Agent (460), Preservative (200)], Tuscan Seasoning (0.97%) [Salt, Sugar, Garlic 15%, Pepper 11%, Rosemary 9%, Parsley 2%, Vegetable Oil]], Milk Bun 80g (18%) [Wheat Flour [Contains Vitamins (Thiamine, Folic Acid)], Water, Egg (4.9%), Milk Powder (4.4%), Butter (Milk) (3.9%), Sugar, Baker's Yeast, IodisedSalt, Canola Oil, Wheat Flour, Soya Flour, Malted Wheat Flour, Processing Aids Enzymes, Flour Treatment Agent (300)], Avocado Smash Mix Sub Recipe (8%) [Avocado Fresh (97.8%) [Avocado], Lemon Juice Fresh Squeezed (1.8%) [Lemon Juice 100%], Table Salt (0.18%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.18%) [Pepper 100%]], Basil Pesto Mayo (6%) [Whole Egg Mayonnaise (75%), (Canola Oil, Pasteurised Whole Egg, Sugar, Water, Vinegar, Mustard, Salt, Basil (20%), Lemon JuiceContains: Egg], Roma Tomato Fresh (5%) [Tomato 100%], Balsamic Beetroot Relish (4%) [Beetroot (39%), Sugar, Apple, Balsamic Vinegar (11%), Vinegar, Onion, Cornflour, Mustard Seeds, Sea Salt, Pectin, Herbs And Spices Gluten Free VEGAN], Cos Lettuce Fresh (4%) [Lettuce 100%]CONTAINS: Gluten, Wheat, Egg, Milk, Soy
Burgers, Sandwiches & Wraps	Pepperoni Stand-out Toastie		1320	316	12	19.5	8.3	23.4	0.86	628	4370	1050	39.6	64.4	27.6	77.5	2.8	2077	red	red	green	Contains: Gluten, Wheat, Rye, Eggs, Milk	May Contain: Soya, Sulphites	Sourdough Sliced Vegan (49.2%) [Wheat Flour [Contains Vitamins (Thiamine, Folate)], Water, Sourdough Culture (8%) [Water, Wheat Flour, Fermented Rye Flour, Durum Wheat, Ascorbic Acid (E300), Acetic Acid (E260), Enzymes], Semolina (Gluten, Wheat), Canola Oil, Wheat Gluten, Salt Iodised, Bran, Rye Flour, Vinegar, Yeast [Yeast, Water, Mineral Oil]], Shredded Mozzarella (15.1%) [Mozzarella Cheese (Milk) [Milk, Salt, Cultures, Enzyme (Non Animal Rennet (Milk))], Anti Caking Agent (460), Preservative (200)], Sliced Pepperoni (12.1%) [Pork], Parmesan Butter Sub Recipe (10.6%) [Salted Butter (71.4%) [Pasteurised Cream (from Milk)], Shaved Parmesan (28.6%) [Parmesan Cheese (Milk, salt, starter Cultures, enzymes), Anticaking Agent (460), Preservative (200)]], Napoli Pronto Blendered Sub Recipe (6%) [Napoli (100%) [Italian Tomatoes* (95%) (diced, Paste), Sunflower Oil, Sugar, Salt, Water, Food Acid (citric), Onions)], Mayonnaise GF (6%) [Canola Oil, Pasteurised Whole Egg (10%), Vinegar, Sugar, Salt, Mustard], Basil Leaves Fresh (0.91%) [Basil]CONTAINS: Gluten, Wheat, Egg, Milk
Burgers, Sandwiches & Wraps	Pesto Chicken Sandwich w Chips	Toasted, with sliced chicken, tomato, lettuce, cheese & basil pesto mayo.	689	165	8.2	5.3	1.2	20.7	0.92	369	3670	878	43.6	28.5	6.4	110	4.9	1963	orange	green	green	Contains: Gluten, Wheat, Rye, Eggs, Milk		Side Chips Sub Recipe (30.5%) [Potato Chips Ultrafast (95.5%) [Potato (97%), Canola Oil, Dextrose (from Maize)], Canola Oil (3.2%), Chip Seasoning Sub Recipe (1.3%) [Table Salt (60%) [Salt, Anti Caking Agent (554)], Smokey Paprika Powder (40%) [Paprika, Canola Oil, Vegetable Powders, Smoke Flavour]]], Sourdough Sliced Vegan (30.1%) [Wheat Flour [Contains Vitamins (Thiamine, Folate)], Water, Sourdough Culture (8%) [Water, Wheat Flour, Fermented Rye Flour, Durum Wheat, Ascorbic Acid (E300), Acetic Acid (E260), Enzymes], Semolina (Gluten, Wheat), Canola Oil, Wheat Gluten, Salt Iodised, Bran, Rye Flour, Vinegar, Yeast [Yeast, Water, Mineral Oil]], Sous Vide Chicken Breast (15%) [Chicken 97% (BBQ Provence Dry Rub â€" Salt, Rice Cereal, Sugar, Dextrose, Dehydrated Vegetables, Natural Flavours (Wheat, Soy), Breadcrumbs (Wheat), Herbs, Spices, Flavour Enhancers (621, 635), Canola Oil, Anti Caking Agent (551), Hydrolysed Vegetable Protein (Soy), Food Acid (330), Spice Extract (160c) 3%)], Roma Tomato Fresh (11.3%) [Tomato 100%], Basil Pesto Mayo (5.6%) [Whole Egg Mayonnaise (75%), (Canola Oil, Pasteurised Whole Egg, Sugar, Water, Vinegar, Mustard, Salt, Basil (20%), Lemon JuiceContains: Egg], Cos Lettuce Fresh (3.8%) [Lettuce 100%], Tasty Cheese Sliced (3.8%) [Pasteurised Milk, Salt, Starter Cultures, Non Animal Rennet (Milk), Non Animal Lipase]CONTAINS: Gluten, Wheat, Egg, Milk
Burgers, Sandwiches & Wraps	Pork Belly Burger w Chips	Crispy pork belly strips with purple slaw, pickles, garlic aioli & chilli caramel sauce on a lightly toasted milk bun.	933	223	5.9	11.9	2.5	23.1	4.6	263	4480	1070	28.2	57	12	111	22.1	1263	orange	orange	green	Contains: Gluten, Wheat, Eggs, Milk, Soya, Sulphites		Side Chips Sub Recipe (31.2%) [Potato Chips Ultrafast (95.5%) [Potato (97%), Canola Oil, Dextrose (from Maize)], Canola Oil (3.2%), Chip Seasoning Sub Recipe (1.3%) [Table Salt (60%) [Salt, Anti Caking Agent (554)], Smokey Paprika Powder (40%) [Paprika, Canola Oil, Vegetable Powders, Smoke Flavour]]], Slow Cooked Pork Belly (20.8%) [Australian Pork (92%), Water, Salt, Acidity Regulators (451, 450, 327, 331), Thickeners (1414, 415), Sugar, Canola Oil], Milk Bun 80g (16.7%) [Wheat Flour [Contains Vitamins (Thiamine, Folic Acid)], Water, Egg (4.9%), Milk Powder (4.4%), Butter (Milk) (3.9%), Sugar, Baker's Yeast, IodisedSalt, Canola Oil, Wheat Flour, Soya Flour, Malted Wheat Flour, Processing Aids Enzymes, Flour Treatment Agent (300)], Purple Slaw Sub Recipe (8.3%) [Cabbage Red Fresh (53.3%) [Cabbage 100%), Pink Lady Apple Fresh (26.7%) [Apple], Beetroot & Orange Dressing Sub Recipe (20%) [Balsamic Beetroot Relish (57.1%) [Beetroot (39%), Sugar, Apple, Balsamic Vinegar (11%), Vinegar, Onion, Cornflour, Mustard Seeds, Sea Salt, Pectin, Herbs And Spices Gluten Free VEGAN], Pulp Free Orange Juice (42.9%) [Reconstituted Orange Juice 99.9%, Flavour, Colour (110), Preservative 202]], Potato Starch (6.2%) [Potato Starch, Contains: Sulphur (sulphites)], Aioli GF (6.2%) [Canola Oil, Egg, Water, Balsamic Vinegar (Colour (150d)), Dijon Mustard, Vinegar, Garlic (0.5%), Salt, Reconstituted Lemon Juice, White Pepper, Acidity Regulator (270)], Bread & Butter Cucumbers (5.2%) [Gherkins (55%), Water, Sugar, Salt, Acidity Regulator (acetic Acid), Mustard Seeds, Celery Seeds, Firming Agent (calcium Chloride), Colour (riboflavin)], Sub Recipe: Chilli Caramel Sauce (4.3%) [Kecap Manis (Sweet Soy) (68.9%) [Palm Sugar, Sugar, Soy Extract (11%) (water, Salt, Soybean, Wheat), Water, Salt, Colour (150a), Preservatives (211, 223 (Sulphites), Acidity Regulator (330), Stabiliser (415)], Chilli Jam GF (31.1%) [Tomato (26%), (Firming Agent), (509), Apple, (antioxidant (300), Onion, Sugar, Red Wine (Sulphites), Vinegar, (preservative (220 (Sulphites), Citrus Peel, Cajun Style Herb & Spice Mix, (Wheat Flour), Modified Foods Starch, Salt, Acid (330), PepperContains: Sulphites & Wheat], Tuscan Seasoning (1%) [Salt, Sugar, Garlic 15%, Pepper 11%, Rosemary 9%, Parsley 2%, Vegetable Oil]CONTAINS: Gluten, Wheat, Egg, Milk, Soy, Sulphites

Category	Recipe Name	Recipe Description	Energy (kJ) per 100g	Energy (kcal) per 100g	Protein (g) per 100g	Fat (g) per 100g	Saturated Fat (g) per 100g	Carbohydrate (g) per 100g	Sugars (g) per 100g	Sodium (Na) (mg) per 100g	Energy (kJ) per serving	Energy (kcal) per serving	Protein (g) per serving	Fat (g) per serving	Saturated Fat (g) per serving	Carbohydrate (g) per serving	Sugars (g) per serving	Sodium (Na) (mg) per serving	Fat (g) Traffic light	Saturated Fat (g) Traffic light	Sugars (g) Traffic light	Contains Allergens	May Contain Allergens	Recipe Quid
Burgers, Sandwiches & Wraps	Quinoa & Sweet Potato Vegan Burger w chips	With smashed avocado, red onion, tomato, baby cos lettuce and vegan aioli (VF) (V)	679	162	3.7	7.6	1.3	19.7	2.6	151	3290	788	18.1	36.6	6.4	95.6	12.8	735	orange	green	green	Contains: Gluten, Oats, Wheat, Eggs, Milk, Soya, Sulphites		Side Chips Sub Recipe (30.9%) [Potato Chips Ultrafast (95.5%) [Potato (97%), Canola Oil, Dextrose (from Maize)], Canola Oil (3.2%), Chip Seasoning Sub Recipe (1.3%) [Table Salt (60%) [Salt, Anti Caking Agent (554)], Smokey Paprika Powder (40%) [Paprika, Canola Oil, Vegetable Powders, Smoke Flavour]]], Sweet Potato, Quinoa Vegan Patty Sub Recipe (27.9%) [Golden Sweet Potato Fresh (41.3%) [100% Sweet Potato], Cannellini Beans (33%) [Cannellini (white) Beans (60%), Water, Salt, Acidity Regulator: Ascorbic Acid (330)], Organic Quinoa Mix, Cooked (16.5%) [Tap Water (66.7%) [Water 100%], Quinoa 3 Grain Mix (33.3%) [White Quinoa, Red Quinoa, Black Quinoa]], Rolled Oats (8.7%) [100% Wholegrain Oats], Onion Powder (0.11%) [Sulphites, Present In Ingredients, Additives Or Processing Aids, Onions], Garlic Powder (0.11%) [GARLIC FLAKES, GRANULES AND POWDER Contains: Sulphites], Table Salt (0.1%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.1%) [Pepper 100%], Cayenne Pepper (0.08%) [Cayenne Pepper]], Milk Bun 80g (16.5%) [Wheat Flour [Contains Vitamins (Thiamine, Folic Acid)], Water, Egg (4.9%), Milk Powder (4.4%), Butter (Milk) (3.9%), Sugar, Baker's Yeast, IodisedSalt, Canola Oil, Wheat Flour, Soya Flour, Malted Wheat Flour, Processing Aids Enzymes, Flour Treatment Agent (300)], Roma Tomato Fresh (8.2%) [Tomato 100%], Aioli Vegan GF (6.2%) [Canola Oil, Soy Milk (22%), Vinegar, Salt, Garlic & Mustard Powder], Cos Lettuce Fresh (4.1%) [Lettuce 100%], Avocado Smash Mix Sub Recipe (4.1%) [Avocado Fresh (97.8%) [Avocado], Lemon Juice Fresh Squeezed (1.8%) [Lemon Juice 100%], Table Salt (0.18%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.18%) [Pepper 100%]], Spanish (Red) Onion Fresh (2.1%) [Red Onion]CONTAINS: Gluten, Wheat, Egg, Milk, Soy, Sulphites
Burgers, Sandwiches & Wraps	Quintessential Pesto Chicken Sando	Creamy pesto chicken with rocket, tomato, red onion and aioli on parmesan-butter toasted sourdough. Served with chips.	988	236	9.2	12.6	3	21.5	1.6	416	5150	1230	48.1	65.5	15.4	112	8.5	2170	orange	orange	green	Contains: Gluten, Wheat, Rye, Tree nuts, Cashews, Pine Nut, Eggs, Milk		Sourdough Sliced Vegan (31.3%) [Wheat Flour [Contains Vitamins (Thiamine, Folate)], Water, Sourdough Culture (8%) [Water, Wheat Flour, Fermented Rye Flour, Durum Wheat, Ascorbic Acid (E300), Acetic Acid (E260), Enzymes], Semolina (Gluten, Wheat), Canola Oil, Wheat Gluten, Salt Iodised, Bran, Rye Flour, Vinegar, Yeast [Yeast, Water, Mineral Oil]], Side Chips Sub Recipe (28.8%) [Potato Chips Ultrafast (95.5%) [Potato (97%), Canola Oil, Dextrose (from Maize)], Canola Oil (3.2%), Chip Seasoning Sub Recipe (1.3%) [Table Salt (60%) [Salt, Anti Caking Agent (554)], Smokey Paprika Powder (40%) [Paprika, Canola Oil, Vegetable Powders, Smoke Flavour]]], Pesto Chicken Mix Sub Recipe (21.1%) [Sous Vide Chicken Breast (70.2%) [Chicken 97% (BBQ Provence Dry Rub â€" Salt, Rice Cereal, Sugar, Dextrose, Dehydrated Vegetables, Natural Flavours (Wheat, Soy), Breadcrumbs (Wheat), Herbs, Spices, Flavour Enhancers (621, 635), Canola Oil, Anti Caking Agent (551), Hydrolysed Vegetable Protein (Soy), Food Acid (330), Spice Extract (160c) 3%)], Basil Pesto (26.3%) [Contains Dairy (Milk), Egg, Tree Nuts.Basil Puree, Canola Oil, Water, Cashews, Parmesan Cheese (Milk), Sugar, Garlic, Vinegar, Pinenuts, Salt, Food Acid (Citirc Acid), (330), Preservatives (Potassium Sorbate) (202), Thickener (Xanthan Gum), (415)], Premium Blended Oil (3.5%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)]], Bruschetta Mix Sub Recipe (8.6%) [Roma Tomato Fresh (69.9%) [Tomato 100%], Spanish (Red) Onion Fresh (20%) [Red Onion], Premium Blended Oil (8%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Basil Leaves Fresh (1.2%) [Basil], White Ground Pepper (0.5%) [Pepper 100%], Table Salt (0.5%) [Salt, Anti Caking Agent (554)]], Aioli GF (3.8%) [Canola Oil, Egg, Water, Balsamic Vinegar (Colour (150d)), Dijon Mustard, Vinegar, Garlic (0.5%), Salt, Reconstituted Lemon Juice, White Pepper, Acidity Regulator (270)], Parmesan Butter Sub Recipe (3.8%) [Salted Butter (71.4%) [Pasteurised Cream (from Milk)], Shaved Parmesan (28.6%) [Parmesan Cheese (Milk, salt, starter Cultures, enzymes), Anticaking Agent (460), Preservative (200)]], Rocket, Raw (1.9%) [Rocket 100%], Cherry Tomatoes Fresh (0.58%) [Tomatoes], Basil Leaves Fresh (0.1%) [Basil]CONTAINS: Gluten, Wheat, Cashew, Pine Nut, Egg, Milk
Burgers, Sandwiches & Wraps	Schnitzy BLAT	Golden panko-crumbed chicken schnitzel with bacon, tomato, cos lettuce, smashed avo and honey mustard sauce on a milk bun. Served with chips.	820	196	7.2	10.8	2.7	17.4	2.3	314	4430	1060	39	58.5	14.3	93.7	12.6	1697	orange	orange	green	Contains: Gluten, Wheat, Eggs, Milk, Soya		Side Chips Sub Recipe (27.8%) [Potato Chips Ultrafast (95.5%) [Potato (97%), Canola Oil, Dextrose (from Maize)], Canola Oil (3.2%), Chip Seasoning Sub Recipe (1.3%) [Table Salt (60%) [Salt, Anti Caking Agent (554)], Smokey Paprika Powder (40%) [Paprika, Canola Oil, Vegetable Powders, Smoke Flavour]]], Schnitzel 180g (23.1%) [Chicken, Water, Flour (Wheat) [Maize, Rice, Besan], Soy Protein, Vegetable Oil, Salt, Acidity Regulators (326, 262), Thickener (1442 Maize Or Tapioca), Dried Vegetables (Including Garlic, Onion), Mineral Salts (450, 451, 500), Herbs, Dextrose (Maize Or Tapioca), Yeast Extract], Milk Bun 80g (14.8%) [Wheat Flour [Contains Vitamins (Thiamine, Folic Acid)], Water, Egg (4.9%), Milk Powder (4.4%), Butter (Milk) (3.9%), Sugar, Baker's Yeast, IodisedSalt, Canola Oil, Wheat Flour, Soya Flour, Malted Wheat Flour, Processing Aids Enzymes, Flour Treatment Agent (300)], Middle Bacon Rindless (13.9%) [Bacon], Roma Tomato Fresh (7.4%) [Tomato 100%], Avocado Smash Mix Sub Recipe (5.6%) [Avocado Fresh (97.8%) [Avocado], Lemon Juice Fresh Squeezed (1.8%) [Lemon Juice 100%], Table Salt (0.18%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.18%) [Pepper 100%], Honey Mustard Dressing (3.7%) [Water, Vegetable Oil (contains Antioxidant (Butylated Hydroxyanisole)), Honey 9%, Sugar, Glucose Syrup, Mustard Seed 4%, Egg Yolk, Food Acids (Acetic, Citric), Salt, Thickeners (Modified Cornstarch, Xanthan Gum (contains Soy)), Whey (Milk) Protein (contains Milk), Turmeric, Colour (Caramel (150c)), Marjoram, Thyme, Garlic Extract, Spice Extract], Cos Lettuce Fresh (3.7%) [Lettuce 100%]CONTAINS: Gluten, Wheat, Egg, Milk, Soy
Burgers, Sandwiches & Wraps	Soft Shell Jackfruit Tacos	Two soft shell tacos with bbq jackfruit, lettuce, avocado, pickled onion, coriander and sour cream.	555	133	2.2	6.6	2.5	15.9	5.8	132	1680	403	6.7	19.9	7.5	48.3	17.6	401	orange	orange	orange	Contains: Gluten, Wheat, Milk		BBQ Jackfruit Sub Recipe (46.2%) [Jackfruit (81.4%) [Jackfruit], Smoked BBQ Sauce (17.4%) [Tomato Puree (55%) (Water, Tomato Paste), Thickener (1422), Molasses, Salt, Food Acid (260), Flavours, Colour (150c), Spice, Vegetable Gum (415)], Table Salt (0.58%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.58%) [Pepper 100%]], 6" Tortilla Soft (18.5%) [Wheat Flour, Thiamine, Folic Acid, water, Vegetable Shortening, Sugar, Baking Powder, Salt, Acidity Regulator, Iodised Salt, Mineral Salt, Preservative (282) Yeast], Avocado Fresh (16.5%) [Avocado], Cos Lettuce Fresh (8.3%) [Lettuce 100%], Sour Cream Light (6.6%) [REDUCED FAT CREAM (Milk), HALAL GELATINE, SOUR CREAM (Milk) CULTURE CONTAINS Milk AND Milk PRODUCTS], Pickled Red Onion Sub Recipe (3.3%) [Spanish (Red) Onion Fresh (100%) [Red Onion], Cider Vinegar (83.3%) [Naturally Brewed Apple Cider Vinegar, Apple Extract], Tap Water (40%) [Water 100%], White Sugar (26.7%) [Cane Sugar], Table Salt (3.3%) [Salt, Anti Caking Agent (554)]], Coriander Fresh (0.66%) [Coriander]CONTAINS: Gluten, Wheat, Milk
Burgers, Sandwiches & Wraps	Spectacular Steak Sanga	Tender steak, caramelised onion, beetroot, rocket, cheese, aioli and tomato relish on toasted Turkish bread. Served with beer-battered onion rings and chips.	835	200	9.5	10.7	4.6	16.2	2.8	160	5020	1200	57.2	64.6	27.4	97.2	16.7	960	orange	orange	green	Contains: Gluten, Wheat, Eggs, Milk, Sesame, Soya, Sulphites	May Contain: Tree nuts, Fish, Crustaceans, Molluscs, Lupin	Caramelised Onion & Steak Sub Recipe (29%) [BBQ Blade Steak (85.9%) [Beef Meat 100%], Brown Onion Fresh (22.8%) [Onion 100%], Balsamic Glaze (6.4%) [Cooked Grape Must, "aceto Balsamico Di Modena IGP" 38% (wine (Sulphites) Vinegar, Concentrated And Cooked Grape Must, Colour (150d), Anti Oxidant: Sulphur (Sulphites)], Wine (Sulphites) Vinegar, Colour (150d), Thickeners (1422) And Vegetable Gum (415)Product Contains Sulphites], Salted Butter (3.4%) [Pasteurised Cream (from Milk)], Table Salt (0.34%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.21%) [Pepper 100%]], Side Chips Sub Recipe (24.9%) [Potato Chips Ultrafast (95.5%) [Potato (97%), Canola Oil, Dextrose (from Maize)], Canola Oil (3.2%), Chip Seasoning Sub Recipe (1.3%) [Table Salt (60%) [Salt, Anti Caking Agent (554)], Smokey Paprika Powder (40%) [Paprika, Canola Oil, Vegetable Powders, Smoke Flavour]]], Turkish Bread (17.8%) [Wheat Flour [Thiamin, Folic Acid], Water, Iodised Salt, Sesame Seed, Yeast, Vinegar, Canola Oil, Preservative 202, Soy Flour .Made On A Line That Also Processes Other Seeds And], Sliced Beetroot (6.7%) [Beetroot (61%), Water, Sugar, Food Acid (acetic), Salt], Beer Battered Onion Rings (5%) [Onion(50%), Wheat Flour, Soybean Oil, Rice Flour, Starch, Onion Powder, Salt, Corn Flour, Sugar, Yeast Extract, Whey (Milk) Powder, Wheat Gluten, Thickener(E1420, E415), Mineral Salt (E450i, E500ii), Water], Tasty Cheese Sliced (4.2%) [Pasteurised Milk, Salt, Starter Cultures, Non Animal Rennet (Milk), Non Animal Lipase], Salted Butter (3.3%) [Pasteurised Cream (from Milk)], Aioli GF (3.3%) [Canola Oil, Egg, Water, Balsamic Vinegar (Colour (150d)), Dijon Mustard, Vinegar, Garlic (0.5%), Salt, Reconstituted Lemon Juice, White Pepper, Acidity Regulator (270)], Tomato Relish (3.3%) [Tomato (52%) ((Tomatoes, Firming Agent 509)), Sugar, Vinegar, Water, Onion, Modified Starch (1422), Tomato Paste, Salt, Garlic, Mustard Seed, Spices, Citric Acid], Rocket, Raw (2.5%) [Rocket 100%]CONTAINS: Gluten, Wheat, Egg, Milk, Sesame, Soy, Sulphites
Burgers, Sandwiches & Wraps	Sriracha Fried Chicken Burger	Tender chicken thigh marinated in buttermilk sriracha and deep-fried with a crispy southern coating. Stacked on a milk bun with bacon, tomato, lettuce, sriracha mayo and smashed avo. Served with chips.	871	208	6.4	12.4	2.8	17.7	2.3	301	5140	1230	37.7	73.3	16.4	105	13.4	1773	orange	orange	green	Contains: Gluten, Wheat, Eggs, Milk, Soya, Sulphites		Side Chips Sub Recipe (25.4%) [Potato Chips Ultrafast (95.5%) [Potato (97%), Canola Oil, Dextrose (from Maize)], Canola Oil (3.2%), Chip Seasoning Sub Recipe (1.3%) [Table Salt (60%) [Salt, Anti Caking Agent (554)], Smokey Paprika Powder (40%) [Paprika, Canola Oil, Vegetable Powders, Smoke Flavour]]], Sriracha Fried Chicken Marinade Sub Recipe (21.2%) [Chicken Thigh Boneless Skin Off (55.6%) [Chicken], Buttermilk (33.3%) [Skim Milk, Concentrated Skim Milk, Culture], Sriracha (11.1%) [SRIRACHA SAUCE (CHILI, SUGAR, SALT, GARLIC, DISTILLED VINEGAR, POTASSIUM SORBATE, SODIUM BISULFITE AS PRESERVATIVE, XANTHAN GUM)]], Milk Bun 80g (13.6%) [Wheat Flour [Contains Vitamins (Thiamine, Folic Acid)], Water, Egg (4.9%), Milk Powder (4.4%), Butter (Milk) (3.9%), Sugar, Baker's Yeast, IodisedSalt, Canola Oil, Wheat Flour, Soya Flour, Malted Wheat Flour, Processing Aids Enzymes, Flour Treatment Agent (300)], Middle Bacon Rindless (12.7%) [Bacon], Sriracha Mayonnaise (6.8%) [Canola Oil, Pasteurised Whole Egg, Sriracha Sauce (chilli, Sugar, Salt, Garlic, Acetic Acid, Potassium Sorbate, Sodium Bisulphite (Sulphites), Xantam Gum,) Vinegar, Sugar, Chilli, Salt), Mustrad Powder, Guar Gum(Contains Egg, And Sulphites], Sriracha Fried Chicken Flour Coating Sub Recipe (6.8%) [Potato Starch (90.2%) [Potato Starch, Contains: Sulphur (sulphites)], Garlic Powder (4.5%) [GARLIC FLAKES, GRANULES AND POWDER Contains: Sulphites], Onion Powder (3%) [Sulphites, Present In Ingredients, Additives Or Processing Aids, Onions], Smokey Paprika Powder (1.5%) [Paprika, Canola Oil, Vegetable Powders, Smoke Flavour], Cayenne Pepper (0.75%) [Cayenne Pepper]], Roma Tomato Fresh (5.1%) [Tomato 100%], Avocado Smash Mix Sub Recipe (5.1%) [Avocado Fresh (97.8%) [Avocado], Lemon Juice Fresh Squeezed (1.8%) [Lemon Juice 100%], Table Salt (0.18%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.18%) [Pepper 100%], Cos Lettuce Fresh (3.4%) [Lettuce 100%]CONTAINS: Gluten, Wheat, Egg, Milk, Soy, Sulphites
Burgers, Sandwiches & Wraps	Steak Sandwich w Chips	With cheese, tomato, lettuce, balsamic beetroot relish & hickory smoked bbq sauce.	658	158	6.9	4.1	0.89	22.8	6.4	230	3390	812	35.7	21.2	4.6	118	32.9	1184	orange	green	orange	Contains: Gluten, Wheat, Barley, Milk, Soya		Side Chips Sub Recipe (29.1%) [Potato Chips Ultrafast (95.5%) [Potato (97%), Canola Oil, Dextrose (from Maize)], Canola Oil (3.2%), Chip Seasoning Sub Recipe (1.3%) [Table Salt (60%) [Salt, Anti Caking Agent (554)], Smokey Paprika Powder (40%) [Paprika, Canola Oil, Vegetable Powders, Smoke Flavour]]], Continental Roll (23.3%) [Wheat Flour [Contains Vitamins (Thiamine, Folic Acid)], Water, Canola Oil, Iodised Salt, Improver [Wheat Flour, Soya Flour, Malted Wheatflour, Processing Aids Enzymes, Ascorbic Acid (300)], Yeast [Vegetable Oil, Potato Starch]], Fresh Rump Steak (19.4%) [Beef Meat 100%], Smoked BBQ Sauce (9.7%) [Tomato Puree (55%) (Water, Tomato Paste), Thickener (1422), Molasses, Salt, Food Acid (260), Flavours, Colour (150c), Spice, Vegetable Gum (415)], Tasty Cheese Sliced (6.8%) [Pasteurised Milk, Salt, Starter Cultures, Non Animal Rennet (Milk), Non Animal Lipase], Cos Lettuce Fresh (3.9%) [Lettuce 100%], Roma Tomato Fresh (3.9%) [Tomato 100%], Caramelised Onion (3.9%) [Onion (40%), Sugar, Vinegar, Malt (Gluten, Barley) Extract (Barley, Wheat), Molasses, Cornflour, Sea Salt, Pectin, Garlic, Spice CONTAINS Barley, Wheat VEGAN]CONTAINS: Gluten, Wheat, Milk, Soy
Burgers, Sandwiches & Wraps	The Club	In line with tradition. Sliced chicken breast, bacon, leg ham, tomato, lettuce, smashed avo and seeded mustard mayo on a triple layer toasted sando. Served with chips.	920	220	8.6	13	4.8	17.1	1.3	425	4580	1100	42.9	64.9	23.9	85	6.3	2117	orange	orange	green	Contains: Gluten, Wheat, Eggs, Milk	May Contain: Peanuts, Fish, Sesame, Soya	White Bread Sliced (24.1%) [Wheat Flour, Water, Yeast, Vegetable Oils (Palm, Canola), Iodised Salt, Wheat Gluten, Yellow Pea Flour, Vitamins (Thiamin, Folate], Side Chips Sub Recipe (20.1%) [Potato Chips Ultrafast (95.5%) [Potato (97%), Canola Oil, Dextrose (from Maize)], Canola Oil (3.2%), Chip Seasoning Sub Recipe (1.3%) [Table Salt (60%) [Salt, Anti Caking Agent (554)], Smokey Paprika Powder (40%) [Paprika, Canola Oil, Vegetable Powders, Smoke Flavour]]], Middle Bacon Rindless (15.1%) [Bacon], Sous Vide Chicken Breast (10%) [Chicken 97% (BBQ Provence Dry Rub â€" Salt, Rice Cereal, Sugar, Dextrose, Dehydrated Vegetables, Natural Flavours (Wheat, Soy), Breadcrumbs (Wheat), Herbs, Spices, Flavour Enhancers (621, 635), Canola Oil, Anti Caking Agent (551), Hydrolysed Vegetable Protein (Soy), Food Acid (330), Spice Extract (160c) 3%)], Roma Tomato Fresh (8%) [Tomato 100%], Avocado Smash Mix Sub Recipe (6%) [Avocado Fresh (97.8%) [Avocado], Lemon Juice Fresh Squeezed (1.8%) [Lemon Juice 100%], Table Salt (0.18%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.18%) [Pepper 100%]], Shaved Leg Ham (5.6%) [Pork, Water, Cure [Salt, Sugar, Mineral Salts (450, 451), Dextrose (Maize Or Tapioca), Antioxidant (316), Preservative (250)], Acidity Regulators (326, 262), Modified Starch (1442 Maize Or Tapioca), Vegetable Gum (407a), Natural Flavour, Wood Smoke], Salted Butter (4%) [Pasteurised Cream (from Milk)], Seeded Mustard Mayo Sub Recipe (4%) [Mayonnaise GF (65.7%) [Canola Oil, Pasteurised Whole Egg (10%), Vinegar, Sugar, Salt, Mustard], Mustard Seeded (34.3%) [Water, Mustard Seed, Salt, Sugar, Food Acid, Herbs, Spices, Garlic Extract]], Cos Lettuce Fresh (3%) [Lettuce 100%]CONTAINS: Gluten, Wheat, Egg, Milk
Burgers, Sandwiches & Wraps	The Reuben Revolution	Old-school corned beef with sauerkraut, bread and butter pickles, melted mozzarella and our special Russian dressing on parmesan-butter toasted sourdough. Served with chips.	905	217	7.6	11.6	3.9	20.4	1.5	516	5010	1200	41.8	64.2	21.5	113	8.3	2851	orange	orange	green	Contains: Gluten, Wheat, Rye, Eggs, Milk, Soya, Sulphites		Sourdough Sliced Vegan (29.5%) [Wheat Flour [Contains Vitamins (Thiamine, Folate)], Water, Sourdough Culture (8%) [Water, Wheat Flour, Fermented Rye Flour, Durum Wheat, Ascorbic Acid (E300), Acetic Acid (E260), Enzymes], Semolina (Gluten, Wheat), Canola Oil, Wheat Gluten, Salt Iodised, Bran, Rye Flour, Vinegar, Yeast [Yeast, Water, Mineral Oil]], Side Chips Sub Recipe (27.1%) [Potato Chips Ultrafast (95.5%) [Potato (97%), Canola Oil, Dextrose (from Maize)], Canola Oil (3.2%), Chip Seasoning Sub Recipe (1.3%) [Table Salt (60%) [Salt, Anti Caking Agent (554)], Smokey Paprika Powder (40%) [Paprika, Canola Oil, Vegetable Powders, Smoke Flavour]]], Corned Beef Sub Recipe (14.5%) [Corned Beef Raw (98.4%) [undefined], Whole Black Peppercorns (1.5%) [Pepper 100%], Bay Leaves Dried (0.1%) [Bay Leaves 100%]], Bread & Butter Cucumbers (7.2%) [Gherkins (55%), Water, Sugar, Salt, Acidity Regulator (acetic Acid), Mustard Seeds, Celery Seeds, Firming Agent (calcium Chloride), Colour (riboflavin)], Polish Sauerkraut (5.4%), Shredded Mozzarella (5.4%) [Mozzarella Cheese (Milk) [Milk, Salt, Cultures, Enzyme (Non Animal Rennet (Milk))], Anti Caking Agent (460), Preservative (200)], Russian Dressing Sub Recipe (5.4%) [Mayonnaise GF (73%) [Canola Oil, Pasteurised Whole Egg (10%), Vinegar, Sugar, Salt, Mustard], Buffalo Wing Sauce (18.2%) [Water, Thickeners (1422, 415), Salt, Maltodextrin (Maize), Acidity Regulator (260), Sugar, Flavours (Milk), Spices, Milk Powder, Dehydrated Vegetable, Colours (160c, 100), Vegetable Gum (461)Garlic, Hydrolysed Vegetable Protein (Maize), Onion, Tomato, Yeast Extract, Celery], Horseradish Relish (8.8%) [Horseradish (Sulphites), Water, Sugar, Mustard Seed, Salt, Acidity Regulator (acetic Acid), Vegetable Oil, Flavour (mustard), Thickener (Xanthan Gum (contains Soy)), Preservative (Sodium Metabisulphite (Sulphites))], Parmesan Butter Sub Recipe (5.4%) [Salted Butter (71.4%) [Pasteurised Cream (from Milk)], Shaved Parmesan (28.6%) [Parmesan Cheese (Milk, salt, starter Cultures, enzymes), Anticaking Agent (460), Preservative (200)]]CONTAINS: Gluten, Wheat, Egg, Milk, Soy, Sulphites

Category	Recipe Name	Recipe Description	Energy (kJ) per 100g	Energy (kcal) per 100g	Protein (g) per 100g	Fat (g) per 100g	Saturated Fat (g) per 100g	Carbohydrate (g) per 100g	Sugars (g) per 100g	Sodium (Na) (mg) per 100g	Energy (kJ) per serving	Energy (kcal) per serving	Protein (g) per serving	Fat (g) per serving	Saturated Fat (g) per serving	Carbohydrate (g) per serving	Sugars (g) per serving	Sodium (Na) (mg) per serving	Fat (g) Traffic light	Saturated Fat (g) Traffic light	Sugars (g) Traffic light	Contains Allergens	May Contain Allergens	Recipe Quid
Burgers, Sandwiches & Wraps	Truffle Mushroom Open Melt	Spinach, mozzarella, rocket and truffled mushrooms with zingy balsamic glaze on a garlic-butter open-toasted continental roll.	1030	247	8.9	15.9	6.9	17.2	3	299	2190	524	18.8	33.8	14.7	36.5	6.4	635	orange	red	green	Contains: Gluten, Wheat, Milk, Soya, Sulphites		Continental Roll (28.3%) [Wheat Flour [Contains Vitamins (Thiamine, Folic Acid)], Water, Canola Oil, Iodised Salt, Improver [Wheat Flour, Soya Flour, Malted Wheatflour, Processing Aids Enzymes, Ascorbic Acid (300)], Yeast [Vegetable Oil, Potato Starch]], Mushroom Field Flat (23.6%) [Mushroom 100%], Shredded Mozzarella (23.6%) [Mozzarella Cheese (Milk) [Milk, Salt, Cultures, Enzyme (Non Animal Rennet (Milk))], Anti Caking Agent (460), Preservative (200)], Garlic Butter Mix Sub Recipe (7.1%) [Salted Butter (83.3%) [Pasteurised Cream (from Milk)], Fresh Garlic Crushed (16.7%) [Garlic, Salt]], Balsamic Glaze (4.7%) [Cooked Grape Must, "aceto Balsamico Di Modena IGP" 38% [wine (Sulphites) Vinegar, Concentrated And Cooked Grape Must, Colour (150d), Anti Oxidant: Sulphur (Sulphites)], Wine (Sulphites) Vinegar, Colour (150d), Thickeners (1422) And Vegetable Gum (415)Product Contains Sulphites], Dressed Rocket Sub Recipe (4.7%) [Rocket, Raw (50%) [Rocket 100%], Premium Blended Oil (30%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Table Salt (10%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (10%) [Pepper 100%]], Spinach Leaves Fresh (2.4%) [Spinach Leaves], Truffle Oil (2.4%) [Extra Virgin Olive Oil, Black Truffle Aroma, Dehydrated Truffle (Tuber Indicum)], Truffle Paste (2.4%) [Cultivated Mushrooms (Agaricus Bisporus)Mushrooms (Boletus Edulis And Related Group)Sunflower Seed Oil Extra Virgin Olive Oil Tartufi Bianchi : Truffle (Tuber Borchii Or Albidum Pico), White Truffle (Tuber Magnum Pico)salt Aroma], Table Salt (0.47%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (0.47%) [Pepper 100%]CONTAINS: Gluten, Wheat, Milk, Soy, Sulphites
Burgers, Sandwiches & Wraps	Vego Burger Tower	Crispy potato rosti, garlic-roasted mushrooms, tomato, lettuce and smashed avo on a milk bun. Served with chips. Change bun to sourdough to make vegan.	598	143	3.4	5.8	1.3	19	2.3	181	2990	716	17	29.1	6.3	95.2	11.7	905	orange	green	green	Contains: Gluten, Wheat, Eggs, Milk, Soya, Sulphites		Side Chips Sub Recipe (30%) [Potato Chips Ultrafast (95.5%) [Potato (97%), Canola Oil, Dextrose (from Maize)], Canola Oil (3.2%), Chip Seasoning Sub Recipe (1.3%) [Table Salt (60%) [Salt, Anti Caking Agent (554)], Smokey Paprika Powder (40%) [Paprika, Canola Oil, Vegetable Powders, Smoke Flavour]]], Potato Rosti Vegan (20%) [Potato (84%), Onion, Wheat Flour (Wheat Flour, Raising Agents (341, 500)), Salt, Pepper Contains Gluten, Sulphite], Milk Bun 80g (16%) [Wheat Flour [Contains Vitamins (Thiamine, Folic Acid)], Water, Egg (4.9%), Milk Powder (4.4%), Butter (Milk) (3.9%), Sugar, Baker's Yeast, IodisedSalt, Canola Oil, Wheat Flour, Soya Flour, Malted Wheat Flour, Processing Aids Enzymes, Flour Treatment Agent (300)], Garlic Mushrooms Side Sub Recipe (12%) [Mushroom Field Flat (90.2%) [Mushroom 100%], Premium Blended Oil (7.5%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Fresh Garlic Crushed (1.5%) [Garlic, Salt], Table Salt (0.38%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (0.38%) [Pepper 100%]], Roma Tomato Fresh (8%) [Tomato 100%], Avocado Smash Mix Sub Recipe (8%) [Avocado Fresh (97.8%) [Avocado], Lemon Juice Fresh Squeezed (1.8%) [Lemon Juice 100%], Table Salt (0.18%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.18%) [Pepper 100%]], Cos Lettuce Fresh (3%) [Lettuce 100%], Tomato Relish (3%) [Tomato (52%) ((Tomatoes, Firming Agent 509)), Sugar, Vinegar, Water, Onion, Modified Starch (1422), Tomato Paste, Salt, Garlic, Mustard Seed, Spices, Citric Acid]CONTAINS: Gluten, Wheat, Egg, Milk, Soy, Sulphites
Burgers, Sandwiches & Wraps	Wagyu Cheeseburger w Chips	House-made wagyu patty, cheese, pickles, mustard & tomato sauce.	862	206	7.9	10.9	3.3	19	2.6	241	4030	963	37.1	51	15.3	88.7	12.1	1125	orange	orange	green	Contains: Gluten, Wheat, Barley, Eggs, Milk, Fish, Soya, Sulphites	May Contain: Peanuts, Crustaceans, Sesame	House Wagyu Patty (33.6%) [Beef Mince Fresh (79.7%) [Beef Meat 100%], Bread Crumbs (12%) [Wheat Flour, Canola Oil, Yeast, Sugar, Salt, Wheat Gluten], Tomato Paste (2.4%) [F Tomato Paste, Water And Salt], Worcestershire Sauce (2%) [Malt (Gluten, Barley) Vinegar (from Barley), Spirit Vinegar, Molasses, Sugar, Salt, Anchovies (Fish), Tamarind Extract, Onion, Garlic, Spice, Flavours], Red Tabasco Sauce (1.6%) [Distilled Vinegar, Red Pepper (12% 15%), Salt], Fresh Garlic Crushed (0.8%) [Garlic, Salt], Onion Powder (0.8%) [Sulphites, Present In Ingredients, Additives Or Processing Aids, Onions], Dijon Mustard (0.8%) [Water, Mustard Seed, Salt, Sugar, Food Acid (Acetic), Turmeric]], Side Chips Sub Recipe (32.1%) [Potato Chips Ultrafast (95.5%) [Potato (97%), Canola Oil, Dextrose (from Maize)], Canola Oil (3.2%), Chip Seasoning Sub Recipe (1.3%) [Table Salt (60%) [Salt, Anti Caking Agent (554)], Smokey Paprika Powder (40%) [Paprika, Canola Oil, Vegetable Powders, Smoke Flavour]]], Milk Bun 80g (19.3%) [Wheat Flour [Contains Vitamins (Thiamine, Folic Acid)], Water, Egg (4.9%), Milk Powder (4.4%), Butter (Milk) (3.9%), Sugar, Baker's Yeast, IodisedSalt, Canola Oil, Wheat Flour, Soya Flour, Malted Wheat Flour, Processing Aids Enzymes, Flour Treatment Agent (300)], Tasty Cheese Sliced (7.5%) [Pasteurised Milk, Salt, Starter Cultures, Non Animal Rennet (Milk), Non Animal Lipase], Bread & Butter Cucumbers (5.4%) [Gherkins (55%), Water, Sugar, Salt, Acidity Regulator (acetic Acid), Mustard Seeds, Celery Seeds, Firming Agent (calcium Chloride), Colour (riboflavin)], Dijon Mustard (1.1%) [Water, Mustard Seed, Salt, Sugar, Food Acid (Acetic), Turmeric], Tomato Sauce (1.1%) [Concentrated Tomatoes (Contains 165g Of Tomatoes Per 100mL), Sugar, Salt, Food Acid (Acetic Acid), Natural Flavours, Spice Contains 77% Concentrated Tomatoes]CONTAINS: Gluten, Wheat, Egg, Milk, Fish, Soy, Sulphites
Children	Anklebiter's Spag Bol	A staple for anytime. Spaghetti with bolognese sauce and shaved parmesan.	560	134	7.8	4.2	1.4	16	1.9	118	1570	377	22	11.7	3.9	45	5.4	332	orange	green	green	Contains: Gluten, Wheat, Milk, Sulphites		Bolognese Base Sauce Sub Recipe (53.4%) [Minced Beef Lean (34.8%) [85% Lean Mince, 15% Fat], Napoli Pronto Blendered Sub Recipe (34.8%) [Napoli (100%) [Italian Tomatoes^ (95%) (diced, Paste), Sunflower Oil, Sugar, Salt, Water, Food Acid (citric), Onions]], Brown Onion Fresh (7%) [Onion 100%], Carrots Fresh (5.2%) [Carrots], Celery Fresh (5.2%) [Celery], Red Cooking Wine (4.3%) [RED WINE (Sulphites), SALT 1700mg/ltr, PERSERVATIVE 220 (Sulphites), Milk], Full Cream Milk (4.3%) [Full Cream (Milk) Milk, Milk Solids Non Fat], Tomato Paste (1.7%) [F Tomato Paste, Water And Salt], Premium Blended Oil (1.4%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Fresh Garlic Crushed (0.87%) [Garlic, Salt], Whole Black Peppercorns (0.35%) [Pepper 100%], Table Salt (0.03%) [Salt, Anti Caking Agent (554)], Bay Leaves Dried (0.03%) [Bay Leaves 100%], Spaghetti Pasta Sub Recipe (42.7%) [Tap Water (452g of Tap Water per 100g) [Water 100%], Spaghetti (45.2%) [Durum Wheat Semolina (Gluten, Wheat)], Canola Oil (1.8%), Table Salt (0.9%) [Salt, Anti Caking Agent (554)]], Shaved Parmesan (3.6%) [Parmesan Cheese (Milk, salt, starter Cultures, enzymes), Anticaking Agent (460), Preservative (200)], Basil Leaves Fresh (0.36%) [Basil]CONTAINS: Gluten, Wheat, Milk, Sulphites
Children	Aussie Kid's Favourite Sando	Butter, vegemite and sliced cheese on white bread. Cut into triangles because that makes it taste better.	1050	250	10.2	8.6	5.3	32.3	0.88	717	1360	326	13.2	11.1	6.8	42	1.1	932	orange	red	green	Contains: Gluten, Wheat, Milk	May Contain: Sulphites	White Bread Sliced (61.5%) [Wheat Flour, Water, Yeast, Vegetable Oils (Palm, Canola), Iodised Salt, Wheat Gluten, Yellow Pea Flour, Vitamins (Thiamin, Folate], Vegemite (15.4%) [Vegemite], Tasty Cheese Sliced (15.4%) [Pasteurised Milk, Salt, Starter Cultures, Non Animal Rennet (Milk), Non Animal Lipase], Salted Butter (7.7%) [Pasteurised Cream (from Milk)]CONTAINS: Gluten, Wheat, Milk
Children	Bambini's BBQ Chook Pizza	Mozzarella, sliced chicken and bbq sauce on a traditional Italian base.	462	111	8.6	4.8	2.7	8.1	7.3	327	877	210	16.3	9.2	5.2	15.3	14	621	orange	orange	orange			200gm Dough Ball (52.6%) [Wheat FlourWateryeastsaltimprover(Gluten, Wheat Flour, Ascorbic Acid (300) Enzymes)cornflour, Gluten, Soy Flour, Guargum], Smoked BBQ Sauce (15.8%) [Tomato Puree (55%) (Water, Tomato Paste), Thickener (1422), Molasses, Salt, Food Acid (260), Flavours, Colour (150c), Spice, Vegetable Gum (415)], Shredded Mozzarella (15.8%) [Mozzarella Cheese (Milk) [Milk, Salt, Cultures, Enzyme (Non Animal Rennet (Milk))], Anti Caking Agent (460), Preservative (200)], Sous Vide Chicken Breast (15.8%) [Chicken 97% (BBQ Provence Dry Rub â€" Salt, Rice Cereal, Sugar, Dextrose, Dehydrated Vegetables, Natural Flavours (Wheat, Soy), Breadcrumbs (Wheat), Herbs, Spices, Flavour Enhancers (621, 635), Canola Oil, Anti Caking Agent (551)), Hydrolysed Vegetable Protein (Soy), Food Acid (330), Spice Extract (160c) 3%)]
Children	Bambini's Cheese Pizza	Mozzarella and napoli on a traditional Italian base.	277	66	4.9	4.7	2.7	1.2	1	168	444	106	7.9	7.5	4.3	1.9	1.7	269	orange	orange	green			200gm Dough Ball (62.5%) [Wheat FlourWateryeastsaltimprover(Gluten, Wheat Flour, Ascorbic Acid (300) Enzymes)cornflour, Gluten, Soy Flour, Guargum], Shredded Mozzarella (18.8%) [Mozzarella Cheese (Milk) [Milk, Salt, Cultures, Enzyme (Non Animal Rennet (Milk))], Anti Caking Agent (460), Preservative (200)], Napoli Pronto Blendered Sub Recipe (18.8%) [Napoli (100%) [Italian Tomatoes^ (95%) (diced, Paste), Sunflower Oil, Sugar, Salt, Water, Food Acid (citric), Onions]]
Children	Bambini's Hawaiian Pizza	Mozzarella, ham, pineapple and napoli on a traditional Italian base.	292	70	5.7	4	2.1	2.8	2.6	275	643	154	12.5	8.8	4.7	6.2	5.7	606	orange	orange	green		May Contain: Milk, Soya	200gm Dough Ball (45.5%) [Wheat FlourWateryeastsaltimprover(Gluten, Wheat Flour, Ascorbic Acid (300) Enzymes)cornflour, Gluten, Soy Flour, Guargum], Napoli Pronto Blendered Sub Recipe (13.6%) [Napoli (100%) [Italian Tomatoes^ (95%) (diced, Paste), Sunflower Oil, Sugar, Salt, Water, Food Acid (citric), Onions]], Shredded Mozzarella (13.6%) [Mozzarella Cheese (Milk) [Milk, Salt, Cultures, Enzyme (Non Animal Rennet (Milk))], Anti Caking Agent (460), Preservative (200)], Shaved Leg Ham (13.6%) [Pork, Water, Cure [Salt, Sugar, Mineral Salts (450, 451), Dextrose (Maize Or Tapioca), Antioxidant (316), Preservative (250)], Acidity Regulators (326, 262), Modified Starch (1442 Maize Or Tapioca), Vegetable Gum (407a), Natural Flavour, Wood Smoke], Pineapple Pieces (13.6%) [Pineapple (60%), Pineapple Juice]
Children	Hungry Tyke's Spaghetti	Spaghetti with napoli and shaved parmesan.	506	121	4.1	2.8	0.66	19.6	2.7	170	1140	274	9.3	6.3	1.5	44.4	6	385	green	green	green	Contains: Gluten, Wheat, Milk		Spaghetti Pasta Sub Recipe (53.1%) [Tap Water (452g of Tap Water per 100g) [Water 100%], Spaghetti (45.2%) [Durum Wheat Semolina (Gluten, Wheat)], Canola Oil (1.8%), Table Salt (0.9%) [Salt, Anti Caking Agent (554)]], Napoli Pronto Blendered Sub Recipe (44.2%) [Napoli (100%) [Italian Tomatoes^ (95%) (diced, Paste), Sunflower Oil, Sugar, Salt, Water, Food Acid (citric), Onions]], Shaved Parmesan (2.2%) [Parmesan Cheese (Milk, salt, starter Cultures, enzymes), Anticaking Agent (460), Preservative (200)], Basil Leaves Fresh (0.44%) [Basil]CONTAINS: Gluten, Wheat, Milk
Children	Kiddo's Avo on Toast	Fresh avocado spread on plain white toast.	886	212	4.6	12	2.9	20.7	0.59	157	859	206	4.4	11.6	2.8	20.1	0.57	152	orange	orange	green	Contains: Gluten, Wheat		Avocado Fresh (51.5%) [Avocado], White Bread Sliced (41.2%) [Wheat Flour, Water, Yeast, Vegetable Oils (Palm, Canola), Iodised Salt, Wheat Gluten, Yellow Pea Flour, Vitamins (Thiamin, Folate], Lemon Wedge 1/8 Cut Fresh (7.2%) [Lemons]CONTAINS: Gluten, Wheat
Children	Little Monkey's Fish & Chips	Battered flathead with chips and tomato sauce.	729	175	3.9	10.7	0.87	15.8	2.6	198	1830	438	9.7	26.8	2.2	39.6	6.6	498	orange	green	green	Contains: Gluten, Wheat, Milk, Fish		Side Chips Sub Recipe (59.8%) [Potato Chips Ultrafast (95.5%) [Potato (97%), Canola Oil, Dextrose (from Maize)], Canola Oil (3.2%), Chip Seasoning Sub Recipe (1.3%) [Table Salt (60%) [Salt, Anti Caking Agent (554)], Smokey Paprika Powder (40%) [Paprika, Canola Oil, Vegetable Powders, Smoke Flavour]]], Beer Battered Flathead (19.9%) [South American Flathead (percophis Brasiliensis, Fish) (65%), Coating [Wheat Flour, Water, Palm Oil, Thickener (1404), Salt, Raising Agents(450, 500), Flavour Enhancer (621), Sugar, Rice Flour, Milk Powder, Beer Flavour]], Tomato Sauce (8%) [Concentrated Tomatoes (Contains 165g Of Tomatoes Per 100mL), Sugar, Salt, Food Acid (Acetic Acid), Natural Flavours, Spice Contains 77% Concentrated Tomatoes], Lemon Wedge 1/8 Cut Fresh (8%) [Lemons], Canola Oil (4%), Table Salt (0.4%) [Salt, Anti Caking Agent (554)]CONTAINS: Gluten, Wheat, Milk, Fish
Children	Mini's Mac & Cheese	Macaroni in our house-made cheesy sauce and crumbled croutons for crunch.	660	158	7	11	6.8	7.9	3.3	144	1960	469	20.7	32.7	20.2	23.6	9.7	429	orange	red	green	Contains: Gluten, Wheat, Rye, Milk, Soya, Sulphites		Mac 'n' Cheese Sub Recipe (101%) [Full Cream Milk (57.4%) [Full Cream (Milk) Milk, Milk Solids Non Fat], Macaroni Pasta Sub Recipe (20.9%) [Tap Water (90.4%) [Water 100%], Macaroni (9%) [Durum Wheat Semolina (Gluten, Wheat)], Canola Oil (0.36%), Table Salt (0.18%) [Salt, Anti Caking Agent (554)]], Shredded Mozzarella (10.4%) [Mozzarella Cheese (Milk) [Milk, Salt, Cultures, Enzyme (Non Animal Rennet (Milk))], Anti Caking Agent (460), Preservative (200)], Salted Butter (4.2%) [Pasteurised Cream (from Milk)], Cream Cheese (4.2%) [Pasteurised Whole Milk And Cream (Milk), Salt, Stabiliser (E412, E415 (contains Soy), E407, Cultures], Shaved Parmesan (4.2%) [Parmesan Cheese (Milk, salt, starter Cultures, enzymes), Anticaking Agent (460), Preservative (200)], Plain Flour (2.5%) [Wheat Flour], Garlic Powder (0.21%) [GARLIC FLAKES, GRANULES AND POWDER Contains: Sulphites], Table Salt (0.21%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (0.08%) [Pepper 100%]], Croutons Sub Recipe (3.4%) [Sourdough Sliced Vegan (87.8%) [Wheat Flour [Contains Vitamins (Thiamine, Folate)], Water, Sourdough Culture (8%) [Water, Wheat Flour, Fermented Rye Flour, Durum Wheat, Ascorbic Acid (E300), Acetic Acid (E260), Enzymes], Semolina (Gluten, Wheat), Canola Oil, Wheat Gluten, Salt Iodised, Bran, Rye Flour, Vinegar, Yeast [Yeast, Water, Mineral Oil]], Premium Blended Oil (10.8%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Table Salt (0.81%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (0.54%) [Pepper 100%]]CONTAINS: Gluten, Wheat, Milk, Soy, Sulphites
Children	Moppet's Pancakes	Three plain pancakes with ice cream, fresh strawbs and maple syrup.	884	212	4	4.4	1.3	38.6	18.1	283	2450	586	11	12.1	3.7	107	50.1	785	orange	green	orange	Contains: Gluten, Wheat, Eggs, Milk, Soya	May Contain: Tree nuts, Peanuts	Small Pancakes (59.6%) [Pancake Mix (Wheat Flour, Sugar, Canola Oil, EggPowder, Raising Agents (500, 450, 541), Non FatMilk Solids, Wheat Starch, Preservative (281), Salt, Emulsifier (471), Flavour), Water Contains: Gluten (Wheat), Egg, Milk], Vanilla Ice Cream (18.1%) [Water, Dairy Ingredients (Reconstituted Skim Milk, Milk Solids, Butter (Milk) And Or Cream (Milk)), Sugar, Glucose Syrup, Maltodextrin, Coconut Oil, Vegetable Origin Emulsifiers [477, 471 (Soy)], Flavour, Vegetable Gum (412).Contains Milk And Soy.], Maple Syrup (14.4%) [Glucose, Sugar, Water, Flavour, Food Acid(330), Preservative(202), Colour(150)], Strawberries Fresh (7.2%) [Strawberries], Icing Mixture Soft (0.72%) [Cane Sugar (96%), Tapioca Or Maize Starch]CONTAINS: Gluten, Wheat, Egg, Milk, Soy
Children	Sprout's Nuggies & Chips	Chicken nuggies with chips and tomato sauce.	708	169	6.9	7.3	1.3	18.9	3.6	302	1980	475	19.3	20.4	3.6	52.8	10	845	orange	green	green	Contains: Gluten, Wheat, Milk, Soya	May Contain: Eggs	Side Chips Sub Recipe (53.6%) [Potato Chips Ultrafast (95.5%) [Potato (97%), Canola Oil, Dextrose (from Maize)], Canola Oil (3.2%), Chip Seasoning Sub Recipe (1.3%) [Table Salt (60%) [Salt, Anti Caking Agent (554)], Smokey Paprika Powder (40%) [Paprika, Canola Oil, Vegetable Powders, Smoke Flavour]]], Chicken Breast Nuggets (35.7%) [Contains Gluten (Wheat), Milk And Soy As Indicated In Bold May Be Present: Egg, Chicken (44%), Water, Flour (Wheat, Maize), Vegetable Oil, Gluten (Wheat), Flavour (Milk, Soy), Salt, Soy Protein, Semolina (Wheat), Thickeners (407, 415), Mineral Salts (450, 451), Yeast, Natural Colours (100, 160c)], Tomato Sauce (10.7%) [Concentrated Tomatoes (Contains 165g Of Tomatoes Per 100mL), Sugar, Salt, Food Acid (Acetic Acid), Natural Flavours, Spice Contains 77% Concentrated Tomatoes]CONTAINS: Gluten, Wheat, Milk, Soy
Children	Sweet Little Things	Toasty waffle with choc hazelnut marscapone, fresh strawberries and ice cream.	1330	318	3.8	16.7	10.6	37.9	21.9	234	2670	639	7.7	33.6	21.3	76.1	44.1	470	orange	red	orange	Contains: Gluten, Wheat, Tree nuts, Hazelnuts, Eggs, Milk, Soya	May Contain: Peanuts	Waffle (44.8%) [Wheat Flour, Margarine [Vegetable Oil, Water, Emulsifier (471)], Sugar, Water, Egg, Invert Sugar, Yeast, Soy Flour, Salt, Emulsifier [322 (Soy)], Flavour], Vanilla Ice Cream (24.9%) [Water, Dairy Ingredients (Reconstituted Skim Milk, Milk Solids, Butter (Milk) And Or Cream (Milk)), Sugar, Glucose Syrup, Maltodextrin, Coconut Oil, Vegetable Origin Emulsifiers [477, 471 (Soy)], Flavour, Vegetable Gum (412).Contains Milk And Soy.], Strawberries Fresh (14.9%) [Strawberries], Nutella & Mascarpone Mix Sub Recipe (14.9%) [Nutella (50%) [Sugar, Vegetable Fat (palm), Hazelnuts (13%), Skimmed Milk Powder 8.7%, Fat Reduced Cocoa Powder 7.4% Emulsifier Lecithin (Soy), Flavouring (vanillin). ALLERGEN INFORMATION: Contains Hazelnuts, Milk, SOY.], Mascarpone (50%) [Pasteurised Cream (Milk), Thickener (1442), Sugar, Citric Acid]], Icing Mixture Soft (0.5%) [Cane Sugar (96%), Tapioca Or Maize Starch]CONTAINS: Gluten, Wheat, Hazelnut, Egg, Milk, Soy
Children	Whippersnapper's Eggs & Toast	Fried, poached or scrambled eggs with sliced white bread and butter.	962	230	9.1	14.9	4.4	15	0.43	180	1390	334	13.1	21.6	6.4	21.8	0.63	262	orange	orange	green	Contains: Gluten, Wheat, Eggs, Milk		Egg Mix Sub Recipe (69%) [Egg XL (73.6%) [Eggs], Cooking Cream (26.4%) [Contains Minimum 35% Milk FatCream ð· Skim Milk ð· Thickener (1442) ð· Stabilisers (460, 466, 452) ð· Emulsifier (471Allergens: Contains Milk And Dairy Products]], White Bread Sliced (27.6%) [Wheat Flour, Water, Yeast, Vegetable Oils (Palm, Canola), Iodised Salt, Wheat Gluten, Yellow Pea Flour, Vitamins (Thiamin, Folate], Salted Butter (3.4%) [Pasteurised Cream (from Milk)]CONTAINS: Gluten, Wheat, Egg, Milk
Meals	Aussie Carbonara Fettucine	An Aussie take on an Italian classic. Mushrooms, onion, bacon and fettuccine tossed through a creamy garlic sauce. Served with parmesan.	1020	244	5.5	18.4	3.5	14.3	1.1	183	5150	1230	27.7	93.1	17.6	72.2	5.5	923	red	orange	green	Contains: Milk	May Contain: Gluten, Wheat, Eggs, Soya	Fettuccine Pasta Sub Recipe (35.6%) [Tap Water (455g of Tap Water per 100g) [Water 100%], Fettuccine (45.5%), Canola Oil (1.8%), Table Salt (0.91%) [Salt, Anti Caking Agent (554)]], Cooking Cream (29.7%) [Contains Minimum 35% Milk FatCream ð· Skim Milk ð· Thickener (1442) ð· Stabilisers (460, 466, 452) ð· Emulsifier (471Allergens: Contains Milk And Dairy Products], Middle Bacon Rindless (14.9%) [Bacon], Mushroom Field Flat (7.9%) [Mushroom 100%], Brown Onion Fresh (4%) [Onion 100%], Premium Blended Oil (3%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Shaved Parmesan (2%) [Parmesan Cheese (Milk, salt, starter Cultures, enzymes), Anticaking Agent (460), Preservative (200)], Rocket, Raw (0.99%) [Rocket 100%], Fresh Garlic Crushed (0.99%) [Garlic, Salt], Parsley Fresh (0.4%) [Parsley 100%], Whole Black Peppercorns (0.4%) [Pepper 100%], Table Salt (0.2%) [Salt, Anti Caking Agent (554)]CONTAINS: Milk

Category	Recipe Name	Recipe Description	Energy (kJ) per 100g	Energy (kcal) per 100g	Protein (g) per 100g	Fat (g) per 100g	Saturated Fat (g) per 100g	Carbohyd rate (g) per 100g	Sugars (g) per 100g	Sodium (Na) (mg) per 100g	Energy (kJ) per serving	Energy (kcal) per serving	Protein (g) per serving	Fat (g) per serving	Saturated Fat (g) per serving	Carbohyd rate (g) per serving	Sugars (g) per serving	Sodium (Na) (mg) per serving	Fat (g) Traffic light	Saturated Fat (g) Traffic light	Sugars (g) Traffic light	Contains Allergens	May Contain Allergens	Recipe Quid
Meals	Aussie Carbonara Loaded Parmy	Golden panko-crumbed chicken schnitzel topped with napoli, mozzarella, mushroomy carbonara sauce and shaved parmesan. Served with chips and salad.	915	219	12.2	14	2.4	11.2	1.9	200	6190	1480	82.8	94.5	16.1	75.6	13.1	1355	orange	orange	green	Contains: Gluten, Wheat, Milk, Soya, Sulphites		Schnitzel 180g (26.6%) [Chicken, Water, Flour (Wheat) [Maize, Rice, Besan], Soy Protein, Vegetable Oil, Salt, Acidity Regulators (326, 262), Thickener (1442 Maize Or Tapioca), Dried Vegetables (Including Garlic, Onion), Mineral Salts (450, 451, 500), Herbs, Dextrose (Maize Or Tapioca), Yeast Extract], Side Chips Sub Recipe (22.2%) [Potato Chips Ultrafast (95.5%) [Potato (97%), Canola Oil, Dextrose (from Maize)], Canola Oil (3.2%), Chip Seasoning Sub Recipe (1.3%) [Table Salt (60%) [Salt, Anti Caking Agent (554)], Smokey Paprika Powder (40%) [Paprika, Canola Oil, Vegetable Powders, Smoke Flavour]], Carbonara Sauce Sub Recipe (22.2%) [Cooking Cream (65.9%) [Contains Minimum 35% Milk FatCream ð- Skim Milk ð- Thickener (1442) ð- Stabilisers (460, 466, 452) ð- Emulsifier (471Allergens: Contains Milk And Dairy Products], Mushroom Field Flat (17.6%) [Mushroom 100%], Middle Bacon Rindless (16.5%) [Bacon]], Side Salad Sub Recipe (14.8%) [Cherry Tomatoes Fresh (40%) [Tomatoes], Spanish (Red) Onion Fresh (20%) [Red Onion], Cucumber Fresh (15%) [Cucumbers 100%], Carrots Fresh (10%) [Carrots], Dressed Rocket Sub Recipe (10%) [Rocket, Raw (50%) [Rocket 100%], Premium Blended Oil (30%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Table Salt (10%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (10%) [Pepper 100%]], Balsamic Glaze (5%) [Cooked Grape Must, "aceto Balsamico Di Modena IGP" 38% [wine (Sulphites) Vinegar, Concentrated And Cooked Grape Must, Colour (150d), Anti Oxidant: Sulphur (Sulphites)], Wine (Sulphites) Vinegar, Colour (150d), Thickeners (1422) And Vegetable Gum (415)Product Contains Sulphites]], Shredded Mozzarella (5.9%) [Mozzarella Cheese (Milk) [Milk, Salt, Cultures, Enzyme (Non Animal Rennet (Milk))], Anti Caking Agent (460), Preservative (200)], Napoli Pronto Blendered Sub Recipe (5.9%) [Napoli (100%) [Italian Tomatoes^ (95%) (diced, Paste), Sunflower Oil, Sugar, Salt, Water, Food Acid (citric), Onions]], Canola Oil (1.5%), Shaved Parmesan (0.74%) [Parmesan Cheese (Milk, salt, starter Cultures, enzymes), Anticaking Agent (460), Preservative (200)], Parsley Fresh (0.3%) [Parsley 100%]CONTAINS: Gluten, Wheat, Milk, Soy, Sulphites
Meals	Avo Avalanche Loaded Parmy	Golden panko-crumbed chicken schnitzel topped with napoli, mozzarella, bacon, smashed avo, diced tomato and red onion. Served with chips and salad.	840	201	13.1	11.3	2.4	11.7	2.2	228	5190	1240	80.8	69.6	14.9	72.4	13.4	1409	orange	orange	green	Contains: Gluten, Wheat, Soya, Sulphites		Schnitzel 180g (29.1%) [Chicken, Water, Flour (Wheat) [Maize, Rice, Besan], Soy Protein, Vegetable Oil, Salt, Acidity Regulators (326, 262), Thickener (1442 Maize Or Tapioca), Dried Vegetables (Including Garlic, Onion), Mineral Salts (450, 451, 500), Herbs, Dextrose (Maize Or Tapioca), Yeast Extract], Side Chips Sub Recipe (24.3%) [Potato Chips Ultrafast (95.5%) [Potato (97%), Canola Oil, Dextrose (from Maize)], Canola Oil (3.2%), Chip Seasoning Sub Recipe (1.3%) [Table Salt (60%) [Salt, Anti Caking Agent (554)], Smokey Paprika Powder (40%) [Paprika, Canola Oil, Vegetable Powders, Smoke Flavour]], Side Salad Sub Recipe (16.2%) [Cherry Tomatoes Fresh (40%) [Tomatoes], Spanish (Red) Onion Fresh (20%) [Red Onion], Cucumber Fresh (15%) [Cucumbers 100%], Carrots Fresh (10%) [Carrots], Dressed Rocket Sub Recipe (10%) [Rocket, Raw (50%) [Rocket 100%], Premium Blended Oil (30%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Table Salt (10%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (10%) [Pepper 100%]], Balsamic Glaze (5%) [Cooked Grape Must, "aceto Balsamico Di Modena IGP" 38% [wine (Sulphites) Vinegar, Concentrated And Cooked Grape Must, Colour (150d), Anti Oxidant: Sulphur (Sulphites)], Wine (Sulphites) Vinegar, Colour (150d), Thickeners (1422) And Vegetable Gum (415)Product Contains Sulphites]], Shredded Mozzarella (6.5%) [Mozzarella Cheese (Milk) [Milk, Salt, Cultures, Enzyme (Non Animal Rennet (Milk))], Anti Caking Agent (460), Preservative (200)], Napoli Pronto Blendered Sub Recipe (6.5%) [Napoli (100%) [Italian Tomatoes^ (95%) (diced, Paste), Sunflower Oil, Sugar, Salt, Water, Food Acid (citric), Onions]], Middle Bacon Rindless (6.1%) [Bacon], Avocado Smash Mix Sub Recipe (4.9%) [Avocado Fresh (97.8%) [Avocado], Lemon Juice Fresh Squeezed (1.8%) [Lemon Juice 100%], Table Salt (0.18%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.18%) [Pepper 100%]], Bruschetta Mix Sub Recipe (4.9%) [Roma Tomato Fresh (69.9%) [Tomato 100%], Spanish (Red) Onion Fresh (20%) [Red Onion], Premium Blended Oil (8%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Basil Leaves Fresh (1.2%) [Basil], White Ground Pepper (0.5%) [Pepper 100%], Table Salt (0.5%) [Salt, Anti Caking Agent (554)], Canola Oil (1.6%)CONTAINS: Gluten, Wheat, Soy, Sulphites
Meals	Baked Barra Parcel	Buttered barramundi and spinach baked until tender then finished with lemon and a fresh caper and herb sauce.	544	130	13.9	7.8	4.7	1.1	0.52	37.4	2020	484	51.7	29	17.5	4	1.9	139	orange	orange	green	Contains: Milk, Fish		Barramundi Fillet Fresh (67.2%) [Barramundi (Fish) (100%)], Salted Butter (8.1%) [Pasteurised Cream (from Milk)], Lemon Sliced (8.1%) [Lemon 100%], Edlyn (5.4%) [100% Lemon Juice], Spinach Leaves Fresh (4%) [Spinach Leaves], Baby Capers (2.7%) [Baby Capers, White Vinegar], Fresh Garlic Crushed (1.3%) [Garlic, Salt], Dill Herb Fresh (1.1%) [Dill 100%], Parsley Fresh (1.1%) [Parsley 100%], Table Salt (0.54%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (0.54%) [Pepper 100%]CONTAINS: Milk, Fish
Meals	Bangers, Mash & Buttered Peas	Thick beef snags, creamy potato mash and soft buttery peas drowned in house-made gravy.	353	84	5.4	5	3.7	4.5	2.1	139	2170	520	33	30.8	22.9	27.7	12.6	856	orange	orange	green	Contains: Milk, Sulphites		Beef Sausages Thick (24.4%) [Beef Meat 75%, 16% Water, 9% BBQ Sausage Premix(maize Flour, Salt, Potato Starch, Mineral Salt (451) Preservative (223 (Sulphites), Spice Extracts (Including (160cc)), Fermented Rice, Herb Extracts, FlavouringsContains 1.15% Of Preservative Sodium Metabisulphite Allergens: Sulphites (inc SO2) Natural Thick Pork Casing], Mashed Potato Flakes Sub Recipe (24.2%) [Tap Water (57.1%) [Water 100%], Full Cream Milk (28.6%) [Full Cream (Milk) Milk, Milk Solids Non Fat], Potato Flakes GF (14.3%) [Potatoes (99%) (contains Sulphites), Emulsifier (471), Stabiliser (450), Flavours], Tap Water (20.3%) [Water 100%], Gravy Sub Recipe (14.9%) [Tap Water (90.9%) [Water 100%], Brown Gravy GF (9.1%) [Thickeners (1422, 1412) (contain Sulphites), Maltodextrins (from Maize), Flavour Enhancers (621, 635), Flavours, Mineral Salt (potassium Chloride), Sugar, Potato Flour, Onion Powder, Salt, Vegetable Oil, Cream (Milk) Powder, Colours (150d, Beetroot), Tomato Powder, Skim Milk Powder, Herbs, Spices, Food Acid (citric)]], Peas Frozen (13%) [Peas Legumes Eg Beans, Peas, Lentils, Bean Sprouts], Salted Butter (3.2%) [Pasteurised Cream (from Milk)]CONTAINS: Milk, Sulphites
Meals	Bolognese Bonanza Loaded Parmy	Golden panko-crumbed chicken schnitzel topped with napoli, mozzarella, house-made beef bolognese and shaved parmesan. Served with chips and salad.	762	182	13.5	9.1	1.9	11.5	2.3	201	4970	1190	88.3	59.3	12.4	74.7	15.2	1311	orange	orange	green	Contains: Gluten, Wheat, Milk, Soya, Sulphites		Schnitzel 180g (27.6%) [Chicken, Water, Flour (Wheat) [Maize, Rice, Besan], Soy Protein, Vegetable Oil, Salt, Acidity Regulators (326, 262), Thickener (1442 Maize Or Tapioca), Dried Vegetables (Including Garlic, Onion), Mineral Salts (450, 451, 500), Herbs, Dextrose (Maize Or Tapioca), Yeast Extract], Side Chips Sub Recipe (23%) [Potato Chips Ultrafast (95.5%) [Potato (97%), Canola Oil, Dextrose (from Maize)], Canola Oil (3.2%), Chip Seasoning Sub Recipe (1.3%) [Table Salt (60%) [Salt, Anti Caking Agent (554)], Smokey Paprika Powder (40%) [Paprika, Canola Oil, Vegetable Powders, Smoke Flavour]], Bolognese Base Sauce Sub Recipe (18.4%) [Minced Beef Lean (34.8%) [85% Lean Mince, 15% Fat], Napoli Pronto Blendered Sub Recipe (34.8%) [Napoli (100%) [Italian Tomatoes^ (95%) (diced, Paste), Sunflower Oil, Sugar, Salt, Water, Food Acid (citric), Onions]], Brown Onion Fresh (7%) [Onion 100%], Carrots Fresh (5.2%) [Carrots], Celery Fresh (5.2%) [Celery], Red Cooking Wine (4.3%) [RED WINE (Sulphites), SALT 1700mg/ltr, PERSERVATIVE 220 (Sulphites), Milk], Full Cream Milk (4.3%) [Full Cream (Milk) Milk, Milk Solids Non Fat], Tomato Paste (1.7%) [F Tomato Paste, Water And Salt], Premium Blended Oil (1.4%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Fresh Garlic Crushed (0.87%) [Garlic, Salt], Whole Black Peppercorns (0.35%) [Pepper 100%], Table Salt (0.03%) [Salt, Anti Caking Agent (554)], Bay Leaves Dried (0.03%) [Bay Leaves 100%]], Side Salad Sub Recipe (15.3%) [Cherry Tomatoes Fresh (40%) [Tomatoes], Spanish (Red) Onion Fresh (20%) [Red Onion], Cucumber Fresh (15%) [Cucumbers 100%], Carrots Fresh (10%) [Carrots], Dressed Rocket Sub Recipe (10%) [Rocket, Raw (50%) [Rocket 100%], Premium Blended Oil (30%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Table Salt (10%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (10%) [Pepper 100%]], Balsamic Glaze (5%) [Cooked Grape Must, "aceto Balsamico Di Modena IGP" 38% [wine (Sulphites) Vinegar, Concentrated And Cooked Grape Must, Colour (150d), Anti Oxidant: Sulphur (Sulphites)], Wine (Sulphites) Vinegar, Colour (150d), Thickeners (1422) And Vegetable Gum (415)Product Contains Sulphites]], Shredded Mozzarella (6.1%) [Mozzarella Cheese (Milk) [Milk, Salt, Cultures, Enzyme (Non Animal Rennet (Milk))], Anti Caking Agent (460), Preservative (200)], Canola Oil (1.5%), Shaved Parmesan (1.5%) [Parmesan Cheese (Milk, salt, starter Cultures, enzymes), Anticaking Agent (460), Preservative (200)], Parsley Fresh (0.31%) [Parsley 100%]CONTAINS: Gluten, Wheat, Milk, Soy, Sulphites
Meals	Brilliant Barra Burger	Golden-crumbed, tender barramundi with bread and butter pickles, caramelised onion and dill cabbage slaw on a milk bun. Served with chips.	702	168	7.8	6.8	1.5	18.7	3.3	182	3390	812	37.5	32.8	7.4	90.3	15.8	879	orange	green	green	Contains: Gluten, Wheat, Barley, Eggs, Milk, Fish, Soya		Side Chips Sub Recipe (31%) [Potato Chips Ultrafast (95.5%) [Potato (97%), Canola Oil, Dextrose (from Maize)], Canola Oil (3.2%), Chip Seasoning Sub Recipe (1.3%) [Table Salt (60%) [Salt, Anti Caking Agent (554)], Smokey Paprika Powder (40%) [Paprika, Canola Oil, Vegetable Powders, Smoke Flavour]], Crumbed Barra Sub Recipe (30.7%) [Barramundi Fillet Fresh (67.5%) [Barramundi (Fish) (100%)], Egg XL (15.7%) [Eggs], Bread Crumbs (10.1%) [Wheat Flour, Canola Oil, Yeast, Sugar, Salt, Wheat Gluten], Self Raising Flour (4%) [Wheat Flour, Raising Agents (339, 341, 450, 500)], Parsley Fresh (2.7%) [Parsley 100%]], Milk Bun 80g (16.6%) [Wheat Flour [Contains Vitamins (Thiamine, Folic Acid)], Water, Egg (4.9%), Milk Powder (4.4%), Butter (Milk) (3.9%), Sugar, Baker's Yeast, IodisedSalt, Canola Oil, Wheat Flour, Soya Flour, Malted Wheat Flour, Processing Aids Enzymes, Flour Treatment Agent (300)], Cabbage White Fresh (7.2%) [Cabbage], Bread & Butter Cucumbers (5.2%) [Gherkins (55%), Water, Sugar, Salt, Acidity Regulator (acetic Acid), Mustard Seeds, Celery Seeds, Firming Agent (calcium Chloride), Colour (riboflavin)], Dill Dip Sub Recipe (4.1%) [Sour Cream Light (69%) [REDUCED FAT CREAM (Milk), HALAL GELATINE, SOUR CREAM (Milk) CULTURE CONTAINS Milk AND Milk PRODUCTS], Mayonnaise GF (13.8%) [Canola Oil, Pasteurised Whole Egg (10%), Vinegar, Sugar, Salt, Mustard], Lemon Juice Fresh Squeezed (6.9%) [Lemon Juice 100%], Dill Herb Fresh (6.9%) [Dill 100%], Fresh Garlic Crushed (3.4%) [Garlic, Salt]], Caramelised Onion (3.1%) [Onion (40%), Sugar, Vinegar, Malt (Gluten, Barley) Extract (Barley, Wheat), Molasses, Cornflour, Sea Salt, Pectin, Garlic, Spice CONTAINS Barley, Wheat VEGAN], Mayonnaise GF (2.1%) [Canola Oil, Pasteurised Whole Egg (10%), Vinegar, Sugar, Salt, Mustard]CONTAINS: Gluten, Wheat, Egg, Milk, Fish, Soy
Meals	Carne Mixed Grill	100g steak, Chorizo, chicken & bacon with seasoned chips, honey mustard slaw & house-made mushroom sauce.	702	168	11.1	11	3.5	6.1	1.5	454	4680	1120	73.9	73.6	23.5	40.5	9.7	3027	orange	orange	green	Contains: Eggs, Milk, Soya, Sulphites		Side Chips Sub Recipe (22.5%) [Potato Chips Ultrafast (95.5%) [Potato (97%), Canola Oil, Dextrose (from Maize)], Canola Oil (3.2%), Chip Seasoning Sub Recipe (1.3%) [Table Salt (60%) [Salt, Anti Caking Agent (554)], Smokey Paprika Powder (40%) [Paprika, Canola Oil, Vegetable Powders, Smoke Flavour]], Sous Vide Chicken Breast (15%) [Chicken 97% (BBQ Provence Dry Rub â€" Salt, Rice Cereal, Sugar, Dextrose, Dehydrated Vegetables, Natural Flavours (Wheat, Soy), Breadcrumbs (Wheat), Herbs, Spices, Flavour Enhancers (621, 635), Canola Oil, Anti Caking Agent (551), Hydrolysed Vegetable Protein (Soy), Food Acid (330), Spice Extract (160c) 3%)], Fresh Rump Steak (15%) [Beef Meat 100%], Mushroom Sauce Sub Recipe (12.9%) [Water (57.2%), Cooking Cream (19.1%) [Contains Minimum 35% Milk FatCream ð- Skim Milk ð- Thickener (1442) ð- Stabilisers (460, 466, 452) ð- Emulsifier (471Allergens: Contains Milk And Dairy Products], Brown Gravy GF (11.4%) [Thickeners (1422, 1412) (contain Sulphites), Maltodextrins (from Maize), Flavour Enhancers (621, 635), Flavours, Mineral Salt (potassium Chloride), Sugar, Potato Flour, Onion Powder, Salt, Vegetable Oil, Cream (Milk) Powder, Colours (150d, Beetroot), Tomato Powder, Skim Milk Powder, Herbs, Spices, Food Acid (citric)], Portabello Mushroom Fresh (11.1%) [Mushroom], Fresh Garlic Crushed (0.76%) [Garlic, Salt], Premium Blended Oil (0.38%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)]], Spanish Chorizo (12%) [Meat Including Pork, Salt, Spices (Including Chilli)), Dried Vegetables (Including Garlic), Lactose (Milk), Dextrose (Maize Or Tapioca), Maltodextrin (Maize), Mineral Salt (451), Antioxidant (316), Herbs, Starter Culture, Sugar, Preservative (250), Spice Extracts (Including 160c), Natural Hog Casing, Wood Smoke], Middle Bacon Rindless (11.3%) [Bacon], Dry Slaw Sub Recipe (9%) [Cabbage White Fresh (33.3%) [Cabbage], Cabbage Red Fresh (33.3%) [Cabbage 100%], Carrots Fresh (25%) [Carrots], Spring Onion Fresh (8.3%) [Onions]], Honey Mustard Dressing (1.5%) [Water, Vegetable Oil (contains Antioxidant (Butylated Hydroxyanisole)), Honey 9%, Sugar, Glucose Syrup, Mustard Seed 4%, Egg Yolk, Food Acids (Acetic, Citric), Salt, Thickeners (Modified Cornstarch, Xanthan Gum (contains Soy)), Whey (Milk) Protein (contains Milk), Turmeric, Colour (Caramel (150c)), Marjoram, Thyme, Garlic Extract, Spice Extract], Parsley Fresh (0.75%) [Parsley 100%]CONTAINS: Egg, Milk, Soy, Sulphites
Meals	Chicken Carbonara Fettuccine		1200	288	11.3	14.6	3.5	27.6	1.7	297	5130	1230	48.1	62.5	14.9	118	7.1	1267	orange	orange	green	Contains: Milk	May Contain: Gluten, Wheat, Eggs, Soya	Fettuccine (35.1%), Cooking Cream (23.4%) [Contains Minimum 35% Milk FatCream ð- Skim Milk ð- Thickener (1442) ð- Stabilisers (460, 466, 452) ð- Emulsifier (471Allergens: Contains Milk And Dairy Products], Middle Bacon Rindless (17.6%) [Bacon], Sous Vide Chicken Breast (11.7%) [Chicken 97% (BBQ Provence Dry Rub â€" Salt, Rice Cereal, Sugar, Dextrose, Dehydrated Vegetables, Natural Flavours (Wheat, Soy), Breadcrumbs (Wheat), Herbs, Spices, Flavour Enhancers (621, 635), Canola Oil, Anti Caking Agent (551), Hydrolysed Vegetable Protein (Soy), Food Acid (330), Spice Extract (160c) 3%)], Mushroom Field Flat (9.4%) [Mushroom 100%], Shaved Parmesan (2.3%) [Parmesan Cheese (Milk, salt, starter Cultures, enzymes), Anticaking Agent (460), Preservative (200)], Table Salt (0.23%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.23%) [Pepper 100%]CONTAINS: Milk
Meals	Chicken Saltimbocca	A sage choice. Pan-fried prosciutto-wrapped chicken breast with green beans, creamy potato mash and heavenly pan juices.	524	125	10.5	7.1	3.5	3.3	0.86	147	3040	728	60.9	41.3	20.4	19.4	5	852	orange	orange	green	Contains: Milk, Sulphites		Chicken Breast Fillet Raw (43%) [Chicken Meat 100%], Mashed Potato Flakes Sub Recipe (25.8%) [Tap Water (57.1%) [Water 100%], Full Cream Milk (28.6%) [Full Cream (Milk) Milk, Milk Solids Non Fat], Potato Flakes GF (14.3%) [Potatoes (99%) (contains Sulphites), Emulsifier (471), Stabiliser (450), Flavours]], WHITE COOKING WINE (8.6%) [White Wine (Sulphites), Salt, Preservative (220 (Sulphites))], Green Beans (6.9%) [Green Beans], Sliced Prosciutto (6%) [Pork, Salt, Dextrose (Maize Or Tapioca), Preservatives (251, 250), Antioxidant (316), Starter Culture], Salted Butter (5.2%) [Pasteurised Cream (from Milk)], Edlyn (1.7%) [100% Lemon Juice], Premium Blended Oil (1.7%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Sage Leaves Fresh (0.34%) [Sage Leaves], Parsley Fresh (0.34%) [Parsley 100%], Table Salt (0.17%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (0.17%) [Pepper 100%]CONTAINS: Milk, Sulphites
Meals	Chilli Salt Calamari Vermicelli Salad	Our stellar chilli salt crispy calamari with a fresh vermicelli noodle salad and sweet chilli dressing.	534	128	8.7	1.2	0.35	20.1	3.1	182	2770	663	45	6.1	1.8	104	16.3	944	green	green	green	Contains: Gluten, Wheat, Fish, Molluscs, Sesame, Sulphites	May Contain: Tree nuts, Peanuts, Eggs, Milk, Crustaceans, Soya	Squid Pineapple Cut Strips (38.6%) [Squid (Molluscs) (Bartrammi) , Salt, Water], Plain Flour (19.3%) [Wheat Flour], Vermicelli Noodles Sub Recipe (15.4%) [Tap Water (80%) [Water 100%], Vermicelli Bean Thread (20%) [Pea Starch (55%), Mung Bean Starch (20%), Corn Starch, Water]], Cucumber Fresh (9.6%) [Cucumbers 100%], Sweet Chilli Dressing Sub Recipe (6.8%) [Thai Sweet Chilli Sauce (69%) [Sugar Syrup, Garlic, Red Chilli (14%), Acidity Regulator: Acetic Acid, Salt, Water, Thickener: Hydroxypropyl Distarch Phosphate [from Tapioca], Xanthan Gum], Edlyn (20.7%) [100% Lemon Juice], Fish Sauce (10.3%) [Anchovy (Fish) Extract (77%), Salt (20%), Sugar (3%)]], Lemon Wedge 1/8 Cut Fresh (4.8%) [Lemons], Carrots Fresh (1.9%) [Carrots], Chilli Salt Sub Recipe (1.5%) [Sea Salt Flakes (72.5%) [Salt 100%], Chilli Flakes (14.5%) [Chilli)], Whole Black Peppercorns (7.2%) [Pepper 100%], Garlic Powder (2.9%) [GARLIC FLAKES, GRANULES AND POWDER Contains: Sulphites], White Sugar (2.9%) [Cane Sugar]], Spring Onion Fresh (0.96%) [Onions], Chilli Fresh (0.58%) [Chilli 100%], Black Sesame Seeds (0.39%) [Sesame Seed 100%], Micro Greens Fresh (0.1%) [Micro Greens 100%]CONTAINS: Gluten, Wheat, Fish, Mollusc, Sesame, Sulphites
Meals	Chilli Sea Ambrosia Fettuccine	Prawns, garlic, butter, onion and fresh chilli are folded through spaghetti with a lingering lemony white wine sauce, capers and fresh parsley.	497	119	2.5	5	2.6	14.5	1.2	69	2270	542	11.4	22.7	12	66	5.5	316	orange	orange	green	Contains: Gluten, Wheat, Milk, Crustaceans, Sulphites		Spaghetti Pasta Sub Recipe (40.5%) [Tap Water (452g of Tap Water per 100g) [Water 100%], Spaghetti (45.2%) [Durum Wheat Semolina (Gluten, Wheat)], Canola Oil (1.8%), Table Salt (0.9%) [Salt, Anti Caking Agent (554)]], Prawn Cutlet Viet (22%) [100% Prawn (Crustaceans)], Tap Water (8.8%) [Water 100%], WHITE COOKING WINE (6.6%) [White Wine (Sulphites), Salt, Preservative (220 (Sulphites))], Chilli Fresh (5.5%) [Chilli 100%], Salted Butter (4.4%) [Pasteurised Cream (from Milk)], Brown Onion Fresh (4.4%) [Onion 100%], Edlyn (4.4%) [100% Lemon Juice], Fresh Garlic Crushed (1.1%) [Garlic, Salt], Baby Capers (1.1%) [Baby Capers, White Vinegar], Parsley Fresh (0.66%) [Parsley 100%], Whole Black Peppercorns (0.44%) [Pepper 100%], Table Salt (0.22%) [Salt, Anti Caking Agent (554)]CONTAINS: Gluten, Wheat, Milk, Crustacean, Sulphites

Category	Recipe Name	Recipe Description	Energy (kJ) per 100g	Energy (kcal) per 100g	Protein (g) per 100g	Fat (g) per 100g	Saturated Fat (g) per 100g	Carbohydrate (g) per 100g	Sugars (g) per 100g	Sodium (Na) (mg) per 100g	Energy (kJ) per serving	Energy (kcal) per serving	Protein (g) per serving	Fat (g) per serving	Saturated Fat (g) per serving	Carbohydrate (g) per serving	Sugars (g) per serving	Sodium (Na) (mg) per serving	Fat (g) Traffic light	Saturated Fat (g) Traffic light	Sugars (g) Traffic light	Contains Allergens	May Contain Allergens	Recipe Quid
Meals	Clucky Basil Fettuccine	Our dreamy white wine and garlic cream sauce is blended with basil pesto, roast chicken, cherry tomatoes, spinach and fettuccine. Served with parmesan and toasted pine nuts.	1100	263	16.4	15.3	2.2	14.1	2.3	263	6100	1460	90.9	84.8	12.3	78.1	12.6	1460	orange	orange	green	Contains: Tree nuts, Cashews, Pine Nut, Eggs, Milk, Sulphites	May Contain: Gluten, Wheat, Soya	Fettuccine Pasta Sub Recipe (32.4%) [Tap Water (455g of Tap Water per 100g) [Water 100%], Fettuccine (45.5%), Canola Oil (1.8%), Table Salt (0.91%) [Salt, Anti Caking Agent (554)]], Cooking Cream (18%) [Contains Minimum 35% Milk FatCream ð- Skim Milk ð- Thickener (1442) ð- Stabilisers (460, 466, 452) ð- Emulsifier (471Allergens: Contains Milk And Dairy Products], Sous Vide Chicken Breast (18%) [Chicken 97% (BBQ Provence Dry Rub â€" Salt, Rice Cereal, Sugar, Dextrose, Dehydrated Vegetables, Natural Flavours (Wheat, Soy), Breadcrumbs (Wheat), Herbs, Spices, Flavour Enhancers (621, 635), Canola Oil, Anti Caking Agent (551), Hydrolysed Vegetable Protein (Soy), Food Acid (330), Spice Extract (160c/ 3%)], Cherry Tomatoes Fresh (9%) [Tomatoes], Basil Pesto (9%) [Contains Dairy (Milk), Egg, Tree Nuts.Basil Puree, Canola Oil, Water, Cashews, Parmesan Cheese (Milk), Sugar, Garlic, Vinegar, Pinenuts, Salt, Food Acid (Citric Acid), (330), Preservatives (Potassium Sorbate) (202), Thickener (Xanthan Gum), (415)], WHITE COOKING WINE (5.4%) [White Wine (Sulphites), Salt, Presevative (220 (Sulphites))], Spinach Leaves Fresh (2.7%) [Spinach Leaves], Premium Blended Oil (2.7%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Shaved Parmesan (0.9%) [Parmesan Cheese (Milk, salt, starter Cultures, enzymes), Anticaking Agent (460), Preservative (200)], Fresh Garlic Crushed (0.9%) [Garlic, Salt], Toasted Pinenuts Sub Recipe (0.45%) [Pine Nuts (100%) [Pinenuts Raw 100%.]], Whole Black Peppercorns (0.36%) [Pepper 100%], Table Salt (0.18%) [Salt, Anti Caking Agent (554)]CONTAINS: Cashew, Pine Nut, Egg, Milk, Sulphites
Meals	Clucky Schnitz	Golden panko-crumbed chicken schnitzel with our seasoned chips, a fresh side garden salad and a lemon wedge.	985	236	12.1	14.7	1.2	13.7	1.9	142	4770	1140	58.7	71.4	5.7	66.3	9	686	orange	green	green	Contains: Gluten, Wheat, Soya, Sulphites		Schnitzel 180g (37.2%) [Chicken, Water, Flour (Wheat) [Maize, Rice, Besan], Soy Protein, Vegetable Oil, Salt, Acidity Regulators (326, 262), Thickener (1442 Maize Or Tapioca), Dried Vegetables (Including Garlic, Onion), Mineral Salts (450, 451, 500), Herbs, Dextrose (Maize Or Tapioca), Yeast Extract], Side Chips Sub Recipe (31%) [Potato Chips Ultrafast (95.5%) [Potato (97%), Canola Oil, Dextrose (from Maize)], Canola Oil (3.2%), Chip Seasoning Sub Recipe (1.3%) [Table Salt (60%) [Salt, Anti Caking Agent (554)], Smokey Paprika Powder (40%) [Paprika, Canola Oil, Vegetable Powders, Smoke Flavour]]], Side Salad Sub Recipe (17.1%) [Cherry Tomatoes Fresh (40%) [Tomatoes], Spanish (Red) Onion Fresh (20%) [Red Onion], Cucumber Fresh (15%) [Cucumbers 100%], Carrots Fresh (10%) [Carrots], Dressed Rocket Sub Recipe (10%) [Rocket, Raw (50%) [Rocket 100%], Premium Blended Oil (30%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Table Salt (10%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (10%) [Pepper 100%]], Balsamic Glaze (5%) [Cooked Grape Must, "aceto Balsamico Di Modena IGP" 38% [wine (Sulphites) Vinegar, Concentrated And Cooked Grape Must, Colour (150d), Anti Oxidant: Sulphur (Sulphites)], Wine (Sulphites) Vinegar, Colour (150d), Thickeners (1422) And Vegetable Gum (415)Product Contains Sulphites]], Canola Oil (8.3%), Lemon Wedge 1/8 Cut Fresh (6.2%) [Lemons], Table Salt (0.21%) [Salt, Anti Caking Agent (554)]CONTAINS: Gluten, Wheat, Soy, Sulphites
Meals	Consummate Creamy Chicken Pizza	Roast chicken, red onion, garlic mushrooms, kalamata olives, mozzarella, creme fraiche and creamy hollandaise on a traditional Italian base.	609	146	6.2	12.6	5.4	2.1	1.1	174	2970	711	30.2	61.6	26.3	10.4	5.4	848	orange	red	green	Contains: Eggs, Milk		200gm Dough Ball (41%) [Wheat FlourWateryeastsaltimprover(Gluten, Wheat Flour, Ascorbic Acid (300) Enzymes)cornflour, Gluten, Soy Flour, Guargum], Crème Fraiche (10.2%) [Cream (Milk), Vegetable Gums (415, 410), Stabiliser (440), Halal Gelatin, Food Acid (270), Natural Flavour, Cultures Contains: Milk], Shredded Mozzarella (10.2%) [Mozzarella Cheese (Milk) [Milk, Salt, Cultures, Enzyme (Non Animal Rennet (Milk))], Anti Caking Agent (460), Preservative (200)], Sous Vide Chicken Breast (10.2%) [Chicken 97% (BBQ Provence Dry Rub â€" Salt, Rice Cereal, Sugar, Dextrose, Dehydrated Vegetables, Natural Flavours (Wheat, Soy), Breadcrumbs (Wheat), Herbs, Spices, Flavour Enhancers (621, 635), Canola Oil, Anti Caking Agent (551), Hydrolysed Vegetable Protein (Soy), Food Acid (330), Spice Extract (160c/ 3%)], Garlic Mushrooms Side Sub Recipe (10.2%) [Mushroom Field Flat (90.2%) [Mushroom 100%], Premium Blended Oil (7.5%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Fresh Garlic Crushed (1.5%) [Garlic, Salt], Table Salt (0.38%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (0.38%) [Pepper 100%]], Pitted Kalamata Olives (7.2%) [Kalamata Olives (50%), Water, Vinegar, Salt, Lactic Acid], Hollandaise Sauce (6.1%) [Vegetable Oils (palm, Canola), Water, Pasteurised Egg Yolk (5%), Skim Milk Powder, Salt, Sugar, Acidity Regulator (lactic Acid), Stabilisers (xanthan Gum, Guar Gum, Locust Bean Gum), Flavours (contain Milk), DextroseCONTAINS Egg AND Milk PRODUCTS], Spanish (Red) Onion Fresh (4.1%) [Red Onion], Basil Leaves Fresh (0.61%) [Basil]CONTAINS: Egg, Milk
Meals	Creamy Mushroom & Asparagus Fettuccine	With bacon and parmesan.	1270	303	7.6	17.2	3.2	29.3	1.5	142	5030	1200	30.4	68.4	12.6	116	6	565	orange	orange	green	Contains: Milk	May Contain: Gluten, Wheat, Eggs, Soya	Fettuccine (37.8%), Cooking Cream (25.2%) [Contains Minimum 35% Milk FatCream ð- Skim Milk ð- Thickener (1442) ð- Stabilisers (460, 466, 452) ð- Emulsifier (471Allergens: Contains Milk And Dairy Products], Mushroom Field Flat (10.1%) [Mushroom 100%], Asparagus Spear Fresh (8.1%) [Asparagus 100%], Middle Bacon Rindless (7.6%) [Bacon], Garlic, Parmesan & Herbs Oil Sub Recipe (7.6%) [Premium Blended Oil (68.3%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Fresh Garlic Crushed (18.6%) [Garlic, Salt], Shaved Parmesan (9.3%) [Parmesan Cheese (Milk, salt, starter Cultures, enzymes), Anticaking Agent (460), Preservative (200)], Parsley Fresh (1.9%) [Parsley 100%], Rosemary Raw Sprig Fresh (1.1%) [Rosemary 100%], White Ground Pepper (0.78%) [Pepper 100%]], Shaved Parmesan (2.5%) [Parmesan Cheese (Milk, salt, starter Cultures, enzymes), Anticaking Agent (460), Preservative (200)], Fresh Garlic Crushed (1.3%) [Garlic, Salt]CONTAINS: Milk
Meals	Crispy Skin Salmon	Served with peas, asparagus & lemon caper sauce.	995	238	12.1	20.6	8.1	1.5	0.75	30.8	3620	866	44	74.9	29.5	5.6	2.7	112	red	red	green	Contains: Milk, Fish		Salmon Portions Skin Off (54.9%) [Salmon (Fish) Fresh 100%], Lemon Caper Sauce Sub Recipe (16.5%) [Salted Butter (70%) [Pasteurised Cream (from Milk)], Lemon Olive Oil Dressing Sub Recipe (17.5%) [Premium Blended Oil (64.1%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Edlyn (34.2%) [100% Lemon Juice], Table Salt (0.85%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.85%) [Pepper 100%]], Lemon Juice Fresh Squeezed (5.8%) [Lemon Juice 100%], Baby Capers (2.9%) [Baby Capers, White Vinegar], Fresh Garlic Crushed (1.5%) [Garlic, Salt], Table Salt (1.2%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (1.2%) [Pepper 100%]], Zesty Green Peas Sub Recipe (14.8%) [Peas Frozen (82.4%) [Peas Legumes Eg Beans, Peas, Lentils, Bean Sprouts], Lemon Olive Oil Dressing Sub Recipe (17.6%) [Premium Blended Oil (64.1%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Edlyn (34.2%) [100% Lemon Juice], Table Salt (0.85%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.85%) [Pepper 100%]]], Asparagus Spear Fresh (13.2%) [Asparagus 100%], White Ground Pepper (0.27%) [Pepper 100%], Table Salt (0.27%) [Salt, Anti Caking Agent (554)]CONTAINS: Milk, Fish
Meals	Crispy Skinned Salmon	Juicy inside, crispy outside and served with creamy potato mash, asparagus spears and roasted truss tomatoes.	595	142	9.3	10	1.8	3.9	0.89	29.5	2880	689	44.8	48.3	8.8	19.1	4.3	143	orange	orange	green	Contains: Milk, Fish, Sulphites		Salmon Portions Skin Off (41.3%) [Salmon (Fish) Fresh 100%], Mashed Potato Flakes Sub Recipe (31%) [Tap Water (57.1%) [Water 100%], Full Cream Milk (28.6%) [Full Cream (Milk) Milk, Milk Solids Non Fat], Potato Flakes GF (14.3%) [Potatoes (99%) (contains Sulphites), Emulsifier (471), Stabiliser (450), Flavours]], Truss Cherry Tomatoes Vine On, Roasted Sub Recipe (10.3%) [Cherry Tomato Truss Fresh (92.6%) [100% Tomatoes], Fresh Garlic Crushed (3.7%) [Garlic, Salt], Table Salt (1.9%) [Salt, Anti Caking Agent (554)], White Ground Pepper (1.9%) [Pepper 100%]], Lemon Wedge 1/8 Cut Fresh (6.2%) [Lemons], Asparagus Spear Fresh (6.2%) [Asparagus 100%], Premium Blended Oil (4.1%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Table Salt (0.41%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (0.21%) [Pepper 100%], Micro Greens Fresh (0.21%) [Micro Greens 100%]CONTAINS: Milk, Fish, Sulphites
Meals	Dreamy Pappardelle	Roast chicken, mushroom and onion cooked in our dreamy white wine and garlic cream sauce, and tossed through pappardelle pasta. Served with parmesan.	815	195	6.9	12.5	3.4	12.8	1.2	127	4120	986	34.8	63.3	17.4	64.8	6	642	orange	orange	green	Contains: Gluten, Wheat, Eggs, Milk, Sulphites	May Contain: Soya	Pappardelle Pasta Sub Recipe (35.6%) [Tap Water (556g of Tap Water per 100g) [Water 100%], Pappardelle (41.7%) [Durum Wheat Semolina (Gluten, Wheat), Eggs (9%)], Canola Oil (2.2%), Table Salt (1.1%) [Salt, Anti Caking Agent (554)]], Cooking Cream (19.8%) [Contains Minimum 35% Milk FatCream ð- Skim Milk ð- Thickener (1442) ð- Stabilisers (460, 466, 452) ð- Emulsifier (471Allergens: Contains Milk And Dairy Products], Mushroom Field Flat (15.8%) [Mushroom 100%], Sous Vide Chicken Breast (11.9%) [Chicken 97% (BBQ Provence Dry Rub â€" Salt, Rice Cereal, Sugar, Dextrose, Dehydrated Vegetables, Natural Flavours (Wheat, Soy), Breadcrumbs (Wheat), Herbs, Spices, Flavour Enhancers (621, 635), Canola Oil, Anti Caking Agent (551), Hydrolysed Vegetable Protein (Soy), Food Acid (330), Spice Extract (160c/ 3%)], WHITE COOKING WINE (5.9%) [White Wine (Sulphites), Salt, Presevative (220 (Sulphites))], Salted Butter (4%) [Pasteurised Cream (from Milk)], Brown Onion Fresh (4%) [Onion 100%], Fresh Garlic Crushed (0.99%) [Garlic, Salt], Shaved Parmesan (0.99%) [Parmesan Cheese (Milk, salt, starter Cultures, enzymes), Anticaking Agent (460), Preservative (200)], Parsley Fresh (0.4%) [Parsley 100%], Basil Leaves Fresh (0.4%) [Basil], Table Salt (0.2%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (0.2%) [Pepper 100%]CONTAINS: Gluten, Wheat, Egg, Milk, Sulphites
Meals	Eggceptional Eggplant Parmy	Golden crumbed eggplant topped with napoli and mozzarella. Served with seasoned chips and fresh house salad.	581	139	9.6	5	1.4	13.4	2.3	109	3180	761	52.3	27.2	7.7	73.3	12.5	597	orange	green	green	Contains: Gluten, Wheat, Eggs, Milk, Soya, Sulphites		Eggplant Parmy Sub Recipe (44.9%) [Eggplant Fresh (61%) [Eggplants], Italian Crumbs Sub Recipe (17%) [Continental Roll (71.9%) [Wheat Flour [Contains Vitamins (Thiamine, Folic Acid)], Water, Canola Oil, Iodised Salt, Improver [Wheat Flour, Soya Flour, Malted Wheatflour, Processing Aids Enzymes, Ascorbic Acid (300)], Yeast [Vegetable Oil, Potato Starch]], Shaved Parmesan (15%) [Parmesan Cheese (Milk, salt, starter Cultures, enzymes), Anticaking Agent (460), Preservative (200)], Rosemary Raw Sprig Fresh (9%) [Rosemary 100%], Parsley Fresh (3%) [Parsley 100%], Table Salt (0.6%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (0.6%) [Pepper 100%]], Egg XL (11.8%) [Eggs], Plain Flour (10.2%) [Wheat Flour]], Side Chips Sub Recipe (27.4%) [Potato Chips Ultrafast (95.5%) [Potato (97%), Canola Oil, Dextrose (from Maize)], Canola Oil (3.2%), Chip Seasoning Sub Recipe (1.3%) [Table Salt (60%) [Salt, Anti Caking Agent (554)], Smokey Paprika Powder (40%) [Paprika, Canola Oil, Vegetable Powders, Smoke Flavour]]], Side Salad Sub Recipe (14.6%) [Cherry Tomatoes Fresh (40%) [Tomatoes], Spanish (Red) Onion Fresh (20%) [Red Onion], Cucumber Fresh (15%) [Cucumbers 100%], Carrots Fresh (10%) [Carrots], Dressed Rocket Sub Recipe (10%) [Rocket, Raw (50%) [Rocket 100%], Premium Blended Oil (30%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Table Salt (10%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (10%) [Pepper 100%]], Balsamic Glaze (5%) [Cooked Grape Must, "aceto Balsamico Di Modena IGP" 38% [wine (Sulphites) Vinegar, Concentrated And Cooked Grape Must, Colour (150d), Anti Oxidant: Sulphur (Sulphites)], Wine (Sulphites) Vinegar, Colour (150d), Thickeners (1422) And Vegetable Gum (415)Product Contains Sulphites]], Napoli Pronto Blendered Sub Recipe (7.3%) [Napoli (100%) [Italian Tomatoes^ (95%) (diced, Paste), Sunflower Oil, Sugar, Salt, Water, Food Acid (citric), Onions]], Shredded Mozzarella (5.5%) [Mozzarella Cheese (Milk) [Milk, Salt, Cultures, Enzyme (Non Animal Rennet (Milk))], Anti Caking Agent (460), Preservative (200)], Sugar Fresh (0.18%) [Parsley 100%]CONTAINS: Gluten, Wheat, Egg, Milk, Soy, Sulphites
Meals	El Espanol Loaded Parmy	Golden panko-crumbed chicken schnitzel topped with napoli, mozzarella, roasted peppers and chorizo. Served with chips and salad.	867	207	13.8	11.5	2.6	12.1	2.3	322	5130	1230	81.9	68.2	15.6	71.4	13.4	1905	orange	orange	green	Contains: Gluten, Wheat, Milk, Soya, Sulphites		Schnitzel 180g (30.4%) [Chicken, Water, Flour (Wheat) [Maize, Rice, Besan], Soy Protein, Vegetable Oil, Salt, Acidity Regulators (326, 262), Thickener (1442 Maize Or Tapioca), Dried Vegetables (Including Garlic, Onion), Mineral Salts (450, 451, 500), Herbs, Dextrose (Maize Or Tapioca), Yeast Extract], Side Chips Sub Recipe (25.3%) [Potato Chips Ultrafast (95.5%) [Potato (97%), Canola Oil, Dextrose (from Maize)], Canola Oil (3.2%), Chip Seasoning Sub Recipe (1.3%) [Table Salt (60%) [Salt, Anti Caking Agent (554)], Smokey Paprika Powder (40%) [Paprika, Canola Oil, Vegetable Powders, Smoke Flavour]]], Side Salad Sub Recipe (16.9%) [Cherry Tomatoes Fresh (40%) [Tomatoes], Spanish (Red) Onion Fresh (20%) [Red Onion], Cucumber Fresh (15%) [Cucumbers 100%], Carrots Fresh (10%) [Carrots], Dressed Rocket Sub Recipe (10%) [Rocket, Raw (50%) [Rocket 100%], Premium Blended Oil (30%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Table Salt (10%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (10%) [Pepper 100%]], Balsamic Glaze (5%) [Cooked Grape Must, "aceto Balsamico Di Modena IGP" 38% [wine (Sulphites) Vinegar, Concentrated And Cooked Grape Must, Colour (150d), Anti Oxidant: Sulphur (Sulphites)], Wine (Sulphites) Vinegar, Colour (150d), Thickeners (1422) And Vegetable Gum (415)Product Contains Sulphites]], Spanish Chorizo (8.4%) [Meat Including Pork, Salt, Spices (Including Chilli), Dried Vegetables (Including Garlic), Lactose (Milk), Dextrose (Maize Or Tapioca), Maltodextrin (Maize), Mineral Salt (451), Antioxidant (316), Herbs, Starter Culture, Sugar, Preservative (250), Spice Extracts (Including 160c), Natural Hog Casing, Wood Smoke], Shredded Mozzarella (6.8%) [Mozzarella Cheese (Milk) [Milk, Salt, Cultures, Enzyme (Non Animal Rennet (Milk))], Anti Caking Agent (460), Preservative (200)], Napoli Pronto Blendered Sub Recipe (6.8%) [Napoli (100%) [Italian Tomatoes^ (95%) (diced, Paste), Sunflower Oil, Sugar, Salt, Water, Food Acid (citric), Onions]], Roasted Red Peppers (3.4%) [Peppers (60%), Water, Vinegar, Salt, Sugar], Canola Oil (1.7%), Parsley Fresh (0.34%) [Parsley 100%]CONTAINS: Gluten, Wheat, Milk, Soy, Sulphites
Meals	Epitome of Sicily Pizza	Sliced prosciutto, roasted peppers, semi-dried tomato, kalamata olives, mozzarella, rocket and napoli on a traditional Italian base.	361	86	3.5	7	2.4	2.5	1.5	285	1500	359	14.7	28.9	10	10.4	6.1	1184	orange	orange	green	Contains: Sulphites		200gm Dough Ball (48.2%) [Wheat FlourWateryeastsaltimprover(Gluten, Wheat Flour, Ascorbic Acid (300) Enzymes)cornflour, Gluten, Soy Flour, Guargum], Napoli Pronto Blendered Sub Recipe (12%) [Napoli (100%) [Italian Tomatoes^ (95%) (diced, Paste), Sunflower Oil, Sugar, Salt, Water, Food Acid (citric), Onions]], Shredded Mozzarella (12%) [Mozzarella Cheese (Milk) [Milk, Salt, Cultures, Enzyme (Non Animal Rennet (Milk))], Anti Caking Agent (460), Preservative (200)], Sliced Prosciutto (8.4%) [Pork, Salt, Dextrose (Maize Or Tapioca), Preservatives (251, 250), Antioxidant (316), Starter Culture], Pitted Kalamata Olives (7.2%) [Kalamata Olives (50%), Water, Vinegar, Salt, Lactic Acid], Roasted Red Peppers (4.8%) [Peppers (60%), Water, Vinegar, Salt, Sugar], Semi Dried Tomatoes (4.8%) [Semi Dried Tomatoes (60%), Canola Oil, Salt, Sugar, Garlic, Herbs, Spices, Citric Acid (330), Sulphar Dioxide (Sulphites) (220 (Sulphites))], Dressed Rocket Sub Recipe (2.4%) [Rocket, Raw (50%) [Rocket 100%], Premium Blended Oil (30%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Table Salt (10%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (10%) [Pepper 100%]]CONTAINS: Sulphites
Meals	Fiery Chicken & Brie Pizza	Roast chicken, chunks of creamy brie, fresh red chilli, mozzarella and house-made chilli relish on a traditional Italian base.	509	122	9.7	6.9	4	4.8	4.2	250	2090	500	39.9	28.4	16.5	19.8	17.2	1023	orange	orange	green	Contains: Milk		200gm Dough Ball (48.8%) [Wheat FlourWateryeastsaltimprover(Gluten, Wheat Flour, Ascorbic Acid (300) Enzymes)cornflour, Gluten, Soy Flour, Guargum], Sous Vide Chicken Breast (17.1%) [Chicken 97% (BBQ Provence Dry Rub â€" Salt, Rice Cereal, Sugar, Dextrose, Dehydrated Vegetables, Natural Flavours (Wheat, Soy), Breadcrumbs (Wheat), Herbs, Spices, Flavour Enhancers (621, 635), Canola Oil, Anti Caking Agent (551), Hydrolysed Vegetable Protein (Soy), Food Acid (330), Spice Extract (160c/ 3%)], Brie Cheese (12.2%) [Pasteurised Milk, Salt, Cultures, Rennet], Shredded Mozzarella (9.8%) [Mozzarella Cheese (Milk) [Milk, Salt, Cultures, Enzyme (Non Animal Rennet (Milk))], Anti Caking Agent (460), Preservative (200)], Chilli Relish Sub Recipe (8.5%) [Brown Onion Fresh (77.5%) [Onion 100%], White Sugar (38.8%) [Cane Sugar], Tap Water (38.8%) [Water 100%], Roma Tomato Fresh (19.4%) [Tomato 100%], Cider Vinegar (13.6%) [Naturally Brewed Apple Cider Vinegar, Apple Extract], Birds Eye Chillis Fresh (11.6%) [Chilli 100%], Chilli Fresh (11.6%) [Chilli 100%], White Vinegar (11.6%) [Water, Food Acid (260)], Salted Butter (7.8%) [Pasteurised Cream (from Milk)], Table Salt (0.97%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.97%) [Pepper 100%]], Chilli Fresh (3.7%) [Chilli 100%]CONTAINS: Milk

Category	Recipe Name	Recipe Description	Energy (kJ) per 100g	Energy (kcal) per 100g	Protein (g) per 100g	Fat (g) per 100g	Saturated Fat (g) per 100g	Carbohydrate (g) per 100g	Sugars (g) per 100g	Sodium (Na) (mg) per 100g	Energy (kJ) per serving	Energy (kcal) per serving	Protein (g) per serving	Fat (g) per serving	Saturated Fat (g) per serving	Carbohydrate (g) per serving	Sugars (g) per serving	Sodium (Na) (mg) per serving	Fat (g) Traffic light	Saturated Fat (g) Traffic light	Sugars (g) Traffic light	Contains Allergens	May Contain Allergens	Recipe Quid
Meals	Fish & Chips	Battered flathead with our seasoned chips, a fresh side garden salad, tartare sauce and a lemon wedge.	930	223	12	14.1	1.2	11.9	1.6	150	3730	892	48	56.7	4.7	47.8	6.6	603	orange	green	green	Contains: Gluten, Wheat, Eggs, Milk, Fish, Sulphites		Side Chips Sub Recipe (37.4%) [Potato Chips Ultrafast (95.5%) [Potato (97%), Canola Oil, Dextrose (from Maize)], Canola Oil (3.2%), Chip Seasoning Sub Recipe (1.3%) [Table Salt (60%) [Salt, Anti Caking Agent (554)], Smokey Paprika Powder (40%) [Paprika, Canola Oil, Vegetable Powders, Smoke Flavour]]], Beer Battered Flathead (24.9%) [South American Flathead (percophis Brasiliensis, Fish) (65%), Coating [Wheat Flour, Water, Palm Oil, Thickener (1404), Salt, Raising Agents(450, 500), Flavour Enhancer (621), Sugar, Rice Flour, Milk Powder, Beer Flavour]], Side Salad Sub Recipe (22.4%) [Cherry Tomatoes Fresh (40%) [Tomatoes], Spanish (Red) Onion Fresh (20%) [Red Onion], Cucumber Fresh (15%) [Cucumbers 100%], Carrots Fresh (10%) [Carrots], Dressed Rocket Sub Recipe (10%) [Rocket, Raw (50%) [Rocket 100%], Premium Blended Oil (30%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Table Salt (10%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (10%) [Pepper 100%]], Balsamic Glaze (5%) [Cooked Grape Must, "aceto Balsamico Di Modena IGP" 38% [wine (Sulphites) Vinegar, Concentrated And Cooked Grape Must, Colour (150d), Anti Oxidant: Sulphur (Sulphites)], Wine (Sulphites) Vinegar, Colour (150d), Thickeners (1422) And Vegetable Gum (415)Product Contains Sulphites]], Tartare Sauce GF (7.5%) [Canola Oil, Whole Egg, Vinegar, Gherkin & Gherkin Spread (8.2%) (Gherkins, Sugar, Water, Thickener(1422), Acidity Regulator (260), Salt, Natural Colours (141, 101), Spice Extract), Capers (2.5%), Salt, Mustard, Thickener (415)], Lemon Wedge 1/8 Cut Fresh (5%) [Lemons], Canola Oil (2.5%), Table Salt (0.25%) [Salt, Anti Caking Agent (554)]CONTAINS: Gluten, Wheat, Egg, Milk, Fish, Sulphites
Meals	Grilled Barra	Fresh barramundi grilled to perfection and served with roasted diced potato, wilted spinach, caper butter and a lemon wedge.	619	148	10.1	9.9	3.8	4.5	0.38	14.1	2720	650	44.4	43.4	16.6	19.8	1.7	62	orange	orange	green	Contains: Milk, Fish		Barramundi Fillet Fresh (45.6%) [Barramundi (Fish) (100%)], Potatoes Diced Sub Recipe (34.2%) [Potato Fresh (89.8%) [Potato 100%], Premium Blended Oil (9%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Table Salt (0.6%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.6%) [Pepper 100%]], Lemon & Herb Caper Butter Sub Recipe (8%) [Salted Butter (63.3%) [Pasteurised Cream (from Milk)], Baby Capers (19%) [Baby Capers, White Vinegar], Lemon Juice Fresh Squeezed (12.7%) [Lemon Juice 100%], Parsley Fresh (3.2%) [Parsley 100%], Lemon Zest Fresh (1.3%) [Lemons], Whole Black Peppercorns (0.63%) [Pepper 100%]], Spinach Leaves Fresh (4.6%) [Spinach Leaves], Lemon Wedge 1/8 Cut Fresh (4.6%) [Lemons], Premium Blended Oil (2.3%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Table Salt (0.46%) [Salt, Anti Caking Agent (554)], Parsley Fresh (0.23%) [Parsley 100%], Whole Black Peppercorns (0.23%) [Pepper 100%]CONTAINS: Milk, Fish
Meals	Holla Back Loaded Parmy	Golden panko-crumbed chicken schnitzel topped with napoli, bacon, fried egg, hollandaise, bacon crumb and cheese. Served with chips and salad.	911	218	13.5	13.5	3.4	10.8	2	298	6320	1510	93.4	93.3	23.6	74.8	14.1	2069	orange	orange	green	Contains: Gluten, Wheat, Rye, Eggs, Milk, Soya, Sulphites		Schnitzel 180g (26%) [Chicken, Water, Flour (Wheat) [Maize, Rice, Besan], Soy Protein, Vegetable Oil, Salt, Acidity Regulators (326, 262), Thickener (1442 Maize Or Tapioca), Dried Vegetables (Including Garlic, Onion), Mineral Salts (450, 451, 500), Herbs, Dextrose (Maize Or Tapioca), Yeast Extract], Side Chips Sub Recipe (21.6%) [Potato Chips Ultrafast (95.5%) [Potato (97%), Canola Oil, Dextrose (from Maize)], Canola Oil (3.2%), Chip Seasoning Sub Recipe (1.3%) [Table Salt (60%) [Salt, Anti Caking Agent (554)], Smokey Paprika Powder (40%) [Paprika, Canola Oil, Vegetable Powders, Smoke Flavour]]], Side Salad Sub Recipe (14.4%) [Cherry Tomatoes Fresh (40%) [Tomatoes], Spanish (Red) Onion Fresh (20%) [Red Onion], Cucumber Fresh (15%) [Cucumbers 100%], Carrots Fresh (10%) [Carrots], Dressed Rocket Sub Recipe (10%) [Rocket, Raw (50%) [Rocket 100%], Premium Blended Oil (30%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Table Salt (10%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (10%) [Pepper 100%]], Balsamic Glaze (5%) [Cooked Grape Must, "aceto Balsamico Di Modena IGP" 38% [wine (Sulphites) Vinegar, Concentrated And Cooked Grape Must, Colour (150d), Anti Oxidant: Sulphur (Sulphites)], Wine (Sulphites) Vinegar, Colour (150d), Thickeners (1422) And Vegetable Gum (415)Product Contains Sulphites]], Middle Bacon Rindless (10.8%) [Bacon], Egg XL (8.4%) [Eggs], Shredded Mozzarella (5.8%) [Mozzarella Cheese (Milk) [Milk, Salt, Cultures, Enzyme (Non Animal Rennet (Milk))], Anti Caking Agent (460), Preservative (200)], Napoli Pronto Blendered Sub Recipe (5.8%) [Napoli (100%) [Italian Tomatoes^ (95%) (diced, Paste), Sunflower Oil, Sugar, Salt, Water, Food Acid (citric), Onions]], Hollandaise Sauce (4.3%) [Vegetable Oils (palm, Canola), Water, Pasteurised Egg Yolk (5%), Skim Milk Powder, Salt, Sugar, Acidity Regulator (lactic Acid), Stabilisers (xanthan Gum, Guar Gum, Locust Bean Gum), Flavours (contain Milk), DextroseCONTAINS Egg AND Milk PRODUCTS], Canola Oil (1.4%), Paprika Bacon Crumb Sub Recipe (1.4%) [Middle Bacon Rindless (78.7%) [Bacon], Sourdough Sliced Vegan (21%) [Wheat Flour [Contains Vitamins (Thiamine, Folate)], Water, Sourdough Culture (8%) [Water, Wheat Flour, Fermented Rye Flour, Durum Wheat, Ascorbic Acid (E300), Acetic Acid (E260), Enzymes], Semolina (Gluten, Wheat), Canola Oil, Wheat Gluten, Salt Iodised, Bran, Rye Flour, Vinegar, Yeast [Yeast, Water, Mineral Oil)], Smokey Paprika Powder (0.26%) [Paprika, Canola Oil, Vegetable Powders, Smoke Flavour]]CONTAINS: Gluten, Wheat, Egg, Milk, Soy, Sulphites
Meals	Hungry Carnivore Pizza	Sliced chicken, pepperoni, our very own sausage patty crumbled, bacon, mozzarella and smoked bbq sauce on a traditional Italian base..	634	152	9	9.6	4.6	7.4	5.8	455	3070	735	43.6	46.5	22.2	35.7	28.1	2203	orange	orange	orange	Contains: Sulphites	May Contain: Milk, Soya	200gm Dough Ball (41.3%) [Wheat FlourWateryeastsaltimprover(Gluten, Wheat Flour, Ascorbic Acid (300) Enzymes)cornflour, Gluten, Soy Flour, Guargum], Sausage Patty Sub Recipe (15.2%) [Sausage Mince Fresh (56.7%) [Beef, Sausage Meal (rice Flour, Salt, Mineral Salt (451), Preservative (223 (Sulphites)) (Sulphites), Hydrolysed Vegetable Protein (Maize), Spice & Spice Extracts (160c), Herb Extract), Water, Parsley], Middle Bacon Rindless (34%) [Bacon], Maple Syrup (9.1%) [Glucose, Sugar, Water, Flavour, Food Acid(330), Preservative(202), Colour(150)], White Ground Pepper (0.23%) [Pepper 100%]], Shredded Mozzarella (10.3%) [Mozzarella Cheese (Milk) [Milk, Salt, Cultures, Enzyme (Non Animal Rennet (Milk))], Anti Caking Agent (460), Preservative (200)], Smoked BBQ Sauce (10.3%) [Tomato Puree (55%) (Water, Tomato Paste), Thickener (1422), Molasses, Salt, Food Acid (260), Flavours, Colour (150c), Spice, Vegetable Gum (415)], Sous Vide Chicken Breast (8.3%) [Chicken 97% (BBQ Provence Dry Rub â€“ Salt, Rice Cereal, Sugar, Dextrose, Dehydrated Vegetables, Natural Flavours (Wheat, Soy), Breadcrumbs (Wheat), Herbs, Spices, Flavour Enhancers (621, 635), Canola Oil, Anti Caking Agent (551), Hydrolysed Vegetable Protein (Soy), Food Acid (330), Spice Extract (160c) 3%)], Middle Bacon Rindless (7.7%) [Bacon], Sliced Pepperoni (6.2%) [Pork], Spring Onion Fresh (0.62%) [Onions]CONTAINS: Sulphites
Meals	Kibbled Salmon Fillet	With creamy braised leek sauce, crispy sweet potato croquettes, roasted asparagus, blistered cherry tomatoes & salsa verde.	966	231	15.9	15	2.1	8.2	0.96	156	3780	904	62.3	58.6	8.4	32.2	3.8	609	orange	orange	green	Contains: Gluten, Wheat, Milk, Fish		Salmon Portions Skin Off (51.2%) [Salmon (Fish) Fresh 100%], Cooking Cream (15.3%) [Contains Minimum 35% Milk FatCream â- Skim Milk â- Thickener (1442) â- Stabilisers (460, 466, 452) â- Emulsifier (471Allergens: Contains Milk And Dairy Products], Sweet Potato Croquette (Vegan) (15.3%) [Alborio Rice (42%), Onion, Bacon, Water, Cheese (Milk), Lemon Juice. Salt, Pepper, Sugar, Spices, Gourmet Stock(Salt, Sugar, Dextrose Monohydrate, Dehydrated Vegetable), BreadCrumbs (Wheat, Yeast, Salt, Water), Flavour Enhancer (655), Rice Bran Oil, Herbs, Spices, Anti CakingAgent (551), Spring Onion], Leeks Fresh (5.1%) [Leeks 100%.], Cherry Tomatoes Fresh (5.1%) [Tomatoes], Salsa Verde (2.6%) [Premium Blended Oil (53.7%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Parsley Fresh (17.9%) [Parsley 100%], Lemon Juice Fresh Squeezed (11.9%) [Lemon Juice 100%], Baby Capers (9%) [Baby Capers, White Vinegar], Basil Leaves Fresh (4.5%) [Basil], Garlic Fresh (1.8%) [Garlic 100%], Table Salt (0.6%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.6%) [Pepper 100%]], Fresh Garlic Crushed (2.6%) [Garlic, Salt], Asparagus Spear Fresh (2%) [Asparagus 100%], Rocket, Raw (0.51%) [Rocket 100%], Whole Black Peppercorns (0.26%) [Pepper 100%]CONTAINS: Gluten, Wheat, Milk, Fish
Meals	Leaning Tower of Margherita Pizza	Loads of mozzarella, fresh basil, sliced tomato and napoli on a traditional Italian base.	293	70	5.2	4.9	2.8	1.3	1.1	161	1180	283	21.2	19.8	11.3	5.3	4.5	651	orange	orange	green			200gm Dough Ball (49.5%) [Wheat FlourWateryeastsaltimprover(Gluten, Wheat Flour, Ascorbic Acid (300) Enzymes)cornflour, Gluten, Soy Flour, Guargum], Shredded Mozzarella (19.8%) [Mozzarella Cheese (Milk) [Milk, Salt, Cultures, Enzyme (Non Animal Rennet (Milk))], Anti Caking Agent (460), Preservative (200)], Napoli Pronto Blendered Sub Recipe (14.9%) [Napoli (100%) [Italian Tomatoes^ (95%) (diced, Paste), Sunflower Oil, Sugar, Salt, Water, Food Acid (citric), Onions]], Roma Tomato Fresh (14.9%) [Tomato 100%], Basil Leaves Fresh (0.99%) [Basil]
Meals	Lemon Pepper Calamari	With chips, salad, aioli & lemon.	782	187	13.6	9.2	1	12.4	1.7	302	4090	980	71.1	48	5.3	65.1	9.1	1583	orange	green	green	Contains: Gluten, Wheat, Eggs, Molluscs, Sulphites	May Contain: Soya	Squid Pineapple Cut Strips (38.2%) [Squid (Molluscs) (Bartrammi) , Salt, Water], Side Chips Sub Recipe (28.7%) [Potato Chips Ultrafast (95.5%) [Potato (97%), Canola Oil, Dextrose (from Maize)], Canola Oil (3.2%), Chip Seasoning Sub Recipe (1.3%) [Table Salt (60%) [Salt, Anti Caking Agent (554)], Smokey Paprika Powder (40%) [Paprika, Canola Oil, Vegetable Powders, Smoke Flavour]]], Side Salad Sub Recipe (15.9%) [Cherry Tomatoes Fresh (40%) [Tomatoes], Spanish (Red) Onion Fresh (20%) [Red Onion], Cucumber Fresh (15%) [Cucumbers 100%], Carrots Fresh (10%) [Carrots], Dressed Rocket Sub Recipe (10%) [Rocket, Raw (50%) [Rocket 100%], Premium Blended Oil (30%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Table Salt (10%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (10%) [Pepper 100%]], Balsamic Glaze (5%) [Cooked Grape Must, "aceto Balsamico Di Modena IGP" 38% [wine (Sulphites) Vinegar, Concentrated And Cooked Grape Must, Colour (150d), Anti Oxidant: Sulphur (Sulphites)], Wine (Sulphites) Vinegar, Colour (150d), Thickeners (1422) And Vegetable Gum (415)Product Contains Sulphites]], Lemon Pepper Flour Sub Recipe (7.9%) [Semolina (86.2%) [Wheat 100%], Lemon Pepper Seasoning (13.8%) [Salt, Pepper 23%, Rice Flour, Chicken Flavour, Food Acid (Citric), Sugar, Garlic, Onion, Lemon Peel 3%, Vegetable Oil, Lemon Flavour 0.5%, Lemon Oil 0.5%]], Aioli GF (5.7%) [Canola Oil, Egg, Water, Balsamic Vinegar (Colour (150d)), Dijon Mustard, Vinegar, Garlic (0.5%), Salt, Reconstituted Lemon Juice, White Pepper, Acidity Regulator (270)], Canola Oil (1.9%), Lemon Wedge 1/8 Cut Fresh (1.3%) [Lemons], Lemon Pepper Seasoning (0.38%) [Salt, Pepper 23%, Rice Flour, Chicken Flavour, Food Acid (Citric), Sugar, Garlic, Onion, Lemon Peel 3%, Vegetable Oil, Lemon Flavour 0.5%, Lemon Oil 0.5%]CONTAINS: Gluten, Wheat, Egg, Mollusc, Sulphites
Meals	Mary's Mediterranean Lamb Pizza	Marinated lamb, crumbled feta, kalamata olives, red onion, rocket, mozzarella, napoli and a garlic-mint yoghurt drizzle on a traditional Italian base..	438	105	5.6	8.1	3.2	2.6	1.7	255	2030	485	25.9	37.3	14.7	12	8	1181	orange	orange	green	Contains: Milk, Soya		200gm Dough Ball (43.2%) [Wheat FlourWateryeastsaltimprover(Gluten, Wheat Flour, Ascorbic Acid (300) Enzymes)cornflour, Gluten, Soy Flour, Guargum], Shredded Mozzarella (10.8%) [Mozzarella Cheese (Milk) [Milk, Salt, Cultures, Enzyme (Non Animal Rennet (Milk))], Anti Caking Agent (460), Preservative (200)], Yiros Lamb Meat (10.8%) [Lamb, Water, Soy Protein, Mineral Salt(508, 451, 450), Thickener(1442), Sugar, Vegetable Gum(407), Dextrose, Canola Oil, Onions, Rice Flour, Yeast Extract, Dehydrated Vegetables, Flavours, Colours (150d, 100, 150c), Citric Acid(330), Herbs& Spices, Anti Caking Agent(341), Vegetable Extract(Celery)], Napoli Pronto Blendered Sub Recipe (10.8%) [Napoli (100%) [Italian Tomatoes^ (95%) (diced, Paste), Sunflower Oil, Sugar, Salt, Water, Food Acid (citric), Onions]], Pitted Kalamata Olives (6.5%) [Kalamata Olives (50%), Water, Vinegar, Salt, Lactic Acid], Garlic & Mint Yoghurt Sub Recipe (6.5%) [Greek Yoghurt (75.8%) [Milk, Milk Solids, Cream (Milk), Yogurt Cultures: S. Thermophilus & L.Bulgaricus], Premium Blended Oil (11.4%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Mint Leaves Fresh (3.8%) [Mint 100%], Lemon Juice Fresh Squeezed (3.8%) [Lemon Juice 100%], Fresh Garlic Crushed (3.8%) [Garlic, Salt], Table Salt (0.76%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.76%) [Pepper 100%]], Danish Feta Cubed (4.3%) [Danish Fetta (75%) (Pasteurised Milk, Vegetable Oil, Salt, Lactic Acid, Culture & Rennet (Milk)), Water & SaltContains: Milk And Milk Products], Spanish (Red) Onion Fresh (4.3%) [Red Onion], Dressed Rocket Sub Recipe (2.2%) [Rocket, Raw (50%) [Rocket 100%], Premium Blended Oil (30%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Table Salt (10%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (10%) [Pepper 100%]], Basil Leaves Fresh (0.65%) [Basil]CONTAINS: Milk, Soy
Meals	Mary's Mediterranean Lamb Pizza DT		870	208	8.9	6.6	2.5	28	1.4	613	4420	1060	45.1	33.5	12.9	142	7.1	3115	orange	orange	green	Contains: Gluten, Wheat, Milk, Soya		11" Pizza Base Par Baked (59.1%) [Wheat Flour, Water, Sugo (tomato Pulp, Sugar, Garlic, Salt, Extra Virgin Olive Oil, Starch, basil Oil) Yeast, Salt, Calcium Sulphate, Calcium Carbonate (170), Bread Improver (Soy Flour, Wheatflour, Sugar, Emulsifiers 472e, 481, Ascorbic Acid 300), Extra Virgin Olive Oil, Canola Oil (Emulsifiers322 &472e)], Shredded Mozzarella (7.9%) [Mozzarella Cheese (Milk) [Milk, Salt, Cultures, Enzyme (Non Animal Rennet (Milk))], Anti Caking Agent (460), Preservative (200)], Yiros Lamb Meat (7.9%) [Lamb, Water, Soy Protein, Mineral Salt(508, 451, 450), Thickener(1442), Sugar, Vegetable Gum(407), Dextrose, Canola Oil, Onions, Rice Flour, Yeast Extract, Dehydrated Vegetables, Flavours, Colours (150d, 100, 150c), Citric Acid(330), Herbs& Spices, Anti Caking Agent(341), Vegetable Extract(Celery)], Napoli Pronto Blendered Sub Recipe (5.9%) [Napoli (100%) [Italian Tomatoes^ (95%) (diced, Paste), Sunflower Oil, Sugar, Salt, Water, Food Acid (citric), Onions]], Garlic & Mint Yoghurt Sub Recipe (4.9%) [Greek Yoghurt (75.8%) [Milk, Milk Solids, Cream (Milk), Yogurt Cultures: S. Thermophilus & L.Bulgaricus], Premium Blended Oil (11.4%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Mint Leaves Fresh (3.8%) [Mint 100%], Lemon Juice Fresh Squeezed (3.8%) [Lemon Juice 100%], Fresh Garlic Crushed (3.8%) [Garlic, Salt], Table Salt (0.76%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.76%) [Pepper 100%]], Danish Feta Cubed (3.9%) [Danish Fetta (75%) (Pasteurised Milk, Vegetable Oil, Salt, Lactic Acid, Culture & Rennet (Milk)), Water & SaltContains: Milk And Milk Products], Pitted Kalamata Olives (3.9%) [Kalamata Olives (50%), Water, Vinegar, Salt, Lactic Acid], Spanish (Red) Onion Fresh (3.9%) [Red Onion], Dressed Rocket Sub Recipe (2%) [Rocket, Raw (50%) [Rocket 100%], Premium Blended Oil (30%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Table Salt (10%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (10%) [Pepper 100%]], Basil Leaves Fresh (0.59%) [Basil]CONTAINS: Gluten, Wheat, Milk, Soy
Meals	Meat Eater Pizza - DT	Pepperoni, chorizo, ham, bacon, mozzarella & napoli.	917	220	9.9	6.9	3	28.9	0.97	734	4360	1040	47.3	32.9	14.2	137	4.6	3489	orange	orange	green	Contains: Gluten, Wheat, Milk, Soya	May Contain: Sulphites	11" Pizza Base Par Baked (63.2%) [Wheat Flour, Water, Sugo (tomato Pulp, Sugar, Garlic, Salt, Extra Virgin Olive Oil, Starch, basil Oil) Yeast, Salt, Calcium Sulphate, Calcium Carbonate (170), Bread Improver (Soy Flour, Wheatflour, Sugar, Emulsifiers 472e, 481, Ascorbic Acid 300), Extra Virgin Olive Oil, Canola Oil (Emulsifiers322 &472e)], Napoli Pronto Blended Sub Recipe (10.5%) [Napoli (100%) [Italian Tomatoes^ (95%) (diced, Paste), Sunflower Oil, Sugar, Salt, Water, Food Acid (citric), Onions]], Shredded Mozzarella (8.4%) [Mozzarella Cheese (Milk) [Milk, Salt, Cultures, Enzyme (Non Animal Rennet (Milk))], Anti Caking Agent (460), Preservative (200)], Middle Bacon Rindless (8.4%) [Bacon], Sliced Pepperoni (4.2%) [Pork], Spanish Chorizo (3.2%) [Meat Including Pork, Salt, Spices (Including Chilli), Dried Vegetables (Including Garlic), Lactose (Milk), Dextrose (Maize Or Tapioca), Maltodextrin (Maize), Mineral Salt (451), Antioxidant (316), Herbs, Starter Culture, Sugar, Preservative (250), Spice Extracts (Including 160c), Natural Hog Casing, Wood Smoke], Shaved Leg Ham (2.1%) [Pork, Water, Cure [Salt, Sugar, Mineral Salts (450, 451), Dextrose (Maize Or Tapioca), Antioxidant (316), Preservative (250)], Acidity Regulators (326, 262), Modified Starch (1442 Maize Or Tapioca), Vegetable Gum (407a), Natural Flavour, Wood Smoke]CONTAINS: Gluten, Wheat, Milk, Soy
Meals	Meatball Fettuccine		793	190	9	5.8	1.4	25	2.8	202	4330	1040	49.3	31.8	7.6	137	15.4	1106	orange	green	green	Contains: Gluten, Wheat, Milk	May Contain: Eggs, Soya	Napoli Pronto Blended Sub Recipe (36.6%) [Napoli (100%) [Italian Tomatoes^ (95%) (diced, Paste), Sunflower Oil, Sugar, Salt, Water, Food Acid (citric), Onions]], Fettuccine (27.4%), Sub Recipe: Tuscan Lamb Meatballs (25.9%) [Lamb Mince (71.4%) [Lamb Mince], Bread Crumbs (14.3%) [Wheat Flour, Canola Oil, Yeast, Sugar, Salt, Wheat Gluten], Sundried Tomatoes (7.1%) [Sun Dried Tomatoes (Tomatoes, Salt, Sulfur Dioxide (Sulphites) (220 (Sulphites) (60%), Canola Oil, Mixed Herbs, Garlic, Salt], Shaved Parmesan (3.6%) [Parmesan Cheese (Milk, salt, starter Cultures, enzymes), Anticaking Agent (460), Preservative (200)], Tuscan Seasoning (2.1%) [Salt, Sugar, Garlic 15%, Pepper 11%, Rosemary 9%, Parsley 2%, Vegetable Oil], Parsley Fresh (1.1%) [Parsley 100%], Lemon Pepper Seasoning (0.36%) [Salt, Pepper 23%, Rice Flour, Chicken Flavour, Food Acid (Citric), Sugar, Garlic, Onion, Lemon Peel 3%, Vegetable Oil, Lemon Flavour 0.5%, Lemon Oil 0.5%]], Pitted Kalamata Olives (7.3%) [Kalamata Olives (50%), Water, Vinegar, Salt, Lactic Acid], Shaved Parmesan (1.8%) [Parmesan Cheese (Milk, salt, starter Cultures, enzymes), Anticaking Agent (460), Preservative (200)], Rocket, Raw (0.91%) [Rocket 100%]CONTAINS: Gluten, Wheat, Milk

Category	Recipe Name	Recipe Description	Energy (kJ) per 100g	Energy (kcal) per 100g	Protein (g) per 100g	Fat (g) per 100g	Saturated Fat (g) per 100g	Carbohydrate (g) per 100g	Sugars (g) per 100g	Sodium (Na) (mg) per 100g	Energy (kJ) per serving	Energy (kcal) per serving	Protein (g) per serving	Fat (g) per serving	Saturated Fat (g) per serving	Carbohydrate (g) per serving	Sugars (g) per serving	Sodium (Na) (mg) per serving	Fat (g) Traffic light	Saturated Fat (g) Traffic light	Sugars (g) Traffic light	Contains Allergens	May Contain Allergens	Recipe Quid
Meals	Messina Meatball Fettuccine	Our delizioso house-made Italian meatballs with fettuccine in a flavourful napoli sauce with parmesan.	562	134	8.1	5.4	1.7	13.2	2.2	185	3410	815	48.9	32.8	10.1	80	13.1	1121	orange	orange	green	Contains: Gluten, Wheat, Eggs, Milk, Soya		Napoli Pronto Blendered Sub Recipe (33%) [Napoli (100%) [Italian Tomatoes^ (95%) (diced, Paste), Sunflower Oil, Sugar, Salt, Water, Food Acid (citric), Onions]], Meatballs Sub Recipe (32.2%) [Minced Beef Lean (60.5%) [85% Lean Mince, 15% Fat], Full Cream Milk (12.1%) [Full Cream (Milk) Milk, Milk Solids Non Fat], Italian Crumbs Sub Recipe (9.7%) [Continental Roll (71.9%) [Wheat Flour [Contains Vitamins (Thiamine, Folic Acid)], Water, Canola Oil, Iodised Salt, Improver [Wheat Flour, Soya Flour, Malted Wheatflour, Processing Aids Enzymes, Ascorbic Acid (300)], Yeast [Vegetable Oil, Potato Starch]], Shaved Parmesan (15%) [Parmesan Cheese (Milk, salt, starter Cultures, enzymes), Anticaking Agent (460), Preservative (200)], Rosemary Raw Sprig Fresh (9%) [Rosemary 100%], Parsley Fresh (3%) [Parsley 100%], Table Salt (0.6%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (0.6%) [Pepper 100%]], Egg XL (7%) [Eggs], Shaved Parmesan (5.4%) [Parmesan Cheese (Milk, salt, starter Cultures, enzymes), Anticaking Agent (460), Preservative (200)], Fresh Garlic Crushed (2.4%) [Garlic, Salt], Parsley Fresh (1.5%) [Parsley 100%], Table Salt (0.91%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (0.36%) [Pepper 100%]], Fettuccine Pasta Sub Recipe (29.7%) [Tap Water (455g of Tap Water per 100g) [Water 100%], Fettuccine (45.5%), Canola Oil (1.8%), Table Salt (0.91%) [Salt, Anti Caking Agent (554)]], Parmesan Grated Sub Recipe (1.7%) [Shaved Parmesan (100%) [Parmesan Cheese (Milk, salt, starter Cultures, enzymes), Anticaking Agent (460), Preservative (200)]], Premium Blended Oil (1.7%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Fresh Garlic Crushed (0.83%) [Garlic, Salt], Table Salt (0.33%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (0.33%) [Pepper 100%], Parsley Fresh (0.33%) [Parsley 100%]CONTAINS: Gluten, Wheat, Egg, Milk, Soy
Meals	Mushroom & Spinach Pizza - DT	With red onion, mozzarella & napoli (V) (VO)	748	179	7.8	2.9	1.4	29.8	1	545	3480	832	36.4	13.5	6.5	139	4.9	2535	green	green	green	Contains: Gluten, Wheat, Soya		11" Pizza Base Par Baked (64.5%) [Wheat Flour, Water, Sugo (tomato Pulp, Sugar, Garlic, Salt, Extra Virgin Olive Oil, Starch, basil Oil) Yeast, Salt, Calcium Sulphate, Calcium Carbonate (170), Bread Improver (Soy Flour, Wheatflour, Sugar, Emulsifiers 472e, 481, Ascorbic Acid 300), Extra Virgin Olive Oil, Canola Oil (Emulsifiers322 &472e)], Napoli Pronto Blended Sub Recipe (10.8%) [Napoli (100%) [Italian Tomatoes^ (95%) (diced, Paste), Sunflower Oil, Sugar, Salt, Water, Food Acid (citric), Onions]], Shredded Mozzarella (8.6%) [Mozzarella Cheese (Milk) [Milk, Salt, Cultures, Enzyme (Non Animal Rennet (Milk))], Anti Caking Agent (460), Preservative (200)], Portabello Mushroom Fresh (8.6%) [Mushroom], Spanish (Red) Onion Fresh (4.3%) [Red Onion], Spinach Leaves Fresh (3.2%) [Spinach Leaves]CONTAINS: Gluten, Wheat, Soy
Meals	Napolitana Fettuccine	Simple but delicious. Fettuccine with seasoned napoli, fresh basil and grated parmesan.	760	182	5.4	10.1	5.7	17.3	2.4	181	3030	725	21.5	40.3	22.6	69	9.5	721	orange	red	green	Contains: Milk	May Contain: Gluten, Wheat, Eggs, Soya	Fettuccine Pasta Sub Recipe (46%) [Tap Water (455g of Tap Water per 100g) [Water 100%], Fettuccine (45.5%), Canola Oil (1.8%), Table Salt (0.91%) [Salt, Anti Caking Agent (554)]], Napoli Pronto Blendered Sub Recipe (37.7%) [Napoli (100%) [Italian Tomatoes^ (95%) (diced, Paste), Sunflower Oil, Sugar, Salt, Water, Food Acid (citric), Onions]], Salted Butter (7.5%) [Pasteurised Cream (from Milk)], Parmesan Grated Sub Recipe (7.5%) [Shaved Parmesan (100%) [Parmesan Cheese (Milk, salt, starter Cultures, enzymes), Anticaking Agent (460), Preservative (200)]], Basil Leaves Fresh (0.75%) [Basil], Table Salt (0.25%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (0.25%) [Pepper 100%]CONTAINS: Milk
Meals	Nonna's Favourite Pizza	Sliced chicken breast, chorizo, halloumi chunks, mozzarella, rocket and chipotle hollandaise on a traditional Italian base.	574	137	9.2	10.9	4.6	0.76	0.57	505	2200	526	35.1	41.9	17.7	2.9	2.2	1932	orange	orange	green	Contains: Eggs, Milk		200gm Dough Ball (52.2%) [Wheat FlourWateryeastsaltimprover(Gluten, Wheat Flour, Ascorbic Acid (300) Enzymes)cornflour, Gluten, Soy Flour, Guargum], Sous Vide Chicken Breast (13.1%) [Chicken 97% (BBQ Provence Dry Rub â€" Salt, Rice Cereal, Sugar, Dextrose, Dehydrated Vegetables, Natural Flavours (Wheat, Soy), Breadcrumbs (Wheat), Herbs, Spices, Flavour Enhancers (621, 635), Canola Oil, Anti Caking Agent (551), Hydrolysed Vegetable Protein (Soy), Food Acid (330), Spice Extract (160c) 3%)], Shredded Mozzarella (13.1%) [Mozzarella Cheese (Milk) [Milk, Salt, Cultures, Enzyme (Non Animal Rennet (Milk))], Anti Caking Agent (460), Preservative (200)], Spanish Chorizo (7.8%) [Meat Including Pork, Salt, Spices (Including Chilli)], Dried Vegetables (Including Garlic), Lactose (Milk), Dextrose (Maize Or Tapioca), Maltodextrin (Maize), Mineral Salt (451), Antioxidant (316), Herbs, Starter Culture, Sugar, Preservative (250), Spice Extracts (Including 160c), Natural Hog Casing, Wood Smoke], Chipotle Hollandaise Sub Recipe (7.8%) [Hollandaise Sauce (88.9%) [Vegetable Oils (palm, Canola), Water, Pasteurised Egg Yolk (5%), Skim Milk Powder, Salt, Sugar, Acidity Regulator (lactic Acid), Stabilisers (xanthan Gum, Guar Gum, Locust Bean Gum), Flavours (contain Milk), DextroseCONTAINS Egg AND Milk PRODUCTS], Chipotle Sauce (11.1%) [Chipotle Peppers (25 30%), Distilled Vinegar, Water, Salt, Sugar, Onion Powder, Garlic Powder, Spices, Tabasco Brand Pepper Pulp (distilled Vinegar, Red Peppers, Salt)], Halloumi Cheese (5.2%) [Milk, Salt, Mineral, Rennet (Milk), Cultures, Mint], Rocket, Raw (0.78%) [Rocket 100%]CONTAINS: Egg, Milk
Meals	Pasta - Beef Brisket Orecchiette	With salsa verde & parmesan.	960	230	10.7	5.7	1.8	33.4	2.9	109	3260	781	36.3	19.3	6.2	113	9.7	372	orange	orange	green	Contains: Gluten, Wheat, Milk, Sulphites	May Contain: Soya	Beef Ragu Sub Recipe (50%) [Sous Vide Pulled Beef Brisket (38.1%) [Beef], Napoli Pronto Blendered Sub Recipe (38.1%) [Napoli (100%) [Italian Tomatoes^ (95%) (diced, Paste), Sunflower Oil, Sugar, Salt, Water, Food Acid (citric), Onions]], Red Cooking Wine (9.5%) [RED WINE (Sulphites), SALT 1700mg/ltr, PERSERVATIVE 220 (Sulphites), Milk], Carrots Fresh (3.2%) [Carrots], Brown Onion Fresh (3.2%) [Onion 100%], Celery Fresh (3.2%) [Celery], Balsamic Vinegar (3.2%) [Wine (Sulphites) Vinegar, Concentrated Grape Must, Caramel (E150d), Antioxidant], Fresh Garlic Crushed (1%) [Garlic, Salt], Premium Blended Oil (0.38%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Rosemary Dried (0.1%) [Dried Rosemary], Sage Leaves Fresh (0.05%) [Sage Leaves]], Orecchiette (44.1%) [Durum Wheat Semolina (Gluten, Wheat) Water (max 12, 5%)], Shaved Parmesan (2.9%) [Parmesan Cheese (Milk, salt, starter Cultures, enzymes), Anticaking Agent (460), Preservative (200)], Salsa Verde Sub Recipe (2.9%) [Premium Blended Oil (53.7%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Parsley Fresh (17.9%) [Parsley 100%], Lemon Juice Fresh Squeezed (11.9%) [Lemon Juice 100%], Baby Capers (9%) [Baby Capers, White Vinegar], Basil Leaves Fresh (4.5%) [Basil], Garlic Fresh (1.8%) [Garlic 100%], Table Salt (0.6%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.6%) [Pepper 100%]CONTAINS: Gluten, Wheat, Milk, Sulphites
Meals	Pasta - Carbonara Fettuccine	Bacon & mushroom with creamy sauce, parmesan & fresh herbs.	1250	299	8.9	15.6	3.6	30.6	1.7	228	4750	1140	34	59.3	13.7	116	6.3	867	orange	orange	green	Contains: Milk	May Contain: Gluten, Wheat, Eggs, Soya	Fettuccine (39.5%), Cooking Cream (26.3%) [Contains Minimum 35% Milk FatCream ð- Skim Milk ð- Thickener (1442) ð- Stabilisers (460, 466, 452) ð- Emulsifier (471Allergens: Contains Milk And Dairy Products], Middle Bacon Rindless (19.7%) [Bacon], Mushroom Field Flat (10.5%) [Mushroom 100%], Shaved Parmesan (2.6%) [Parmesan Cheese (Milk, salt, starter Cultures, enzymes), Anticaking Agent (460), Preservative (200)], Rocket, Raw (1.3%) [Rocket 100%]CONTAINS: Milk
Meals	Pasta - Chicken & Mushroom Pappardelle	With a creamy mushroom sauce & fresh herbs.	1220	292	12.2	12.8	4.3	31.7	1.8	174	4290	1030	42.8	45	15.3	112	6.2	611	orange	orange	green	Contains: Gluten, Wheat, Eggs, Milk	May Contain: Soya	Pappardelle (42.6%) [Durum Wheat Semolina (Gluten, Wheat), Eggs (9%)], Sous Vide Chicken Breast (17%) [Chicken 97% (BBQ Provence Dry Rub â€" Salt, Rice Cereal, Sugar, Dextrose, Dehydrated Vegetables, Natural Flavours (Wheat, Soy), Breadcrumbs (Wheat), Herbs, Spices, Flavour Enhancers (621, 635), Canola Oil, Anti Caking Agent (551), Hydrolysed Vegetable Protein (Soy), Food Acid (330), Spice Extract (160c) 3%)], Sous Vide Chicken Breast (17%) [Chicken 97% (BBQ Provence Dry Rub â€" Salt, Rice Cereal, Sugar, Dextrose, Dehydrated Vegetables, Natural Flavours (Wheat, Soy), Breadcrumbs (Wheat), Herbs, Spices, Flavour Enhancers (621, 635), Canola Oil, Anti Caking Agent (551), Hydrolysed Vegetable Protein (Soy), Food Acid (330), Spice Extract (160c) 3%)], Cooking Cream (17%) [Contains Minimum 35% Milk FatCream ð- Skim Milk ð- Thickener (1442) ð- Stabilisers (460, 466, 452) ð- Emulsifier (471Allergens: Contains Milk And Dairy Products], Portabello Mushroom Fresh (11.4%) [Mushroom], Salted Butter (5.7%) [Pasteurised Cream (from Milk)], Parsley Fresh (1.4%) [Parsley 100%], Fresh Garlic Crushed (1.4%) [Garlic, Salt], Spring Onion Fresh (1.4%) [Onions], Edlyn (1.4%) [100% Lemon Juice], Table Salt (0.28%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.28%) [Pepper 100%]CONTAINS: Gluten, Wheat, Egg, Milk
Meals	Pasta - Chicken Pesto Fettuccine	With blistered cherry tomatoes & parmesan.	1350	323	19.9	16	2.3	24.7	2.4	282	6690	1600	98.4	79.2	11.2	122	11.9	1395	orange	orange	green	Contains: Tree nuts, Cashews, Pine Nut, Eggs, Milk	May Contain: Gluten, Wheat, Soya	Fettuccine (30.3%), Cooking Cream (20.2%) [Contains Minimum 35% Milk FatCream ð- Skim Milk ð- Thickener (1442) ð- Stabilisers (460, 466, 452) ð- Emulsifier (471Allergens: Contains Milk And Dairy Products], Sous Vide Chicken Breast (20.2%) [Chicken 97% (BBQ Provence Dry Rub â€" Salt, Rice Cereal, Sugar, Dextrose, Dehydrated Vegetables, Natural Flavours (Wheat, Soy), Breadcrumbs (Wheat), Herbs, Spices, Flavour Enhancers (621, 635), Canola Oil, Anti Caking Agent (551), Hydrolysed Vegetable Protein (Soy), Food Acid (330), Spice Extract (160c) 3%)], Sundried Tomatoes (10.1%) [Sun Dried Tomatoes (Tomatoes, Salt, Sulfur Dioxide (Sulphites) (220 (Sulphites) (60%), Canola Oil, Mixed Herbs, Garlic, Salt], Cherry Tomatoes Fresh (10.1%) [Tomatoes], Basil Pesto (6.1%) [Contains Dairy (Milk), Egg, Tree Nuts.Basil Puree, Canola Oil, Water, Cashews, Parmesan Cheese (Milk), Sugar, Garlic, Vinegar, Pinenuts, Salt, Food Acid (Citirc Acid), (330), Preservatives (Potassium Sorbate) (202), Thickener (Xanthan Gum), (415)], Shaved Parmesan (2%) [Parmesan Cheese (Milk, salt, starter Cultures, enzymes), Anticaking Agent (460), Preservative (200)], Parsley Fresh (1%) [Parsley 100%]CONTAINS: Cashew, Pine Nut, Egg, Milk
Meals	Pasta - Chilli & Garlic Calamari	With pea pesto, crispy chorizo, peas, salsa verde & shaved parmesan.	1020	245	10.1	9.7	2.9	29	2.2	302	4010	961	39.6	37.9	11.5	114	8.8	1185	orange	orange	green	Contains: Gluten, Wheat, Milk, Molluscs, Soya		Orecchiette (38.2%) [Durum Wheat Semolina (Gluten, Wheat) Water (max 12, 5%)], Squid Pineapple Cut Strips (12.7%) [Squid (Molluscs) (Bartrammi) , Salt, Water], Spanish Chorizo (12.7%) [Meat Including Pork, Salt, Spices (Including Chilli), Dried Vegetables (Including Garlic), Lactose (Milk), Dextrose (Maize Or Tapioca), Maltodextrin (Maize), Mineral Salt (451), Antioxidant (316), Herbs, Starter Culture, Sugar, Preservative (250), Spice Extracts (Including 160c), Natural Hog Casing, Wood Smoke], Tap Water (10.2%) [Water 100%], Pea Pesto Sub Recipe (8%) [Peas Frozen (54.5%) [Peas Legumes Eg Beans, Peas, Lentils, Bean Sprouts], Basil Pesto Vegan (45.5%) [Australia Basil Puree (60%), Soy Beans, Salt, Garlic, Citric Acid, Preservative (E202 & 211), Canola Oil And Sugar]], Peas Frozen (7.6%) [Peas Legumes Eg Beans, Peas, Lentils, Bean Sprouts], Salsa Verde Sub Recipe (5.1%) [Premium Blended Oil (53.7%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Parsley Fresh (17.9%) [Parsley 100%], Lemon Juice Fresh Squeezed (11.9%) [Lemon Juice 100%], Baby Capers (9%) [Baby Capers, White Vinegar], Basil Leaves Fresh (4.5%) [Basil], Garlic Fresh (1.8%) [Garlic 100%], Table Salt (0.6%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.6%) [Pepper 100%]], Shaved Parmesan (2.5%) [Parmesan Cheese (Milk, salt, starter Cultures, enzymes), Anticaking Agent (460), Preservative (200)], Rocket, Raw (1.3%) [Rocket 100%], Fresh Garlic Crushed (1.3%) [Garlic, Salt], Chilli Flakes (0.25%) [Chilli]CONTAINS: Gluten, Wheat, Milk, Molluscs, Soy
Meals	Pasta - Chilli Chorizo	In napoli with olives & parmesan.	967	231	7.6	10.3	3.2	26.9	2.7	423	4310	1030	33.9	45.9	14.3	120	12.3	1886	orange	orange	green	Contains: Milk	May Contain: Gluten, Wheat, Eggs, Soya	Fettuccine (33.6%), Napoli Pronto Blended Sub Recipe (33.6%) [Napoli (100%) [Italian Tomatoes^ (95%) (diced, Paste), Sunflower Oil, Sugar, Salt, Water, Food Acid (citric), Onions]], Spanish Chorizo (17.9%) [Meat Including Pork, Salt, Spices (Including Chilli), Dried Vegetables (Including Garlic), Lactose (Milk), Dextrose (Maize Or Tapioca), Maltodextrin (Maize), Mineral Salt (451), Antioxidant (316), Herbs, Starter Culture, Sugar, Preservative (250), Spice Extracts (Including 160c), Natural Hog Casing, Wood Smoke], Pitted Kalamata Olives (11.2%) [Kalamata Olives (50%), Water, Vinegar, Salt, Lactic Acid], Shaved Parmesan (2.2%) [Parmesan Cheese (Milk, salt, starter Cultures, enzymes), Anticaking Agent (460), Preservative (200)], Rocket, Raw (1.1%) [Rocket 100%], Chilli Flakes (0.22%) [Chilli]CONTAINS: Milk
Meals	Pasta - Garlic Prawn Fettuccine	With cherry tomatoes, creamy napoli, danish feta & wild rocket.	839	201	13	5.8	1.1	23.6	2.7	217	4320	1030	67.2	30	5.6	121	14	1119	orange	green	green	Contains: Milk, Crustaceans	May Contain: Gluten, Wheat, Eggs, Soya	Fettuccine (29.1%), Napoli Pronto Blended Sub Recipe (29.1%) [Napoli (100%) [Italian Tomatoes^ (95%) (diced, Paste), Sunflower Oil, Sugar, Salt, Water, Food Acid (citric), Onions]], Prawn Cutlet Viet (16.5%) [100% Prawn (Crustaceans)], Cooking Cream (9.7%) [Contains Minimum 35% Milk FatCream ð- Skim Milk ð- Thickener (1442) ð- Stabilisers (460, 466, 452) ð- Emulsifier (471Allergens: Contains Milk And Dairy Products], Cherry Tomatoes Fresh (9.7%) [Tomatoes], Danish Feta Cubed (3.9%) [Danish Fetta (75%) (Pasteurised Milk, Vegetable Oil, Salt, Lactic Acid, Culture & Rennet (Milk)), Water & SaltContains: Milk And Milk Products], Fresh Garlic Crushed (0.97%) [Garlic, Salt], Rocket, Raw (0.97%) [Rocket 100%]CONTAINS: Milk, Crustacean
Meals	Pasta - Garlic Prawn Linguini	With cherry tomatoes, rocket, parmesan & parsley salsa.	1240	296	12.9	11.2	5	35.5	1.6	99	3840	919	40	34.6	15.5	110	5	307	orange	orange	green	Contains: Gluten, Wheat, Milk, Crustaceans	May Contain: Sulphites	Linguini (48.4%) [Durum Wheat, Semolina (Gluten, Wheat)], Prawn Cutlet Viet (19.4%) [100% Prawn (Crustaceans)], Parsley Salsa Sub Recipe (9.7%) [Premium Blended Oil (40.8%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Parsley (20.4%), Coriander (20.4%), Lemon Juice (8.2%), Baby Capers (6.1%) [Baby Capers, White Vinegar], Fresh Garlic Crushed (4.1%) [Garlic, Salt]], Cherry Tomatoes Fresh (6.5%) [Tomatoes], Salted Butter (6.5%) [Pasteurised Cream (from Milk)], Rocket, Raw (4.8%) [Rocket 100%], Shaved Parmesan (3.2%) [Parmesan Cheese (Milk, salt, starter Cultures, enzymes), Anticaking Agent (460), Preservative (200)], Fresh Garlic Crushed (1.6%) [Garlic, Salt]CONTAINS: Gluten, Wheat, Milk, Crustacean
Meals	Pasta - Kibbled Salmon	With caramelised leek, shaved asparagus, baby capers, green peas, wild rocket & herbed creme fraiche.	1110	265	8.5	11.7	1.4	30.9	1.9	126	4080	977	31.5	43.3	5.1	114	6.9	465	orange	green	green	Contains: Gluten, Wheat, Milk, Fish	May Contain: Soya	Orecchiette (40.7%) [Durum Wheat Semolina (Gluten, Wheat) Water (max 12, 5%)], Cooking Cream (27.1%) [Contains Minimum 35% Milk FatCream ð- Skim Milk ð- Thickener (1442) ð- Stabilisers (460, 466, 452) ð- Emulsifier (471Allergens: Contains Milk And Dairy Products], Smoked Salmon Sliced (13.6%) [Grown Atlantic Salmon (salmon Salar, Fish), Salt], Peas Frozen (8.1%) [Peas Legumes Eg Beans, Peas, Lentils, Bean Sprouts], Asparagus Spear Fresh (6.5%) [Asparagus 100%], Spring Onion Fresh (1.4%) [Onions], Salsa Verde Sub Recipe (1.4%) [Premium Blended Oil (53.7%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Parsley Fresh (17.9%) [Parsley 100%], Lemon Juice Fresh Squeezed (11.9%) [Lemon Juice 100%], Baby Capers (9%) [Baby Capers, White Vinegar], Basil Leaves Fresh (4.5%) [Basil], Garlic Fresh (1.8%) [Garlic 100%], Table Salt (0.6%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.6%) [Pepper 100%]], Baby Capers (0.81%) [Baby Capers, White Vinegar], Rocket, Raw (0.54%) [Rocket 100%]CONTAINS: Gluten, Wheat, Milk, Fish
Meals	Pasta - Meatball Fettucine	In napoli with olives, rocket & parmesan.	916	219	9.6	5.7	1.4	31.9	2.8	178	6020	1440	62.9	37.5	9.3	210	18.4	1167	orange	green	green	Contains: Gluten, Wheat, Milk	May Contain: Eggs, Soya	Fettuccine (38%), Napoli Pronto Blended Sub Recipe (30.4%) [Napoli (100%) [Italian Tomatoes^ (95%) (diced, Paste), Sunflower Oil, Sugar, Salt, Water, Food Acid (citric), Onions]], Tuscan Lamb Meatballs (21.5%) [Lamb Mince (71.4%) [Lamb Mince], Bread Crumbs (14.3%) [Wheat Flour, Canola Oil, Yeast, Sugar, Salt, Wheat Gluten], Sundried Tomatoes (7.1%) [Sun Dried Tomatoes (Tomatoes, Salt, Sulfur Dioxide (Sulphites) (220 (Sulphites) (60%), Canola Oil, Mixed Herbs, Garlic, Salt], Shaved Parmesan (3.6%) [Parmesan Cheese (Milk, salt, starter Cultures, enzymes), Anticaking Agent (460), Preservative (200)], Tuscan Seasoning (2.1%) [Salt, Sugar, Garlic 15%, Pepper 11%, Rosemary 9%, Parsley 2%, Vegetable Oil], Parsley Fresh (1.1%) [Parsley 100%], Lemon Pepper Seasoning (0.36%) [Salt, Pepper 23%, Rice Flour, Chicken Flavour, Food Acid (Citric), Sugar, Garlic, Onion, Lemon Peel 3%, Vegetable Oil, Lemon Flavour 0.5%, Lemon Oil 0.5%]], Pitted Kalamata Olives (7.6%) [Kalamata Olives (50%), Water, Vinegar, Salt, Lactic Acid], Shaved Parmesan (2.3%) [Parmesan Cheese (Milk, salt, starter Cultures, enzymes), Anticaking Agent (460), Preservative (200)], Chilli Flakes (0.15%) [Chilli]CONTAINS: Gluten, Wheat, Milk
Meals	Pasta - Pumpkin Ravioli	In sage butter with herbed ricotta & candied walnuts (V)	1010	241	9.2	15.4	7.2	16.4	2.3	235	3170	758	29	48.4	22.6	51.5	7.3	739	orange	red	green	Contains: Gluten, Wheat, Tree nuts, Eggs, Milk	May Contain: Soya	Pumpkin & Sage Ravioli (57.1%) [Water, Durum Wheat Semolina (Gluten, Wheat) Gluten Wheat, Ricotta Cheese (whey (Milk), Milk), Milk), pasteurised Milk, salt, acidity Regulator), Butternut Pumpkin (15%), Dehydrated Potato, Whole Egg, Salt, Sugar, Sage (0%), Mustard (Contains Preservative (202, 211)), Onion Powder, Flavour (Synthetic Flavouring, Colours (102, 110), Natural Spice, Vegetable Gum (415), Food Acid (330), Preservative (211)Contains Egg, Gluten Wheat, Milk], Herbed Ricotta Sub Recipe (12.7%) [Ricotta Cheese (90.9%) (Milk), Salsa Verde Sub Recipe (9.1%) [Premium Blended Oil (53.7%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Parsley Fresh (17.9%) [Parsley 100%], Lemon Juice Fresh Squeezed (11.9%) [Lemon Juice 100%], Baby Capers (9%) [Baby Capers, White Vinegar], Basil Leaves Fresh (4.5%) [Basil], Garlic Fresh (1.8%) [Garlic 100%], Table Salt (0.6%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.6%) [Pepper 100%]], Char Grilled Pumpkin (12.7%) [Pumpkin (60%), Chilli, Thyme, Garlic, Cumin, Cracked Pepper, Coriander, Salt, Vinegar & Canola Oil], Salted Butter (6.3%) [Pasteurised Cream (from Milk)], Salsa Verde Sub Recipe (4.3%) [Premium Blended Oil (53.7%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Parsley Fresh (17.9%) [Parsley 100%], Lemon Juice Fresh Squeezed (11.9%) [Lemon Juice 100%], Baby Capers (9%) [Baby Capers, White Vinegar], Basil Leaves Fresh (4.5%) [Basil], Garlic Fresh (1.8%) [Garlic 100%], Table Salt (0.6%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.6%) [Pepper 100%]], Walnut Pieces (3.2%) [100% Walnuts.Contains: Tree Nuts], Shaved Parmesan (3.2%) [Parmesan Cheese (Milk, salt, starter Cultures, enzymes), Anticaking Agent (460), Preservative (200)], Rocket, Raw (1.6%) [Rocket 100%]CONTAINS: Gluten, Wheat, Tree nut, Egg, Milk

Category	Recipe Name	Recipe Description	Energy (kJ) per 100g	Energy (kcal) per 100g	Protein (g) per 100g	Fat (g) per 100g	Saturated Fat (g) per 100g	Carbohyd rate (g) per 100g	Sugars (g) per 100g	Sodium (Na) (mg) per 100g	Energy (kJ) per serving	Energy (kcal) per serving	Protein (g) per serving	Fat (g) per serving	Saturated Fat (g) per serving	Carbohyd rate (g) per serving	Sugars (g) per serving	Sodium (Na) (mg) per serving	Fat (g) Traffic light	Saturated Fat (g) Traffic light	Sugars (g) Traffic light	Contains Allergens	May Contain Allergens	Recipe Quid
Meals	Pasta - Roasted Asparagus & Balsamic	With garlic field mushroom, cherry tomato, wild rocket, salsa verde & vegan mozzarella 4189kJ (V) (VF)	1280	307	14.2	11	2.5	37.1	4.2	86	4180	1000	46.3	35.9	8.1	121	13.8	282	orange	orange	green	Contains: Gluten, Wheat, Soya, Sulphites	May Contain: Tree nuts, Sesame	Linguini (46%) [Durum Wheat, Semolina (Gluten, Wheat)], Mushroom Field Flat (12.3%) [Mushroom 100%], Nuttelex Table Spread (9.2%) [Vegetable Oils (containing Sunflower Oil 26%), Water, Salt, Emulsifier (471, Sunflower Lecithin), Natural Flavour, Vitamins A, D, E, Natural Colour (Beta Carotene)], Cherry Tomatoes Fresh (9.2%) [Tomatoes], Salsa Verde Sub Recipe (6.1%) [Premium Blended Oil (53.7%)Sunflower Oil (90%), Extra Virgin Olive Oil (10%) , Parsley Fresh (17.9%) [Parsley 100%], Lemon Juice Fresh Squeezed (11.9%) [Lemon Juice 100%], Baby Capers (9%) [Baby Capers, White Vinegar], Basil Leaves Fresh (4.5%) [Basil], Garlic Fresh (1.8%) [Garlic 100%], Table Salt (0.6%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.6%) [Pepper 100%]], Balsamic Glaze (6.1%) [Cooked Grape Must, "aceto Balsamico Di Modena IGP" 38% [wine (Sulphites) Vinegar, Concentrated And Cooked Grape Must, Colour (150d), Anti Oxidant: Sulphur (Sulphites)], Wine (Sulphites) Vinegar, Colour (150d), Thickeners (1422) And Vegetable Gum (415)Product Contains Sulphites], Asparagus Spear Fresh (4.9%) [Asparagus 100%], Vegan Mozzarella Shreds (4.6%) [Ingredients: Water, Soy Milk (Filtered Water, Organic Whole Soya Beans, Organic Sunflower Oil, Sea Salt), Canola Oil, Tapioca Starch, Thickener (Agar Agar), Vegan Flavours, Sea Salt, Yeast Flakes, Emulsifier (Soy Lecithin), Preservative (Sorbic Acid), Antioxidant (Citric Acid). Allergen Advice: Contains Soy], Rocket, Raw (1.5%) [Rocket 100%]CONTAINS: Gluten, Wheat, Soy, Sulphites
Meals	Pasta - Roasted Pumpkin & Spinach	With cherry tomatoes, spinach, feta, parmesan & cream (V)	1190	284	16.5	11.8	2	27.6	2.8	132	5220	1250	72.4	51.9	8.9	122	12.1	582	orange	orange	green	Contains: Milk	May Contain: Gluten, Wheat, Eggs, Soya	Fettuccine (34.1%), Cooking Cream (22.7%) [Contains Minimum 35% Milk FatCream ð- Skim Milk ð- Thickener (1442) ð- Stabilisers (460, 466, 452) ð- Emulsifier (471Allergens: Contains Milk And Dairy Products], Char Grilled Pumpkin (22.7%) [Pumpkin (60%), Chilli, Thyme, Garlic, Cumin, Cracked Pepper, Coriander, Salt, Vinegar & Canola Oil], Cherry Tomatoes Fresh (11.4%) [Tomatoes], Danish Feta Cubed (4.5%) [Danish Fetta (75%) (Pasteurised Milk, Vegetable Oil, Salt, Lactic Acid, Culture & Rennet (Milk)), Water & SaltContains: Milk And Milk Products], Spinach Leaves Fresh (2.3%) [Spinach Leaves], Shaved Parmesan (2.3%) [Parmesan Cheese (Milk, salt, starter Cultures, enzymes), Anticaking Agent (460), Preservative (200)]CONTAINS: Milk
Meals	Pepperoni Pizza Paragon	Simple deliciousness. Pepperoni, mozzarella and napoli on a traditional Italian base..	395	94	6.7	7.1	3.3	1.1	1	289	1380	331	23.4	24.8	11.6	3.9	3.6	1013	orange	orange	green		May Contain: Milk, Soya, Sulphites	200gm Dough Ball (57.1%) [Wheat FlourWateryeastsaltimprover(Gluten, Wheat Flour, Ascorbic Acid (300) Enzymes)cornflour, Gluten, Soy Flour, Guargum], Sliced Pepperoni (14.3%) [Pork], Napoli Pronto Blendered Sub Recipe (14.3%) [Napoli (100%) [Italian Tomatoes^ (95%) (diced, Paste), Sunflower Oil, Sugar, Salt, Water, Food Acid (citric), Onions]], Shredded Mozzarella (14.3%) [Mozzarella Cheese (Milk) [Milk, Salt, Cultures, Enzyme (Non Animal Rennet (Milk))], Anti Caking Agent (460), Preservative (200)]
Meals	Pesty Pesto Loaded Parmy	Golden panko-crumbed chicken schnitzel topped with napoli, mozzarella, basil pesto, diced tomato, red onion, and fresh herbs. Served with chips and salad.	875	209	12.9	11.7	1.9	13	3.1	237	5340	1280	78.6	71.6	11.8	79.4	18.7	1445	orange	orange	green	Contains: Gluten, Wheat, Tree nuts, Cashews, Pine Nut, Eggs, Milk, Soya, Sulphites		Schnitzel 180g (29.5%) [Chicken, Water, Flour (Wheat) [Maize, Rice, Besan], Soy Protein, Vegetable Oil, Salt, Acidity Regulators (326, 262), Thickener (1442 Maize Or Tapioca), Dried Vegetables (Including Garlic, Onion), Mineral Salts (450, 451, 500), Herbs, Dextrose (Maize Or Tapioca), Yeast Extract], Side Chips Sub Recipe (24.6%) [Potato Chips Ultrafast (95.5%) [Potato (97%), Canola Oil, Dextrose (from Maize)], Canola Oil (3.2%), Chip Seasoning Sub Recipe (1.3%) [Table Salt (60%) [Salt, Anti Caking Agent (554)], Smokey Paprika Powder (40%) [Paprika, Canola Oil, Vegetable Powders, Smoke Flavour]]], Side Salad Sub Recipe (16.4%) [Cherry Tomatoes Fresh (40%) [Tomatoes], Spanish (Red) Onion Fresh (20%) [Red Onion], Cucumber Fresh (15%) [Cucumbers 100%], Carrots Fresh (10%) [Carrots], Dressed Rocket Sub Recipe (10%) [Rocket, Raw (50%) [Rocket 100%], Premium Blended Oil (30%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%) , Table Salt (10%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (10%) [Pepper 100%]], Balsamic Glaze (5%) [Cooked Grape Must, "aceto Balsamico Di Modena IGP" 38% [wine (Sulphites) Vinegar, Concentrated And Cooked Grape Must, Colour (150d), Anti Oxidant: Sulphur (Sulphites)], Wine (Sulphites) Vinegar, Colour (150d), Thickeners (1422) And Vegetable Gum (415)Product Contains Sulphites], Bruschetta Mix Sub Recipe (8.2%) [Roma Tomato Fresh (69.9%) [Tomato 100%], Spanish (Red) Onion Fresh (20%) [Red Onion], Premium Blended Oil (8%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%) , Basil Leaves Fresh (1.2%) [Basil], White Ground Pepper (0.5%) [Pepper 100%], Table Salt (0.5%) [Salt, Anti Caking Agent (554)]], Shredded Mozzarella (6.6%) [Mozzarella Cheese (Milk) [Milk, Salt, Cultures, Enzyme (Non Animal Rennet (Milk))], Anti Caking Agent (460), Preservative (200)], Napoli Pronto Blendered Sub Recipe (6.6%) [Napoli (100%) [Italian Tomatoes^ (95%) (diced, Paste), Sunflower Oil, Sugar, Salt, Water, Food Acid (citric), Onions]], Basil Pesto (6.6%) [Contains Dairy (Milk), Egg, Tree Nuts.Basil Puree, Canola Oil, Water, Cashews, Parmesan Cheese (Milk), Sugar, Garlic, Vinegar, Pinenuts, Salt, Food Acid (Citirc Acid), (330), Preservatives (Potassium Sorbate) (202), Thickener (Xanthan Gum), (415)], Canola Oil (1.6%)CONTAINS: Gluten, Wheat, Cashew, Pine Nut, Egg, Milk, Soy, Sulphites
Meals	Pizza - Chicken Mushroom Brie	with mozzarella & napoli	365	87	8.1	5.5	3.1	1.4	1	236	1530	366	34.1	23.1	13	5.8	4.3	991	orange	orange	green	Contains: Milk		200gm Dough Ball (47.6%) [Wheat FlourWateryeastsaltimprover(Gluten, Wheat Flour, Ascorbic Acid (300) Enzymes)cornflour, Gluten, Soy Flour, Guargum], Napoli Pronto Blended Sub Recipe (11.9%) [Napoli (100%) [Italian Tomatoes^ (95%) (diced, Paste), Sunflower Oil, Sugar, Salt, Water, Food Acid (citric), Onions]], Shredded Mozzarella (11.9%) [Mozzarella Cheese (Milk) [Milk, Salt, Cultures, Enzyme (Non Animal Rennet (Milk))], Anti Caking Agent (460), Preservative (200)], Sous Vide Chicken Breast (11.9%) [Chicken 97% (BBQ Provence Dry Rub â€" Salt, Rice Cereal, Sugar, Dextrose, Dehydrated Vegetables, Natural Flavours (Wheat, Soy), Breadcrumbs (Wheat), Herbs, Spices, Flavour Enhancers (621, 635), Canola Oil, Anti Caking Agent (551), Hydrolysed Vegetable Protein (Soy), Food Acid (330), Spice Extract (160c) 3%)], Portabello Mushroom Fresh (9.5%) [Mushroom], Brie Cheese (7.1%) [Pasteurised Milk, Salt, Cultures, Rennet]CONTAINS: Milk
Meals	Pizza - Meat Eater	Pepperoni, chorizo, ham, bacon, mozzarella & napoli	552	132	7.8	10.6	4.7	1.5	1.2	485	2510	601	35.7	48.4	21.5	6.8	5.3	2208	orange	orange	green	Contains: Milk	May Contain: Soya, Sulphites	200gm Dough Ball (44%) [Wheat FlourWateryeastsaltimprover(Gluten, Wheat Flour, Ascorbic Acid (300) Enzymes)cornflour, Gluten, Soy Flour, Guargum], Middle Bacon Rindless (16.5%) [Bacon], Napoli Pronto Blended Sub Recipe (11%) [Napoli (100%) [Italian Tomatoes^ (95%) (diced, Paste), Sunflower Oil, Sugar, Salt, Water, Food Acid (citric), Onions]], Shredded Mozzarella (11%) [Mozzarella Cheese (Milk) [Milk, Salt, Cultures, Enzyme (Non Animal Rennet (Milk))], Anti Caking Agent (460), Preservative (200)], Spanish Chorizo (6.6%) [Meat Including Pork, Salt, Spices (Including Chilli), Dried Vegetables (Including Garlic), Lactose (Milk), Dextrose (Maize Or Tapioca), Maltodextrin (Maize), Mineral Salt (451), Antioxidant (316), Herbs, Starter Culture, Sugar, Preservative (250), Spice Extracts (Including 160c), Natural Hog Casing, Wood Smoke], Sliced Pepperoni (6.6%) [Pork], Shaved Leg Ham (4.4%) [Pork, Water, Cure [Salt, Sugar, Mineral Salts (450, 451), Dextrose (Maize Or Tapioca), Antioxidant (316), Preservative (250)], Acidity Regulators (326, 262), Modified Starch (1442 Maize Or Tapioca), Vegetable Gum (407a), Natural Flavour, Wood Smoke]CONTAINS: Milk
Meals	Pizza - Mediterranean Lamb	Marinated lamb, char-grilled pumpkin, danish feta, rocket, mozzarella, fiery chipotle & napoli	496	119	5.5	9.9	2.3	2.1	1.6	233	2210	528	24.7	44.1	10.2	9.3	7.1	1036	orange	orange	green	Contains: Eggs, Milk, Soya		200gm Dough Ball (44.9%) [Wheat FlourWateryeastsaltimprover(Gluten, Wheat Flour, Ascorbic Acid (300) Enzymes)cornflour, Gluten, Soy Flour, Guargum], Napoli Pronto Blended Sub Recipe (11.2%) [Napoli (100%) [Italian Tomatoes^ (95%) (diced, Paste), Sunflower Oil, Sugar, Salt, Water, Food Acid (citric), Onions]], Shredded Mozzarella (11.2%) [Mozzarella Cheese (Milk) [Milk, Salt, Cultures, Enzyme (Non Animal Rennet (Milk))], Anti Caking Agent (460), Preservative (200)], Yiros Lamb Meat (11.2%) [Lamb, Water, Soy Protein, Mineral Salt(508, 451, 450), Thickener(1442), Sugar, Vegetable Gum(407), Dextrose, Canola Oil, Onions, Rice Flour, Yeast Extract, Dehydrated Vegetables, Flavours, Colours (150d, 100, 150c), Citric Acid(330), Herbs& Spices, Anti Caking Agent(341), Vegetable Extract(Celery)], Char Grilled Pumpkin (11.2%) [Pumpkin (60%), Chilli, Thyme, Garlic, Cumin, Cracked Pepper, Coriander, Salt, Vinegar & Canola Oil], Chipotle Mayo (6.7%) [Canola Oil, Pasturised Whole Egg, Water, Chipotle Powder (8%), Vinegar, Sugar, Salt, Mustard, Garlic PowderContains: Egg], Danish Feta Cubed (2.2%) [Danish Fetta (75%) (Pasteurised Milk, Vegetable Oil, Salt, Lactic Acid, Culture & Rennet (Milk)), Water & SaltContains: Milk And Milk Products], Spinach Leaves Fresh (1.1%) [Spinach Leaves]CONTAINS: Egg, Milk, Soy
Meals	Pizza - Wagyu Savoury Mince	Our house-made wagyu savoury mince, rocket & mozzarella.	399	95	6.1	7.2	3.3	1.7	1.4	183	1740	415	26.7	31.2	14.3	7.2	5.9	797	orange	orange	green			200gm Dough Ball (46%) [Wheat FlourWateryeastsaltimprover(Gluten, Wheat Flour, Ascorbic Acid (300) Enzymes)cornflour, Gluten, Soy Flour, Guargum], Wagyu Savoury Mince Sub Recipe (34.5%) [Napoli Pronto Blendered Sub Recipe (61.7%) [Napoli (100%) [Italian Tomatoes^ (95%) (diced, Paste), Sunflower Oil, Sugar, Salt, Water, Food Acid (citric), Onions]], Beef Mince Fresh (19.7%) [Beef Meat 100%], Carrots (4.9%), Peas Frozen (4.9%) [Peas Legumes Eg Beans, Peas, Lentils, Bean Sprouts], Leeks (2.5%), Premium Blended Oil (2.5%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%) , Onions (2.5%), Fresh Garlic Crushed (0.37%) [Garlic, Salt], Beef Stock Powder (0.33%) [Maize Maltodextrin, Rice Flour, Yeast Extract, Natural Vegetable Flavours, Potato Flakes, Cane Sugar, Dehydrated Vegetables (Celery), Bay Leaf, Caramelised Sugar Syrup (Natural), Canola Oil], Table Salt (0.31%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.31%) [Pepper 100%]], Shredded Mozzarella (18.4%) [Mozzarella Cheese (Milk) [Milk, Salt, Cultures, Enzyme (Non Animal Rennet (Milk))], Anti Caking Agent (460), Preservative (200)], Rocket (1.1%)
Meals	Pizza Alla Bolognese	Our nonna's bolognese with loads of mozzarella on napoli and a traditional Italian base. La perfezione.	276	66	5.5	4.1	2	1.9	1.4	154	1180	283	23.5	17.4	8.5	8	6	660	orange	orange	green	Contains: Milk, Sulphites		200gm Dough Ball (46.7%) [Wheat FlourWateryeastsaltimprover(Gluten, Wheat Flour, Ascorbic Acid (300) Enzymes)cornflour, Gluten, Soy Flour, Guargum], Bolognese Base Sauce Sub Recipe (29.2%) [Minced Beef Lean (34.8%) [85% Lean Mince, 15% Fat], Napoli Pronto Blendered Sub Recipe (34.8%) [Napoli (100%) [Italian Tomatoes^ (95%) (diced, Paste), Sunflower Oil, Sugar, Salt, Water, Food Acid (citric), Onions]], Brown Onion Fresh (7%) [Onion 100%], Carrots Fresh (5.2%) [Carrots], Celery Fresh (5.2%) [Celery], Red Cooking Wine (4.3%) [RED WINE (Sulphites), SALT 1700mg/ltr, PERSERVATIVE 220 (Sulphites), Milk], Full Cream Milk (4.3%) [Full Cream (Milk) Milk, Milk Solids Non Fat], Tomato Paste (1.7%) [F Tomato Paste, Water And Salt], Premium Blended Oil (1.4%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%) , Fresh Garlic Crushed (0.87%) [Garlic, Salt], Whole Black Peppercorns (0.35%) [Pepper 100%], Table Salt (0.03%) [Salt, Anti Caking Agent (554)], Bay Leaves Dried (0.03%) [Bay Leaves 100%]], Napoli Pronto Blendered Sub Recipe (21.8%) [Napoli (100%) [Italian Tomatoes^ (95%) (diced, Paste), Sunflower Oil, Sugar, Salt, Water, Food Acid (citric), Onions]], Shredded Mozzarella (11.7%) [Mozzarella Cheese (Milk) [Milk, Salt, Cultures, Enzyme (Non Animal Rennet (Milk))], Anti Caking Agent (460), Preservative (200)], Basil Leaves Fresh (0.7%) [Basil]CONTAINS: Milk, Sulphites
Meals	Poseidon's Platter	Cooked tiger prawns, salt and pepper calamari, crunchy prawn cutlets, avocado salad, battered flatbread, our famous fries, house-made cocktail sauce and a lemon wedge.	638	153	11.4	7	0.93	10.9	1.3	330	4920	1180	88.3	53.8	7.2	83.9	9.7	2545	orange	green	green	Contains: Gluten, Wheat, Eggs, Milk, Fish, Crustaceans, Molluscs, Soya, Sulphites		Squid Pineapple Cut Strips (25.9%) [Squid (Molluscs) (Bartrammi) , Salt, Water], Side Chips Sub Recipe (19.4%) [Potato Chips Ultrafast (95.5%) [Potato (97%), Canola Oil, Dextrose (from Maize)], Canola Oil (3.2%), Chip Seasoning Sub Recipe (1.3%) [Table Salt (60%) [Salt, Anti Caking Agent (554)], Smokey Paprika Powder (40%) [Paprika, Canola Oil, Vegetable Powders, Smoke Flavour]]], Tiger Prawn Cooked (15.5%) [Tiger Prawn (Shellfish, Crustaceans) 100%], Beer Battered Flathead (13%) [South American Flathead (percophis Brasiliensis, Fish) (65%), Coating [Wheat Flour, Water, Palm Oil, Thickener (1404), Salt, Raising Agents(450, 500), Flavour Enhancer (621), Sugar, Rice Flour, Milk Powder, Beer Flavour]], Panko Prawns (6.5%) [Prawns (Crustaceans) (35%), Breadcrumb [Wheat Flour, Palm Oil, Sugar, Salt], Batter [rice Flour, Water, Thickener (1442), Sugar, Salt, Squid (Molluscs) Extract Powder, Garlic Powder, Flavour Enhancer (621), Onion, Paprika, Celery, Soy Flour] Stabilisers (450, 451)], Cocktail Sauce Sub Recipe (5.2%) [Mayonnaise GF (56.6%) [Canola Oil, Pasteurised Whole Egg (10%), Vinegar, Sugar, Salt, Mustard], Tomato Sauce (37.7%) [Concentrated Tomatoes (Contains 165g Of Tomatoes Per 100mL), Sugar, Salt, Food Acid (Acetic Acid), Natural Flavours, Spice Contains 77% Concentrated Tomatoes], Edlyn (5.7%) [100% Lemon Juice]], Plain Flour (3.9%) [Wheat Flour], Lemon Wedge 1/8 Cut Fresh (3.9%) [Lemons], Avocado Fresh (3.9%) [Avocado], Side Salad Sub Recipe (2.6%) [Cherry Tomatoes Fresh (40%) [Tomatoes], Spanish (Red) Onion Fresh (20%) [Red Onion], Cucumber Fresh (15%) [Cucumbers 100%], Carrots Fresh (10%) [Carrots], Dressed Rocket Sub Recipe (10%) [Rocket, Raw (50%) [Rocket 100%], Premium Blended Oil (30%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%) , Table Salt (10%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (10%) [Pepper 100%]], Balsamic Glaze (5%) [Cooked Grape Must, "aceto Balsamico Di Modena IGP" 38% [wine (Sulphites) Vinegar, Concentrated And Cooked Grape Must, Colour (150d), Anti Oxidant: Sulphur (Sulphites)], Wine (Sulphites) Vinegar, Colour (150d), Thickeners (1422) And Vegetable Gum (415)Product Contains Sulphites], Parsley Fresh (0.26%) [Parsley 100%]CONTAINS: Gluten, Wheat, Egg, Milk, Fish, Crustacean, Mollusc, Soy, Sulphites
Meals	Prawn Burrito Bowl	Grilled paprika, chipotle and honey prawns served with brown rice, corn kernels, pickled onion, diced tomato, shallots, sour cream and diced avocado.	568	136	1.8	8.5	2.3	12.9	6.9	85	2260	541	7.1	33.9	9	51.4	27.4	340	orange	orange	orange	Contains: Milk, Crustaceans		Prawn Cutlet Viet (25.1%) [100% Prawn (Crustaceans)], Sub Recipe: Brown Rice (15.1%) [Tap Water (66.7%) [Water 100%], Brown Rice Medium Grain (33.3%) [Brown Rice]], Roma Tomato Fresh (10.1%) [Tomato 100%], Corn Kernels (7.5%) [Corn], Avocado Fresh (7.5%) [Avocado], Sour Cream Light (7.5%) [REDUCED FAT CREAM (Milk), HALAL GELATINE, SOUR CREAM (Milk) CULTURE CONTAINS Milk AND Milk PRODUCTS], Pickled Red Onion Sub Recipe (5%) [Spanish (Red) Onion Fresh (100%) [Red Onion], Cider Vinegar (83.3%) [Naturally Brewed Apple Cider Vinegar, Apple Extract], Tap Water (40%) [Water 100%], White Sugar (26.7%) [Cane Sugar], Table Salt (3.3%) [Salt, Anti Caking Agent (554)]], Lemon Wedge 1/8 Cut Fresh (5%) [Lemons], Chilli Flakes (5%) [Chilli], Premium Blended Oil (5%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%) , Honey (2.5%) [100% Pure Australian Honey], Spring Onion Fresh (1.3%) [Onions], Chipotle Sauce (1.3%) [Chipotle Peppers (25 30%), Distilled Vinegar, Water, Salt, Sugar, Onion Powder, Garlic Powder, Spices, Tabasco Brand Pepper Pulp (distilled Vinegar, Red Peppers, Salt)], Smokey Paprika Powder (1.3%) [Paprika, Canola Oil, Vegetable Powders, Smoke Flavour], Coriander Fresh (0.75%) [Coriander]CONTAINS: Milk, Crustacean
Meals	Prosciutto Amatriciana Fettuccine	A rich, house-made amatriciana sauce with a prosciutto twist, tossed through fettuccine and served with parmesan, fresh parsley, cracked pepper and chilli flakes.	514	123	3.6	5.1	1.4	14.4	2.9	300	2740	655	19.4	27.1	7.6	76.8	15.3	1601	orange	green	green	Contains: Milk, Sulphites	May Contain: Gluten, Wheat, Eggs, Soya	Napoli Pronto Blendered Sub Recipe (37.5%) [Napoli (100%) [Italian Tomatoes^ (95%) (diced, Paste), Sunflower Oil, Sugar, Salt, Water, Food Acid (citric), Onions]], Fettuccine Pasta Sub Recipe (33.8%) [Tap Water (455g of Tap Water per 100g) [Water 100%], Fettuccine (45.5%), Canola Oil (1.8%), Table Salt (0.91%) [Salt, Anti Caking Agent (554)]], Sliced Prosciutto (7.5%) [Pork, Salt, Dextrose (Maize Or Tapioca), Preservatives (251, 250), Antioxidant (316), Starter Culture], WHITE COOKING WINE (5.6%) [White Wine (Sulphites), Salt, Presevative (220 (Sulphites)]], Spanish (Red) Onion Fresh (4.7%) [Red Onion], Chilli Fresh (3.8%) [Chilli 100%], Shaved Parmesan (3.8%) [Parmesan Cheese (Milk, salt, starter Cultures, enzymes), Anticaking Agent (460), Preservative (200)], Premium Blended Oil (1.9%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%) , Table Salt (0.38%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (0.38%) [Pepper 100%], Parsley Fresh (0.38%) [Parsley 100%], Chilli Flakes (0.38%) [Chilli]CONTAINS: Milk, Sulphites
Meals	Ricotta, Cherry Tomato & Basil Fettuccine	Blistered cherry tomatoes and fettuccine tossed through a creamy garlic and ricotta cheese sauce. Served with parmesan.	1070	255	16.4	12.8	5.7	18.4	1.5	103	3770	902	57.9	45.4	20.3	65.1	5.4	364	orange	red	green	Contains: Milk	May Contain: Gluten, Wheat, Eggs, Soya	Fettuccine Pasta Sub Recipe (51.9%) [Tap Water (455g of Tap Water per 100g) [Water 100%], Fettuccine (45.5%), Canola Oil (1.8%), Table Salt (0.91%) [Salt, Anti Caking Agent (554)]], Ricotta (22.6%) [Pasteurised Cows Milk Salt Food Acid (260)], Cherry Tomatoes Fresh (11.3%) [Tomatoes], Garlic Butter Mix Sub Recipe (5.7%) [Salted Butter (83.3%) [Pasteurised Cream (from Milk)], Fresh Garlic Crushed (16.7%) [Garlic, Salt]], Premium Blended Oil (4.2%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%) , Parmesan Grated Sub Recipe (2.8%) [Shaved Parmesan (100%) [Parmesan Cheese (Milk, salt, starter Cultures, enzymes), Anticaking Agent (460), Preservative (200)]], Basil Leaves Fresh (0.85%) [Basil], Table Salt (0.28%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (0.28%) [Pepper 100%]CONTAINS: Milk

Category	Recipe Name	Recipe Description	Energy (kJ) per 100g	Energy (kcal) per 100g	Protein (g) per 100g	Fat (g) per 100g	Saturated Fat (g) per 100g	Carbohyd rate (g) per 100g	Sugars (g) per 100g	Sodium (Na) (mg) per 100g	Energy (kJ) per serving	Energy (kcal) per serving	Protein (g) per serving	Fat (g) per serving	Saturated Fat (g) per serving	Carbohyd rate (g) per serving	Sugars (g) per serving	Sodium (Na) (mg) per serving	Fat (g) Traffic light	Saturated Fat (g) Traffic light	Sugars (g) Traffic light	Contains Allergens	May Contain Allergens	Recipe Quid
Meals	Roast Pumpkin Fettuccine	Roasted pumpkin, cherry tomatoes, crumbled feta, spinach and fettuccine in a white wine garlic sauce and topped with pine nuts.	779	187	12.7	7.6	3.2	15.5	2.4	92	3670	879	59.6	35.8	15.1	72.8	11.1	434	orange	orange	green	Contains: Tree nuts, Pine Nut, Milk, Sulphites	May Contain: Gluten, Wheat, Eggs, Soya	Fettuccine Pasta Sub Recipe (38.9%) [Tap Water (455g of Tap Water per 100g) [Water 100%], Fettuccine (45.5%), Canola Oil (1.8%), Table Salt (0.91%) [Salt, Anti Caking Agent (554)]], Roasted Pumpkin Sub Recipe (21.2%) [Butternut Pumpkin (100%) [Pumpkin 100%], Premium Blended Oil (5%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Table Salt (0.5%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (0.3%) [Pepper 100%]], Cherry Tomatoes Fresh (10.6%) [Tomatoes], Water (8.5%), WHITE COOKING WINE (6.4%) [White Wine (Sulphites), Salt, Presevative (220 (Sulphites))], Danish Feta Cubed (4.2%) [Danish Fetta (75%) (Pasteurised Milk, Vegetable Oil, Salt, Lactic Acid, Culture & Rennet (Milk)), Water & SaltContains: Milk And Milk Products], Salted Butter (4.2%) [Pasteurised Cream (from Milk)], Spinach Leaves Fresh (3.2%) [Spinach Leaves], Fresh Garlic Crushed (1.1%) [Garlic, Salt], Toasted Pinenuts Sub Recipe (0.85%) [Pine Nuts (100%) [Pinenuts Raw 100%]], Whole Black Peppercorns (0.42%) [Pepper 100%], Table Salt (0.42%) [Salt, Anti Caking Agent (554)]CONTAINS: Pine Nut, Milk, Sulphites
Meals	Rump, Chips & Slaw	250g rump with slaw, seasoned chips & house-made mushroom sauce.	505	121	9.6	6.2	1.1	6.4	1.2	59	2970	710	56.6	36.7	6.3	37.4	7.1	347	orange	green	green	Contains: Eggs, Milk, Soya, Sulphites		Fresh Rump Steak (42.5%) [Beef Meat 100%], Side Chips Sub Recipe (25.5%) [Potato Chips Ultrafast (95.5%) [Potato (97%), Canola Oil, Dextrose (from Maize)], Canola Oil (3.2%), Chip Seasoning Sub Recipe (1.3%) [Table Salt (60%) [Salt, Anti Caking Agent (554)], Smokey Paprika Powder (40%) [Paprika, Canola Oil, Vegetable Powders, Smoke Flavour]]], Mushroom Sauce Sub Recipe (14.6%) [Water (57.2%), Cooking Cream (19.1%) [Contains Minimum 35% Milk FatCream ẟ- Skim Milk ẟ- Thickener (1442) ẟ- Stabilisers (460, 466, 452) ẟ- Emulsifier (471Allergens: Contains Milk And Dairy Products], Brown Gravy GF (11.4%) [Thickeners (1422, 1412) (contain Sulphites), Maltodextrins (from Maize), Flavour Enhancers (621, 635), Flavours, Mineral Salt (potassium Chloride), Sugar, Potato Flour, Onion Powder, Salt, Vegetable Oil, Cream (Milk) Powder, Colours (150d, Beetroot), Tomato Powder, Skim Milk Powder, Herbs, Spices, Food Acid (citric)], Portabello Mushroom Fresh (11.1%) [Mushroom], Fresh Garlic Crushed (0.76%) [Garlic, Salt], Premium Blended Oil (0.38%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)]], Dry Slaw Sub Recipe (13.6%) [Cabbage White Fresh (33.3%) [Cabbage], Cabbage Red Fresh (33.3%) [Cabbage 100%], Carrots Fresh (25%) [Carrots], Spring Onion Fresh (8.3%) [Onions]], Honey Mustard Dressing (2.6%) [Water, Vegetable Oil (contains Antioxidant (Butylated Hydroxyanisole)), Honey 9%, Sugar, Glucose Syrup, Mustard Seed 4%, Egg Yolk, Food Acids (Acetic, Citric), Salt, Thickeners (Modified Cornstarch, Xanthan Gum (contains Soy)), Whey (Milk) Protein (contains Milk), Turmeric, Colour (Caramel (150c)), Marjoram, Thyme, Garlic Extract, Spice Extract], Canola Oil (0.85%), White Ground Pepper (0.17%) [Pepper 100%], Table Salt (0.17%) [Salt, Anti Caking Agent (554)]CONTAINS: Egg, Milk, Soy, Sulphites
Meals	Rump, Chips, Salad & Gravy	Tender rump with seasoned chips, fresh side salad and your choice of gravy, mushroom or pepper sauce.	605	145	15.8	6.1	1.1	6.6	1.1	38.4	3410	817	89.1	34.2	6.3	37	6.1	217	orange	green	green	Contains: Milk, Sulphites		Fresh Rump Steak (44.3%) [Beef Meat 100%], Side Chips Sub Recipe (26.6%) [Potato Chips Ultrafast (95.5%) [Potato (97%), Canola Oil, Dextrose (from Maize)], Canola Oil (3.2%), Chip Seasoning Sub Recipe (1.3%) [Table Salt (60%) [Salt, Anti Caking Agent (554)], Smokey Paprika Powder (40%) [Paprika, Canola Oil, Vegetable Powders, Smoke Flavour]]], Side Salad Sub Recipe (16.8%) [Cherry Tomatoes Fresh (40%) [Tomatoes], Spanish (Red) Onion Fresh (20%) [Red Onion], Cucumber Fresh (15%) [Cucumbers 100%], Carrots Fresh (10%) [Carrots], Dressed Rocket Sub Recipe (10%) [Rocket, Raw (50%) [Rocket 100%], Premium Blended Oil (30%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Table Salt (10%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (10%) [Pepper 100%]], Balsamic Glaze (5%) [Cooked Grape Must, "aceto Balsamico Di Modena IGP" 38% [wine (Sulphites) Vinegar, Concentrated And Cooked Grape Must, Colour (150d), Anti Oxidant: Sulphur (Sulphites)], Wine (Sulphites) Vinegar, Colour (150d), Thickeners (1422) And Vegetable Gum (415)Product Contains Sulphites]], Salt, Pepper Mix Sub Recipe (10%) [Potato Starch (94.3%) [Potato Starch, Contains: Sulphur (sulphites)], Table Salt (3.8%) [Salt, Anti Caking Agent (554)], White Ground Pepper (1.9%) [Pepper 100%]], Aioli GF (5.7%) [Canola Oil, Egg, Water, Balsamic Vinegar (Colour (150d)), Dijon Mustard, Vinegar, Garlic (0.5%), Salt, Reconstituted Lemon Juice, White Pepper, Acidity Regulator (270)], Lemon Wedge 1/8 Cut Fresh (1.3%) [Lemons]CONTAINS: Egg, Mollusc, Sulphites
Meals	Salt & Pepper Calamari	With chips, salad, aioli & lemon.	736	176	13.2	7.1	0.86	14.6	1.4	144	3900	934	69.9	37.7	4.6	77.3	7.6	761	orange	green	green	Contains: Eggs, Molluscs, Sulphites		Squid Pineapple Cut Strips (37.7%) [Squid (Molluscs) (Bartrammi) , Salt, Water], Side Chips Sub Recipe (28.3%) [Potato Chips Ultrafast (95.5%) [Potato (97%), Canola Oil, Dextrose (from Maize)], Canola Oil (3.2%), Chip Seasoning Sub Recipe (1.3%) [Table Salt (60%) [Salt, Anti Caking Agent (554)], Smokey Paprika Powder (40%) [Paprika, Canola Oil, Vegetable Powders, Smoke Flavour]]], Side Salad Sub Recipe (17%) [Cherry Tomatoes Fresh (40%) [Tomatoes], Spanish (Red) Onion Fresh (20%) [Red Onion], Cucumber Fresh (15%) [Cucumbers 100%], Carrots Fresh (10%) [Carrots], Dressed Rocket Sub Recipe (10%) [Rocket, Raw (50%) [Rocket 100%], Premium Blended Oil (30%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Table Salt (10%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (10%) [Pepper 100%]], Balsamic Glaze (5%) [Cooked Grape Must, "aceto Balsamico Di Modena IGP" 38% [wine (Sulphites) Vinegar, Concentrated And Cooked Grape Must, Colour (150d), Anti Oxidant: Sulphur (Sulphites)], Wine (Sulphites) Vinegar, Colour (150d), Thickeners (1422) And Vegetable Gum (415)Product Contains Sulphites]], Aioli GF (5.7%) [Canola Oil, Egg, Water, Balsamic Vinegar (Colour (150d)), Dijon Mustard, Vinegar, Garlic (0.5%), Salt, Reconstituted Lemon Juice, White Pepper, Acidity Regulator (270)], Lemon Wedge 1/8 Cut Fresh (1.3%) [Lemons]CONTAINS: Egg, Mollusc, Sulphites
Meals	Santorini Souvlaki Bowl	Marinated chicken souvlaki skewers served with seasoned chips, warm pita wedges, tabbouleh and dipping yoghurt.	699	167	11.6	6.7	2.1	14.8	2.4	322	3330	796	55.1	32.1	10	70.6	11.4	1534	orange	orange	green	Contains: Gluten, Wheat, Milk		Chicken Souvlaki Skewer Sub Recipe (46.4%) [Chicken Thigh Boneless Skin Off (90.6%) [Chicken], Edlyn (4.5%) [100% Lemon Juice], Premium Blended Oil (2.7%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Italian Mixed Herbs (0.91%) [Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil], Table Salt (0.91%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (0.36%) [Pepper 100%]], Souvlaki Bread 10" (20.6%) [Wheat Flour [(65%), Thiamine, Folic Acid], Water, Vegetable Oil, Sugar, Yeast, Mineral Salts (500, 450, 341), Iodised Salt, Acidity Regulator (297), Preservative (282), Mineral Salt (500)], Potato Chips Ultrafast (15.8%) [Potato (97%), Canola Oil, Dextrose (from Maize)], Tabbouleh Sub Recipe (8.4%) [Parsley Fresh (38.5%) [Parsley 100%], Roma Tomato Fresh (13.7%) [Tomato 100%], Cucumber Fresh (11%) [Cucumbers 100%], Spanish (Red) Onion Fresh (11%) [Red Onion], Organic Quinoa Mix Sub Recipe (8.2%) [Tap Water (66.7%) [Water 100%], Quinoa 3 Grain Mix (33.3%) [White Quinoa, Red Quinoa, Black Quinoa]], Mint Leaves Fresh (6.9%) [Mint 100%], Spring Onion Fresh (5.5%) [Onions], Lemon Juice Fresh Squeezed (4.1%) [Lemon Juice 100%], Table Salt (0.55%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.55%) [Pepper 100%]], Danish Feta Cubed (4.2%) [Danish Fetta (75%) (Pasteurised Milk, Vegetable Oil, Salt, Lactic Acid, Culture & Rennet (Milk)), Water & SaltContains: Milk And Milk Products], Greek Yoghurt (4.2%) [Milk, Milk Solids, Cream (Milk), Yogurt Cultures: S. Thermophilus & L.Bulgaricus], Sumac (0.42%) [Sumac 100%]CONTAINS: Gluten, Wheat, Milk
Meals	Schnitzel Creamy Mushroom	Panko crumbed butterflied chicken schnitzel with creamy house-made mushroom sauce. Served with chips & salad.	759	182	11.3	9.3	0.83	13.1	1.7	162	4690	1120	69.6	57.6	5.1	80.8	10.8	1002	orange	green	green	Contains: Gluten, Wheat, Milk, Soya, Sulphites		Schnitzel 180g (40.5%) [Chicken, Water, Flour (Wheat) [Maize, Rice, Besan], Soy Protein, Vegetable Oil, Salt, Acidity Regulators (326, 262), Thickener (1442 Maize Or Tapioca), Dried Vegetables (Including Garlic, Onion), Mineral Salts (450, 451, 500), Herbs, Dextrose (Maize Or Tapioca), Yeast Extract], Side Chips Sub Recipe (24.3%) [Potato Chips Ultrafast (95.5%) [Potato (97%), Canola Oil, Dextrose (from Maize)], Canola Oil (3.2%), Chip Seasoning Sub Recipe (1.3%) [Table Salt (60%) [Salt, Anti Caking Agent (554)], Smokey Paprika Powder (40%) [Paprika, Canola Oil, Vegetable Powders, Smoke Flavour]]], Mushroom Sauce Sub Recipe (20.2%) [Water (57.2%), Cooking Cream (19.1%) [Contains Minimum 35% Milk FatCream ẟ- Skim Milk ẟ- Thickener (1442) ẟ- Stabilisers (460, 466, 452) ẟ- Emulsifier (471Allergens: Contains Milk And Dairy Products], Brown Gravy GF (11.4%) [Thickeners (1422, 1412) (contain Sulphites), Maltodextrins (from Maize), Flavour Enhancers (621, 635), Flavours, Mineral Salt (potassium Chloride), Sugar, Potato Flour, Onion Powder, Salt, Vegetable Oil, Cream (Milk) Powder, Colours (150d, Beetroot), Tomato Powder, Skim Milk Powder, Herbs, Spices, Food Acid (citric)], Portabello Mushroom Fresh (11.1%) [Mushroom], Fresh Garlic Crushed (0.76%) [Garlic, Salt], Premium Blended Oil (0.38%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)]], Side Salad Sub Recipe (13.4%) [Cherry Tomatoes Fresh (40%) [Tomatoes], Spanish (Red) Onion Fresh (20%) [Red Onion], Cucumber Fresh (15%) [Cucumbers 100%], Carrots Fresh (10%) [Carrots], Dressed Rocket Sub Recipe (10%) [Rocket, Raw (50%) [Rocket 100%], Premium Blended Oil (30%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Table Salt (10%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (10%) [Pepper 100%]], Balsamic Glaze (5%) [Cooked Grape Must, "aceto Balsamico Di Modena IGP" 38% [wine (Sulphites) Vinegar, Concentrated And Cooked Grape Must, Colour (150d), Anti Oxidant: Sulphur (Sulphites)], Wine (Sulphites) Vinegar, Colour (150d), Thickeners (1422) And Vegetable Gum (415)Product Contains Sulphites]], Canola Oil (1.6%)CONTAINS: Gluten, Wheat, Milk, Soy, Sulphites
Meals	Schnitzel Parmigiana	Panko crumbed butterflied chicken schnitzel topped with melted cheese, napoli & ham. Served with chips & salad.	818	196	13.9	9.8	1.9	12.8	2.1	301	5260	1260	89.2	63.2	12	82.5	13.7	1938	orange	orange	green	Contains: Gluten, Wheat, Soya, Sulphites	May Contain: Milk	Schnitzel (38.9%) [Chicken, Water, Flour (Wheat) [Maize, Rice, Besan], Soy Protein, Vegetable Oil, Salt, Acidity Regulators (326, 262), Thickener (1442 Maize Or Tapioca), Dried Vegetables (Including Garlic, Onion), Mineral Salts (450, 451, 500), Herbs, Dextrose (Maize Or Tapioca), Yeast Extract], Side Chips Sub Recipe (23.3%) [Potato Chips Ultrafast (95.5%) [Potato (97%), Canola Oil, Dextrose (from Maize)], Canola Oil (3.2%), Chip Seasoning Sub Recipe (1.3%) [Table Salt (60%) [Salt, Anti Caking Agent (554)], Smokey Paprika Powder (40%) [Paprika, Canola Oil, Vegetable Powders, Smoke Flavour]]], Side Salad Sub Recipe (12.9%) [Cherry Tomatoes Fresh (40%) [Tomatoes], Spanish (Red) Onion Fresh (20%) [Red Onion], Cucumber Fresh (15%) [Cucumbers 100%], Carrots Fresh (10%) [Carrots], Dressed Rocket Sub Recipe (10%) [Rocket, Raw (50%) [Rocket 100%], Premium Blended Oil (30%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Table Salt (10%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (10%) [Pepper 100%]], Balsamic Glaze (5%) [Cooked Grape Must, "aceto Balsamico Di Modena IGP" 38% [wine (Sulphites) Vinegar, Concentrated And Cooked Grape Must, Colour (150d), Anti Oxidant: Sulphur (Sulphites)], Wine (Sulphites) Vinegar, Colour (150d), Thickeners (1422) And Vegetable Gum (415)Product Contains Sulphites]], Shredded Mozzarella (7.8%) [Mozzarella Cheese (Milk) [Milk, Salt, Cultures, Enzyme (Non Animal Rennet (Milk))], Anti Caking Agent (460), Preservative (200)], Shaved Leg Ham (7.8%) [Pork, Water, Cure [Salt, Sugar, Mineral Salts (450, 451), Dextrose (Maize Or Tapioca), Antioxidant (316), Preservative (250)], Acidity Regulators (326, 262), Modified Starch (1442 Maize Or Tapioca), Vegetable Gum (407a), Natural Flavour, Wood Smoke], Napoli Pronto Blended Sub Recipe (7.8%) [Napoli (100%) [Italian Tomatoes* (95%) (diced, Paste), Sunflower Oil, Sugar, Salt, Water, Food Acid (citric), Onions]], Canola Oil (1.6%)CONTAINS: Gluten, Wheat, Soy, Sulphites
Meals	Seafood Basket	Crispy battered hoki, lemon pepper calamari, panko crumbed prawns & seasoned chips.	876	210	12.4	12.1	1.2	12.9	1.4	253	5290	1270	74.8	72.8	7.1	77.9	8.3	1527	orange	green	green	Contains: Gluten, Wheat, Eggs, Milk, Fish, Crustaceans, Molluscs, Soya, Sulphites		Side Chips Sub Recipe (24.8%) [Potato Chips Ultrafast (95.5%) [Potato (97%), Canola Oil, Dextrose (from Maize)], Canola Oil (3.2%), Chip Seasoning Sub Recipe (1.3%) [Table Salt (60%) [Salt, Anti Caking Agent (554)], Smokey Paprika Powder (40%) [Paprika, Canola Oil, Vegetable Powders, Smoke Flavour]]], Beer Battered Flathead (23.2%) [South American Flathead (percophis Brasiliensis, Fish) (65%), Coating [Wheat Flour, Water, Palm Oil, Thickener (1404), Salt, Raising Agents(450, 500), Flavour Enhancer (621), Sugar, Rice Flour, Milk Powder, Beer Flavour]], Squid Pineapple Cut Strips (16.6%) [Squid (Molluscs) (Bartrammi) , Salt, Water], Side Salad Sub Recipe (14.9%) [Cherry Tomatoes Fresh (40%) [Tomatoes], Spanish (Red) Onion Fresh (20%) [Red Onion], Cucumber Fresh (15%) [Cucumbers 100%], Carrots Fresh (10%) [Carrots], Dressed Rocket Sub Recipe (10%) [Rocket, Raw (50%) [Rocket 100%], Premium Blended Oil (30%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Table Salt (10%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (10%) [Pepper 100%]], Balsamic Glaze (5%) [Cooked Grape Must, "aceto Balsamico Di Modena IGP" 38% [wine (Sulphites) Vinegar, Concentrated And Cooked Grape Must, Colour (150d), Anti Oxidant: Sulphur (Sulphites)], Wine (Sulphites) Vinegar, Colour (150d), Thickeners (1422) And Vegetable Gum (415)Product Contains Sulphites]], Panko Prawns (6.6%) [Prawns (Crustaceans) (35%), Breadcrumb [Wheat Flour, Palm Oil, Sugar, Salt], Batter [rice Flour, Water, Thickener (1442), Sugar, Salt, Squid (Molluscs) Extract Powder, Garlic Powder, Flavour Enhancer (621), Onion, Paprika, Celery, Soy Flour] Stabilisers (450, 451)], Tartare Sauce GF (3.3%) [Canola Oil, Whole Egg, Vinegar, Gherkin & Gherkin Spread (8.2%) [Gherkins, Sugar, Water, Thickener(1422), Acidity Regulator (260), Salt, Natural Colours (141, 101), Spice Extract), Capers (2.5%), Salt, Mustard, Thickener (415)], Aioli GF (3.3%) [Canola Oil, Egg, Water, Balsamic Vinegar (Colour (150d)), Dijon Mustard, Vinegar, Garlic (0.5%), Salt, Reconstituted Lemon Juice, White Pepper, Acidity Regulator (270)], Lemon Pepper Flour Sub Recipe (3.3%) [Semolina (86.2%) [Wheat 100%], Lemon Pepper Seasoning (13.8%) [Salt, Pepper 23%, Rice Flour, Chicken Flavour, Food Acid (Citric), Sugar, Garlic, Onion, Lemon Peel 3%, Vegetable Oil, Lemon Flavour 0.5%, Lemon Oil 0.5%]], Lemon Wedge 1/8 Cut Fresh (2.3%) [Lemons], Canola Oil (1.7%)CONTAINS: Gluten, Wheat, Egg, Milk, Fish, Crustacean, Mollusc, Soy, Sulphites
Meals	Smoked Salmon Paramour Pizza	Smoked salmon perfectly partnered with red onion, mozzarella, hollandaise, our house-made dill dressing, fried capers and fresh rocket on a traditional Italian base.	736	176	5.6	16.7	4.2	1.3	0.77	239	3310	792	25	75.4	18.7	5.7	3.5	1075	orange	orange	green	Contains: Eggs, Milk, Fish		200gm Dough Ball (44.4%) [Wheat FlourWateryeastsaltimprover(Gluten, Wheat Flour, Ascorbic Acid (300) Enzymes)cornflour, Gluten, Soy Flour, Guargum], Smoked Salmon Sliced (13.3%) [Grown Atlantic Salmon (salmon Salar, Fish), Salt], Hollandaise Sauce (11.1%) [Vegetable Oils (palm, Canola), Water, Pasteurised Egg Yolk (5%), Skim Milk Powder, Salt, Sugar, Acidity Regulator (lactic Acid), Stabilisers (xanthan Gum, Guar Gum, Locust Bean Gum), Flavours (contain Milk), DextroseCONTAINS Egg AND Milk PRODUCTS], Shredded Mozzarella (11.1%) [Mozzarella Cheese (Milk) [Milk, Salt, Cultures, Enzyme (Non Animal Rennet (Milk))], Anti Caking Agent (460), Preservative (200)], Dill Dip Sub Recipe (6.7%) [Sour Cream Light (69%) [REDUCED FAT CREAM (Milk), HALAL GELATINE, SOUR CREAM (Milk) CULTURE CONTAINS Milk AND Milk PRODUCTS], Mayonnaise GF (13.8%) [Canola Oil, Pasteurised Whole Egg (10%), Vinegar, Sugar, Salt, Mustard], Lemon Juice Fresh Squeezed (6.9%) [Lemon Juice 100%], Dill Herb Fresh (6.9%) [Dill 100%], Fresh Garlic Crushed (3.4%) [Garlic, Salt]], Spanish (Red) Onion Fresh (4.4%) [Red Onion], Lemon Wedge 1/8 Cut Fresh (4.4%) [Lemons], Capers Fried Sub Recipe (3.3%) [Canola Oil (188g of Canola Oil per 100g), Baby Capers (64.5%) [Baby Capers, White Vinegar]], Rocket, Raw (1.1%) [Rocket 100%]CONTAINS: Egg, Milk, Fish
Meals	Smoky BBQ Chook Pizza	Bacon, mushroom, mozzarella and smoked bbq sauce on a traditional Italian base.	544	130	9.6	7.4	3.6	6.1	5.4	420	2580	618	45.8	35.3	17	29.2	25.6	1997	orange	orange	orange			200gm Dough Ball (42.1%) [Wheat FlourWateryeastsaltimprover(Gluten, Wheat Flour, Ascorbic Acid (300) Enzymes)cornflour, Gluten, Soy Flour, Guargum], Sous Vide Chicken Breast (16.8%) [Chicken 97% (BBQ Provence Dry Rub â€" Salt, Rice Cereal, Sugar, Dextrose, Dehydrated Vegetables, Natural Flavours (Wheat, Soy), Breadcrumbs (Wheat), Herbs, Spices, Flavour Enhancers (621, 635), Canola Oil, Anti Caking Agent (551), Hydrolysed Vegetable Protein (Soy), Food Acid (330), Spice Extract (160c) 3%)], Middle Bacon Rindless (15.8%) [Bacon], Shredded Mozzarella (10.5%) [Mozzarella Cheese (Milk) [Milk, Salt, Cultures, Enzyme (Non Animal Rennet (Milk))], Anti Caking Agent (460), Preservative (200)], Smoked BBQ Sauce (10.5%) [Tomato Puree (55%) (Water, Tomato Paste), Thickener (1422), Molasses, Salt, Food Acid (260), Flavours, Colour (150c), Spice, Vegetable Gum (415)], Portabello Mushroom Fresh (4.2%) [Mushroom]

Category	Recipe Name	Recipe Description	Energy (kJ) per 100g	Energy (kcal) per 100g	Protein (g) per 100g	Fat (g) per 100g	Saturated Fat (g) per 100g	Carbohydrate (g) per 100g	Sugars (g) per 100g	Sodium (Na) (mg) per 100g	Energy (kJ) per serving	Energy (kcal) per serving	Protein (g) per serving	Fat (g) per serving	Saturated Fat (g) per serving	Carbohydrate (g) per serving	Sugars (g) per serving	Sodium (Na) (mg) per serving	Fat (g) Traffic light	Saturated Fat (g) Traffic light	Sugars (g) Traffic light	Contains Allergens	May Contain Allergens	Recipe Quid
Meals	Spaghetti Bolognese	You know this one! It's spaghetti in our specialty beef bolognese sauce and topped with parmesan, fresh parsley and cracked pepper.	563	135	8.1	4.4	1.5	15.5	1.9	125	2580	619	37.1	20.1	7	71.1	8.8	572	orange	green	green	Contains: Gluten, Wheat, Milk, Sulphites		Bolognese Base Sauce Sub Recipe (54.4%) [Minced Beef Lean (34.8%) [85% Lean Mince, 15% Fat], Napoli Pronto Blendered Sub Recipe (34.8%) [Napoli (100%) [Italian Tomatoes^ (95%) (diced, Paste), Sunflower Oil, Sugar, Salt, Water, Food Acid (citric), Onions]], Brown Onion Fresh (7%) [Onion 100%], Carrots Fresh (5.2%) [Carrots], Celery Fresh (5.2%) [Celery], Red Cooking Wine (4.3%) [RED WINE (Sulphites), SALT 1700mg/ltr, PERSERVATIVE 220 (Sulphites), Milk], Full Cream Milk (4.3%) [Full Cream (Milk) Milk, Milk Solids Non Fat], Tomato Paste (1.7%) [F Tomato Paste, Water And Salt], Premium Blended Oil (1.4%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%), Fresh Garlic Crushed (0.87%) [Garlic, Salt], Whole Black Peppercorns (0.35%) [Pepper 100%], Table Salt (0.03%) [Salt, Anti Caking Agent (554)], Bay Leaves Dried (0.03%) [Bay Leaves 100%]], Spaghetti Pasta Sub Recipe (40.1%) [Tap Water (452g of Tap Water per 100g) [Water 100%], Spaghetti (45.2%) [Durum Wheat Semolina (Gluten, Wheat)], Canola Oil (1.8%), Table Salt (0.9%) [Salt, Anti Caking Agent (554)]], Shaved Parmesan (4.4%) [Parmesan Cheese (Milk, salt, starter Cultures, enzymes), Anticaking Agent (460), Preservative (200)], Parsley Fresh (0.65%) [Parsley 100%], Whole Black Peppercorns (0.44%) [Pepper 100%]CONTAINS: Gluten, Wheat, Milk, Sulphites
Meals	The Hawaiian Loaded Parmy	Golden panko-crumbed chicken schnitzel topped with napoli, mozzarella, leg ham, red onion and pineapple pieces. Served with chips and salad.	770	184	13.3	8.9	1.6	12.7	2.8	230	4630	1110	80.1	53.3	9.7	76.2	16.9	1385	orange	orange	green	Contains: Gluten, Wheat, Soya, Sulphites	May Contain: Milk	Schnitzel 180g (29.9%) [Chicken, Water, Flour (Wheat) [Maize, Rice, Besan], Soy Protein, Vegetable Oil, Salt, Acidity Regulators (326, 262), Thickener (1442 Maize Or Tapioca), Dried Vegetables (Including Garlic, Onion), Mineral Salts (450, 451, 500), Herbs, Dextrose (Maize Or Tapioca), Yeast Extract], Side Chips Sub Recipe (24.9%) [Potato Chips Ultrafast (95.5%) [Potato (97%), Canola Oil, Dextrose (from Maize)], Canola Oil (3.2%), Chip Seasoning Sub Recipe (1.3%) [Table Salt (60%) [Salt, Anti Caking Agent (554)], Smokey Paprika Powder (40%) [Paprika, Canola Oil, Vegetable Powders, Smoke Flavour]]], Side Salad Sub Recipe (16.6%) [Cherry Tomatoes Fresh (40%) [Tomatoes], Spanish (Red) Onion Fresh (20%) [Red Onion], Cucumber Fresh (15%) [Cucumbers 100%], Carrots Fresh (10%) [Carrots], Dressed Rocket Sub Recipe (10%) [Rocket, Raw (50%) [Rocket 100%], Premium Blended Oil (30%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%), Table Salt (10%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (10%) [Pepper 100%]], Balsamic Glaze (5%) [Cooked Grape Must, "aceto Balsamico Di Modena IGP" 38% [wine (Sulphites) Vinegar, Concentrated And Cooked Grape Must, Colour (150d), Anti Oxidant: Sulphur (Sulphites)], Wine (Sulphites) Vinegar, Colour (150d), Thickeners (1422) And Vegetable Gum (415)Product Contains Sulphites], Shredded Mozzarella (6.6%) [Mozzarella Cheese (Milk) [Milk, Salt, Cultures, Enzyme (Non Animal Rennet (Milk))], Anti Caking Agent (460), Preservative (200)], Napoli Pronto Blendered Sub Recipe (6.6%) [Napoli (100%) [Italian Tomatoes^ (95%) (diced, Paste), Sunflower Oil, Sugar, Salt, Water, Food Acid (citric), Onions)], Shaved Leg Ham (5%) [Pork, Water, Cure [Salt, Sugar, Mineral Salts (450, 451), Dextrose (Maize Or Tapioca), Antioxidant (316), Preservative (250)], Acidity Regulators (326, 262), Modified Starch (1442 Maize Or Tapioca), Vegetable Gum (407a), Natural Flavour, Wood Smoke], Pineapple Pieces (5%) [Pineapple (60%), Pineapple Juice], Spanish (Red) Onion Fresh (3.3%) [Red Onion], Canola Oil (1.7%), Parsley Fresh (0.33%) [Parsley 100%]CONTAINS: Gluten, Wheat, Soy, Sulphites
Meals	The Inferno Loaded Parmy	Golden panko-crumbed chicken schnitzel topped with napoli, mozzarella, salami, fresh chilli and hot sriracha sauce. Served with chips and salad.	902	216	14.3	11.5	2.7	13.8	3.3	392	5460	1310	86.3	69.5	16.1	83.3	19.8	2372	orange	orange	green	Contains: Gluten, Wheat, Soya, Sulphites	May Contain: Milk	Schnitzel 180g (29.8%) [Chicken, Water, Flour (Wheat) [Maize, Rice, Besan], Soy Protein, Vegetable Oil, Salt, Acidity Regulators (326, 262), Thickener (1442 Maize Or Tapioca), Dried Vegetables (Including Garlic, Onion), Mineral Salts (450, 451, 500), Herbs, Dextrose (Maize Or Tapioca), Yeast Extract], Side Chips Sub Recipe (24.8%) [Potato Chips Ultrafast (95.5%) [Potato (97%), Canola Oil, Dextrose (from Maize)], Canola Oil (3.2%), Chip Seasoning Sub Recipe (1.3%) [Table Salt (60%) [Salt, Anti Caking Agent (554)], Smokey Paprika Powder (40%) [Paprika, Canola Oil, Vegetable Powders, Smoke Flavour]]], Side Salad Sub Recipe (16.5%) [Cherry Tomatoes Fresh (40%) [Tomatoes], Spanish (Red) Onion Fresh (20%) [Red Onion], Cucumber Fresh (15%) [Cucumbers 100%], Carrots Fresh (10%) [Carrots], Dressed Rocket Sub Recipe (10%) [Rocket, Raw (50%) [Rocket 100%], Premium Blended Oil (30%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%), Table Salt (10%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (10%) [Pepper 100%]], Balsamic Glaze (5%) [Cooked Grape Must, "aceto Balsamico Di Modena IGP" 38% [wine (Sulphites) Vinegar, Concentrated And Cooked Grape Must, Colour (150d), Anti Oxidant: Sulphur (Sulphites)], Wine (Sulphites) Vinegar, Colour (150d), Thickeners (1422) And Vegetable Gum (415)Product Contains Sulphites], Mild Hungarian Salami (8.3%) [Meat including Pork (90%), Salt, Potato Fibre, Dextrose (Tapioca, Maize), Spices And Spice Extracts, Maltodextrin (Maize), Sugar, Herb Extracts, Antioxidants (316, 307b), Mustard Flour, Dehydrated Vegetable, Emulsifier (451), Fermented Rice, Starter Cultures, Sodium Nitrite (250), Canola Oil Smoked], Shredded Mozzarella (6.6%) [Mozzarella Cheese (Milk) [Milk, Salt, Cultures, Enzyme (Non Animal Rennet (Milk))], Anti Caking Agent (460), Preservative (200)], Napoli Pronto Blendered Sub Recipe (6.6%) [Napoli (100%) [Italian Tomatoes^ (95%) (diced, Paste), Sunflower Oil, Sugar, Salt, Water, Food Acid (citric), Onions)], Sriracha (4.1%) [SRIRACHA SAUCE (CHILI, SUGAR, SALT, GARLIC, DISTILLED VINEGAR, POTASSIUM SORBATE, SODIUM BISULFITE AS PRESERVATIVE, XANTHAN GUM)], Canola Oil (1.7%), Chilli Flakes (1.3%) [Chilli], Chilli Fresh (0.33%) [Chilli 100%]CONTAINS: Gluten, Wheat, Soy, Sulphites
Meals	The Mac Daddy Loaded Parmy	Golden panko-crumbed chicken schnitzel topped with napoli, mozzarella, mac and cheese, and shaved parmesan. Served with chips and salad.	810	194	13.3	10.2	2.7	12.2	2.4	191	5080	1220	83.4	63.8	16.8	76.4	15.2	1200	orange	orange	green	Contains: Gluten, Wheat, Milk, Soya, Sulphites		Schnitzel 180g (28.7%) [Chicken, Water, Flour (Wheat) [Maize, Rice, Besan], Soy Protein, Vegetable Oil, Salt, Acidity Regulators (326, 262), Thickener (1442 Maize Or Tapioca), Dried Vegetables (Including Garlic, Onion), Mineral Salts (450, 451, 500), Herbs, Dextrose (Maize Or Tapioca), Yeast Extract], Side Chips Sub Recipe (23.9%) [Potato Chips Ultrafast (95.5%) [Potato (97%), Canola Oil, Dextrose (from Maize)], Canola Oil (3.2%), Chip Seasoning Sub Recipe (1.3%) [Table Salt (60%) [Salt, Anti Caking Agent (554)], Smokey Paprika Powder (40%) [Paprika, Canola Oil, Vegetable Powders, Smoke Flavour]]], Mac 'n' Cheese Sub Recipe (15.9%) [Full Cream Milk (57.4%) [Full Cream (Milk) Milk, Milk Solids Non Fat], Macaroni Pasta Sub Recipe (20.9%) [Tap Water (90.4%) [Water 100%], Macaroni (9%) [Durum Wheat Semolina (Gluten, Wheat)], Canola Oil (0.36%), Table Salt (0.18%) [Salt, Anti Caking Agent (554)]], Shredded Mozzarella (10.4%) [Mozzarella Cheese (Milk) [Milk, Salt, Cultures, Enzyme (Non Animal Rennet (Milk))], Anti Caking Agent (460), Preservative (200)], Salted Butter (4.2%) [Pasteurised Cream (from Milk)], Cream Cheese (4.2%) [Pasteurised Whole Milk And Cream (Milk), Salt, Stabiliser (E412, E415 (contains Soy), E407, Cultures], Shaved Parmesan (4.2%) [Parmesan Cheese (Milk, salt, starter Cultures, enzymes), Anticaking Agent (460), Preservative (200)], Plain Flour (2.5%) [Wheat Flour], Garlic Powder (0.21%) [GARLIC FLAKES, GRANULES AND POWDER Contains: Sulphites], Table Salt (0.21%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (0.08%) [Pepper 100%]], Side Salad Sub Recipe (15.9%) [Cherry Tomatoes Fresh (40%) [Tomatoes], Spanish (Red) Onion Fresh (20%) [Red Onion], Cucumber Fresh (15%) [Cucumbers 100%], Carrots Fresh (10%) [Carrots], Dressed Rocket Sub Recipe (10%) [Rocket, Raw (50%) [Rocket 100%], Premium Blended Oil (30%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%), Table Salt (10%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (10%) [Pepper 100%]], Balsamic Glaze (5%) [Cooked Grape Must, "aceto Balsamico Di Modena IGP" 38% [wine (Sulphites) Vinegar, Concentrated And Cooked Grape Must, Colour (150d), Anti Oxidant: Sulphur (Sulphites)], Wine (Sulphites) Vinegar, Colour (150d), Thickeners (1422) And Vegetable Gum (415)Product Contains Sulphites], Napoli Pronto Blendered Sub Recipe (6.4%) [Napoli (100%) [Italian Tomatoes^ (95%) (diced, Paste), Sunflower Oil, Sugar, Salt, Water, Food Acid (citric), Onions]], Shredded Mozzarella (6.4%) [Mozzarella Cheese (Milk) [Milk, Salt, Cultures, Enzyme (Non Animal Rennet (Milk))], Anti Caking Agent (460), Preservative (200)], Canola Oil (1.6%), Shaved Parmesan (0.8%) [Parmesan Cheese (Milk, salt, starter Cultures, enzymes), Anticaking Agent (460), Preservative (200)], Parsley Fresh (0.32%) [Parsley 100%]CONTAINS: Gluten, Wheat, Milk, Soy, Sulphites
Meals	The Mediterranean Loaded Parmy	Golden panko-crumbed chicken schnitzel topped with napoli, mozzarella, semi-dried tomatoes, kalamata olives, roasted peppers and crumbled feta. Served with chips and salad.	831	199	13.2	10.5	2.1	12.9	2.8	244	4930	1180	78.2	62.2	12.2	76.3	16.4	1444	orange	orange	green	Contains: Gluten, Wheat, Milk, Soya, Sulphites		Schnitzel 180g (30.4%) [Chicken, Water, Flour (Wheat) [Maize, Rice, Besan], Soy Protein, Vegetable Oil, Salt, Acidity Regulators (326, 262), Thickener (1442 Maize Or Tapioca), Dried Vegetables (Including Garlic, Onion), Mineral Salts (450, 451, 500), Herbs, Dextrose (Maize Or Tapioca), Yeast Extract], Side Chips Sub Recipe (25.3%) [Potato Chips Ultrafast (95.5%) [Potato (97%), Canola Oil, Dextrose (from Maize)], Canola Oil (3.2%), Chip Seasoning Sub Recipe (1.3%) [Table Salt (60%) [Salt, Anti Caking Agent (554)], Smokey Paprika Powder (40%) [Paprika, Canola Oil, Vegetable Powders, Smoke Flavour]]], Side Salad Sub Recipe (16.9%) [Cherry Tomatoes Fresh (40%) [Tomatoes], Spanish (Red) Onion Fresh (20%) [Red Onion], Cucumber Fresh (15%) [Cucumbers 100%], Carrots Fresh (10%) [Carrots], Dressed Rocket Sub Recipe (10%) [Rocket, Raw (50%) [Rocket 100%], Premium Blended Oil (30%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%), Table Salt (10%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (10%) [Pepper 100%]], Balsamic Glaze (5%) [Cooked Grape Must, "aceto Balsamico Di Modena IGP" 38% [wine (Sulphites) Vinegar, Concentrated And Cooked Grape Must, Colour (150d), Anti Oxidant: Sulphur (Sulphites)], Wine (Sulphites) Vinegar, Colour (150d), Thickeners (1422) And Vegetable Gum (415)Product Contains Sulphites], Shredded Mozzarella (6.7%) [Mozzarella Cheese (Milk) [Milk, Salt, Cultures, Enzyme (Non Animal Rennet (Milk))], Anti Caking Agent (460), Preservative (200)], Napoli Pronto Blendered Sub Recipe (6.7%) [Napoli (100%) [Italian Tomatoes^ (95%) (diced, Paste), Sunflower Oil, Sugar, Salt, Water, Food Acid (citric), Onions)], Danish Feta Cubed (3.4%) [Danish Fetta (75%) (Pasteurised Milk, Vegetable Oil, Salt, Lactic Acid, Culture & Rennet (Milk)), Water & SaltContains: Milk And Milk Products], Roasted Red Peppers (3.4%) [Peppers (60%), Water, Vinegar, Salt, Sugar], Semi Dried Tomatoes (3.4%) [Semi Dried Tomatoes (60%), Canola Oil, Salt, Sugar, Garlic, Herbs, Spices, Citric Acid (330), Sulphar Dioxide (Sulphites) (220 (Sulphites))], Pitted Kalamata Olives (1.7%) [Kalamata Olives (50%), Water, Vinegar, Salt, Lactic Acid], Canola Oil (1.7%), Basil Leaves Fresh (0.51%) [Basil]CONTAINS: Gluten, Wheat, Milk, Soy, Sulphites
Meals	The Napoli Loaded Parmy	Golden panko-crumbed chicken schnitzel topped with napoli, mozzarella, kalamata olives, capers and chopped anchovies. Served with chips and salad.	841	201	14	10.4	1.8	12.8	2.2	295	4680	1120	78.2	57.9	10.1	71.1	12.4	1642	orange	orange	green	Contains: Gluten, Wheat, Fish, Soya, Sulphites		Schnitzel 180g (32.3%) [Chicken, Water, Flour (Wheat) [Maize, Rice, Besan], Soy Protein, Vegetable Oil, Salt, Acidity Regulators (326, 262), Thickener (1442 Maize Or Tapioca), Dried Vegetables (Including Garlic, Onion), Mineral Salts (450, 451, 500), Herbs, Dextrose (Maize Or Tapioca), Yeast Extract], Side Chips Sub Recipe (26.9%) [Potato Chips Ultrafast (95.5%) [Potato (97%), Canola Oil, Dextrose (from Maize)], Canola Oil (3.2%), Chip Seasoning Sub Recipe (1.3%) [Table Salt (60%) [Salt, Anti Caking Agent (554)], Smokey Paprika Powder (40%) [Paprika, Canola Oil, Vegetable Powders, Smoke Flavour]]], Side Salad Sub Recipe (18%) [Cherry Tomatoes Fresh (40%) [Tomatoes], Spanish (Red) Onion Fresh (20%) [Red Onion], Cucumber Fresh (15%) [Cucumbers 100%], Carrots Fresh (10%) [Carrots], Dressed Rocket Sub Recipe (10%) [Rocket, Raw (50%) [Rocket 100%], Premium Blended Oil (30%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%), Table Salt (10%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (10%) [Pepper 100%]], Balsamic Glaze (5%) [Cooked Grape Must, "aceto Balsamico Di Modena IGP" 38% [wine (Sulphites) Vinegar, Concentrated And Cooked Grape Must, Colour (150d), Anti Oxidant: Sulphur (Sulphites)], Wine (Sulphites) Vinegar, Colour (150d), Thickeners (1422) And Vegetable Gum (415)Product Contains Sulphites], Shredded Mozzarella (7.2%) [Mozzarella Cheese (Milk) [Milk, Salt, Cultures, Enzyme (Non Animal Rennet (Milk))], Anti Caking Agent (460), Preservative (200)], Napoli Pronto Blendered Sub Recipe (7.2%) [Napoli (100%) [Italian Tomatoes^ (95%) (diced, Paste), Sunflower Oil, Sugar, Salt, Water, Food Acid (citric), Onions)], Pitted Kalamata Olives (3.6%) [Kalamata Olives (50%), Water, Vinegar, Salt, Lactic Acid], Canola Oil (1.8%), Anchovy Fillets (1.8%) [Anchovy (Fish) (Fish (anchovies)) Fillets (51%), Sunflower OilAllergens: Contains Fish (anchovies)], Baby Capers (0.9%) [Baby Capers, White Vinegar], Parsley Fresh (0.36%) [Parsley 100%]CONTAINS: Gluten, Wheat, Fish, Soy, Sulphites
Meals	The O.G Loaded Parmy	Golden panko-crumbed chicken schnitzel topped with leg ham, napoli and mozzarella. Served with chips and salad.	809	194	14.5	9.5	1.8	12.4	2.2	282	4610	1100	82.9	54.1	10	70.6	12.5	1607	orange	orange	green	Contains: Gluten, Wheat, Soya, Sulphites	May Contain: Milk	Schnitzel 180g (31.6%) [Chicken, Water, Flour (Wheat) [Maize, Rice, Besan], Soy Protein, Vegetable Oil, Salt, Acidity Regulators (326, 262), Thickener (1442 Maize Or Tapioca), Dried Vegetables (Including Garlic, Onion), Mineral Salts (450, 451, 500), Herbs, Dextrose (Maize Or Tapioca), Yeast Extract], Side Chips Sub Recipe (26.3%) [Potato Chips Ultrafast (95.5%) [Potato (97%), Canola Oil, Dextrose (from Maize)], Canola Oil (3.2%), Chip Seasoning Sub Recipe (1.3%) [Table Salt (60%) [Salt, Anti Caking Agent (554)], Smokey Paprika Powder (40%) [Paprika, Canola Oil, Vegetable Powders, Smoke Flavour]]], Side Salad Sub Recipe (17.5%) [Cherry Tomatoes Fresh (40%) [Tomatoes], Spanish (Red) Onion Fresh (20%) [Red Onion], Cucumber Fresh (15%) [Cucumbers 100%], Carrots Fresh (10%) [Carrots], Dressed Rocket Sub Recipe (10%) [Rocket, Raw (50%) [Rocket 100%], Premium Blended Oil (30%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%), Table Salt (10%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (10%) [Pepper 100%]], Balsamic Glaze (5%) [Cooked Grape Must, "aceto Balsamico Di Modena IGP" 38% [wine (Sulphites) Vinegar, Concentrated And Cooked Grape Must, Colour (150d), Anti Oxidant: Sulphur (Sulphites)], Wine (Sulphites) Vinegar, Colour (150d), Thickeners (1422) And Vegetable Gum (415)Product Contains Sulphites], Shaved Leg Ham (8.8%) [Pork, Water, Cure [Salt, Sugar, Mineral Salts (450, 451), Dextrose (Maize Or Tapioca), Antioxidant (316), Preservative (250)], Acidity Regulators (326, 262), Modified Starch (1442 Maize Or Tapioca), Vegetable Gum (407a), Natural Flavour, Wood Smoke], Shredded Mozzarella (7%) [Mozzarella Cheese (Milk) [Milk, Salt, Cultures, Enzyme (Non Animal Rennet (Milk))], Anti Caking Agent (460), Preservative (200)], Napoli Pronto Blendered Sub Recipe (7%) [Napoli (100%) [Italian Tomatoes^ (95%) (diced, Paste), Sunflower Oil, Sugar, Salt, Water, Food Acid (citric), Onions)], Canola Oil (1.8%)CONTAINS: Gluten, Wheat, Soy, Sulphites
Meals	The Popeye Loaded Parmy	Golden panko-crumbed chicken schnitzel topped with napoli, mozzarella, spinach and garlic mushrooms. Served with chips and salad.	785	188	12.4	10	2.1	11.9	2.2	172	4880	1170	77.4	62.3	13.1	74.1	13.7	1067	orange	orange	green	Contains: Gluten, Wheat, Milk, Soya, Sulphites		Schnitzel 180g (28.9%) [Chicken, Water, Flour (Wheat) [Maize, Rice, Besan], Soy Protein, Vegetable Oil, Salt, Acidity Regulators (326, 262), Thickener (1442 Maize Or Tapioca), Dried Vegetables (Including Garlic, Onion), Mineral Salts (450, 451, 500), Herbs, Dextrose (Maize Or Tapioca), Yeast Extract], Side Chips Sub Recipe (24.1%) [Potato Chips Ultrafast (95.5%) [Potato (97%), Canola Oil, Dextrose (from Maize)], Canola Oil (3.2%), Chip Seasoning Sub Recipe (1.3%) [Table Salt (60%) [Salt, Anti Caking Agent (554)], Smokey Paprika Powder (40%) [Paprika, Canola Oil, Vegetable Powders, Smoke Flavour]]], Side Salad Sub Recipe (16.1%) [Cherry Tomatoes Fresh (40%) [Tomatoes], Spanish (Red) Onion Fresh (20%) [Red Onion], Cucumber Fresh (15%) [Cucumbers 100%], Carrots Fresh (10%) [Carrots], Dressed Rocket Sub Recipe (10%) [Rocket, Raw (50%) [Rocket 100%], Premium Blended Oil (30%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%), Table Salt (10%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (10%) [Pepper 100%]], Balsamic Glaze (5%) [Cooked Grape Must, "aceto Balsamico Di Modena IGP" 38% [wine (Sulphites) Vinegar, Concentrated And Cooked Grape Must, Colour (150d), Anti Oxidant: Sulphur (Sulphites)], Wine (Sulphites) Vinegar, Colour (150d), Thickeners (1422) And Vegetable Gum (415)Product Contains Sulphites], Garlic Mushrooms Side Sub Recipe (12.9%) [Mushroom Field Flat (90.2%) [Mushroom 100%], Premium Blended Oil (7.5%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%), Fresh Garlic Crushed (1.5%) [Garlic, Salt], Table Salt (0.38%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (0.38%) [Pepper 100%]], Shredded Mozzarella (6.4%) [Mozzarella Cheese (Milk) [Milk, Salt, Cultures, Enzyme (Non Animal Rennet (Milk))], Anti Caking Agent (460), Preservative (200)], Napoli Pronto Blendered Sub Recipe (6.4%) [Napoli (100%) [Italian Tomatoes^ (95%) (diced, Paste), Sunflower Oil, Sugar, Salt, Water, Food Acid (citric), Onions)], Spinach Leaves Fresh (2.4%) [Spinach Leaves], Canola Oil (1.6%), Salted Butter (0.8%) [Pasteurised Cream (from Milk)], Parsley Fresh (0.32%) [Parsley 100%]CONTAINS: Gluten, Wheat, Milk, Soy, Sulphites

Category	Recipe Name	Recipe Description	Energy (kJ) per 100g	Energy (kcal) per 100g	Protein (g) per 100g	Fat (g) per 100g	Saturated Fat (g) per 100g	Carbohyd rate (g) per 100g	Sugars (g) per 100g	Sodium (Na) (mg) per 100g	Energy (kJ) per serving	Energy (kcal) per serving	Protein (g) per serving	Fat (g) per serving	Saturated Fat (g) per serving	Carbohyd rate (g) per serving	Sugars (g) per serving	Sodium (Na) (mg) per serving	Fat (g) Traffic light	Saturated Fat (g) Traffic light	Sugars (g) Traffic light	Contains Allergens	May Contain Allergens	Recipe Quid
Meals	Traditional Polpettone	House-made spinach, mozzarella & capsicum-filled beef polpettone on a bed of wilted spinach and chunky napoli and served with parmesan.	490	117	14.6	5.8	2.7	1.7	1.3	178	973	233	29	11.4	5.3	3.3	2.6	353	orange	orange	green	Contains: Milk		Polpettone Sub Recipe (69%) [Minced Beef Lean (85.2%) [85% Lean Mince, 15% Fat], Shredded Mozzarella (7.7%) [Mozzarella Cheese (Milk) [Milk, Salt, Cultures, Enzyme (Non Animal Rennet (Milk))], Anti Caking Agent (460), Preservative (200)], Char Grilled Capsicum Strips (3.8%) [Roasted Capsicum Strips (60%) (Peppers, Vinegar, Salt, Sugar), Canola Oil, Vinegar, Coriander Ground, Black Pepper, Garlic And Salt], Spinach Leaves Fresh (2.6%) [Spinach Leaves], Fresh Garlic Crushed (0.43%) (Garlic, Salt), Table Salt (0.17%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (0.17%) [Pepper 100%], Napoli Pronto Blendered Sub Recipe (25.2%) [Napoli (100%) [Italian Tomatoes* (95%) (diced, Paste), Sunflower Oil, Sugar, Salt, Water, Food Acid (citric), Onions)], Spinach Leaves Fresh (3.4%) [Spinach Leaves], Parsley Fresh (0.84%) [Parsley 100%], Parmesan Grated Sub Recipe (0.84%) [Shaved Parmesan (100%) [Parmesan Cheese (Milk, salt, starter Cultures, enzymes), Anticaking Agent (460), Preservative (200)]], Salted Butter (0.84%) [Pasteurised Cream (from Milk)]CONTAINS: Milk
Meals	Trattoria's Taboo Pizza	Leg ham, pineapple pieces, mozzarella and napoli on a traditional Italian base.	260	62	4.9	3.8	2.1	2.1	1.9	213	931	223	17.4	13.7	7.5	7.4	6.8	763	orange	orange	green		May Contain: Milk, Soya	200gm Dough Ball (55.9%) [Wheat FlourWateryeastsaltimprover(Gluten, Wheat Flour, Ascorbic Acid (300) Enzymes)cornflour, Gluten, Soy Flour, Guargum], Napoli Pronto Blendered Sub Recipe (14%) [Napoli (100%) [Italian Tomatoes* (95%) (diced, Paste), Sunflower Oil, Sugar, Salt, Water, Food Acid (citric), Onions)], Shredded Mozzarella (14%) [Mozzarella Cheese (Milk) [Milk, Salt, Cultures, Enzyme (Non Animal Rennet (Milk))], Anti Caking Agent (460), Preservative (200)], Pineapple Pieces (8.4%) [Pineapple (60%), Pineapple Juice], Shaved Leg Ham (7.8%) [Pork, Water, Cure [Salt, Sugar, Mineral Salts (450, 451), Dextrose (Maize Or Tapioca), Antioxidant (318), Preservative (250)], Acidity Regulators (326, 262), Modified Starch (1442 Maize Or Tapioca), Vegetable Gum (407a), Natural Flavour, Wood Smoke]
Meals	Triple Fungi Linguini	Truffled mushrooms in a creamy garlic sauce tossed through linguini. Served with parmesan and a drizzle of delectable truffle oil.	718	172	2	15.9	3	4.9	0.83	38.9	4020	962	11.3	88.9	16.9	27.4	4.7	218	orange	orange	green	Contains: Gluten, Wheat, Milk, Sulphites		Linguini Pasta Sub Recipe (32.1%) [Tap Water (90.4%) [Water 100%], Linguini (9%) [Durum Wheat, Semolina (Gluten, Wheat)], Canola Oil (0.36%), Table Salt (0.18%) [Salt, Anti Caking Agent (554)]], Cooking Cream (26.8%) [Contains Minimum 35% Milk FatCream ð- Skim Milk ð- Thickener (1442) ð- Stabilisers (460, 466, 452) ð- Emulsifier (471Allergens: Contains Milk And Dairy Products], Mushroom Medley Sub Recipe (23.2%) [Brown Mushroom Swiss Fresh (40%) [Swiss Mushroom 100%], Garlic Mushrooms Side Sub Recipe (40%) [Mushroom Field Flat (90.2%) [Mushroom 100%], Premium Blended Oil (7.5%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Fresh Garlic Crushed (1.5%) [Garlic, Salt], Table Salt (0.38%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (0.38%) [Pepper 100%]], Enoki Mushroom Fresh (20%) [Enoki Mushroom 100%]], WHITE COOKING WINE (4.5%) [White Wine (Sulphites), Salt, Preseyative (220 (Sulphites))], Brown Onion Fresh (3.6%) [Onion 100%], Salted Butter (2.7%) [Pasteurised Cream (from Milk)], Truffle Paste (1.8%) [Cultivated Mushrooms (Agaricus Bisporus)Mushrooms (Boletus Edulis And Related Group)Sunflower Seed Oil Extra Virgin Olive Oil Tartufi Bianchi : Truffle (Tuber Borchii Or Albidum Pico), White Truffle (Tuber Magnum Pico)salt Aroma], Premium Blended Oil (1.8%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Parmesan Grated Sub Recipe (0.89%) [Shaved Parmesan (100%) [Parmesan Cheese (Milk, salt, starter Cultures, enzymes), Anticaking Agent (460), Preservative (200)], Truffle Oil (0.89%) [Extra Virgin Olive Oil, Black Truffle Aroma, Dehydrated Truffle (Tuber Indicum)], Fresh Garlic Crushed (0.89%) (Garlic, Salt], Table Salt (0.36%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (0.36%) [Pepper 100%], Chives Fresh (0.18%) [Chives 100%]CONTAINS: Gluten, Wheat, Milk, Sulphites
Meals	Truffled Mushroom Pizza	Garlic mushrooms, spinach, mozzarella, spring onion and a divine truffled creme fraiche on a traditional Italian base.	385	92	3.9	7.7	3.4	1.8	0.9	99	1590	380	16.2	31.9	14	7.6	3.7	409	orange	orange	green	Contains: Milk		200gm Dough Ball (48.5%) [Wheat FlourWateryeastsaltimprover(Gluten, Wheat Flour, Ascorbic Acid (300) Enzymes)cornflour, Gluten, Soy Flour, Guargum], Garlic Mushrooms Side Sub Recipe (24.8%) [Mushroom Field Flat (90.2%) [Mushroom 100%], Premium Blended Oil (7.5%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Fresh Garlic Crushed (1.5%) [Garlic, Salt], Table Salt (0.38%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (0.38%) [Pepper 100%]], Shredded Mozzarella (12.1%) [Mozzarella Cheese (Milk) [Milk, Salt, Cultures, Enzyme (Non Animal Rennet (Milk))], Anti Caking Agent (460), Preservative (200)], Crème Fraiche (4.8%) [Cream (Milk), Vegetable Gums (415, 410), Stabiliser (440), Halal Gelatin, Food Acid (270), Natural Flavour, Cultures Contains: Milk], Truffle Paste (4.8%) [Cultivated Mushrooms (Agaricus Bisporus)Mushrooms (Boletus Edulis And Related Group)Sunflower Seed Oil Extra Virgin Olive Oil Tartufi Bianchi : Truffle (Tuber Borchii Or Albidum Pico), White Truffle (Tuber Magnum Pico)salt Aroma], Spinach Leaves Fresh (3.6%) [Spinach Leaves], Spring Onion Fresh (1.2%) [Onions]CONTAINS: Milk
Meals	Vegan Farmstead Pizza	Garlic mushrooms, cherry tomatoes, red onion, basil, rocket, vegan mozzarella and cashew cheese sauce on a traditional Italian base.	516	123	9.9	7.7	1.2	3.7	1.2	95	2180	522	41.9	32.5	5	15.5	5	400	orange	green	green	Contains: Tree nuts, Cashews, Soya, Sulphites	May Contain: Sesame	200gm Dough Ball (47.3%) [Wheat FlourWateryeastsaltimprover(Gluten, Wheat Flour, Ascorbic Acid (300) Enzymes)cornflour, Gluten, Soy Flour, Guargum], Garlic Mushrooms Side Sub Recipe (14.2%) [Mushroom Field Flat (90.2%) [Mushroom 100%], Premium Blended Oil (7.5%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Fresh Garlic Crushed (1.5%) [Garlic, Salt], Table Salt (0.38%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (0.38%) [Pepper 100%]], Vegan Mozzarella Shreds (11.8%) [Ingredients: Water, Soy Milk (Filtered Water, Organic Whole Soya Beans, Organic Sunflower Oil, Sea Salt), Canola Oil, Tapioca Starch, Thickener (Agar Agar), Vegan Flavours, Sea Salt, Yeast Flakes, Emulsifier (Soy Lecithin), Preservative (Sorbic Acid), Antioxidant (Citric Acid). Allergen Advice: Contains Soy], Cherry Tomatoes Fresh (9.5%) [Tomatoes], Cashew Cheese Vegan Sub Recipe (9.5%) [Cashews Roasted Unsalted (59.8%) [Cashews 100%], Tap Water (25.6%) [Water 100%], Lemon Juice Fresh Squeezed (12.8%) [Lemon Juice 100%], Garlic Powder (0.85%) [GARLIC FLAKES, GRANULES AND POWDER Contains: Sulphites], Table Salt (0.53%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.43%) [Pepper 100%]], Spanish (Red) Onion Fresh (4.7%) [Red Onion], Premium Blended Oil (1.2%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Rocket, Raw (1.2%) [Rocket 100%], Basil Leaves Fresh (0.71%) [Basil]CONTAINS: Cashew, Soy, Sulphites
Salads	Capri's Caprese Salad	Sliced roma tomato and bocconcini peppered with fresh torn basil, olive oil and rich balsamic glaze.	687	164	7.5	14	5.8	2.5	1.7	44	1630	389	17.7	33.2	13.8	5.8	4.1	105	orange	red	green	Contains: Milk, Sulphites		Roma Tomato Fresh (52.7%) [Tomato 100%], Bocconcini (33.8%) [Pasteurised Cowâ€™s Milk, Non Animal Rennet (Milk), Starter Culture, Salt], Premium Blended Oil (8.4%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Basil Leaves Fresh (2.1%) [Basil], Balsamic Glaze (2.1%) [Cooked Grape Must, "aceto Balsamico Di Modena IGP" 38% [wine (Sulphites) Vinegar, Concentrated And Cooked Grape Must, Colour (150d), Anti Oxidant: Sulphur (Sulphites)], Wine (Sulphites) Vinegar, Colour (150d), Thickeners (1422) And Vegetable Gum (415)Product Contains Sulphites], Sea Salt Flakes (0.42%) [Salt 100%], Whole Black Peppercorns (0.42%) [Pepper 100%]CONTAINS: Milk, Sulphites
Salads	Chickpea Fattoush	Toasted pita pieces, green & red cherry tomatoes, chickpeas, cucumber, shallots, herbs, sumac & lemon dressing (V)	1150	275	16.9	11.5	1.7	25.7	4.9	528	2020	484	29.8	20.2	3	45.2	8.6	929	orange	orange	green	Contains: Gluten, Wheat		Pita Bread (45.5%) [Unbleached Wheat Flour, Water, Sugar, Yeast, Salt, Contains Permitted Acidity Regulator (E297) And Preservative (E282)], Greek Lemon Dressing (17%) [Canola Oil, Lemon Juice (30%), Water, Extra Virgin Olive Oil, Salt, Garlic, Herbs & Spices, Vegetable Gum (xanthan), Onion Powder, Flavour, Spice Extract.], Yellow Mini Grape Tomato Fresh (14.2%) [Yellow Grape Tomato 100%], Cherry Tomatoes Fresh (14.2%) [Tomatoes], Sumac (3.4%) [Sumac 100%], Parsley Fresh (2.8%) [Parsley 100%], Mint Leaves Fresh (2.8%) [Mint 100%]CONTAINS: Gluten, Wheat
Salads	Chorizo & Halloumi Salad	Served with fresh spinach, onion, capsicum, olives & quinoa.	794	190	9	14.2	5.9	6.9	1.3	1008	2530	604	28.6	45.1	18.9	21.9	4.2	3204	orange	red	green	Contains: Milk		Spanish Chorizo (31.4%) [Meat Including Pork, Salt, Spices (Including Chilli), Dried Vegetables (Including Garlic), Lactose (Milk), Dextrose (Maize Or Tapioca), Maltodextrin (Maize), Mineral Salt (451), Antioxidant (316), Herbs, Starter Culture, Sugar, Preservative (250), Spice Extracts (Including 160c), Natural Hog Casing, Wood Smoke], Organic Quinoa Mix Sub Recipe (23.6%) [Tap Water (66.7%) [Water 100%], Quinoa 3 Grain Mix (33.3%) [White Quinoa, Red Quinoa, Black Quinoa]], Halloumi Cheese (15.7%) [Milk, Salt, Mineral, Rennet (Milk), Cultures, Mint], Roasted Red Peppers (15.7%) [Peppers (60%), Water, Vinegar, Salt, Sugar], Spinach Leaves Fresh (6.3%) [Spinach Leaves], Spanish (Red) Onion Fresh (3.1%) [Red Onion], Pitted Kalamata Olives (3.1%) [Kalamata Olives (50%), Water, Vinegar, Salt, Lactic Acid], Basil Leaves Fresh (0.94%) [Basil]CONTAINS: Milk
Salads	Classic Caesar Salad	Cos lettuce, bacon pieces, shaved parmesan, house-made croutons, creamy caesar dressing and a poached egg.	917	219	9.8	17.8	5.5	5.5	1.1	431	2280	546	24.3	44.2	13.7	13.8	2.8	1073	red	red	green	Contains: Gluten, Wheat, Rye, Eggs, Milk, Sulphites		Middle Bacon Rindless (30.1%) [Bacon], Cos Lettuce Fresh (24.1%) [Lettuce 100%], Egg XL (23.7%) [Eggs], Caesar Dressing (8%) [Canola Oil, Whole Egg, Parmesan Cheese (Milk) (6%) (Pasteurised Milk, Tapioca Starch, Salt, Culture, Enzymes), Water, Worcestershire Sauce, Red Wine (Sulphites) Vinegar, Salt, Garlic, Acidity Regulator (330)], Croutons Sub Recipe (8%) [Sourdough Sliced Vegan (87.8%) [Wheat Flour [Contains Vitamins (Thiamine, Folate)], Water, Sourdough Culture (8%) [Water, Wheat Flour, Fermented Rye Flour, Durum Wheat, Ascorbic Acid (E300), Acetic Acid (E260), Enzymes], Semolina (Gluten, Wheat), Canola Oil, Wheat Gluten, Salt Iodised, Bran, Rye Flour, Vinegar, Yeast [Yeast, Water, Mineral Oil]], Premium Blended Oil (10.8%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Table Salt (0.81%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (0.54%) [Pepper 100%]], Shaved Parmesan (6%) [Parmesan Cheese (Milk, salt, starter Cultures, enzymes), Anticaking Agent (460), Preservative (200)]CONTAINS: Gluten, Wheat, Egg, Milk, Sulphites
Salads	Eat Your Purples & Greens Salad	Baby beets, crumbled feta, pomegranate arils, grape tomatoes, rocket, pistachio nuts and our peppy beetroot and orange dressing.	385	92	2.7	4.5	1.6	10	9.4	389	1040	249	7.3	12.2	4.3	27.1	25.5	1051	orange	orange	orange	Contains: Tree nuts, Pistachios, Milk, Sesame		Whole Baby Beetroot (55.6%) [Baby Beetroot (61%), Water, Sugar, Food Acid (Acetic Acid), Salt, Herb & Spice Flavours], Danish Feta Cubed (11.1%) [Danish Fetta (75%) (Pasteurised Milk, Vegetable Oil, Salt, Lactic Acid, Culture & Rennet (Milk)), Water & SaltContains: Milk And Milk Products], Beetroot & Orange Dressing Sub Recipe (11.1%) [Balsamic Beetroot Relish (57.1%) [Beetroot (39%), Sugar, Apple, Balsamic Vinegar (11%), Vinegar, Onion, Cornflour, Mustard Seeds, Sea Salt, Pectin, Herbs And Spices Gluten Free VEGAN], Pulp Free Orange Juice (42.9%) [Reconstituted Orange Juice 99.9%, Flavour, Colour (110), Preservative 202)], Rocket, Raw (7.4%) [Rocket 100%], Yellow Mini Grape Tomato Fresh (7.4%) [Yellow Grape Tomato 100%], Pomegranate Arils (3.7%) [Fresh Pomegranate Arils (100%)], Pistachio Kernals (1.9%) [Pistachio Kernals], Dukkah Seasoning (1.9%) [Sunflower, Sesame Seed, Salt, Pumpkin Seed, spices]CONTAINS: Pistachio, Milk, Sesame
Salads	Maple-Roasted Pear Salad	With crispy bacon, sweet potato curls, cherry tomatoes, red onion, wild rocket, toasted walnuts, shaved parmesan & honey mustard dressing.	753	180	9.3	8	2.1	17.5	10.3	174	3460	827	42.6	36.7	9.6	80.4	47.3	797	orange	orange	orange	Contains: Tree nuts, Eggs, Milk, Soya		Pear Fresh (32.7%) [Pear 100%], Spanish (Red) Onion Fresh (15.3%) [Red Onion], Middle Bacon Rindless (10.9%) [Bacon], Golden Sweet Potato Fresh (8.7%) [100% Sweet Potato], Maple Syrup (8.7%) [Glucose, Sugar, Water, Flavour, Food Acid(330), Preservative(202), Colour(150)], Cherry Tomatoes Fresh (6.5%) [Tomatoes], Honey Mustard Dressing (6.5%) [Water, Vegetable Oil (contains Antioxidant (Butylated Hydroxyanisole)), Honey 9%, Sugar, Glucose Syrup, Mustard Seed 4%, Egg Yolk, Food Acids (Acetic, Citric), Salt, Thickeners (Modified Cornstarch, Xanthan Gum (contains Soy)), Whey (Milk) Protein (contains Milk), Turmeric, Colour (Caramel (150c)), Marjoram, Thyme, Garlic Extract, Spice Extract], Rocket, Raw (3.3%) [Rocket 100%], Shaved Parmesan (3.3%) [Parmesan Cheese (Milk, salt, starter Cultures, enzymes), Anticaking Agent (460), Preservative (200)], Walnut Pieces (2.2%) [100% Walnuts.Contains: Tree Nuts], Premium Blended Oil (1.1%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Table Salt (0.44%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.44%) [Pepper 100%]CONTAINS: Tree nut, Egg, Milk, Soy
Salads	Marrakesh Vitality Salad	Pearl couscous with crumbled feta, garlic and cumin roasted pumpkin, dried cranberries, toasted almonds, spinach, parsley and a light lemon dressing	629	150	3.5	10.7	2	9.9	3.8	99	2310	552	12.8	39.2	7.3	36.3	14	365	orange	orange	green	Contains: Gluten, Wheat, Tree nuts, Almonds, Milk		Roasted Pumpkin With Garlic & Cumin Sub Recipe (40.9%) [Butternut Pumpkin (92.8%) [Pumpkin 100%], Premium Blended Oil (5.6%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Fresh Garlic Crushed (0.93%) [Garlic, Salt], Cumin Ground (0.23%) [Cumin], Table Salt (0.23%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.23%) [Pepper 100%]], Israeli Couscous Sub Recipe (27.2%) [Tap Water (75%) [Water 100%], Cous Cous (25%) [Durum Wheat Semolina (Gluten, Wheat)]], Spinach Leaves Fresh (8.2%) [Spinach Leaves], Lemon Olive Oil Dressing Sub Recipe (6.8%) [Premium Blended Oil (64.1%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Edlyn (34.2%) [100% Lemon Juice], Table Salt (0.85%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.85%) [Pepper 100%]], Toasted Almonds Sub Recipe (5.4%) [Almonds Whole (100%) [Almonds 100%]], Danish Feta Cubed (5.4%) [Danish Fetta (75%) (Pasteurised Milk, Vegetable Oil, Salt, Lactic Acid, Culture & Rennet (Milk)), Water & SaltContains: Milk And Milk Products], Dried, Sweetened Cranberries (4.1%) [Cranberry(65%), Sugar, Sunflower Oil], Parsley Fresh (1.4%) [Parsley 100%], Table Salt (0.27%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (0.27%) [Pepper 100%]CONTAINS: Gluten, Wheat, Almond, Milk
Salads	Orange & Fennel Salad	Fresh orange wedges, fennel and rocket with toasted pepitas and a lemony olive oil dressing.	498	119	2.9	8.2	1.4	8.3	5.3	20.9	972	233	5.6	16.1	2.8	16.2	10.4	41	orange	green	orange			Oranges Segmented (33.3%) [Oranges 100%], Fennel Fresh (30.8%) [Fennel], Rocket, Raw (15.4%) [Rocket 100%], Pepitas Toasted Sub Recipe (10.3%) [Pumpkin Seeds / Pepitas (99.5%) [Pumpkin Seeds], Canola Oil (0.5%)], Lemon Olive Oil Dressing Sub Recipe (10.3%) [Premium Blended Oil (64.1%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Edlyn (34.2%) [100% Lemon Juice], Table Salt (0.85%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.85%) [Pepper 100%]]
Salads	Peach & Proscuitto Salad	With danish feta, walnut pieces, wild rocket & balsamic glaze (V)	487	117	1.7	7.9	1.7	9.5	9.2	290	1410	338	5	22.9	4.9	27.5	26.8	842	orange	orange	orange	Contains: Tree nuts, Milk, Sulphites		Peaches Sliced In Juice (63.8%) [Australian Grown Peach Slices (59%), Fruit (Pear / Apple / Peach) Juice], Rocket, Raw (12.1%) [Rocket 100%], Sliced Prosciutto (10.3%) [Pork, Salt, Dextrose (Maize Or Tapioca), Preservatives (251, 250), Antioxidant (316), Starter Culture], Danish Feta Cubed (5.2%) [Danish Fetta (75%) (Pasteurised Milk, Vegetable Oil, Salt, Lactic Acid, Culture & Rennet (Milk)), Water & SaltContains: Milk And Milk Products], Walnut Pieces (3.4%) [100% Walnuts.Contains: Tree Nuts], Premium Blended Oil (3.4%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Balsamic Glaze (2.1%) [Cooked Grape Must, "aceto Balsamico Di Modena IGP" 38% [wine (Sulphites) Vinegar, Concentrated And Cooked Grape Must, Colour (150d), Anti Oxidant: Sulphur (Sulphites)], Wine (Sulphites) Vinegar, Colour (150d), Thickeners (1422) And Vegetable Gum (415)Product Contains Sulphites]CONTAINS: Tree nut, Milk, Sulphites
Salads	Pear & Bacon Salad	Fresh pear, red onion, cherry tomatoes and rocket. Brought to life with candied walnuts, bacon pieces, feta, and a maple dressing.	971	232	11.9	15.4	4.2	11.5	7.5	355	3060	732	37.4	48.5	13.1	36.3	23.7	1119	orange	orange	orange	Contains: Tree nuts, Milk	May Contain: Gluten, Wheat, Peanuts, Eggs, Crustaceans, Sesame, Soya	Pear Fresh (31.7%) [Pear 100%], Middle Bacon Rindless (23.8%) [Bacon], Maple Dressing Sub Recipe (11.1%) [Maple Syrup (41.7%) [Glucose, Sugar, Water, Flavour, Food Acid(330), Preservative(202), Colour(150)], Premium Blended Oil (41.7%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Edlyn (8.3%) [100% Lemon Juice], Dijon Mustard (8.3%) [Water, Mustard Seed, Salt, Sugar, Food Acid (Acetic), Turmeric]], Rocket, Raw (7.9%) [Rocket 100%], Cherry Tomatoes Fresh (7.9%) [Tomatoes], Candied Walnuts Sub Recipe (6.3%) [Walnut Pieces (76.6%) [100% Walnuts.Contains: Tree Nuts], Maple Syrup (19.2%) [Glucose, Sugar, Water, Flavour, Food Acid(330), Preservative(202), Colour(150)], Premium Blended Oil (3.8%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Table Salt (0.38%) [Salt, Anti Caking Agent (554)]], Danish Feta Cubed (6.3%) [Danish Fetta (75%) (Pasteurised Milk, Vegetable Oil, Salt, Lactic Acid, Culture & Rennet (Milk)), Water & SaltContains: Milk And Milk Products], Spanish (Red) Onion Fresh (4.8%) [Red Onion]CONTAINS: Tree nut, Milk
Salads	Pear & Bacon Salad DT		887	212	11.3	13.2	3.6	12	7.7	318	3360	805	42.7	50	13.7	45.4	29.2	1203	orange	orange	orange	Contains: Tree nuts, Milk	May Contain: Gluten, Wheat, Peanuts, Eggs, Crustaceans, Sesame, Soya	Pear Fresh (39.6%) [Pear 100%], Middle Bacon Rindless (19.8%) [Bacon], Maple Dressing Sub Recipe (9.2%) [Maple Syrup (41.7%) [Glucose, Sugar, Water, Flavour, Food Acid(330), Preservative(202), Colour(150)], Premium Blended Oil (41.7%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Edlyn (8.3%) [100% Lemon Juice], Dijon Mustard (8.3%) [Water, Mustard Seed, Salt, Sugar, Food Acid (Acetic), Turmeric]], Cherry Tomatoes Fresh (7.9%) [Tomatoes], Rocket, Raw (6.6%) [Rocket 100%], Danish Feta Cubed (6.6%) [Danish Fetta (75%) (Pasteurised Milk, Vegetable Oil, Salt, Lactic Acid, Culture & Rennet (Milk)), Water & SaltContains: Milk And Milk Products], Candied Walnuts Sub Recipe (5.3%) [Walnut Pieces (76.6%) [100% Walnuts.Contains: Tree Nuts], Maple Syrup (19.2%) [Glucose, Sugar, Water, Flavour, Food Acid(330), Preservative(202), Colour(150)], Premium Blended Oil (3.8%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Table Salt (0.38%) [Salt, Anti Caking Agent (554)]], Spanish (Red) Onion Fresh (4%) [Red Onion], Table Salt (0.53%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (0.53%) [Pepper 100%]CONTAINS: Tree nut, Milk

Category	Recipe Name	Recipe Description	Energy (kJ) per 100g	Energy (kcal) per 100g	Protein (g) per 100g	Fat (g) per 100g	Saturated Fat (g) per 100g	Carbohydrate (g) per 100g	Sugars (g) per 100g	Sodium (Na) (mg) per 100g	Energy (kJ) per serving	Energy (kcal) per serving	Protein (g) per serving	Fat (g) per serving	Saturated Fat (g) per serving	Carbohydrate (g) per serving	Sugars (g) per serving	Sodium (Na) (mg) per serving	Fat (g) Traffic tight	Saturated Fat (g) Traffic tight	Sugars (g) Traffic tight	Contains Allergens	May Contain Allergens	Recipe Quid
Salads	Pesto Chicken & Potato Salad	With red onion, spinach and basil pesto (V)	788	188	10.6	12.3	2.3	8.5	2.2	341	2570	614	34.6	40.3	7.6	27.7	7.2	1111	orange	orange	green	Contains: Tree nuts, Cashews, Pine Nut, Eggs, Milk		Roasted Baby Potatoes Sub Recipe (46%) [Potato Fresh (89.8%) [Potato 100%], Premium Blended Oil (9%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Table Salt (0.6%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.6%) [Pepper 100%]], Sous Vide Chicken Breast (30.7%) [Chicken 97% (BBQ Provence Dry Rub â€" Salt, Rice Cereal, Sugar, Dextrose, Dehydrated Vegetables, Natural Flavours (Wheat, Soy), Breadcrumbs (Wheat), Herbs, Spices, Flavour Enhancers (621, 635), Canola Oil, Anti Caking Agent (551), Hydrolysed Vegetable Protein (Soy), Food Acid (330), Spice Extract (160c) 3%)], Basil Pesto (9.2%) [Contains Dairy (Milk), Egg, Tree Nuts.Basil Puree, Canola Oil, Water, Cashews, Parmesan Cheese (Milk), Sugar, Garlic, Vinegar, Pinenuts, Salt, Food Acid (Citirc Acid), (330), Preservatives (Potassium Sorbate) (202), Thickener (Xanthan Gum), (415)], Spinach Leaves Fresh (7.7%) [Spinach Leaves], Spanish (Red) Onion Fresh (3.1%) [Red Onion], Premium Blended Oil (3.1%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], White Ground Pepper (0.31%) [Pepper 100%]CONTAINS: Cashew, Pine Nut, Egg, Milk
Salads	Pumpkin & Chickpea Salad	With baby spinach, wild rocket, lime-infused spanish onion & honey mustard dressing (V)	648	155	18.7	5.4	0.43	7.6	4.6	117	1750	419	50.5	14.6	1.2	20.5	12.4	315	orange	green	green	Contains: Eggs, Milk, Soya	May Contain: Sulphites	Char Grilled Pumpkin (37%) [Pumpkin (60%), Chilli, Thyme, Garlic, Cumin, Cracked Pepper, Coriander, Salt, Vinegar & Canola Oil], Cherry Tomatoes Fresh (18.5%) [Tomatoes], Chickpeas (14.8%) [Chickpeas (60%), Water, Salt], Honey Mustard Dressing (11.1%) [Water, Vegetable Oil (contains Antioxidant (Butylated Hydroxyanisole)), Honey 9%, Sugar, Glucose Syrup, Mustard Seed 4%, Egg Yolk, Food Acids (Acetic, Citric), Salt, Thickeners (Modified Cornstarch, Xanthan Gum (contains Soy)), Whey (Milk) Protein (contains Milk), Turmeric, Colour (Caramel (150c)), Marjoram, Thyme, Garlic Extract, Spice Extract], Lime Infused Onion (7.4%) [Spanish (Red) Onion Fresh (77.3%) [Red Onion], Lime Juice (22.7%) [100% Reconstituted Lime Juice, Preservative (223 (Sulphites)]], Spinach Leaves Fresh (5.6%) [Spinach Leaves], Rocket, Raw (5.6%) [Rocket 100%]CONTAINS: Egg, Milk, Soy
Salads	Pumpkin, Kale & Quinoa Salad Bowl	Roasted garlic and cumin pumpkin, grilled halloumi, quinoa, kale, rocket, cherry tomatoes and avocado with a lemony olive oil dressing.	782	187	15.3	9.4	2.9	9.8	1.5	469	2930	701	57.3	35.4	11	36.9	5.6	1760	orange	orange	green	Contains: Milk		Organic Quinoa Mix Sub Recipe (34.7%) [Tap Water (66.7%) [Water 100%], Quinoa 3 Grain Mix (33.3%) [White Quinoa, Red Quinoa, Black Quinoa]], Roasted Pumpkin With Garlic & Cumin Sub Recipe (18.7%) [Butternut Pumpkin (92.8%) [Pumpkin 100%], Premium Blended Oil (5.6%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Fresh Garlic Crushed (0.93%) [Garlic, Salt], Cumin Ground (0.23%) [Cumin], Table Salt (0.23%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.23%) [Pepper 100%]], Halloumi Cheese (16%) [Milk, Salt, Mineral, Rennet (Milk), Cultures, Mint], Cherry Tomatoes Fresh (10.7%) [Tomatoes], Avocado Fresh (10.7%) [Avocado], Lemon Olive Oil Dressing Sub Recipe (4%) [Premium Blended Oil (64.1%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Edlyn (34.2%) [100% Lemon Juice], Table Salt (0.85%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.85%) [Pepper 100%]], Kale Fresh (2.7%) [Kale 100%], Rocket, Raw (2.7%) [Rocket 100%]CONTAINS: Milk
Salads	Red, White & Green Salad	Chorizo, potato, halloumi, red onion and green beans are lightly roasted then tossed with rocket, seeded mustard and a light lemon dressing.	770	184	6.1	15.2	4.6	5.6	1.2	667	2510	600	19.9	49.6	14.9	18.2	3.8	2174	orange	orange	green	Contains: Milk	May Contain: Gluten, Wheat, Peanuts, Eggs, Fish, Sesame, Soya	Potatoes Diced Sub Recipe (27.6%) [Potato Fresh (89.8%) [Potato 100%], Premium Blended Oil (9%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Table Salt (0.6%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.6%) [Pepper 100%]], Spanish Chorizo (15.3%) [Meat Including Pork, Salt, Spices (Including Chilli), Dried Vegetables (Including Garlic), Lactose (Milk), Dextrose (Maize Or Tapioca), Maltodextrin (Maize), Mineral Salt (451), Antioxidant (316), Herbs, Starter Culture, Sugar, Preservative (250), Spice Extracts (Including 160c), Natural Hog Casing, Wood Smoke], Green Beans (15.3%) [Green Beans], Halloumi Cheese (12.3%) [Milk, Salt, Mineral, Rennet (Milk), Cultures, Mint], Lemon Olive Oil Dressing Sub Recipe (9.2%) [Premium Blended Oil (64.1%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Edlyn (34.2%) [100% Lemon Juice], Table Salt (0.85%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.85%) [Pepper 100%]], Spanish (Red) Onion Fresh (9.2%) [Red Onion], Rocket, Raw (7.7%) [Rocket 100%], Mustard Seeded (3.1%) [Water, Mustard Seed, Salt, Sugar, Food Acid, Herbs, Spices, Garlic Extract], Whole Black Peppercorns (0.31%) [Pepper 100%]CONTAINS: Milk
Salads	Sweet Potato & Halloumi Salad	Grilled halloumi, roasted sweet potatoes, toasted pepitas, fresh cherry tomatoes, rocket, spinach and avocado, with fresh basil and honey mustard dressing.	818	196	12.3	11.7	3.5	10.1	5.2	670	2420	579	36.5	34.5	10.4	29.9	15.5	1983	orange	orange	orange	Contains: Eggs, Milk, Soya		Roasted Sweet Potato Sub Recipe (33.8%) [Golden Sweet Potato Fresh (93.5%) [100% Sweet Potato], Premium Blended Oil (4.7%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Table Salt (0.93%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.93%) [Pepper 100%]], Halloumi Cheese (20.3%) [Milk, Salt, Mineral, Rennet (Milk), Cultures, Mint], Avocado Fresh (13.5%) [Avocado], Honey Mustard Dressing (10.1%) [Water, Vegetable Oil (contains Antioxidant (Butylated Hydroxyanisole)), Honey 9%, Sugar, Glucose Syrup, Mustard Seed 4%, Egg Yolk, Food Acids (Acetic, Citric), Salt, Thickeners (Modified Cornstarch, Xanthan Gum (contains Soy)), Whey (Milk) Protein (contains Milk), Turmeric, Colour (Caramel (150c)), Marjoram, Thyme, Garlic Extract, Spice Extract], Cherry Tomatoes Fresh (6.8%) [Tomatoes], Spinach Leaves Fresh (6.8%) [Spinach Leaves], Rocket, Raw (5.1%) [Rocket 100%], Pepitas Toasted Sub Recipe (3.4%) [Pumpkin Seeds / Pepitas (99.5%) [Pumpkin Seeds], Canola Oil (0.5%)], Basil Leaves Fresh (0.34%) [Basil]CONTAINS: Egg, Milk, Soy
Salads	Tomato & white bean salad	With creamy feta, fresh herbs, spanish onion and a light lemon dressing (V)	925	221	35.2	5.8	1.8	6.6	2.2	300	3800	910	145	23.9	7.4	26.9	9.1	1233	orange	orange	green	Contains: Milk		Cannellini Beans (48.7%) [Cannellini (white) Beans (60%), Water, Salt, Acidity Regulator: Ascorbic Acid (330)], Cherry Tomatoes Fresh (36.5%) [Tomatoes], Danish Feta Cubed (7.3%) [Danish Fetta (75%) (Pasteurised Milk, Vegetable Oil, Salt, Lactic Acid, Culture & Rennet (Milk)), Water & SaltContains: Milk And Milk Products], Lemon Olive Oil Dressing Sub Recipe (4.9%) [Premium Blended Oil (64.1%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Edlyn (34.2%) [100% Lemon Juice], Table Salt (0.85%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.85%) [Pepper 100%]], Spanish (Red) Onion Fresh (1.2%) [Red Onion], Basil Leaves Fresh (0.73%) [Basil], Parsley Fresh (0.73%) [Parsley 100%]CONTAINS: Milk
Salads	Watermelon Salad	Fresh watermelon cubes with kalamata olives, lime-infused spanish onion, danish feta & wild rocket (v)	393	94	5.8	5	1.3	6.5	5.1	118	1140	273	16.7	14.4	3.7	18.8	14.9	341	orange	green	orange	Contains: Milk	May Contain: Sulphites	Watermelon (69%) [Watermelon 100%], Pitted Kalamata Olives (10.3%) [Kalamata Olives (50%), Water, Vinegar, Salt, Lactic Acid], Danish Feta Cubed (6.9%) [Danish Fetta (75%) (Pasteurised Milk, Vegetable Oil, Salt, Lactic Acid, Culture & Rennet (Milk)), Water & SaltContains: Milk And Milk Products], Rocket, Raw (5.2%) [Rocket 100%], Sub Recipe: Lime Infused Onion (5.2%) [Spanish (Red) Onion Fresh (77.3%) [Red Onion], Lime Juice (22.7%) [100% Reconstituted Lime Juice, Preservative (223 (Sulphites)]], Pumpkin Seeds / Pepitas (3.4%) [Pumpkin Seeds]CONTAINS: Milk
Salads	Wellness Salad	Sliced fresh fig, danish feta, pomegranate pearls, orange cheeks, toasted pistachios, baby spinach & wild rocket w beetroot & blood orange dressing (V)	487	117	3.2	4.9	1.7	14.6	11.4	195	998	239	6.5	10.1	3.4	29.9	23.3	400	orange	orange	orange	Contains: Tree nuts, Pistachios, Milk		Oranges Segmented (31.7%) [Oranges 100%], Figs Fresh (14.6%) [Figs Fresh 100%], Beetroot & Orange Dressing Sub Recipe (14.6%) [Balsamic Beetroot Relish (57.1%) [Beetroot (39%), Sugar, Apple, Balsamic Vinegar (11%), Vinegar, Onion, Cornflour, Mustard Seeds, Sea Salt, Pectin, Herbs And Spices Gluten Free VEGAN], Pulp Free Orange Juice (42.9%) [Reconstituted Orange Juice 99.9%, Flavour, Colour (110), Preservative 202]], Rocket, Raw (9.8%) [Rocket 100%], Spinach Leaves Fresh (9.8%) [Spinach Leaves], Danish Feta Cubed (9.8%) [Danish Fetta (75%) (Pasteurised Milk, Vegetable Oil, Salt, Lactic Acid, Culture & Rennet (Milk)), Water & SaltContains: Milk And Milk Products], Pistachio Kernals (4.9%) [Pistachio Kernals], Pomegranate Arils (4.9%) [Fresh Pomegranate Arils (100%)]CONTAINS: Pistachio, Milk
Share Plates & Starters	Antipasto Charcuterie Board for Two	A stunning array of cured meats, cheeses, fruits, nuts, crackers & condiments. Made for grazing in good company.	971	232	8.8	16.1	5.1	13.2	4.3	779	6010	1440	54.3	99.7	31.6	81.6	26.7	4822	orange	red	green	Contains: Gluten, Wheat, Barley, Tree nuts, Almonds, Cashews, Pine Nut, Eggs, Milk, Sesame, Soya		Antipasto Mix GF (9.7%) [Selected Vegetables [eggplant, Green Olives, Peppers, Zucchini] (55%), Canola Oil, Olive Oil, Herbs, Spices, Garlic, Acidity Regulators: Acetic Acid & Citric Acid, Antioxidant: Ascorbic Acid], Grissini Sticks With Prosciutto Sub Recipe (9.7%) [Sliced Proscuitto (66.7%) [Pork, Salt, Dextrose (Maize Or Tapioca), Preservatives (251, 250), Antioxidant (316), Starter Culture], Grissini Sticks (33.3%) [Wheat Flour, Extra Virgin Olive Oil (7%), Yeast, Salt (3%), Malt (Gluten, Barley): Barley Malt Extract And Malted]], Brie Cheese (9.4%) [Pasteurised Milk, Salt, Cultures, Rennet], Hommus (8.1%) [Chickpeas (58%), Tahini (Sesame), Canola Oil, Cumin, Citric Acid, Preservative (E202 & 211), Salt & Sugar], Shaved Leg Ham (8.1%) [Pork, Water, Cure [Salt, Sugar, Mineral Salts (450, 451), Dextrose (Maize Or Tapioca), Antioxidant (316), Preservative (250)], Acidity Regulators (326, 262), Modified Starch (1442 Maize Or Tapioca), Vegetable Gum (407a), Natural Flavour, Wood Smoke], Roasted Pumpkin With Garlic & Cumin Sub Recipe (8.1%) [Butternut Pumpkin (92.8%) [Pumpkin 100%], Premium Blended Oil (5.6%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Fresh Garlic Crushed (0.93%) [Garlic, Salt], Cumin Ground (0.23%) [Cumin], Table Salt (0.23%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.23%) [Pepper 100%]], Mild Hungarian Salami (6.5%) [Meat Including Pork (90%), Salt, Potato Fibre, Dextrose (tapioca, Maize), Spices And Spice Extracts, Maltodextrin (Maize), Sugar, Herb Extracts, Antioxidants (316, 307b), Mustard Flour, Dehydrated Vegetable, Emulsifier (451), Fermented Rice, Starter Cultures, Sodium Nitrite (250), Canola Oil Smoked], Basil Pesto (6.5%) [Contains Dairy (Milk), Egg, Tree Nuts.Basil Puree, Canola Oil, Water, Cashews, Parmesan Cheese (Milk), Sugar, Garlic, Vinegar, Pinenuts, Salt, Food Acid (Citirc Acid), (330), Preservatives (Potassium Sorbate) (202), Thickener (Xanthan Gum), (415)], Danish Feta Cubed (6.5%) [Danish Fetta (75%) (Pasteurised Milk, Vegetable Oil, Salt, Lactic Acid, Culture & Rennet (Milk)), Water & SaltContains: Milk And Milk Products], Strawberries Fresh (6.5%) [Strawberries], Water Crackers (5.8%) [Wheat Flour, Vegetable Oil (Contains Soy), Salt, Baking Powder], Spanish Chorizo (4.8%) [Meat Including Pork, Salt, Spices (Including Chilli), Dried Vegetables (Including Garlic), Lactose (Milk), Dextrose (Maize Or Tapioca), Maltodextrin (Maize), Mineral Salt (451), Antioxidant (316), Herbs, Starter Culture, Sugar, Preservative (250), Spice Extracts (Including 160c), Natural Hog Casing, Wood Smoke], Pepitas Toasted Sub Recipe (3.2%) [Pumpkin Seeds / Pepitas (99.5%) [Pumpkin Seeds], Canola Oil (0.5%)], Activated Almonds Sub Recipe (3.2%) [Almonds Whole (50%) [Almonds 100%], Tap Water (50%) [Water 100%]], Red Cabbage, Pickled Sub Recipe (3.2%) [Cabbage Red Fresh (70%) [Cabbage 100%], Cider Vinegar (50%) [Naturally Brewed Apple Cider Vinegar, Apple Extract], Tap Water (40%) [Water 100%], Maple Syrup (6%) [Glucose, Sugar, Water, Flavour, Food Acid(330), Preservative(202), Colour(150)], Table Salt (1.5%) [Salt, Anti Caking Agent (554)]], Honey (0.81%) [100% Pure Australian Honey]CONTAINS: Gluten, Wheat, Almond, Cashew, Pine Nut, Egg, Milk, Sesame, Soy
Share Plates & Starters	Bowl Chips w Aioli & Truffle Parmesan	Perfect for sharing, served with aioli (V) (VF)	897	215	4.6	15.1	2.3	15.4	0.99	99	3320	794	17	55.8	8.5	56.8	3.7	366	orange	orange	green	Contains: Eggs, Milk		Side Chips Sub Recipe (81.1%) [Potato Chips Ultrafast (95.5%) [Potato (97%), Canola Oil, Dextrose (from Maize)], Canola Oil (3.2%), Chip Seasoning Sub Recipe (1.3%) [Table Salt (60%) [Salt, Anti Caking Agent (554)], Smokey Paprika Powder (40%) [Paprika, Canola Oil, Vegetable Powders, Smoke Flavour]]], Truffle Parmesan Add On (Bowl Size) Sub Recipe (10.8%) [Parmesan Grated Sub Recipe (75%) [Shaved Parmesan (100%) [Parmesan Cheese (Milk, salt, starter Cultures, enzymes), Anticaking Agent (460), Preservative (200)]], Truffle Oil (12.5%) [Extra Virgin Olive Oil, Black Truffle Aroma, Dehydrated Truffle (Tuber Indicum)]], Truffle Paste (12.5%) [Cultivated Mushrooms (Agaricus Bisporus)Mushrooms (Boletus Edulis And Related Group)Sunflower Seed Oil Extra Virgin Olive Oil Tartufi Bianchi : Truffle (Tuber Borchii Or Albidum Pico), White Truffle (Tuber Magnum Pico)salt Aroma]], Aioli GF (8.1%) [Canola Oil, Egg, Water, Balsamic Vinegar (Colour (150d)), Dijon Mustard, Vinegar, Garlic (0.5%), Salt, Reconstituted Lemon Juice, White Pepper, Acidity Regulator (270)]CONTAINS: Egg, Milk
Share Plates & Starters	Bowl of Chips & Aioli	With our perfect chip seasoning and a side of aioli.	798	191	2.3	12.6	0.94	17.1	1	48	2630	630	7.7	41.7	3.1	56.4	3.4	159	orange	green	green	Contains: Eggs		Side Chips Sub Recipe (90.9%) [Potato Chips Ultrafast (95.5%) [Potato (97%), Canola Oil, Dextrose (from Maize)], Canola Oil (3.2%), Chip Seasoning Sub Recipe (1.3%) [Table Salt (60%) [Salt, Anti Caking Agent (554)], Smokey Paprika Powder (40%) [Paprika, Canola Oil, Vegetable Powders, Smoke Flavour]]], Aioli GF (9.1%) [Canola Oil, Egg, Water, Balsamic Vinegar (Colour (150d)), Dijon Mustard, Vinegar, Garlic (0.5%), Salt, Reconstituted Lemon Juice, White Pepper, Acidity Regulator (270)]CONTAINS: Egg
Share Plates & Starters	Bruschetta Classica	Toasted sourdough topped with crumbled feta, diced tomato, red onion, fresh basil, and rich balsamic glaze.	698	167	4.4	8.4	2.7	18.3	5.3	478	2050	490	13	24.7	8	53.6	15.5	1401	red	red	orange	Contains: Gluten, Wheat, Rye, Milk, Sulphites		Bruschetta Mix Sub Recipe (47.8%) [Roma Tomato Fresh (69.9%) [Tomato 100%], Spanish (Red) Onion Fresh (20%) [Red Onion], Premium Blended Oil (8%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Basil Leaves Fresh (1.2%) [Basil], White Ground Pepper (0.5%) [Pepper 100%], Table Salt (0.5%) [Salt, Anti Caking Agent (554)]], Sourdough Sliced Vegan (27.3%) [Wheat Flour [Contains Vitamins (Thiamine, Folate)], Water, Sourdough Culture (8%) [Water, Wheat Flour, Fermented Rye Flour, Durum Wheat, Ascorbic Acid (E300), Acetic Acid (E260), Enzymes], Semolina (Gluten, Wheat), Canola Oil, Wheat Gluten, Salt Iodised, Bran, Rye Flour, Vinegar, Yeast [Yeast, Water, Mineral Oil]], Danish Feta Cubed (17.1%) [Danish Fetta (75%) (Pasteurised Milk, Vegetable Oil, Salt, Lactic Acid, Culture & Rennet (Milk)), Water & SaltContains: Milk And Milk Products], Balsamic Glaze (6.8%) [Cooked Grape Must, "aceto Balsamico Di Modena IGP" 38% [wine (Sulphites) Vinegar, Concentrated And Cooked Grape Must, Colour (150d), Anti Oxidant: Sulphur (Sulphites)], Wine (Sulphites) Vinegar, Colour (150d), Thickeners (1422) And Vegetable Gum (415)Product Contains Sulphites], Basil Leaves Fresh (1%) [Basil]CONTAINS: Gluten, Wheat, Milk, Sulphites
Share Plates & Starters	Cheesy Bacon Arancini	Three smoky bacon and cheese arancini balls with blue cheese sauce and rocket.	1030	247	1.2	26.9	2.8	0.81	0.78	1754	1860	444	2.2	48.5	5.1	1.5	1.4	3158	red	orange	green	Contains: Gluten, Wheat, Eggs, Milk		Arancini Smokey Bacon & Cheese (66.7%) [Alborio Rice (42%), Onion, Bacon, Water, Cheese (Milk), Lemon Juice Salt, Pepper, Sugar, Spices, Gourmet Stock(Salt, Sugar, Dextrose Monohydrate, Dehydrated Vegetable), BreadCrumbs (Wheat, Yeast, Salt, Water), Flavour Enhancer (655), Rice Bran Oil, Herbs, Spices, Anti CakingAgent (551), Spring Onion], Blue Cheese Sauce (27.8%) [Canola Oil, Whole Egg, Vinegar, Sugar, Salt, Mustard Powder, Blue Cheese (Milk) Powder, Blue Vein Cheese (Milk) (10%)], Canola Oil (5.6%)CONTAINS: Gluten, Wheat, Egg, Milk
Share Plates & Starters	Cheesy Garlic Bread for One	Continental roll open-toasted with delicious garlic butter and mozzarella.	1510	361	9.6	26.1	15.8	22.4	1.1	424	1980	474	12.6	34.3	20.8	29.4	1.4	557	red	red	green	Contains: Gluten, Wheat, Milk, Soya		Garlic Bread For One (76.8%) [Continental Roll (59.4%) [Wheat Flour [Contains Vitamins (Thiamine, Folic Acid)], Water, Canola Oil, Iodised Salt, Improver [Wheat Flour, Soya Flour, Malted Wheatflour, Processing Aids Enzymes, Ascorbic Acid (300)], Yeast [Vegetable Oil, Potato Starch]], Salted Butter (29.7%) [Pasteurised Cream (from Milk)], Fresh Garlic Crushed (7.9%) [Garlic, Salt], Parsley Fresh (3%) [Parsley 100%]], Shredded Mozzarella (22.8%) [Mozzarella Cheese (Milk) [Milk, Salt, Cultures, Enzyme (Non Animal Rennet (Milk))], Anti Caking Agent (460), Preservative (200)], Parsley Fresh (0.38%) [Parsley 100%]CONTAINS: Gluten, Wheat, Milk, Soy
Share Plates & Starters	Chilli Salt Calamari Starter	Tender calamari pieces in a crispy chilli-salt coating.	637	152	12.6	1.3	0.52	22	1.3	166	541	130	10.7	1.1	0.44	18.7	1.1	141	green	green	green	Contains: Gluten, Wheat, Molluscs, Sulphites		Squid Pineapple Cut Strips (57.5%) [Squid (Molluscs) (Bartrammi) , Salt, Water], Plain Flour (28.7%) [Wheat Flour], Lemon Wedge 1/8 Cut Fresh (9.6%) [Lemons], Chilli Salt Sub Recipe (2.3%) [Sea Salt Flakes (72.5%) [Salt 100%], Chilli Flakes (14.5%) [Chilli], Whole Black Peppercorns (7.2%) [Pepper 100%], Garlic Powder (2.9%) [GARLIC FLAKES, GRANULES AND POWDER Contains: Sulphites], White Sugar (2.9%) [Cane Sugar]], Rocket, Raw (1.9%) [Rocket 100%]CONTAINS: Gluten, Wheat, Molluscs, Sulphites
Share Plates & Starters	Falafel Bites	With beetroot hummus, wild rocket & dukkah (V)	858	205	6.5	12.1	1.3	17.5	2.8	346	943	226	7.1	13.3	1.4	19.2	3.1	380	orange	green	green	Contains: Gluten, Wheat, Sesame		Mini Felafel (68.2%) [Chick Peas (61%), Onion, Sunflower Oil, Wheat Semolina (Gluten, wheat), Parsley, Salt, Corn Starch, Spices, Raising Agent (500).], Rocket, Raw (13.6%) [Rocket 100%], Beetroot Hommus (13.6%) [Chickpeas (58%), Beetroot, Tahini (Sesame), Canola Oil, Cumin, Citric Acid, Garlic, Food Additive E415, Preservative (E202 & 211), Salt & Sugar], Dukkah Seasoning (4.5%) [Sunflower, Sesame Seed, Salt, Pumpkin Seed, spices]CONTAINS: Gluten, Wheat, Sesame

Category	Recipe Name	Recipe Description	Energy (kJ) per 100g	Energy (kcal) per 100g	Protein (g) per 100g	Fat (g) per 100g	Saturated Fat (g) per 100g	Carbohyd rate (g) per 100g	Sugars (g) per 100g	Sodium (Na) (mg) per 100g	Energy (kJ) per serving	Energy (kcal) per serving	Protein (g) per serving	Fat (g) per serving	Saturated Fat (g) per serving	Carbohyd rate (g) per serving	Sugars (g) per serving	Sodium (Na) (mg) per serving	Fat (g) Traffic light	Saturated Fat (g) Traffic light	Sugars (g) Traffic light	Contains Allergens	May Contain Allergens	Recipe Quid
Share Plates & Starters	Field Mushroom Parmigiana	Panko crumbed field mushrooms (3) topped w roast tomato sugo, vegan mozzarella & pea pesto (V) (VF)	618	148	4	7.5	1	16	2.6	247	1350	324	8.8	16.4	2.2	35.2	5.7	541	orange	green	green	Contains: Gluten, Wheat, Soya	May Contain: Tree nuts, Sesame	Panko Crumbed Field Mushrooms Sub Recipe (59%) [Portabello Mushroom Fresh (55.4%) [Mushroom], Bread Crumbs (17.8%) [Wheat Flour, Canola Oil, Yeast, Sugar, Salt, Wheat Gluten], Tap Water (14.9%) [Water 100%], Semolina (8.9%) [Wheat 100%], Cornflour (2%) [Cornflour (Wheat)], Tuscan Seasoning (0.99%) [Salt, Sugar, Garlic 15%, Pepper 11%, Rosemary 9%, Parsley 2%, Vegetable Oil]], Napoli Pronto Blended Sub Recipe (13.7%) [Napoli (100%) [Italian Tomatoes^ (95%) (diced, Paste), Sunflower Oil, Sugar, Salt, Water, Food Acid (citric), Onions]], Sub Recipe: Pea Pesto (13.7%) [Peas Frozen (54.5%) [Peas Legumes Eg Beans, Peas, Lentils, Bean Sprouts], Basil Pesto Vegan (45.5%) [Australia Basil Puree (60%), Soy Beans, Salt, Garlic, Citric Acid, Preservative (E202 & 211), Canola Oil And Sugar]], Vegan Mozzarella Shreds (9.1%) [Ingredients: Water, Soy Milk (Filtered Water, Organic Whole Soya Beans, Organic Sunflower Oil, Sea Salt), Canola Oil, Tapioca Starch, Thickener (Agar Agar), Vegan Flavours, Sea Salt, Yeast Flakes, Emulsifier (Soy Lecithin), Preservative (Sorbic Acid), Antioxidant (Citric Acid). Allergen Advice: Contains Soy], Salsa Verde Sub Recipe (4.6%) [Premium Blended Oil (53.7%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Parsley Fresh (17.9%) [Parsley 100%], Lemon Juice Fresh Squeezed (11.9%) [Lemon Juice 100%], Baby Capers (9%) [Baby Capers, White Vinegar], Basil Leaves Fresh (4.5%) [Basil], Garlic Fresh (1.8%) [Garlic 100%], Table Salt (0.6%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.6%) [Pepper 100%]]CONTAINS: Gluten, Wheat, Soy
Share Plates & Starters	Garlic Bread For One	Continental roll open-toasted with delicious garlic butter.	1570	377	5	27	16.4	28.8	1.1	385	1590	380	5.1	27.2	16.6	29.1	1.1	389	red	red	green	Contains: Gluten, Wheat, Milk, Soya		Continental Roll (59.4%) [Wheat Flour [Contains Vitamins (Thiamine, Folic Acid)], Water, Canola Oil, Iodised Salt, Improver [Wheat Flour, Soya Flour, Malted Wheatflour, Processing Aids Enzymes, Ascorbic Acid (300)], Yeast [Vegetable Oil, Potato Starch]], Salted Butter (29.7%) [Pasteurised Cream (from Milk)], Fresh Garlic Crushed (7.9%) [Garlic, Salt], Parsley Fresh (3%) [Parsley 100%]CONTAINS: Gluten, Wheat, Milk, Soy
Share Plates & Starters	Garlic Prawn Bruschetta	On toasted sourdough	668	160	4.2	7.5	1.7	18.6	1.5	361	2940	704	18.5	32.9	7.6	81.8	6.4	1588	orange	orange	green	Contains: Gluten, Wheat, Rye, Milk, Crustaceans, Sulphites		Sourdough Sliced Vegan (36.4%) [Wheat Flour [Contains Vitamins (Thiamine, Folate)], Water, Sourdough Culture (8%) [Water, Wheat Flour, Fermented Rye Flour, Durum Wheat, Ascorbic Acid (E300), Acetic Acid (E260), Enzymes], Semolina (Gluten, Wheat), Canola Oil, Wheat Gluten, Salt Iodised, Bran, Rye Flour, Vinegar, Yeast [Yeast, Water, Mineral Oil]], Bruschetta Mix Sub Recipe (22.7%) [Roma Tomato Fresh (69.9%) [Tomato 100%], Spanish (Red) Onion Fresh (20%) [Red Onion], Premium Blended Oil (8%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Basil Leaves Fresh (1.2%) [Basil], White Ground Pepper (0.5%) [Pepper 100%], Table Salt (0.5%) [Salt, Anti Caking Agent (554)]], Avocado Smash Mix Sub Recipe (18.2%) [Avocado Fresh (97.8%) [Avocado], Lemon Juice Fresh Squeezed (1.8%) [Lemon Juice 100%], Table Salt (0.18%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.18%) [Pepper 100%]], Prawn Cutlet Viet (15.9%) [100% Prawn (Crustaceans)], Danish Feta Cubed (3.4%) [Danish Fetta (75%) (Pasteurised Milk, Vegetable Oil, Salt, Lactic Acid, Culture & Rennet (Milk)), Water & SaltContains: Milk And Milk Products], Fresh Garlic Crushed (1.1%) [Garlic, Salt], Baby Capers (1.1%) [Baby Capers, White Vinegar], Balsamic Glaze (1.1%) [Cooked Grape Must, "aceto Balsamico Di Modena IGP" 38% [wine (Sulphites) Vinegar, Concentrated And Cooked Grape Must, Colour (150d), Anti Oxidant: Sulphur (Sulphites)], Wine (Sulphites) Vinegar, Colour (150d), Thickeners (1422) And Vegetable Gum (415)Product Contains Sulphites]CONTAINS: Gluten, Wheat, Milk, Crustacean, Sulphites
Share Plates & Starters	Halloumi Chips	Halloumi strips in a golden coating. Served with rocket and a lemon wedge.	1090	260	11.9	10.2	6.2	29.9	0.12	1663	2940	703	32.3	27.5	16.7	80.6	0.34	4490	orange	red	green	Contains: Milk, Sulphites		Halloumi Cheese (55.6%) [Milk, Salt, Mineral, Rennet (Milk), Cultures, Mint], Potato Starch (37%) [Potato Starch, Contains: Sulphur (sulphites)], Lemon Wedge 1/8 Cut Fresh (5.2%) [Lemons], Dressed Rocket Sub Recipe (1.9%) [Rocket, Raw (50%) [Rocket 100%], Premium Blended Oil (30%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Table Salt (10%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (10%) [Pepper 100%]], Table Salt (0.37%) [Salt, Anti Caking Agent (554)]CONTAINS: Milk, Sulphites
Share Plates & Starters	Hand-stretched Cheesy Garlic Pizza	Loads of mozzarella and garlic oil on a traditional Italian base.	431	103	4.9	9.2	3.5	0.35	0.2	122	1160	278	13.3	24.9	9.4	0.94	0.53	331	orange	orange	green	Contains: Milk		200gm Dough Ball (74.1%) [Wheat FlourWateryeastsaltimprover(Gluten, Wheat Flour, Ascorbic Acid (300) Enzymes)cornflour, Gluten, Soy Flour, Guargum], Shredded Mozzarella (18.5%) [Mozzarella Cheese (Milk) [Milk, Salt, Cultures, Enzyme (Non Animal Rennet (Milk))], Anti Caking Agent (460), Preservative (200)], Garlic, Parmesan & Herbs Oil Sub Recipe (7.4%) [Premium Blended Oil (68.3%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Fresh Garlic Crushed (18.6%) [Garlic, Salt], Shaved Parmesan (9.3%) [Parmesan Cheese (Milk, salt, starter Cultures, enzymes), Anticaking Agent (460), Preservative (200)], Parsley Fresh (1.9%) [Parsley 100%], Rosemary Raw Sprig Fresh (1.1%) [Rosemary 100%], White Ground Pepper (0.78%) [Pepper 100%]]CONTAINS: Milk
Share Plates & Starters	Honey Glazed Halloumi	Grilled halloumi cheese with honey, fresh lemon, thyme and rocket.	879	210	15	12	7.6	10.5	9	2001	1530	366	26.1	20.9	13.2	18.3	15.7	3482	orange	red	orange	Contains: Milk		Halloumi Cheese (69%) [Milk, Salt, Mineral, Rennet (Milk), Cultures, Mint], Honey (11.5%) [100% Pure Australian Honey], Lemon Sliced (8.6%) [Lemon 100%], Lemon Juice Fresh Squeezed (5.7%) [Lemon Juice 100%], Rocket, Raw (2.9%) [Rocket 100%], Thyme Fresh (2.3%) [Thyme 100%]CONTAINS: Milk
Share Plates & Starters	Lamb Meatballs	House-made, served w tzatziki & wild rocket.	735	176	14.7	8.2	2.3	10.5	2.8	232	1370	328	27.5	15.3	4.4	19.6	5.3	433	orange	orange	green	Contains: Gluten, Wheat, Tree nuts, Milk		Sub Recipe: Tuscan Lamb Meatballs (75.9%) [Lamb Mince (71.4%) [Lamb Mince], Bread Crumbs (14.3%) [Wheat Flour, Canola Oil, Yeast, Sugar, Salt, Wheat Gluten], Sundried Tomatoes (7.1%) [Sun Dried Tomatoes (Tomatoes, Salt, Sulfur Dioxide (Sulphites) (220 (Sulphites) (60%), Canola Oil, Mixed Herbs, Garlic, Salt], Shaved Parmesan (3.6%) [Parmesan Cheese (Milk, salt, starter Cultures, enzymes), Anticaking Agent (460), Preservative (200)], Tuscan Seasoning (2.1%) [Salt, Sugar, Garlic 15%, Pepper 11%, Rosemary 9%, Parsley 2%, Vegetable Oil], Parsley Fresh (1.1%) [Parsley 100%], Lemon Pepper Seasoning (0.36%) [Salt, Pepper 23%, Rice Flour, Chicken Flavour, Food Acid (Citric), Sugar, Garlic, Onion, Lemon Peel 3%, Vegetable Oil, Lemon Flavour 0.5%, Lemon Oil 0.5%]], Tzatziki Dressing (16.1%) [Yoghurt (Milk) (80%) (Whole Milk, Milk Solids, Skim Milk, Cream (Milk), Live Cultures), Cucumber, Olive Oil, Garlic, Salt, Vinegar, Preservative (202, 211), Thickener (415), Pepper, Citric Acid.Contain Traces Of, Nuts, Seeds], Rocket, Raw (8%) [Rocket 100%]CONTAINS: Gluten, Wheat, Tree nut, Milk
Share Plates & Starters	Malaga Prawns & Chorizo	Sauteed chorizo and prawns in a fragrant napoli sauce. Served with toasted continental roll perfect for dipping.	574	137	3.2	8.6	2.2	10.6	2.1	404	2120	508	11.8	31.7	8	39	7.8	1494	orange	orange	green	Contains: Gluten, Wheat, Milk, Crustaceans, Soya, Sulphites		Napoli Pronto Blendered Sub Recipe (27%) [Napoli (100%) [Italian Tomatoes^ (95%) (diced, Paste), Sunflower Oil, Sugar, Salt, Water, Food Acid (citric), Onions]], Prawn Cutlet Viet (18.9%) [100% Prawn (Crustaceans)], Continental Roll (16.2%) [Wheat Flour [Contains Vitamins (Thiamine, Folic Acid)], Water, Canola Oil, Iodised Salt, Improver [Wheat Flour, Soya Flour, Malted Wheatflour, Processing Aids Enzymes, Ascorbic Acid (300)], Yeast [Vegetable Oil, Potato Starch]], Spanish Chorizo (10.8%) [Meat Including Pork, Salt, Spices (Including Chilli)], Dried Vegetables (Including Garlic), Lactose (Milk), Dextrose (Maize Or Tapioca), Maltodextrin (Maize), Mineral Salt (451), Antioxidant (316), Herbs, Starter Culture, Sugar, Preservative (250), Spice Extracts (Including 160c), Natural Hog Casing, Wood Smoke], WHITE COOKING WINE (8.1%) [White Wine (Sulphites), Salt, Presevative (220 (Sulphites))], Spanish (Red) Onion Fresh (6.8%) [Red Onion], Premium Blended Oil (4.1%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Lemon Juice Fresh Squeezed (4.1%) [Lemon Juice 100%], Fresh Garlic Crushed (2.2%) [Garlic, Salt], Coriander Fresh (0.54%) [Coriander], Table Salt (0.54%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (0.54%) [Pepper 100%], Smokey Paprika Powder (0.27%) [Paprika, Canola Oil, Vegetable Powders, Smoke Flavour]CONTAINS: Gluten, Wheat, Milk, Crustacean, Soy, Sulphites
Share Plates & Starters	Meatballs in Napoli	Three of our delizioso house-made beef meatballs with napoli, mozzarella, parsley and shaved parmesan.	623	149	15.3	7.9	4.1	4.2	1.5	243	1810	433	44.4	22.9	11.9	12.1	4.4	705	orange	orange	green	Contains: Gluten, Wheat, Eggs, Milk, Soya		Meatballs Sub Recipe (67.2%) [Minced Beef Lean (60.5%) [85% Lean Mince, 15% Fat], Full Cream Milk (12.1%) [Full Cream (Milk) Milk, Milk Solids Non Fat], Italian Crumbs Sub Recipe (9.7%) [Continental Roll (71.9%) [Wheat Flour [Contains Vitamins (Thiamine, Folic Acid)], Water, Canola Oil, Iodised Salt, Improver [Wheat Flour, Soya Flour, Malted Wheatflour, Processing Aids Enzymes, Ascorbic Acid (300)], Yeast [Vegetable Oil, Potato Starch]], Shaved Parmesan (15%) [Parmesan Cheese (Milk, salt, starter Cultures, enzymes), Anticaking Agent (460), Preservative (200)], Rosemary Raw Sprig Fresh (9%) [Rosemary 100%], Parsley Fresh (3%) [Parsley 100%], Table Salt (0.6%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (0.6%) [Pepper 100%]], Egg XL (7%) [Eggs], Shaved Parmesan (5.4%) [Parmesan Cheese (Milk, salt, starter Cultures, enzymes), Anticaking Agent (460), Preservative (200)], Fresh Garlic Crushed (2.4%) [Garlic, Salt], Parsley Fresh (1.5%) [Parsley 100%], Table Salt (0.91%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (0.36%) [Pepper 100%]], Napoli Pronto Blendered Sub Recipe (17.2%) [Napoli (100%) [Italian Tomatoes^ (95%) (diced, Paste), Sunflower Oil, Sugar, Salt, Water, Food Acid (citric), Onions]], Shredded Mozzarella (10.3%) [Mozzarella Cheese (Milk) [Milk, Salt, Cultures, Enzyme (Non Animal Rennet (Milk))], Anti Caking Agent (460), Preservative (200)], Shaved Parmesan (3.4%) [Parmesan Cheese (Milk, salt, starter Cultures, enzymes), Anticaking Agent (460), Preservative (200)], Parsley Fresh (1.7%) [Parsley 100%]CONTAINS: Gluten, Wheat, Egg, Milk, Soy
Share Plates & Starters	Mozzarella Fingers	With roasted tomato sugo (V)	876	210	4.9	8.4	4.7	28.5	2.3	388	1770	424	9.9	16.9	9.5	57.5	4.6	783	orange	orange	green	Contains: Gluten, Wheat, Milk		Crumbed Mozzarella Sticks (80.2%) [: Low Moisture Part Skim Mozzarella Cheese (pasteurized Partskim Milk, cheese Cultures, salt, enzymes), Wheat Flour, Water, Dehydrated Potatoes, Butteroil (Milk), Caramel Colour, Corn Flour, Dehydrated Parsley, Dextrose, Garlic Powder, Guar Gum And/or Xanthan Gum, Gum Arabic, Leavening Agents (450, 500), Maltodextrin, Modified Corn Starch, Natural And Artificial Flavours, Onion Powder, Parmesan And Romano Cheese (pasteurized Partskim Milk, cheese Cultures, salt, enzymes) (Part Skim Milk, Cheese (pasteurized Partskim Milk, cheese Cultures, salt, enzymes) Cultures, Salt, Enzymes), Salt, Sorbitol, Sugar, Whey (Milk), Yeast, Colour (102, 110). Allergens: Contains Dairy And Gluten], Napoli Pronto Blendered Sub Recipe (19.8%) [Napoli (100%) [Italian Tomatoes^ (95%) (diced, Paste), Sunflower Oil, Sugar, Salt, Water, Food Acid (citric), Onions]]CONTAINS: Gluten, Wheat, Milk
Share Plates & Starters	Nosh Dips Trio	House-baked focaccia roll served with 3 made-in-house dips. Lemony cashew & artichoke dip, creamy olive dip and a refreshing garlic & dill dip.	551	132	2.4	12.4	4	3.1	2.2	86	2020	482	8.8	45.2	14.6	11.3	8.1	313	orange	orange	green	Contains: Gluten, Wheat, Barley, Tree nuts, Cashews, Eggs, Milk, Sesame		Focaccia Bread Sub Recipe (50.2%) [200gm Dough Ball (109g of 200gm Dough Ball per 100g) [Wheat FlourWateryeastsaltimprover(Gluten, Wheat Flour, Ascorbic Acid (300 Enzymes)cornflour, Gluten, Soy Flour, Guargum], Premium Blended Oil (5.4%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Black Sesame Seeds (1.1%) [Sesame Seed 100%], Italian Mixed Herbs (1.1%) [Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil], Sea Salt Flakes (1.1%) [Salt 100%], Creamy Olive Dip Sub Recipe (16.4%) [Sour Cream Light (38.9%) [REDUCED FAT CREAM (Milk), HALAL GELATINE, SOUR CREAM (Milk) CULTURE CONTAINS Milk AND Milk PRODUCTS], Marinated Pitted Olives (33.3%) [Greek And Spanish Olives (60%), Capsicum, Water, Salt, Acidity Regulators: Acetic Acid & Citric Acid, Vegetable Oil, Garlic, Chilli, Herbs And Spices], Shredded Mozzarella (22.2%) [Mozzarella Cheese (Milk) [Milk, Salt, Cultures, Enzyme (Non Animal Rennet (Milk))], Anti Caking Agent (460), Preservative (200)], Cashews Roasted Unsalted (5.6%) [Cashews 100%]], Dill Dip Sub Recipe (15%) [Sour Cream Light (69%) [REDUCED FAT CREAM (Milk), HALAL GELATINE, SOUR CREAM (Milk) CULTURE CONTAINS Milk AND Milk PRODUCTS], Mayonnaise GF (13.8%) [Canola Oil, Pasteurised Whole Egg (10%), Vinegar, Sugar, Salt, Mustard], Lemon Juice Fresh Squeezed (6.9%) [Lemon Juice 100%], Dill Herb Fresh (6.9%) [Dill 100%], Fresh Garlic Crushed (3.4%) [Garlic, Salt]], Artichoke Dip Sub Recipe (13.7%) [Artichoke Hearts Marinated (35.5%) [Quartered Artichoke Hearts (65%), Water, Soybean Oil, Vinegar, Salt, Spices, Acidity Regulator: Citric Acid, Antioxidant: Ascorbic Acid], Mayonnaise GF (20.3%) [Canola Oil, Pasteurised Whole Egg (10%), Vinegar, Sugar, Salt, Mustard], Sour Cream Light (20.3%) [REDUCED FAT CREAM (Milk), HALAL GELATINE, SOUR CREAM (Milk) CULTURE CONTAINS Milk AND Milk PRODUCTS], Spinach Leaves Fresh (7.6%) [Spinach Leaves], Cashews Roasted Unsalted (7.6%) [Cashews 100%], Lemon Juice Fresh Squeezed (5.1%) [Lemon Juice 100%], Lemon Zest Fresh (1.5%) [Lemons], Mint Leaves Fresh (1%) [Mint 100%], Table Salt (0.51%) [Salt, Anti Caking Agent (554)], White Ground Pepper (0.51%) [Pepper 100%]], Caramelised Onion (2.7%) [Onion (40%), Sugar, Vinegar, Malt (Gluten, Barley) Extract (Barley, Wheat), Molasses, Cornflour, Sea Salt, Pectin, Garlic, Spice CONTAINS Barley, Wheat VEGAN], Sour Cream Light (1.4%) [REDUCED FAT CREAM (Milk), HALAL GELATINE, SOUR CREAM (Milk) CULTURE CONTAINS Milk AND Milk PRODUCTS], Shaved Parmesan (0.55%) [Parmesan Cheese (Milk, salt, starter Cultures, enzymes), Anticaking Agent (460), Preservative (200)]CONTAINS: Gluten, Wheat, Cashew, Egg, Milk, Sesame
Share Plates & Starters	Pane - Olive & Rosemary	with shaved parmesan	253	60	1.5	5.6	1.3	0.98	0.28	23.7	685	164	4.1	15.1	3.5	2.7	0.77	64	orange	green	green	Contains: Milk		200gm Dough Ball (73.8%) [Wheat FlourWateryeastsaltimprover(Gluten, Wheat Flour, Ascorbic Acid (300) Enzymes)cornflour, Gluten, Soy Flour, Guargum], Pitted Kalamata Olives (18.5%) [Kalamata Olives (50%), Water, Vinegar, Salt, Lactic Acid], Rosemary Raw Sprig Fresh (3.7%) [Rosemary 100%], Shaved Parmesan (3.7%) [Parmesan Cheese (Milk, salt, starter Cultures, enzymes), Anticaking Agent (460), Preservative (200)], Table Salt (0.37%) [Salt, Anti Caking Agent (554)]CONTAINS: Milk
Share Plates & Starters	Pork Belly Bites	With Chilli Jam	889	213	10.1	11.2	4	17.7	4	264	1790	428	20.3	22.5	8	35.6	8	530	orange	orange	green	Contains: Gluten, Wheat, Sulphites		Slow Cooked Pork Belly (59.7%) [Australian Pork (92%), Water, Salt, Acidity Regulators (451, 450, 327, 331), Thickeners (1414, 415), Sugar, Canola Oil], Potato Starch (14.9%) [Potato Starch, Contains: Sulphur (sulphites)], Chilli Jam GF (14.9%) [Tomato (26%), (Firming Agent), (509), Apple, (antioxidant (300), Onion, Sugar, Red Wine (Sulphites), Vinegar, (preservative (220 (Sulphites), Citrus Peel, Cajun Style Herb & Spice Mix, (Wheat Flour), Modified Foods Starch, Salt, Acid (330), PepperContains: Sulphites & Wheat], Rocket, Raw (7.5%) [Rocket 100%], Tuscan Seasoning (2.5%) [Salt, Sugar, Garlic 15%, Pepper 11%, Rosemary 9%, Parsley 2%, Vegetable Oil], Table Salt (0.5%) [Salt, Anti Caking Agent (554)]CONTAINS: Gluten, Wheat, Sulphites
Share Plates & Starters	Pumpkin & Cumin Sweet Potato Soup	House-made, served with toasted sourdough and butter.	595	142	3.4	7.9	3.5	14.2	3.1	218	2520	602	14.4	33.4	14.9	59.9	13.1	923	orange	orange	green	Contains: Gluten, Wheat, Rye, Milk, Soya		Pumpkin & Cumin Sweet Potato Soup Sub Recipe (70.9%) [Butternut Pumpkin (31.7%) [Pumpkin 100%], Vegetable Stock (31.7%) [WATER VEGETABLE JUICE CONCENTRATE (CARROT, CELERY, CELERIAC, ONION, CABBAGE) SALT GLUCOSE FRUCTOSE SUGAR DEXTROSE NATURAL FLAVOUR (Soy LECITHIN) POTASSIUM CHLORIDE (SALT SUBSTITUTE) VEGETABLES (CARROTS, CABBAGE, ONIONS, CELERY LEAVES, CELERY, PARSLEY) DISODIUM GUANYLATE AND DISODIUM INOSINATE (NATURAL FLAVOUR ENHANCER) CITRIC ACID], Golden Sweet Potato Fresh (15.2%) [100% Sweet Potato], Coconut Cream (12.7%) [Coconut Cream (74%), Water, Thickener (415)], Brown Onion Fresh (6.3%) [Onion 100%], Premium Blended Oil (1.9%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Fresh Garlic Crushed (0.16%) [Garlic, Salt], Table Salt (0.16%) [Salt, Anti Caking Agent (554)], Cumin Ground (0.08%) [Cumin], White Ground Pepper (0.08%) [Pepper 100%]], Sourdough Sliced Vegan (19.4%) [Wheat Flour [Contains Vitamins (Thiamine, Folate)], Water, Sourdough Culture (8%) [Water, Wheat Flour, Fermented Rye Flour, Durum Wheat, Ascorbic Acid (E300), Acetic Acid (E260), Enzymes], Semolina (Gluten, Wheat), Canola Oil, Wheat Gluten, Salt Iodised, Bran, Rye Flour, Vinegar, Yeast [Yeast, Water, Mineral Oil]], Cooking Cream (4.7%) [Contains Minimum 35% Milk FatCream ð- Skim Milk ð- Thickener (1442) ð- Stabilisers (460, 466, 452) ð- Emulsifier (471Allergens: Contains Milk And Dairy Products], Pepitas Toasted Sub Recipe (2.4%) [Pumpkin Seeds / Pepitas (99.5%) [Pumpkin Seeds], Canola Oil (0.5%)], Salted Butter (2.4%) [Pasteurised Cream (from Milk)], Parsley Fresh (0.24%) [Parsley 100%]CONTAINS: Gluten, Wheat, Milk, Soy
Share Plates & Starters	Rustic Roasted Tomato & Garlic Soup	House-made, served with buttered toast.	404	97	1.9	4.8	1.3	11.5	2.9	99	1510	361	7.2	17.8	4.7	42.8	10.6	368	orange	green	green	Contains: Gluten, Wheat, Milk, Soya		Rustic Roasted Tomato & Garlic Soup Sub Recipe (80.4%) [Roma Tomato Fresh (111g of Roma Tomato Fresh per 100g) [Tomato 100%], Premium Blended Oil (2.2%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Fresh Garlic Crushed (1.9%) [Garlic, Salt], White Sugar (1.5%) [Cane Sugar], Thyme Fresh (1.1%) [Thyme 100%], Oregano Fresh (1.1%) [Oregano 100%], Table Salt (0.74%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (0.37%) [Pepper 100%]], Continental Roll (16.1%) [Wheat Flour [Contains Vitamins (Thiamine, Folic Acid)], Water, Canola Oil, Iodised Salt, Improver [Wheat Flour, Soya Flour, Malted Wheatflour, Processing Aids Enzymes, Ascorbic Acid (300)], Yeast [Vegetable Oil, Potato Starch]], Salted Butter (1.3%) [Pasteurised Cream (from Milk)], Premium Blended Oil (1.3%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Basil Leaves Fresh (0.54%) [Basil], Whole Black Peppercorns (0.27%) [Pepper 100%]CONTAINS: Gluten, Wheat, Milk, Soy

Category	Recipe Name	Recipe Description	Energy (kJ) per 100g	Energy (kcal) per 100g	Protein (g) per 100g	Fat (g) per 100g	Saturated Fat (g) per 100g	Carbohyd rate (g) per 100g	Sugars (g) per 100g	Sodium (Na) (mg) per 100g	Energy (kJ) per serving	Energy (kcal) per serving	Protein (g) per serving	Fat (g) per serving	Saturated Fat (g) per serving	Carbohyd rate (g) per serving	Sugars (g) per serving	Sodium (Na) (mg) per serving	Fat (g) Traffic light	Saturated Fat (g) Traffic light	Sugars (g) Traffic light	Contains Allergens	May Contain Allergens	Recipe Quid
Share Plates & Starters	Smoked Salmon Bruschetta	Smoked salmon with crumbled feta, diced tomato, red onion, fresh herbs and rocket on toasted sourdough.	650	156	7.4	6.3	1.4	17	1.3	457	1590	381	18.1	15.5	3.3	41.7	3.1	1120	orange	green	green	Contains: Gluten, Wheat, Rye, Milk, Fish		Bruschetta Mix (40.8%) [Roma Tomato Fresh (69.9%) [Tomato 100%], Spanish (Red) Onion Fresh (20%) [Red Onion], Premium Blended Oil (8%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Basil Leaves Fresh (1.2%) [Basil], White Ground Pepper (0.5%) [Pepper 100%], Table Salt (0.5%) [Salt, Anti Caking Agent (554)]], Sourdough Sliced Vegan (32.7%) [Wheat Flour [Contains Vitamins (Thiamine, Folate)], Water, Sourdough Culture (8%) [Water, Wheat Flour, Fermented Rye Flour, Durum Wheat, Ascorbic Acid (E300), Acetic Acid (E260), Enzymes], Semolina (Gluten, Wheat), Canola Oil, Wheat Gluten, Salt Iodised, Bran, Rye Flour, Vinegar, Yeast [Yeast, Water, Mineral Oil]], Smoked Salmon Sliced (20.4%) [Grown Atlantic Salmon (salmon Salar, Fish), Salt], Danish Feta Cubed (4.1%) [Danish Fetta (75%) (Pasteurised Milk, Vegetable Oil, Salt, Lactic Acid, Culture & Rennet (Milk)), Water & SaltContains: Milk And Milk Products], Dressed Rocket Sub Recipe (2%) [Rocket, Raw (50%) [Rocket 100%], Premium Blended Oil (30%) [Sunflower Oil (90%), Extra Virgin Olive Oil (10%)], Table Salt (10%) [Salt, Anti Caking Agent (554)], Whole Black Peppercorns (10%) [Pepper 100%]]CONTAINS: Gluten, Wheat, Milk, Fish
Share Plates & Starters	Unforgettable Cheese Toast	Butter and parmesan grilled white toast.	1940	464	9.1	37.9	24.8	22.5	0.9	271	1750	418	8.2	34.1	22.4	20.3	0.81	244	red	red	green	Contains: Gluten, Wheat, Milk		Parmesan Butter Sub Recipe (55.6%) [Salted Butter (71.4%) [Pasteurised Cream (from Milk)], Shaved Parmesan (28.6%) [Parmesan Cheese (Milk, salt, starter Cultures, enzymes), Anticaking Agent (460), Preservative (200)]], White Bread Sliced (44.4%) [Wheat Flour, Water, Yeast, Vegetable Oils (Palm, Canola), Iodised Salt, Wheat Gluten, Yellow Pea Flour, Vitamins (Thiamin, Folate]CONTAINS: Gluten, Wheat, Milk
Share Plates & Starters	Warm Olives	With toasted almonds	500	120	4.1	9.7	0.82	4	0.83	0.71	784	188	6.5	15.3	1.3	6.3	1.3	1.1	orange	green	green	Contains: Tree nuts, Almonds		Marinated Pitted Olives (79.6%) [Greek And Spanish Olives (60%), Capsicum, Water, Salt, Acidity Regulators: Acetic Acid & Citric Acid, Vegetable Oil, Garlic, Chilli, Herbs And Spices], Blanched Slivered Almonds (19.1%) [Tree Nuts 100% Almond Kernels], Rosemary Raw Sprig Fresh (1.3%) [Rosemary 100%]CONTAINS: Almond