

| Sandwiches | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|------|------|-----|-----|------|------|-------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| Free Range Egg Mayo | Y | N | N | N | Y | 802 | 1532 | 191 | 365 | 10.3 | 19.6 | 18.6 | 35.5 | 1.9 | 3.6 | 8.0 | 15.3 | 1.4 | 2.6 | 1.9 | 3.6 | 0.21 | 0.4 | 0.52 | 1.00 |
| New York Deli Style Beef Pastrami and Emmental | N | N | N | N | N | 799 | 1647 | 190 | 392 | 11.0 | 22.6 | 18.9 | 38.9 | 2.6 | 5.3 | 7.6 | 15.6 | 3.4 | 7.0 | 1.5 | 3.0 | 0.44 | 0.9 | 1.09 | 2.25 |
| Roasted Chicken with Herb Mayonnaise | N | N | N | N | N | 658 | 1322 | 156 | 314 | 10.6 | 21.3 | 19.2 | 38.6 | 3.0 | 6.0 | 3.6 | 7.3 | 0.4 | 0.8 | 2.1 | 4.2 | 0.35 | 0.7 | 0.87 | 1.75 |
| Gluten Free Tuna Mayo | N | N | Y | Y | N | 945 | 1758 | 226 | 420 | 7.1 | 13.2 | 23.5 | 43.7 | 2.3 | 4.2 | 10.9 | 20.2 | 4.7 | 8.7 | 2.9 | 5.4 | 0.27 | 0.50 | 0.67 | 1.25 |
| Wraps | | | | | | | | | | | | | | | | | | | | | | | | | |
| Roasted Chicken Salsa Wrap | N | N | N | N | N | 832 | 1630 | 198 | 387 | 10.1 | 19.8 | 25.9 | 50.7 | 4.4 | 10.6 | 2.4 | 4.7 | 2.5 | 4.9 | 2.5 | 4.9 | 0.31 | 0.6 | 0.77 | 1.50 |
| Bistro Box | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cured Ham Hock | N | N | Y | Y | Y | 535 | 1614 | 128 | 386 | 7.9 | 23.8 | 8.2 | 24.7 | 0.5 | 1.6 | 6.8 | 20.5 | 0.9 | 2.7 | 1.3 | 3.9 | 0.30 | 0.9 | 0.75 | 2.25 |
| Falafel Mezze | Y | N | N | N | N | 632 | 2072 | 150 | 493 | 5.0 | 16.5 | 20.9 | 68.5 | 2.8 | 9.1 | 4.4 | 14.4 | 0.6 | 2.0 | 3.6 | 11.8 | 0.27 | 0.9 | 0.69 | 2.25 |
| Chicken and Red Pesto | N | N | N | N | N | 389 | 1151 | 93 | 275 | 5.1 | 15.2 | 7.1 | 20.9 | 6.2 | 18.4 | 4.7 | 13.8 | 0.7 | 2.2 | 1.1 | 3.3 | 0.10 | 0.4 | 0.34 | 1.00 |
| Tuna, Potato and Pea | N | N | Y | Y | N | 470 | 1340 | 112 | 320 | 6.3 | 18.0 | 9.5 | 27.2 | 0.7 | 1.9 | 5.1 | 14.4 | 0.8 | 2.3 | 1.7 | 4.8 | 0.10 | 0.4 | 0.35 | 1.00 |
| Packaged Foods | | | | | | | | | | | | | | | | | | | | | | | | | |
| Shortbread | Y | N | N | N | N | 2129 | 319 | 509 | 76 | 4.2 | 0.6 | 64.9 | 9.7 | 21.3 | 11.6 | 25.8 | 3.9 | 16.1 | 2.4 | 1.2 | 0.2 | 0.33 | 0.1 | 0.84 | 0.13 |
| Almond Biscotto | Y | N | N | N | N | 1867 | 709 | 446 | 169 | 10.4 | 4.0 | 61.6 | 23.4 | 33.5 | 12.7 | 17.6 | 6.7 | 3.9 | 1.5 | 11.4 | 4.3 | 0.09 | 0.0 | 0.23 | 0.09 |
| Caramel Waffle Large | Y | N | N | N | N | 1858 | 1449 | 443 | 356 | 3.2 | 2.6 | 62.2 | 49.8 | 33.6 | 26.8 | 20.3 | 16.2 | 12.4 | 9.7 | 1.1 | 0.8 | 0.20 | 0.2 | 0.50 | 0.40 |
| Ginger Snaps | Y | N | N | N | N | 1874 | 561 | 445 | 133 | 4.8 | 1.4 | 71.9 | 21.6 | 38.5 | 11.6 | 15.4 | 4.6 | 7.7 | 1.8 | 1.5 | 0.5 | 0.27 | 0.1 | 0.69 | 0.21 |
| Fruit and Oat Cookie | Y | N | N | N | N | 1819 | 910 | 433 | 217 | 4.4 | 2.2 | 64.3 | 32.2 | 34.6 | 17.3 | 17.6 | 8.8 | 7.3 | 3.7 | 3.1 | 1.6 | 0.37 | 0.2 | 0.94 | 0.47 |
| Roasted Almonds | Y | Y | Y | Y | Y | 2704 | 2028 | 646 | 484 | 21.2 | 15.9 | 17.7 | 13.3 | 4.6 | 3.5 | 55.2 | 41.4 | 4.2 | 3.2 | 10.5 | 7.9 | 0.34 | 0.3 | 0.86 | 0.65 |
| Nut Mix | Y | Y | Y | Y | Y | 2242 | 1681 | 535 | 401 | 17.7 | 13.3 | 41.1 | 30.8 | 20.8 | 15.6 | 33.6 | 25.2 | 4.1 | 3.0 | 6.7 | 5.0 | 0.01 | 0.0 | 0.01 | 0.02 |
| Fairtrade Chocolate Bar - dark | Y | Y | Y | Y | Y | 2382 | 1072 | 575 | 259 | 6.7 | 3.0 | 27.6 | 12.4 | 27.0 | 12.0 | 46.3 | 20.8 | 29.2 | 13.1 | 10.7 | 4.8 | 0.01 | 0.0 | 0.00 | 0.00 |
| Fairtrade Chocolate Bar - milk | Y | N | Y | Y | N | 2387 | 1074 | 537 | 242 | 6.4 | 2.9 | 49.0 | 22.1 | 48.9 | 22.0 | 38.6 | 17.4 | 24.2 | 10.9 | 2.2 | 1.0 | 0.09 | 0.0 | 0.23 | 0.10 |
| Fruit & Nut Bar - Cranberry, Pumpkin seed & Blueberry | Y | N | Y | Y | N | 1968 | 984 | 470 | 235 | 12.3 | 6.2 | 49.5 | 24.8 | 32.4 | 16.2 | 24.8 | 12.4 | 4.2 | 2.1 | 1.0 | 0.5 | 0.01 | 0.0 | 0.03 | 0.00 |
| Starbucks Gold Coins | Y | N | Y | Y | N | 2166 | 498 | 518 | 119 | 6.3 | 1.4 | 60.5 | 13.9 | 59.3 | 13.6 | 27.6 | 6.3 | 17.4 | 4.0 | 2.3 | 0.5 | 0.10 | 0.0 | 0.25 | 0.05 |
| Lollipops | Y | Y | N | N | Y | 1649 | 214 | 388 | 50 | 0.0 | 0.0 | 97.0 | 12.6 | 62.0 | 8.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Sugar Free Chewing Gum | Y | N | Y | N | Y | 836 | 42 | 166 | 5 | 0.0 | 0.0 | 80.0 | 1.6 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| After Coffee Mints | Y | Y | Y | N | Y | 1045 | 20.9 | 250 | 5 | 0.0 | 0.0 | 100.0 | 2.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Mature Cheddar and Spring Onion Potato Chips | Y | N | N | N | N | 1008 | 1004 | 481 | 240 | 6.6 | 3.3 | 52.8 | 26.9 | 2.9 | 1.5 | 28.9 | 14.4 | 3.8 | 1.9 | 4.4 | 2.2 | 0.70 | 0.3 | 1.70 | 0.80 |
| Pepperoni Potato Chips | Y | N | Y | Y | N | 1980 | 990 | 478 | 239 | 6.0 | 3.0 | 53.6 | 26.8 | 1.8 | 0.9 | 28.2 | 14.1 | 3.4 | 1.7 | 4.9 | 2.5 | 0.60 | 0.3 | 1.50 | 0.75 |
| Sea Salt Potato Chips | Y | Y | Y | Y | Y | 2037 | 1018 | 488 | 244 | 5.6 | 2.8 | 53.3 | 26.6 | 0.4 | 0.2 | 30.0 | 15.0 | 3.7 | 1.9 | 4.5 | 2.3 | 0.50 | 0.3 | 1.30 | 0.70 |
| Sea Salt and Cider Vinegar Potato Chips | Y | Y | N | N | Y | 2074 | 1037 | 496 | 248 | 6.2 | 3.1 | 54.2 | 27.1 | 2.9 | 1.5 | 28.3 | 14.2 | 3.5 | 1.8 | 4.3 | 2.2 | 0.60 | 0.3 | 1.50 | 0.80 |

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