

Within this guide you will find Allergen, Nutritional and Ingredient information as well as dietary suitability for our products.

Allergens can be found in **BOLD CAPITALS** within the Ingredient Declaration.

Information about allergens that may present within the product, are listed at the bottom of the ingredient list.

Nutritional information can be found to the right beside the ingredient declaration, per 100g and per product.

| PRODUCT                  | INGREDIENTS  | NUTRITIONAL INFO   |                 |      |
|--------------------------|--|--------------------|-----------------|------|
|                          |  | per 100g           | per portion (g) |      |
| Apricot Croissant<br>(V) | Pastry: 56% ( <b>WHEAT</b> flour, butter 19% ( <b>MILK</b> ), water, yeast, sugar, <b>EGGS</b> , salt, <b>WHEAT</b> gluten enzymes (amylases, hemicellulases), flour treatment agent (E300)), Apricots 26%, Pastry cream 17% (water, sugar, modified starch, powdered whey ( <b>MILK</b> ), skimmed <b>MILK</b> powder, stabilizers (E263, E450iii, E339ii), colour (E160ai), flavouring), egg wash ( <b>EGGS</b> , water).<br>May contain <b>NUTS</b> and traces of <b>SOYA</b> . | KJ                 | 1701            | 1435 |
|                          |  | Kcal               | 407             | 343  |
|                          |  | Fat                | 21.1            | 17.8 |
|                          |  | Sat                | 9.0             | 7.6  |
|                          |  | Carbs              | 43.9            | 36.9 |
|                          |  | Sugar              | 13.7            | 11.6 |
|                          |  | Fibre              | 2.4             | 1.9  |
|                          |  | Protein            | 9.3             | 7.8  |
|                          |  | Salt               | 0.7             | 0.6  |
|                          |  | Portion weight (g) |                 | 84   |

**The allergens that are featured within this guide are in accordance with the EU Food Information Regulations:**

- Cereals containing Gluten including Wheat, Rye, Barley, Oats
- Eggs
- Milk
- Tree Nuts including Almonds, Hazelnuts, Pistachios, Walnuts
- Peanuts
- Fish
- Soya
- Celery
- Sulphur Dioxide and Sulphites
- Mustard
- Lupin
- Crustaceans e.g. Prawns
- Sesame Seeds
- Molluscs e.g. Mussels

Please note: Although some of our products may contain gluten free oats, we list OATS as an allergen as they contain a protein called Avenin which some people are sensitive to.

**We take care to list all ingredients in our food and drinks, however we cannot guarantee a 100% allergen free environment as we use shared equipment to display, prepare and serve.**

**Key for Dietary Suitability:**

**Vegetarian (V):** produced to a recipe and with ingredients that do not contain any sources of meat and fish, including seafood and insects. Vegetarian products may contain ingredients that are produced by animals, such as milk, eggs, and honey.

**Vegan (Vg):** produced to a recipe with ingredients do not contain any products that are derived from animals, including all animal species, fish, seafood, insects, and products produced by animals, such as honey. Due to our manufacturing environments and to the use of shared displays in store, our vegan products may not be suitable for those with MILK or EGG allergies.

**Gluten Free (GF):** All products that are labelled as Gluten Free are produced in manufacturing sites that are certified to produce products to the required standards to be called Gluten Free and have been tested to ensure the level of gluten is below the legal threshold.

## FESTIVE

| PRODUCT                              | INGREDIENTS   | NUTRITIONAL INFO   |                 |      |
|--------------------------------------|---|--------------------|-----------------|------|
|                                      |   | per 100g           | per portion (g) |      |
| NEW Cinnamon Portugese Tart (V)      | MILK, Sugar, EGG Yolk, Whole EGG, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Maize Starch, Vanilla Flavour, WHEAT Flour (WHEAT Flour, WHEAT Malt Flour, Flour Treatment Agent: Ascorbic Acid [E300]), Pastry Margarine (Vegetable Fat (Palm), Sunflower Oil, Water, Salt, Emulsifiers: Mono- and diglycerides of fatty acids [E471], Sunflower Lecithins [E322]; Flavourings, Acidity Regulator: Citric Acid [E330]; Preservative: Sorbic Acid [E200]; Antioxidants: Fatty Acid Esters of Ascorbic Acid [E304]), Tocopherols [E306]; Colouring: Beta-Carotene E160(i)), Water, Ground Cinnamon. <i>May Contain NUTS, PEANUTS, SOYA, SULPHITES, and SESAME.</i>   | KJ                 | 1060            | 795  |
|                                      |   | Kcal               | 253             | 190  |
|                                      |   | Fat                | 11.0            | 8.3  |
|                                      |   | Sat                | 4.3             | 3.2  |
|                                      |   | Carbs              | 35.0            | 26.3 |
|                                      |   | Sugar              | 19.0            | 14.3 |
|                                      |   | Fibre              | 1.6             | 1.2  |
|                                      |   | Protein            | 4.4             | 3.3  |
|                                      |   | Salt               | 0.30            | 0.20 |
|                                      |   | Portion weight (g) |                 | 70   |
| NEW Black Forest Roulade (V)         | Black Cherry Filling (11%) [Water, Black Cherries, Sugar, Modified Tapioca Starch, Acidity Regulator: Citric Acid; Natural Cherry Flavouring, Preservative: Potassium Sorbate], Sugar, Dark Chocolate (8%) [Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring], WHEAT Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Reduced Fat Soft Cheese (Skimmed MILK, Cream (MILK), Whey Solids (MILK), Salt, Modified Tapioca Starch, Stabilisers: Locust Bean Gum, Xanthan Gum), White Chocolate (Sugar, Whole MILK Powder, Cocoa Butter, Skimmed MILK Powder, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Cherries (5%), Margarine (Palm Oil, Rapeseed Oil, Water, Flavouring), Icing Sugar, Single Cream (MILK), Buttermilk (MILK), Rapeseed Oil, Free Range EGG, Water, Fat Reduced Cocoa Powder, Dark Chocolate Flavoured Coating (Sugar, Palm Oil, Fat Reduced Cocoa Powder, Whey Powder (MILK), Emulsifier: SOYA Lecithin), White Chocolate Curls (Sugar, Whole MILK Powder, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Baking Powder (Raising Agents: Disodium Diphosphate, Sodium Bicarbonate; WHEAT Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamin)), Modified Potato Starch, Modified Waxy Maize Starch, Glucose Syrup, Natural Flavouring, Salt, Acidity Regulator: Citric Acid; Stabilisers: Xanthan Gum, Locust Bean Gum, Guar Gum. <i>May Contain NUTS.</i> | KJ                 | 1437            | 1954 |
|                                      |   | Kcal               | 343             | 466  |
|                                      |   | Fat                | 16.9            | 23.0 |
|                                      |   | Sat                | 6.2             | 8.5  |
|                                      |   | Carbs              | 43.8            | 59.5 |
|                                      |   | Sugar              | 30.3            | 41.2 |
|                                      |   | Fibre              | 2.0             | 2.7  |
|                                      |   | Protein            | 4.9             | 6.6  |
|                                      |   | Salt               | 0.73            | 0.99 |
|                                      |   | Portion weight (g) |                 | 136  |
| NEW Christmas Caramel Crispy (V)     | Crisped Rice Base [Crisped Rice (27%) (Rice Flour, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, BARLEY Malt Extract, Salt), Coconut Oil, White Chocolate (Sugar, Whole MILK Powder, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Invert Sugar Syrup, Caramel (6%) (Sweetened Condensed MILK (MILK, Sugar), Salted Butter (Butter (MILK), Salt), Glucose Syrup, Water, Sugar, Stabiliser: Pectin), Salt), Topping [White Chocolate (Sugar, Whole MILK Powder, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Sugar Sprinkles (Sugar, Sunflower Oil, Potato Starch, Rice Flour, Colours: Radish, Blackcurrant, Apple, Safflower, Lemon, Spirulina; Natural Vanilla Flavouring), Coconut Oil]. <i>May Contain other cereals containing GLUTEN, EGG, MILK, NUTS, PEANUTS, SESAME, SOYA, and SULPHITES.</i>   | KJ                 | 1943            | 777  |
|                                      |   | Kcal               | 464             | 186  |
|                                      |   | Fat                | 21.2            | 8.5  |
|                                      |   | Sat                | 9.1             | 3.6  |
|                                      |   | Carbs              | 56.6            | 22.6 |
|                                      |   | Sugar              | 43.1            | 17.2 |
|                                      |   | Fibre              | 0.5             | 0.2  |
|                                      |   | Protein            | 3.3             | 1.3  |
|                                      |   | Salt               | 0.89            | 0.40 |
|                                      |   | Portion weight (g) |                 | 40   |
| NEW Christmas Fruit Loaf (V)         | Cake (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Apple Puree, Dark Brown Soft Sugar, Black Treacle, SOYA Drink (Water, SOYA Bean, Sugar, Natural Flavouring, Stabiliser: Gellan Gum), Rapeseed Oil, Sulfanas (6%), Chopped Dates (6%), Glace Cherries (2%) (Cherries, Glucose-Fructose Syrup, Sugar, Acidity Regulator: Citric Acid; Colour: Anthocyanins; Preservative: SULPHUR DIOXIDE), Sweetened Dried Cranberries (2%) (Cranberries, Sugar), Ground ALMONDS (NUTS), Orange Zest, Mixed Spice, Ground Flax Seeds, Raising Agents: Diphosphates, Sodium Carbonates; Salt), Topping [White Chocolate (Sugar, Whole MILK Powder, Cocoa Butter, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Sweetened Dried Cranberries (Cranberries, Sugar), Pumpkin Seeds, Rapeseed Oil]. <i>May Contain other cereals containing GLUTEN, EGG, MILK, NUTS, SOYA, and SULPHITES.</i>   | KJ                 | 1510            | 1903 |
|                                      |   | Kcal               | 361             | 455  |
|                                      |   | Fat                | 14.0            | 17.6 |
|                                      |   | Sat                | 1.7             | 2.1  |
|                                      |   | Carbs              | 54.6            | 68.8 |
|                                      |   | Sugar              | 34.6            | 43.6 |
|                                      |   | Fibre              | 2.8             | 3.5  |
|                                      |   | Protein            | 4.0             | 5.0  |
|                                      |   | Salt               | 0.76            | 0.96 |
|                                      |   | Portion weight (g) |                 | 126  |
| NEW Christmas Rudolf Gingerbread (V) | Fortified wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), Sugar, Partially inverted refiners syrup, Margarine (palm oil, rapeseed oil, water, emulsifier (mono- and diglycerides of fatty acids), flavouring, colours (annatto bixin, curcumin)), Water, Chocolate flavour compound (sugar, vegetable fat (palm kernel, palm), skimmed MILK powder, fat reduced cocoa powder, whey powder (MILK), emulsifier (lecithins (SOYA)), flavouring), Glucose syrup, Ground ginger, Raising agent (sodium carbonates), Concentrates (radish, carrot), Carbon black, EGG white powder, Humectant (glycerol), Acidity regulator (citric acid). <i>May Contain NUTS.</i>  | KJ                 | 1630            | 1043 |
|                                      |   | Kcal               | 386             | 247  |
|                                      |   | Fat                | 9.0             | 5.8  |
|                                      |   | Sat                | 3.4             | 2.2  |
|                                      |   | Carbs              | 71.4            | 45.7 |
|                                      |   | Sugar              | 37.3            | 23.9 |
|                                      |   | Fibre              | 1.6             | 1.0  |
|                                      |   | Protein            | 4.1             | 2.6  |
|                                      |   | Salt               | 0.10            | 0.06 |
|                                      |   | Portion weight (g) |                 | 64   |
| NEW Christmas Santa Gingerbread (V)  | Fortified wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), Sugar, Partially inverted refiners syrup, Margarine (palm oil, rapeseed oil, water, emulsifier (mono- and diglycerides of fatty acids), flavouring, colours (annatto bixin, curcumin)), Water, Chocolate flavour compound (sugar, vegetable fat (palm kernel, palm), skimmed MILK powder, fat reduced cocoa powder, whey powder (MILK), emulsifier (lecithins (SOYA)), flavouring), Glucose syrup, Ground ginger, Raising agent (sodium carbonates), Concentrates (radish, carrot), EGG white powder, Humectant (glycerol), Acidity regulator (citric acid). <i>May Contain NUTS.</i>  | KJ                 | 1630            | 994  |
|                                      |   | Kcal               | 386             | 235  |
|                                      |   | Fat                | 9.0             | 5.5  |
|                                      |   | Sat                | 3.4             | 2.1  |
|                                      |   | Carbs              | 71.4            | 43.6 |
|                                      |   | Sugar              | 37.3            | 22.8 |
|                                      |   | Fibre              | 1.6             | 1.0  |
|                                      |   | Protein            | 4.1             | 2.5  |
|                                      |   | Salt               | 0.10            | 0.06 |
|                                      |   | Portion weight (g) |                 | 61   |

FESTIVE SWEET

| PRODUCT                        | INGREDIENTS  | NUTRITIONAL INFO   |                 |      |
|--------------------------------|--|--------------------|-----------------|------|
| NEW Christmas Tree Cupcake (V) | Cake Flour ( <b>WHEAT</b> Flour (with added iron, Calcium, Thiamine, Niacin), Sugar, Whole Dried Free-range <b>EGG</b> Powder, Modified Maize Starch, Raising Agents: Diphosphates, Sodium carbonates, Skimmed <b>MILK</b> Powder, Salt, Free Range <b>EGG</b> Albumen, Natural Flavour, Colour: Carotenes), Water, Green Coloured Vanilla Buttercream (30%) (Icing Sugar, Margarine (Vegetable Oil (Palm, Rapeseed), Water, Salt, Emulsifier: Mono- and diglycerides of fatty acids, Flavouring, Colouring: Annatto, Curcumin), Vanilla Flavour (Water, Propylene Glycol, Caramelised Sugar Syrup, Thickener: Xanthan gum, Acidity Regulator: Citric acid, Preservative: Potassium sorbate)), Moss Green Colour (Humectant: Glycerol, Colours: Copper complexes of chlorophyll, Riboflavin)), Mixed Fruit Jam (Glucose-Fructose Syrup, Mixed Fruits (Apples, Plums, Rhubarb), <b>SULPHITES</b> , Colour: Anthocyanins, Gelling Agent: Pectins, Citric Acid, Flavouring, Acidity Regulator: Sodium citrates, Preservative: Potassium sorbate, Anti-oxidant: Ascorbic acid), Rapeseed Oil, White Chocolate Star Decoration (1%) (Sugar, Cocoa Butter, Whole <b>MILK</b> Powder, Emulsifier: Sunflower Lecithin, Natural Vanilla Flavouring), Red Sugar Sprinkles (1%) (Sugar, Glucose Syrup, Water, Concentrates (Lemon, Safflower, Carrot, Elderberry), Glazing Agent (Beeswax), Coconut Oil). <i>May Contain other cereals containing GLUTEN, and NUTS.</i> | per 100g           | per portion (g) |      |
|                                |  | KJ                 | 1640            | 2624 |
|                                |  | Kcal               | 391             | 625  |
|                                |  | Fat                | 18.0            | 29.0 |
|                                |  | Sat                | 4.0             | 7.0  |
|                                |  | Carbs              | 55.0            | 89.0 |
|                                |  | Sugar              | 42.0            | 67.0 |
|                                |  | Protein            | 3.0             | 4.0  |
|                                |  | Salt               | 0.14            | 0.24 |
|                                |  | Portion weight (g) |                 | 160  |
| NEW Mince Pies (Vg)            | Vegan Sweet Pastry (Margarine (Vegetable Oil, Water, Salt), <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Caster Sugar, Water), Mincemeat (Sugar, Vine Fruits (Sultanas, Vegetable Oil), Apple (Preservative: Sodium Metabisulphate ( <b>SULPHITES</b> ), Apple Puree (Preservative: Potassium sorbate), Modified Maize Starch, Mixed peel (Orange Peel, Glucose-Fructose Syrup, Lemon Peel, Sugar, Citric acid), Mixed spice (Coriander Powder, Cassia, Ginger Powder, Dried Nutmeg, Clove Powder), Flavouring, Vegetable Oil, Sugar Beet Pulp, Preservative: Acetic acid, Natural Colour, Cassia), Sweet snow (Sugar, Dextrose, Cornflour, Vegetable Oil, Flavouring). <i>May Contain NUTS, EGG, and MILK.</i>   | per 100g           | per portion (g) |      |
|                                |  | KJ                 | 1494            | 1717 |
|                                |  | Kcal               | 357             | 411  |
|                                |  | Fat                | 17.1            | 19.7 |
|                                |  | Sat                | 5.9             | 6.8  |
|                                |  | Carbs              | 50.3            | 57.9 |
|                                |  | Sugar              | 36.5            | 42.0 |
|                                |  | Fibre              | 1.6             | 1.8  |
|                                |  | Protein            | 2.0             | 2.3  |
|                                |  | Salt               | 0.42            | 0.48 |
| Portion weight (g)             |  | 115                |                 |      |

FESTIVE SAVOURY

| PRODUCT                         | INGREDIENTS   | NUTRITIONAL INFO |                 |      |
|---------------------------------|---|------------------|-----------------|------|
| NEW Brie & Cranberry Panini (V) | Sourdough Panini ( <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Durum <b>WHEAT</b> Semolina, Rapeseed Oil, Fermented <b>WHEAT</b> Flour, <b>WHEAT</b> Flour, Malted <b>WHEAT</b> Flour, Yeast, Salt, Flour Treatment Agent), Brie Cheese (23%) ( <b>MILK</b> ) [Cow's <b>MILK</b> , Salt, Starter Culture], Cranberry Sauce (15%) [Cranberry, Sugar, White Wine Vinegar, Comminuted Orange (Orange, <b>SULPHUR DIOXIDE</b> ), Spices]. <i>May Contains EGG, MUSTARD, and SOYA.</i>  | per 100g         | per portion (g) |      |
|                                 |   | KJ               | 1148            | 1986 |
|                                 |   | Kcal             | 273             | 472  |
|                                 |   | Fat              | 9.1             | 15.7 |
|                                 |   | Sat              | 6.0             | 10.4 |
|                                 |   | Carbs            | 38.7            | 67.0 |
|                                 |   | Sugar            | 7.7             | 13.3 |
|                                 |   | Fibre            | 1.7             | 2.9  |
|                                 |   | Protein          | 9.9             | 17.1 |
|                                 |   | Salt             | 0.62            | 1.07 |
| Portion weight (g)              |   | 173              |                 |      |
| NEW Turkey Feast Focaccia       | Rosemary and Sea Salt Focaccia [ <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Olive Oil (Olive Oil, Extra Virgin Olive Oil), Rosemary, Salt], Gravy Stuffing Mayonnaise (19%) [Mayonnaise (Rapeseed Oil, Water, Pasteurised <b>EGG</b> and <b>EGG</b> Yolk, Sugar, Spirit Vinegar, Salt, Concentrated Lemon Juice, Flavouring, Antioxidant: Calcium Disodium EDTA; Colour: Paprika Extract), Sage and Onion Stuffing (Water, Breadcrumbs ( <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Yeast), Rusk ( <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Yeast), Onion, <b>OATS</b> , Salt, Sage, Parsley), Chicken Glace (Chicken Stock (Water, Chicken Bone Stock, Chicken Fat, Garlic, Carrot Juice, Onion Juice), Yeast Extract, Flavouring, Salt, Sugar, Glucose Syrup, Colour: Caramel; Modified Waxy Maize Starch)], Cooked Pulled Turkey (14%) (Turkey Breast, Water, Salt, Pea Starch, Stabilisers: Triphosphates, Diphosphates; Gelling Agent: Carrageenan), Cranberry Sauce (7%) (Cranberry, Sugar, White Wine Vinegar, Comminuted Orange (Orange, <b>SULPHUR DIOXIDE</b> ), Spices), Spinach (4%). <i>May Contain MILK, MUSTARD, and SOYA.</i>  | per 100g         | per portion (g) |      |
|                                 |   | KJ               | 1148            | 2468 |
|                                 |   | Kcal             | 274             | 589  |
|                                 |   | Fat              | 12.1            | 26.0 |
|                                 |   | Sat              | 1.1             | 2.4  |
|                                 |   | Carbs            | 32.8            | 70.5 |
|                                 |   | Sugar            | 3.7             | 8.0  |
|                                 |   | Fibre            | 2.6             | 5.6  |
|                                 |   | Protein          | 9.8             | 21.1 |
|                                 |   | Salt             | 1.36            | 2.92 |
| Portion weight (g)              |   | 215              |                 |      |
| NEW Pigs on Blankets Bap        | White Roll ( <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, <b>RYE</b> Flour, Yeast, Salt, Malted <b>WHEAT</b> Flour, Bakery Improver ( <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin)), Flour Treatment Agent: Ascorbic Acid), Pork and Lentil Sausages (39%) [Pork, Lentils, Potato Starch, Dextrose, Water, Salt, Rapeseed Oil, <b>WHEAT</b> Starch, Spices (White Pepper, Nutmeg, Dried Ginger, Mace, Chilli Powder), Beef Collagen Casing, Stabiliser, <b>WHEAT</b> Protein, Onion Powder, Sage, <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin)], Beechwood Smoked Streaky Bacon (8%) [Pork Belly, Salt, Antioxidants: Sodium Ascorbate, Extracts of Rosemary; Preservative: Sodium Nitrite; Natural Beechwood Smoke], Red Onion Relish [Red Onion, Brown Sugar, Red Wine Vinegar, Concentrated Lemon Juice, Cornflour, Cinnamon Powder, Clove Powder], Gravy Mayonnaise (5%) [Mayonnaise (Rapeseed Oil, Water, Pasteurised <b>EGG</b> and <b>EGG</b> Yolk, Sugar, Spirit Vinegar, Salt, Concentrated Lemon Juice, Flavouring, Antioxidant: Calcium Disodium EDTA; Colour: Paprika Extract), Chicken Glace (Chicken Stock (Water, Stock, Chicken Fat, Garlic, Carrot Juice, Onion), Flavouring, Salt, Yeast Extract, Sugar, Glucose Syrup, Colour: Caramel; Modified Corn Starch)]. <i>May Contain MILK, MUSTARD, and SULPHITES.</i> | per 100g         | per portion (g) |      |
|                                 |   | KJ               | 1174            | 2231 |
|                                 |   | Kcal             | 280             | 532  |
|                                 |   | Fat              | 12.6            | 23.9 |
|                                 |   | Sat              | 3.7             | 7.0  |
|                                 |   | Carbs            | 30.5            | 58.0 |
|                                 |   | Sugar            | 5.1             | 9.7  |
|                                 |   | Fibre            | 1.5             | 2.9  |
|                                 |   | Protein          | 11.9            | 22.6 |
|                                 |   | Salt             | 1.60            | 3.04 |
| Portion weight (g)              |   | 190              |                 |      |