

	Energy (kJ)	Energy (Cal)	Protein (g)	Total Fat (g)	Sat. Fat (g)	Carb (g)	Sugars (g)	Sodium (mg)
BREAD								
Gluten Free Pita	849	203	4	4	1	35	3	261
Plain Pita	1,160	277	10	2	0	55	3	360
Wholemeal Pita	1,110	265	10	2	0	52	2	310
SALAD BASE								
Lettuce	59	14	1	0	0	3	2	10
Mixed Green Leaves	75	18	2	0	0	1	1	20
Red Cabbage & Carrot Mix	140	33	1	0	0	8	4	28
PROTEIN								
Chicken Breast	413	99	19	2	1	1	1	510
Chicken Panko & Quinoa (Crumbed)	1,030	246	12	12	2	22	1	400
Falafel	1,330	318	11	16	3	20	8	934
Feta & Quinoa Rosti	501	120	7	3	1	14	2	611
Grilled Lamb	470	112	14	3	1	6	3	910
Grilled Steak	639	153	23	5	2	1	1	560
Kumara & Lentil Rosti	676	162	4	7	1	19	4	303
Prawns	300	72	18	1	0	0	0	2
Pulled Pork	518	124	18	1	0	16	8	677
Bacon	1,213	290	13	26	9	2	1	1,075
Cabanossi Sausage	990	237	14	32	13	1	0	998
Egg (Whole Fresh)	596	142	13	10	3	0	0	133
Ham	435	104	16	3	1	3	1	1,170
CLASSIC FILLINGS								
Carrot	172	41	1	0	0	10	5	69
Cheddar	1,780	425	24	36	21	0	0	750
Cucumber	63	15	1	0	0	4	2	2
Feta	890	213	15	16	9	3	1	1,400
Gherkins	275	66	1	0	0	14	10	410
Hummus	595	142	7	6	1	16	1	453
Jalapenos	112	27	1	1	0	3	3	798
Pickled Beets	220	53	86	0	0	6	9	129

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	Energy (kJ)	Energy (Cal)	Protein (g)	Total Fat (g)	Sat. Fat (g)	Carb (g)	Sugars (g)	Sodium (mg)
CLASSIC FILLINGS								
Pineapple	320	76	0	0	0	19	18	10
Red Onion	168	40	1	0	0	9	4	4
Roasted Red Peppers	103	25	15	0	0	3	0	360
Three Bean Mix	311	74	10	4	0	13	2	25
Tomatoes	109	26	1	0	0	6	4	221
PREMIUM FILLINGS								
Avocado (Smashed)	803	192	2	16	5	6	2	971
Egg (Smashed)	624	149	13	10	3	2	0	150
Kimchi	176	42	2	0	0	8	0	779
Parmesan	1,600	382	36	26	16	0	0	1,100
Quinoa & Brown Rice	665	159	4	2	0	30	1	131
Roasted Kumara	506	121	2	0	0	24	18	43
SEASONINGS								
Cajun Seasoning	993	237	8	6	0	31	10	11,516
Chipotle Seasoning	892	213	6	7	1	27	18	16,935
Garlic & Herb	723	173	5	3	0	30	11	21,129
TOPPINGS								
Sliced Almonds	2,503	598	20	55	4	5	5	5
Toasted Seeds	2,392	290	41	27	10	7	5	4
SAUCES & DRESSINGS								
Aioli	2,035	486	1	52	4	5	2	600
Caesar Dressing	1,979	473	3	49	5	7	5	643
Cucumber Yoghurt Dressing	706	169	4	11	1	13	6	251
Hemp Seed Dressing	3,184	761	0	81	9	0	4	365
Hot Chilli	342	82	1	0	0	18	10	910
Kasundi Sauce	377	90	2	2	0	15	11	564
Lemon Dijon Dressing	1,614	386	1	38	3	11	6	570
Mayonnaise	2,035	486	1	52	4	5	4	650
Miso Coriander & Lime	1,987	475	1	51	4	5	2	435

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	Energy (kJ)	Energy (Cal)	Protein (g)	Total Fat (g)	Sat. Fat (g)	Carb (g)	Sugars (g)	Sodium (mg)
SAUCES & DRESSINGS								
Rosemary Vinaigrette	2,064	493	0	48	5	16	14	280
Smoked Chipotle Mayo	2,158	516	1	53	5	9	7	597
Sriracha Mayo	2,071	495	1	52	4	7	5	745
Tomato Ketchup	453	108	1	0	0	24	22	833
Turmeric Yoghurt Ginger Dressing	703	168	3	11	1	13	7	321
Napolitana (Pizza Sauce)	270	65	2	2	0	11	6	380
SIDES								
Cookie	1,980	473	4	22	17	63	34	118
Ginger Slice	2,040	488	1	27	16	63	39	192
Choc Chilli Slice	1,800	430	2	19	10	60	49	272
Pita Chips (Plain)	1,160	277	10	2	0	55	3	360
Grilled Wedges	729	174	3	7	2	25	1	381
Chicken Tenders	180	43	23	3	1	0	0	260
SMOOTHIES								
Kiwi Berry Omega	154	37	1	1	0	8	7	9
Mango Banana Probiotic	202	48	0	1	0	0	10	9
Superfruit Antioxia	130	31	1	0	0	10	9	9
Immuni Tropical	182	43	1	0	0	9	8	16
Feijoa, Pear & Ginger	212	51	1	0	0	10	9	9

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