

# Menu

↳ Grab & Go 24



Name	Portion Name	Portion Size g	Label Energy kcal	Label Energy kJ	Label Carbohydrate g	Label Protein g	Label Sugars g
<b>Cheesecake pots</b>			<b>1361</b>	<b>5722</b>	<b>204</b>	<b>31.7</b>	<b>140</b>
Toffee Cheesecake	1 Serving	172	356	1497	56	7.8	37
Blueberry Cheesecake.	1 Serving	172	295	1240	42	7.8	29
Lemon Curd Cheesecake	1 Serving	172	358	1507	56	7.7	41
Oreo Cheesecake	1 Serving	162	352	1478	50	8.4	33
<b>yoghurt pots</b>			<b>907</b>	<b>3829</b>	<b>146</b>	<b>35.8</b>	<b>112</b>
Yoghurt with Raspberry Puree	1 Serving	210	195	826	32	10	27
Yoghurt with Strawberry Puree	1 Serving	210	192	811	31	10	26
Yoghurt, Strawberry & Granola	1 Serving	170	258	1088	41	7.9	29
Yoghurt, Raspberry & Granola	1 Serving	170	262	1104	42	7.9	30
<b>Mousse pots</b>			<b>560</b>	<b>2360</b>	<b>92</b>	<b>15.9</b>	<b>76</b>
Chocolate Mousse	1 Serving	160	185	779	30	5.5	24
Strawberry Mousse	1 Serving	160	187	788	31	5.1	26
Banana Mousse	1 Serving	160	188	793	31	5.3	26
<b>Jelly pots</b>			<b>18</b>	<b>81</b>	<b>4.8</b>	<b>0</b>	<b>2.1</b>
Raspberry Jelly	1 Serving	209	6	27	1.6	-	0.7
Strawberry Jelly	1 Serving	209	6	27	1.6	-	0.7
Orange Jelly	1 Serving	209	6	27	1.6	-	0.7
<b>Fruit pots</b>			<b>316</b>	<b>1340</b>	<b>71</b>	<b>3.3</b>	<b>71</b>
Grape Pot	1 Serving	160	105	446	25	0.6	25
Watermelon Pot	1 Serving	160	42	177	9	0.8	9
Honey Dew Melon	1 Serving	160	32	136	6.7	0.6	6.7
Pineapple	1 Serving	160	74	313	16	0.6	16
Fruit Pot	1 Serving	160	63	268	14	0.7	14
<b>Savoury Grab &amp; Go</b>			<b>1589</b>	<b>6622</b>	<b>160</b>	<b>17.7</b>	<b>65</b>
Nachos with Salsa	1 Serving	80	207	869	29	2.9	3.2
Nachos with Sweet Chilli	1 Serving	80	255	1073	41	2.7	14
Nachos with Sour Cream	1 Serving	80	398	1652	27	3	2.2
Crudites with Houmous	1 Serving	170	152	631	11	4.1	5.7
Crudites with Salsa	1 Serving	170	53	222	9.9	1.3	8.3
Crudites with Sweet Chilli Sauce	1 Serving	170	92	389	21	0.8	18
Crudites with Sour Cream	1 Serving	170	235	968	6.5	1.1	6
Crudites with Mayonnaise	1 Serving	170	137	568	7.7	0.8	5.8
Popcorn	1 Serving	12.9	60	250	7.3	1	1.5
<b>Salad Box / Pots</b>			<b>3048</b>	<b>12779</b>	<b>309</b>	<b>153</b>	<b>57</b>
Chicken & Bacon Pasta Salad	1 Serving	160	402	1689	46	19	3.3
Tomato & Basil Pasta Salad with Ch	1 Serving	165	352	1483	51	14	6
Tomato & Basil Pasta Salad	1 Serving	140	249	1056	50	7.8	6
Chicken & Sweetcorn Pasta Salad	1 Serving	180	395	1662	49	19	3.9
Tuna & Sweetcorn Pasta Salad	1 Serving	180	394	1657	49	20	3.9
Egg Mayonnaise Salad	1 Serving	296	232	964	9.7	13	6.1
Chicken Mayonnaise Salad	1 Serving	261	171	714	9.7	13	6.1
Chicken & Bacon Salad	1 Serving	261	178	742	9.4	13	6.0

Chicken & Bacon Salad	1 Serving	261	170	743	3.4	13	3.9
Cheddar Cheese Salad	1 Serving	211	293	1218	8.3	17	4.7
Crunchy Houmous Salad	1 Serving	266	283	1177	17	8.2	5.2
Ham Salad	1 Serving	236	99	416	9.8	9.4	5.7
<b>Sandwiches</b>			<b>6906</b>	<b>28935</b>	<b>637</b>	<b>362</b>	<b>56</b>
Cheese and Ham Sandwich (B)	1 Serving	150	373	1559	29	20	1.6
Cheese and Ham Sandwich (W)	1 Serving	150	401	1677	37	19	3.5
Cheese and Tomato Sandwich (B)	1 Serving	160	390	1629	29	19	2.3
Cheese and Tomato Sandwich (W)	1 Serving	160	418	1747	36	17	4.2
Ham Sandwich (W)	1 Serving	140	295	1242	37	15	3.5
Ham Sandwich (B)	1 Serving	140	267	1124	30	16	1.6
Ham Salad Sandwich (B)	1 Serving	180	273	1148	31	16	2.5
Ham Salad Sandwich (W)	1 Serving	180	301	1266	38	15	4.4
Egg Mayonnaise Sandwich (W)	1 Serving	178	392	1639	37	16	3.7
Egg Mayonnaise Sandwich (B)	1 Serving	183	378	1578	30	17	2
Chicken Mayonnaise Sandwich (W)	1 Serving	185	379	1593	37	24	3.7
Chicken Salad & Mayonnaise Sandw	1 Serving	225	385	1617	38	24	4.6
Cheese Sandwich (W)	1 Serving	130	412	1724	35	17	3.2
Chicken, Bacon & Mayonnaise Sand	1 Serving	180	382	1603	37	22	3.7
Cheese Sandwich (B)	1 Serving	130	385	1606	28	18	1.3
Tuna Mayonnaise & Cucumber Sand	1 Serving	200	337	1415	30	23	2.2
Tuna Mayonnaise Sandwich (B)	1 Serving	160	289	1217	30	23	1.8
Bacon, Lettuce & Tomato Sandwich	1 Serving	200	396	1655	30	21	2
Bacon, Lettuce & Tomato Sandwich	1 Serving	220	453	1896	38	20	4.5
<b>Baguettes</b>			<b>5713</b>	<b>24056</b>	<b>745</b>	<b>311</b>	<b>57</b>
Tuna & Sweetcorn Mayonnaise Bagu	1 Serving	280	506	2138	71	35	6
Tuna Mayonnaise & Cucumber Bagu	1 Serving	275	482	2036	68	33	5.5
Chicken & Bacon Mayonnaise Bagu	1 Serving	245	497	2096	67	30	5
Chicken Mayonnaise Baguette	1 Serving	235	462	1952	67	30	4.9
Cheese Baguette	1 Serving	210	632	2649	66	27	4.6
Cheese & Ham Baguette	1 Serving	210	537	2256	67	24	4.8
Bacon, Lettuce & Tomato with Mayo	1 Serving	270	545	2290	69	25	5.9
Tuna Mayonnaise Baguette	1 Serving	245	479	2022	67	33	5
Ham Baguette	1 Serving	222	453	1913	69	23	5.1
Egg Mayonnaise Baguette	1 Serving	240	484	2040	67	24	4.7
Cheese & Tomato Baguette	1 Serving	230	636	2664	67	27	5.3
<b>Wraps</b>			<b>2187</b>	<b>9158</b>	<b>205</b>	<b>102</b>	<b>18.7</b>
Houmous & Roasted Vegetable Wra	1 Serving	189	350	1465	36	8.8	3.9
Falafel & Houmous Wrap	1 Serving	214	494	2059	44	12	4.3
Chicken Salad With Mayonnaise Wra	1 Serving	194	287	1207	32	16	3.6
Tuna mayonnaise Wrap	1 Serving	184	311	1307	31	24	2.7
Ham Wrap	1 Serving	156	245	1035	32	16	2.7
Cheese Wrap	1 Serving	134	500	2085	30	25	1.5
<b>Hot Panini/ bagel/ toastie</b>			<b>5468</b>	<b>22967</b>	<b>621</b>	<b>266</b>	<b>55</b>
Cheese & Tomato Panini.	1 Serving	210	509	2141	67	22	5.5
Cheese & Pepperoni Panini.	1 Serving	195	581	2440	66	25	4.6
Cheese & Ham Panini.	1 Serving	220	542	2281	66	29	4.5

Tuna & Cheese Panini.	1 Serving	255	606	2548	67	37	5.1
BBQ Chicken Panini.	1 Serving	235	569	2397	71	32	8.4
Chicken Tikka & Cheese Panini.	1 Serving	235	557	2345	67	31	5.3
Pizza Pepperoni Bagel.	1 Serving	109	238	997	28	6.6	3.8
Pizza Bagel.	1 Serving	100	197	830	28	5	3.8
Cheese & Tomato Toastie	1 Serving	155	396	1655	37	16	4
Cheese and Ham Toastie	1 Serving	155	420	1758	37	20	3.3
Tuna Sweetcorn Melt Toastie	1 Serving	195	399	1675	38	27	4
TUGO Pizza Margherita	1 Serving	113	196	822	25	6.4	1.6
TUGO Pepperoni Pizza	1 Serving	115	258	1078	24	9.4	0.9
Breakfast items			7270	30434	736	260	132
Sausage Roll - Bap	1 Serving	141	410	1715	38	15	1.7
Bacon Roll	1 Serving	116	241	1012	26	15	0.5
Bacon Muffin	1 Serving	152	306	1285	31	19	3.2
Bacon & Egg Muffin	1 Serving	162	315	1322	32	17	4.1
Egg & Cheese Muffin	1 Serving	135	282	1185	33	13	4.7
Sausage Muffin	1 Serving	157	438	1834	42	16	4.4
Sausage & Egg Muffin	1 Serving	179	429	1795	40	18	4.9
Cheese on Toast	1 Serving	79	256	1074	26	12	0.8
White Toast	1 Serving	59	168	704	22	4.4	1.9
Brown Toast	1 Serving	59	151	632	17	5.1	0.7
Toasted Teacakes	1 Serving	103	296	1247	48	7	17
Crumpet	1 Serving	60	137	577	19	3	1.7
All Day Breakfast Pot - with egg	1 Serving	205	324	1353	26	14	7.4
All Day Breakfast Pot - no egg	1 Serving	229	414	1726	29	18	7.3
Porridge	1 Serving	250	281	1185	41	13	11
Waffle & Sauce	1 Serving	100	398	1672	56	5.9	27
Beans On Toast	1 Serving	159	269	1132	38	8.8	7.6
Hash Browns x2	1 Serving	84	139	584	19	1.7	0.8
Vegan Sausage Roll	1 Serving	120	384	1599	32	9.8	1.6
Sausage Roll	1 Serving	137	367	1534	36	9	0
Buttermilk Pancakes	1 Serving	50	142	594	19	2	7.4
Bacon & Cheese Pastry Turnover	1 Serving	130	382	1590	18	16	2.7
Sausage & Cheese Pastry Turnover	1 Serving	142	487	2025	26	15	3.5
Cinnamon Pastry Twists	1 Serving	60	254	1058	22	2.5	9.7

TOTALS:

AVERAGES:






































569

2387







35.1

13.9



































7.5




Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
<b>Cheesecake pots</b>					
Toffee Cheesecake - 1 Serving		<b>356</b> Kcal	 WHEAT  MILK	 SOYA	 VEGETARIAN
Blueberry Cheesecake. - 1 Serving		<b>295</b> Kcal	 WHEAT  MILK	 SOYA	 VEGETARIAN
Lemon Curd Cheesecake - 1 Serving		<b>358</b> Kcal	 WHEAT  EGGS  MILK	 SOYA	 VEGETARIAN
Oreo Cheesecake - 1 Serving		<b>352</b> Kcal	 WHEAT  MILK  SOYA		 VEGETARIAN
<b>yoghurt pots</b>					
Yoghurt with Raspberry Puree - 1 Serving		<b>195</b> Kcal	 MILK		 VEGETARIAN
Yoghurt with Strawberry Puree - 1 Serving		<b>192</b> Kcal	 MILK		 VEGETARIAN
Yoghurt, Strawberry & Granola - 1 Serving		<b>258</b> Kcal	 OATS  MILK	 WHEAT, BARLEY	 VEGETARIAN
Yoghurt, Raspberry & Granola - 1 Serving		<b>262</b> Kcal	 OATS  MILK	 WHEAT, BARLEY	 VEGETARIAN
<b>Mousse pots</b>					
Chocolate Mousse - 1 Serving		<b>185</b> Kcal	 MILK		 VEGETARIAN
Strawberry Mousse - 1 Serving		<b>187</b> Kcal	 MILK		 VEGETARIAN
Banana Mousse - 1 Serving		<b>188</b> Kcal	 MILK		 VEGETARIAN
<b>Jelly pots</b>					
Raspberry Jelly - 1 Serving		<b>6</b> Kcal			 VEGETARIAN  VEGAN

Strawberry Jelly - 1 Serving	6Kcal			 VEGETARIAN  VEGAN
Orange Jelly - 1 Serving	6Kcal			 VEGETARIAN  VEGAN
<b>Fruit pots</b>				
Grape Pot - 1 Serving	105Kcal			 VEGETARIAN  VEGAN
Watermelon Pot - 1 Serving	42Kcal			 VEGETARIAN  VEGAN
Honey Dew Melon - 1 Serving	32Kcal			 VEGETARIAN  VEGAN
Pineapple - 1 Serving	74Kcal			 VEGETARIAN  VEGAN
Fruit Pot - 1 Serving	63Kcal			 VEGETARIAN  VEGAN
<b>Savoury Grab &amp; Go</b>				
Nachos with Salsa - 1 Serving	207Kcal			 VEGETARIAN  VEGAN
Nachos with Sweet Chilli - 1 Serving	255Kcal			 VEGETARIAN  VEGAN
Nachos with Sour Cream - 1 Serving	398Kcal	 EGGS  MILK  MUSTARD		 VEGETARIAN  VEGAN
Crudites with Houmous - 1 Serving	152Kcal	 SESAME		 VEGETARIAN  VEGAN

Crudites with Salsa - 1 Serving	53Kcal			
Crudites with Sweet Chilli Sauce - 1 Serving	92Kcal			
Crudites with Sour Cream - 1 Serving	235Kcal	 EGGS	 MILK	 MUSTARD
Crudites with Mayonnaise - 1 Serving	137Kcal	 EGGS		
Popcorn - 1 Serving	60Kcal			 VEGETARIAN  VEGAN

### Salad Box / Pots

Chicken & Bacon Pasta Salad - 1 Serving	402Kcal	 WHEAT	 EGGS	 MUSTARD  SOYA	
Tomato & Basil Pasta Salad with Cheese - 1 Serving	352Kcal	 WHEAT	 MILK	 MUSTARD  SOYA	 VEGETARIAN
Tomato & Basil Pasta Salad - 1 Serving	249Kcal	 WHEAT		 MUSTARD  SOYA	 VEGETARIAN  VEGAN
Chicken & Sweetcorn Pasta Salad - 1 Serving	395Kcal	 WHEAT	 EGGS	 MUSTARD  SOYA	
Tuna & Sweetcorn Pasta Salad - 1 Serving	394Kcal	 WHEAT	 EGGS	 FISH  MUSTARD  SOYA	
Egg Mayonnaise Salad - 1 Serving	232Kcal	 EGGS	 MUSTARD		
Chicken Mayonnaise Salad - 1 Serving	171Kcal	 EGGS	 MUSTARD		
Chicken & Bacon Salad - 1 Serving	178Kcal	 EGGS	 MUSTARD		
Cheddar Cheese Salad - 1 Serving	293Kcal	 MILK	 MUSTARD		 VEGETARIAN
Crunchy Houmous Salad - 1 Serving	283Kcal	 MUSTARD	 SESAME		

Bacon, Lettuce & Tomato Sandwich (B) - 1 Serving	396Kcal	 WHEAT	 EGGS	 OATS, BARLEY, RYE	
Bacon, Lettuce & Tomato Sandwich (W) - 1 Serving	453Kcal	 WHEAT	 EGGS	 OATS, BARLEY, RYE	
<b>Baguettes</b>					
Tuna & Sweetcorn Mayonnaise Baguette - 1 Serving	506Kcal	 WHEAT	 EGGS	 FISH	 BARLEY  SESAME
Tuna Mayonnaise & Cucumber Baguette - 1 Serving	482Kcal	 WHEAT	 EGGS	 FISH	 BARLEY  SESAME
Chicken & Bacon Mayonnaise Baguette - 1 Serving	497Kcal	 WHEAT	 EGGS		 BARLEY  SESAME
Chicken Mayonnaise Baguette - 1 Serving	462Kcal	 WHEAT	 EGGS		 BARLEY  SESAME
Cheese Baguette - 1 Serving	632Kcal	 WHEAT	 MILK		 BARLEY  SESAME
Cheese & Ham Baguette - 1 Serving	537Kcal	 WHEAT	 MILK		 BARLEY  SESAME
Bacon, Lettuce & Tomato with Mayonnaise Baguette - 1 Serving	545Kcal	 WHEAT	 EGGS		 BARLEY  SESAME
Tuna Mayonnaise Baguette - 1 Serving	479Kcal	 WHEAT	 EGGS	 FISH	 BARLEY  SESAME
Ham Baguette - 1 Serving	453Kcal	 WHEAT			 BARLEY  SESAME
Egg Mayonnaise Baguette - 1 Serving	484Kcal	 WHEAT	 EGGS		 BARLEY  SESAME  VEGETARIAN
Cheese & Tomato Baguette - 1 Serving	636Kcal	 WHEAT	 MILK		 BARLEY  SESAME  VEGETARIAN

## Wraps

Houmous & Roasted Vegetable Wrap - 1 Serving	350Kcal	WHEAT	SESAME		VEGETARIAN VEGAN
Falafel & Houmous Wrap - 1 Serving	494Kcal	WHEAT	SESAME		VEGETARIAN VEGAN
Chicken Salad With Mayonnaise Wrap - 1 Serving	287Kcal	WHEAT	EGGS		
Tuna mayonnaise Wrap - 1 Serving	311Kcal	WHEAT	EGGS	FISH	
Ham Wrap - 1 Serving	245Kcal	WHEAT			
Cheese Wrap - 1 Serving	500Kcal	WHEAT	MILK		VEGETARIAN

## Hot Panini/ bagel/ toastie

Cheese & Tomato Panini. - 1 Serving	509Kcal	WHEAT	MILK	BARLEY SESAME	VEGETARIAN
Cheese & Pepperoni Panini. - 1 Serving	581Kcal	WHEAT	MILK	BARLEY SESAME	
Cheese & Ham Panini. - 1 Serving	542Kcal	WHEAT	MILK	BARLEY SESAME	
Tuna & Cheese Panini. - 1 Serving	606Kcal	WHEAT	EGGS	MILK	BARLEY SESAME
BBQ Chicken Panini. - 1 Serving	569Kcal	WHEAT, BARLEY SOYA	MILK	CELERY	SESAME
Chicken Tikka & Cheese Panini. - 1 Serving	557Kcal	WHEAT	MILK	BARLEY SESAME	
Pizza Pepperoni Bagel. - 1 Serving	238Kcal	WHEAT, BARLEY, RYE	MILK	SESAME	



Pizza Bagel. - 1 Serving	197Kcal	WHEAT, BARLEY, RYE	MILK	SESAME	
Cheese & Tomato Toastie - 1 Serving	396Kcal	WHEAT	MILK	OATS, BARLEY, RYE	VEGETARIAN
Cheese and Ham Toastie - 1 Serving	420Kcal	WHEAT	MILK	OATS, BARLEY, RYE	
Tuna Sweetcorn Melt Toastie - 1 Serving	399Kcal	WHEAT, FISH	EGGS, MILK	OATS, BARLEY, RYE	
TUGO Pizza Margherita - 1 Serving	196Kcal	WHEAT	MILK		
TUGO Pepperoni Pizza - 1 Serving	258Kcal	WHEAT	MILK		

### Breakfast items

Sausage Roll - Bap - 1 Serving	410Kcal	WHEAT	SOYA	SULPHITES	
Bacon Roll - 1 Serving	241Kcal	WHEAT	SOYA		
Bacon Muffin - 1 Serving	306Kcal	WHEAT	SOYA	SESAME	
Bacon & Egg Muffin - 1 Serving	315Kcal	WHEAT, SOYA	EGGS	MILK	SESAME
Egg & Cheese Muffin - 1 Serving	282Kcal	WHEAT, SOYA	EGGS	MILK	SESAME, VEGETARIAN
Sausage Muffin - 1 Serving	438Kcal	WHEAT	SOYA	SULPHITES	SESAME
Sausage & Egg Muffin - 1 Serving	429Kcal	WHEAT, SOYA	EGGS, SULPHITES	MILK	SESAME
Cheese on Toast - 1 Serving	256Kcal	WHEAT	MILK	OATS, BARLEY, RYE	VEGETARIAN
White Toast - 1 Serving	168Kcal	WHEAT		OATS, BARLEY, RYE	VEGETARIAN, VEGAN

Brown Toast - 1 Serving	151 Kcal	WHEAT	OATS, BARLEY, RYE	VEGETARIAN VEGAN
Toasted Teacakes - 1 Serving	296 Kcal	WHEAT	SESAME	VEGETARIAN
Crumpet - 1 Serving	137 Kcal	WHEAT		VEGETARIAN VEGAN
All Day Breakfast Pot - with egg - 1 Serving	324 Kcal	WHEAT SOYA	EGGS SULPHITES	MILK
All Day Breakfast Pot - no egg - 1 Serving	414 Kcal	WHEAT	SOYA SULPHITES	
Porridge - 1 Serving	281 Kcal	OATS	MILK	WHEAT, BARLEY VEGETARIAN
Waffle & Sauce - 1 Serving	398 Kcal	WHEAT SOYA	EGGS	MILK VEGETARIAN
Beans On Toast - 1 Serving	269 Kcal	WHEAT	OATS, BARLEY, RYE	VEGETARIAN VEGAN
Hash Browns x2 - 1 Serving	139 Kcal			VEGETARIAN VEGAN
Vegan Sausage Roll - 1 Serving	384 Kcal	WHEAT, BARLEY	SOYA	MILK VEGETARIAN VEGAN
Sausage Roll - 1 Serving	367 Kcal	WHEAT	SULPHITES	
Buttermilk Pancakes - 1 Serving	142 Kcal	WHEAT	EGGS	MILK VEGETARIAN
Bacon & Cheese Pastry Turnover - 1 Serving	382 Kcal	WHEAT	MILK	
Sausage & Cheese Pastry Turnover - 1 Serving	487 Kcal	WHEAT SULPHITES	MILK	SOYA

Cinnamon Pastry Twists - 1 Serving

254kcal



Generated by Nutritics v5.96 on 18th Mar 2024. Last Modified 8th Feb 2024.