

## 9to5strength - EAT. Nutrition Tables

### EAT. - Breakfast Baguettes

| PRODUCT                       | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | FIBRE | SALT |
|-------------------------------|----------|---------|-------|--------|-----|----------|-------|------|
| Crispy Bacon & Free Range Egg | 458      | 19      | 41    | 3      | 23  | 7        | 2     | 2    |
| Free Range Egg & Tomato       | 371      | 13      | 41    | 3      | 16  | 4        | 2     | 2    |
| Smoked Salmon & Avocado       | 369      | 13      | 39    | 2      | 17  | 6        | 3     | 2    |

### EAT. - Breakfast Pastries

| PRODUCT                                | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | FIBRE | SALT |
|--|----------|---------|-------|--------|-----|----------|-------|------|
| Pain aux Raisin                        | 383      | 7       | 45    | 16     | 19  | 12       |       | 1    |
| Chocolate, Almond & Hazelnut Croissant | 380      | 7       | 39    | 12     | 21  | 11       | 2     | 0    |
| Almond Croissant                       | 365      | 8       | 36    | 8      | 21  | 10       |       | 1    |
| All Butter Croissant                   | 347      | 8       | 37    | 5      | 18  | 12       |       | 0    |

### EAT. - Breakfast Rolls & Toast

| PRODUCT                                 | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | FIBRE | SALT |
|---|----------|---------|-------|--------|-----|----------|-------|------|
| Ham & Jarlsberg® Croissant              | 460      | 20      | 37    | 5      | 25  | 15       | 1     | 2    |
| Egg & Bacon Croissant                   | 444      | 17      | 32    | 4      | 27  | 10       | 3     | 1    |
| Avocado Sourdough Toast With Feta       | 393      | 10      | 30    | 1      | 24  | 7        | 5     | 2    |
| Avocado Sourdough Toast With Ham Hock   | 376      | 13      | 30    | 1      | 21  | 4        | 5     | 2    |
| Avocado Sourdough Toast                 | 338      | 7       | 30    | 1      | 20  | 4        | 5     | 1    |
| Back Bacon & Poached Egg Roll           | 336      | 24      | 40    | 1      | 9   | 4        | 0     | 3    |
| Back Bacon Roll                         | 321      | 25      | 40    | 1      | 7   | 4        | 0     | 4    |
| Poached Egg, Jarlsberg® & Mushroom Roll | 301      | 15      | 41    | 3      | 8   | 4        | 3     | 2    |
| Sourdough Toast With Butter             | 218      | 5       | 27    | 1      | 10  | 5        | 1     | 1    |

### EAT. - Breakfast Pots

| PRODUCT                                | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | FIBRE | SALT |
|--|----------|---------|-------|--------|-----|----------|-------|------|
| BBQ Beans, Poached Egg, Avocado & Feta | 389      | 11      | 34    | 8      | 16  | 4        | 8     | 2    |
| BBQ Beans, Poached Egg & Ham Hock      | 334      | 14      | 34    | 7      | 4   | 0        | 7     | 2    |

### EAT. - Porridge & Yoghurts

| PRODUCT                        | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | FIBRE | SALT |
|--------------------------------|----------|---------|-------|--------|-----|----------|-------|------|
| Bio-Live Banana & Honey        | 349      | 14      | 58    | 38     | 6   | 0        |       | 1    |
| Almond Chai Oats               | 347      | 10      | 42    | 10     | 15  | 2        | 8     | 0    |
| Apple & Berry Bircher Muesli   | 312      | 12      | 41    | 20     | 10  | 1        | 4     | 0    |
| Mango & Coconut Chia Pot       | 309      | 3       | 6     | 4      | 15  | 11       | 5     | 0    |
| Bio-Live Granola Berry         | 303      | 10      | 47    | 29     | 9   | 2        | 4     | 0    |
| Coconut & Quinoa Porridge      | 256      | 6       | 23    | 2      | 15  | 11       | 1     | 0    |
| Porridge With Banana (Regular) | 234      | 12      | 38    | 16     | 1   | 1        |       | 0    |
| Classic Porridge (Regular)     | 213      | 12      | 33    | 12     | 3   | 1        |       | 0    |
| Bio-Live Berry Pot             | 136      | 7       | 19    | 18     | 4   | 0        | 0     | 0    |

**EAT. - Grill Club**

| PRODUCT                                  | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | FIBRE | SALT |
|--|----------|---------|-------|--------|-----|----------|-------|------|
| Tuna & Cheddar Melt                      | 650      | 33      | 47    | 1      | 38  | 10       |       | 3    |
| Ham, Cheese & Dijon Mustard Ciabatta     | 551      | 27      | 47    | 1      | 29  | 9        |       | 3    |
| Chicken Pizza Grill                      | 533      | 40      | 60    | 10     | 16  | 8        | 3     | 3    |
| Mozzarella, Tomato & Pesto Ciabatta      | 529      | 20      | 47    | 3      | 31  | 10       | 2     | 2    |
| Chilli Beef & Cheese Flatbread           | 509      | 26      | 65    | 9      | 16  | 8        |       | 2    |
| British Beef & English Mustard Grill     | 506      | 29      | 52    | 7      | 21  | 4        | 5     | 0    |
| Butternut, Chickpea & Harissa Flatbread  | 506      | 19      | 76    | 7      | 15  | 2        | 7     | 2    |
| Chipotle, Cheddar & Black Bean Flatbread | 499      | 27      | 64    | 9      | 15  | 8        | 4     | 2    |
| EAT.'s Morning Melt                      | 458      | 21      | 45    | 2      | 21  | 12       |       | 3    |
| Smoked Chicken & Basil                   | 458      | 26      | 50    | 4      | 18  | 2        | 2     | 2    |
| Firecracker Chicken Flatbread            | 436      | 26      | 62    | 10     | 9   | 2        | 2     | 2    |

**EAT. - Hot Pots**

| PRODUCT                      | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | FIBRE | SALT |
|------------------------------|----------|---------|-------|--------|-----|----------|-------|------|
| Large Lemon & Herb Chicken   | 971      | 39      | 125   | 15     | 34  | 4        |       | 2    |
| Large Sweet Chilli Chicken   | 898      | 36      | 120   | 7      | 29  | 7        | 8     | 7    |
| Large Vietnamese Chicken     | 824      | 30      | 130   | 16     | 18  | 9        | 8     | 3    |
| Large Mac 'N' Cheese         | 790      | 29      | 80    | 6      | 41  | 18       |       | 3    |
| Regular Lemon & Herb Chicken | 648      | 26      | 83    | 10     | 23  | 3        |       | 1    |
| Regular Mac 'N' Cheese       | 616      | 25      | 55    | 1      | 34  | 15       |       | 3    |
| Regular Sweet Chilli Chicken | 598      | 24      | 80    | 5      | 19  | 5        | 5     | 5    |
| Large Texan Chilli           | 583      | 34      | 75    | 12     | 16  | 6        | 10    | 3    |
| Regular Vietnamese Chicken   | 549      | 20      | 86    | 11     | 12  | 6        | 5     | 2    |
| Regular Texan Chilli         | 386      | 22      | 51    | 8      | 10  | 4        | 7     | 2    |

**EAT. - Pies**

| PRODUCT                                 | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | FIBRE | SALT |
|---|----------|---------|-------|--------|-----|----------|-------|------|
| Cauliflower Cheese & Kale Pie with Mash | 928      | 26      | 82    | 5      | 55  | 26       | 9     | 3    |
| Chicken & Mushroom Pie with Mash        | 848      | 26      | 90    | 4      | 42  | 25       | 8     | 4    |
| Steak & Ale Pie with Mash               | 811      | 27      | 92    | 8      | 37  | 23       | 8     | 3    |
| Cauliflower Cheese & Kale Pie           | 683      | 21      | 49    | 4      | 46  | 20       | 4     | 1    |
| Chicken & Mushroom Pie                  | 598      | 21      | 57    | 3      | 33  | 18       | 3     | 2    |
| Steak & Ale Pie                         | 562      | 22      | 58    | 8      | 28  | 16       | 4     | 1    |

**EAT. - Puddings**

| PRODUCT          | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | FIBRE | SALT |
|------------------|----------|---------|-------|--------|-----|----------|-------|------|
| Lemon Cheesecake | 284      | 3       | 21    | 14     | 21  | 12       |       | 0    |
| Avocado Shot     | 213      | 2       | 15    | 15     | 15  | 9        | 3     | 0    |

### EAT. - Salads

| PRODUCT                            | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | FIBRE | SALT |
|------------------------------------|----------|---------|-------|--------|-----|----------|-------|------|
| Ultimate Pesto Pasta               | 888      | 24      | 82    |        | 21  | 10       | 5     | 2    |
| Sicilian Orzo & Roasted Vegetables | 514      | 11      | 65    | 16     | 5   | 2        | 7     | 1    |
| Houmous & Falafel Mezze Salad      | 493      | 13      | 42    | 16     | 16  | 2        | 15    | 1    |
| Roast Chicken & Avocado            | 479      | 20      | 12    | 10     | 38  | 6        | 5     | 1    |
| Sweet Pepper Chicken               | 440      | 20      | 19    | 9      | 31  | 5        | 2     | 1    |
| Spicy Chicken Noodle Salad         | 401      | 28      | 57    | 11     | 7   | 1        | 5     | 2    |
| Crayfish, Avocado & Free Range Egg | 388      | 15      | 10    | 8      | 21  | 5        | 4     | 2    |
| Middle Eastern Tabbouleh           | 367      | 13      | 32    | 6      | 22  | 6        | 8     | 2    |
| Spicy Crayfish Noodle Salad        | 352      | 20      | 55    | 10     | 6   | 2        | 5     | 1    |
| Ham Hock & Free Range Egg          | 342      | 20      | 17    | 6      | 8   | 3        | 3     | 3    |
| Mexican Guacamole & Quinoa         | 323      | 7       | 48    | 8      | 12  | 2        | 8     | 1    |

### EAT. - Fit Boxes & Grazing

| PRODUCT                                   | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | FIBRE | SALT |
|---|----------|---------|-------|--------|-----|----------|-------|------|
| Super Nutty Fit Box                       | 343      | 11      | 33    | 6      | 20  | 3        | 6     | 1    |
| Sunshine Houmous & Dip-Sticks             | 237      | 6       | 19    | 8      | 16  | 2        | 5     | 1    |
| Smoked Salmon & Egg Fit Box With Dressing | 202      | 16      | 1     | 1      | 14  | 4        | 1     | 1    |
| Free Range Egg & Chilli Greens            | 116      | 10      | 4     | 1      | 6   | 2        | 2     | 0    |

### EAT. - Wraps

| PRODUCT                | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | FIBRE | SALT |
|------------------------|----------|---------|-------|--------|-----|----------|-------|------|
| Chana Gobi Wrap        | 574      | 10      | 64    | 10     | 16  | 3        | 7     | 1    |
| Falafel & Houmous Wrap | 477      | 13      | 64    | 8      | 18  | 4        | 11    | 1    |
| Chicken Salad Wrap     | 452      | 24      | 52    | 4      | 17  | 4        | 3     | 2    |
| Mexican Chicken Wrap   | 435      | 19      | 60    | 9      | 13  | 5        | 6     | 1    |
| Chunky Houmous Wrap    | 377      | 10      | 58    | 4      | 12  | 3        | 7     | 0    |

### EAT. - Baguettes

| PRODUCT                                  | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | FIBRE | SALT |
|--|----------|---------|-------|--------|-----|----------|-------|------|
| Ham & Jarlsberg® Rustic Baguette         | 600      | 35      | 58    | 2      | 23  | 11       | 6     | 4    |
| Chicken, Bacon & Avocado Baguette        | 587      | 33      | 54    | 4      | 26  | 4        | 4     | 3    |
| Cheddar & Tomato Chutney Rustic Baguette | 586      | 23      | 68    | 12     | 24  | 13       | 4     | 3    |
| Ham, Brie & Tomato Chutney Baguette      | 554      | 24      | 59    | 10     | 23  | 14       | 3     | 3    |
| Herb Chicken & Avocado Baguette          | 553      | 32      | 54    | 4      | 17  | 3        | 4     | 3    |
| Ham & Jarlsberg® Baguette                | 527      | 33      | 51    | 2      | 20  | 11       | 2     | 3    |
| Tuna & Cucumber Baguette                 | 526      | 25      | 53    | 3      | 23  | 2        | 3     | 2    |
| Chipotle Ham & Free Range Egg            | 467      | 21      | 52    | 5      | 18  | 2        | 2     | 3    |
| French Brie & Tomato Baguette            | 455      | 18      | 56    | 3      | 17  | 11       | 4     | 2    |
| Pastrami & Gherkin                       | 453      | 22      | 54    | 5      | 16  | 5        | 2     | 3    |
| Ham & Jarlsberg® Half Baguette           | 263      | 16      | 26    | 1      | 10  | 5        | 1     | 2    |
| French Brie & Tomato Half Baguette       | 223      | 9       | 26    | 2      | 8   | 5        | 2     | 1    |

### EAT. - Sandwiches

| PRODUCT                                     | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | FIBRE | SALT |
|---|----------|---------|-------|--------|-----|----------|-------|------|
| Classic Cheddar Ploughman's Bloomer         | 700      | 28      | 55    | 3      | 31  | 14       | 6     | 2    |
| Chicken, Pork Sage & Onion Stuffing Bloomer | 569      | 28      | 59    | 3      | 26  | 8        | 4     | 8    |
| Ham & Free-Range Egg Bloomer                | 567      | 31      | 47    | 2      | 28  | 8        | 5     | 3    |
| New York Pastrami Bloomer                   | 516      | 27      | 55    | 2      | 20  | 5        | 1     | 3    |
| Ham, Cheese & Pickle                        | 452      | 22      | 41    | 5      | 15  | 7        | 3     | 3    |
| Beef & Horseradish Bloomer                  | 405      | 24      | 49    | 2      | 12  | 2        | 3     | 3    |
| Chunky Free Range Egg                       | 403      | 15      | 36    | 4      | 22  | 2        | 3     | 1    |
| Cheese & Tomato                             | 385      | 17      | 36    | 5      | 19  | 11       | 3     | 2    |
| Butternut Squash, Seedy Stuffing & Slaw     | 380      | 11      | 56    | 17     | 13  | 2        | 6     | 2    |
| Smoked Salmon & Soft Cheese                 | 367      | 21      | 36    | 4      | 15  | 5        | 3     | 2    |
| Tuna Mayonnaise & Cucumber                  | 365      | 17      | 36    | 4      | 17  | 1        | 3     | 1    |
| Butter Basted Turkey and Cranberry          | 359      | 25      | 46    | 13     | 8   | 1        | 3     | 2    |
| Chicken Salad Sandwich                      | 327      | 20      | 39    | 6      | 10  | 1        | 4     | 2    |

### EAT. - Soups (Large)

| PRODUCT                             | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | FIBRE | SALT |
|-------------------------------------|----------|---------|-------|--------|-----|----------|-------|------|
| Creamy Sweetcorn                    | 656      | 16      | 76    | 19     | 32  | 18       |       | 2    |
| Coconut Chicken Noodle              | 600      | 28      | 44    | 10     | 34  | 25       | 4     | 4    |
| Jerk Chicken                        | 588      | 32      | 58    | 16     | 27  | 20       |       | 4    |
| Malaysian Beef Rendang              | 544      | 26      | 47    | 22     | 26  | 19       |       | 4    |
| Sweet Potato & Mascarpone           | 544      | 8       | 60    | 26     | 28  | 18       |       | 5    |
| Creamy Slow Roasted Tomato          | 500      | 8       | 29    | 24     | 38  | 22       |       | 2    |
| Italian Meatballs                   | 475      | 26      | 60    | 15     | 13  | 4        |       | 2    |
| Cauliflower Cheese                  | 456      | 19      | 29    | 12     | 28  | 17       |       | 3    |
| Chicken Pot Pie                     | 450      | 29      | 42    | 9      | 19  | 11       |       | 3    |
| Chicken, Mushroom & Barley          | 450      | 30      | 25    | 7      | 24  | 14       |       | 4    |
| Leek & Potato                       | 438      | 11      | 40    | 11     | 24  | 14       |       | 2    |
| Beef Ragu                           | 425      | 31      | 31    | 18     | 15  | 5        |       | 3    |
| Hungarian Goulash                   | 419      | 31      | 46    | 9      | 12  | 5        |       | 4    |
| Chicken & Kale Dahl                 | 405      | 33      | 38    | 16     | 13  | 4        | 7     | 3    |
| French Onion                        | 396      | 4       | 44    | 23     | 22  | 14       | 6     | 6    |
| Thai Butternut Squash               | 350      | 6       | 43    | 23     | 14  | 9        |       | 3    |
| Fire Roasted Peppers & Goats Cheese | 294      | 12      | 29    | 26     | 14  | 7        |       | 3    |
| Spicy Moroccan Vegetable            | 288      | 11      | 49    | 21     | 4   | 1        |       | 3    |
| Chicken & Garden Vegetable          | 257      | 28      | 28    | 12     | 3   | 1        |       | 3    |
| Old Fashioned Chicken Noodle        | 234      | 28      | 20    | 9      | 4   | 2        |       | 5    |
| Spicy Tomato & Basil                | 163      | 6       | 29    | 24     | 2   | 0        |       | 3    |

### EAT. - Soups (Regular)

| PRODUCT                               | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | FIBRE | SALT |
|---------------------------------------|----------|---------|-------|--------|-----|----------|-------|------|
| Creamy Sweetcorn                      | 420      | 10      | 48    | 12     | 20  | 11       |       | 2    |
| Coconut Chicken Noodle                | 384      | 18      | 28    | 7      | 22  | 16       | 2     | 2    |
| Jerk Chicken                          | 376      | 20      | 37    | 10     | 17  | 13       |       | 3    |
| Malaysian Beef Rendang                | 348      | 17      | 30    | 14     | 17  | 12       |       | 2    |
| Sweet Potato & Mascarpone             | 348      | 5       | 38    | 17     | 18  | 12       |       | 3    |
| Creamy Slow Roasted Tomato            | 320      | 5       | 19    | 15     | 24  | 14       |       | 1    |
| Italian Meatballs                     | 304      | 17      | 38    | 10     | 8   | 3        |       | 2    |
| CaulifloweCheese                      | 292      | 12      | 19    | 8      | 18  | 11       |       | 2    |
| Chicken Pot Pie                       | 288      | 18      | 27    | 6      | 12  | 7        |       | 2    |
| Chicken, Mushroom & Barley            | 288      | 19      | 16    | 4      | 15  | 9        |       | 2    |
| Beef Ragu                             | 283      | 21      | 21    | 12     | 11  | 4        |       | 2    |
| Spiced Lentil, Spinach & Sweet Potato | 280      | 10      | 43    | 10     | 6   | 1        | 7     | 3    |
| Leek & Potato                         | 280      | 7       | 26    | 7      | 16  | 9        |       | 2    |
| Hungarian Goulash                     | 267      | 20      | 29    | 6      | 8   | 3        |       | 3    |
| French Onion                          | 253      | 2       | 28    | 15     | 14  | 9        | 4     | 4    |
| Chicken & Kale Dahl                   | 251      | 20      | 24    | 9      | 8   | 3        | 4     | 2    |
| Chipotle Chicken & Black Bean         | 247      | 22      | 30    | 11     | 4   | 0        | 5     | 3    |
| Thai Butternut Squash                 | 224      | 4       | 28    | 15     | 9   | 6        |       | 2    |
| Fire Roasted Peppers & Goats Cheese   | 188      | 8       | 18    | 17     | 9   | 4        |       | 2    |
| Spicy Moroccan Vegetable              | 184      | 7       | 31    | 14     | 3   | 0        |       | 2    |
| Chicken & Garden Vegetable            | 168      | 18      | 18    | 8      | 2   | 0        |       | 2    |
| Old Fashioned Chicken Noodle          | 160      | 19      | 14    | 6      | 3   | 1        |       | 4    |
| Spicy Tomato & Basil                  | 104      | 4       | 18    | 16     | 1   | 0        |       | 2    |

### EAT. - Soups (Small)

| PRODUCT                           | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | FIBRE | SALT |
|-----------------------------------|----------|---------|-------|--------|-----|----------|-------|------|
| Coconut Chicken Noodle            | 317      | 15      | 24    | 6      | 18  | 13       | 2     | 2    |
| Creamy Sweetcorn                  | 315      | 8       | 36    | 9      | 15  | 8        |       | 2    |
| Jerk Chicken                      | 282      | 15      | 28    | 8      | 13  | 10       |       | 2    |
| Malaysian Beef Rendang            | 261      | 13      | 22    | 10     | 13  | 9        |       | 2    |
| Sweet Potato & Mascarpone         | 261      | 4       | 29    | 13     | 13  | 9        |       | 2    |
| Creamy Slow Roasted Tomato        | 240      | 4       | 14    | 11     | 18  | 10       |       | 1    |
| Italian Meatballs                 | 228      | 13      | 29    | 7      | 6   | 2        |       | 1    |
| Cauliflower Cheese                | 219      | 9       | 14    | 6      | 14  | 8        |       | 2    |
| Beef Ragu                         | 217      | 16      | 18    | 9      | 8   | 3        |       | 2    |
| Chicken Pot Pie                   | 216      | 14      | 20    | 4      | 9   | 5        |       | 2    |
| Chicken, Mushroom & Barley        | 216      | 14      | 12    | 3      | 11  | 7        |       | 2    |
| Leek & Potato                     | 210      | 5       | 19    | 5      | 12  | 7        |       | 2    |
| Hungarian Goulash                 | 200      | 15      | 22    | 4      | 6   | 2        |       | 2    |
| Chicken & Kale Dahl               | 192      | 16      | 18    | 7      | 6   | 2        | 3     | 2    |
| French Onion                      | 190      | 2       | 21    | 11     | 10  | 7        | 3     | 3    |
| Thai Butternut Squash             | 168      | 3       | 21    | 11     | 7   | 4        |       | 2    |
| Fire Roasted Pepper & Goat Cheese | 141      | 6       | 14    | 13     | 7   | 3        |       | 2    |
| Spicy Moroccan Vegetable          | 138      | 5       | 23    | 10     | 2   | 0        |       | 2    |
| Chicken & Garden Vegetable        | 123      | 14      | 14    | 6      | 2   | 0        |       | 2    |
| Old Fashioned Chicken Noodle      | 112      | 13      | 10    | 4      | 2   | 1        |       | 2    |
| Spicy Tomato & Basil              | 78       | 3       | 14    | 12     | 1   | 0        |       | 2    |

### EAT. - Wok Pots

| PRODUCT           | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | FIBRE | SALT |
|-------------------|----------|---------|-------|--------|-----|----------|-------|------|
| Hoisin Duck Gyoza | 392      | 10      | 67    | 28     | 8   | 2        |       | 4    |
| Veggie Gyoza      | 300      | 14      | 44    | 7      | 6   | 1        |       | 4    |
| Red Thai Chicken  | 292      | 23      | 31    | 11     | 8   | 4        |       | 3    |
| Chicken Ramen     | 262      | 24      | 30    | 10     | 4   | 1        |       | 4    |
| Wakame Miso       | 147      | 7       | 21    | 6      | 3   | 0        |       | 4    |

### EAT. - Fruit

| PRODUCT                                | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | FIBRE | SALT |
|--|----------|---------|-------|--------|-----|----------|-------|------|
| Big Fruit Salad                        | 120      | 2       | 30    | 30     | 0   | 0        | 5     | 0    |
| Grape Bag                              | 90       | 0       | 20    | 20     | 0   | 0        |       | 0    |
| Rainbow Fruit Salad                    | 86       | 1       | 18    | 17     | 1   | 0        | 4     | 0    |
| Mango & Lime                           | 85       | 1       | 23    | 22     | 0   | 0        |       | 0    |
| Pineapple And Passionfruit Fruit Salad | 83       | 1       | 18    | 15     | 1   | 0        | 1     | 0    |

### EAT. - Treats

| PRODUCT                  | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | FIBRE | SALT |
|--------------------------|----------|---------|-------|--------|-----|----------|-------|------|
| Lemon Drizzle Cake       | 555      | 6       | 74    | 55     | 27  | 7        |       | 1    |
| Victoria Sponge          | 489      | 5       | 63    | 39     | 25  | 6        | 1     | 1    |
| Double Chocolate Muffin  | 472      | 6       | 58    | 32     | 24  | 5        | 2     | 1    |
| Bakewell Slice           | 466      | 4       | 41    | 27     | 20  | 13       |       | 0    |
| EAT. Me Cookies & Cream  | 451      | 4       | 59    | 40     | 23  | 11       | 1     | 1    |
| Berry & Granola Muffin   | 450      | 7       | 51    | 25     | 23  | 2        | 5     | 2    |
| Nutty Carrot and Caramel | 443      | 5       | 61    | 40     | 23  | 6        | 1     | 1    |
| Triple Chocolate Cookie  | 394      | 5       | 58    | 38     | 15  | 9        | 2     | 0    |
| Coffee Cake              | 371      | 4       | 33    | 0      | 20  | 6        | 0     | 0    |
| Banana Loaf              | 354      | 2       | 46    | 24     | 17  | 2        | 4     | 0    |
| Chocolate Glazed Loaf    | 351      | 4       | 37    | 22     | 22  | 8        | 2     | 0    |
| Oat & Fruit Cookie       | 329      | 5       | 50    | 26     | 12  | 5        |       | 0    |
| Millionaire's Shortbread | 316      | 2       | 40    | 26     | 17  | 10       | 1     | 0    |
| Carrot Cake              | 265      | 2       | 31    | 25     | 16  | 10       |       | 0    |
| Red Velvet Cake          | 263      | 3       | 36    | 29     | 13  | 3        | 1     | 0    |
| Jaffa Cake               | 253      | 4       | 17    | 14     | 18  | 8        | 1     | 0    |
| Pastel de Nata           | 220      | 3       | 34    | 19     | 8   | 4        | 1     | 0    |
| Handmade Scottish Fudge  | 194      | 1       | 39    | 39     | 4   | 2        | 0     | 0    |
| Hot Cross Brioche        | 186      | 5       | 32    | 11     | 4   | 2        | 2     | 0    |
| Mini Doughnuts           | 170      | 1       | 10    | 3      | 4   | 4        |       | 0    |

### EAT. - Snacks

| PRODUCT                                 | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | FIBRE | SALT |
|---|----------|---------|-------|--------|-----|----------|-------|------|
| Choc Almonds, Raisins & Sunflower Seeds | 380      | 7       | 39    | 12     | 21  | 11       |       | 0    |
| Biscuit Tin                             | 316      | 3       | 31    | 25     | 20  | 9        | 1     | 0    |
| Charlie Brownie                         | 310      | 4       | 29    | 2      | 19  | 10       | 2     | 0    |
| Fruity Oats                             | 263      | 4       | 37    | 22     | 11  | 6        | 3     | 0    |
| Yoghurt Raisins                         | 239      | 2       | 31    | 31     | 10  | 6        | 0     | 0    |
| Nuts About Seeds                        | 237      | 4       | 34    | 21     | 9   | 3        | 3     | 0    |
| Natural Nuts                            | 222      | 6       | 7     | 2      | 18  | 2        |       | 0    |
| Honey Chilli Peanuts                    | 204      | 6       | 21    | 19     | 10  | 1        | 2     | 0    |
| Midget Gems                             | 174      | 1       | 42    | 28     | 1   | 0        |       | 0    |
| Fava Beans, Chickpeas & Pumpkin Seeds   | 156      | 7       | 16    | 2      | 6   | 2        |       | 1    |
| Smoky Almonds & Corn                    | 141      | 4       | 17    | 0      | 6   | 0        | 3     | 1    |
| Sweet & Salty Popcorn                   | 136      | 1       | 14    | 6      | 8   | 1        |       | 0    |
| Salted Popcorn                          | 105      | 2       | 10    | 0      | 6   | 1        | 0     | 0    |

**EAT. - Chilled Drinks**

| PRODUCT                      | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT |
|------------------------------|----------|---------|-------|--------|-----|----------|
| Pink Lemonade                | 163      | 1       | 39    | 39     | 0   | 0        |
| Cherry Berry Almond Smoothie | 162      | 4       | 25    | 18     | 4   | 0        |
| Drama Green Juice            | 128      | 2       | 30    | 29     | 1   | 0        |
| Berry Beets Juice            | 115      | 1       | 25    | 25     | 1   | 0        |
| Lime & Lemon Cooler          | 104      | 0       | 26    | 26     | 0   | 0        |
| Orange & Mango Cooler        | 95       | 1       | 24    | 24     | 0   | 0        |
| Elderflower Cooler           | 95       | 0       | 23    | 23     | 0   | 0        |
| Cool Carrot Juice            | 90       | 2       | 21    | 20     | 1   | 0        |

**EAT. - Coffee & Specialities**

| PRODUCT                      | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT |
|------------------------------|----------|---------|-------|--------|-----|----------|
| Large Mocha (Skimmed)        | 180      | 13      | 26    | 25     | 2   | 1        |
| Artisan Chai Latte (Skimmed) | 176      | 10      | 34    | 34     | 0   | 0        |
| Regular Mocha (Skimmed)      | 170      | 12      | 25    | 24     | 2   | 1        |
| Matcha Latte (Skimmed)       | 166      | 11      | 30    | 29     | 0   | 0        |
| Hot Chocolate (Skimmed)      | 164      | 10      | 25    | 24     | 2   | 1        |
| Large Latte (Skimmed)        | 124      | 14      | 16    | 16     | 0   | 0        |
| Regular Latte (Skimmed)      | 99       | 12      | 12    | 12     | 0   | 0        |
| Large Cappuccino (Skimmed)   | 93       | 11      | 11    | 11     | 0   | 0        |
| Regular Cappuccino (Skimmed) | 75       | 9       | 9     | 8      | 0   | 0        |
| Flat White (Skimmed)         | 72       | 9       | 9     | 8      | 0   | 0        |
| Americano                    | 15       | 3       | 1     | 0      | 0   | 0        |
| Macchiato                    | 13       | 2       | 1     | 0      | 0   | 0        |

**EAT. - Iced Drinks**

| PRODUCT                      | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT |
|------------------------------|----------|---------|-------|--------|-----|----------|
| Coffee Frappe (Skimmed)      | 273      | 10      | 49    | 44     | 4   | 2        |
| Chocolate Frappe (Skimmed)   | 269      | 10      | 49    | 47     | 3   | 2        |
| Vanilla Frappe (Skimmed)     | 250      | 10      | 45    | 41     | 4   | 2        |
| Mocha Frappe (Skimmed)       | 236      | 10      | 42    | 40     | 3   | 2        |
| Matcha Frappe (Skimmed)      | 173      | 9       | 30    | 27     | 2   | 1        |
| Regular Iced Latte (Skimmed) | 83       | 10      | 10    | 10     | 0   | 0        |
| Small Iced Latte (Skimmed)   | 58       | 7       | 7     | 6      | 0   | 0        |