



NUTRITION SURVIVAL GUIDE TO

POD

CALORIES AND MACRONUTRIENTS

2020/21

WWW.PDFITNESSANDNUTRITION.CO.UK

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
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BREAKFAST - EGGS

Chorizo Power Eggs - Regular	545	33.2	24	2.2	0.1	35.5	1.9
Chorizo Power Eggs - Large	644	42.6	24	2.2	0.1	42.2	2.2
Energiser Eggs - Regular	532	30.9	22.7	3	1.8	35.2	1.2
Energiser Eggs - Large	630	40.3	22.7	3	1.8	42	1.5
Omega 3 Booster Eggs - Regular	549	33.3	22.6	3	3.1	35.6	1.8
Omega 3 Booster Eggs - Large	647	42.7	22.6	3	3.1	42.4	2.1
Plain Eggs - Regular	402	25.7	20.9	1.5	0.6	24	1
Plain Eggs - Large	500	35.1	20.9	1.5	0.6	30.8	1.3
Protein Feast Eggs - Regular	658	53	21.9	5.8	4.4	38.6	3
Protein Feast Eggs - Large	757	62.4	21.9	5.8	4.4	45.4	3.3
Superb Eggs- Regular	484	30.4	22.7	2.2	1.4	30.2	1.6
Superb Eggs- Large	582	30.4	22.7	2.2	1.4	37	1.9

BREAKFAST - DAIRY PORRIDGE

Berry Boost - Regular	354	10.7	57.7	7.2	15	9.6	0.5
Berry Boost - Large	437	13.5	71.9	9	16	11.3	0.6
Forest Berry & Peanut Butter- Regular	444	16.2	51.9	5.6	9.1	19	0.2
Forest Berry & Peanut Butter- Large	526	19	66.2	7.4	10.2	20.7	0.2
Peanut Butter Power - Regular	483	16.5	61.5	5.8	17.4	19.2	0.2
Peanut Butter Power - Large	565	19.3	75.8	7.6	18.4	20.9	0.2
Plain Porridge - Regular	248	8.4	42.8	5.4	3.1	5.1	0
Plain Porridge - Large	330	8.4	57.1	7.3	4.3	6.8	1

ALMOND MILK PORRIDGE

Berry Boost - Regular	323	9.3	55.6	7.3	12.8	8.5	0.1
- With Honey	372	0	12.2	0	12.1	0	0
- With Peanut Butter	497	6.8	3.3	0	1	12.3	0.1
Berry Boost - Large	396	11.6	69.1	9.2	13.2	9.8	0.1
- With Honey	445	0	12.2	0	12.1	0	0
- With Peanut Butter	570	6.8	3.3	0	1	12.3	0.1
Forest Berry & Peanut Butter - Regular	414	14.8	49.9	5.8	7	18	0.2
- With Honey	463	0	12.2	0	12.1	0	0
- With Peanut Butter	588	6.8	3.3	0	1	12.3	0.1
Forest Berry & Peanut Butter - Large	486	17.1	63.4	7.6	7.4	19.3	0.2
- With Honey	535	0	12.2	0	12.1	0	0
- With Peanut Butter	660	6.8	3.3	0	1	12.3	0.1
Peanut Butter Power- Regular	452	15.1	59.4	5.9	15.3	18.1	0.2
- With Honey	501	0	12.2	0	12.1	0	0
- With Peanut Butter	626	6.8	3.3	0	1	12.3	0.1
Peanut Butter Power- Large	524	17.5	73	7.8	15.6	19.4	0.2
- With Honey	573	0	12.2	0	12.1	0	0

1-200 CAL

201-300 CAL

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501+ CAL

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
- With Peanut Butter	698	6.8	3.3	0	1	12.3	0.1
Plain Porridge- Regular	217	7	40.7	5.6	1.1	4	0.1
- With Honey	266	0	12.2	0	12.1	0	0
- With Peanut Butter	391	6.8	3.3	0	1	12.3	0.1
Plain Porridge - Large	289	9.4	54.3	7.4	1.4	5.3	0.1
- With Honey	338	0	12.2	0	12.1	0	0
- With Peanut Butter	463	6.8	3.3	0	1	12.3	0.1

BREAKFAST - PORRIDGE (oat milk)

Berry Boost - Regular	327	7.4	54.9	5.9	15.1	9.7	0
- With Honey	376	0	12.2	0	12.1	0	0
- With Peanut Butter	501	6.8	3.3	0	1	12.3	0.1
Berry Boost - Large	400	9.2	68.3	7.3	16.2	11.4	0
- With Honey	449	0	12.2	0	12.1	0	0
- With Peanut Butter	574	6.8	3.3	0	1	12.3	0.1
Forest Berry & Peanut Butter - Regular	417	13	49.2	4.3	9.3	19.1	0.2
- With Honey	466	0	12.2	0	12.1	0	0
- With Peanut Butter	591	6.8	3.3	0	1	12.3	0.1
Forest Berry & Peanut Butter - Large	490	14.7	62.6	5.7	10.4	20.9	0.2
- With Honey	539	0	12.2	0	12.1	0	0
- With Peanut Butter	664	6.8	3.3	0	1	12.3	0.1
Peanut Butter Power- Regular	455	15.1	59.4	5.9	15.3	18.1	0.2
- With Honey	604	0	12.2	0	12.1	0	0
- With Peanut Butter	629	6.8	3.3	0	1	12.3	0.1
Peanut Butter Power- Large	529	17.5	73	7.8	15.6	19.4	0.2
- With Honey	578	0	12.2	0	12.1	0	0
- With Peanut Butter	703	6.8	3.3	0	1	12.3	0.1
Plain Porridge- Regular	220	5.2	40.1	4.1	3.3	5.2	0
- With Honey	269	0	12.2	0	12.1	0	0
- With Peanut Butter	394	6.8	3.3	0	1	12.3	0.1
Plain Porridge - Large	293	6.9	53.4	5.5	4.4	6.9	0
- With Honey	342	0	12.2	0	12.1	0	0
- With Peanut Butter	467	6.8	3.3	0	1	12.3	0.1

BREAKFAST - BRIOCHE

Avocado & Chilli Brioche	280	5.6	27.8	4.7	1.8	15.7	0.5
Avocado, Chilli & Cheese Brioche	328	8.9	27.9	4.7	1.8	19.5	1
Avocado, Chilli & Bacon Brioche	346	12.3	28.8	4.7	2	19.5	1.2
Avocado, Chilli, Cheese & Bacon Brioche	394	15.6	28.9	4.7	2	23.3	1.7
Bacon Brioche	245	14.7	23.5	1.1	1.9	10.1	1.5
Halloumi, Avocado & Tomato Brioche	459	17.1	29.5	5.3	3.4	29.7	1.8
Salmon, Egg & Spinach Brioche	298	19.7	22.2	1.3	1.8	14	1.4
Sausage Brioche	333	15.2	29.1	1.7	2.2	17.6	1.8
Scrambled Egg Brioche	239	13.7	22	1.1	1.6	10.9	0.7
Scrambled Egg with Bacon Brioche	343	24.2	23.5	1.1	1.9	16.9	1.8
Scrambled Egg with Sausage Brioche	367	21	26.7	1.5	2	19.9	1.6

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
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BREAKFAST - TOASTED

Avocado & Chilli Toasted Sandwich	427	11.3	50.3	8.4	1.2	19.1	0.9
- With Bacon	493	6.7	1	0	0	3.9	0.7
- With Brown Sauce	445	0.1	4.2	0	3.5	0	0.2
- With Cream Cheese	451	1.9	0.9	0	0.8	1.4	0.2
- With Honey	476	0	12.2	0	12.1	0	0
- With Ketchup	442	0.2	3.5	0	3.4	0.2	0.3
- With Marmite	479	1.7	1.5	0.1	0.1	0	0.5
- With Peanut Butter	580	6.8	3.3	0	1	12.3	0.1
Avocado, Chilli & Cheese Toasted Sandwich	475	14.6	50.4	8.4	1.2	22.9	1.5
- With Bacon	541	6.7	1	0	0	3.9	0.7
- With Brown Sauce	493	0.1	4.2	0	3.5	0	0.2
- With Cream Cheese	499	1.9	0.9	0	0.8	1.4	0.2
- With Honey	524	0	12.2	0	12.1	0	0
- With Ketchup	490	0.2	3.5	0	3.4	0.2	0.3
- With Marmite	527	1.7	1.5	0.1	0.1	0	0.5
- With Peanut Butter	628	6.8	3.3	0	1	12.3	0.1
Avocado, Chilli & Bacon Toasted Sandwich	493	18	51.3	8.4	1.2	23	1.6
- With Bacon	559	6.7	1	0	0	3.9	0.7
- With Brown Sauce	511	0.1	4.2	0	3.5	0	0.2
- With Cream Cheese	517	1.9	0.9	0	0.8	1.4	0.2
- With Honey	542	0	12.2	0	12.1	0	0
- With Ketchup	508	0.2	3.5	0	3.4	0.2	0.3
- With Marmite	545	1.7	1.5	0.1	0.1	0	0.5
- With Peanut Butter	646	6.8	3.3	0	1	12.3	0.1
Bacon Toasted Sandwich	367	24.3	43.8	3	1.4	10.2	2.3
- With Bacon	433	6.7	1	0	0	3.9	0.7
- With Brown Sauce	385	0.1	4.2	0	3.5	0	0.2
- With Cream Cheese	391	1.9	0.9	0	0.8	1.4	0.2
- With Honey	416	0	12.2	0	12.1	0	0
- With Ketchup	382	0.2	3.5	0	3.4	0.2	0.3
- With Marmite	419	1.7	1.5	0.1	0.1	0	0.5
- With Peanut Butter	520	6.8	3.3	0	1	12.3	0.1
Bagel with Butter	398	12.5	52.3	4.9	4.4	14.3	0.8
- With Bacon	464	6.7	1	0	0	3.9	0.7
- With Brown Sauce	416	0.1	4.2	0	3.5	0	0.2
- With Cream Cheese	422	1.9	0.9	0	0.8	1.4	0.2
- With Honey	447	0	12.2	0	12.1	0	0
- With Ketchup	413	0.2	3.5	0	3.4	0.2	0.3
- With Marmite	450	1.7	1.5	0.1	0.1	0	0.5
- With Peanut Butter	551	6.8	3.3	0	1	12.3	0.1
Bagel without Butter	323	12.4	52.2	4.9	4.4	6.1	0.8
- With Bacon	389	6.7	1	0	0	3.9	0.7
- With Brown Sauce	341	0.1	4.2	0	3.5	0	0.2
- With Cream Cheese	347	1.9	0.9	0	0.8	1.4	0.2
- With Honey	372	0	12.2	0	12.1	0	0
- With Ketchup	338	0.2	3.5	0	3.4	0.2	0.3



1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Bagel with Salmon & Cream Cheese	456	25.3	53.8	5.2	5.8	13.4	2.2
- With Bacon	522	6.7	1	0	0	3.9	0.7
- With Brown Sauce	474	0.1	4.2	0	3.5	0	0.2
- With Cream Cheese	480	1.9	0.9	0	0.8	1.4	0.2
- With Honey	505	0	12.2	0	12.1	0	0
- With Ketchup	471	0.2	3.5	0	3.4	0.2	0.3
- With Marmite	508	1.7	1.5	0.1	0.1	0	0.5
- With Peanut Butter	609	6.8	3.3	0	1	12.3	0.1
Gluten Free Toast with Butter	257	1.3	32.3	3.6	0.7	12.6	0.6
- With Bacon	323	6.7	1	0	0	3.9	0.7
- With Brown Sauce	275	0.1	4.2	0	3.5	0	0.2
- With Cream Cheese	281	1.9	0.9	0	0.8	1.4	0.2
- With Honey	306	0	12.2	0	12.1	0	0
- With Ketchup	272	0.2	3.5	0	3.4	0.2	0.3
- With Marmite	309	1.7	1.5	0.1	0.1	0	0.5
- With Peanut Butter	410	6.8	3.3	0	1	12.3	0.1
Gluten Free Toast without Butter	182	1.2	32.2	3.6	0.7	4.3	0.6
- With Bacon	248	6.7	1	0	0	3.9	0.7
- With Brown Sauce	200	0.1	4.2	0	3.5	0	0.2
- With Cream Cheese	206	1.9	0.9	0	0.8	1.4	0.2
- With Honey	231	0	12.2	0	12.1	0	0
- With Ketchup	197	0.2	3.5	0	3.4	0.2	0.3
- With Marmite	234	1.7	1.5	0.1	0.1	0	0.5
- With Peanut Butter	335	6.8	3.3	0	1	12.3	0.1
Sausage Toasted Sandwich	543	23.8	49.9	3.8	0.7	27.7	2.8
- With Bacon	609	6.7	1	0	0	3.9	0.7
- With Brown Sauce	561	0.1	4.2	0	3.5	0	0.2
- With Cream Cheese	567	1.9	0.9	0	0.8	1.4	0.2
- With Honey	592	0	12.2	0	12.1	0	0
- With Ketchup	558	0.2	3.5	0	3.4	0.2	0.3
- With Marmite	595	1.7	1.5	0.1	0.1	0	0.5
- With Peanut Butter	696	6.8	3.3	0	1	12.3	0.1
Protein Toast with Butter	315	16.7	27	8	2.1	13.2	1.2
- With Bacon	381	6.7	1	0	0	3.9	0.7
- With Brown Sauce	333	0.1	4.2	0	3.5	0	0.2
- With Cream Cheese	339	1.9	0.9	0	0.8	1.4	0.2
- With Honey	364	0	12.2	0	12.1	0	0
- With Ketchup	330	0.2	3.5	0	3.4	0.2	0.3
- With Marmite	367	1.7	1.5	0.1	0.1	0	0.5
- With Peanut Butter	468	6.8	3.3	0	1	12.3	0.1
Protein Toast without Butter	240	16.6	27	8	2	5	1.2
- With Bacon	306	6.7	1	0	0	3.9	0.7
- With Brown Sauce	258	0.1	4.2	0	3.5	0	0.2
- With Cream Cheese	264	1.9	0.9	0	0.8	1.4	0.2
- With Honey	289	0	12.2	0	12.1	0	0
- With Ketchup	255	0.2	3.5	0	3.4	0.2	0.3
- With Marmite	292	1.7	1.5	0.1	0.1	0	0.5
- With Peanut Butter	393	6.8	3.3	0	1	12.3	0.1

1-200 CAL

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401-500 CAL

501+ CAL

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
- With Brown Sauce	311	0.1	4.2	0	3.5	0	0.2
- With Cream Cheese	317	1.9	0.9	0	0.8	1.4	0.2
- With Honey	342	0	12.2	0	12.1	0	0
- With Ketchup	308	0.2	3.5	0	3.4	0.2	0.3
- With Marmite	345	1.7	1.5	0.1	0.1	0	0.5
- With Peanut Butter	446	6.8	3.3	0	1	12.3	0.1
Toast without Butter	218	9.2	41.6	3	1	1.6	0.8
- With Bacon	284	6.7	1	0	0	3.9	0.7
- With Brown Sauce	236	0.1	4.2	0	3.5	0	0.2
- With Cream Cheese	242	1.9	0.9	0	0.8	1.4	0.2
- With Honey	267	0	12.2	0	12.1	0	0
- With Ketchup	233	0.2	3.5	0	3.4	0.2	0.3
- With Marmite	270	1.7	1.5	0.1	0.1	0	0.5
- With Peanut Butter	371	6.8	3.3	0	1	12.3	0.1

BREAKFAST - WRAPS

Bacon & Egg	458	31.3	52.1	3.2	4.3	17.4	1.9
Egg, Spinach & Crumbled Cheese	393	25	46.5	2.7	2.4	15.4	1.7

HOT LUNCH - GYOZAS

Chicken Gyoza	161	8.2	21.4	1.4	2.1	4.3	0.9
Vegetable Gyoza	140	4.4	24.6	2.2	2.6	2	0.9

HOT LUNCH - HOT PODS

Curried Cauliflower, Spinach and Butternut - Regular	471	13.3	73.5	7.8	7.3	14.9	1.7
Curried Cauliflower, Spinach and Butternut - Large	626	17.9	95.3	11	9.4	20.6	2.5
Malaysian Coconut Chicken - Regular	503	23.3	67.1	2.8	8.5	17.1	2.6
Malaysian Coconut Chicken - Large	653	30.7	85.4	3.6	11.3	22.6	3.5
Naked Chicken Katsu Curry - Regular	448	22.8	63	2.9	7.9	12.1	2.9
Naked Chicken Katsu Curry - Large	533	30.6	67.7	3.5	10.1	15.8	4.1
Pulled Beef Brisket Chilli - Regular	619	20.7	78.2	10.3	12.9	25.8	1.3
Pulled Beef Brisket Chilli - Large	679	21.7	90.8	10.7	13.1	26.7	1.3
Smoky Three Bean Chilli - Regular	643	15.5	89.3	12.2	15.9	25.6	2.8
Smoky Three Bean Chilli - Large	738	19	103	15.3	21.7	28.7	3.9
Thai Green Curry - Regular	542	24.7	63	3.7	10.4	22.2	3.2
Thai Green Curry - Large	668	33.3	68	4.7	13.7	30.2	4.6
Thai Red Curry - Regular	560	24.6	65.2	2.7	11.3	23.4	3.5
Thai Red Curry - Large	694	33.1	70.1	3.2	15.1	32.1	5

HOT PODS - SKINNY

Curried Cauliflower, Spinach and Butternut - Regular	251	10	26.3	6.4	9.3	11.5	1.8
Curried Cauliflower, Spinach and Butternut - Large	362	14.4	38	9.2	13.6	16.5	2.6
Malaysian Coconut Chicken - Regular	296	20.6	21.9	1.4	12.4	13.9	2.7
Malaysian Coconut Chicken - Large	402	27.9	30.1	1.9	17.3	18.6	3.6
Naked Chicken Katsu Curry - Regular	228	19.5	15.8	1.5	9.8	8.7	2.9
Naked Chicken Katsu Curry - Large	329	28.1	23	2.1	14.4	12.5	4.2

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	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Pulled Beef Brisket Chilli - Large	428	18.8	35.5	8.9	19.2	22.7	1.5
Smoky Three Bean Chilli - Regular	435	12.9	41.1	10.8	19.8	22.4	2.9
Smoky Three Bean Chilli - Large	546	12.9	60.3	14	27.9	25.6	4.1
Thai Green Curry - Regular	322	21.4	16	2.3	12.4	18.8	3.3
Thai Green Curry - Large	464	30.9	23.2	3.3	18	27	4.7
Thai Red Curry - Regular	339	21.3	18	1.3	13.3	20.1	3.5
Thai Red Curry - Large	489	30.7	26.2	1.8	19.4	28.8	5.1

SOUPS - BUN HUE

British Chicken Bun Hue	193	18.1	18.4	1.5	2.1	4.9	3.9
King Prawn Bun Hue	125	10.1	18.3	1.8	1.8	1.1	5.5
Organic Tofu Bun Hue	140	8.6	18.5	1.8	2	3.2	3.1
Vegetable Gyoza Bun Hue	157	5.8	28.4	2.7	2	1.7	3.1

SOUPS - LAKSA

British Chicken Laksa	247	22	15.1	2.9	2.3	10.4	1.1
King Prawn Laksa	180	14	14.9	3.1	1.3	6.6	2.7
Organic Tofu Laksa	195	12.5	15.2	3.1	1.6	8.7	0.3
Vegetable Gyoza Laksa	211	9.7	25.1	4	1.4	7.2	0.3

SOUPS - PHO

British Chicken Pho	190	18	18	1.5	1.6	4.8	3.8
King Prawn Pho	122	10	17.8	1.7	1.2	1	5.5
Organic Tofu Pho	137	8.5	18	1.7	1.5	3.2	3.1
Vegetable Gyoza Pho	154	5.7	28	2.6	1.5	1.6	3.1

HOT LUNCH - WRAPS

Grilled Chicken and Chorizo Wrap	526	10	51.5	3.2	5.4	22.2	1.8
Pesto Chicken and Emmental Wrap	581	4.8	49.3	3	3.7	28.3	2
Sweet Potato and Crumbled Cheese Wrap	477	5.6	58.4	2.9	5.1	21.3	1.6

COLD LUNCH - SALADS

British Chicken & Mozzarella	583	36.4	49.4	10.4	8.5	24.2	1.4
Chicken & Avocado Protein Punch	280	31.1	4.3	2.5	1.7	18.6	1.8
Gym Box	500	15.7	41.6	14.1	8.3	27.5	1.7
Heart Boosting Beets	488	22.5	52.8	8.9	9.7	18.4	1.5
Naked Burrito Bowl	293	19.6	15.8	3.8	3.1	16.1	1.5
Protein Box	483	60.4	7.5	0.3	0.6	26.6	1.5
Roast Smoked Salmon & Egg	464	36.5	38	8.1	4.7	20.1	3
Slow Burner	429	20.1	40.1	7.8	7.7	18.4	1.7
Slow Burner with Chicken	507	32.1	40.4	7.8	8	21.7	1.4
Sweet Potato, Avo & Pomegranate	292	7.9	17.4	2.7	5.3	21.1	2.3
Tabbouleh	304	9.3	26.6	8	5.6	16.8	0.1
Tabbouleh with Chicken	382	21.3	26.9	8	5.9	20	1
Verde Vitality Bowl	239	7.1	26	6.1	5.3	10.8	0.2

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
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SALADS - DRESSINGS

Salsa Verde Dressing - Regular	59	0.3	1.9	0.3	1.5	5.5	0.2
Salsa Verde Dressing - Large	118	0.6	3.7	0.6	3.1	11.1	0.4
Sweet Chilli Dressing - Regular	52	0.1	10.4	0	9.6	1	0.1
Sweet Chilli Dressing - Large	105	0.1	20.7	0	19.2	2.1	0.3
Vinaigrette - Regular	121	0.2	2.3	0.2	2.1	12.2	0.4
Vinaigrette - Large	243	0.5	4.6	0.5	4.2	24.5	0.7
Zesty Yoghurt Dressing - Regular	37	0.9	1.3	0	1.2	3.1	0.2
Zesty Yoghurt Dressing - Large	73	1.8	2.6	0.1	2.5	6.2	0.4

COLD LUNCH - BAGUETTES

Avocado & Caprese	633	22	67.4	8	3.9	29.9	2.6
Chicken Caesar & Bacon	624	36.4	65.7	5.6	2.3	23.5	3.5
Wiltshire Ham & Emmental	601	33.3	66.5	6.2	2.7	22.2	3.5

COLD LUNCH - WRAPS

Asian Chicken Wrap	416	33.2	24	2.2	0.1	35.5	1.5
Beetroot & Goats Cheese Wrap	436	30.9	22.7	3	5.6	35.2	0.7
Omega Salmon & Spinach Wrap	457	33.3	22.6	3	3.1	35.6	2

WRAPS (INDIVIDUAL)

Beetroot Wrap (individually sold)	265	6	47.8	4.2	8.4	5.6	0.2
Khobez Olive Oil Wrap (individually sold)	237	5.2	46	2.3	2.1	3.9	1.1
Pumpkin Wrap (individually sold)	270	5.7	50.5	6	6	5.7	0.2
Spinach Wrap (individually sold)	264	7	47	3.8	5	6	0.4

NUTRI POTS

Chargrilled Chicken & Spinach	144	21.9	0.7	0.2	0.7	5.9	1.7
Free Range Eggs & Spinach	113	25.5	0.2	0.2	0.2	7.6	1.2
Salmon & Egg Protein	249	31.1	4.6	0.3	0.9	14	1.3
Vegan Falafel Mezze	231	8.1	13.3	9.2	3.3	14.3	1.1

YOGHURTS - BANANA BREADS

Peanut Butter and Cacao	524	14.6	43.7	1.7	23.8	32.5	1.1
Pistachio and Blueberry	350	7	41.3	1.9	24	18.3	0.9
Tropical Mango Glow	361	7	45.8	2.3	28.3	18	1

YOGHURTS - POWER POTS

Pomegranate Power Pot	327	13	23.7	1	19	18.9	0.4
Snickers Power Pot	391	16	24.5	0.7	18.6	24	0.4

1-200 CAL

201-300 CAL

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401-500 CAL

501+ CAL

Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
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YOGHURTS

Apple & Berry Bircher	325	9.6	49.9	4.8	21.2	10.1	0.1
Berry Boost Yoghurt	321	12.5	18.7	1.8	15.8	22.5	0
Berry Granola Yoghurt	406	13.4	39.3	3.8	23.1	22.6	0
Blossom Honey & Granola	289	9	29.8	1.6	21.1	15.5	0.2
Nutty Overnight Oats	397	12.8	45	5.1	15.1	19	0.3
Sunshine Mango Glow	191	8.2	9.9	0.5	9.1	14.4	0.3

IMPULSES

Apple	71	0.6	17.7	2.7	17.7	0.2	0
Banana	105	1.3	25.5	1.2	23	0.3	0
Chia Flapjack	243	3.2	31.7	2.3	21.5	10.5	0.2
Crisps - Cheddar Cheese & Onion	213	2.5	22.4	1.3	0.6	12.3	0.6
Crisps - Cider Vinegar	209	2	22.8	1.3	1	11.9	0.9
Crisps - Chorizo	210	2	22.8	1.4	2.2	12	0.8
Crisps - Sea Salt	213	2	22.9	1.4	0.2	12.3	0.4
Fruit Salad - Big & Juicy	100	1.3	21.5	0	21.5	0.3	0
Fruit Salad - Luxury	83	1.3	16.8	0	16.2	0.5	0
Lemon & Pistachio Cake	288	3.7	31.1	0.9	24.2	16.6	0.3
Naked Nuts	226	9	5	2.3	2.1	19.6	0
Naughty Little Brownie	237	2.5	27.1	1.5	21.5	12.8	0
Popcorn - Bacon & Maple	119	1.6	16.5	1.9	8.1	5.2	0.6
Popcorn - Sea Salt	76	1.9	9.3	2.3	0.1	3.5	0.5
Popcorn - Sweet & Salty	114	1.7	15.1	2.2	6.5	5.2	0.4
Protein Pods - Chocolate Orange	136	7.9	17.7	3.5	14.6	3.7	0
Protein Pods - Peanut Butter	138	7.8	18.2	3.1	15.2	10.1	0
Raw Protein Bar	200	7.5	28.4	2.4	24.5	6.8	0.2
Spicy Sriracha Crunchies	174	8.4	17.6	4.5	2.7	5.1	0.6
Willie's Chocolate Orange	145	2.1	10.4	0	8.8	10	0
Willie's Dark Chocolate	139	2.3	10.6	0	7.8	9.3	0
Willie's Milk Chocolate	148	2.3	10.6	0	7.8	9.3	0

DRINKS - COLD

Coke	139	0	35	0	35	0	0
Coke - Diet	1	0	0	0	0	0	0
Coke - Zero	0	0	0	0	0	0	0
Dash Water - Cucumber	2	0	0.5	0	0	0	0
Dash Water - Lemon	2	0	0.5	0	0	0	0
Dash Water - Raspberry	1	0	0.5	0	0	0	0
Ginger Aid	69	0.1	18	0	14	0	0
Juice - Apple	104	1.4	24	0	22.5	0	4
Juice - Carrot, Apple & Ginger	94	0.7	22	0	19	0	0.2
Juice - Orange	105	0	25	0	25	0	0
Smoothie - Berry Cooler	242	2.5	58.6	2.2	54.3	0.6	0
Smoothie - Breakfast Super Shake	641	24.6	97.9	7.1	53.5	18.7	0
Smoothie - Kale Cleanse	115	2	27.3	1.2	26.8	0.6	0.4

1-200 CAL

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Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
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DRINKS - HOT

Americano Black - Regular	0	0	0	0	0	0	0
Americano Black - Large	0	0	0	0	0	0	0
Americano White - Regular	50.4	2.2	2.9	0	2.9	2.2	0.1
Americano White - Large	50.4	2.2	2.9	0	2.9	2.2	0.1
Cappuccino - Regular	193	0	0.9	0	11	8.3	0.2
Cappuccino - Large	247	10.2	16.3	0.6	16	10.1	0.3
Espresso - Regular	0	0	0	0	0	0	0
Espresso - Large	0	0	0	0	0	0	0
Flat White - Regular	155	6.7	8.9	0	8.9	6.7	0.2
Latte - Regular	218	9.4	12.5	0	12.5	9.4	0.3
Latte - Large	260	11.2	14.8	0	14.9	11.2	0.3
Macchiato	17	0.7	1	0	1	0.7	0
Mocha - Regular	278	10.7	22.5	1.8	21.6	10.7	0.3
Mocha - Large	320	12.5	24.9	1.8	24	12.5	0.3
Iced Americano	0	0	0	0	0	0	0
Iced Latte	227	9.7	13	0	13	9.7	0.3
Golden Turmeric - Regular	173	11.6	13.9	0.8	10	2.7	0.4
Golden Turmeric - Large	246	16.2	20.7	0.9	15	3.7	0.4
Mind Power Matcha - Regular	77	2.9	10.7	1	10.8	1.3	0.4
Mind Power Matcha - Large	105	3.4	16	1.2	16.1	1.6	0.4
Hot Chocolate - Regular	317	11.2	29.2	3	27.7	11.5	0.3
Hot Chocolate - Large	359	13	31.6	3	30.1	13.3	0.3
Black Tea - Regular	0	0	0	0	0	0	0
Black Tea - Large	0	0	0	0	0	0	0
White Tea - Regular	50	2.2	2.9	0	2.9	2.2	0.1
White Tea - Large	50	2.2	2.9	0	2.9	2.2	0.1
Fresh Mint Steeper	4	0.4	0.5	0	0	0	0
Herbal Teas	0	0	0	0	0	0	0
Lemon & Ginger Steeper	36	0.7	7.9	0	7	0	0
Citrus Steeper	32	0.5	7.1	0	6.2	0	0

DRINKS - SHOTS

Caramel Single Shot	47	0	11.5	0	11.5	0	0
Vanilla Single Shot	51	0	12.6	0	12.5	0	0