

NUTRITIONAL INFORMATION

CHICKEN SCHNITZEL LEAFY SALAD

Serving size: small 154g, medium 350g, large 455g

	Small	Medium	Large	Per 100g
Energy (kJ)	995	2261	2940	646
Protein (g)	13.5	30.7	39.9	8.8
Fat (g)	13.0	29.5	38.4	8.4
- Sat.Fat (g)	4.4	10.0	13.0	2.9
Carbohydrate (g)	15.7	35.7	46.4	10.2
- Sugar (g)	2.4	5.5	7.1	1.6
Sodium (mg)	260	591	768	169

GREEK LEAFY SALAD

Serving size: small 123g, medium 280g, large 364g

	Small	Medium	Large	Per 100g
Energy (kJ)	491	1117	1452	399
Protein (g)	3.2	7.3	9.5	2.6
Fat (g)	11.2	25.5	33.1	9.1
- Sat.Fat (g)	2.5	5.6	7.3	2.0
Carbohydrate (g)	3.6	8.1	10.6	2.9
- Sugar (g)	2.0	4.5	5.8	1.6
Sodium (mg)	469	1067	1387	381

TANDOORI CHICKEN LEAFY SALAD

Serving size: small 110g, medium 250g, large 325g

	Small	Medium	Large	Per 100g
Energy (kJ)	408	928	1206	371
Protein (g)	8.0	18.3	23.7	7.3
Fat (g)	5.6	12.8	16.6	5.1
- Sat.Fat (g)	1.0	2.3	2.9	0.9
Carbohydrate (g)	2.9	6.5	8.5	2.6
- Sugar (g)	2.5	5.8	7.5	2.3
Sodium (mg)	307	698	907	279

PUMPKIN & PINENUT LEAFY SALAD

Serving size: small 132g, medium 300g, large 390g

	Small	Medium	Large	Per 100g
Energy (kJ)	675	1533	1993	511
Protein (g)	4.4	9.9	12.9	3.3
Fat (g)	13.9	31.5	41.0	10.5
- Sat.Fat (g)	2.5	5.7	7.4	1.9
Carbohydrate (g)	4.2	9.6	12.5	3.2
- Sugar (g)	2.8	6.3	8.2	2.1
Sodium (mg)	318	723	940	241

CHICKEN LOW GI LEAFY SALAD

Serving size: small 136g, medium 310g, large 403g

	Small	Medium	Large	Per 100g
Energy (kJ)	653	1488	1934	480
Protein (g)	9.7	22.0	28.6	7.1
Fat (g)	10.2	23.3	30.2	7.5
- Sat.Fat (g)	2.9	6.5	8.5	2.1
Carbohydrate (g)	5.6	12.7	16.5	4.1
- Sugar (g)	2.9	6.5	8.5	2.1
Sodium (mg)	647	1476	1918	476

FELAFEL & COUS COUS LEAFY SALAD

Serving size: small 110g, medium 250g, large 325g

	Small	Medium	Large	Per 100g
Energy (kJ)	496	1128	1466	451
Protein (g)	2.2	5.0	6.5	2.0
Fat (g)	8.9	20.3	26.3	8.1
- Sat.Fat (g)	1.4	3.3	4.2	1.3
Carbohydrate (g)	6.8	15.5	20.2	6.2
- Sugar (g)	4.8	11.0	14.3	4.4
Sodium (mg)	152	345	449	138

PESTO CHICKEN & AVOCADO LEAFY SALAD

Serving size: small 110g, medium 250g, large 325g

	Small	Medium	Large	Per 100g
Energy (kJ)	843	1915	2490	766
Protein (g)	10.2	23.3	30.2	9.3
Fat (g)	16.4	37.3	48.4	14.9
- Sat.Fat (g)	3.6	8.3	10.7	3.3
Carbohydrate (g)	3.1	7.0	9.1	2.8
- Sugar (g)	1.5	3.5	4.6	1.4
Sodium (mg)	651	1480	1924	592

SOUTHWEST CHICKEN LEAFY SALAD

Serving size: small 157g, medium 280g, large 364g

	Small	Medium	Large	Per 100g
Energy (kJ)	979.4	1749.0	2273.7	624.6
Protein (g)	11.9	21.2	27.5	7.6
Fat (g)	14.3	25.6	33.2	9.1
- Sat.Fat (g)	5.2	9.3	12.1	3.3
Carbohydrate (g)	5.2	25.5	33.1	9.1
- Sugar (g)	4.9	8.7	11.3	3.1
Sodium (mg)	431.7	770.9	1002.2	275.3

CHICKEN COBB LEAFY SALAD

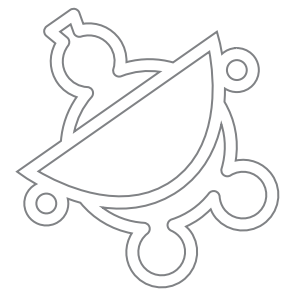
Serving size: small 123g, medium 300g, large 390g

	Small	Medium	Large	Per 100g
Energy (kJ)	857	1947	2531	649
Protein (g)	13.2	30.0	39.0	10.0
Fat (g)	14.8	33.6	43.7	11.2
- Sat.Fat (g)	4.4	9.9	12.9	3.3
Carbohydrate (g)	4.2	9.6	12.5	3.2
- Sugar (g)	1.6	3.6	4.7	1.2
Sodium (mg)	562	1278	1661	426

CHICKEN CAESAR LEAFY SALAD

Serving size: small 110g, medium 250g, large 325g

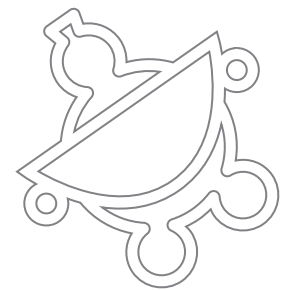
	Small	Medium	Large	Per 100g
Energy (kJ)	682	1550	2015	620
Protein (g)	14.3	32.5	42.3	13.0
Fat (g)	10.3	23.5	30.6	9.4
- Sat.Fat (g)	3.2	7.3	9.4	2.9
Carbohydrate (g)	2.5	5.8	7.5	2.3
- Sugar (g)	1.2	2.8	3.6	1.1
Sodium (mg)	585	1330	1729	532



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ROCKET, FETTA & SDT LEAFY SALAD				
Serving size: small 140g, medium 250g, large 325g				
	Small	Medium	Large	Per 100g
Energy (kJ)	940.1	1678.8	2182.5	671.5
Protein (g)	6.6	11.7	15.2	4.7
Fat (g)	19.9	35.5	46.1	14.2
- Sat.Fat (g)	4.9	8.8	11.4	3.5
Carbohydrate (g)	4.9	14.3	18.6	5.7
- Sugar (g)	3.0	5.4	7.0	2.2
Sodium (mg)	478.5	854.5	1110.8	341.8

FRUIT SALAD				
Serving size: medium 320g, large 455g				
	Small	Medium	Large	Per 100g
Energy (kJ)	-	543	771	170
Protein (g)	-	3.1	4.4	1.0
Fat (g)	-	0.5	0.7	0.2
- Sat.Fat (g)	-	0.0	0.0	0.0
Carbohydrate (g)	-	25.0	35.5	7.8
- Sugar (g)	-	25.0	35.5	7.8
Sodium (mg)	-	31	44	10



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THAI BEEF NOODLE SALAD (EXPRESS)				
Serving size: small 218g, medium 390g, large 507g				
	Small	Medium	Large	Per 100g
Energy (kJ)	1790.3	3196.9	4155.9	819.7
Protein (g)	15.5	27.7	36.0	7.1
Fat (g)	4.3	7.7	10.0	2.0
- Sat.Fat (g)	1.2	2.2	2.8	0.6
Carbohydrate (g)	1.2	150.2	195.2	38.5
- Sugar (g)	5.1	9.0	11.7	2.3
Sodium (mg)	257.4	459.6	597.5	117.8

THAI CHICKEN RICE NOODLE SALAD (EXPRESS)				
Serving size: small 172g, medium 390g, large 507g				
	Small	Medium	Large	Per 100g
Energy (kJ)	871	1976	2568	507
Protein (g)	8.9	20.3	26.4	5.2
Fat (g)	3.4	7.8	10.1	2.0
- Sat.Fat (g)	0.7	1.6	2.0	0.4
Carbohydrate (g)	34.7	78.8	102.4	20.2
- Sugar (g)	4.3	9.8	12.7	2.5
Sodium (mg)	483	1096	1425	281

TUNA, DILL & LEMON PASTA SALAD (EXPRESS)				
Serving size: small 176g, medium 400g, large 520g				
	Small	Medium	Large	Per 100g
Energy (kJ)	1016	2308	3000	577
Protein (g)	15.0	34.0	44.2	8.5
Fat (g)	8.4	19.2	25.0	4.8
- Sat.Fat (g)	1.6	3.6	4.7	0.9
Carbohydrate (g)	25.0	56.8	73.8	14.2
- Sugar (g)	3.9	8.8	11.4	2.2
Sodium (mg)	720	1636	2127	409

CHICKEN BASIL PESTO PASTA (EXPRESS)				
Serving size: small 218g, medium 390g, large 507g				
	Small	Medium	Large	Per 100g
Energy (kJ)	1815.2	3241.4	4213.8	831.1
Protein (g)	16.3	29.1	37.8	7.5
Fat (g)	25.5	45.5	59.1	11.7
- Sat.Fat (g)	4.0	7.1	9.3	1.8
Carbohydrate (g)	4.0	57.9	75.3	14.9
- Sugar (g)	8.1	14.6	18.9	3.7
Sodium (mg)	3793.8	6774.7	8807.1	1737.1

SHANGHAI NOODLE SALAD (EXPRESS)				
Serving size: small 176g, medium 400g, large 520g				
	Small	Medium	Large	Per 100g
Energy (kJ)	857	1948	2532	487
Protein (g)	6.7	15.2	19.8	3.8
Fat (g)	3.2	7.2	9.4	1.8
- Sat.Fat (g)	0.4	0.8	1.0	0.2
Carbohydrate (g)	35.6	80.8	105.0	20.2
- Sugar (g)	4.9	11.2	14.6	2.8
Sodium (mg)	356	808	1050	202

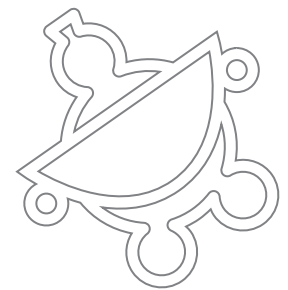
PUMPKIN & CHICKPEA SALAD (EXPRESS)				
Serving size: small 176g, medium 400g, large 520g				
	Small	Medium	Large	Per 100g
Energy (kJ)	632	1436	1867	359
Protein (g)	6.3	14.4	18.7	3.6
Fat (g)	5.3	12.0	15.6	3.0
- Sat.Fat (g)	0.7	1.6	2.1	0.4
Carbohydrate (g)	17.8	40.4	52.5	10.1
- Sugar (g)	7.0	16.0	20.8	4.0
Sodium (mg)	502	1140	1482	285

BALSAMIC BEETROOT (EXPRESS)				
Serving size: small 176g, medium 400g, large 520g				
	Small	Medium	Large	Per 100g
Energy (kJ)	512.7	1165.2	1514.8	291.3
Protein (g)	2.5	5.6	7.3	1.4
Fat (g)	0.8	1.9	2.5	0.5
- Sat.Fat (g)	0.3	0.7	0.9	0.2
Carbohydrate (g)	0.3	54.0	70.2	13.5
- Sugar (g)	23.2	52.7	68.5	13.2
Sodium (mg)	523.8	1190.5	1547.7	297.6

CHICKEN & MUSTARD PASTA SALAD (EXPRESS)				
Serving size: small 176g, medium 400g, large 520g				
	Small	Medium	Large	Per 100g
Energy (kJ)	1383	3144	4087	786
Protein (g)	11.1	25.2	32.8	6.3
Fat (g)	20.9	47.6	61.9	11.9
- Sat.Fat (g)	3.0	6.8	8.8	1.7
Carbohydrate (g)	22.7	51.6	67.1	12.9
- Sugar (g)	4.4	10.0	13.0	2.5
Sodium (mg)	2955	6716	8731	1679

PUMPKIN COUS COUS SALAD (EXPRESS)				
Serving size: small 176g, medium 400g, large 520g				
	Small	Medium	Large	Per 100g
Energy (kJ)	493	1120	1456	280
Protein (g)	3.0	6.8	8.8	1.7
Fat (g)	4.9	11.2	14.6	2.8
- Sat.Fat (g)	0.5	1.2	1.6	0.3
Carbohydrate (g)	14.8	33.6	43.7	8.4
- Sugar (g)	7.2	16.4	21.3	4.1
Sodium (mg)	357	812	1056	203

JAMAICAN CHICKEN SALAD (EXPRESS)				
Serving size: small 176g, medium 400g, large 520g				
	Small	Medium	Large	Per 100g
Energy (kJ)	929	2112	2746	528
Protein (g)	13.7	31.2	40.6	7.8
Fat (g)	7.9	18.0	23.4	4.5
- Sat.Fat (g)	1.2	2.8	3.6	0.7
Carbohydrate (g)	20.1	45.6	59.3	11.4
- Sugar (g)	10.0	22.8	29.6	5.7
Sodium (mg)	551	1252	1628	313



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PESTO PASTA (EXPRESS)				
Serving size: small 196g, medium 350g, large 455g				
	Small	Medium	Large	Per 100g
Energy (kJ)	1734.2	3096.8	4025.8	884.8
Protein (g)	11.2	19.9	25.9	5.7
Fat (g)	23.1	41.2	53.5	11.8
- Sat.Fat (g)	2.4	4.2	5.5	1.2
Carbohydrate (g)	2.4	68.8	89.4	19.7
- Sugar (g)	3.8	6.8	8.8	1.9
Sodium (mg)	446.3	797.0	1036.1	227.7

LENTIL & TABBOULEH SALAD (EXPRESS)				
Serving size: small 172g, medium 390g, large 507g				
	Small	Medium	Large	Per 100g
Energy (kJ)	463.7	797.6	1808.4	2351.0
Protein (g)	4.02	6.9	15.7	20.4
Fat, Total (g)	6.07	10.4	23.7	30.8
- Sat. Fat (g)	0.53	0.9	2.1	2.7
Carbohydrate (g)	8.77	15.1	34.2	44.5
- Sugars (g)	2.27	3.9	8.9	11.5
Sodium (mg)	135.95	233.8	530.2	689.3

TUNA NICOISE (EXPRESS PASTA)				
Serving size: small 218g, medium 390g, large 507g				
	Small	Medium	Large	Per 100g
Energy (kJ)	568.3	1014.8	1319.3	260.2
Protein (g)	15.9	28.4	36.9	7.3
Fat (g)	2.2	3.9	5.1	1.0
- Sat.Fat (g)	0.6	1.1	1.4	0.3
Carbohydrate (g)	0.6	19.6	25.5	5.0
- Sugar (g)	0.7	1.3	1.7	0.3
Sodium (mg)	546.6	976.0	1268.8	250.3

MUSHROOM RISOTTO (EXPRESS PASTA)				
Serving size: small 238g, medium 425g, large 553g				
	Small	Medium	Large	Per 100g
Energy (kJ)	726.5	1297.3	1686.5	305.3
Protein (g)	7.2	12.9	16.7	3.0
Fat (g)	4.0	7.1	9.2	1.7
- Sat.Fat (g)	2.4	4.2	5.5	1.0
Carbohydrate (g)	2.4	44.7	58.1	10.5
- Sugar (g)	1.4	2.5	3.2	0.6
Sodium (mg)	430.2	768.2	998.6	180.7

PUMPKIN RISOTTO (EXPRESS PASTA)				
Serving size: small 238g, medium 425g, large 553g				
	Small	Medium	Large	Per 100g
Energy (kJ)	777.4	1388.2	1804.7	326.6
Protein (g)	6.8	12.1	15.8	2.9
Fat (g)	3.7	6.6	8.6	1.6
- Sat.Fat (g)	1.6	2.9	3.8	0.7
Carbohydrate (g)	1.6	52.2	67.8	12.3
- Sugar (g)	6.7	12.0	15.6	2.8
Sodium (mg)	338.3	604.0	785.2	142.1

SPINACH & RICOTTA CANNELLONI (EXPRESS PASTA)				
Serving size: small 224g, medium 400g, large 520g				
	Small	Medium	Large	Per 100g
Energy (kJ)	1377.9	2460.4	3198.6	615.1
Protein (g)	14.8	26.4	34.3	6.6
Fat (g)	13.7	24.5	31.9	6.1
- Sat.Fat (g)	6.5	11.6	15.1	2.9
Carbohydrate (g)	6.5	70.3	91.4	17.6
- Sugar (g)	2.7	4.8	6.2	1.2
Sodium (mg)	604.0	1078.5	1402.1	269.6

PUMPKIN & PINENUT TORTELLINI (EXPRESS PASTA)				
Serving size: small 224g, medium 400g, large 520g				
	Small	Medium	Large	Per 100g
Energy (kJ)	1332.9	2380.2	3094.3	595.1
Protein (g)	10.0	17.8	23.1	4.4
Fat (g)	19.5	34.8	45.3	8.7
- Sat.Fat (g)	3.7	6.6	8.6	1.7
Carbohydrate (g)	3.7	43.4	56.4	10.9
- Sugar (g)	6.6	11.9	15.4	3.0
Sodium (mg)	379.3	677.3	880.4	169.3

ITALIAN PENNE (EXPRESS PASTA)				
Serving size: small 224g, medium 400g, large 520g				
	Small	Medium	Large	Per 100g
Energy (kJ)	1400.1	2500.1	3250.1	625.0
Protein (g)	7.0	12.5	16.2	3.1
Fat (g)	18.5	33.0	42.9	8.2
- Sat.Fat (g)	1.7	3.0	3.9	0.7
Carbohydrate (g)	1.7	58.9	76.5	14.7
- Sugar (g)	8.0	14.2	18.5	3.6
Sodium (mg)	501.0	894.6	1163.0	223.6

EGGPLANT RAVIOLI (EXPRESS PASTA)				
Serving size: small 224g, medium 400g, large 520g				
	Small	Medium	Large	Per 100g
Energy (kJ)	1170.0	2089.3	2716.1	522.3
Protein (g)	9.4	16.8	21.9	4.2
Fat (g)	16.1	28.8	37.5	7.2
- Sat.Fat (g)	3.5	6.2	8.0	1.5
Carbohydrate (g)	3.5	40.5	52.7	10.1
- Sugar (g)	4.8	8.6	11.1	2.1
Sodium (mg)	445.1	794.8	1033.2	198.7