



NUTRITIONAL INFORMATION

CHICKEN SCHNITZEL TOASTIE

Serving size: 280g

	Av. Qty per Serve	Av. Qty per 100g
Energy (kJ)	2233	798
Protein (g)	27.4	9.8
Fat (g)	9.9	3.5
- Sat.Fat (g)	4.9	1.8
Carbohydrate (g)	80.2	28.6
- Sugar (g)	8.6	3.1
Sodium (mg)	1021	365

BACON & EGG TOASTIE

Serving size: 290g

	Av. Qty per Serve	Av. Qty per 100g
Energy (kJ)	2364	815
Protein (g)	27.9	9.6
Fat (g)	21.8	7.5
- Sat.Fat (g)	9.4	3.2
Carbohydrate (g)	61.8	21.3
- Sugar (g)	7.5	2.6
Sodium (mg)	1439	496

CHICKEN BACON & AVOCADO TOASTIE

Serving size: 265g

	Av. Qty per Serve	Av. Qty per 100g
Energy (kJ)	2433	918
Protein (g)	29.5	11.1
Fat (g)	22.8	8.6
- Sat.Fat (g)	9.3	3.5
Carbohydrate (g)	62.2	23.5
- Sugar (g)	6.9	2.6
Sodium (mg)	1705	643

SMOKED HAM, CAPSICUM & SUNDRIED TOMATO TOASTIE

Serving size: 245g

	Av. Qty per Serve	Av. Qty per 100g
Energy (kJ)	2129	869
Protein (g)	25.8	10.5
Fat (g)	17.1	7.0
- Sat.Fat (g)	6.1	2.5
Carbohydrate (g)	60.3	24.6
- Sugar (g)	5.4	2.2
Sodium (mg)	1550	633

ROASTED VEGETABLE TOASTIE

Serving size: 260g

	Av. Qty per Serve	Av. Qty per 100g
Energy (kJ)	2065	794
Protein (g)	17.7	6.8
Fat (g)	17.8	6.8
- Sat.Fat (g)	5.3	2.0
Carbohydrate (g)	62.5	24.0
- Sugar (g)	6.8	2.6
Sodium (mg)	1022	393

HAM, CHEESE & TOMATO TOASTIE

Serving size: 240g

	Av. Qty per Serve	Av. Qty per 100g
Energy (kJ)	1871	780
Protein (g)	22.9	9.5
Fat (g)	10.9	4.5
- Sat.Fat (g)	5.7	2.4
Carbohydrate (g)	61.7	25.7
- Sugar (g)	7.3	3.0
Sodium (mg)	1561	650

SMOKED TURKEY, CRANBERRY & BRIE TOASTIE

Serving size: 260g

	Av. Qty per Serve	Av. Qty per 100g
Energy (kJ)	2412.50	1026.60
Protein (g)	32.70	13.91
Fat, Total (g)	12.73	5.42
- Sat. Fat (g)	6.27	2.67
Carbohydrate (g)	79.76	33.94
- Sugars (g)	10.24	4.36
Sodium (mg)	1177.50	501.06

LAMB & HALOUMI TOASTIE

Serving size: 260g

	Av. Qty per Serve	Av. Qty per 100g
Energy (kJ)	2352.3	858.5
Protein (g)	31.6	11.5
Fat, Total (g)	20.8	7.6
- Sat. Fat (g)	8.3	3.0
Carbohydrate (g)	60.5	22.1
- Sugars (g)	5.9	2.2
Sodium (mg)	1147.3	418.7