

Nutritional Information

Autumn - Winter 2011/12

Nutritional values are based on a typical serving and there may be slight variations as every dish is created by hand. Our analysis has been using Nutritional software that references the leading industry sources of McCane & Widdowson and the USDA (America) data files.

Values given are per 100g. Typical portion size values are also provided where appropriate.

Classic Bacon Roll

NUTRIENTS per 100g

ENERGY (kcal):	294
ENERGY (kJ):	1234
PROTEIN (g):	20.1
CARBOHYDRATE (g):	25.0
of which SUGARS (g):	1.5
FAT (g):	12.0
of which SATURATES (g):	5.0
DIETARY FIBRE (AOAC) (g):	3.3
SODIUM (g):	1.3 [1312mg]

Martha's BLT

NUTRIENTS per 100g

ENERGY (kcal):	207
ENERGY (kJ):	86.3
PROTEIN (g):	11.8
CARBOHYDRATE (g):	21.6
of which SUGARS (g):	3.8
FAT (g):	7.6
of which SATURATES (g):	2.6
DIETARY FIBRE (AOAC) (g):	2.7
SODIUM (g):	0.8 [766mg]

Tommy Lorne Roll

NUTRIENTS per 100g

ENERGY (kcal):	276
ENERGY (kJ):	1157
PROTEIN (g):	16.2
CARBOHYDRATE (g):	27.1
of which SUGARS (g):	1.5
FAT (g):	10.7
of which SATURATES (g):	4.6
DIETARY FIBRE (AOAC) (g):	3.1
SODIUM (g):	0.4 [361mg]

Croissant

NUTRIENTS per 100g

ENERGY (kcal):	401
ENERGY (kJ):	1680
PROTEIN (g):	8.7
CARBOHYDRATE (g):	43.2
of which SUGARS (g):	11.3
FAT (g):	21.0
of which SATURATES (g):	11.7
DIETARY FIBRE (AOAC) (g):	2.6
SODIUM (g):	0.7 [744mg]

Fresh Orange V 115

NUTRIENTS per 100g

ENERGY (kcal):	33
ENERGY (kJ):	142
PROTEIN (g):	0.6
CARBOHYDRATE (g):	7.7
of which SUGARS (g):	7.7
FAT (g):	0.0
of which SATURATES (g):	0.0
DIETARY FIBRE (AOAC) (g):	0.1
SODIUM (g):	0.0 [2mg]

Martha's Homemade Lemonade V

NUTRIENTS per 100g

ENERGY (kcal):	77
ENERGY (kJ):	327
PROTEIN (g):	0.0
CARBOHYDRATE (g):	19.2
of which SUGARS (g):	19.2
FAT (g):	0.0
of which SATURATES (g):	0.0
DIETARY FIBRE (AOAC) (g):	0.0
SODIUM (g):	0.0 [1mg]

Raspberry Cranberry & Cardamom Crush V

NUTRIENTS per 100g

ENERGY (kcal):	57
ENERGY (kJ):	243
PROTEIN (g):	0.2
CARBOHYDRATE (g):	13.4
of which SUGARS (g):	13.4
FAT (g):	0.1
of which SATURATES (g):	0.0
DIETARY FIBRE (AOAC) (g):	1.1
SODIUM:	0.0

Cranachan Breakfast Smoothie V 115

NUTRIENTS per 100g

ENERGY (kcal):	111
ENERGY (kJ):	467
PROTEIN (g):	3.4
CARBOHYDRATE (g):	18.8
of which SUGARS (g):	12.8
FAT (g):	2.0
of which SATURATES (g):	0.9
DIETARY FIBRE (AOAC) (g):	2.1
SODIUM (g):	0.0 [33mg]

Freerange Pork & Herb Sausage Roll

NUTRIENTS per 100g

ENERGY (kcal):	303
ENERGY (kJ):	1267
PROTEIN (g):	12.2
CARBOHYDRATE (g):	22.6
of which SUGARS (g):	2.0
FAT (g):	17.7
of which SATURATES (g):	7.1
DIETARY FIBRE (AOAC) (g):	2.6
SODIUM (g):	0.8 [791mg]

Mega Mushroom Sandwich v

NUTRIENTS per 100g

ENERGY (kcal):	189
ENERGY (kJ):	790
PROTEIN (g):	6.8
CARBOHYDRATE (g):	17.1
of which SUGARS (g):	1.7
FAT (g):	9.6
of which SATURATES (g):	5.9
DIETARY FIBRE (AOAC) (g):	3.4
SODIUM (g):	0.5 [451mg]

Porridge, Bannana & Muscovado v

NUTRIENTS per

100g

ENERGY (kcal):	121
ENERGY (kJ):	509
PROTEIN (g):	4.3
CARBOHYDRATE (g):	15.2
of which SUGARS (g):	8.8
FAT (g):	4.4
of which SATURATES (g):	2.4
DIETARY FIBRE (AOAC) (g):	1.7
SODIUM (g):	0.5 [516mg]

Sourdough Toast & Honey v

NUTRIENTS per 100g

ENERGY (kcal):	281
ENERGY (kJ):	1191
PROTEIN (g):	8.6
CARBOHYDRATE (g):	54.4
of which SUGARS (g):	25.1
FAT (g):	2.0
of which SATURATES (g):	0.4
DIETARY FIBRE (AOAC) (g):	5.7
SODIUM (g):	0.4 [402mg]

Porridge, Compote & Maple v

NUTRIENTS per

100g

ENERGY (kcal):	122
ENERGY (kJ):	514
PROTEIN (g):	4.2
CARBOHYDRATE (g):	13.7
of which SUGARS (g):	7.4
FAT (g):	5.3
of which SATURATES (g):	3.0
DIETARY FIBRE (AOAC) (g):	1.6
SODIUM (g):	0.5 [515mg]

Sourdough Toast & Jam v

NUTRIENTS per

100g

ENERGY (kcal):	272
ENERGY (kJ):	1153
PROTEIN (g):	7.8
CARBOHYDRATE (g):	53.3
of which SUGARS (g):	26.7
FAT (g):	1.8
of which SATURATES (g):	0.3
DIETARY FIBRE (AOAC) (g):	5.7
SODIUM (g):	0.4 [379mg]

Bircher Muesli v/N

NUTRIENTS per

100g

ENERGY (kcal):	200
ENERGY (kJ):	839
PROTEIN (g):	6.8
CARBOHYDRATE (g):	25.5
of which SUGARS (g):	13.2
FAT (g):	7.1
of which SATURATES (g):	1.3
DIETARY FIBRE (AOAC) (g):	3.3
SODIUM (g):	0.0 [26mg]

Sourdough Toast & Marmalade v

NUTRIENTS per

100g

ENERGY (kcal):	272
ENERGY (kJ):	1155
PROTEIN (g):	7.7
CARBOHYDRATE (g):	53.7
of which SUGARS (g):	27.1
FAT (g):	1.8
of which SATURATES (g):	0.3
DIETARY FIBRE (AOAC) (g):	5.3
SODIUM (g):	0.4 [386mg]

Yoghurt, Granola, Honey Pot v/N

NUTRIENTS per

100g

ENERGY (kcal):	220
ENERGY (kJ):	922
PROTEIN (g):	6.4
CARBOHYDRATE (g):	32.1
of which SUGARS (g):	21.2
FAT (g):	6.7
of which SATURATES (g):	3.0
DIETARY FIBRE (AOAC) (g):	2.4
SODIUM (g):	0.1 [63mg]

Porridge, Honey & Almond v/N

NUTRIENTS per

100g

ENERGY (kcal):	147
ENERGY (kJ):	615
PROTEIN (g):	5.5
CARBOHYDRATE (g):	14.3
of which SUGARS (g):	7.7
FAT (g):	7.1
of which SATURATES (g):	2.7
DIETARY FIBRE (AOAC) (g):	2.1
SODIUM (g):	0.5 [545mg]

Yoghurt, Apple, Pomegranate, Pistachio Pot v/N

NUTRIENTS per

100g

ENERGY (kcal):	103
ENERGY (kJ):	430
PROTEIN (g):	3.6
CARBOHYDRATE (g):	11.2
of which SUGARS (g):	10.7
FAT (g):	4.7
of which SATURATES (g):	2.3
DIETARY FIBRE (AOAC) (g):	0.8
SODIUM (g):	0.0 [37mg]

Recipe: 80g Salad Pot **DF/V/GF/LS/ (115)**

NUTRIENTS per 100g	
ENERGY (kcal):	34
ENERGY (kJ):	131
PROTEIN (g):	1.3
CARBOHYDRATE (g):	5.3
of which SUGARS (g):	4.6
FAT (g):	0.3
of which SATURATES (g):	0.1
DIETARY FIBRE (AOAC) (g):	2.3
SODIUM (g):	0.0 [16mg]

Red Dragon Pork Main **GF/ (115)**

NUTRIENTS per	100g	400g
ENERGY (kcal):	184	737
ENERGY (kJ):	699	2798
PROTEIN (g):	7.8	31.1
CARBOHYDRATE (g):	16.7	66.7
of which SUGARS (g):	7.9	31.7
FAT (g):	8.3	33.2
of which SATURATES (g):	2.0	7.9
DIETARY FIBRE (AOAC) (g):	1.1	4.6
SODIUM (g):	0.5	1.9

Mini Sunset Salad **DF/V/LS/ (115)**

NUTRIENTS per 100g	
ENERGY (kcal):	98
ENERGY (kJ):	396
PROTEIN (g):	2.8
CARBOHYDRATE (g):	12.9
of which SUGARS (g):	1.3
FAT (g):	3.7
of which SATURATES (g):	0.5
DIETARY FIBRE (AOAC) (g):	1.9
SODIUM (g):	0.3

Martha's Baked Falafel **V/LS/ (115)**

NUTRIENTS per	100g	340g
ENERGY (kcal):	137	467
ENERGY (kJ):	571	1942
PROTEIN (g):	3.8	12.8
CARBOHYDRATE (g):	17.7	60.2
of which SUGARS (g):	3.0	10.2
FAT (g):	5.0	16.9
of which SATURATES (g):	0.7	2.5
DIETARY FIBRE (AOAC) (g):	3.3	11.1
SODIUM (g):	0.6	1.8

Mini Spicy Soba Salad **DF/V/LS**

NUTRIENTS per	100g
ENERGY (kcal):	50
ENERGY (kJ):	187
PROTEIN (g):	3.1
CARBOHYDRATE (g):	4.3
of which SUGARS (g):	3.7
FAT (g):	2.1
of which SATURATES (g):	0.3
DIETARY FIBRE (AOAC) (g):	1.1
SODIUM (g):	0.3

Chargrilled Chicken Main **GF/LS/ (115) ☀**

NUTRIENTS per	100g	350g
ENERGY (kcal):	145	509
ENERGY (kJ):	603	2111
PROTEIN (g):	8.4	29.6
CARBOHYDRATE (g):	11.1	38.9
of which SUGARS (g):	1.8	6.3
FAT (g):	7.1	24.9
of which SATURATES (g):	1.5	5.2
DIETARY FIBRE (AOAC) (g):	1.3	4.7
SODIUM (g):	0.6	2.0

Hummus & Khobez **DF/V**

NUTRIENTS per	100g
ENERGY (kcal):	307
ENERGY (kJ):	1278
PROTEIN (g):	10.0
CARBOHYDRATE (g):	23.9
of which SUGARS (g):	3.2
FAT (g):	17.8
of which SATURATES (g):	2.5
DIETARY FIBRE (AOAC) (g):	5.7
SODIUM (g):	0.9

Moroccan Meatballs **(115) ☀**

NUTRIENTS per	100g	400g
ENERGY (kcal):	110	440
ENERGY (kJ):	457	1826
PROTEIN (g):	5.5	22.1
CARBOHYDRATE (g):	10.8	43.1
of which SUGARS (g):	2.2	8.8
FAT (g):	4.6	18.5
of which SATURATES (g):	1.6	6.2
DIETARY FIBRE (AOAC) (g):	1.4	5.7
SODIUM (g):	0.4	1.8

Chipotle Chicken Main **GF/LS/ (115) ☀ ☁**

NUTRIENTS per	100g	350g
ENERGY (kcal):	123	430
ENERGY (kJ):	492	1722
PROTEIN (g):	7.4	26.0
CARBOHYDRATE (g):	10.2	35.6
of which SUGARS (g):	1.9	6.7
FAT (g):	6.0	21.2
of which SATURATES (g):	1.3	4.6
DIETARY FIBRE (AOAC) (g):	1.5	5.2
SODIUM (g):	0.6	2.1

Mackerel Salad no dressing **DF/GF/LS/ (215)**

NUTRIENTS per	100g	297g
ENERGY (kcal):	152	450
ENERGY (kJ):	629	1868
PROTEIN (g):	7.7	22.9
CARBOHYDRATE (g):	10.2	30.3
of which SUGARS (g):	4.1	12.2
FAT (g):	8.3	24.8
of which SATURATES (g):	1.5	4.45
DIETARY FIBRE (AOAC) (g):	2.3	6.9
SODIUM (g):	0.6	1.8

Triple M Salad no dressing GF/ (215) ☁

NUTRIENTS per	100g	279g
ENERGY (kcal):	155	433
ENERGY (kJ):	644	1797
PROTEIN (g):	11.1	30.8
CARBOHYDRATE (g):	8.2	22.8
of which SUGARS (g):	2.0	5.5
FAT (g):	8.1	22.7
of which SATURATES (g):	2.8	7.8
DIETARY FIBRE (AOAC) (g):	2.5	6.9
SODIUM (g):	0.5	1.5

Chipotle Chicken Wrap (115) ☁

NUTRIENTS per	100g	260g
ENERGY (kcal):	159	415
ENERGY (kJ):	659	1712
PROTEIN (g):	9.0	23.5
CARBOHYDRATE (g):	15.3	39.9
of which SUGARS (g):	3.1	8.0
FAT (g):	6.3	16.5
of which SATURATES (g):	1.4	3.5
DIETARY FIBRE (AOAC) (g):	1.8	4.6
SODIUM (g):	0.6	1.7

Spicy Soba Salad DF/LS/ (115) ☁

NUTRIENTS per	100g	295g
ENERGY (kcal):	82	241
ENERGY (kJ):	322	951
PROTEIN (g):	7.5	22.1
CARBOHYDRATE (g):	3.6	10.6
of which SUGARS (g):	3.1	9.3
FAT (g):	4.0	11.8
of which SATURATES (g):	0.9	2.5
DIETARY FIBRE (AOAC) (g):	0.9	2.6
SODIUM (g):	0.4	1.4

Chargrilled Chicken Wrap LS/ (115)

NUTRIENTS per	100g	260g
ENERGY (kcal):	182	474
ENERGY (kJ):	760	1975
PROTEIN (g):	10.3	26.8
CARBOHYDRATE (g):	17.1	44.4
of which SUGARS (g):	3.2	8.3
FAT (g):	7.6	19.8
of which SATURATES (g):	1.5	3.9
DIETARY FIBRE (AOAC) (g):	1.7	4.3
SODIUM (g):	0.5	1.3

Sunset Salad no dressing DF/V/LS/ (115)

NUTRIENTS per	100g	418g
ENERGY (kcal):	134	558
ENERGY (kJ):	545	2278
PROTEIN (g):	2.6	10.9
CARBOHYDRATE (g):	12.3	51.5
of which SUGARS (g):	1.4	5.9
FAT (g):	7.9	32.9
of which SATURATES (g):	1.1	4.5
DIETARY FIBRE (AOAC) (g):	1.7	7.2
SODIUM (g):	0.3	1.2

Red Dragon Pork Wrap (115)

NUTRIENTS per	100g	260g
ENERGY (kcal):	225	585
ENERGY (kJ):	933	2425
PROTEIN (g):	10.4	27.1
CARBOHYDRATE (g):	23.5	61.2
of which SUGARS (g):	10.5	27.4
FAT (g):	9.4	24.5
of which SATURATES (g):	2.3	6.0
DIETARY FIBRE (AOAC) (g):	1.6	4.2
SODIUM (g):	0.5	1.3

Warm Winter Salad V/GF/ (215)

NUTRIENTS per	100g	305g
ENERGY (kcal):	117	357
ENERGY (kJ):	482	1470
PROTEIN (g):	3.8	11.5
CARBOHYDRATE (g):	8.0	24.2
of which SUGARS (g):	3.5	10.7
FAT (g):	6.9	21.1
of which SATURATES (g):	1.9	5.7
DIETARY FIBRE (AOAC) (g):	3.7	11.4
SODIUM (g):	0.4	1.2

Martha's Mighty Chicken Ramen DF/LS/ (115) ☁

NUTRIENTS per	100g	400g
ENERGY (kcal):	103	411
ENERGY (kJ):	427	1710
PROTEIN (g):	11.0	43.9
CARBOHYDRATE (g):	0.9	3.8
of which SUGARS (g):	0.7	2.7
FAT (g):	5.5	22
of which SATURATES (g):	1.4	5.6
DIETARY FIBRE (AOAC) (g):	0.9	3.6
SODIUM (g):	0.1 [98mg]	0.4 [394mg]

Baked Falafel Wrap V/LS/ (115)

NUTRIENTS per	100g	260g
ENERGY (kcal):	178	463
ENERGY (kJ):	743	1933
PROTEIN (g):	5.7	14.8
CARBOHYDRATE (g):	22.7	59.1
of which SUGARS (g):	4.3	11.2
FAT (g):	6.3	16.4
of which SATURATES (g):	0.9	2.4
DIETARY FIBRE (AOAC) (g):	3.9	10.1
SODIUM (g):	0.6	1.7

Martha's Lemon Dressing

NUTRIENTS per	100g	25g
ENERGY (kcal):	652	163
ENERGY (kJ):	2671	668
PROTEIN (g):	0.1	0.0
CARBOHYDRATE (g):	0.3	0.1
of which SUGARS (g):	0.3	0.1
FAT (g):	71.8	17.9
of which SATURATES (g):	9.3	2.3
DIETARY FIBRE (AOAC) (g):	0.0	0.0
SODIUM (g):	0.7 [699mg]	0.2 [175mg]