



## Nutritional Allergies Wrapid

Product	Weight (g)	Kj		Kcal		Protein (g)		Carbohydrates (g)		Fat (g)		Fibre (g)		Sodium (g)		Suitable for Vegetarians
		per 100g	per wrap	per 100g	per wrap	per 100g	per wrap	per 100g	per wrap	per 100g	per wrap	per 100g	per wrap	per 100g	per wrap	
Chicken Fajita Wrap (W18)	226	898.60	2030.84	214.70	485.22	13.31	30.08	21.98	49.67	8.51	19.23	1.33	3.01	0.37	0.84	✘
Chilli Con Carne & Rice Wrap (W19)	286	738.15	2111.11	176.42	504.56	3.91	11.18	28.80	82.37	4.85	13.87	1.19	3.40	0.51	1.46	✘
Chicken Tikka Balti Wrap (W15)	266	748.07	1989.87	178.79	475.58	8.49	22.58	24.41	64.93	5.16	13.73	1.54	4.10	0.38	1.01	✘
Roasted Peppers Pizza Wrap V (W27)	261	805.40	2102.09	192.50	502.43	11.90	31.06	21.31	55.62	7.16	18.69	2.46	6.42	1.54	4.02	✔
Pepperoni Pizza Wrap (W26)	249	1156.00	2878.44	276.48	688.44	16.48	41.04	21.16	52.69	14.78	36.80	2.29	5.70	1.66	4.13	✘
Ham & Pineapple Pizza Wrap (W28)	270	790.13	2133.35	188.84	509.87	12.48	33.70	21.30	57.51	6.50	17.55	2.07	5.59	1.35	3.65	✘
Stir Fry Chicken with Noodles Wrap (W23)	251	684.75	1718.72	163.66	410.79	7.98	20.03	24.83	62.32	3.44	8.63	1.52	3.82	0.24	0.60	✘
Steak & Mash Wrap (W11)	246	721.10	1773.91	172.35	423.98	6.59	16.21	26.22	64.50	3.96	9.74	1.02	2.51	0.45	1.11	✘
All Day Breakfast Wrap (W22)	223	1067.80	2381.19	255.21	569.12	14.04	31.31	23.10	51.51	12.50	27.88	1.53	3.41	0.61	1.36	✘
Mushroom, Cheese & Egg Wrap V (W20)	210	1057.00	2219.70	252.66	530.59	9.61	20.18	21.96	46.12	14.11	29.63	1.39	2.92	0.50	1.05	✔
Tuna Melt wrap (W29)	237	950.05	2251.62	227.07	538.16	16.27	38.56	21.17	50.17	8.97	21.26	1.26	2.99	0.37	0.88	✘
Croques Monsier (ham & cheese) (W30)	231	1174.43	2712.93	280.7	648.42	15.38	35.53	27.1	62.60	13.19	30.47	0.75	1.73	0.68	1.57	✘
Ham & Cheddar Panini Wrap (W34)	176	1190.53	2095.33	284.5	500.72	13.09	23.04	30.86	54.31	12.17	21.42	1.47	2.59	0.61	1.07	✘
Breakfast Panini Wrap (W35)	181	1076.5	1948.47	257.29	465.69	12.88	23.31	27.58	49.92	11.18	20.24	1.81	3.28	0.6	1.09	✘
Margerita Panini Wrap (W36)	173	1065.37	1843.09	254.63	440.51	11.63	20.12	28.62	49.51	10.79	18.67	2.18	3.77	1.98	3.43	✔
Red Thai Chicken Panini Wrap (W38)	186	903.63	1680.75	215.97	401.70	13.34	24.81	28.56	53.12	7.3	13.58	1.44	2.68	0.38	0.71	✘
Fajita Chicken Panini Wrap (W39)	181	776.94	1406.26	185.66	336.04	10.02	18.14	25.51	46.17	4.62	8.36	1.56	2.82	0.33	0.60	✘
Pepperoni Pizza Panini Wrap (W37)	194	1229.34	2384.92	293.82	570.01	13.88	26.93	25.04	48.58	15.83	30.71	1.81	3.51	1.63	3.16	✘
Tuna Melt Panini Wrap (W33)	178	1009.74	1797.34	241.33	429.57	14.23	25.33	27.72	49.34	8.48	15.09	1.31	2.33	0.41	0.73	✘
Veg Red Thai Panini Wrap (W45)	185	815.43	1508.55	194.5	359.83	6.85	12.67	30.11	55.70	6.9	12.77	2.11	3.90	0.28	0.52	✘
Veg Breakfast Panini Wrap (W43)	204	751.44	1532.94	179.6	366.38	6.98	14.24	25.84	52.71	5.41	11.04	1.85	3.77	0.42	0.86	✔
Chilli Cheese Bean (T8 & W46)	189	909.88	1719.67	217.47	411.02	7.79	14.72	29.94	56.59	7.33	13.85	2.84	5.37	0.54	1.02	✔
Chilli Con Carne (WPOT001)	310	556.03	1723.69	132.89	411.96	2.22	6.88	20.87	64.70	4.15	12.87	0.4	1.24	0.29	0.90	✘
Meat Balls Pasta Pot (WPOT002)	291	502.28	1461.63	120.05	349.35	4.82	14.03	18.99	55.26	3.14	9.14	1.43	4.16	2.17	6.31	✘
Roast Veg Pasta (WPOT003)	311	394.99	1228.42	94.4	293.58	3.42	10.64	18.12	56.35	1.11	3.45	1.74	5.41	2.03	6.31	✔
Chicken Tikka Massala (WPOT004)	310	657.2	2037.32	157.07	486.92	5.41	16.77	20.84	64.60	4.73	14.66	1.22	3.78	0.19	0.59	✘



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Product	Gluten	Celery	Milk	Sulphites	Egg	Fish	Mustard	Soya Derivatives	Sesame
Chicken Fajita Wrap (W18)	YES		YES						
Chilli Con Carne & Rice Wrap (W19)	YES						YES		
Chicken Tikka Balti Wrap (W15)	YES							YES	YES
Roasted Peppers Pizza Wrap V (W27)	YES		YES						
Pepperoni Pizza Wrap (W26)	YES		YES					YES	
Ham & Pineapple Pizza Wrap (W28)	YES		YES						
Stir Fry Chicken with Noodles Wrap (W23)	YES	YES						YES	YES
Steak & Mash Wrap (W11)	YES	YES	YES	YES				YES	
All Day Breakfast Wrap (W22)	YES		YES		YES			YES	
Mushroom, Cheese & Egg Wrap V (W20)	YES		YES		YES		YES	YES	
Tuna Melt wrap (W29)	YES		YES			YES			
Croques Monsier (ham & cheese) (W30)	YES		YES						
Ham & Cheddar Panini Wrap (W34)	YES		YES						
Breakfast Panini Wrap (W35)	YES		YES		YES			YES	
Margerita Panini Wrap (W36)	YES		YES						
Red Thai Chicken Panini Wrap (W38)	YES		YES		YES		YES		
Fajita Chicken Panini Wrap (W39)	YES		YES						
Pepperoni Pizza Panini Wrap (W37)	YES		YES					YES	
Tuna Melt Panini Wrap (W33)	YES		YES			YES			
Veg Red Thai Panini Wrap (W45)	YES		YES		YES		YES		
Veg Breakfast Panini Wrap (W43)	YES		YES		YES		YES	YES	
Chilli Cheese Bean (T8 & W46)	YES		YES						
Chilli Con Carne (WPOT001)									
Meat Balls Pasta Pot (WPOT002)	YES		YES		YES				
Roast Veg Pasta (WPOT003)	YES		YES		YES				
Chicken Tikka Massala (WPOT004)	YES		YES					YES	