

FOOD MENU NUTRITION INFORMATION

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Last updated: 30 September 2026

AVG QTY Per Serving	Serving Size (g)	Energy (kJ)	Protein (g)	Fat, Total (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Sodium (mg)
Breakfast								
Breakfast Brioche Bun (brioche bun, fried egg, bacon, cheese, BBQ sauce)	213	1950	25.9	16.9	8	50.4	8	1340
Florentine Muffin (fried egg, spinach, tomatoes, hollandaise sauce)	200	1860	19	24.8	12.3	34.6	2.2	624
Egg & Sausage Muffin (fried egg, peri peri sauce, cheese, tomato sauce, breakfast patty)	190	2190	22.8	32.8	14.8	33.1	1.9	1190
Egg & Bacon Muffin (fried egg, cheese, crispy bacon, tomato, sriracha sauce)	170	1650	19.6	19.6	8.9	33.4	2.6	1230
Gourmet Breakfast Bun (fried egg, bacon, tomato, hollandaise sauce, cheese, spinach)	172	1510	21	15.5	7.9	33	2.9	898
Mini Schnitzel Roll (white roll, chicken schnitzel, tomato, red cabbage, cheese, caramelised onion, tzatziki)	200	1730	36.5	18.2	9	24.9	5	502
Ham & Cheese Croissant (croissant, ham, cheese, butter)	170	2160	22.2	30.4	19.3	37.4	5.4	1160
Cheese & Tomato Croissant (croissant, cheese, tomato, butter)	177	2040	16.6	28.9	18.8	38.6	6.5	644
Puddings & Yoghurts								
Chia Pudding (chia seeds, almond milk, maple syrup, vanilla, almonds, mango, strawberry puree & passionfruit)	300	3790	26	52.5	5	87.9	37.1	34
Rice Pudding (rice pudding, shortbread, mixed berries)	283	2240	15.3	12.6	7.4	88.1	53.5	299
Mango & Passionfruit Yoghurt (granola grains, low-fat yoghurt, mango, passionfruit)	274	1640	11	7.2	1	66.1	37.6	143
Mixed Berry & Granola Yoghurt (granola grains, mixed berries, vanilla yoghurt)	300	1780	14	9.8	3.2	79	44	97
Bircher Muesli & Yoghurt (oats, grannysmith apple, dried berries, vanilla yoghurt)	300	1610	11.4	7.4	1.8	69.4	30.9	38
Mango & Blueberry Float (mango, blueberry, granola grains, cream)	230	3070	11.9	38.4	21	81.2	46.6	56

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Mango Protein Yoghurt (mango, cottage cheese, greek yoghurt, chia seeds, blueberry, honey, vanilla)	270	1230	28.2	6.2	3.8	30.4	27.7	351
Strawberry Protein Yoghurt (strawberry, cottage cheese, greek yoghurt, honey, vanilla)	270	1040	24.7	5.4	3.6	23.7	23.4	624
Chocolate Mousse (dark chocolate, thickened cream, sugar, vanilla)	230	3550	6.2	76.6	52.4	35.9	31	69
Wraps								
Buffalo Chicken Wrap (spinach wrap, grilled chicken, tomato, cos lettuce, red onion, buffalo sauce)	278	1870	52.2	9.6	4.3	34.7	5.4	737
Club Wrap (chicken breast, bacon, avocado spread, spinach, kewpie mayonnaise, wrap)	262	3010	36.5	39.5	12.2	36.1	4.1	1360
Falafel Wrap (falafel, chickpea, red onion, parsley, hummus, spinach, avocado, tomato, wrap)	392	3620	23.9	44.6	5.6	71.7	5.2	1160
Caesar Wrap (chicken schnitzel, caesar dressing, parmesan cheese, tomato & cos lettuce)	333	2530	65.8	22	7.4	33.1	6.9	730
Schnitzel Wrap (chicken schnitzel, mayonnaise, sweet chili sauce, spinach)	380	2690	79.3	18	6.4	37.2	10.4	837
Egg & Bacon Roti Wrap (fried egg, cheese, bacon, tomato relish, roti wrap, ketchup)	235	2080	31	17.7	8.6	35.1	3.4	1360
Bagels								
American Chicken Bagel (bagel, red cabbage, coleslaw, dill pickle, chicken schnitzel, mayonnaise, cheese)	378	3180	74.2	19.5	19.5	67.4	13.6	1050
Chicken Bagel (bagel, chicken mix, avocado, spinach, cheese, butter)	182	2200	22.1	24.5	8.4	52.1	7.4	756
Ham & Cheese Bagel (bagel, butter, ham, cheese)	190	1980	23.8	13.7	7.7	60.9	7.5	847
Salmon & Cream Cheese Bagel (bagel, salmon, cheese, red onion, cucumber, spinach, butter, bagel)	215	1760	24.6	9.9	4.4	55.8	9.5	1300
Chicken Schnitzel Bagel (bagel, chicken breast, mustard, salad, mayonnaise, cheese)	310	2790	71.8	14.2	7.2	59.6	8.4	815

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Goats Cheese Bagel (bagel, avocado, goats cheese, spinach, cheese)	208	2380	28.8	25.8	15.3	53.7	7.2	883
Fresh Sandwiches								
Fresh Chicken Sandwich (chicken breast, mayonnaise, celery, dill, salad, white bread)	220	2580	29	36.8	7	41.1	5.5	814
Fresh Egg Sandwich (egg, spring onion, radish, mayonnaise, cos lettuce, alfafa sprout, white bread)	220	1700	18.6	17.9	3.4	40.3	4.4	770
Fresh Ham Sandwich (ham, lettuce, tomato, mayonnaise, cheese, butter, white bread)	200	1980	27.1	22.4	9.6	39.4	4.1	2050
Fresh Tuna Sandwich (tuna, pickled red cabbage, cucumber, mayonnaise, red onion, white bread)	200	1820	17.3	19.5	2.9	45.6	9.9	913
Fresh Turkey Sandwich (turkey breast, mayonnaise, red onion, cranberry sauce, spinach, rye bread)	178	1720	29.1	10.2	1.7	46.7	6.7	697
Sourdough Sandwiches								
The Reuben Sandwich (beef brisket, cheese, dill pickles, carolina sauce, rye sourdough)	373	3770	71	31.2	14.1	80.8	13.2	1250
Tokyo Chicken Sandwich (roasted chicken, sage, onion, mayonnaise, melted cheddar cheese, white bread)	345	4400	49.6	57	17.4	82.9	11.8	1580
Triple Cheese Sandwich (swiss gruyere, provolone, cheese, jalapenos, white bread)	250	3290	35.7	39.8	24.6	70.2	6.3	1780
Club Zuppa Sandwich (chicken, bacon, avocado, mayonnaise, cheese, white bread)	390	4730	55.3	63	19.7	83.1	11.4	2120
Ham Cheese Tomato Sandwich (white bread, butter, ham, tomato, cheese)	320	2800	35.6	26.1	15.3	69.7	6.6	1170
GF Cheese & Tomato Sandwich (GF bread, tomato, cheese, mayonnaise)	152	1380	8.9	17.2	9.4	33.5	3.8	570
GF Chicken & Cheese Sandwich (GF bread, chicken breast, cheese, GF avocado spread)	190	2530	21.4	39.5	16.2	39.8	3.6	907
Ciabattas								

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Tuna Melt (tuna, cheese, mayonnaise, dill pickle, red onion, spinach, brioche bun)	248	2380	27	25	8.8	56.2	7.2	1080
Grilled Chicken Ciabatta (chicken thigh, sriracha mayonnaise, salad, tomato, ciabatta)	406	3040	72.9	8.8	1.8	83.8	8.1	922
Chicken Schnitzel Ciabatta (chicken schnitzel, mustard, spinach, cheese, mayonnaise, ciabatta)	398	3430	81.3	21.4	9.6	71.6	6.2	991
Tomato & Mozzarella Ciabatta (basil pesto, spinach, tomato, mozzarella, ciabatta)	190	2020	20.4	24.4	13.5	45.6	5.3	1440
American Chick Ciabatta (chicken schnitzel, harissa slaw, dill pickle, mayonnaise, ciabatta)	370	3070	68.9	13	4.7	80.6	8.9	963
Chicken Baguette (chicken breast, avocado, salad mix, mayonnaise, baguette)	293	3450	39.6	38.8	7.9	76.6	8.2	1180
Salads (Small)								
Beetroot Salad (Beetroot, sweet potato, feta, walnut, rocket)	200	1200	8.9	20.1	2.4	14.8	11.1	158
Chicken & Quinoa Salad (chicken breast, broccoli, quinoa, almonds, cranberries, rocket)	265	2000	36.5	24	4.5	26.2	14.4	108
Chicken Caesar Salad (cos lettuce, chicken breast, crispy bacon, egg, corn, cheese)	250	1250	41.2	12.8	5	3.5	1.6	863
Chicken Pesto Pasta (chicken fillet, pasta, pine nuts, red onion, parmesan, basil pesto)	366	3220	47.3	44.8	9.3	39.2	2.2	462
Chicken Schnitzel Salad (chicken schnitzel, mayonnaise, quinoa, cucumber, red onion, rocket)	245	1670	44	6.1	1	35.4	6.7	155
Chicken Soba Noodle Salad (soba noodle, chicken breast, capsicum, red chilli, sesame seed, spring onion, spinach, shallots, peanuts, red onion, coriander)	354	1730	27.3	3.8	0.8	59	2	39
Chicken, Avocado & Corn Salad (chicken breast, avocado, sweetcorn, almonds, rocket, quinoa)	240	2370	23.7	33.7	6	35.3	4.6	307
Grilled Chicken Salad (chicken thigh, tomato, red onion, chickpea, cucumber, feta, salad)	238	1010	41.3	4.9	1.8	5.9	1.9	242
Lamb Salad (lamb backstrap, pearl cous cous, chickpea, spring onion, tzatziki, spinach)	360	2560	37.5	16.4	6.8	60	6.8	288

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Nacho Salad (cos lettuce, avocado, corn, tortillas, chilli chicken, kidney beans)	295	2450	44.6	34	12.2	21.9	3.3	704
Salmon & Egg (smoked salmon, broccoli, pickled cucumber, boiled egg, lemon)	125	496	13.3	5.5	1.4	3	2.7	522
Turmeric Cous Cous & Pumpkin Salad (pearl cous cous, pumpkin, cranberry, walnuts, carrots, chickpea, spring onion, turmeric, spinach)	319	2510	17.8	29.5	2	60	7.2	137
Vegan Salad (red sorghum, parsley, diced tomatoes, pomegranate, sweet potatoes, olive & hommus)	350	1940	12.2	15.1	1.7	61	14	570
Verde Salad (quinoa, chilli chicken, mexican salsa, tomatoes, rocket, lemon)	320	1980	42.7	9.4	1.9	45.3	7.1	420
Waldorf Salad (apple, celery, Greek yoghurt, toasted nuts, dill, shredded chicken)	350	2190	45.2	25.1	7.5	26	22.9	474
Finger Food								
Smoked Salmon Protein Pot (smoked salmon, boiled egg, spinach, lemon wedge)	125	726	18.7	10.2	2.7	0.8	0.6	86
Pork Spring Rolls (pork, carrots, red onion, celery, soy sauce, flour)	120	365	12	26	8	21	1	580
Steamed Pork Dumplings (flour, pork chives, spring onion, ginger, soy sauce, chilli oil)	100	859	7.9	7.5	1.1	26.9	0.17	407
Steamed Pork Buns (wheat flour, pork, cornflour, soy sauce, salt & pepper, ginger)	190	2451	15.8	9.2	2.4	79.8	29	646
Falafels (falafels, hummus)	170	1860	10.7	27.9	2.7	37.8	0.8	774
Fruit Salad (strawberry, kiwi, rockmelon, watermelon, mango, pineapple)	340	464	2	0.8	0.1	19.9	19.9	44
Three Boiled Eggs (boiled egg, rocket)	160	871	17.8	13.1	3.5	3.5	0.7	178
Chicken Breast Fillet (chicken breast, rocket)	160	833	38.6	3.3	1	2.3	0.2	62
Potato Gems (potato)	100	662	2.9	7.7	0.6	18.5	<1	369

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Dressings (35ml)								
Caesar Dressing (vinegar, garlic, olive oil, mayonnaise, parmesan)	35	458	0.2	9	1.2	6.9	5.5	206
House Dressing (olive oil, lemon juice, vinegar, mustard, garlic)	35	970	0.4	25.7	1.8	0.5	0.3	98
Lemon & Olive Oil Dressing (olive oil, lemon juice, vinegar, garlic)	35	970	0	25.7	1.8	0.1	0.1	98
Balsamic Dressing (olive oil, balsamic, vinegar)	35	899	0	24.2	3.7	0	0	0

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AVG QTY Per 100G	Energy (kJ)	Protein (g)	Fat, Total (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Sodium (mg)
Breakfast							
Breakfast Brioche Bun (brioche bun, fried egg, bacon, cheese, BBQ sauce)	917	12.2	7.9	3.8	23.7	3.8	631
Florentine Muffin (fried egg, spinach, tomatoes, hollandaise sauce)	930	9.5	12.4	6.2	17.3	1.1	312
Egg & Sausage Muffin (fried egg, peri peri sauce, cheese, tomato sauce, breakfast patty)	1150	12	17.3	7.8	17.4	<1	625
Egg & Bacon Muffin (fried egg, cheese, crispy bacon, tomato, sriracha sauce)	972	11.6	11.5	5.2	19.7	1.5	725
Gourmet Breakfast Bun (fried egg, bacon, tomato, hollandaise sauce, cheese, spinach)	880	12.2	9	4.6	19.2	1.7	522
Mini Schnitzel Roll (white roll, chicken schnitzel, tomato, red cabbage, cheese, caramelised onion, tzatziki)	867	18.2	9.1	4.5	12.4	2.5	251
Ham & Cheese Croissant (croissant, ham, cheese, butter)	1270	13	17.9	11.4	22	3.2	683
Cheese & Tomato Croissant (croissant, cheese, tomato, butter)	1150	9.4	16.4	10.6	21.8	3.7	364
Puddings & Yoghurts							
Chia Pudding (chia seeds, almond milk, maple syrup, vanilla, almonds, mango, strawberry puree & passionfruit)	1260	8.6	17.5	1.6	29.3	12.4	11
Rice Pudding (rice pudding, shortbread, mixed berries)	793	5.4	4.5	2.6	31.1	18.9	106
Mango & Passionfruit Yoghurt (granola grains, low-fat yoghurt, mango, passionfruit)	597	4	2.6	0.4	24.1	13.8	52
Mixed Berry & Granola Yoghurt (granola grains, mixed berries, vanilla yoghurt)	595	4.7	3.3	1.1	26.3	14.7	32
Bircher Muesli & Yoghurt (oats, grannysmith apple, dried berries, vanilla yoghurt)	537	3.8	2.5	0.6	23.1	10.3	13
Mango & Blueberry Float (mango, blueberry, granola grains, cream)	1330	5.2	16.7	9.1	35.3	20.3	24

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Mango Protein Yoghurt (mango, cottage cheese, greek yoghurt, chia seeds, blueberry, honey, vanilla)	456	10.4	2.3	1.4	11.3	10.3	130
Strawberry Protein Yoghurt (strawberry, cottage cheese, greek yoghurt, honey, vanilla)	384	9.1	2	1.4	8.8	8.7	231
Chocolate Mousse (dark chocolate, thickened cream, sugar, vanilla)	1540	2.7	33.3	22.8	15.6	13.5	30
Wraps							
Buffalo Chicken Wrap (spinach wrap, grilled chicken, tomato, cos lettuce, red onion, buffalo sauce)	671	18.8	3.5	1.5	12.5	2	265
Club Wrap (chicken breast, bacon, avocado spread, spinach, kewpie mayonnaise, wrap)	1150	13.9	15.1	4.6	13.8	1.6	519
Falafel Wrap (falafel, chickpea, red onion, parsley, hummus, spinach, avocado, tomato, wrap)	923	6.1	11.4	1.4	18.3	1.3	295
Caesar Wrap (chicken schnitzel, caesar dressing, parmesan cheese, tomato & cos lettuce)	761	19.8	6.6	2.2	9.9	2.1	219
Schnitzel Wrap (chicken schnitzel, mayonnaise, sweet chili sauce, spinach)	707	20.9	4.8	1.7	9.8	2.7	220
Egg & Bacon Roti Wrap (fried egg, cheese, bacon, tomato relish, roti wrap, ketchup)	887	13.2	7.5	3.7	14.9	1.4	579
Bagels							
American Chicken Bagel (bagel, red cabbage, coleslaw, dill pickle, chicken schnitzel, mayonnaise, cheese)	841	19.6	5.2	2.8	17.8	3.6	279
Chicken Bagel (bagel, chicken mix, avocado, spinach, cheese, butter)	1210	12.1	13.5	4.6	28.6	4.1	416
Ham & Cheese Bagel (bagel, butter, ham, cheese)	1040	12.5	7.2	4.1	32	3.9	446
Salmon & Cream Cheese Bagel (bagel, salmon, cheese, red onion, cucumber, spinach, butter, bagel)	821	11.4	4.6	2	26	4.4	606
Chicken Schnitzel Bagel (bagel, chicken breast, mustard, salad, mayonnaise, cheese)	900	23.2	4.6	2.3	19.2	2.7	263

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Goats Cheese Bagel (bagel, avocado, goats cheese, spinach, cheese)	1150	13.8	12.4	7.3	25.8	3.5	424
Fresh Sandwiches							
Fresh Chicken Sandwich (chicken breast, mayonnaise, celery, dill, salad, white bread)	1170	13.2	16.7	3.2	18.7	2.5	370
Fresh Egg Sandwich (egg, spring onion, radish, mayonnaise, cos lettuce, alfafa sprout, white bread)	772	8.5	8.2	1.6	18.3	2	350
Fresh Ham Sandwich (ham, lettuce, tomato, mayonnaise, cheese, butter, white bread)	992	13.5	11.2	4.8	19.7	2	1020
Fresh Tuna Sandwich (tuna, pickled red cabbage, cucumber, mayonnaise, red onion, white bread)	911	8.7	9.7	1.4	22.8	4.9	457
Fresh Turkey Sandwich (turkey breast, mayonnaise, red onion, cranberry sauce, spinach, rye bread)	964	16.4	5.7	0.9	26.2	3.8	391
Sourdough Sandwiches							
The Reuben Sandwich (beef brisket, cheese, dill pickles, carolina sauce, rye sourdough)	1010	19	8.4	3.8	21.7	3.5	336
Tokyo Chicken Sandwich (roasted chicken, sage, onion, mayonnaise, melted cheddar cheese, white bread)	1280	14.4	16.5	5	24	3.4	458
Triple Cheese Sandwich (swiss gruyere, provolone, cheese, jalapenos, white bread)	1320	14.3	15.9	9.9	28.1	2.5	712
Club Zuppa Sandwich (chicken, bacon, avocado, mayonnaise, cheese, white bread)	1210	14.2	16.2	5.1	21.3	2.9	543
Ham Cheese Tomato Sandwich (white bread, butter, ham, tomato, cheese)	876	11.1	8.2	4.8	21.8	2	366
GF Cheese & Tomato Sandwich (GF bread, tomato, cheese, mayonnaise)	911	5.8	11.3	6.2	22.1	2.5	375
GF Chicken & Cheese Sandwich (GF bread, chicken breast, cheese, GF avocado spread)	1330	11.3	20.8	8.5	20.9	1.9	477
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Tuna Melt (tuna, cheese, mayonnaise, dill pickle, red onion, spinach, brioche bun)	961	10.9	10.1	3.6	22.7	2.9	434
Grilled Chicken Ciabatta (chicken thigh, sriracha mayonnaise, salad, tomato, ciabatta)	748	18	2.2	0.4	20.6	2	227
Chicken Schnitzel Ciabatta (chicken schnitzel, mustard, spinach, cheese, mayonnaise, ciabatta)	862	20.4	5.4	2.4	18	1.6	249
Tomato & Mozzarella Ciabatta (basil pesto, spinach, tomato, mozzarella, ciabatta)	1060	10.7	12.8	7.1	24	2.8	758
American Chick Ciabatta (chicken schnitzel, harissa slaw, dill pickle, mayonnaise, ciabatta)	829	18.6	3.5	1.3	21.8	2.4	260
Chicken Baguette (chicken breast, avocado, salad mix, mayonnaise, baguette)	1180	13.5	13.2	2.7	26.1	2.8	403
Salads							
Beetroot Salad (Beetroot, sweet potato, feta, walnut, rocket)	600	4.4	10	1.2	7.4	5.5	79
Chicken & Quinoa Salad (chicken breast, broccoli, quinoa, almonds, cranberries, rocket)	755	13.8	9	1.7	9.9	5.4	41
Chicken Caesar Salad (cos lettuce, chicken breast, crispy bacon, egg, corn, cheese)	499	16.5	5.1	2	1.4	0.6	345
Chicken Pesto Pasta (chicken fillet, pasta, pine nuts, red onion, parmesan, pasil pesto)	880	12.9	12.2	2.5	10.7	0.6	126
Chicken Schnitzel Salad (chicken schnitzel, mayonnaise, quinoa, cucumber, red onion, rocket)	680	17.9	2.5	0.4	14.5	2.8	63
Chicken Soba Noodle Salad (soba noodle, chicken breast, capsicum, red chilli, sesame seed, spring onion, spinach, shallots, peanuts, red onion, coriander)	489	7.7	1.1	0.2	16.7	0.6	11
Chicken, Avocado & Corn Salad (chicken breast, avocado, sweetcorn, almonds, rocket, quinoa)	987	9.9	14	2.5	14.7	1.9	128
Grilled Chicken Salad (chicken thigh, tomato, red onion, chickpea, cucumber, feta, salad)	423	17.4	2.1	0.8	2.5	0.8	102
Lamb Salad (lamb backstrao, pearl cous cous, chickpea, spring onion, tzatziki, spinach)	712	10.4	4.6	1.9	18	1.9	80

FOOD MENU NUTRITION INFORMATION

Please be advised that this nutritional database is currently remains under development. Our team is actively sourcing and verifying data for the remaining food items to ensure the highest level of accuracy. We are committed to providing a complete resource and will be performing regular updates as new results and supplier specifications become available.

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AVG QTY Per 100G	Energy (kJ)	Protein (g)	Fat, Total (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Sodium (mg)
Nacho Salad (cos lettuce, avocado, corn, tortillas, chilli chicken, kidney beans)	829	15.1	11.5	4.1	7.4	1.1	239
Salmon & Egg (smoked salmon, broccoli, pickled cucumber, boiled egg, lemon)	406	10.9	4.5	1.1	2.5	2.2	428
Tumeric Cous Cous & Pumpkin Salad (pearl cous cous, pumpkin, cranberry, walnuts, carrots, chickpea, spring onion, turmeric, spinach)	787	5.6	9.2	0.6	18.8	2.2	43
Vegan Salad (red sorghum, parsley, diced tomatoes, pomegranate, sweet potatoes, olive & hommus)	555	3.5	4.3	0.5	17.4	4	163
Verde Salad (quinoa, chilli chicken, mexican salsa, tomatoes, rocket, lemon)	618	13.3	2.9	0.6	14.2	2.2	131
Waldorf Salad (apple, celery, Greek yoghurt, toasted nuts, dill, shredded chicken)	625	12.9	7.2	2.1	7.4	6.6	136
Finger Food							
Smoked Salmon Protein Pot (smoked salmon, boiled egg, spinach, lemon wedge)	581	14.9	8.1	2.2	0.6	0.4	68
Pork Spring Rolls (pork, carrots, red onion, celery, soy sauce)	378	10.1	28.1	7.1	21.5	1	486
Steamed Pork Dumplings (flour, pork chives, spring onion, ginger, soy sauce, chilli oil)	859	7.9	7.5	1.1	26.9	0.17	407
Steamed Pork Buns (wheat flour, pork, cornflour, soy sauce, salt & pepper, ginger)	1290	8.3	4.8	1.3	42	15.3	340
Falafels (falafels, hummus)	1090	6.3	16.4	1.6	22.2	0.4	455
Fruit Salad (strawberry, kiwi, rockmelon, watermelon, mango, pineapple)	137	0.6	0.2	0	5.8	5.8	13
Three Boiled Eggs (boiled egg, rocket)	544	11.1	8.2	2.2	2.2	0.5	111
Chicken Breast Fillet (chicken breast, rocket)	521	24.1	2.1	0.6	1.4	0.2	39
Potato Gems (potato)	662	2.9	7.7	0.6	18.5	<1	369