

## Black Doris Plum

### Ingredients:

Rescued black doris plums, cinnamon, strawberries, banana, agave, vanilla soy milk, yoghurt.

### Nutritional Information:

	Mini Tank 227ml	Half Tank 380ml	Full Tank 445ml
Energy	858.2 kJ	1356.9 kJ	1601.1 kJ
Protein	4.8 g	8.1 g	10.4 g
Fat, total	2.7 g	4.6 g	5.8 g
- Saturated	1.6 g	2.7 g	3.3 g
Carbohydrates, total	40.2 g	62.0 g	71.6 g
- Sugars	28.4 g	45.9 g	52.6 g
Sodium	48.2 mg	85.4 mg	115.9 mg

## Moroccan Roast Veg Salad

### Ingredients:

Protein (beef, chicken or falafel), roast vegetables (carrot, parsnips, kumara, red onion), feta, dates, toasted maple nut mix, field greens, moroccan dressing.

### Nutritional Information:

	Beef Serving size: 320g	Chicken Serving size: 320g	Falafel Serving size: 340g
Energy	1946.7 kJ	1961.1 kJ	2498.4 kJ
Protein	21.0 g	23.8 g	13.0 g
Fat, total	28.6 g	27.9 g	32.6 g
- Saturated	7.1 g	6.8 g	7.6 g
Carbohydrates, total	31.8 g	31.5 g	60.5 g
- Sugars	19.2 g	19.0 g	26.0 g
Sodium	1051.0 mg	802.2 mg	1298.2 mg

## Black Doris Plum Plant-Based

### Ingredients:

Rescued black doris plums, cinnamon, strawberries, banana, agave, vanilla soy milk.

### Nutritional Information:

	Mini Tank 220ml	Half Tank 367ml	Full Tank 430ml
Energy	724.3 kJ	1144.3 kJ	1333.2 kJ
Protein	3.1 g	5.4 g	7.1 g
Fat, total	1.2 g	2.3 g	2.9 g
- Saturated	0.3 g	0.6 g	0.7 g
Carbohydrates, total	37.1 g	57.2 g	65.4 g
- Sugars	24.5 g	57.2 g	44.8 g
Sodium	22.6 mg	44.4 mg	64.7 mg

## Moroccan Roast Veg Wrap

### Ingredients:

Protein (beef, chicken or falafel), roast vegetables (carrot, parsnips, kumara, red onion), feta, dates, toasted maple nut mix, field greens, wrap, moroccan dressing.

### Nutritional Information:

	Beef Serving size: 345g	Chicken Serving size: 345g	Falafel Serving size: 340g
Energy	2818.2 kJ	2832.6 kJ	3369.9 kJ
Protein	28.1 g	30.9 g	20.0 g
Fat, total	31.5 g	30.8 g	35.5 g
- Saturated	11.0 g	10.6 g	11.4 g
Carbohydrates, total	70.1 g	69.8 g	98.8 g
- Sugars	18.7 g	18.5 g	25.5 g
Sodium	1560.4 mg	1311.6 mg	1807.6 mg

### Açaí Smoothie

#### Ingredients:

Brazilian açaí, strawberries, blueberries, banana, apple juice, vanilla soy milk, organic agave.

#### Nutritional Information:

	Mini Tank 250ml	Half Tank 450ml	Full Tank 550ml
Energy	928.2 kJ	1204.1 kJ	1424.1 kJ
Protein	3.0 g	3.6 g	5.1 g
Fat, total	3.5 g	4.7 g	6.0 g
- Saturated	0.9 g	1.3 g	1.6 g
Carbohydrates, total	44.7 g	57.8 g	66.3 g
- Sugars	33.1 g	44.3 g	50.3 g
Sodium	31.4 mg	37.5 mg	59.5 mg

### Açaí Bowl

#### Ingredients:

Brazilian açaí topped with seasonal fruits, smooth almond butter, crunchy granola, raspberry crumb, organic agave.

#### Nutritional Information:

	Açaí Bowl 285g
Energy	2106.9 kJ
Protein	7.4 g
Fat, total	15.5 g
- Saturated	2.7 g
Carbohydrates, total	83.7 g
- Sugars	53.3 g
Sodium	57.4 mg