

Category	Product	Serving Size (g)	Category	Product	Serving Size (g)	Calories (kcal)	Fat (g)	o/w Saturates (g)	Nutritional Information Per Serving							Nutritional Information Per 100g							
									Carbohydrates (g)	Fibre (g)	Protein (g)	Salt (g)	Calories (kcal)	Fat (g)	o/w Saturates (g)	Carbohydrates (g)	Fibre (g)	Protein (g)	Salt (g)				
PICK.YOUR.OWN. Punnet - Bases	BBQ Spiced Herbs	38	PICK.YOUR.OWN. Punnet - Bases	BBQ Spiced Herbs	38	5	0	0	0	0	0	0	25	1	0	25	1	0	1				
	Soft Bread Leaves	45		Soft Bread Leaves	45	1	7	0	0	0	0	0	37	0	0	37	0	0	0				
	Miso Grains	150		Miso Grains	150	209	1	32	2	2	8	1	4	139	3	0	21	1	6	4			
	Spiced Shredded Veg	65		Spiced Shredded Veg	65	1	6	1	0	0	0	0	37	1	0	37	1	0	0				
	Protein Pasa & Kale	150		Protein Pasa & Kale	150	209	1	32	2	2	8	1	4	139	3	0	21	1	6	4			
PICK.YOUR.OWN. Punnet - Textures	Chicken Chunks (Kangaroo)	25	PICK.YOUR.OWN. Punnet - Textures	Chicken Chunks (Kangaroo)	25	91	4	0	0	0	5	8	0	19	0	0	19	0	5	8			
	Grilled Steaks & Nuts	25		Grilled Steaks & Nuts	25	96	4	0	0	0	5	8	0	19	0	0	19	0	5	8			
	Spiced & Cider Sauce	40		Spiced & Cider Sauce	40	71	7	0	0	0	1	3	0	27	0	0	28	0	1	4			
	Cashewnut Chili Chicken	25		Cashewnut Chili Chicken	25	128	12	2	0	0	1	0	0	310	4	7	8	2	2	2	11		
	Crisp Red Pepper	35		Crisp Red Pepper	35	5	0	0	0	0	1	0	0	30	0	0	30	0	1	0			
PICK.YOUR.OWN. Punnet - Flavours	Dried Shrooms, Cuscutambers	35	PICK.YOUR.OWN. Punnet - Flavours	Dried Shrooms, Cuscutambers	35	5	0	0	1	1	0	0	15	0	0	3	2	1	1	1			
	Green Herb Sauce	25		Green Herb Sauce	25	9	0	0	0	0	0	0	15	0	0	3	2	1	1	1			
	Pickled Chilies & Shallots	35		Pickled Chilies & Shallots	35	9	0	0	0	0	0	0	15	0	0	3	2	1	1	1			
	Punchy Bruschetta Cuscutambers	35		Punchy Bruschetta Cuscutambers	35	9	0	0	0	0	0	0	15	0	0	3	2	1	1	1			
	Barbecue Maple	35		Barbecue Maple	35	152	17	1	1	1	1	1	1	654	49	3	3	2	1	3	2		
PICK.YOUR.OWN. Punnet - Toppers	Crushed Potatoes	35	PICK.YOUR.OWN. Punnet - Toppers	Crushed Potatoes	35	213	20	2	0	0	0	0	208	14	0	0	0	0	0	0			
	Coronation Casserole	35		Coronation Casserole	35	137	0	1	4	0	0	0	0	249	0	3	12	0	10	0			
	Red Butternut	35		Red Butternut	35	88	0	0	0	0	0	0	0	248	0	0	0	0	0	0			
	Green Goodness	35		Green Goodness	35	88	0	0	0	0	0	0	0	248	0	0	0	0	0	0			
	London & Bacon	35		London & Bacon	35	134	12	0	0	0	0	0	0	284	0	0	18	0	2	1			
PICK.YOUR.OWN. Punnet - Seasonings	Must Pick Honey Mustard	35	PICK.YOUR.OWN. Punnet - Seasonings	Must Pick Honey Mustard	35	134	12	0	0	0	0	0	284	0	0	18	0	2	1				
	Chilli Wings	35		Chilli Wings	35	131	16	0	0														

[illegible]

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						Calories (kcal)	Fat (g)	ow Saturates (g)	Carbohydrates(g)	ow Sugars(g)	Fibre(g)	Protein (g)	Salt (g)	Calories (kcal)	Fat (g)	ow Saturates (g)	Carbohydrates(g)	ow Sugars(g)	Fibre(g)	Protein (g)	Salt (g)		
PICK.YOUR.OWN. Breakfast - Bases	Toasted Sourdough with Salted Butter	115	PICK.YOUR.OWN. Breakfast - Bases	Toasted Sourdough with Salted Butter	115	273	13	0	49	2	3	9	1	207	15	0	2	8	1	1			
	Softish Baked Beans	200		Softish Baked Beans	200	172	3	0	172	2	0	4	29	4	1	2	4	1	1				
	Roasted Chorizo	68		Roasted Chorizo	68	285	0	0	—	14	28	0	—	14	37	14	3	1	2	20			
	Soft Baked Brown Eggs	50		Soft Baked Brown Eggs	50	72	5	0	—	—	—	—	—	143	10	1	—	—	13	0			
	Smoked Chalk Stream Trout	50		Smoked Chalk Stream Trout	50	6	1	—	—	—	—	—	11	1	20	2	—	—	22	10	2		
PICK.YOUR.OWN. Breakfast - Toppers	Oniond Glazed Ham Hook	90	PICK.YOUR.OWN. Breakfast - Toppers	Oniond Glazed Ham Hook	90	266	0	27	0	35	0	35	0	30	140	4	0	6	—	—			
	Hash Browns	35		Hash Browns	35	65	2	1	65	1	0	1	28	0	4	4	0	—	—				
	Horseradish Sauce	35		Horseradish Sauce	35	83	0	1	1	0	0	1	3	0	0	0	1	3	0	1			
	Ketchup	35		Ketchup	35	35	0	0	0	0	0	102	0	23	0	—	—	—	—				
	Beans on Toast	325		Beans on Toast	325	58	8	35	78	7	11	18	3	162	24	2	3	5	6	1	1		
PICK.YOUR.OWN. Breakfast Sides & Sauces	Farmhouse Breakfast	305	PICK.YOUR.OWN. Breakfast Sides & Sauces	Farmhouse Breakfast	305	959	20	55	8	2	52	8	24	15	5	14	2	14	2	14			
	Eggs Poached	205		Eggs Poached	205	427	3	0	—	—	—	—	32	0	211	3	—	—	21				
	Apple & Sweet Butter Tahan Porridge	300		Apple & Sweet Butter Tahan Porridge	300	592	8	77	34	8	27	30	197	0	28	11	3	—	—				
	Honey Porridge	275		Honey Porridge	275	137	17	188	32	17	188	32	17	188	32	2	2	—	—				
	Overnight Oats with Apple & Sweet Butter Tahan	175		Overnight Oats with Apple & Sweet Butter Tahan	175	524	4	44	20	5	11	32	0	20	2	25	15	0	6	5			
Signature Breakfasts	Chocolate & Sour Cherry Chia Pudding	175	Signature Breakfasts	Chocolate & Sour Cherry Chia Pudding	175	262	12	44	28	21	10	9	0	150	0	2	25	12	0	6			
	Wholesome Tea & Double Chocolate Cookies	75		Wholesome Tea & Double Chocolate Cookies	75	250	10	—	—	—	—	—	21	45	13	—	—	—	—				
	Espresso	35		Espresso	35	0	0	1	—	—	—	0	0	0	2	—	—	—	—				
	Long Black	240		Long Black	240	0	0	3	0	—	—	0	0	1	0	—	—	—	—				
	Americano	340		Americano	340	0	0	0	1	—	—	0	0	0	0	—	—	—	—				
Grab & Go	Isot Americano	340	Grab & Go	Isot Americano	340	0	0	1	1	—	—	0	0	0	0	0	—	—	—				
	Cortado	65		Cortado	65	22	1	0	—	—	—	34	2	0	3	2	—	—					
	Cappuccino	240		Cappuccino	240	6	4	0	9	8	0	6	0	2	4	3	—	—					
	Fat White	240		Fat White	240	6	114	0	9	2	48	0	4</										