

Halal Nutritional and Allergen Table

Product Description	Nutritional										Allergens														Suitable for						
	Energy		Fat	of which saturates	Carbohydrates	of which sugar	Fibre	Protein	Salt	Sodium	Wheat Gluten	Oat Gluten	Rye Gluten	Barley Gluten	Soya	Milk	Eggs	Crustaceans	Fish	Celery	Mustard	Sesame Seeds	Sulphites	Lupin	Molluscs	Nuts such as almonds, hazelnuts, walnuts, pecan nuts, Brazil nuts, pistachio, cashew and macadamia	Vegetarians	Vegans	Coeliacs		
	kJ	kcal	g	g	g	g	g	g	g	g																					
Arrabiata	170	40	0.80	0.10	7.60	6.10	1.20	2.10	0.30	0.14																			X	X	X
Basilico	261	63	3.10	0.36	8.10	5.80	1.30	1.18	0.30	0.14																		X	X	X	
Pomodoro	191	45	1.10	0.15	7.90	6.40	1.30	1.63	0.29	0.12																		X	X	X	
Quorn Korma	533	128	7.50	3.25	10.50	4.90	3.50	6.43	1.00	0.38					X	X												X		X	
Veggie Bolognese	235	56	1.50	0.50	7.70	5.80	1.50	3.40	0.30	0.10	X		X	X														X			
Veggie BBQ Cheeseburger.	382	91	3.30	1.53	10.70	7.60	2.10	5.66	0.52	0.21	X		X	X	X	X			X									X			
Veggie Cheeseburger.	297	71	2.80	1.22	7.20	5.50	1.90	5.21	0.39	0.16	X			X	X	X												X			
Vegetable Rogan Josh.	362	87	4.20	0.48	8.10	1.20	2.00	3.11	0.64	0.25																		X	X	X	
BBQ Chicken Torino	51	214	0.70	0.13	6.60	6.00	1.00	4.03	0.13	0.30	X		X	X					X												
Firecracker Chicken.	50	211	0.90	0.16	6.20	5.20	1.00	4.78	0.16	0.40																				X	
Sweet Chilli Chicken	232	55	0.80	0.20	7.70	6.30	0.90	4.70	0.70	0.30																					
Chicken Italiano	291	69	2.70	0.40	6.10	4.70	0.90	4.80	0.50	0.20																					X
Chicken Tikka	223	55	0.90	0.20	7.30	5.40	0.70	4.60	0.50	0.20																					X
Chicken Korma	586	141	8.30	3.73	8.70	5.20	2.40	9.02	1.00	0.40					X																X
Korean BBQ Chicken	301	71	1.1	0.2	10.8	7.9	1.1	5.1	0.5	0.2	X		X	X					X												
Chicken Tikka Masala	411	98	4.20	0.65	7.20	4.70	1.40	8.65	0.89	0.36					X					X											X
Chicken Makhani	445	106	4.40	1.19	7.40	5.90	1.30	9.93	0.83	0.33					X					X											X
Chicken Rogan Josh	402	96	4.60	0.62	6.20	3.70	1.30	8.15	0.87	0.35																					X
Cooked rice	516	121	0.20	0.12	27.70	<0.1	<.5	2.25	0.00	0.00																		X	X	X	
Cooked pasta	668	158	0.60	0.12	31.60	0.80	1.70	5.58	0.00	0.00																		X	X		