

HUMPIT

THE HUMMUS AND PITA BAR

Filled Pita

	WITH WHOLEMEAL PITA	WITH WHITE PITA
Energy	575kcal/2403.5kJ	573kcal/2395kJ
Fat	23.5g	22.9g
of which saturates	2.2g	2.1g
Carbohydrates	69g	75.4g
of which sugars	6.3g	6.4g
Fibre	17g	12.5g
Protein	20g	17.8g
Salt	2g	1.9g

Shakshuka

	WITH WHOLEMEAL PITA	WITH WHITE PITA
Energy	740kcal/3093kJ	742kcal/3101.5kJ
Fat	39g	38.4g
of which saturates	3.8g	3.7g
Carbohydrates	92g	98.5g
of which sugars	8.5g	8.6g
Fibre	15.5	11g
Protein	34g	32g
Salt	2g	1.9g

Hummus Bowl

	WITH WHOLEMEAL PITA	WITH WHITE PITA
Energy	854kcal/3567kJ	852kcal/3561kJ
Fat	47.2g	46.6g
of which saturates	4.9g	4.8g
Carbohydrates	74.1g	80.5g
of which sugars	6.7g	6.8g
Fibre	20g	15.5g
Protein	25g	22.8g
Salt	2.8g	2.7g

Humpit Salad

Energy	558kcal/2332.5kJ
Fat	25.5g
of which saturates	2.5g
Carbohydrates	56.7g
of which sugars	7.5g
Fibre	16.4g
Protein	17g
Salt	1.3g

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Lemonade

	per 100ml	per portion (300ml)
Energy	21kcal/88kJ	63kcal/263kJ
Fat	0.01g	0.03g
in which saturated	0.005g	0.015g
Carbohydrates	0.4g	1.2g
in which sugar	0.08g	0.24g
Protein	0.03g	0.09g
Salt	0.0005g	0.0015g

Iced Tea

	per 100ml	per portion (300ml)
Energy	37kcal/154kJ	111kcal/465kJ
Fat	-	-
in which saturated	-	-
Carbohydrates	9.2g	27.6g
in which sugar	9.1g	27.3g
Protein	-	-
Salt	-	-

Hummus Pot

Energy	155.5kcal/650kJ
Fat	10.35g
in which saturated	0.87g
Carbohydrates	8.1g
in which sugar	2.3g
Protein	3.6g
Salt	0.5g

Mixed Pickles (105g)

Energy	25kcal/102kJ
Fat	0.7g
in which saturated	0g
Carbohydrates	3.8g
in which sugar	0.4g
Protein	2g
Salt	3.8g

Mixed Salad

Energy	59kcal/247kJ
Fat	0.54g
in which saturated	0.16g
Carbohydrates	13.1g
in which sugar	0.03g
Protein	1.5g
Salt	0.003g

Mini Chill Falafel Bites (135g)

Energy	221kcal/924kJ
Fat	6.4g
in which saturated	0.4g
Carbohydrates	27.9g
in which sugar	6.21g
Protein	8.2g
Salt	0.7g

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Sweet Potato Fries (80g)

Energy	143kcal/598kJ
Fat	4.8g
in which saturated	0.1g
Carbohydrates	22.9g
in which sugar	5.7g
Protein	0.9g
Salt	0.2g

Fried Cauliflower (90g)

Energy	143kcal/598kJ
Fat	12.7g
in which saturated	1.1g
Carbohydrates	2.8g
in which sugar	0.02g
Protein	3.3g
Salt	0.2g

Dark Chocolate Covered Chickpeas(100g)

Energy	484kcal/2024kJ
Fat	23.5g
in which saturated	12.8g
Carbohydrates	52.8g
in which sugar	35.5g
Protein	10.8g
Salt	0.007g

Rice and Lentils (80g)

Energy	110kcal/460kJ
Fat	0.2g
in which saturated	0.05g
Carbohydrates	22.3g
in which sugar	-
Protein	4.3g
Salt	-

Falafels with sauces

Energy	169kcal/708kJ
Fat	11.45g
in which saturated	1g
Carbohydrates	14.2g
in which sugar	2.6g
Protein	1.36g
Salt	0.36g

Dark Chocolate (Cappuccino Flavour) (100g)

Energy	461kcal/1927kJ
Fat	18.4g
in which saturated	10.1g
Carbohydrates	63.1g
in which sugar	49.9g
Protein	8.3g
Salt	0.005g