

#### 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

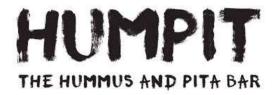
### **Hummus Bowl**

WITH WHOLEMEAL PITA	WITH WHITE PITA	
854kcal/3567kJ	852kcal/3561kJ	
47.2g	46.6g	
4.9g	4.8g	
74.1g	80.5g	
6.7g	6.8g	
20g	15.5g	
25g	22.8g	
2.8g	2.7g	
	854kcal/3567kJ 47.2g 4.9g 74.1g 6.7g 20g 25g	

# **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

#### THE HUMMUS AND PITA BAR



#### Lemonade

		per portion
	per 100ml	(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

#### **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 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

## Iced Tea

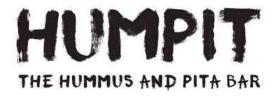
	per 100ml	per portion (300ml)
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Energy	37kcal/154kJ	111kcal/465kJ
Fat	-	-
in which saturated	-	- Land
Carbohydrates	9.2g	27.6g
in which sugar	9.1g	27.3g
Protein	C Thirty	-
Salt	11/1/25 15	<u> </u>

# 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

### 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

# Falafels with sauces

	Energy	169kcal/708kJ
	Fat	11.45g
1	in which saturated	1g
	Carbohydrates	14.2g
	in which sugar	2.6g
Ī	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