

UNION STREET KITCHEN	Product Name	Energy KiloCalories	Fat Total	Fat Saturated	Carbo hydrate	Sugars	Dietary Fibre	Protein	Salt	Sodium
Breakfast Hot Muffins and Pots										
	Breakfast Pot (serving 382.25g)	518.64kcal	22.78g	7.43g	45.13g	11.74g	8.39g	31.22g	4.40g	1749mg
	Veggie Pot (serving 468.5g)	460.76kcal	13.96g	3.55g	46.07g	9.30g	13.54g	31.65g	3.18g	1239mg
	Vegan Pot (serving 525g)	541.75 kcal	15.24g	3.13g	65.37g	12.51g	16.69g	27.92g	3.24g	1259mg
	Bacon Breakfast Muffin (serving 270.5g)	542.50 kcal	26.88g	12.25g	33.75g	3.14g	2.44g	41.24g	5.01g	1996mg
	Sausage Breakfast Muffin (serving 212g)	497.94 kcal	25.77g	11.88g	34.22g	2.45g	3.49g	30.61g	2.56g	1018mg
	Vegan Breakfast Muffin (serving 212g)	398.81 kcal	19.58g	7.90g	45.27g	10.04g	3.53g	8.76g	1.53g	987mg
	Vegan Sausage Breakfast Muffin (serving 212g)	404.56 kcal	11.05g	6.32g	51.24g	9.46g	6.58g	22.24g	2.60g	1030mg
	Heinz Tomato Ketchup (39g)	34.68 kcal	0.03g	0.03g	7.88g	7.75g	0g	0.40g	0.61g	244.8mg
	HP Brown Sauce (33g)	40.26 kcal	0.03g	0.03g	9.33g	9.33g	0g	0.29g	0.43g	171.6mg
	Product Name	Energy KiloCalories	Fat Total	Fat Saturated	Carbo hydrate	Sugars	Dietary Fibre	Protein	Salt	Sodium
Lunch Hot Pots and Soup Pots										
	3 Bean Chilli and Rice (serving 400g)	400 kcal	9.40g	0.80g	64.80g	3.40g	9.00g	10.80g	1.04g	414mg
	Chilli con carne and Rice (serving 400g)	368 kcal	4.20g	0.80g	61.80g	5.60g	6.40g	19.60g	0.70g	276mg
	Chicken Tikka Masala and Rice (serving 400g)	436 kcal	9.20g	3.40g	57.50g	4.60g	3.60g	30.30g	1.38g	550mg
	Mac and Cheese (serving 400g)	596 kcal	25.60g	16.80g	64.40g	10g	2.80g	28.40g	2.13g	840mg
	Mac No Cheese (serving 400g)	736 kcal	29.55g	19.23g	95.25g	2.45g	6.77g	18.65g	3.27g	1300mg
	Chicken Meatballs with Sweet Chilli Sauce and Rice (serving 380g)	533 kcal	9.24g	2.66g	93.90g	36.76g	3.48g	17.48g	2.89g	1148mg
	Sweet Potato, Chickpea and Spinach Curry and Rice (serving 400g)	410 kcal	9.80g	4.20g	67.80g	6.40g	8.80g	9.60g	0.88g	350mg
	Vegan Penang Curry and Rice (serving 400g)	425 kcal	15.68g	13.07g	64.28g	6.83g	6.62g	9.02g	1.39g	546mg
	Real Soup Co. Indonesia Chickpea & Coconut Soup (350g)	252 kcal	14g	8.40g	21.35g	9.45g	8.05g	6.65g	1.62g	647mg
	Real Soup Co. Tomato and Basil Soup (350g)	189 kcal	10.15g	5.95g	18.55g	11.20g	3.50g	4.20g	1.55g	619mg
	Real Soup Co. Minestrone Soup (350g)	70 kcal	0.35g	0.11g	12.25g	6.65g	2.45g	3.15g	1.67g	668mg
	Real Soup Co. Leek and Potato Soup (350g)	136 kcal	4.90g	0.39g	18.90g	4.20g	3.15g	3.15g	1.45g	577mg
	Real Soup Co. Butternut and Sweet Potato Soup (350g)	154 kcal	7.35g	4.20g	17.85g	11.55g	3.85g	2.45g	1.76g	703mg
	Real Soup Co. Carrot and Coriander Soup (350g)	189 kcal	10.15g	5.95g	18.55g	11.20g	3.50g	4.20g	1.55g	619mg
	Real Soup Co. Country Vegetable Soup (350g)	178 kcal	5.25g	0.42g	23.80g	9.45g	5.25g	5.95g	1.23g	490mg
	Schar gluten free bake off roll (serving 58g)	142.10 kcal	2.09g	0.29g	27.26g	0.46g	3.19g	2.03g	0.74g	296mg
	Product Name	Energy KiloCalories	Fat Total	Fat Saturated	Carbo hydrate	Sugars	Dietary Fibre	Protein	Salt	Sodium
Burger Range										
	Bombay Burger (serving 404g)	823.52 kcal	35.42g	10.51g	76.51g	17.20g	7.58g	47.22g	5.77g	2304mg
	Fish Dog (serving 323g)	567.40 kcal	19.30g	7.63g	67.30g	8.49g	6.03g	28.50g	3.90g	1560mg

Moving Mountains Vegan Burger (serving 293g)	700.54 kcal	44.31g	25.48g	47.38g	5.70g	9.71g	23.85g	4.48g	1789mg
Quorn Vegan Buttermilk Style Burger (serving 260g)	524.36 kcal	26.64g	2.84g	48.65g	5.93g	9.38g	18.09g	2.19g	874mg
Glazed BBQ Chicken Fillet Burger (serving 222g)	398.13 kcal	17.83g	1.54g	39.55g	6.49g	3.30g	18.46g	1.97g	784mg
Classic Burger (serving 270g)	474.11 kcal	20.82g	5.19g	44.44g	8.35g	3.85g	25.55g	3.35g	1339mg
Cheese Burger (serving 299g)	587.21 kcal	30.10g	11.22g	44.47g	8.38g	3.85g	32.94g	3.87g	1548mg
Bacon Cheeseburger (serving 356g)	685.39 kcal	36.52g	13.61g	45.03g	8.94g	3.85g	42.99g	5.44g	2175mg
Product Name	Energy KiloCalories	Fat Total	Fat Saturated	Carbo hydrate	Sugars	Dietary Fibre	Protein	Salt	Sodium
Hot Box Core - Protein, Rice and Salad									
Chicken Hot Box (serving 425g)	324.68g	1.75g	0.30g	53.36g	3.01g	3.91g	23.61g	1.24g	494mg
Salmon Hot Box (serving 398g)	343.48 kcal	5.52g	0.89g	53.36g	3.01g	3.91g	20.00g	0.12g	47mg
Quorn Hot Box (serving 396g)	313.37 kcal	1.72g	0.32g	56.57g	2.86g	8.19g	16.26g	0.06g	24mg
Falafel Hot Box (serving 414g)	400.63 kcal	8.70g	0.80g	66.93g	4.36g	8.19g	11.93g	0.59g	233mg
Chilli con Carne Hot Box (serving 538g)	392.88 kcal	4.50g	0.85g	66.36g	8.61g	8.11g	20.88g	0.72g	284mg
3 Bean Chilli Hot Box (serving 539g)	424.88 kcal	9.70g	0.85g	69.36g	6.41g	10.71g	12.08g	1.06g	422mg
Product Name	Energy KiloCalories	Fat Total	Fat Saturated	Carbo hydrate	Sugars	Dietary Fibre	Protein	Salt	Sodium
Hot Box Side Dish									
Asianslaw (serving 125.5g)	68.25 kcal	0.21g	0g	12.55g	10.46g	2.17g	1.52g	0.58g	234mg
Avocado slices (serving 100g)	171 kcal	17.40g	4.20g	1.80g	0.40g	0g	1.80g	0.01g	514mg
Couscous and Edamame Salad (serving 120g)	184 kcal	7.12g	1.04g	21.64g	2.56g	3.60g	7.24g	0.82g	328mg
Mango Potato (serving 150g)	159 kcal	3.30g	0.22g	35.44g	24.44g	2.55g	1.64g	0.21g	86mg
Side Salad (serving 127g)	22.48 kcal	0.26g	0.04g	4.16g	2.59g	1.46g	1.14g	0.02g	7mg
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Hot Box Glazes									
BBQ Glaze (serving 10g)	19.80 kcal	0.45g	0.05g	3.81g	3.51g	0.45g	0.16g	0.39g	153mg
Fajita Glaze (serving 10g)	12.30 kcal	0.53g	0.07g	1.70g	0.82g	0.07g	0.23g	0.46g	180mg
Mediterranean Glaze (serving 10g)	11.70 kcal	0.52g	0.09g	1.51g	1.13g	0.31g	0.25g	0.55g	215mg
Piri Piri Glaze (serving 10g)	10.40 kcal	0.50g	0.10g	1.60g	0.98g	0.35g	0.21g	0.47g	188mg
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Pizza Range - Standard 12" Thin Crust Base									
12" Taste of India Pizza (whole pizza 667g)	1341.30 kcal	35.70g	17.15g	206.03g	48.63g	17.46g	54.06g	5.62g	2211mg

12" The Jamaican (whole pizza 639g)	1234.20 kcal	32.34g	17.06g	169.25g	28.25g	9.21g	75.73g	5.27g	2096mg
12" Italian Spiced (whole pizza 684g)	1273.44 kcal	47.37g	21.96g	153.88g	14.74g	10.55g	69.39g	9.25g	3675mg
12" Vegan BBQ Jackfruit (whole pizza 697g)	1186.23 kcal	32.32g	23.14g	200.44g	34.70g	21.38g	27.88g	5.25g	2085mg
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Hot Sides									
McCain Surecrisp Skin on Fries (serving 200g)	282 kcal	8.4g	1g	46g	0.80g	4.40g	3.80g	0.37g	146mg
Onion Rings (serving 200g)	400 kcal	18.40g	2.40g	53g	8.20g	5.60g	5.80g	5.08g	2000mg
Panko Halloumi Fries (serving 100g)	395 kcal	30.60g	16.80g	10.60g	1.90g	1.30g	18.70g	2.07g	828mg