

WARM BOWLS

ASIAN RAINBOW

INGREDIENTS: free range chicken, warm brown rice & quinoa, broccoli, carrot, cabbage, baby spinach, cashews, mint, pickled ginger, coriander, sesame dressing (soy sauce, sesame oil, sweet soy sauce, apple cider vinegar, olive oil), soy glaze, sesame seeds

HEALTHY FACT The colour of a veggie gives an indication of the nutrients it contains. This beautiful bowl has a kaleidoscopic of colours revealing a range of nutrients- folate in white radish, vitamin A in orange carrot and vitamin K in purple cabbage.



	WITHOUT CHICKEN		WITH CHICKEN	
	Per 100 g	Per serving	Per 100 g	Per serving
Energy (kJ)	657	2529	675	3206
Protein (g)	3,1	11,8	7,1	33,6
Carbohydrate (g)	16	63	13	63
of which Total Sugar (g)	4,3	16,5	3,5	16,5
Total fat (g)	7,9	30,2	8	37,7
of which Saturated fat (g)	1,4	5,5	1,6	7,4
Dietary fibre (g)	2,1	8,2	1,7	8,2
Total Sodium (mg)	421	1623	424	2015

MEXI

INGREDIENTS: free range chicken, warm brown rice & quinoa, avo, salsa, rocket, red pepper, jalapeno, coriander, whole wheat tortilla chips, lemon olive oil vinaigrette, (olive oil, lemon juice, pepper, honey, salt), sriracha

HEALTHY FACT This fiery bowl has jalapeno which packs a flavour punch. It is also rich in vitamin C and a compound called capsaicin which acts as an anti-inflammatory and helps regulate the inflammatory process.



	WITH CHICKEN		WITHOUT CHICKEN	
	Per 100 g	Per serving	Per 100 g	Per serving
Energy (kJ)	729	3548	723	2871
Protein (g)	6,2	30,4	2,2	8,6
Carbohydrate (g)	11	55	14	55
of which Total Sugar (g)	1,9	9,2	2,3	9,2
Total fat (g)	11,3	55,1	11,9	47,4
of which Saturated fat (g)	2,0	9,7	2	7,9
Dietary fibre (g)	2,1	10,2	2,6	10,1
Total Sodium (mg)	625		667	2650

BUTTA CHICKEN

INGREDIENTS: free range chicken & butternut curry (tomato paste, garlic, ginger, garam masala, turmeric, cayenne pepper, butter, cream), brown rice & quinoa, tumeric roast cauliflower, baby spinach, curried sunflower seeds, carrot pickle

HEALTHY FACT Warming curry spices give this dish delicious flavour and add extra minerals and anti-inflammatory benefits!



	Per 100 g	Per serving
Energy (kJ)	545	2819
Protein (g)	5,2	26,8
Carbohydrate (g)	10	51
of which Total Sugar (g)	1,5	8,0
Total fat (g)	8,1	41,7
of which Saturated fat (g)	3,3	16,9
Dietary fibre (g)	1,9	10,0
Total Sodium (mg)	317	1641

*Nutritional information for the products as ready-to-eat

WARM BOWLS

EASTERN SPICE

INGREDIENTS: free range chicken, brown rice & quinoa, tumeric roast cauliflower, cabbage, carrot pickle, rocket, curried sunflower seeds, chili yoghurt dressing (coriander, lemon juice, apple cider vinegar, olive oil, spring onion, sriracha, yoghurt, mayo (contains egg), honey)

HEALTHY FACT

This Eastern-inspired dish boasts turmeric roasted cauliflower which is rich in anti-inflammatory compounds that can assist with digestive and heart health.



	WITH DRESSING		WITHOUT DRESSING	
	Per 100 g	Per serving	Per 100 g	Per serving
Energy (kJ)	663	2942	518	2040
Protein (g)	7,4	33,0	8	33
Carbohydrate (g)	11	48	11	43
of which Total Sugar (g)	1,7	7,4	1	5
Total fat (g)	9,8	43,5	5	20
of which Saturated fat (g)	1,6	6,9	1	3
Dietary fibre (g)	1,9	8,4	2	8
Total Sodium (mg)	378	1677	398	1567

PROTEIN PLATES

PROTEIN

INGREDIENTS: chicken breast, lemon & herb sauce, warm brown rice & quinoa, salsa, side salad with basil pesto vinaigrette (contains nuts)

HEALTHY FACT

This perfectly balanced plate gives you a source of low GI carbohydrate to keep you fuelled through the day, lean protein and healthy fat.



	Per 100 g	Per serving
Energy (kJ)	398	1650
Protein (g)	6,9	28,5
Carbohydrate (g)	10	43
of which Total Sugar (g)	1,3	5,4
Total fat (g)	2,7	11,3
of which Saturated fat (g)	0,6	2,3
Dietary fibre (g)	1,3	5,5
Total Sodium (mg)	324	1344

CARB CONSCIOUS PROTEIN

INGREDIENTS: chicken breast, lemon caesar dressing (contains free range egg), steamed broccoli, side salad with parmesan shavings

HEALTHY FACT

The lowest carb item on the menu – this meal provides a great source of nutrient dense veggies, healthy fats and lean protein.



	Per 100 g	Per serving
Energy (kJ)	651	1920
Protein (g)	9,2	27,3
Carbohydrate (g)	3	10
of which Total Sugar (g)	1,1	3,2
Total fat (g)	12,3	36,2
of which Saturated fat (g)	2,4	7,1
Dietary fibre (g)	1,2	3,5
Total Sodium (mg)	192	568

*Nutritional information for the products as ready-to-eat