

WRAPS

HARVEST

INGREDIENTS: feta, avo, cucumber, carrot, house greens, celery & onion mayo (red onion, celery, mayo, (contains free range egg)), lemon olive oil vinaigrette

HEALTHY FACT This veggie wrap is rich in nutrient density with heaps of fresh greens, packed with healthy fat from avo and a boost of protein from the feta.



	REGULAR WRAP		LOW CARB WRAP		GLUTEN FREE WRAP	
	Per 100 g	Per serving	Per 100 g	Per serving	Per 100 g	Per serving
Energy (kJ)	911	3010	828	2734	884	2918
Protein (g)	3,6	11,8	5,1	16,8	5	16
Carbohydrate (g)	15	50	8	25	13	43
of which Total Sugar (g)	2,7	8,9	3,1	10,1	3	9
Total fat (g)	16,9	55,7	17,3	57,1	16	54
of which Saturated fat (g)	3,7	12,3	3,8	12,5	3	9
Dietary fibre (g)	3,1	11,4	4,0	13,3	2	8
Total Sodium (mg)	222	734	344	1136	283	935

TROPICAL CHICKEN

INGREDIENTS: free range chicken, pineapple, carrot, house greens, thai peanut dressing

HEALTHY FACT The pineapple not only adds a hint of sweetness to this dish it also has great nutritional benefits as this tropical fruit is rich in fiber and bromelain (an enzyme) which can assist with healthy digestive function.



	REGULAR WRAP		LOW CARB WRAP		GLUTEN FREE WRAP	
	Per 100 g	Per serving	Per 100 g	Per serving	Per 100 g	Per serving
Energy (kJ)	725	2147	632	1872	694	2056
Protein (g)	10,1	29,9	11,8	34,9	11	34
Carbohydrate (g)	15	43	6	19	12	36
of which Total Sugar (g)	2,1	6,2	2,5	7,3	2	6
Total fat (g)	8,4	24,9	8,9	26,3	8	23
of which Saturated fat (g)	2,8	8,4	2,9	8,6	2	5
Dietary fibre (g)	2,6	7,7	3,2	9,6	1	4
Total Sodium (mg)	229	679	365	1081	297	880

OLD STYLE CAESAR

INGREDIENTS: free range chicken, rosa tomato, pecorino, low gi croutons, house greens, lemon caesar dressing, (lemon, mustard, garlic, olive oil, salt, pepper, worcestershire sauce, mayo, (contains free range egg))

HEALTHY FACT The croutons that give this wrap its extra crunch are made from low GI bread, meaning they take longer to digest, which helps prevent spikes in blood sugar.



	REGULAR WRAP		LOW CARB WRAP		GLUTEN FREE WRAP	
	Per 100 g	Per serving	Per 100 g	Per serving	Per 100 g	Per serving
Energy (kJ)	846	2370	748	2095	950	2279
Protein (g)	10,2	28,6	12	33,6	8	32
Carbohydrate (g)	15	42	6	17	25	35
of which Total Sugar (g)	1,3	3,7	1,7	4,9	2	3
Total fat (g)	11,8	33	12,3	34,3	12	32
of which Saturated fat (g)	3,1	8,8	3,2	9	3	6
Dietary fibre (g)	2,6	7,3	3,3	9,1	3	4
Total Sodium (mg)	232	650	376	1052	253	851

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

WRAPS

PRINCESS

INGREDIENTS: free range chicken, avo, feta, rosa tomato, carrot, celery & onion mayo (red onion, celery, mayo, (contains free range egg)), greens

HEALTHY FACT The favourite wrap on the menu has lovely creamy flavours with feta cheese, free range mayo and heart healthy avocado, it also manages to sneakily pack plenty of nutrient dense greens, carrots and tomatoes!



	REGULAR WRAP		LOW CARB WRAP		GLUTEN FREE WRAP	
	Per 100 g	Per serving	Per 100 g	Per serving	Per 100 g	Per serving
Energy (kJ)	790	3201	722	2926	768	3110
Protein (g)	8,3	33,8	9,6	38,8	9	37
Carbohydrate (g)	13	51	6	26	11	43
of which Total Sugar (g)	2,5	10,2	2,8	11,4	2	10
Total fat (g)	12,1	49,1	12,5	50,4	12	48
of which Saturated fat (g)	2,9	11,9	3	12,2	2	9
Dietary fibre (g)	2,9	11,8	3,4	13,7	2	8
Total Sodium (mg)	274	1109	373	1511	324	1310

PRINCE

INGREDIENTS: grilled steak, avo, feta, rosa tomatoes, carrot, celery & onion mayo (red onion, celery, mayo, (contains free range egg)), greens

HEALTHY FACT Much like the beloved princess this wrap is packed with heart healthy avocado and nutrient dense greens, carrots and tomatoes!



	REGULAR WRAP		LOW CARB WRAP		GLUTEN FREE WRAP	
	Per 100 g	Per serving	Per 100 g	Per serving	Per 100 g	Per serving
Energy (kJ)	1459	3501	1219	2926	1547	3713
Protein (g)	16,2	38,8	16	39	14	34
Carbohydrate (g)	22	53	11	26	30	72
of which Total Sugar (g)	3,7	8,8	5	11	4	9
Total fat (g)	22,7	54,4	21	50	22	52
of which Saturated fat (g)	6,1	14,5	5	19	5	12
Dietary fibre (g)	6,1	14,7	7	8	6	14
Total Sodium (mg)	342	822	467	1082	467	1120

MOROCCAN

INGREDIENTS: free range chicken, warm brown rice & quinoa, feta, avo, carrot, rosa tomato, coriander, spring onion, moroccan sauce, (olive oil, onion, spice blend, tomato paste, brown sugar, lemon juice, soya sauce)

HEALTHY FACT Quinoa adds extra bulk to this wrap, which keeps you fuller for longer as it is high in fiber and low GI – which means more stable blood sugar. Read more about quinoa in the functional ingredients!



	REGULAR WRAP		LOW CARB WRAP		GLUTEN FREE WRAP	
	Per 100 g	Per serving	Per 100 g	Per serving	Per 100 g	Per serving
Energy (kJ)	627	2764	564	2489	606	2673
Protein (g)	7,9	34,9	9,1	39,9	9	39
Carbohydrate (g)	17	73	11	49	15	66
of which Total Sugar (g)	2,9	12,7	3,2	13,9	3	12
Total fat (g)	6,1	27	6,4	28,3	6	26
of which Saturated fat (g)	1,8	8	1,9	8,2	1	5
Dietary fibre (g)	2,9	12,7	3,3	14,6	2	9
Total Sodium (mg)	362	1598	454	2000	408	1799

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WRAPS

THAI CRUNCH

INGREDIENTS: free range chicken, cashews, broccoli, carrot, red pepper, cabbage, mint, sesame seeds, pickled ginger, house greens, thai peanut dressing (contains soy)

HEALTHY FACT You may have heard the saying eat the rainbow? This wrap packs in all the colours of the rainbow from green broccoli, purple cabbage, red pepper and orange carrot to ensure a diversity of all the essential vitamins and minerals!



	REGULAR WRAP		LOW CARB WRAP		GLUTEN FREE WRAP	
	Per 100 g	Per serving	Per 100 g	Per serving	Per 100 g	Per serving
Energy (kJ)	690	2947	626	2671	669	2855
Protein (g)	8,5	36,4	9,7	41,4	9	40
Carbohydrate (g)	13	55	7	31	11	48
of which Total Sugar (g)	2	8,3	2,2	9,5	2	8
Total fat (g)	9,2	39,3	9,5	40,7	9	38
of which Saturated fat (g)	2,6	11,2	2,7	11,4	2	8
Dietary fibre (g)	2,8	12,1	3,3	14	2	8
Total Sodium (mg)	191	815	285	1218	238	1017

SALSA QUESADILLA

INGREDIENTS: white cheddar, red pepper, salsa (red onion, tomato, chili flakes, coriander, lemon juice, sweet chili sauce, salt, black pepper) , jalapeno, spring onion, coriander

HEALTHY FACT This fiery quesadilla has jalapeno which packs a flavour punch. It is also rich in vitamin C and a compound called capsaicin which can help regulate inflammatory processes.



	REGULAR WRAP		LOW CARB WRAP		GLUTEN FREE WRAP	
	Per 100 g	Per serving	Per 100 g	Per serving	Per 100 g	Per serving
Energy (kJ)	1247	2370	1006	1911	1081	2055
Protein (g)	14,3	27,3	15,5	29,5	15,1	28,6
Carbohydrate (g)	23	44	8	15	15	29
of which Total Sugar (g)	2,5	4,8	3,3	6,2	3,0	5,7
Total fat (g)	17,2	32,7	16,8	31,8	15,7	29,8
of which Saturated fat (g)	11,4	21,6	9,7	18,4	9,7	18,4
Dietary fibre (g)	3,9	7,5	4,8	9,1	1,7	3,2
Total Sodium (mg)	1157	2198	1228	2332	1218	2315

TUNA PROTEIN

INGREDIENTS: tuna, free range boiled egg, green beans, carrot, rosa tomato, coriander, spring onion, house greens, celery & onion mayo (contains free range egg), lemon caesar dressing (lemon, mustard, garlic, olive oil, salt, pepper, worcestershire sauce, mayo, (contains free range egg))

HEALTHY FACT This wrap provides a great source of lean protein from egg, tuna and plant protein from green beans. It also sneaks in plenty of fiber and nutrients from the carrots, tomatoes, spring onion and greens!



	REGULAR WRAP		LOW CARB WRAP		GLUTEN FREE WRAP	
	Per 100 g	Per serving	Per 100 g	Per serving	Per 100 g	Per serving
Energy (kJ)	697	2872	681	2807	675	2780
Protein (g)	7,7	31,7	9,7	40,1	9	35
Carbohydrate (g)	12	48	6	26	10	40
of which Total Sugar (g)	2,2	9,1	2,7	11	2	9
Total fat (g)	10,5	43,3	11,5	47,4	10	42
of which Saturated fat (g)	2,3	9,4	2,6	10,7	2	6
Dietary fibre (g)	2,2	9,1	3,2	13,3	1	5
Total Sodium (mg)	174	718	318	1308	223	919

WRAPS

CHIPOTLE STEAK

INGREDIENTS: grilled steak, smoked chipotle mayo, (chipotle chili, apple cider vinegar, yoghurt, mayo, (contains free range egg)), cabbage, carrot, baby spinach, rosa tomato

HEALTHY FACT The purple cabbage in this wrap not only adds beautiful colour but a boost of fiber too which helps maintain blood sugar and feeds the healthy bugs that live in your tummy.



	REGULAR WRAP		LOW CARB WRAP		GLUTEN FREE WRAP	
	Per 100 g	Per serving	Per 100 g	Per serving	Per 100 g	Per serving
Energy (kJ)	575	2128	558	2064	551	2037
Protein (g)	9,4	34,8	11,7	43,2	10	39
Carbohydrate (g)	13	48	7	27	11	41
of which Total Sugar (g)	2,2	8	2,7	10	2	8
Total fat (g)	5,8	21,3	6,9	25,4	5	20
of which Saturated fat (g)	2,2	8,1	2,5	9,4	1	5
Dietary fibre (g)	2,5	9,2	3,6	13,3	1	6
Total Sodium (mg)	147	545	307	1135	202	746

MALAY CHICKEN (LOW CARB)

INGREDIENTS: free range chicken, cabbage, carrot, cucumber, greens, curry yoghurt (double cream yoghurt, curry spice, lemon juice, salt, pepper), curried sunflower seeds, on low carb wrap

HEALTHY FACT Although this wrap serves less than 24g of carb in a serving, it does not skimp on flavour with warming curry spices that add extra minerals and anti-inflammatory benefits.



	REGULAR WRAP		LOW CARB WRAP		GLUTEN FREE WRAP	
	Per 100 g	Per serving	Per 100 g	Per serving	Per 100 g	Per serving
Energy (kJ)	587	2142	502	1806	622	2238
Protein (g)	10,4	38,1	11,8	42,5	10,1	36,4
Carbohydrate (g)	14	52	7	24	16	56
of which Total Sugar (g)	1,7	6,1	2,4	8,6	1,7	6,1
Total fat (g)	5,1	18,4	5,4	19,3	5,2	18,6
of which Saturated fat (g)	1,7	6,2	1,7	6,2	0,8	2,9
Dietary fibre (g)	2,8	10,3	3,3	11,7	1,3	4,7
Total Sodium (mg)	223	813	177	638	290	1043

SPICY BURRITO

INGREDIENTS: free range chicken, salsa, jalepeno & chipotle chili, red pepper, cream cheese, rocket, carrot, coriander

HEALTHY FACT This fiery wrap has jalepeno 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.



	REGULAR WRAP		LOW CARB WRAP		GLUTEN FREE WRAP	
	Per 100 g	Per serving	Per 100 g	Per serving	Per 100 g	Per serving
Energy (kJ)	583	2169	493	1833	794	2620
Protein (g)	8,9	32,9	10	38	9	33
Carbohydrate (g)	13	49	6	23	18	68
of which Total Sugar (g)	2	7,5	3	10	2	8
Total fat (g)	5,8	21,7	6	23	7	24
of which Saturated fat (g)	2,6	9,6	3	10	3	10
Dietary fibre (g)	2,6	9,8	3	11	3	10
Total Sodium (mg)	213	801	215	801	215	801

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WRAPS

PLANT POWER WRAP

INGREDIENTS: lentils, avo, cashews, orange, green beans, cabbage, rocket, kale, greens, curried sunflower seeds, vegan almond butter dressing (almond macadamia nut butter, apple cider vinegar, olive oil, dates, cayenne pepper, cumin, ginger, orange juice)

**HEALTHY
FACT**

This delicious vegan wrap, packs in 24g of fibre in one serving, almost your entire daily requirement!
Fibre is very important for digestive function and heart health!



	REGULAR WRAP		LOW CARB WRAP		GLUTEN FREE WRAP	
	Per 100 g	Per serving	Per 100 g	Per serving	Per 100 g	Per serving
Energy (kJ)	680	3435	620	3099	706	3531
Protein (g)	4,8	24,0	5,7	28,4	4,5	22,3
Carbohydrate (g)	18	92	13	65	19	97
of which Total Sugar (g)	3,9	19,9	4,5	22,5	4,0	19,9
Total fat (g)	9,0	45,4	9,3	46,3	9,1	45,5
of which Saturated fat (g)	2,6	12,9	2,6	12,9	1,9	9,6
Dietary fibre (g)	4,7	23,9	5,1	25,4	3,7	18,3
Total Sodium (mg)	127	642	93	467	174	872