

# CAVEMAN TRAINING

GROUP FITNESS

NUTRITION SURVIVAL GUIDE TO

# POD

CALORIES AND MACRONUTRIENTS

[WWW.CAVEMANTRAINING.CO.UK](http://WWW.CAVEMANTRAINING.CO.UK)

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

## SALADS AND BOXES

|                                       | Calories (kcal) | Protein (g) | Total Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Total Fat (g) | Salt (g) |
|---------------------------------------|-----------------|-------------|-------------------------|-------------------|------------|---------------|----------|
| Lebanese Red Pepper Chicken Tabbouleh | 412             | 19.1        | 37.1                    | 8.2               | 10.8       | 21.6          | 0.6      |
| Tabbouleh Salad                       | 364             | 11.6        | 46.7                    | 8.3               | 12.1       | 15.5          | 0.2      |
| Chicken Tabbouleh                     | 406             | 21.7        | 35.5                    | 8                 | 10.1       | 20.4          | 0.6      |
| Protein Kickbox Salad                 | 348             | 34.9        | 17.6                    | 6.6               | 10.6       | 14.4          | 1.5      |
| Hawaiian Tuna Poke                    | 373             | 24.1        | 51.3                    | 4.6               | 13.3       | 8.4           | 0.2      |
| Rare Roast Beef                       | 396             | 21.7        | 43.5                    | 5                 | 5.8        | 9.2           | 0.7      |
| British Chicken & Mozzarella          | 464             | 32.4        | 39.8                    | 3.9               | 4.2        | 19.9          | 0.9      |
| Chicken Slow Burner                   | 450             | 32.3        | 40                      | 5.2               | 8.8        | 19.1          | 0.5      |
| Slow Burner                           | 362             | 20.2        | 38.8                    | 6.1               | 7.2        | 15.4          | 1.2      |
| Go Green Chicken Salad                | 249             | 25.5        | 18.4                    | 9.2               | 10.7       | 8.8           | 0.6      |
| Go Green Salad                        | 76              | 9           | 6                       | 5.5               | 3.2        | 2.1           | 0.2      |
| Gym Box                               | 429             | 16          | 45                      | 10                | 18         | 20            | 2.3      |
| Protein Box                           | 465             | 48.8        | 2                       | 0.7               | 1.1        | 29.5          | 2.7      |
| Chopped Cheesy Beets                  | 492             | 18.9        | 46.6                    | 6.2               | 8.9        | 14.6          | 0.2      |
| Roast Smoked Salmon & Egg             | 416             | 30          | 38.3                    | 5                 | 3.8        | 16.4          | 1.5      |
| A Vegan Rainbow                       | 583             | 21.9        | 58.2                    | 8.4               | 14.2       | 22.4          | 0.9      |
| Tamari/Spicy Asian Dressing           | 43              | 1.8         | 2.2                     | 0                 | 2          | 2.4           | 0        |
| Miso Dressing                         | 154             | 2.6         | 10                      | 0.9               | 6.8        | 11.6          | 0.5      |
| Sweet Chilli Dressing                 | 133             | 0           | 22.1                    | 0                 | 20.7       | 4.5           | 0.7      |
| Sesame Dressing                       | 85.5            | 0.5         | 4.5                     | 0.1               | 4.2        | 7.02          | 2.3      |
| Pomegranate Dressing                  | 38              | 0.5         | 10.7                    | 0.2               | 7.5        | 0             | 0        |
| Olive Oil Dressing                    | 180             | 0           | 20                      | 0                 | 0          | 0             | 0        |
| Lemon Shallot Dressing                | 209             | 0.2         | 2.2                     | 0.2               | 1.8        | 22.1          | 0.1      |
| Lemon Dressing (26ml)                 | 67              | 0.1         | 2.7                     | 0                 | 2.4        | 6.1           | 0.2      |
| Lemon Dressing (20ml)                 | 52              | 0.1         | 2.1                     | 0                 | 1.8        | 4.7           | 0.1      |
| Lemon Dressing (25ml)                 | 65              | 0.1         | 2.6                     | 0                 | 2.3        | 5.9           | 0.2      |

## BAGUETTES & WRAPS

|  |     |      |      |      |      |      |     |
|--|-----|------|------|------|------|------|-----|
| Ham & Monterey Jack Baguette                           | 516 | 25.4 | 58.7 | 4.9  | 2.5  | 14.7 | 3.7 |
| Mozzarella , Sunblush Tomato, Avocado & Pesto Baguette | 661 | 22.2 | 58.1 | 5.6  | 2.2  | 32.5 | 1.9 |
| Plain Wrap   | 537 | 18.8 | 57.2 | 15.2 | 8.2  | 24   | 3.1 |
| Hoisin Duck Wrap                                       | 465 | 18.1 | 44.1 | 7.3  | 11.8 | 24.8 | 2.8 |
| Italian Chicken Wrap                                   | 379 | 22.6 | 37.6 | 4.6  | 2.3  | 13.9 | 1.5 |
| Ketchup  | 46  | 0.6  | 11.4 | 0.4  | 11   | 0    | 0.8 |
| Low Fat Mayonaise                                      | 115 | 0.4  | 3.3  | 0    | 1.8  | 11.2 | 0   |

## HOT FOOD

|                               |     |      |      |     |      |      |     |
|-------------------------------|-----|------|------|-----|------|------|-----|
| Sri Lankan Gobi Gym Bowl      | 311 | 11.2 | 31   | 9.3 | 10.5 | 16.8 | 2   |
| Green Energy Chicken Gym Bowl | 358 | 28.9 | 38.8 | 6.1 | 4.3  | 10.7 | 2.5 |
| Chicken Chana Masala Gym Bowl | 340 | 15.7 | 30.3 | 7.8 | 16.5 | 17.3 | 3.4 |
| Cuban Chicken Hot Wrap        | 512 | 28.5 | 70.4 | 6.2 | 8.4  | 9.8  | 2   |
| Lebanese Chicken Hot Wrap     | 458 | 23.3 | 74.2 | 6.6 | 16.3 | 6.9  | 2.1 |
| Jalfrezi Paneer Hot Wrap      | 495 | 17.1 | 76.5 | 7.1 | 17   | 12.9 | 1.1 |

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

## HOT PODS

|   | Calories (kcal) | Protein (g) | Total Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Total Fat (g) | Salt (g) |
|---|-----------------|-------------|-------------------------|-------------------|------------|---------------|----------|
| Chicken Tikka Masala Large                              | 597             | 39          | 89.4                    | 7.9               | 5.8        | 17            | 2.3      |
| Smoky Three Bean Veg Chilli Large                       | 662             | 10.1        | 110.5                   | 12.9              | 12.9       | 22.3          | 2.1      |
| Thai Red Chicken Curry Large                            | 631             | 38.3        | 90.9                    | 9                 | 11.4       | 20.4          | 1.3      |
| Thai Green Chicken Curry Large                          | 648             | 38          | 88.7                    | 21.7              | 7.4        | 23.5          | 1.2      |
| Chicken Dhansak Large                                   | 477             | 19.5        | 92.6                    | 7.5               | 9.2        | 10.8          | 2.2      |
| Peruvian Corn & Chicken Large                           | 511             | 20.5        | 87.4                    | 12                | 12.4       | 15.2          | 2        |
| Chicken Tikka Masala Regular                            | 503             | 28.4        | 86.2                    | 7.4               | 5          | 12.7          | 1.7      |
| Smoky Three Bean Veg Chilli Regular                     | 528             | 7.3         | 100.9                   | 11                | 9.7        | 14.3          | 1.5      |
| Thai Red Chicken Curry Regular                          | 516             | 27.3        | 85.4                    | 7.6               | 7.4        | 14.9          | 2.3      |
| Thai Green Chicken Curry Regular                        | 529             | 27.2        | 83.8                    | 16.8              | 4.5        | 17.2          | 0.9      |
| Chicken Dhansak Regular                                 | 418             | 14.4        | 88.4                    | 7.1               | 7.3        | 8.4           | 1.6      |
| Peruvian Corn & Chicken Regular                         | 428             | 15          | 80.4                    | 9.6               | 8.4        | 11.5          | 1.5      |
| Chicken Tikka Masala Mini                               | 323             | 22.1        | 45.8                    | 4.1               | 3.5        | 9.6           | 1.3      |
| Smoky Three Bean Veg Chilli Mini                        | 361             | 6.1         | 57.7                    | 6.9               | 7.4        | 12.6          | 1.2      |
| Thai Red Chicken Curry Mini                             | 337             | 21.4        | 46                      | 4.5               | 6          | 11.4          | 0.7      |
| Thai Green Chicken Curry Mini                           | 347             | 21.2        | 44.8                    | 11.7              | 3.8        | 13.1          | 0.7      |
| Chicken Dhansak Mini                                    | 258             | 11.2        | 47.4                    | 3.8               | 5.3        | 6.4           | 1.3      |
| Peruvian Corn & Chicken Mini                            | 263             | 10.7        | 44.1                    | 6.1               | 6.4        | 8             | 1        |
| Chicken Tikka Masala Large Hot And Skinny Pods          | 430             | 44.5        | 23                      | 5.9               | 8.7        | 18.5          | 2.6      |
| Smoky Three Bean Veg Chilli Large Hot And Skinny Pods   | 383             | 14.9        | 44.3                    | 11.2              | 16.6       | 11.6          | 2.2      |
| Thai Red Chicken Curry Large Hot And Skinny Pods        | 420             | 40.1        | 15.8                    | 23.7              | 10.3       | 22.5          | 3        |
| Thai Green Chicken Curry Large Hot And Skinny Pods      | 437             | 39.8        | 13.6                    | 18                | 6.4        | 25.6          | 2.8      |
| Chicken Dhansak Large Hot And Skinny Pods               | 293             | 22.4        | 22.8                    | 5.7               | 12.6       | 13            | 2.3      |
| Peruvian Corn & Chicken Large Hot And Skinny Pods       | 330             | 22.2        | 27.3                    | 10.9              | 16.1       | 14.8          | 2        |
| Chicken Tikka Masala Regular Hot And Skinny Pods        | 309             | 31.9        | 16.2                    | 4                 | 6.2        | 13.5          | 1.8      |
| Smoky Three Bean Veg Chilli Regular Hot And Skinny Pods | 279             | 10.7        | 31.5                    | 7.9               | 11.9       | 8.8           | 1.6      |
| Thai Red Chicken Curry Regular Hot And Skinny Pods      | 299             | 28.7        | 11                      | 3.5               | 7.2        | 16            | 2.2      |
| Thai Green Chicken Curry Regular Hot And Skinny Pods    | 311             | 28.5        | 9.5                     | 12.7              | 4.3        | 18.3          | 2        |
| Chicken Dhansak Regular Hot And Skinny Pods             | 211             | 16.1        | 16.2                    | 3.9               | 8.9        | 9.5           | 1.6      |
| Peruvian Corn & Chicken Regular Hot And Skinny Pods     | 242             | 16.3        | 19.6                    | 7.6               | 11.3       | 11.1          | 1.5      |
| Chicken Tikka Masala Mini Hot And Skinny Pods           | 228             | 23.8        | 10.6                    | 2.3               | 4          | 10.4          | 1.4      |
| Smoky Three Bean Veg Chilli Mini Hot And Skinny Pods    | 208             | 6.5         | 22.7                    | 5.4               | 8.4        | 7             | 1.2      |
| Thai Red Chicken Curry Mini Hot And Skinny Pods         | 220             | 21.7        | 7.3                     | 1.9               | 4.6        | 11.8          | 1.7      |
| Thai Green Chicken Curry Mini Hot And Skinny Pods       | 230             | 21.6        | 6                       | 9.1               | 2.4        | 13.6          | 1.6      |
| Chicken Dhansak Mini Hot And Skinny Pods                | 154             | 12.1        | 11.3                    | 2.2               | 6.1        | 7             | 1.3      |
| Peruvian Corn & Chicken Mini Hot And Skinny Pods        | 162             | 11          | 12.3                    | 4.5               | 6.7        | 7.6           | 1        |

## PHO

|                          |     |      |      |     |      |      |     |
|--------------------------|-----|------|------|-----|------|------|-----|
| Rare Sliced Beef Pho     | 136 | 10.5 | 18.7 | 0.9 | 7.8  | 2.3  | 2.3 |
| Rare Sliced Beef Bun Hue | 138 | 10.6 | 19.1 | 0.9 | 8.2  | 2.3  | 2.5 |
| Asian Meatball Pho       | 246 | 11.1 | 26.5 | 1.4 | 12.4 | 10.5 | 3.2 |
| Asian Meatballs Bun Hue  | 248 | 11.2 | 26.9 | 1.5 | 12.8 | 10.6 | 3.3 |

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

|                         | Calories (kcal) | Protein (g) | Total Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Total Fat (g) | Salt (g) |
|-------------------------|-----------------|-------------|-------------------------|-------------------|------------|---------------|----------|
| British Chicken Pho     | 182             | 16.5        | 19                      | 0.9               | 8.1        | 4.5           | 2.4      |
| British Chicken Bun Hue | 184             | 16.5        | 19.4                    | 0.9               | 8.5        | 4.6           | 2.5      |
| Organic Tofu Pho        | 145             | 8.4         | 19.7                    | 1.3               | 8.1        | 3.9           | 2        |
| Organic Tofu Bun Hue    | 147             | 8.5         | 20.2                    | 1.3               | 8.6        | 3.9           | 2.2      |

## GYOZA

|                 |     |     |      |     |     |     |   |
|-----------------|-----|-----|------|-----|-----|-----|---|
| Chicken Gyoza   | 168 | 8.7 | 23.3 | 1.6 | 4.8 | 4.3 | 1 |
| Vegetable Gyoza | 146 | 4.8 | 26.6 | 2.4 | 5.2 | 1.9 | 1 |

## NUTRI PODS

|                      |     |      |      |     |     |      |     |
|----------------------|-----|------|------|-----|-----|------|-----|
| Beets & Greens       | 264 | 10.4 | 7.8  | 1.1 | 5.1 | 10.2 | 0.2 |
| Salmon & Egg Protein | 214 | 21.8 | 2.2  | 0.6 | 1   | 13.1 | 1.3 |
| Lean Tuna Poke       | 111 | 11.9 | 8.8  | 0.8 | 6.8 | 3.1  | 0.3 |
| Free Range Eggs      | 178 | 15.3 | 0    | 0.1 | 0   | 13   | 1.1 |
| Vegan Falafel Mezze  | 236 | 9    | 13.1 | 10  | 3.1 | 14.8 | 1   |
| Chargrilled Chicken  | 143 | 21.9 | 0.6  | 0.1 | 0.5 | 5.9  | 0.7 |
| Edamame Pods         | 201 | 17.3 | 13.4 | 6.9 | 6.5 | 9.2  | 0.0 |

## BREAKFAST

|   |       |       |       |     |      |      |      |
|---|-------|-------|-------|-----|------|------|------|
| Sausage Sandwich (With Ketchup) Toasted                   | 464   | 23    | 46.5  | 2.7 | 8    | 22   | 3.4  |
| Sausage Sandwich (With Brown Sauce) Toasted               | 428   | 20    | 47.3  | 2.7 | 0    | 25.9 | 2.7  |
| Sausage Sandwich (No Added Sauce) Toasted                 | 410   | 19.9  | 43.1  | 2.6 | 8    | 22   | 3.4  |
| Bacon Sandwich (With Ketchup) Toasted                     | 440   | 25.8  | 46.1  | 3.7 | 6.3  | 18.3 | 5.4  |
| Bacon Sandwich (With Brown Sauce) Toasted                 | 439   | 25.8  | 45.4  | 3.7 | 5.5  | 18.3 | 5.3  |
| Bacon Sandwich (No Added Sauce) Toasted                   | 320   | 15.6  | 41.1  | 3.3 | 1.5  | 10.3 | 1.9  |
| Smoked Salmon Bagel Toasted                               | 482   | 20.6  | 59.3  | 3.3 | 7    | 18.9 | 2.5  |
| Avocado & Chilli On Toast Brown Bread With Butter Toasted | 310   | 9.3   | 44    | 5.3 | 4    | 11.8 | 1.4  |
| Avocado & Chilli & Greek Style Toasted Sandwich           | 345   | 9.7   | 22.8  | 1.7 | 1.6  | 24   | 0.9  |
| Protein Bread Hot Toasted                                 | 221   | 17.85 | 26.35 | 5.1 | 0.85 | 3.8  | 1    |
| Toast (Per Slice) Hot Toasted                             | 78    | 2.9   | 15.1  | 1.1 | 1    | 0.5  | 1    |
| Bagel Hot Toasted   | 315.1 | 13.3  | 59.3  | 3.3 | 7    | 3.5  | 1.1  |
| Brown Gluten Free Bread (1 Slice) Hot Toasted             | 127   | 1.8   | 22.9  | 2.9 | 1.3  | 2.4  | 0.3  |
| Butter (Toppings)   | 50    | 0.07  | 0     | 0   | 0    | 5.7  | 0.03 |
| Peanut Butter (Toppings)                                  | 181.9 | 7.5   | 2.3   | 1.8 | 1.3  | 15.9 | 0.3  |
| Marmite (Toppings)  | 15    | 0     | 0     | 0   | 0    | 0    | 0    |
| Cream Cheese (Toppings)                                   | 70    | 1.6   | 0.6   | 0   | 0    | 7    | 0.1  |
| Smoked Salmon & Greens Eggs With Toast                    | 376   | 31.3  | 24.7  | 3.8 | 2    | 24   | 2    |
| Energiser Scrambled Eggs With Toast                       | 340   | 20.4  | 18.6  | 1.9 | 1.1  | 20.9 | 1.2  |
| Superb Scrambled Eggs With Toast                          | 367   | 23.4  | 15.7  | 1.5 | 1    | 23.8 | 1.8  |
| Chorizo Power Eggs With Toast                             | 502   | 31.3  | 25.2  | 3.5 | 2.7  | 31.3 | 1.9  |
| Protein Feast Eggs With Toast                             | 738   | 50.7  | 14.4  | 2.9 | 5.5  | 52.5 | 4    |
| Acai Berry Porridge                                       | 222   | 7.2   | 34.6  | 4.7 | 11.3 | 5.6  | 0.1  |
| Plain Gluten Free Porridge                                | 185   | 6.2   | 26.4  | 3.6 | 2.8  | 5.8  | 0.3  |
| Peanut Butter Power Porridge                              | 414   | 14    | 46    | 6.3 | 18   | 21   | 0.31 |
| Berry Boost Porridge                                      | 211   | 6.3   | 40.1  | 3.9 | 11.4 | 3.5  | 0.1  |

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

|                                    | Calories (kcal) | Protein (g) | Total Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Total Fat (g) | Salt (g) |
|------------------------------------|-----------------|-------------|-------------------------|-------------------|------------|---------------|----------|
| Sultanas (Porridge Toppings)       | 15              | 0           | 3.9                     | 0                 | 23.6       | 0             | 0        |
| Banana (Porridge Toppings)         | 39              | 0.5         | 9.4                     | 0.5               | 2.4        | 0.2           | 0        |
| Honey (Porridge Toppings)          | 61              | 0           | 16.4                    | 0                 | 16.4       | 0             | 0        |
| Acai Berry Porridge Large          | 284             | 9.3         | 43.7                    | 5.9               | 12.2       | 7.3           | 0.1      |
| Plain Gluten Free Porridge Large   | 247             | 8.3         | 35.5                    | 4.8               | 3.7        | 7.5           | 0.3      |
| Peanut Butter Power Porridge Large | 476             | 16.1        | 55.1                    | 7.5               | 18.9       | 22.7          | 0.31     |
| Berry Boost Porridge Large         | 290.5           | 8.76        | 55.32                   | 5.57              | 15.5       | 4.78          | 0.04     |

## SMOOTHIES

|                                   |     |      |       |     |      |      |     |
|-----------------------------------|-----|------|-------|-----|------|------|-----|
| Acai & Banana Energiser Large     | 629 | 21.4 | 100.1 | 15  | 35.5 | 14.8 | 0.1 |
| Acai & Banana Energiser Regular   | 363 | 12.7 | 56.9  | 8.6 | 18.7 | 8.5  | 0.1 |
| Acai & Banana Energiser Large     | 136 | 3.4  | 23.1  | 2.1 | 22.4 | 4.1  | 0.1 |
| Apple & Mango Anti-Oxidiser Large | 238 | 5.6  | 43.1  | 3.8 | 41.7 | 6.1  | 0.2 |
| Immune Boost Large                | 348 | 11.9 | 45.5  | 3.9 | 39.1 | 15.1 | 0.3 |
| Immune Boost Regular              | 181 | 6.1  | 23.9  | 2.2 | 20.2 | 7.8  | 0.2 |
| Mean Green Large                  | 127 | 3.3  | 28.2  | 2.2 | 26.3 | 0.8  | 0.1 |
| Mean Green Regular                | 63  | 1.7  | 14.1  | 1.1 | 13.2 | 0.4  | 0   |
| Energy Smoothie Large             | 481 | 14.3 | 87.5  | 9.5 | 36.6 | 6.7  | 0.1 |
| Energy Smoothie Regular           | 290 | 8.4  | 54.3  | 5.4 | 28.1 | 3.8  | 0   |
| Smooth Berry Large                | 257 | 5.9  | 45    | 6.3 | 38   | 6.8  | 0.1 |
| Smooth Berry Regular              | 132 | 3    | 23.4  | 3.2 | 19.4 | 3.4  | 0.1 |

## YOGHURTS

|                                  |     |      |      |     |      |      |      |
|----------------------------------|-----|------|------|-----|------|------|------|
| Berry Boost Yoghurt              | 236 | 12.9 | 25.8 | 1.5 | 23.2 | 8.4  | 0.4  |
| Cacao, Pistachio & Agave Yoghurt | 165 | 6.4  | 8.2  | 0.9 | 4    | 12   | 0.4  |
| Purple Grape And Banana Yoghurt  | 228 | 7.9  | 24   | 0.7 | 5    | 4.2  | 0.2  |
| Mango Quinoa Pot Yoghurt         | 248 | 8.6  | 30.1 | 1.1 | 15.9 | 11.1 | 0.18 |
| Golden Turmeric Yoghurt          | 355 | 11.8 | 20.1 | 0.5 | 19   | 20.5 | 0.4  |
| Acai Berry Yoghurt               | 305 | 11.3 | 10.8 | 2   | 8.3  | 20.4 | 11.9 |

## FRUIT POTS

|                        |    |      |      |      |      |     |   |
|------------------------|----|------|------|------|------|-----|---|
| Big & Juicy Fruit Pot  | 94 | 1.34 | 23   | 2.68 | 23   | 0.3 | 0 |
| Luxury Fruit Salad Pot | 80 | 1.3  | 17.9 | 2.9  | 17.2 | 0.5 | 0 |
| Pineapple & Lime Pot   | 71 | 0.7  | 17.6 | 2.3  | 17.5 | 0.3 | 0 |

## HEALTHY SNACKS

|                          |     |      |       |      |      |      |     |
|--------------------------|-----|------|-------|------|------|------|-----|
| Blueberry Muffin         | 405 | 5.6  | 48.7  | 2.3  | 27.1 | 20.9 | 0.8 |
| Carrot Muffin            | 298 | 3.3  | 52.2  | 5    | 45.6 | 7.3  | 0   |
| Croissant                | 235 | 4.9  | 27.1  | 1.3  | 5.5  | 11.9 | 0.8 |
| Almond Croissant         | 244 | 4.6  | 26.3  | 1.4  | 13.7 | 13.4 | 0.5 |
| Apricot Danish Pastry    | 182 | 3.4  | 23.4  | 0    | 9.4  | 8.1  | 0.4 |
| Chocolate Twist          | 400 | 6.3  | 51.8  | 1.4  | 25.6 | 20   | 0.7 |
| Chia Flapjack            | 345 | 4.95 | 38    | 4.36 | 22.7 | 18.5 | 0.3 |
| Mulberry & Chia Flapjack | 337 | 2.9  | 48.15 | 2.19 | 28.2 | 14.4 | 0.3 |

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

|   | Calories (kcal) | Protein (g) | Total Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Total Fat (g) | Salt (g) |
|---|-----------------|-------------|-------------------------|-------------------|------------|---------------|----------|
| Divine Dark Chocolate Bar                     | 238             | 2.7         | 12.9                    | 4.3               | 10.8       | 18.5          | 0        |
| Fruit And Seeds Energy Stick                  | 148             | 5.3         | 24.6                    | 2.7               | 10.8       | 3.4           | 0.5      |
| Pipers Crisps - Sea Salt                      | 213             | 2           | 22.8                    | 1.4               | 0.2        | 12.28         | 0.2      |
| Pipers Crisps - Cheddar & Onion               | 213             | 2.5         | 22.4                    | 1.3               | 0.6        | 12.3          | 0.6      |
| Pipers Crisps - Chorizo                       | 526             | 2           | 22.7                    | 1.4               | 2.24       | 12            | 0.6      |
| Pipers Crisps - Sea Salt & Vinegar            | 209             | 2.1         | 22.8                    | 1.3               | 1.08       | 11.6          | 0.8      |
| Pipers Crisps - Chorizo                       | 526             | 2           | 22.7                    | 1.4               | 2.24       | 12            | 0.6      |
| Popcorn - Fiery Salsa                         | 135             | 1.6         | 18.2                    | 1.2               | 8.2        | 5.7           | 0.3      |
| Popcorn - Sea Salt & Black Cracked Pepper     | 106             | 1.5         | 10.7                    | 1.2               | 0.1        | 5.9           | 0.3      |
| Popcorn - Salty Sweet                         | 136             | 1.5         | 18.4                    | 1.2               | 8.1        | 5.8           | 0.3      |
| Bounce Ball - Spirulina & Ginseng             | 191             | 5           | 21                      | 2.8               | 10         | 9             | 0.2      |
| Bounce Ball - Peanut                          | 207             | 14          | 19                      | 2.4               | 12         | 8             | 0.4      |
| Bounce Ball - Coconut                         | 178             | 9           | 18                      | 4                 | 10         | 7             | 0.27     |
| Chocolate Brownie                             | 323             | 3.45        | 37                      | 2.63              | 29.4       | 17.4          | 0.15     |
| Gluten Free Macaron                           | 330             | 2.5         | 42                      | 3.4               | 39         | 16            | 0        |
| Chocolate, Hazlenut & Raisin Nookie Bar       | 257             | 4.2         | 41.8                    | 3                 | 27         | 10.5          | 0        |
| Peanut Butter And Milk Choc Chip Nookie Bar   | 276             | 5.9         | 34.1                    | 2.5               | 23         | 14.9          | 0.2      |
| Almond Butter, Spirulina Choc Chip Nookie Bar | 251             | 4.7         | 41.5                    | 2.87              | 24.5       | 9.8           | 0.1      |
| Banana & Date Cake                            | 266             | 3.57        | 38.4                    | 3                 | 23.8       | 10.5          | 0.04     |
| Almond & Pistachio Bites                      | 290             | 16.8        | 29.8                    | 2.68              | 11.8       | 16.8          | 0.4      |

## ICED COFFEES

|                          |       |      |       |      |      |      |       |
|--------------------------|-------|------|-------|------|------|------|-------|
| Iced Latte (Full Milk)   | 226.8 | 8.6  | 12.96 | 0    | 12.9 | 9.72 | 0.4   |
| Iced Latte (Skim Milk)   | 89.1  | 9.45 | 12.1  | 0    | 12.1 | 0.27 | 0.4   |
| Iced Latte (Almond Milk) | 35.1  | 1.08 | 0     | 0.81 | 0    | 2.9  | 0.4   |
| Iced Latte (Soya Milk)   | 86.4  | 8.9  | 0.27  | 1.6  | 0.27 | 5.13 | 0.081 |

## REGULAR COLD DRINKS

|                                    |       |      |      |     |      |      |      |
|------------------------------------|-------|------|------|-----|------|------|------|
| Orange Juice                       | 100   | 1.75 | 23   | 0   | 21   | 0    | 0.08 |
| Ginger Juice                       | 72.5  | 0    | 19.5 | 0   | 19.5 | 0    | 0    |
| Beetroot Juice                     | 97    | 3.5  | 21.5 | 4.7 | 18.7 | 0.2  | 0.3  |
| Lemon Quencher                     | 195   | 0    | 50   | 0   | 49.5 | 0    | 0    |
| The Master Cleanse                 | 47.5  | 0.25 | 24.5 | 0   | 9.75 | 0.25 | 9.75 |
| Iced Tea                           | 60    | 0    | 15.5 | 0   | 15   | 0    | 0    |
| Carrot, Orange And Ginger Juice    | 103   | 2.5  | 24.2 | 6.7 | 12.2 | 0.5  | 0.4  |
| Coke                               | 139   | 0    | 35   | 0   | 35   | 0    | 0    |
| Diet Coke                          | 1     | 0    | 0    | 0   | 0    | 0    | 0    |
| Coke Zero                          | 1     | 0    | 0    | 0   | 0    | 0    | 0    |
| San Pellegrino - Blood Orange      | 165   | 0    | 39.9 | 0   | 38.9 | 0    | 0    |
| San Pellegrino - Lemon             | 149   | 0    | 34.7 | 0   | 33   | 0    | 0    |
| Cawston Press - Rhubarb            | 125.4 | 0.3  | 28   | 0   | 28   | 0    | 0    |
| Cawston Press - Elderflower        | 129   | 0.1  | 7.4  | 0   | 7.4  | 0    | 0    |
| Water                              | 0     | 0    | 0    | 0   | 0    | 0    | 0    |
| Orange Juice - New                 | 127   | 1.8  | 29   | 0   | 27   | 0.5  | 0    |
| Apple Juice - New                  | 105   | <0.5 | 25   | 0   | 25   | <0.5 | 0.04 |
| Carrot, Apple & Ginger Juice - New | 94    | 0.7  | 22   | 0   | 19   | 0    | 0.15 |

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

|  | Calories (kcal) | Protein (g) | Total Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Total Fat (g) | Salt (g) |
|--|-----------------|-------------|-------------------------|-------------------|------------|---------------|----------|
| Passionfruit Aid With Squashed Mango - New | 84              | 0.5         | 21                      | 0                 | 17         | 0             | 0        |
| Ginger Aid With Lemon Juice - New          | 28              | 0.15        | 18                      | 0                 | 14         | 0             | 0        |
| Raspberry Aid With Lemon Juice - New       | 66              | 0.24        | 17                      | 0                 | 15         | 0             | 0        |
| Lime Juice - New                           | 53              | 0.12        | 13                      | 0                 | 13         | 0             | 0        |
| Strawberry & Raspberry Juice - New         | 58              | 0.02        | 13                      | 0                 | 13         | 0             | 0        |
| Mango Juice - New                          | 52              | 0.38        | 12                      | 0                 | 12         | 0             | 0        |

## REGULAR HOT DRINKS

|                                     |       |      |      |     |      |      |      |
|-------------------------------------|-------|------|------|-----|------|------|------|
| Flat White                          | 132   | 8.1  | 9.1  | 0   | 8.5  | 7.2  | 0.2  |
| Latte                               | 182   | 10.6 | 12.6 | 0   | 12   | 10.1 | 0.3  |
| Cappuccino                          | 182   | 10.7 | 12.2 | 1.4 | 10.6 | 10   | 0.3  |
| Americano                           | 50    | 4    | 3.4  | 0   | 2.8  | 2.3  | 0.09 |
| Mocha                               | 182   | 10.7 | 12.2 | 1.4 | 10.6 | 10   | 0.3  |
| Espresso                            | 50    | 4    | 3.4  | 0   | 2.8  | 2.3  | 0.1  |
| Lemon, Ginger, Mint & Agave Steeper | 25.4  | 0.5  | 5.9  | 0   | 4.9  | 0.1  | 0    |
| Orange, Ginger & Honey Steeper      | 102.7 | 1.6  | 25.4 | 0.3 | 25   | 0    | 0    |
| Hot Chocolate                       | 265   | 11.8 | 26.9 | 1.2 | 29.1 | 11.1 | 0.5  |
| Fresh Mint Tea                      | 4.3   | 0.4  | 0.5  | 0   | 0    | 0.1  | 0    |
| Breakfast Tea                       | 39.6  | 2    | 2.8  | 0   | 2.8  | 2.3  | 0.1  |
| Golden Turmeric Latte               | 233   | 3.7  | 17.1 | 2.2 | 10.7 | 16.2 | 1    |
| Mind Power Matcha Latte             | 97    | 1.6  | 16   | 0.7 | 14.6 | 2.9  | 0.3  |
| Redesspresso Latte                  | 40    | 1.2  | 0    | 1.2 | 0    | 3.4  | 1    |