

NUTRITIONAL INFORMATION



Sandwiches

	Total Weight (g)			Energy (kj)	Protein (g)	Total Fat(g)	Saturated (g)	Carbs (g)	Sugars (g)	Sodium (mg)
	Fetish	Full Fix		Per 100gm	Per 100gm	Per 100gm	Per 100gm	Per 100gm	Per 100gm	Per 100gm
B.L.A.T.	160	320		704	5.6	4.3	1.3	24.3	6.1	460
Chick Fixation	165	325		737	8.1	2.8	1.4	28.3	6.2	325
Hamsterdam	150	295		697	9.3	2.4	1.4	21.2	3.3	559
Manwich		465		824	10.1	5	2	26.6	4.2	564
Pineapple Express		305		859	12.7	4.5	2.2	26.9	3.7	654
Sicilian Fix	130	255		827	10.5	3.7	1.8	26.2	5.2	623
Tokyo Hit	130	265		694	10.1	3.4	0.8	24.4	3.6	459
Tree Hugga	130	265		682	5.2	2.5	0.05	27.8	4.9	353



Salads

	Total Weight (g)			Energy (kj)	Protein (g)	Total Fat(g)	Saturated (g)	Carbs (g)	Sugars (g)	Sodium (mg)
	Fetish	Full Fix		Per 100gm	Per 100gm	Per 100gm	Per 100gm	Per 100gm	Per 100gm	Per 100gm
Bansai Bowl Salad	215	275		292	8	4.1	0.07	4.2	2.2	353
Buffalo Chicken Salad	260	320		541	8	6.5	2.1	9	2.5	152
Caesar Pleaser Salad	215	275		537	11.9	7.9	2.1	4.9	1.9	181
Lawn Bowl Salad	210	320		455	4.9	4.4	1	10.3	6.3	278
Mexicano Salad	250	310		547	7.8	6.1	1.3	10.4	6	191
Thai Beef Salad	235	305		576	9.8	4.6	1.8	13.4	6.3	206
Lambo Sala d	255	325		581	9.4	6.7	2.6	9.2	2.9	316



Wraps

	Total	Energy (kj)	Protein (g)	Total Fat(g)	Saturated (g)	Carbs (g)	Sugars (g)	Sodium (mg)
	Weight (g)	Per 100gm	Per 100gm	Per 100gm	Per 100gm	Per 100gm	Per 100gm	Per 100gm
Bansai Bowl Wrap	285	534	7	4.1	0.8	16.7	1.8	365
BLAT Wrap	310	684	4.8	6	1.6	20.6	6.2	468
Buffalo Chicken Wrap	330	743	4	6.6	2.1	24.8	2.4	352
Caesar Pleaser Wrap	290	712	10.2	7.4	1.9	17.4	1.5	332
Chick Fixation Wrap	315	720	7.5	4.2	1.7	25.2	6.2	327
Hamsterdam Wrap	285	676	8.7	4	1.6	17.5	3.3	572
Lambo Wrap	325	756	8.1	7.1	2.4	20	2.2	391
Lawn Bowl Wrap	280	646	5.6	4.6	1.1	20.6	5.3	402
Manwich Wrap	405	756	7.7	6.8	2.4	20.6	5.1	452
Mexicano Wrap	305	747	6.8	6.9	1.4	21.4	4.2	326
Pineapple Express	300	819	9.5	6.3	2.4	23	3.6	509
Wrap Sicilian Fix Wrap	245	809	9.8	5.6	2.2	22	5.2	641
Thai Beef Wrap	305	766	8.5	5.6	1.9	23.7	4.4	346
Tokyo Hit Wrap	255	671	9.4	5.2	1.1	20.4	3.5	468
Tree Hugga Wrap	255	658	4.3	4.3	0.8	23.9	4.9	357



Toasted Pita

	Total	Energy (kj)	Protein (g)	Total Fat(g)	Saturated (g)	Carbs (g)	Sugars (g)	Sodium (mg)
	Weight (g)	Per 100gm	Per 100gm	Per 100gm	Per 100gm	Per 100gm	Per 100gm	Per 100gm
Caesar Pleaser Pita	340	682	11.3	5.8	1.6	16.9	2.1	260
Herbivore Pita	370	555	4.4	3.1	1	19.7	5.8	365
Mexicano Pita	340	748	8.6	5.8	1.2	21.5	4.6	277
Sunday Roast Pita	420	657	8.6	5	1.4	17.6	5	233
Thai Beef Pita	370	764	10.5	4.4	1.7	23.6	4.8	281



Hot Noodles

	Total	Energy (kj)	Protein (g)	Total Fat(g)	Saturated (g)	Carbs (g)	Sugars (g)	Sodium (mg)
	Weight (g)	Per 100gm	Per 100gm	Per 100gm	Per 100gm	Per 100gm	Per 100gm	Per 100gm
Miso Hungri	450	473	7.7	1	0.3	16.9	2	108
Ragin Cajun	460	561	8	4.1	0.8	15.2	1	136
Beef Rad Thai	435	547	9.3	2.8	0.5	17.5	0.9	51



Breakfast Bagels

	Total	Energy (kj)	Protein (g)	Total Fat(g)	Saturated (g)	Carbs (g)	Sugars (g)	Sodium (mg)
	Weight (g)	Per 100gm	Per 100gm	Per 100gm	Per 100gm	Per 100gm	Per 100gm	Per 100gm
Eggs BenADDICT	195	1020	13.2	8.5	2.4	27.3	3.7	707
BLAT Bagel	210	988	10.1	7.7	2.3	30.3	6.7	655
Veg out Bagel	180	1120	7.5	11.2	5.2	29.7	4.4	350
Big bird Bagel	190	872	11.3	2.8	0.7	32.9	8.6	312



Smoothies

	Total Weight (g)			Energy (kj)	Protein (g)	Total Fat(g)	Saturated (g)	Carbs (g)	Sugars (g)	Sodium (mg)
	Hit	Fetish	Full Fix	Per 100gm	Per 100gm	Per 100gm	Per 100gm	Per 100gm	Per 100gm	Per 100gm
Mangoholic	220	435	530	216	1.2	0.4	0.2	10.6	10.5	12
Berry Chronic	265	525	620	209	1.1	0.3	0.2	10	8.9	12
Strawberry Pash	270	535	630	205	1.1	0.3	0.2	9.6	8.6	12
Choc Bomb	230	460	555	230	2.3	0.7	0.5	9.2	8	23
Banana Nirvana	210	420	500	258	2.4	0.9	0.5	10.2	8.4	24
Green Machine 500ml		540		238	0.6	1.2	0.3	9.9	8.8	14

Dressings

All dressings 30g per serve

	Energy (kj) per 100gm	Protein (g) per 100gm	Fat Total (g) per 100gm	Fat Saturated (g) per 100gm	Carbs (g) per 100gm	Sugars (g) per 100gm	Sodium (mg) per 100gm
Chilli Lime Dressing	746	0	1.2	<1	41	38.5	932
Balsamic Dressing	218	<1	<1	<1	11.3	10.9	885
Mint Dressing	443	<1	<1	<1	24.7	20.7	504
BBQ	573	<1	<1	<1	30.6	33	1130
Buffalo	247	<1	4.7	<1	3.5	<1	914
Chilli Sauce	389	<1	<1	<1	21.7	17	701
Mayo	635	<1	1.8	<1	33.2	25.6	770
Caesar	907	2.3	20.6	2.4	11	6.7	369
Blue Cheese	1000	2.4	22.9	3.2	6.9	5.6	268
Japanese	754	<1	14.6	1.6	10.2	10.2	4