



















# Romayo's 2019






























































Item	Price	Calories per serving	Contains Allergens	May Contain Allergens
Romayo Grilled Chicken Fillet Burger - 1 Serving		<b>434</b> Kcal	WHEAT            MUSTARD            EGGS	MILK            SESAME            SOYA
Romayo's 1/2 Pounder Burger - 1 Serving		<b>979</b> Kcal	WHEAT            MUSTARD            EGGS            MILK            SOYA	SESAME
Romayo's 1/4 Pounder - 1 Serving		<b>619</b> Kcal	WHEAT            MUSTARD            EGGS            MILK            SOYA	SESAME
Romayo's 1/4 pounder meal with diet drink - 1 Serving		<b>1161</b> Kcal	WHEAT            MUSTARD            EGGS            MILK            SOYA	SESAME
Romayo's 1/4 pounder meal with full sugar drink - 1 Serving		<b>1314</b> Kcal	WHEAT            MUSTARD            EGGS            MILK            SOYA	SESAME
Romayo's 1/4 pounder meal with water - 1 Serving		<b>1157</b> Kcal	WHEAT            MUSTARD            EGGS            MILK            SOYA	SESAME
Romayo's 12" margherita pizza - 1 Serving		<b>1137</b> Kcal	WHEAT            MILK	
Romayo's 12" pepperoni pizza - 1 Serving		<b>1381</b> Kcal	WHEAT            MILK	
Romayo's 12" special pizza - 1 Serving		<b>1505</b> Kcal	WHEAT            MILK	
Romayo's 9 inch special pizza - 1 Serving		<b>1166</b> Kcal	WHEAT            MILK	
Romayo's 9" margherita pizza - 1 Serving		<b>885</b> Kcal	WHEAT            MILK	
Romayo's 9" pepperoni pizza - 1 Serving		<b>1070</b> Kcal	WHEAT            MILK	
Romayo's Batter Burger - 1 Serving		<b>482</b> Kcal	WHEAT            EGGS            SESAME            SOYA	



















Romayo's Batter Burger & Onion Ring Meal with diet drink - 1 Serving		1170Kcal	 WHEAT  SOYA  EGGS  SESAME	
Romayo's Batter Burger & Onion Ring Meal with full sugar drink - 1 Serving		1323Kcal	 WHEAT  SOYA  EGGS  SESAME	
Romayo's Batter Burger & Onion Ring Meal with water - 1 Serving		1166Kcal	 WHEAT  SOYA  EGGS  SESAME	
Romayo's Battered Sausage Meal with diet drink - 1 Serving		894Kcal	 WHEAT  MILK  SULPHITES	 EGGS  FISH  SOYA
Romayo's Battered Sausage Meal with full sugar drink - 1 Serving		1047Kcal	 WHEAT  MILK  SULPHITES	 EGGS  FISH  SOYA
Romayo's Battered Sausage Meal with water - 1 Serving		890Kcal	 WHEAT  MILK  SULPHITES	 EGGS  FISH  SOYA
Romayo's Cheese Chips - 1 Serving		525Kcal	 MILK	
Romayo's Chicken Baguette - 1 Serving		732Kcal	 WHEAT  CELERY  MUSTARD  EGGS	 PEANUTS  TREE NUTS  MILK  SESAME  SOYA
Romayo's Chicken Baguette with diet drink - 1 Serving		736Kcal	 WHEAT  CELERY  MUSTARD  EGGS	 PEANUTS  TREE NUTS  MILK  SESAME  SOYA
Romayo's Chicken Baguette with full sugar drink - 1 Serving		889Kcal	 WHEAT  CELERY  MUSTARD  EGGS	 PEANUTS  TREE NUTS  MILK  SESAME  SOYA
Romayo's Chicken Baguette with water - 1 Serving		732Kcal	 WHEAT  CELERY  MUSTARD  EGGS	 PEANUTS  TREE NUTS  MILK  SESAME  SOYA
Romayo's Chicken Burger - 1 Serving		347Kcal	 WHEAT  MILK  MUSTARD  SOYA  EGGS	 SESAME
Romayo's Chicken Burger Meal with diet drink - 1 Serving		889Kcal	 WHEAT  MILK  MUSTARD  SOYA  EGGS	 SESAME

Romayo's Chicken Burger Meal with full sugar drink - 1 Serving		1042Kcal	 WHEAT  MILK  MUSTARD  SOYA  EGGS	 SESAME
Romayo's Chicken Burger Meal with water - 1 Serving		885Kcal	 WHEAT  MILK  MUSTARD  SOYA  EGGS	 SESAME
Romayo's Chicken Fillet Burger (Breaded) - 1 Serving		651Kcal	 WHEAT  CELERY  MUSTARD  EGGS	 MILK  SESAME  SOYA
Romayo's Chicken Fillet Burger Meal with diet drink - 1 Serving		1193Kcal	 WHEAT  CELERY  MUSTARD  EGGS	 MILK  SESAME  SOYA
Romayo's Chicken Fillet Burger Meal with full sugar drink - 1 Serving		1346Kcal	 WHEAT  CELERY  MUSTARD  EGGS	 MILK  SESAME  SOYA
Romayo's Chicken Fillet Burger Meal with water - 1 Serving		1189Kcal	 WHEAT  CELERY  MUSTARD  EGGS	 MILK  SESAME  SOYA
Romayo's Chicken Goujon Meal with diet drink - 1 Serving		1026Kcal	 WHEAT  MILK	 EGGS
Romayo's Chicken Goujon Meal with full sugar drink - 1 Serving		1179Kcal	 WHEAT  MILK	 EGGS
Romayo's Chicken Goujon Meal with water - 1 Serving		1022Kcal	 WHEAT  MILK	 EGGS
Romayo's Chicken Goujon Wrap, Wholemeal_July 2019 - 1 Serving		570Kcal	 WHEAT  MUSTARD  EGGS  MILK	
Romayo's Chicken Goujon Wrap_July 2019 - 1 Serving		510Kcal	 WHEAT  MUSTARD  EGGS  MILK	
Romayo's Chicken Goujons, cooked in dripping_updated 2019 - 1 serving		204Kcal	 WHEAT  MILK	 EGGS
Romayo's chicken kebab (breaded fillet) - 1 Serving		611Kcal	 WHEAT  CELERY  MUSTARD  EGGS	 MILK  SESAME  SOYA
Romayo's Chicken Kebab (grilled fillet) - 1 Serving		526Kcal	 WHEAT  MUSTARD  EGGS	





























































Romayo's Chicken Kebab Meal with diet drink - 1 Serving		<b>1067</b> Kcal	 WHEAT  MUSTARD  EGGS	
Romayo's Chicken Kebab Meal with full sugar drink - 1 Serving		<b>1220</b> Kcal	 WHEAT  MUSTARD  EGGS	
Romayo's Chicken Kebab Meal with Water - 1 Serving		<b>1063</b> Kcal	 WHEAT  MUSTARD  EGGS	
Romayo's chicken kebab tray (breaded fillet) - 1 Serving		<b>854</b> Kcal	 WHEAT  CELERY  MUSTARD  EGGS  MILK	 SESAME  SOYA
Romayo's chicken kebab tray (grilled fillet) - 1 Serving		<b>747</b> Kcal	 MUSTARD  EGGS  MILK	 WHEAT
Romayo's Chip Baguette - 1 Serving		<b>632</b> Kcal	 WHEAT  MUSTARD  EGGS	 PEANUTS  TREE NUTS  SOYA
Romayo's Chip Baguette (kebab sauce) - 1 Serving		<b>635</b> Kcal	 WHEAT  MUSTARD  EGGS	 PEANUTS  TREE NUTS  SOYA
Romayo's Chip Baguette Curry - 1 Serving		<b>618</b> Kcal	 WHEAT  CELERY  MUSTARD	 PEANUTS  TREE NUTS  EGGS  MILK  SOYA
Romayo's Curry Chips - 1 Serving		<b>391</b> Kcal	 WHEAT  CELERY  MUSTARD	 EGGS  MILK  SOYA
Romayo's Curry Chips with diet drink - 1 Serving		<b>395</b> Kcal	 WHEAT  CELERY  MUSTARD	 EGGS  MILK  SOYA
Romayo's Curry Chips with full sugar drink - 1 Serving		<b>548</b> Kcal	 WHEAT  CELERY  MUSTARD	 EGGS  MILK  SOYA
Romayo's Curry Chips with water - 1 Serving		<b>391</b> Kcal	 WHEAT  CELERY  MUSTARD	 EGGS  MILK  SOYA
Romayo's curry sauce as served - 1 Serving		<b>86</b> Kcal	 WHEAT  CELERY  MUSTARD	 EGGS  MILK  SOYA
Romayo's Dinner Box - 1 Serving		<b>946</b> Kcal	 WHEAT  CELERY  SOYA	
Romayo's Doner Kebab meal with diet drink - 1 Serving		<b>1267</b> Kcal	 WHEAT  MUSTARD  EGGS  SOYA	
Romayo's Doner Kebab meal with full sugar drink - 1 Serving		<b>1421</b> Kcal	 WHEAT  MUSTARD  EGGS  SOYA	






Romayo's Doner Kebab meal with water - 1 Serving		1264Kcal	 WHEAT  SOYA  MUSTARD  EGGS	
Romayo's doner kebab tray - 1 Serving		928Kcal	 MUSTARD  EGGS  MILK  WHEAT	
Romayo's doner kebab, updated July 2019 - 1 Serving		726Kcal	 WHEAT  SOYA  MUSTARD  EGGS	
Romayo's Double Decker Burger - 1 Serving		685Kcal	 WHEAT  MILK  MUSTARD  SOYA  EGGS  SESAME	
Romayo's Double Decker Burger Meal with diet drink - 1 Serving		1227Kcal	 WHEAT  MILK  MUSTARD  SOYA  EGGS  SESAME	
Romayo's Double Decker Burger Meal with full sugar drink - 1 Serving		1380Kcal	 WHEAT  MILK  MUSTARD  SOYA  EGGS  SESAME	
Romayo's Double Decker Burger Meal with water - 1 Serving		1223Kcal	 WHEAT  MILK  MUSTARD  SOYA  EGGS  SESAME	
Romayo's Family Variety Box - 1 Serving		2447Kcal	 WHEAT  SOYA  CELERY  MILK  EGGS	
Romayo's Fish Goujon Wrap, Wholemeal_July 2019 - 1 Serving		787Kcal	 WHEAT  FISH  MUSTARD  SOYA  EGGS  CELERY  MOLLUSCS  MILK  CRUSTACEANS	
Romayo's Fish Goujon Wrap_July 2019 - 1 Serving		727Kcal	 WHEAT  FISH  MUSTARD  SOYA  EGGS  CELERY  MOLLUSCS  MILK  CRUSTACEANS	
Romayo's Fish Portion - 1 Serving		229Kcal	 WHEAT  FISH  SOYA	
Romayo's Fish Portion Meal with diet drink - 1 Serving		770Kcal	 WHEAT  FISH  SOYA	
Romayo's Fish Portion Meal with full sugar drink - 1 Serving		924Kcal	 WHEAT  FISH  SOYA	
Romayo's Fish Portion Meal with water - 1 Serving		766Kcal	 WHEAT  FISH  SOYA	













Romayo's Fresh Cod - 1 Serving		<b>296</b> Kcal	 WHEAT	 FISH	 SOYA
Romayo's Fresh Cod Meal with diet drink - 1 Serving		<b>838</b> Kcal	 WHEAT	 FISH	 SOYA
Romayo's Fresh Cod Meal with full sugar drink - 1 Serving		<b>991</b> Kcal	 WHEAT	 FISH	 SOYA
Romayo's Fresh Cod Meal with water - 1 Serving		<b>834</b> Kcal	 WHEAT	 FISH	 SOYA
Romayo's Garlic Chips - 1 Serving		<b>505</b> Kcal	 MUSTARD	 EGGS	 WHEAT
Romayo's Garlic Chips with diet drink - 1 Serving		<b>509</b> Kcal	 MUSTARD	 EGGS	
Romayo's Garlic Chips with full sugar drink - 1 Serving		<b>662</b> Kcal	 MUSTARD	 EGGS	
Romayo's Garlic Chips with water - 1 Serving		<b>505</b> Kcal	 MUSTARD	 EGGS	
Romayo's garlic mayo / sauce - 1 Serving		<b>493</b> Kcal	 MUSTARD	 EGGS	
Romayo's Garlic/Cheese Chips - 1 Serving		<b>659</b> Kcal	 MUSTARD	 EGGS	 MILK  WHEAT
Romayo's grilled chicken fillet burger - 1 Serving		<b>434</b> Kcal	 WHEAT	 MUSTARD	 EGGS  MILK  SESAME  SOYA
Romayo's Grilled Chicken Fillet Wrap with diet drink - 1 Serving		<b>508</b> Kcal	 WHEAT	 MUSTARD	 EGGS
Romayo's Grilled Chicken Fillet Wrap with full sugar drink - 1 Serving		<b>661</b> Kcal	 WHEAT	 MUSTARD	 EGGS
Romayo's Grilled Chicken Fillet Wrap with water - 1 Serving		<b>504</b> Kcal	 WHEAT	 MUSTARD	 EGGS
Romayo's Grilled Chicken Fillet Wrap, Wholemeal_July 2019 - 1 Serving		<b>560</b> Kcal	 WHEAT	 MUSTARD	 EGGS
Romayo's Grilled Chicken Fillet Wrap_July 2019 - 1 Serving		<b>500</b> Kcal	 WHEAT	 MUSTARD	 EGGS
Romayo's Hamburger - 1 Serving		<b>310</b> Kcal	 WHEAT	 SOYA	 MILK  SESAME
Romayo's Hot Dog - 1 Serving		<b>462</b> Kcal	 WHEAT  MILK	 MUSTARD	 EGGS  CELERY  SULPHITES  SESAME  SOYA

Romayo's kebab sauce - 1 Serving		317Kcal	 MUSTARD  EGGS	
Romayo's Kebab Wrap, July 2019 - 1 Serving		669Kcal	 WHEAT  MUSTARD  EGGS  SOYA	
Romayo's Kebab Wrap, wholemeal_ July 2019 - 1 Serving		728Kcal	 WHEAT  MUSTARD  EGGS  SOYA	
Romayo's Kids Fish Meal - 1 Serving		602Kcal	 WHEAT  FISH	 SOYA
Romayo's Kids Hamburger Meal - 1 Serving		618Kcal	 WHEAT  SOYA	 MILK  SESAME
Romayo's Kids Nugget Meal - 1 Serving		460Kcal	 WHEAT	 EGGS  MILK
Romayo's Kids Sausage Meal - 1 Serving		616Kcal	 GLUTEN  SOYA  SULPHITES	 WHEAT
Romayo's Large Chips - 1 Serving		538Kcal		 WHEAT
Romayo's Lunch Box - 1 Serving		608Kcal	 WHEAT  CELERY  SOYA	
Romayo's Lunch Box with diet soft drink - 1 Serving		612Kcal	 WHEAT  CELERY  SOYA	
Romayo's Lunch Box with full sugar soft drink - 1 Serving		765Kcal	 WHEAT  CELERY  SOYA	
Romayo's Lunch Box with water - 1 Serving		608Kcal	 WHEAT  CELERY  SOYA	
Romayo's Lunchtime Battered Sausage Meal with diet drink - 1 Serving		664Kcal	 WHEAT  MILK  SULPHITES	 EGGS  FISH  SOYA
Romayo's Lunchtime Battered Sausage Meal with full sugar drink - 1 Serving		817Kcal	 WHEAT  MILK  SULPHITES	 EGGS  FISH  SOYA
Romayo's Lunchtime Battered Sausage Meal with water - 1 Serving		660Kcal	 WHEAT  MILK  SULPHITES	 EGGS  FISH  SOYA
Romayo's Lunchtime sausage meal with diet drink - 1 Serving		929Kcal	 GLUTEN  SOYA  SULPHITES	 WHEAT
Romayo's Lunchtime sausage meal with full sugar drink - 1 Serving		1082Kcal	 GLUTEN  SOYA  SULPHITES	 WHEAT
Romayo's lunchtime sausage meal with water - 1 Serving		925Kcal	 GLUTEN  SOYA  SULPHITES	 WHEAT

Romayo's Lunchtime sausage meal with water - 1 Serving		<b>925</b> Kcal	 GLUTEN	 SOYA	 SULPHITES	 WHEAT
Romayo's Meal for Two (kcal per portion) - 1 Serving		<b>1175</b> Kcal	 WHEAT  MILK	 MUSTARD  SOYA	 EGGS  SULPHITES	
Romayo's Onion Rings - 1 Serving		<b>73</b> Kcal	 WHEAT			 SOYA
Romayo's Plain Sausage - 1 Serving		<b>309</b> Kcal	 GLUTEN	 SOYA	 SULPHITES	 WHEAT
Romayo's Potato Cakes - 1 Serving		<b>330</b> Kcal	 WHEAT	 MILK		 EGGS  SOYA
Romayo's Ray - 1 Serving		<b>330</b> Kcal	 WHEAT	 FISH		 SOYA
Romayo's Salad Burger - 1 Serving		<b>410</b> Kcal	 WHEAT  MILK	 MUSTARD  SOYA	 EGGS	 SESAME
Romayo's sausage meal with diet drink - 1 Serving		<b>1159</b> Kcal	 GLUTEN	 SOYA	 SULPHITES	 WHEAT
Romayo's sausage meal with full sugar drink - 1 Serving		<b>1312</b> Kcal	 GLUTEN	 SOYA	 SULPHITES	 WHEAT
Romayo's sausage meal with water - 1 Serving		<b>1155</b> Kcal	 GLUTEN	 SOYA	 SULPHITES	 WHEAT
Romayo's Small Chips - 1 Serving		<b>307</b> Kcal				 WHEAT
Romayo's Smoked Cod - 1 Serving		<b>326</b> Kcal	 WHEAT	 FISH		 SOYA
Romayo's Smoked Cod Meal with diet drink - 1 Serving		<b>867</b> Kcal	 WHEAT	 FISH		 SOYA
Romayo's Smoked Cod Meal with full sugar drink - 1 Serving		<b>1020</b> Kcal	 WHEAT	 FISH		 SOYA
Romayo's Smoked Cod Meal with water - 1 Serving		<b>863</b> Kcal	 WHEAT	 FISH		 SOYA
Romayo's Snack Box - 1 Serving		<b>716</b> Kcal	 WHEAT	 CELERY	 SOYA	
Romayo's Snack Box Meal with diet soft drink - 1 Serving		<b>720</b> Kcal	 WHEAT	 CELERY	 SOYA	
Romayo's Snack Box Meal with full sugar soft drink - 1 Serving		<b>873</b> Kcal	 WHEAT	 CELERY	 SOYA	

Romayo's Snack Box Meal with water - 1 Serving		<b>716</b> Kcal	 WHEAT  CELERY  SOYA	
Romayo's southern fried chicken breast piece - 1 Serving		<b>314</b> Kcal	 WHEAT  CELERY  SOYA	
Romayo's southern fried chicken drumstick - 1 Serving		<b>242</b> Kcal	 WHEAT  CELERY  SOYA	
Romayo's southern fried chicken goujons - 1 Serving		<b>174</b> Kcal	 WHEAT  CELERY  MILK  SOYA	 EGGS
Romayo's southern fried chicken nuggets (each) - 1 Serving		<b>95</b> Kcal	 WHEAT  CELERY  SOYA	 EGGS  MILK
Romayo's southern fried chicken thigh - 1 Serving		<b>269</b> Kcal	 WHEAT  CELERY  SOYA	
Romayo's southern fried chicken wing - 1 Serving		<b>131</b> Kcal	 WHEAT  CELERY  SOYA	
Romayo's southern fried chicken wings (each) - 1 Serving		<b>77</b> Kcal	 WHEAT  CELERY  SOYA	
Romayo's southern fried roast breast chicken - 1 Serving		<b>537</b> Kcal	 WHEAT  CELERY  SOYA	
Romayo's Special Three - 1 Serving		<b>484</b> Kcal	 WHEAT  CELERY  MUSTARD	 EGGS  MILK  SOYA
Romayo's Spice Burger - 1 Serving		<b>311</b> Kcal		 WHEAT
Romayo's Spicy Chicken Fillet Wrap, Wholemeal_July 2019 - 1 Serving		<b>526</b> Kcal	 WHEAT	
Romayo's Spicy Chicken Fillet Wrap_July 2019 - 1 Serving		<b>467</b> Kcal	 WHEAT	
Romayo's Steak & Kidney Pie - 1 Serving		<b>492</b> Kcal	 WHEAT	 EGGS  MILK  SULPHITES
Romayo's Steak Baguette - 1 Serving		<b>713</b> Kcal	 WHEAT  MUSTARD  EGGS  MILK	 PEANUTS  TREE NUTS  SOYA
Romayo's Steak Baguette with diet drink - 1 Serving		<b>717</b> Kcal	 WHEAT  MUSTARD  EGGS  MILK	 PEANUTS  TREE NUTS  SOYA
Romayo's Steak Baguette with full sugar drink - 1 Serving		<b>870</b> Kcal	 WHEAT  MUSTARD  EGGS  MILK	 PEANUTS  TREE NUTS  SOYA

Romayo's Steak Baguette with water - 1 Serving		713Kcal	 WHEAT  MILK  MUSTARD  EGGS	 PEANUTS  TREE NUTS  SOYA
Romayo's Strawberry Milkshake - 1 Serving		700Kcal	 MILK  EGGS  SOYA	
Romayo's Taco Chips - 1 Serving		751Kcal	 WHEAT  MILK  MUSTARD  EGGS  CELERY	
Romayo's Tasty Chips - 1 Serving		734Kcal	 MUSTARD  EGGS  MILK  WHEAT	
Romayo's The Big Beef - 1 Serving		1106Kcal	 WHEAT  MILK  MUSTARD  SOYA  EGGS  SESAME	
Romayo's Vanilla Milkshake - 1 Serving		692Kcal	 MILK  EGGS  SOYA	
Romayo's Vegetable Kebab_ July 2019 - 1 Serving		706Kcal	 WHEAT  EGGS  CELERY  MILK  MUSTARD	
Romayo's Veggie Wrap, wholemeal_July 2019 - 1 Serving		680Kcal	 WHEAT  EGGS  CELERY  MUSTARD	
Romayo's Veggie Wrap_July 2019 - 1 Serving		621Kcal	 WHEAT  EGGS  CELERY  MUSTARD	
Romayo's Vinegar - 1 Serving		22Kcal	 WHEAT  SOYA  MILK	
Romayo's Whirly Burger - 1 Serving		698Kcal	 WHEAT  MILK  MUSTARD  SESAME  EGGS  SOYA	
Romayos Pittas - Cheese Pitta - 1 filled cheese pitta		589Kcal	 WHEAT  MILK  MUSTARD  EGGS	
Romayos Pittas - Cheese Pitta (without sauce) - 1 filled cheese pitta		529Kcal	 WHEAT  MILK	
Romayos Pittas - Original Chicken Pitta - 1 Serving		512Kcal	 WHEAT  MUSTARD  EGGS	

Romayos Pittas - Original Chicken Pitta (without sauce) - 1 Serving		396Kcal	 WHEAT	
Romayos Pittas - Spicy Pitta - 1 filled spicy pitta		426Kcal	 WHEAT  MUSTARD  EGGS	
Romayos Pittas - Spicy Pitta (without sauce) - 1 filled spicy pitta		416Kcal	 WHEAT	
Romayo's Veggie Burger_ July 2019 - 1 Serving		477Kcal	 WHEAT  CELERY  MUSTARD  EGGS  MILK	 SESAME  SOYA