

# VENTNORS GREENHOUSE NUTRITIONAL 2018

## BASE

Romaine Leaves		
Nutritional	Per 100g	Per Portion 140g
Energy	72KJ/17KCAL	101KJ/24KCAL
Fat	0.3g	0.4g
of Which Saturates	0.0g	0.1g
Carbohydrate	3.3g	4.6g
of Which Sugars	1.2g	1.7g
Protein	1.2g	1.7g
Salt	0.02g	0.03g

Green Leaves		
Nutritional	Per 100g	Per Portion 140g
Energy	62KJ/ 15KCAL	87KJ/21KCAL
Fat	0.2g	0.2g
of Which Saturates	0.0g	0.0g
Carbohydrate	2.9g	4.0g
of Which Sugars	0.8g	1.1g
Protein	1.4g	1.9g
Salt	0.07g	0.1g

Mixed Greens		
Nutritional	Per 100g	Per Portion 140g
Energy	67KJ/16KCAL	94KJ/22KCAL
Fat	0.2g	0.3g
of Which Saturates	0.0g	0.0g
Carbohydrate	3.1g	4.3g
of Which Sugars	1.0g	1.4g
Protein	1.3g	1.8g
Salt	0.04g	0.06g

Super Greens		
Nutritional	Per 100g	Per Portion 140g
Energy	86KJ/20KCAL	120KJ/28KCAL
Fat	0.7g	0.9g
of Which Saturates	0.1g	0.1g
Carbohydrate	1.9g	2.7g
of Which Sugars	0.8g	1.1g
Protein	2.1g	3.0g
Salt	0.06g	0.09g

Kale		
Nutritional	Per 100g	Per Portion 140g
Energy	140KJ/33KCAL	196KJ/46KCAL
Fat	1.6g	2.2g
of Which Saturates	0.2g	0.3g
Carbohydrate	1.4g	2.0g
of Which Sugars	1.3g	1.8g
Protein	3.4g	4.8g
Salt	0.1g	0.15g

Mixed Leaves		
Nutritional	Per 100g	Per Portion 140g
Energy	67KJ/16KCAL	94KJ/22KCAL
Fat	0.2g	0.3g
of Which Saturates	0.0g	0.0g
Carbohydrate	3.1g	4.3g
of Which Sugars	1.0g	1.4g
Protein	1.3g	1.8g
Salt	0.04g	0.06g

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## BASE

Spinach		
Nutritional	Per 100g	Per Portion 140g
Energy	103KJ/25KCAL	144KJ/35KCAL
Fat	0.8g	1.1g
of Which Saturates	0.1g	0.1g
Carbohydrate	1.6g	2.2g
of Which Sugars	1.5g	2.1g
Protein	2.8g	3.9g
Salt	0.4g	0.5g

Noodles		
Nutritional	Per 100g	Per Portion 350g
Energy	608KJ / 143KCAL	2128KJ /500KCAL
Fat	0.9g	3.2g
of Which Saturates	0.1g	0.5g
Carbohydrate	30.7g	107g
of Which Sugars	0.0g	0.0g
Protein	5.0g	17.5g
Salt	0.3g	1.07g

Pasta		
Nutritional	Per 100g	Per Portion 300g
Energy	623KJ / 146KCAL	1869KJ / 438KCAL
Fat	0.4g	1.2g
of Which Saturates	0.1g	0.2g
Carbohydrate	32.9g	98.7g
of Which Sugars	0.6g	1.8g
Protein	4.8g	14.4g
Salt	0.01g	0.03g

Brown Rice		
Nutritional	Per 100g	Per Portion 230g
Energy	597KJ/141KCAL	1373KJ/324KCAL
Fat	1.1g	2.5g
of Which Saturates	0.3g	0.7g
Carbohydrate	32.1g	73.8g
of Which Sugars	0.5g	1.2g
Protein	2.6g	6.0g
Salt	0.0g	0.0g

# VENTNORS GREENHOUSE NUTRITIONAL 2018

## MAIN

Salt & Pepper Chicken		
Nutritional	Per 100g	Per Portion 110g
Energy	673KJ / 160KCAL	741KJ / 176KCAL
Fat	5.2g	5.7g
of Which Saturates	1.5g	1.6g
Carbohydrate	0.0g	0.0g
of Which Sugars	0.0g	0.0g
Protein	28.3g	31.2g
Salt	0.34g	0.37g

Mango Chicken		
Nutritional	Per 100g	Per Portion 200g
Energy	692KJ / 164KCAL	1384KJ / 328KCAL
Fat	4.1g	8.2g
of Which Saturates	0.7g	1.4g
Carbohydrate	2.1g	4.2g
of Which Sugars	1.5g	3.1g
Protein	29.9g	59.9g
Salt	0.3g	0.7g

Bang Bang Chicken		
Nutritional	Per 100g	Per Portion 200g
Energy	925KJ / 220KCAL	1850KJ / 440KCAL
Fat	11.1g	22.1g
of Which Saturates	2.1g	4.3g
Carbohydrate	3.2g	6.4g
of Which Sugars	2.0g	3.9g
Protein	26.6g	53.3g
Salt	0.65g	1.3g

BBQ Chicken		
Nutritional	Per 100g	Per Portion 115g
Energy	670KJ / 159KCAL	771KJ / 183KCAL
Fat	4.5g	5.2g
of Which Saturates	1.3g	1.5g
Carbohydrate	3.8g	4.4g
of Which Sugars	3.4g	3.9g
Protein	24.7g	28.4g
Salt	0.5g	0.5g

Peri Peri Chicken		
Nutritional	Per 100g	Per Portion 110g
Energy	649KJ/154KCAL	714KJ/169KCAL
Fat	5.5g	6.1g
of Which Saturates	1.4g	1.5g
Carbohydrate	1.4g	1.5g
of Which Sugars	0.5g	0.6g
Protein	24.7g	27.2g
Salt	0.45g	0.5g

# VENTNORS GREENHOUSE NUTRITIONAL 2018

## MAIN

Cajun Chicken		
Nutritional	Per 100g	Per Portion 110g
Energy	694KJ / 165KCAL	763KJ/181KCAL
Fat	5.3g	5.9g
of Which Saturates	1.5g	1.6g
Carbohydrate	1.3g	1.4g
of Which Sugars	0.3g	0.3g
Protein	27.3g	30.0g
Salt	1.6g	1.8g

Thai Chicken		
Nutritional	Per 100g	Per Portion 110g
Energy	622KJ / 147KCAL	684KJ / 162KCAL
Fat	2.1g	2.4g
of Which Saturates	0.6g	0.6g
Carbohydrate	1.4g	1.6g
of Which Sugars	0.4g	0.5g
Protein	30.1g	33.1g
Salt	0.9g	1.0g

Turkey		
Nutritional	Per 100g	Per Portion 90g
Energy	481KJ / 114KCAL	433KJ/103KCAL
Fat	1.9g	1.7g
of Which Saturates	0.6g	0.5g
Carbohydrate	1.2g	1.1g
of Which Sugars	0.4g	0.4g
Protein	23.0g	20.7g
Salt	1.5g	1.3g

Ham		
Nutritional	Per 100g	Per Portion 95g
Energy	451KJ/107KCAL	429KJ/102KCAL
Fat	3.3g	3.1g
of Which Saturates	1.1g	1.0g
Carbohydrate	1.0g	1.0g
of Which Sugars	1.0g	1.0g
Protein	18.4g	17.5g
Salt	2.0g	1.9g

Steak Strips		
Nutritional	Per 100g	Per Portion 75g
Energy	826KJ / 197KCAL	620KJ / 148KCAL
Fat	7.9g	5.9g
of Which Saturates	3.4g	2.6g
Carbohydrate	0.0g	0.0g
of Which Sugars	0.0g	0.0g
Protein	31.4g	23.6g
Salt	0.1g	ne

Pastrami		
Nutritional	Per 100g	Per Portion 43g
Energy	518KJ / 123KCAL	223KJ / 53KCAL
Fat	4.3g	1.8g
of Which Saturates	1.8g	0.8g
Carbohydrate	1.8g	0.8g
of Which Sugars	1.8g	0.8g
Protein	19.4g	8.3g
Salt	2.3g	1.0g

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Harissa Chicken		
Nutritional	Per 100g	Per Portion 110g
Energy	678KJ / 161KCAL	745KJ / 177KCAL
Fat	5.2g	5.7g
of Which Saturates	1.5g	1.6g
Carbohydrate	0.7g	0.8g
of Which Sugars	0.1g	0.1g
Protein	27.9g	30.7g
Salt	0.3g	0.3g

Honey and Lime Chicken		
Nutritional	Per 100g	Per Portion 110g
Energy	756KJ / 178KCAL	831KJ / 196KCAL
Fat	3.8g	4.1g
of Which Saturates	1.1g	1.2g
Carbohydrate	16.6g	18.3g
of Which Sugars	16.6g	18.3g
Protein	20.6g	22.7g
Salt	0.11g	0.12g

Bacon		
Nutritional	Per 100g	Per Portion 60g
Energy	1194KJ/287KCAL	716KJ/172KCAL
Fat	21.6g	13.0g
of Which Saturates	8.1g	4.9g
Carbohydrate	0.0g	0.0g
of Which Sugars	0.0g	0.0g
Protein	23.2g	13.9g
Salt	4.8g	2.9g

Tuna		
Nutritional	Per 100g	Per Portion 115g
Energy	414KJ / 99KCAL	476KJ / 114KCAL
Fat	0.6g	0.7g
of Which Saturates	0.2g	0.2g
Carbohydrate	0.1g	0.0g
of Which Sugars	0.1g	0.0g
Protein	23.5g	27.0g
Salt	0.8g	0.9g

Prawns		
Nutritional	Per 100g	Per Portion 80g
Energy	295KJ / 70KCAL	236KJ/56KCAL
Fat	0.9g	0.7g
of Which Saturates	0.2g	0.1g
Carbohydrate	0.0g	0.0g
of Which Sugars	0.0g	0.0g
Protein	15.4g	12.3g
Salt	1.5g	1.2g

Salmon		
Nutritional	Per 100g	Per Portion 35g
Energy	902KJ / 217KCAL	316KJ/76KCAL
Fat	15.0g	5.3g
of Which Saturates	2.8g	1.0g
Carbohydrate	0.0g	0.0g
of Which Sugars	0.0g	0.0g
Protein	20.4g	7.1g
Salt	0.10g	0.03g

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## MAIN

Crayfish		
Nutritional	Per 100g	Per Portion 25g
Energy	364KJ/87KCAL	91KJ/22KCAL
Fat	1.3g	0.3g
of Which Saturates	0.2g	0.1g
Carbohydrate	0.0g	0.0g
of Which Sugars	0.0g	0.0g
Protein	17.5g	4.4g
Salt	0.3g	0.06g

Falafel		
Nutritional	Per 100g	Per Portion 2 Falafel 38g
Energy	867KJ / 208KCAL	330KJ / 79KCAL
Fat	9.0g	3.4g
of Which Saturates	0.9g	0.3g
Carbohydrate	20.3g	7.7g
of Which Sugars	2.9g	1.1g
Protein	7.6g	2.9g
Salt	0.9g	0.3g

Roasted Veg		
Nutritional	Per 100g	Per Portion 150g
Energy	237KJ / 57KCAL	355KJ/85KCAL
Fat	3.9g	5.8g
of Which Saturates	0.6g	0.9g
Carbohydrate	4.5g	6.8g
of Which Sugars	3.9g	5.9g
Protein	1.0g	1.4g
Salt	0.007g	0.010g

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## HOUSE SALADS

Avocado		
Nutritional	Per 100g	Per Portion 30g
Energy	784KJ/190KCAL	235KJ/57KCAL
Fat	19.5g	5.9g
of Which Saturates	4.1g	1.2g
Carbohydrate	1.9g	0.6g
of Which Sugars	0.5g	0.2g
Protein	1.9g	0.6g
Salt	0.02g	0.0g

Sugar Snap Peas		
Nutritional	Per 100g	Per Portion 15g
Energy	139KJ/33KCAL	21KJ /5KCAL
Fat	0.3g	0.0g
of Which Saturates	0.0g	0.0g
Carbohydrate	4.7g	0.7g
of Which Sugars	3.4g	0.5g
Protein	3.1g	0.5g
Salt	0.0g	0.0g

Olives		
Nutritional	Per 100g	Per Portion 10g
Energy	422KJ/103KCAL	42KJ/10KCAL
Fat	11.0g	1.1g
of Which Saturates	1.7g	0.2g
Carbohydrate	0.0g	0.0g
of Which Sugars	0.0g	0.0g
Protein	0.9g	0.1g
Salt	5.7g	0.6g

Broccoli		
Nutritional	Per 100g	Per Portion 80g
Energy	100KJ/24KCAL	80KJ/19KCAL
Fat	0.8g	0.6g
of Which Saturates	0.2g	0.2g
Carbohydrate	1.1g	0.9g
of Which Sugars	0.9g	0.7g
Protein	3.1g	2.5g
Salt	0.03g	0.03g

Egg		
Nutritional	Per 100g	Per Portion 50g
Energy	595KJ/143KCAL	298KJ/72KCAL
Fat	9.6g	4.8g
of Which Saturates	2.7g	1.4g
Carbohydrate	0.0g	0.0g
of Which Sugars	0.0g	0.0g
Protein	14.1g	7.1g
Salt	0.4g	0.2g

Sweetcorn		
Nutritional	Per 100g	Per Portion 20g
Energy	96KJ/23KCAL	19KJ/5KCAL
Fat	0.4g	0.1g
of Which Saturates	0.0g	0.0g
Carbohydrate	2.0g	0.4g
of Which Sugars	1.4g	0.3g
Protein	2.9g	0.6g
Salt	2.9g	0.6g

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## HOUSE SALADS

Jalapenos		
Nutritional	Per 100g	Per Portion 15g
Energy	42KJ/10KCAL	6KJ/2KCAL
Fat	0.0g	0.0g
of Which Saturates	0.0g	0.0g
Carbohydrate	2.0g	0.3g
of Which Sugars	0.0g	0.0g
Protein	0.0g	0.0g
Salt	0.9g	0.1g

Pickles		
Nutritional	Per 100g	Per Portion 30g
Energy	50KJ/12KCAL	15KJ/4KCAL
Fat	0.1g	0.0g
of Which Saturates	0.0g	0.0g
Carbohydrate	2.6g	0.8g
of Which Sugars	1.3g	0.4g
Protein	0.6g	0.2g
Salt	2.2g	0.7g

Sauerkraut		
Nutritional	Per 100g	Per Portion 15g
Energy	105KJ / 25KCAL	16KJ / 4 KCAL
Fat	0.0g	0.0g
of Which Saturates	0.0g	0.0g
Carbohydrate	3.4g	0.5g
of Which Sugars	0.0g	0.0g
Protein	1.1g	0.2g
Salt	1.9g	0.28g

Apple		
Nutritional	Per 100g	Per Portion 45g
Energy	215KJ / 51KCAL	97KJ / 23KCAL
Fat	0.5g	0.2g
of Which Saturates	0.1g	0.1g
Carbohydrate	11.6g	5.2g
of Which Sugars	11.6g	5.2g
Protein	0.6g	0.3g
Salt	0.0g	0.0g

Pears		
Nutritional	Per 100g	Per Portion 45g
Energy	190KJ/44KCAL	86KJ/20KCAL
Fat	0.1g	0.0g
of Which Saturates	0.0g	0.0g
Carbohydrate	11.3g	5.1g
of Which Sugars	11.3g	5.1g
Protein	0.3g	0.1g
Salt	0g	0g

Roasted Chickpeas		
Nutritional	Per 100g	Per Portion 45g
Energy	686KJ/164KCAL	309KJ/74KCAL
Fat	2.6g	1.2g
of Which Saturates	0.3g	0.1g
Carbohydrate	27.4g	12.3g
of Which Sugars	4.8g	2.2g
Protein	8.9g	4.0g
Salt	0.02g	0.008g

# VENTNORS GREENHOUSE NUTRITIONAL 2018

## HOUSE SALADS

Rainbow Slaw		
Nutritional	Per 100g	Per Portion 45g
Energy	408KJ/97KCAL	184KJ/44KCAL
Fat	8.2g	3.7g
of Which Saturates	0.7g	0.3g
Carbohydrate	5.1g	2.3g
of Which Sugars	4.9g	2.2g
Protein	1.0g	0.4g
Salt	0.15g	0.06g

Beetroot		
Nutritional	Per 100g	Per Portion 20g
Energy	346KJ/83KCAL	69KJ/17KCAL
Fat	4.7g	0.9g
of Which Saturates	0.7g	0.1g
Carbohydrate	8.8g	1.8g
of Which Sugars	8.0g	1.6g
Protein	1.9g	0.4g
Salt	0.3g	0.07g

Carrots		
Nutritional	Per 100g	Per Portion 30g
Energy	173KJ/41KCAL	52KJ/12KCAL
Fat	0.2g	0.1g
of Which Saturates	0.0g	0.0g
Carbohydrate	9.6g	2.9g
of Which Sugars	4.7g	1.4g
Protein	0.9g	0.3g
Salt	0.2g	0.05g

Bean Sprouts		
Nutritional	Per 100g	Per Portion 25g
Energy	104KJ / 25KCAL	26KJ / 6KCAL
Fat	0.5g	0.1g
of Which Saturates	0.1g	0.0g
Carbohydrate	2.8g	0.7g
of Which Sugars	1.4g	0.4g
Protein	2.5g	0.6g
Salt	0.01g	0.0g

Roasted Sweet Potatoes		
Nutritional	Per 100g	Per Portion 65g
Energy	751KJ / 178KCAL	488KJ / 116KCAL
Fat	8.7g	5.6g
of Which Saturates	1.3g	0.9g
Carbohydrate	25.4g	16.5g
of Which Sugars	13.2g	8.6g
Protein	1.5g	0.9g
Salt	0.1g	0.08g

# VENTNORS GREENHOUSE NUTRITIONAL 2018

## HOUSE SALADS

Roast Peppers		
Nutritional	Per 100g	Per Portion 50g
Energy	381KJ/91KCAL	190KJ/46KCAL
Fat	0.3g	0.2g
of Which Saturates	0.1g	0.1g
Carbohydrate	18.9g	9.5g
of Which Sugars	18.9g	9.5g
Protein	2.1g	1.1g
Salt	0.6g	0.3g

Tomatoes		
Nutritional	Per 100g	Per Portion 50g
Energy	61KJ/14KCAL	31KJ/7KCAL
Fat	0.1g	0.1g
of Which Saturates	0.0g	0.0g
Carbohydrate	3.0g	1.5g
of Which Sugars	3.0g	1.5g
Protein	0.5g	0.3g
Salt	0.005g	0.003g

Sunblush Tomatoes		
Nutritional	Per 100g	Per Portion 15g
Energy	2041KJ/495KCAL	306KJ/74KCAL
Fat	51.3g	7.7g
of Which Saturates	6.7g	1.0g
Carbohydrate	5.4g	0.8g
of Which Sugars	2.9g	0.4g
Protein	3.3g	0.5g
Salt	2.5g	0.4g

Cucumber		
Nutritional	Per 100g	Per Portion 30g
Energy	60KJ/14KCAL	18KJ/4KCAL
Fat	0.6g	0.2g
of Which Saturates	0.0g	0.0g
Carbohydrate	1.2g	0.4g
of Which Sugars	1.2g	0.4g
Protein	1.0g	0.3g
Salt	0.01g	0.0g

Red Onion		
Nutritional	Per 100g	Per Portion 10g
Energy	150KJ/36KCAL	15KJ/4KCAL
Fat	0.2g	0.0g
of Which Saturates	0.0g	0.0g
Carbohydrate	7.9g	0.8g
of Which Sugars	5.6g	0.6g
Protein	1.2g	0.1g
Salt	0.008g	0.001g

Balsamic Onions		
Nutritional	Per 100g	Per Portion 40g
Energy	278KJ/66KCAL	111KJ/26KCAL
Fat	2.0g	0.8g
of Which Saturates	0.2g	0.1g
Carbohydrate	11.9g	4.8g
of Which Sugars	10.8g	4.3g
Protein	0.6g	0.3g
Salt	0.012g	0.005g

# VENTNORS GREENHOUSE NUTRITIONAL 2018

## HOUSE SALADS

Black Beans		
Nutritional	Per 100g	Per Portion 35g
Energy	430KJ / 103KCAL	151KJ / 36KCAL
Fat	0.6g	0.2g
of Which Saturates	0.0g	0.0g
Carbohydrate	13.4g	4.7g
of Which Sugars	0.0g	0.0g
Protein	7.0g	2.5g
Salt	0.04g	0.01g

Pomegranate		
Nutritional	Per 100g	Per Portion 10g
Energy	218KJ/51KCAL	22KJ/5KCAL
Fat	0.2g	0.0g
of Which Saturates	0.0g	0.0g
Carbohydrate	11.8g	1.2g
of Which Sugars	11.8g	1.2g
Protein	1.3g	0.1g
Salt	0.0g	0.0g

Scallions		
Nutritional	Per 100g	Per Portion 5g
Energy	135KJ/32KCAL	7KJ/2KCAL
Fat	0.2g	0.0g
of Which Saturates	0.0g	0.0g
Carbohydrate	7.3g	0.4g
of Which Sugars	2.3g	0.1g
Protein	1.8g	0.1g
Salt	0.04g	0.002g

Celery		
Nutritional	Per 100g	Per Portion 15g
Energy	30KJ/7KCAL	5KJ/1KCAL
Fat	0.2g	0.0g
of Which Saturates	0.0g	0.0g
Carbohydrate	0.9g	0.1g
of Which Sugars	0.9g	0.1g
Protein	0.5g	0.1g
Salt	0.15g	0.02g

Sweet Peppadew Peppers		
Nutritional	Per 100g	Per Portion 12g
Energy	381KJ/91KCAL	46KJ/11KCAL
Fat	0.3g	0.0g
of Which Saturates	0.1g	0.0g
Carbohydrate	18.9g	2.3g
of Which Sugars	18.9g	2.3g
Protein	2.1g	0.3g
Salt	0.6g	0.07g

Roast Cauliflower		
Nutritional	Per 100g	Per Portion 70g
Energy	345KJ/83KCAL	242KJ/58KCAL
Fat	7.1g	5.0g
of Which Saturates	1.1g	0.8g
Carbohydrate	3.3g	2.3g
of Which Sugars	2.3g	1.6g
Protein	1.8g	1.2g
Salt	0.017g	0.012g

# VENTNORS GREENHOUSE NUTRITIONAL 2018

## HOUSE SALADS

Mango		
Nutritional	Per 100g	Per Portion 14g
Energy	245KJ/57KCAL	34KJ/8KCAL
Fat	0.2g	0.0g
of Which Saturates	0.1g	0.0g
Carbohydrate	14.1g	2.0g
of Which Sugars	13.8g	1.9g
Protein	0.7g	0.1g
Salt	0.0g	0.0g

Irish Cheddar		
Nutritional	Per 100g	Per Portion 30g
Energy	1679KJ/405KCAL	504KJ/122KCAL
Fat	33.8g	10.1g
of Which Saturates	21.3g	6.4g
Carbohydrate	0.1g	0.0g
of Which Sugars	0.1g	0.0g
Protein	25.1g	7.5g
Salt	1.8g	0.5g

Cashel Blue Cheese		
Nutritional	Per 100g	Per Portion 10g
Energy	1716KJ / 410KCAL	172KJ / 41KCAL
Fat	35.0g	3.5g
of Which Saturates	23.0g	2.3g
Carbohydrate	0.1g	0.0g
of Which Sugars	0.1g	0.0g
Protein	23.7g	2.4g
Salt	1.9g	0.2g

Mozzarella		
Nutritional	Per 100g	Per Portion 55g
Energy	1067KJ/257KCAL	587KJ/141KCAL
Fat	20.3g	11.2g
of Which Saturates	13.8g	7.6g
Carbohydrate	0.0g	0.0g
of Which Sugars	0.0g	0.0g
Protein	18.6g	10.2g
Salt	1.0g	0.6g

Stuffing		
Nutritional	Per 100g	Per Portion 20g
Energy	991KJ / 237KCAL	198KJ / 47KCAL
Fat	6.7g	1.3g
of Which Saturates	1.7g	0.3g
Carbohydrate	37.1g	7.4g
of Which Sugars	1.7g	0.3g
Protein	6.4g	1.3g
Salt	1.0g	0.2g

Emmental		
Nutritional	Per 100g	Per Portion 40g
Energy	1587KJ/382KCAL	635KJ/153KCAL
Fat	29.7g	11.9g
of Which Saturates	18.6g	7.4g
Carbohydrate	0.0g	0.0g
of Which Sugars	0.0g	0.0g
Protein	28.7g	11.5g
Salt	1.1g	0.5g

# VENTNORS GREENHOUSE NUTRITIONAL 2018

## HOUSE SALADS

Feta Cheese		
Nutritional	Per 100g	Per Portion 45g
Energy	1037KJ/250KCAL	467KJ/113KCAL
Fat	20.2g	9.1g
of Which Saturates	13.7g	6.2g
Carbohydrate	1.5g	0.7g
of Which Sugars	1.5g	0.7g
Protein	15.6g	7.0g
Salt	3.7g	1.7g

## DRESSINGS

Caesar		
Nutritional	Per 100g	Per Portion 15g
Energy	2188KJ / 526KCAL	328KJ / 79KCAL
Fat	56.1g	8.4g
of Which Saturates	7.4g	1.1g
Carbohydrate	2.5g	0.4g
of Which Sugars	1.3g	0.2g
Protein	3.8g	0.6g
Salt	3.7g	0.6g

Pesto		
Nutritional	Per 100g	Per Portion 15g
Energy	2234KJ / 541KCAL	335KJ / 81KCAL
Fat	50.9g	7.6g
of Which Saturates	8.0g	1.2g
Carbohydrate	13.3g	2.0g
of Which Sugars	0.9g	0.1g
Protein	8.6g	1.3g
Salt	1.7g	0.3g

Peri Peri		
Nutritional	Per 100g	Per Portion 15g
Energy	1308KJ / 317KCAL	196KJ / 48KCAL
Fat	32.0g	4.8g
of Which Saturates	4.6g	0.7g
Carbohydrate	6.8g	1.0g
of Which Sugars	4.5g	0.7g
Protein	1.7g	0.3g
Salt	2.1g	0.3g

BBQ		
Nutritional	Per 100g	Per Portion 15g
Energy	501KJ / 119KCAL	75KJ / 18KCAL
Fat	3.4g	0.5g
of Which Saturates	0.5g	0.1g
Carbohydrate	22.4g	3.4g
of Which Sugars	16.3g	2.4g
Protein	3.5g	0.5g
Salt	2.3g	0.36g

# VENTNORS GREENHOUSE NUTRITIONAL 2018

## DRESSINGS

Honey Sesame Dressing		
Nutritional	Per 100g	Per Portion 15g
Energy	2971KJ / 712KCAL	446KJ / 107KCAL
Fat	76.2g	11.4g
of Which Saturates	10.4g	1.6g
Carbohydrate	8.9g	1.3g
of Which Sugars	8.8g	1.3g
Protein	0.8g	0.1g
Salt	1.9g	0.3g

Honey Mustard		
Nutritional	Per 100g	Per Portion 15g
Energy	2231KJ / 539KCAL	335KJ / 81KCAL
Fat	52.3g	7.8g
of Which Saturates	5.7g	0.9g
Carbohydrate	12.8g	1.9g
of Which Sugars	8.6g	1.3g
Protein	5.1g	0.8g
Salt	4.2g	0.6g

Asian Dressing		
Nutritional	Per 100g	Per Portion 15g
Energy	2334KJ / 560KCAL	350KJ / 84KCAL
Fat	61.3g	9.2g
of Which Saturates	8.2g	1.2g
Carbohydrate	3.3g	0.5g
of Which Sugars	1.9g	0.3g
Protein	0.5g	0.1g
Salt	1.7g	0.3g

Salsa		
Nutritional	Per 100g	Per Portion 15g
Energy	250KJ / 59KCAL	38KJ / 9KCAL
Fat	0.5g	0.1g
of Which Saturates	0.1g	0.0g
Carbohydrate	11.8g	1.8g
of Which Sugars	10.7g	1.6g
Protein	1.9g	0.3g
Salt	1.4g	0.2g

Green Goddess		
Nutritional	Per 100g	Per Portion 15g
Energy	2118KJ / 510KCAL	318KJ / 77KCAL
Fat	53.3g	8.0g
of Which Saturates	6.9g	1.0g
Carbohydrate	3.6g	0.5g
of Which Sugars	0.2g	0.0g
Protein	4.5g	0.7g
Salt	1.9g	0.3g

Chilli Relish		
Nutritional	Per 100g	Per Portion 15g
Energy	417KJ/100KCAL	63KJ / 15KCAL
Fat	0.4g	0.1g
of Which Saturates	0.1g	0.0g
Carbohydrate	22.2g	3.3g
of Which Sugars	20.2g	3.0g
Protein	1.1g	0.2g
Salt	0.89g	0.13g

# VENTNORS GREENHOUSE NUTRITIONAL 2018

## DRESSINGS

1000 Island		
Nutritional	Per 100g	Per Portion 15g
Energy	2464KJ / 591KCAL	370KJ / 89KCAL
Fat	63.8g	9.6g
of Which Saturates	9.0g	1.3g
Carbohydrate	2.1g	0.3g
of Which Sugars	1.0g	0.2g
Protein	3.2g	0.5g
Salt	2.5g	0.4g

Lemon Vinaigrette		
Nutritional	Per 100g	Per Portion 15g
Energy	2448KJ / 585KCAL	367KJ / 88KCAL
Fat	66.0g	9.9g
of Which Saturates	9.2g	1.4g
Carbohydrate	0.4g	0.1g
of Which Sugars	0.4g	0.1g
Protein	0.1g	0.0g
Salt	0.0g	0.0g

Balsamic Dressing		
Nutritional	Per 100g	Per Portion 15g
Energy	2717KJ / 651KCAL	408KJ / 98KCAL
Fat	71.8g	10.8g
of Which Saturates	9.7g	1.5g
Carbohydrate	1.9g	0.3g
of Which Sugars	1.4g	0.2g
Protein	1.0g	0.2g
Salt	1.7g	0.3g

Tahini Dressing		
Nutritional	Per 100g	Per Portion 15g
Energy	1433KJ/344KCAL	215KJ/52KCAL
Fat	36.5g	5.5g
of Which Saturates	5.2g	0.8g
Carbohydrate	1.8g	0.3g
of Which Sugars	0.3g	0.0g
Protein	4.1g	0.6g
Salt	5.0g	0.7g

Russian Dressing		
Nutritional	Per 100g	Per Portion 15g
Energy	1578KJ / 377KCAL	237KJ / 57KCAL
Fat	42.9g	6.4g
of Which Saturates	3.0g	0.5g
Carbohydrate	7.6g	1.1g
of Which Sugars	6.9g	1.0g
Protein	0.7g	0.1g
Salt	1.4g	0.2g

Greek Dressing		
Nutritional	Per 100g	Per Portion 15g
Energy	2118KJ/510KCAL	318KJ/77KCAL
Fat	53.3g	8.0g
of Which Saturates	6.9g	1.0g
Carbohydrate	3.6g	0.5g
of Which Sugars	0.2g	0.0g
Protein	4.5g	0.7g
Salt	1.8g	0.28g

# VENTNORS GREENHOUSE NUTRITIONAL 2018

## GARNISH

Sesame Seeds		
Nutritional	Per 100g	Per Portion 0.5g
Energy	2470KJ/598KCAL	12KJ/3KCAL
Fat	58.0g	0.3g
of Which Saturates	10.5g	0.1g
Carbohydrate	0.9g	0.0g
of Which Sugars	0.4g	0.0g
Protein	18.2g	0.1g
Salt	0.05g	0.0g

Pumpkin Seeds		
Nutritional	Per 100g	Per Portion 0.5g
Energy	2360KJ/569KCAL	12KJ/3KCAL
Fat	45.6g	0.2g
of Which Saturates	7.0g	0.0g
Carbohydrate	15.2g	0.1g
of Which Sugars	1.1g	0.0g
Protein	24.4g	0.1g
Salt	0.05g	0.0g

Poppy Seeds		
Nutritional	Per 100g	Per Portion 0.5g
Energy	0KJ/0KCAL	0KJ/0KCAL
Fat	47.1g	0.2g
of Which Saturates	6.8g	0.0g
Carbohydrate	0.0g	0.0g
of Which Sugars	0.0g	0.0g
Protein	20.6g	0.1g
Salt	0.05g	0.0g

Mixed Seeds		
Nutritional	Per 100g	Per Portion 0.5g
Energy	1642KJ / 397KCAL	8KJ / 2KCAL
Fat	50.3g	0.3g
of Which Saturates	8.1g	0.0g
Carbohydrate	5.5g	0.0g
of Which Sugars	0.5g	0.0g
Protein	21.1g	0.1g
Salt	0.05g	0.0g

Croutons		
Nutritional	Per 100g	Per Portion 15g
Energy	1244KJ / 295KCAL	187KJ / 44KCAL
Fat	12.6g	1.9g
of Which Saturates	2.0g	0.3g
Carbohydrate	39.9g	6.0g
of Which Sugars	2.4g	0.4g
Protein	8.1g	1.2g
Salt	1.1g	0.2g

Crumbled Tortilla Chips		
Nutritional	Per 100g	Per Portion 15g
Energy	2088KJ / 499KCAL	313KJ / 75KCAL
Fat	23.5g	3.5g
of Which Saturates	2.0g	0.3g
Carbohydrate	64.9g	9.7g
of Which Sugars	1.0g	0.2g
Protein	5.5g	0.8g
Salt	0.8g	0.12g

# VENTNORS GREENHOUSE NUTRITIONAL 2018

## GARNISH

Peanuts		
Nutritional	Per 100g	Per Portion 8g
Energy	2444KJ/590KCAL	196KJ/47KCAL
Fat	49.8g	4.0g
of Which Saturates	8.9g	0.7g
Carbohydrate	10.3g	0.8g
of Which Sugars	3.8g	0.3g
Protein	25.7g	2.1g
Salt	2.0g	0.2g

Parmesan		
Nutritional	Per 100g	Per Portion 5g
Energy	1641KJ/392KCAL	82KJ/20KCAL
Fat	25.8g	1.3g
of Which Saturates	16.4g	0.8g
Carbohydrate	3.2g	0.2g
of Which Sugars	0.8g	0.0g
Protein	35.8g	1.8g
Salt	4.1g	0.2g

## BREADS

Baguette	
Nutritional	Per 100g
Energy	1116KJ/262KCAL
Fat	2.2g
of Which Saturates	0.5g
Carbohydrate	54.9g
of Which Sugars	2.7g
Protein	9.2g
Salt	1.0g

Bagel	
Nutritional	Per 100g
Energy	1161KJ/273KCAL
Fat	1.8g
of Which Saturates	0g
Carbohydrate	57.8g
of Which Sugars	4.8g
Protein	10.0g
Salt	1.0g

## VENTNORS GREENHOUSE NUTRITIONAL 2018

### SANDWICHES ON WHITE BREAD WITH MAYO AS STATED ON BOARD - SALAD TOPPING SEPARATE

Salt & Pepper Chicken		
Nutritional	Per 100g	Per Portion 218g
Energy	979KJ/232KCAL	2135KJ/505KCAL
Fat	9.0g	19.6g
of Which Saturates	1.2g	2.6g
Carbohydrate	21.0g	45.7g
of Which Sugars	1.5g	3.2g
Protein	18.1g	39.5g
Salt	0.7g	1.5g

Bang Bang Chicken		
Nutritional	Per 100g	Per Portion 308g
Energy	1053KJ/250KCAL	3244KJ/769KCAL
Fat	11.7g	36.0g
of Which Saturates	1.7g	5.2g
Carbohydrate	16.9g	52.1g
of Which Sugars	2.3g	7.1g
Protein	20.0g	61.6g
Salt	0.8g	2.4g

Mango Chicken		
Nutritional	Per 100g	Per Portion 308g
Energy	902KJ/213KCAL	2779KJ/657KCAL
Fat	7.2g	22.1g
of Which Saturates	0.8g	2.3g
Carbohydrate	16.2g	49.9g
of Which Sugars	2.0g	6.3g
Protein	22.1g	68.2g
Salt	0.6g	1.8g

Cajun Chicken		
Nutritional	Per 100g	Per Portion 218g
Energy	990KJ/234KCAL	2157KJ/511KCAL
Fat	9.1g	19.8g
of Which Saturates	1.2g	2.6g
Carbohydrate	21.6g	47.1g
of Which Sugars	1.6g	3.5g
Protein	17.6g	38.3g
Salt	1.3g	3.0g

Honey N Lime Chicken		
Nutritional	Per 100g	Per Portion 218g
Energy	1021KJ/241KCAL	2225KJ/526KCAL
Fat	8.3g	18.1g
of Which Saturates	1.0g	2.1g
Carbohydrate	29.3g	64.0g
of Which Sugars	9.8g	21.5g
Protein	14.2g	31.0g
Salt	0.6g	1.2g

BBQ Chicken & Slaw		
Nutritional	Per 100g	Per Portion 243g
Energy	924KJ/219KCAL	2246KJ/532KCAL
Fat	8.5g	20.7g
of Which Saturates	1.0g	2.6g
Carbohydrate	21.0g	51.1g
of Which Sugars	3.3g	8.0g
Protein	15.2g	36.9g
Salt	0.7g	1.7g

## VENTNORS GREENHOUSE NUTRITIONAL 2018

### SANDWICHES ON WHITE BREAD WITH MAYO AS STATED ON BOARD - SALAD TOPPING SEPARATE

Chicken & Bacon Club		
Nutritional	Per 100g	Per Portion 278g
Energy	1026KJ/244KCAL	2852KJ/677KCAL
Fat	11.7g	32.6g
of Which Saturates	2.7g	7.4g
Carbohydrate	16.4g	45.7g
of Which Sugars	1.2g	3.2g
Protein	19.2g	53.4g
Salt	1.3g	3.6g

Mexican Chicken Aocado & Salsa		
Nutritional	Per 100g	Per Portion 248g
Energy	913KJ/216KCAL	2263KJ/536KCAL
Fat	9.3g	23.0g
of Which Saturates	1.2g	3.1g
Carbohydrate	19.9g	49.2g
of Which Sugars	2.2g	5.5g
Protein	14.6g	36.1g
Salt	0.7g	1.8g

# VENTNORS GREENHOUSE NUTRITIONAL 2018

## SANDWICHES ON WHITE BREAD WITH BUTTER AS STATED ON BOARD - SALAD TOPPING SEPARATE

Salt & Pepper Chicken		
Nutritional	Per 100g	Per Portion 218g
Energy	905KJ/214KCAL	1972KJ/466KCAL
Fat	7.2g	15.8g
of Which Saturates	1.7g	3.7g
Carbohydrate	20.8g	45.4g
of Which Sugars	1.3g	2.9g
Protein	18.0g	39.3g
Salt	0.7g	1.54g

Bang Bang Chicken		
Nutritional	Per 100g	Per Portion 308g
Energy	1000KJ/237KCAL	3081KJ/730KCAL
Fat	10.4g	32.2g
of Which Saturates	2.1g	6.4g
Carbohydrate	16.8g	51.7g
of Which Sugars	2.2g	6.8g
Protein	20.0g	61.5g
Salt	0.8g	2.5g

Mango Chicken		
Nutritional	Per 100g	Per Portion 308g
Energy	849KJ/201KCAL	2616KJ/618KCAL
Fat	5.9g	18.2g
of Which Saturates	1.1g	3.5g
Carbohydrate	16.1g	49.6g
of Which Sugars	1.9g	6.0g
Protein	22.1g	68.0g
Salt	0.6g	1.8g

Cajun Chicken		
Nutritional	Per 100g	Per Portion 218g
Energy	915KJ/216KCAL	1994KJ/472KCAL
Fat	7.3g	15.9g
of Which Saturates	1.7g	3.7g
Carbohydrate	21.5g	46.8g
of Which Sugars	1.5g	3.2g
Protein	17.5g	38.2g
Salt	1.3g	2.9g

Honey N Lime Chicken		
Nutritional	Per 100g	Per Portion 218g
Energy	946KJ/223KCAL	2062KJ/487KCAL
Fat	6.5g	14.2g
of Which Saturates	1.5g	3.3g
Carbohydrate	29.2g	63.6g
of Which Sugars	9.7g	21.1g
Protein	14.2g	30.9g
Salt	0.6g	1.3g

BBQ Chicken & Slaw		
Nutritional	Per 100g	Per Portion 243g
Energy	857KJ/203KCAL	2083KJ/493KCAL
Fat	6.9g	16.9g
of Which Saturates	1.5g	3.7g
Carbohydrate	20.9g	50.8g
of Which Sugars	3.2g	7.7g
Protein	15.1g	36.7g
Salt	0.7g	1.7g

## VENTNORS GREENHOUSE NUTRITIONAL 2018

### SANDWICHES ON WHITE BREAD WITH BUTTER AS STATED ON BOARD - SALAD TOPPING SEPARATE

Chicken & Bacon Club		
Nutritional	Per 100g	Per Portion 278g
Energy	967KJ/230KCAL	2688KJ/638KCAL
Fat	10.3g	28.7g
of Which Saturates	3.1g	8.6g
Carbohydrate	16.3g	45.4g
of Which Sugars	1.0g	2.9g
Protein	15.3g	53.3g
Salt	1.3g	3.6g

Mexican Chicken Aocado & Salsa		
Nutritional	Per 100g	Per Portion 248g
Energy	847KJ/201KCAL	2100KJ/497KCAL
Fat	7.7g	19.1g
of Which Saturates	1.7g	4.2g
Carbohydrate	19.7g	48.9g
of Which Sugars	2.1g	5.1g
Protein	14.5g	36.0g
Salt	0.7g	1.88g

## VENTNORS GREENHOUSE NUTRITIONAL 2018

### SANDWICHES ON BROWN BREAD WITH MAYO AS STATED ON BOARD - SALAD TOPPING SEPARATE

Salt & Pepper Chicken		
Nutritional	Per 100g	Per Portion 232g
Energy	925KJ/219KCAL	2145KJ/507KCAL
Fat	8.5g	19.8g
of Which Saturates	1.3g	3.0g
Carbohydrate	19.6g	45.5g
of Which Sugars	1.7g	4.0g
Protein	17.2g	39.8g
Salt	0.7g	1.64g

Bang Bang Chicken		
Nutritional	Per 100g	Per Portion 322g
Energy	1011KJ / 240KCAL	3254KJ/771KCAL
Fat	11.2g	36.2g
of Which Saturates	1.8g	5.6g
Carbohydrate	16.1g	51.8g
of Which Sugars	2.5g	8.0g
Protein	19.2g	62.0g
Salt	0.8g	2.5g

Mango Chicken		
Nutritional	Per 100g	Per Portion 322g
Energy	866KJ/205KCAL	2789KJ/659KCAL
Fat	6.9g	22.3g
of Which Saturates	0.9g	2.8g
Carbohydrate	15.4g	49.7g
of Which Sugars	2.2g	7.1g
Protein	21.3g	68.5g
Salt	0.61g	1.9g

Cajun Chicken		
Nutritional	Per 100g	Per Portion 232g
Energy	934KJ/221KCAL	2168KJ/513KCAL
Fat	8.6g	20.0g
of Which Saturates	1.3g	3.0g
Carbohydrate	20.2g	46.9g
of Which Sugars	1.9g	4.4g
Protein	16.7g	38.7g
Salt	1.3g	3.0g

Honey N Lime Chicken		
Nutritional	Per 100g	Per Portion 232g
Energy	964KJ/228KCAL	2236KJ/528KCAL
Fat	7.9g	18.2g
of Which Saturates	1.1g	2.6g
Carbohydrate	27.5g	63.7g
of Which Sugars	9.6g	22.3g
Protein	13.5g	31.4g
Salt	0.6g	1.4g

BBQ Chicken & Slaw		
Nutritional	Per 100g	Per Portion 257g
Energy	878KJ/208KCAL	2257KJ/534KCAL
Fat	8.1g	20.9g
of Which Saturates	1.2g	3.0g
Carbohydrate	19.8g	50.9g
of Which Sugars	3.5	8.9g
Protein	14.5g	37.2g
Salt	0.7g	1.8g

## VENTNORS GREENHOUSE NUTRITIONAL 2018

<b>SANDWICHES ON BROWN BREAD WITH MAYO AS STATED ON BOARD - SALAD TOPPING SEPARATE</b>					
Chicken & Bacon Club			Mexican Chicken Avocado & Salsa		
Nutritional	Per 100g	Per Portion 292g	Nutritional	Per 100g	Per Portion 262g
Energy	980KJ/233KCAL	2862KJ/679KCAL	Energy	868KJ/205KCAL	2274KJ/538KCAL
Fat	11.2g	32.8g	Fat	8.8g	23.2g
of Which Saturates	2.7g	7.9g	of Which Saturates	1.3g	3.5g
Carbohydrate	15.6g	45.5g	Carbohydrate	18.7g	49.0g
of Which Sugars	1.4g	4.0g	of Which Sugars	2.4g	6.3g
Protein	18.4g	53.8g	Protein	13.9g	36.5g
Salt	1.2g	3.7g	Salt	0.75g	1.98g

## VENTNORS GREENHOUSE NUTRITIONAL 2018

### SANDWICHES ON BROWN BREAD WITH BUTTER AS STATED ON BOARD - SALAD TOPPING SEPARATE

Salt & Pepper Chicken		
Nutritional	Per 100g	Per Portion 232g
Energy	854KJ/202KCAL	1982KJ/468KCAL
Fat	6.9g	16.0g
of Which Saturates	1.8g	4.2g
Carbohydrate	19.5g	45.1g
of Which Sugars	1.6g	3.7g
Protein	17.1g	39.7g
Salt	0.72g	1.6g

Bang Bang Chicken		
Nutritional	Per 100g	Per Portion 322g
Energy	960KJ/ 228KCAL	3091 KJ/732KCAL
Fat	10.0g	32.3g
of Which Saturates	2.1g	6.8g
Carbohydrate	16.0g	51.5g
of Which Sugars	2.4g	7.6g
Protein	19.2g	61.8g
Salt	0.8g	2.6g

Mango Chicken		
Nutritional	Per 100g	Per Portion 322g
Energy	815KJ/193KCAL	2626KJ/620KCAL
Fat	5.7g	18.4g
of Which Saturates	1.2g	4.0g
Carbohydrate	15.3g	49.3g
of Which Sugars	2.1g	6.8g
Protein	21.2g	68.4g
Salt	0.62g	2.0g

Cajun Chicken		
Nutritional	Per 100g	Per Portion 232g
Energy	864KJ/204KCAL	2004KJ/474KCAL
Fat	7.0g	16.1g
of Which Saturates	1.8g	4.2g
Carbohydrate	20.1g	46.6g
of Which Sugars	1.7g	4.0g
Protein	16.6g	38.6g
Salt	1.3g	3.1g

Honey N Lime Chicken		
Nutritional	Per 100g	Per Portion 232g
Energy	894KJ/211KCAL	2073KJ/489KCAL
Fat	6.2g	14.4g
of Which Saturates	1.6g	3.8g
Carbohydrate	27.3g	63.4g
of Which Sugars	9.5g	22.0g
Protein	13.5g	31.2g
Salt	0.6g	1.4g

BBQ Chicken & Slaw		
Nutritional	Per 100g	Per Portion 257g
Energy	815KJ/193KCAL	2094KJ/495KCAL
Fat	6.6g	17.1g
of Which Saturates	1.6g	4.2g
Carbohydrate	19.7g	50.5g
of Which Sugars	3.3g	8.5g
Protein	14.4g	37.1g
Salt	0.74g	1.9g

## VENTNORS GREENHOUSE NUTRITIONAL 2018

<b>SANDWICHES ON BROWN BREAD WITH BUTTER AS STATED ON BOARD - SALAD TOPPING SEPARATE</b>					
Chicken & Bacon Club			Mexican Chicken Avocado & Salsa		
Nutritional	Per 100g	Per Portion 292g	Nutritional	Per 100g	Per Portion 262g
Energy	924KJ/219KCAL	2698KJ/640KCAL	Energy	806KJ/191KCAL	2110KJ/499KCAL
Fat	9.9g	28.9g	Fat	7.4g	19.3g
of Which Saturates	3.1g	9.1g	of Which Saturates	1.8g	4.7g
Carbohydrate	15.5g	45.1g	Carbohydrate	18.6g	48.7g
of Which Sugars	1.3g	3.7g	of Which Sugars	2.3g	6.0g
Protein	18.4g	53.6g	Protein	13.9g	36.3g
Salt	1.3g	3.8g	Salt	0.77g	2.0g

# VENTNORS GREENHOUSE NUTRITIONAL 2018

## WHITE BREAD MEATS WITH MAYO AS STATED ON BOARD - SALAD TOPPING SEPARATE

Turkey Stuffing & Cranberry		
Nutritional	Per 100g	Per Portion 188g
Energy	1008KJ / 238KCAL	1894KJ / 448KCAL
Fat	8.6g	16.2g
of Which Saturates	0.8g	1.6g
Carbohydrate	28.5g	53.6g
of Which Sugars	2.1g	4.0g
Protein	13.2g	24.8g
Salt	0.7g	1.39g

BLT		
Nutritional	Per 100g	Per Portion 233g
Energy	922KJ/219KCAL	2147KJ / 510KCAL
Fat	11.6g	26.9g
of Which Saturates	2.5g	5.8g
Carbohydrate	20.3g	47.2g
of Which Sugars	2.0g	4.7g
Protein	9.8g	22.7g
Salt	1.4g	3.2g

Bacon N Egg		
Nutritional	Per 100g	Per Portion 268g
Energy	1140KJ/271KCAL	2372KJ/564KCAL
Fat	17.5g	36.4g
of Which Saturates	2.0g	4.1g
Carbohydrate	22.3g	46.4g
of Which Sugars	1.8g	3.8g
Protein	9.3g	19.3g
Salt	0.7g	1.6g

Ham, Turkey & Swiss Cheese		
Nutritional	Per 100g	Per Portion 220g
Energy	979KJ / 232KCAL	2154KJ / 511KCAL
Fat	10.2g	22.5g
of Which Saturates	2.7g	5.8g
Carbohydrate	21.2g	46.7g
of Which Sugars	1.7g	3.8g
Protein	15.2g	33.3g
Salt	1.3g	2.8g

NY Deli		
Nutritional	Per 100g	Per Portion 225g
Energy	1107KJ/263KCAL	2491KJ/592KCAL
Fat	13.5g	30.3g
of Which Saturates	3.1g	6.9g
Carbohydrate	21.4g	48.2g
of Which Sugars	2.2g	4.8g
Protein	15.4g	34.7g
Salt	1.3g	2.7g

Reuben		
Nutritional	Per 100g	Per Portion 5g
Energy	1171KJ / 278KCAL	2108KJ/501KCAL
Fat	15.5g	28.0g
of Which Saturates	3.4g	6.2g
Carbohydrate	26.4g	47.6g
of Which Sugars	2.4g	4.2g
Protein	10.5g	18.9g
Salt	1.3g	2.3g

# VENTNORS GREENHOUSE NUTRITIONAL 2018

## WHITE BREAD MEATS WITH BUTTER AS STATED ON BOARD - SALAD TOPPING SEPARATE

Turkey Stuffing & Cranberry		
Nutritional	Per 100g	Per Portion 188g
Energy	921KJ / 218KCAL	1731KJ / 409KCAL
Fat	6.5g	12.3g
of Which Saturates	1.5g	2.7g
Carbohydrate	28.3g	53.3g
of Which Sugars	2.0g	3.7g
Protein	13.1g	24.7g
Salt	0.76g	1.4g

BLT		
Nutritional	Per 100g	Per Portion 233g
Energy	852KJ / 202KCAL	1984KJ / 471KCAL
Fat	9.9g	23.1g
of Which Saturates	3.0g	7.0g
Carbohydrate	20.1g	46.9g
of Which Sugars	1.9g	4.4g
Protein	9.7g	22.6g
Salt	1.4g	3.3g

Bacon N Egg		
Nutritional	Per 100g	Per Portion 268g
Energy	1092KJ/260KCAL	2925KJ/697KCAL
Fat	17.0g	45.5g
of Which Saturates	3.8g	10.1g
Carbohydrate	17.2g	46.1g
of Which Sugars	1.3g	3.5g
Protein	12.3g	33.1g
Salt	1.4g	3.7g

Ham, Turkey & Swiss Cheese		
Nutritional	Per 100g	Per Portion 220g
Energy	905KJ / 215KCAL	1991KJ / 472KCAL
Fat	8.5g	18.6g
of Which Saturates	3.2g	7.0g
Carbohydrate	21.1g	46.4g
of Which Sugars	1.6g	3.5g
Protein	15.1g	33.2g
Salt	1.3g	2.89g

NY Deli		
Nutritional	Per 100g	Per Portion 225g
Energy	1035KJ / 246KCAL	2328KJ/553KCAL
Fat	11.7g	26.4g
of Which Saturates	3.6g	8.1g
Carbohydrate	21.3g	47.9g
of Which Sugars	2.0g	4.5g
Protein	15.4g	34.6g
Salt	1.3g	2.8g

Reuben		
Nutritional	Per 100g	Per Portion 180g
Energy	1080KJ / 257KCAL	1945KJ / 462KCAL
Fat	13.4g	24.1g
of Which Saturates	4.1g	7.3g
Carbohydrate	26.2g	47.2g
of Which Sugars	2.2g	3.9g
Protein	10.4g	18.8g
Salt	1.3g	2.3g

# VENTNORS GREENHOUSE NUTRITIONAL 2018

## BROWN BREAD MEAT SANDWICHES WITH MAYO AS STATED ON BOARD - SALAD TOPPING SEPARATE

Turkey Stuffing & Cranberry		
Nutritional	Per 100g	Per Portion 188g
Energy	943KJ /223KCAL	1904KJ / 450KCAL
Fat	8.1g	16.4g
of Which Saturates	1.0g	2.0g
Carbohydrate	26.4g	53.4g
of Which Sugars	2.4g	4.9g
Protein	12.5g	25.2g
Salt	0.76g	1.5g

BLT		
Nutritional	Per 100g	Per Portion 247g
Energy	873KJ /207KCAL	2157KJ /512KCAL
Fat	11.0g	27.1g
of Which Saturates	2.5g	6.3g
Carbohydrate	19.0g	47.0g
of Which Sugars	2.3g	5.6g
Protein	9.3g	23.1g
Salt	1.4g	3.4g

Bacon N Egg		
Nutritional	Per 100g	Per Portion 282g
Energy	1099KJ/262KCAL	3098KJ/738KCAL
Fat	17.6g	49.5g
of Which Saturates	3.3g	9.4g
Carbohydrate	16.4g	46.2g
of Which Sugars	1.7g	4.7g
Protein	11.9g	33.6g
Salt	1.3g	3.8g

Ham, Turkey & Swiss Cheese		
Nutritional	Per 100g	Per Portion 234g
Energy	925KJ / 219KCAL	2164KJ / 513KCAL
Fat	9.7g	22.7g
of Which Saturates	2.7g	6.3g
Carbohydrate	19.9g	46.5g
of Which Sugars	2.0g	4.7g
Protein	14.4g	33.7g
Salt	1.28g	2.3g

NY Deli		
Nutritional	Per 100g	Per Portion 239g
Energy	1047KJ / 249KCAL	2502KJ / 594KCAL
Fat	12.8g	30.5g
of Which Saturates	3.1g	7.3g
Carbohydrate	20.1g	48.0g
of Which Sugars	2.4g	5.7g
Protein	14.7g	35.1g
Salt	1.2g	2.9g

Reuben		
Nutritional	Per 100g	Per Portion 194g
Energy	1092KJ/259KCAL	2118KJ/503KCAL
Fat	14.5g	28.1g
of Which Saturates	3.4g	6.6g
Carbohydrate	24.4g	47.3g
of Which Sugars	2.6g	5.1g
Protein	9.9g	19.3g
Salt	1.2g	2.4g

# VENTNORS GREENHOUSE NUTRITIONAL 2018

## BROWN BREAD MEAT SANDWICHES AS WITH BUTTER AS STATED ON BOARD - SALAD TOPPING SEPARATE

Turkey Stuffing & Cranberry		
Nutritional	Per 100g	Per Portion 188g
Energy	943KJ / 223KCAL	1904KJ / 450KCAL
Fat	8.1g	16.4g
of Which Saturates	1.0g	2.0g
Carbohydrate	26.4g	53.4g
of Which Sugars	2.4g	4.9g
Protein	12.5g	25.2g
Salt	0.76g	1.53g

BLT		
Nutritional	Per 100g	Per Portion 247g
Energy	807KJ / 192KCAL	1994KJ / 473KCAL
Fat	9.4g	23.3g
of Which Saturates	3.0g	7.4g
Carbohydrate	18.9g	46.7g
of Which Sugars	2.1g	5.3g
Protein	9.3g	22.9g
Salt	1.4g	3.4g

Bacon N Egg		
Nutritional	Per 100g	Per Portion 282g
Energy	1041KJ/248KCAL	2953KJ/699KCAL
Fat	16.2g	45.7g
of Which Saturates	3.7g	10.6g
Carbohydrate	16.3g	45.9g
of Which Sugars	1.5g	4.3g
Protein	11.9g	33.4g
Salt	1.38g	3.9g

Ham, Turkey & Swiss Cheese		
Nutritional	Per 100g	Per Portion 220g
Energy	853KJ / 202KCAL	1877KJ / 445KCAL
Fat	8.4g	18.5g
of Which Saturates	3.4g	7.4g
Carbohydrate	18.3g	40.2g
of Which Sugars	1.8g	3.9g
Protein	14.8g	32.5g
Salt	1.3g	2.89g

NY Deli		
Nutritional	Per 100g	Per Portion 239g
Energy	978KJ / 232KCAL	2338KJ / 555KCAL
Fat	11.1g	26.6g
of Which Saturates	3.6g	8.5g
Carbohydrate	19.9g	47.7g
of Which Sugars	2.2g	5.4g
Protein	14.6g	34.9g
Salt	1.2g	2.9g

Reuben		
Nutritional	Per 100g	Per Portion 194g
Energy	1008KJ / 239KCAL	1955KJ/464KCAL
Fat	12.5g	24.3g
of Which Saturates	4.0g	7.8g
Carbohydrate	24.2g	47.0g
of Which Sugars	2.4g	4.8g
Protein	9.9g	19.2g
Salt	1.2g	2.4g

## VENTNORS GREENHOUSE NUTRITIONAL 2018

SANDWICHES ON WHITE BREAD WITH BUTTER AS STATED ON BOARD - SALAD TOPPING SEPARATE					
Prawn Apple & 1000 Island Dressing			Greenhouse Tuna		
Nutritional	Per 100g	Per Portion 248g	Nutritional	Per 100g	Per Portion 223g
Energy	780KJ/185KCAL	1934KJ/458KCAL	Energy	1130KJ/268KCAL	2521KJ/598KCAL
Fat	8.3g	20.6g	Fat	16.5g	36.8g
of Which Saturates	1.5g	3.6g	of Which Saturates	1.9g	4.3g
Carbohydrate	20.5g	50.9g	Carbohydrate	20.8g	46.4g
of Which Sugars	3.3g	8.2g	of Which Sugars	1.7g	3.8g
Protein	8.6g	21.2g	Protein	13.1g	29.2g
Salt	1.1g	2.7g	Salt	0.9g	2.2g

Smoked Salmon		
Nutritional	Per 100g	Per Portion 143g
Energy	1082KJ/256KCAL	1547KJ/367KCAL
Fat	10.7g	15.3g
of Which Saturates	2.1g	3.1g
Carbohydrate	31.7g	45.4g
of Which Sugars	2.0g	2.9g
Protein	10.7g	15.3g
Salt	0.8g	1.2g

## VENTNORS GREENHOUSE NUTRITIONAL 2018

SANDWICHES ON WHITE BREAD WITH MAYO AS STATED ON BOARD - SALAD TOPPING SEPARATE					
Prawn Apple & 1000 Island Dressing			Greenhouse Tuna		
Nutritional	Per 100g	Per Portion 248g	Nutritional	Per 100g	Per Portion 223g
Energy	846KJ/201KCAL	2097KJ/497KCAL	Energy	1204KJ/286KCAL	2684KJ/637KCAL
Fat	9.9g	24.4g	Fat	18.2g	40.6g
of Which Saturates	1.0g	2.5g	of Which Saturates	1.4g	3.1g
Carbohydrate	20.7g	51.2g	Carbohydrate	21.0g	46.7g
of Which Sugars	3.5g	8.6g	of Which Sugars	1.8g	4.1g
Protein	8.6g	21.4g	Protein	13.2g	29.4g
Salt	1.0g	2.7g	Salt	0.96g	2.1g

Smoked Salmon		
Nutritional	Per 100g	Per Portion 143g
Energy	1196KJ/284KCAL	1710KJ/406KCAL
Fat	13.4g	19.2g
of Which Saturates	1.3g	1.9g
Carbohydrate	32.0g	45.7g
of Which Sugars	2.2g	3.2g
Protein	10.8g	15.4g
Salt	0.8g	1.1g

## VENTNORS GREENHOUSE NUTRITIONAL 2018

SANDWICHES ON BROWN BREAD WITH BUTTER AS STATED ON BOARD - SALAD TOPPING SEPARATE					
Prawn Apple & 1000 Island Dressing			Greenhouse Tuna		
Nutritional	Per 100g	Per Portion 262g	Nutritional	Per 100g	Per Portion 297g
Energy	742KJ/176KCAL	1944KJ/460KCAL	Energy	1068KJ/254KCAL	2531KJ/600KCAL
Fat	7.9g	20.8g	Fat	15.6g	37.0g
of Which Saturates	1.6g	4.1g	of Which Saturates	2.0g	4.7g
Carbohydrate	19.3g	50.7g	Carbohydrate	19.5g	46.2g
of Which Sugars	3.5g	9.1g	of Which Sugars	1.9g	4.6g
Protein	8.2g	21.6g	Protein	12.5g	29.6g
Salt	1.1g	2.89g	Salt	0.9g	2.3g

Smoked Salmon		
Nutritional	Per 100g	Per Portion 157g
Energy	992KJ/235KCAL	1557KJ/369KCAL
Fat	9.9g	15.5g
of Which Saturates	2.2g	3.5g
Carbohydrate	28.7g	45.1g
of Which Sugars	2.4g	3.7g
Protein	10.0g	15.7g
Salt	0.86g	1.3g

## VENTNORS GREENHOUSE NUTRITIONAL 2018

SANDWICHES ON BROWN BREAD WITH MAYO AS STATED ON BOARD - SALAD TOPPING SEPARATE					
Prawn Apple & 1000 Island Dressing			Greenhouse Tuna		
Nutritional	Per 100g	Per Portion 248g	Nutritional	Per 100g	Per Portion 297g
Energy	804KJ/191KCAL	2107KJ/499KCAL	Energy	1137KJ/270KCAL	2694KJ/639KCAL
Fat	9.4g	24.6g	Fat	17.2g	40.8g
of Which Saturates	1.1g	2.9g	of Which Saturates	1.5g	3.5g
Carbohydrate	19.5g	51.0g	Carbohydrate	19.6g	46.5g
of Which Sugars	3.6g	9.4g	of Which Sugars	2.1g	4.9g
Protein	8.3g	21.7g	Protein	12.5g	29.7g
Salt	1.08g	2.8g	Salt	0.9g	2.3g

Smoked Salmon		
Nutritional	Per 100g	Per Portion 157g
Energy	1095KJ/260KCAL	1720KJ/407KCAL
Fat	12.3g	19.3g
of Which Saturates	1.5g	2.4g
Carbohydrate	28.9g	45.4g
of Which Sugars	2.6g	4.0g
Protein	10.1g	15.8g
Salt	0.8g	1.3g

# VENTNORS GREENHOUSE NUTRITIONAL 2018

## SANDWICHES ON WHITE BREAD WITH MAYO AS STATED ON BOARD - SALAD TOPPING SEPARATE

Roast Veg, Red Peppers & Spinach		
Nutritional	Per 100g	Per Portion 372g
Energy	533KJ/126KCAL	1984KJ/470KCAL
Fat	5.5g	20.4g
of Which Saturates	0.6g	2.3g
Carbohydrate	16.6g	61.8g
of Which Sugars	5.2g	19.4g
Protein	3.3g	12.5g
Salt	0.4g	1.6g

Feta Cheese, Sunblush Tomatoes & Onion Jam		
Nutritional	Per 100g	Per Portion 212g
Energy	970KJ/230KCAL	2056KJ/488KCAL
Fat	12.1g	25.6g
of Which Saturates	3.7g	7.8g
Carbohydrate	23.9g	50.7g
of Which Sugars	4.2g	8.9g
Protein	7.7g	16.3g
Salt	1.3g	2.8g

## SANDWICHES ON BROWN BREAD WITH BUTTER AS STATED ON BOARD - SALAD TOPPING SEPARATE

Roast Veg, Red Peppers & Spinach		
Nutritional	Per 100g	Per Portion 372g
Energy	490KJ/ 116KCAL	1821KJ/431KCAL
Fat	4.4g	16.5g
of Which Saturates	0.9g	3.5g
Carbohydrate	16.5g	61.4g
of Which Sugars	5.1g	19.1g
Protein	3.3g	12.3g
Salt	0.44g	1.6g

Feta Cheese, Sunblush Tomatoes & Onion Jam		
Nutritional	Per 100g	Per Portion 212g
Energy	893KJ/212KCAL	1893KJ/449KCAL
Fat	10.2g	21.7g
of Which Saturates	4.3g	9.0g
Carbohydrate	23.8g	50.4g
of Which Sugars	4.0g	8.6g
Protein	19.5g	16.2g
Salt	1.3g	2.87g

# VENTNORS GREENHOUSE NUTRITIONAL 2018

## **SANDWICHES ON WHITE BREAD WITH MAYO AS STATED ON BOARD - SALAD TOPPING SEPARATE**

Roast Veg, Red Peppers & Spinach		
Nutritional	Per 100g	Per Portion 358g
Energy	552KJ/131KCAL	1975KJ/468KCAL
Fat	5.6g	20.2g
of Which Saturates	0.5g	1.9g
Carbohydrate	17.3g	62.0g
of Which Sugars	5.2g	18.6g
Protein	3.4g	12.1g
Salt	0.4g	1.5g

Feta Cheese, Sunblush Tomatoes & Onion Jam		
Nutritional	Per 100g	Per Portion 198g
Energy	1034KJ/246KCAL	2046KJ/486KCAL
Fat	12.8g	25.4g
of Which Saturates	3.7g	7.4g
Carbohydrate	25.7g	51.0g
of Which Sugars	4.1g	8.1g
Protein	8.1g	16.0g
Salt	1.4g	2.7g

## **SANDWICHES ON WHITE BREAD WITH BUTTER AS STATED ON BOARD - SALAD TOPPING SEPARATE**

Roast Veg, Red Peppers & Spinach		
Nutritional	Per 100g	Per Portion 358g
Energy	506KJ/120KCAL	1811KJ/429KCAL
Fat	4.6g	16.3g
of Which Saturates	0.9g	3.0g
Carbohydrate	17.2g	61.7g
of Which Sugars	5.1g	18.2g
Protein	3.3g	12.0g
Salt	0.42g	1.5g

Feta Cheese, Sunblush Tomatoes & Onion Jam		
Nutritional	Per 100g	Per Portion 198g
Energy	951KJ/226KCAL	1883KJ/447KCAL
Fat	10.9g	21.5g
of Which Saturates	4.3g	8.6g
Carbohydrate	25.6g	50.7g
of Which Sugars	3.9g	7.7g
Protein	8.0g	15.8g
Salt	1.3g	2.7g

## VENTNORS GREENHOUSE NUTRITIONAL 2018

### MELTS ON WHITE BREAD WITH MAYO AS STATED ON BOARD - SALAD TOPPING SEPARATE

Piri Piri Chicken		
Nutritional	Per 100g	Per Portion 343g
Energy	814KJ/193KCAL	2793KJ/662KCAL
Fat	8.4g	28.9g
of Which Saturates	2.3g	7.9g
Carbohydrate	17.1g	58.6g
of Which Sugars	4.0g	13.8g
Protein	13.0g	44.6g
Salt	0.5g	1.96g

BBQ Chicken		
Nutritional	Per 100g	Per Portion 298g
Energy	927KJ/220KCAL	2764KJ / 656KCAL
Fat	10.0g	29.9g
of Which Saturates	3.0g	9.0g
Carbohydrate	18.0g	53.6g
of Which Sugars	3.1g	9.3g
Protein	15.1g	44.9g
Salt	0.75g	2.2g

Chicken & Chorizo		
Nutritional	Per 100g	Per Portion 313g
Energy	917KJ/218KCAL	2870KJ/681KCAL
Fat	10.1g	31.6g
of Which Saturates	2.4g	7.6g
Carbohydrate	16.9g	52.9g
of Which Sugars	3.0g	9.4g
Protein	15.8g	49.6g
Salt	1.1g	3.4g

Chicken & Bacon		
Nutritional	Per 100g	Per Portion 293g
Energy	1035KJ/246KCAL	3033KJ/720KCAL
Fat	11.8g	34.5g
of Which Saturates	3.5g	10.4g
Carbohydrate	17.3g	50.6g
of Which Sugars	2.3g	6.6g
Protein	18.7g	54.7g
Salt	0.9g	2.8g

Steak N Cheese		
Nutritional	Per 100g	Per Portion 273g
Energy	931KJ/221KCAL	2542KJ/604KCAL
Fat	10.7g	29.3g
of Which Saturates	3.4g	9.2g
Carbohydrate	17.5g	47.8g
of Which Sugars	1.8g	5.0g
Protein	14.8g	40.4g
Salt	0.65g	1.7g

Reuben		
Nutritional	Per 100g	Per Portion 5g
Energy	1171KJ / 278KCAL	2108KJ/501KCAL
Fat	15.5g	28.0g
of Which Saturates	3.4g	6.2g
Carbohydrate	26.4g	47.6g
of Which Sugars	2.4g	4.2g
Protein	10.5g	18.9g
Salt	1.3g	2.3g

## VENTNORS GREENHOUSE NUTRITIONAL 2018

### MELTS ON WHITE BREAD WITH MAYO AS STATED ON BOARD - SALAD TOPPING SEPARATE

Roast Veg		
Nutritional	Per 100g	Per Portion 357g
Energy	648KJ / 154KCAL	2312KJ / 550KCAL
Fat	8.4g	29.8g
of Which Saturates	1.8g	6.6g
Carbohydrate	15.9g	56.6g
of Which Sugars	2.7g	9.5g
Protein	4.9g	17.4g
Salt	0.6g	0.87g

## VENTNORS GREENHOUSE NUTRITIONAL 2018

### MELTS ON WHITE BREAD WITH BUTTER AS STATED ON BOARD - SALAD TOPPING SEPARATE

Piri Piri Chicken		
Nutritional	Per 100g	Per Portion 343g
Energy	767KJ/182KCAL	2630KJ/623KCAL
Fat	7.3g	25.1g
of Which Saturates	2.6g	9.0g
Carbohydrate	17.0g	58.3g
of Which Sugars	3.9g	13.4g
Protein	13.0g	44.5g
Salt	0.6g	2.0g

BBQ Chicken		
Nutritional	Per 100g	Per Portion 298g
Energy	873KJ/207KCAL	2601KJ /617KCAL
Fat	8.7g	26.1g
of Which Saturates	3.4g	10.2g
Carbohydrate	17.9g	53.3g
of Which Sugars	3.0g	9.0g
Protein	15.0g	44.8g
Salt	0.7g	2.2g

Chicken & Chorizo		
Nutritional	Per 100g	Per Portion 313g
Energy	865KJ/205KCAL	2707KJ/642KCAL
Fat	8.9g	27.7g
of Which Saturates	2.8g	8.8g
Carbohydrate	16.8g	52.6g
of Which Sugars	2.9g	9.1g
Protein	15.8g	49.4g
Salt	1.1g	3.4g

Chicken & Bacon		
Nutritional	Per 100g	Per Portion 293g
Energy	980KJ/234KCAL	2870KJ/681KCAL
Fat	10.5g	30.6g
of Which Saturates	3.9g	11.5g
Carbohydrate	17.2g	50.3g
of Which Sugars	2.2g	6.3g
Protein	18.6g	54.5g
Salt	0.98g	2.9g

Steak N Cheese		
Nutritional	Per 100g	Per Portion 273g
Energy	871KJ/207KCAL	2379KJ/565KCAL
Fat	9.3g	25.4g
of Which Saturates	3.8g	10.4g
Carbohydrate	17.4g	47.5g
of Which Sugars	1.7g	4.7g
Protein	14.8g	40.3g
Salt	0.67g	1.8g

Reuben		
Nutritional	Per 100g	Per Portion 180g
Energy	1080KJ / 257KCAL	1945KJ /462KCAL
Fat	13.4g	24.1g
of Which Saturates	4.1g	7.3g
Carbohydrate	26.2g	47.2g
of Which Sugars	2.2g	3.9g
Protein	10.4g	18.8g
Salt	1.3g	2.3g

## VENTNORS GREENHOUSE NUTRITIONAL 2018

### MELTS ON WHITE BREAD WITH BUTTER AS STATED ON BOARD - SALAD TOPPING SEPARATE

Roast Veg		
Nutritional	Per 100g	Per Portion 357g
Energy	602KJ / 143KCAL	2149KJ / 511KCAL
Fat	7.3g	26.0g
of Which Saturates	2.2g	7.7g
Carbohydrate	15.8g	56.3g
of Which Sugars	2.6g	9.1g
Protein	4.8g	17.3g
Salt	0.6g	2.2g

# VENTNORS GREENHOUSE NUTRITIONAL 2018

## MELTS ON BROWN BREAD WITH MAYO AS STATED ON BOARD - SALAD TOPPING SEPARATE

Piri Piri Chicken		
Nutritional	Per 100g	Per Portion 357g
Energy	785KJ/186KCAL	2803KJ/664KCAL
Fat	8.2g	29.1g
of Which Saturates	2.3g	8.3g
Carbohydrate	16.4g	58.4g
of Which Sugars	4.1g	14.6g
Protein	12.6g	44.9g
Salt	0.6g	2.1g

BBQ Chicken		
Nutritional	Per 100g	Per Portion 5g
Energy	889KJ/211KCAL	2774KJ/658KCAL
Fat	9.7g	30.1g
of Which Saturates	3.0g	9.5g
Carbohydrate	17.1g	53.4g
of Which Sugars	3.3g	10.2g
Protein	14.5g	45.3g
Salt	0.8g	2.3g

Chicken & Chorizo		
Nutritional	Per 100g	Per Portion 327g
Energy	881KJ / 209KCAL	2881KJ/684KCAL
Fat	9.7g	31.8g
of Which Saturates	2.5g	8.1g
Carbohydrate	16.1g	52.7g
of Which Sugars	3.1g	10.3g
Protein	15.3g	49.9g
Salt	1.0g	3.5g

Chicken & Bacon		
Nutritional	Per 100g	Per Portion 307g
Energy	991KJ/235KCAL	3043KJ/722KCAL
Fat	11.3g	34.7g
of Which Saturates	3.5g	10.8g
Carbohydrate	16.4g	50.4g
of Which Sugars	2.4g	7.5g
Protein	17.9g	55.0g
Salt	0.97g	3.0g

Steak N Cheese		
Nutritional	Per 100g	Per Portion 287g
Energy	889KJ/211KCAL	2552KJ/606KCAL
Fat	10.3g	29.5g
of Which Saturates	3.4g	9.7g
Carbohydrate	16.6g	47.6g
of Which Sugars	2.1g	5.9g
Protein	14.2g	40.8g
Salt	0.6g	1.9g

Reuben		
Nutritional	Per 100g	Per Portion 194g
Energy	1092KJ/259KCAL	2118KJ/503KCAL
Fat	14.5g	28.1g
of Which Saturates	3.4g	6.6g
Carbohydrate	24.4g	47.3g
of Which Sugars	2.6g	5.1g
Protein	9.9g	19.3g
Salt	1.2g	2.4g

## VENTNORS GREENHOUSE NUTRITIONAL 2018

### MELTS ON BROWN BREAD WITH MAYO AS STATED ON BOARD - SALAD TOPPING SEPARATE

Roast Veg		
Nutritional	Per 100g	Per Portion 367g
Energy	622KJ / 148KCAL	2283KJ/543KCAL
Fat	8.2g	30.0g
of Which Saturates	1.9g	7.0g
Carbohydrate	14.8g	54.4g
of Which Sugars	2.8g	10.2g
Protein	4.8g	17.4g
Salt	0.6g	2.3g

## VENTNORS GREENHOUSE NUTRITIONAL 2018

### MELTS ON BROWN BREAD WITH BUTTER AS STATED ON BOARD - SALAD TOPPING SEPARATE

Piri Piri Chicken		
Nutritional	Per 100g	Per Portion 357g
Energy	740KJ/175KCAL	2640KJ/625KCAL
Fat	7.1g	25.3g
of Which Saturates	2.7g	9.5g
Carbohydrate	16.3g	58.1g
of Which Sugars	4.0g	14.3g
Protein	12.6g	44.8g
Salt	0.6g	2.14g

BBQ Chicken		
Nutritional	Per 100g	Per Portion 312g
Energy	837KJ/199KCAL	2611KJ /619KCAL
Fat	8.4g	26.3g
of Which Saturates	3.4g	10.6g
Carbohydrate	17.0g	53.1g
of Which Sugars	3.2g	9.8g
Protein	14.5g	45.2g
Salt	0.7g	2.4g

Chicken & Chorizo		
Nutritional	Per 100g	Per Portion 327g
Energy	831KJ/197KCAL	2717KJ/645KCAL
Fat	8.5g	27.9g
of Which Saturates	2.8g	9.2g
Carbohydrate	16.0g	52.3g
of Which Sugars	3.0g	9.9g
Protein	15.2g	49.8g
Salt	1.1g	3.6g

Chicken & Bacon		
Nutritional	Per 100g	Per Portion 307g
Energy	938KJ/223KCAL	2880KJ/683KCAL
Fat	10.0g	30.8g
of Which Saturates	3.9g	12.0g
Carbohydrate	16.3g	50.1g
of Which Sugars	2.3g	7.1g
Protein	17.9g	54.9g
Salt	0.98g	3.0g

Steak N Cheese		
Nutritional	Per 100g	Per Portion 287g
Energy	832KJ/198KCAL	2389KJ/567KCAL
Fat	8.9g	25.6g
of Which Saturates	3.8g	10.8g
Carbohydrate	16.5g	47.2g
of Which Sugars	1.9g	5.6g
Protein	14.2g	40.6g
Salt	0.7g	1.9g

Reuben		
Nutritional	Per 100g	Per Portion 194g
Energy	1008KJ /239KCAL	1955KJ/464KCAL
Fat	12.5g	24.3g
of Which Saturates	4.0g	7.8g
Carbohydrate	24.2g	47.0g
of Which Sugars	2.4g	4.8g
Protein	9.9g	19.2g
Salt	1.2g	2.4g

## VENTNORS GREENHOUSE NUTRITIONAL 2018

### **MELTS ON BROWN BREAD WITH BUTTER AS STATED ON BOARD - SALAD TOPPING SEPARATE**

Roast Veg		
Nutritional	Per 100g	Per Portion 367g
Energy	558KJ / 137KCAL	2119KJ/504KCAL
Fat	7.1g	26.1g
of Which Saturates	2.2g	8.2g
Carbohydrate	14.7g	54.1g
of Which Sugars	2.7g	9.9g
Protein	4.7g	17.3g
Salt	0.64g	2.3g

## VENTNORS GREENHOUSE NUTRITIONAL 2018

### WRAPS AS ON BOARD WITH MAYO - SALAD INFORMATION SEPARATE

Salt & Pepper Chicken Wrap		
Nutritional	Per 100g	Per Portion 217g
Energy	1065KJ/253KCAL	2311KJ/548KCAL
Fat	10.6g	22.9g
of Which Saturates	2.2g	4.9g
Carbohydrate	23.0g	50.0g
of Which Sugars	1.0g	2.2g
Protein	17.8g	38.6g
Salt	0.9g	2.0g

Bang Bang Chicken Wrap		
Nutritional	Per 100g	Per Portion 307g
Energy	1114KJ/265KCAL	3420KJ/812KCAL
Fat	12.8g	39.3g
of Which Saturates	2.4g	7.5g
Carbohydrate	18.4g	56.4g
of Which Sugars	2.0g	6.2g
Protein	19.8g	60.7g
Salt	0.95g	2.9g

Mango Chicken Wrap		
Nutritional	Per 100g	Per Portion 307g
Energy	963KJ/228KCAL	2955KJ/700KCAL
Fat	8.3g	25.4g
of Which Saturates	1.5g	4.6g
Carbohydrate	17.7g	54.2g
of Which Sugars	1.7g	5.3g
Protein	21.9g	67.2g
Salt	0.76g	2.3g

Cajun Chicken Wrap		
Nutritional	Per 100g	Per Portion 217g
Energy	1075KJ/255KCAL	2333KJ/553KCAL
Fat	10.6g	23.1g
of Which Saturates	2.2g	4.9g
Carbohydrate	23.7g	51.4g
of Which Sugars	1.2g	2.6g
Protein	17.2g	37.4g
Salt	1.59g	3.5g

Honey N Lime Chicken Wrap		
Nutritional	Per 100g	Per Portion 217g
Energy	1107KJ/262KCAL	2401KJ/569KCAL
Fat	9.8g	21.3g
of Which Saturates	2.0g	4.4g
Carbohydrate	31.5g	68.3g
of Which Sugars	9.4g	20.5g
Protein	13.9g	30.1g
Salt	0.8g	1.7g

BBQ Chicken & Slaw Wrap		
Nutritional	Per 100g	Per Portion 242g
Energy	1001KJ/237KCAL	2422KJ/575KCAL
Fat	9.9g	24.0g
of Which Saturates	2.0g	4.9g
Carbohydrate	22.9g	55.4g
of Which Sugars	2.9g	7.1g
Protein	14.9g	35.9g
Salt	0.92g	2.23g

## VENTNORS GREENHOUSE NUTRITIONAL 2018

### WRAPS AS ON BOARD WITH MAYO - SALAD INFORMATION SEPARATE

Chicken & Bacon Club Wrap		
Nutritional	Per 100g	Per Portion 277g
Energy	1093KJ/260KCAL	3027KJ/720KCAL
Fat	13.0g	359g
of Which Saturates	3.5g	9.7g
Carbohydrate	18.0g	50.0g
of Which Sugars	0.8g	2.2g
Protein	18.9g	52.5g
Salt	1.49g	4.1g

Mexican Chicken, Avocado & Salsa Wrap		
Nutritional	Per 100g	Per Portion 247g
Energy	987KJ/234KCAL	2439KJ/579KCAL
Fat	10.6g	26.2g
of Which Saturates	2.2g	5.4g
Carbohydrate	21.7g	53.5g
of Which Sugars	1.8g	4.5g
Protein	14.2g	35.2g
Salt	0.95g	2.35g

Turkey, Stuffing & Cranberry Wrap		
Nutritional	Per 100g	Per Portion 187g
Energy	1107KJ/262KCAL	2070KJ/491KCAL
Fat	10.4g	19.5g
of Which Saturates	2.1g	3.9g
Carbohydrate	31.0g	57.9g
of Which Sugars	1.7g	3.1g
Protein	12.8g	23.9g
Salt	1.0g	1.9g

BLT Wrap		
Nutritional	Per 100g	Per Portion 232g
Energy	1001KJ/238KCAL	2323KJ/553KCAL
Fat	13.0g	30.2g
of Which Saturates	3.5g	8.1g
Carbohydrate	22.2g	51.5g
of Which Sugars	1.6g	3.8g
Protein	9.4g	21.8g
Salt	1.6g	3.76g

Bacon & Egg Wrap		
Nutritional	Per 100g	Per Portion 267g
Energy	1223KJ/293KCAL	3264KJ/779KCAL
Fat	19.7g	52.6g
of Which Saturates	4.2g	11.2g
Carbohydrate	19.0g	50.7g
of Which Sugars	1.1g	2.9g
Protein	12.1g	32.3g
Salt	1.58g	4.23g

Ham, Turkey & Swiss Cheese Wrap		
Nutritional	Per 100g	Per Portion 219g
Energy	1064KJ/253KCAL	2330KJ/554KCAL
Fat	11.8g	25.8g
of Which Saturates	3.7g	8.1g
Carbohydrate	23.3g	51.0g
of Which Sugars	1.3g	2.9g
Protein	14.8g	32.4g
Salt	1.53g	3.36g

# VENTNORS GREENHOUSE NUTRITIONAL 2018

## WRAPS AS ON BOARD WITH MAYO - SALAD INFORMATION SEPARATE

NY Deli Wrap		
Nutritional	Per 100g	Per Portion 224g
Energy	1191KJ/284KCAL	2667KJ/635KCAL
Fat	15.0g	33.6g
of Which Saturates	4.1g	9.2g
Carbohydrate	23.4g	52.5g
of Which Sugars	1.7g	3.9g
Protein	15.1g	33.8g
Salt	1.4g	3.27g

Reuben Wrap		
Nutritional	Per 100g	Per Portion 179g
Energy	1276KJ/304KCAL	2284KJ/543KCAL
Fat	17.5g	31.2g
of Which Saturates	4.7g	8.5g
Carbohydrate	29.0g	51.9g
of Which Sugars	1.8g	3.3g
Protein	10.1g	18.0g
Salt	1.5g	2.8g

Prawn, Apple & 1000 Island Dressing Wrap		
Nutritional	Per 100g	Per Portion 274g
Energy	920KJ/219KCAL	2272KJ/540KCAL
Fat	11.2g	27.7g
of Which Saturates	1.9g	4.8g
Carbohydrate	22.5g	55.5g
of Which Sugars	3.1g	7.6g
Protein	8.3g	20.5g
Salt	1.3g	3.2g

Green house Tuna Wrap		
Nutritional	Per 100g	Per Portion 222g
Energy	1288KJ/306KCAL	2860KJ/680KCAL
Fat	19.8g	43.9g
of Which Saturates	2.4g	5.4g
Carbohydrate	23.0g	51.0g
of Which Sugars	1.4g	3.1g
Protein	12.8g	28.4g
Salt	1.2g	2.66g

Smoked Salmon Wrap		
Nutritional	Per 100g	Per Portion 142g
Energy	1328KJ/316KCAL	1886KJ/448KCAL
Fat	15.8g	22.4g
of Which Saturates	3.0g	4.2g
Carbohydrate	35.2g	50.0g
of Which Sugars	1.6g	2.2g
Protein	10.2g	14.5g
Salt	1.17g	1.6g

Roast Veg, Red Peppers & Spinach Wrap		
Nutritional	Per 100g	Per Portion 357g
Energy	602KJ/143KCAL	2150KJ/511KCAL
Fat	6.6g	23.5g
of Which Saturates	1.2g	4.2g
Carbohydrate	18.6g	66.3g
of Which Sugars	4.9g	17.6g
Protein	3.1g	11.2g
Salt	0.55g	1.98g

# VENTNORS GREENHOUSE NUTRITIONAL 2018

## WRAPS AS ON BOARD WITH MAYO - SALAD INFORMATION SEPARATE

Feta Cheese Sunblush Tomatoes & Onion Jam Wrap		
Nutritional	Per 100g	Per Portion 197g
Energy	1128KJ/268KCAL	2221KJ/529KCAL
Fat	14.5g	28.7g
of Which Saturates	4.9g	9.7g
Carbohydrate	28.1g	55.3g
of Which Sugars	3.6g	7.1g
Protein	7.6g	15.0g
Salt	1.6g	3.19g

Piri Piri Chicken Melt Wrap		
Nutritional	Per 100g	Per Portion 342g
Energy	868KJ/206KCAL	2969KJ/705KCAL
Fat	9.4g	32.2g
of Which Saturates	3.0g	10.2g
Carbohydrate	18.4g	62.9g
of Which Sugars	3.7g	12.8g
Protein	12.8g	43.7g
Salt	0.72g	2.4g

BBQ Chicken Melt Wrap		
Nutritional	Per 100g	Per Portion 297g
Energy	990KJ/235KCAL	2934KJ/699KCAL
Fat	11.2g	33.2g
of Which Saturates	3.8g	11.3g
Carbohydrate	19.5g	57.9g
of Which Sugars	2.8g	8.4g
Protein	14.8g	44.0g
Salt	0.9g	2.7g

Chicken & Chorizo Melt Wrap		
Nutritional	Per 100g	Per Portion 312g
Energy	977KJ/232KCAL	3047KJ/725KCAL
Fat	11.2g	34.9g
of Which Saturates	3.2g	9.9g
Carbohydrate	18.3g	57.2g
of Which Sugars	2.7g	8.5g
Protein	15.6g	48.7g
Salt	1.26g	3.95g

Chicken & Bacon Melt Wrap		
Nutritional	Per 100g	Per Portion 292g
Energy	1099KJ/261KCAL	3209KJ/763KCAL
Fat	12.9g	37.8g
of Which Saturates	4.3g	12.7g
Carbohydrate	18.8g	55.0g
of Which Sugars	1.9g	5.7g
Protein	18.4g	53.7g
Salt	1.14g	3.35g

Steak N Cheese Melt Wrap		
Nutritional	Per 100g	Per Portion 272g
Energy	999KJ/238KCAL	2717KJ/647KCAL
Fat	12.0g	32.5g
of Which Saturates	4.2g	11.5g
Carbohydrate	19.2g	52.1g
of Which Sugars	1.5g	4.1g
Protein	14.5g	39.5g
Salt	0.84g	2.29g

## VENTNORS GREENHOUSE NUTRITIONAL 2018

### WRAPS AS ON BOARD WITH MAYO - SALAD INFORMATION SEPARATE

Reuben Melt Wrap		
Nutritional	Per 100g	Per Portion 179g
Energy	1276KJ/304KCAL	2284KJ/543KCAL
Fat	17.5g	31.2g
of Which Saturates	4.7g	8.5g
Carbohydrate	29.0g	51.9g
of Which Sugars	1.8g	3.3g
Protein	10.1g	18.0g
Salt	1.5g	2.8g

Roast Veg Melt Wrap		
Nutritional	Per 100g	Per Portion 352g
Energy	695KJ/166KCAL	2448KJ/583KCAL
Fat	9.4g	33.0g
of Which Saturates	2.5g	8.9g
Carbohydrate	16.8g	59.0g
of Which Sugars	2.4g	8.4g
Protein	4.6g	16.2g
Salt	0.76g	2.7g

# VENTNORS GREENHOUSE NUTRITIONAL 2018

## SALAD BOWLS

Caesar Salad		
Nutritional	Per 100g	Per Portion 345g
Energy	626KJ/150KCAL	2161KJ/516KCAL
Fat	9.0g	30.9g
of Which Saturates	2.6g	8.9g
Carbohydrate	3.2g	11.0g
of Which Sugars	0.7g	2.3g
Protein	14.6g	50.5g
Salt	0.9g	3.1g

Bang Bang Noodle		
Nutritional	Per 100g	Per Portion 630g
Energy	714KJ / 169KCAL	4502KJ / 1066KCAL
Fat	5.9g	37.3g
of Which Saturates	1.0g	6.4g
Carbohydrate	18.7g	118.0g
of Which Sugars	1.3g	7.9g
Protein	11.3g	71.6g
Salt	0.42g	2.6g

Steak Strip		
Nutritional	Per 100g	Per Portion 330g
Energy	436KJ/104KCAL	1439KJ/343KCAL
Fat	6.1g	20.1g
of Which Saturates	2.0g	6.6g
Carbohydrate	3.5g	11.4g
of Which Sugars	2.3g	7.5g
Protein	9.4g	31.1g
Salt	0.19g	0.64g

Italian Veggie Pasta		
Nutritional	Per 100g	Per Portion 545g
Energy	559KJ/132KCAL	3044KJ/721KCAL
Fat	3.6g	19.6g
of Which Saturates	0.5g	2.9g
Carbohydrate	22.3g	121.5g
of Which Sugars	1.9g	10.3g
Protein	3.9g	21.1g
Salt	0.22g	1.2g

Healthy Cobb		
Nutritional	Per 100g	Per Portion 360g
Energy	522KJ/125KCAL	1878KJ/449KCAL
Fat	7.9g	28.6g
of Which Saturates	2.6g	9.2g
Carbohydrate	3.0g	10.7g
of Which Sugars	2.0g	7.0g
Protein	10.9g	39.1g
Salt	1.0g	3.7g

Mexican Amigo		
Nutritional	Per 100g	Per Portion 330g
Energy	433KJ/103KCAL	1429KJ/341KCAL
Fat	4.9g	16.1g
of Which Saturates	0.9g	3.1g
Carbohydrate	5.8g	19.2g
of Which Sugars	1.1g	3.8g
Protein	9.4g	31.0g
Salt	0.24g	0.82g

# VENTNORS GREENHOUSE NUTRITIONAL 2018

## SALAD BOWLS

Asian Prawns		
Nutritional	Per 100g	Per Portion 555g
Energy	532KJ/126KCAL	2952KJ/697KCAL
Fat	3.1g	17.1g
of Which Saturates	0.4g	2.1g
Carbohydrate	20.1g	111.6g
of Which Sugars	0.6g	3.3g
Protein	5.7g	31.5g
Salt	0.5g	2.6g

Chicken Pasta		
Nutritional	Per 100g	Per Portion 495g
Energy	659KJ/158KCAL	3264KJ / 771KCAL
Fat	3.7g	18.5g
of Which Saturates	1.0g	5.1g
Carbohydrate	21.6g	106.8g
of Which Sugars	1.5g	7.4g
Protein	10.3g	51.2g
Salt	0.17g	0.85g

NY Deli Salad		
Nutritional	Per 100g	Per Portion 368g
Energy	315KJ/75KCAL	1157KJ/276KCAL
Fat	3.1g	11.5g
of Which Saturates	0.5g	2.0g
Carbohydrate	2.9g	10.6g
of Which Sugars	1.7g	6.3g
Protein	9.2g	34.0g
Salt	0.84g	3.0g

Piri Piri Chicken		
Nutritional	Per 100g	Per Portion 355g
Energy	310KJ/74KCAL	1102KJ/263KCAL
Fat	3.5g	12.4g
of Which Saturates	0.7g	2.4g
Carbohydrate	2.7g	9.5g
of Which Sugars	1.5g	5.3g
Protein	8.4g	29.9g
Salt	0.35g	1.2g

Big Nutritional		
Nutritional	Per 100g	Per Portion 465g
Energy	222KJ / 52KCAL	1031KJ/243KCAL
Fat	0.6g	2.9g
of Which Saturates	0.2g	0.8g
Carbohydrate	6.3g	29.4g
of Which Sugars	4.2g	19.5g
Protein	5.7g	26.3g
Salt	0.34g	1.6g

Big Protein		
Nutritional	Per 100g	Per Portion 450g
Energy	547KJ / 130KCAL	2463KJ /583KCAL
Fat	3.4g	15.5g
of Which Saturates	0.8g	3.8g
Carbohydrate	16.9g	75.9g
of Which Sugars	1.6g	7.4g
Protein	8.5g	38.2g
Salt	0.14g	0.66g

# VENTNORS GREENHOUSE NUTRITIONAL 2018

## SALAD BOWLS

### Super Food Chicken

Nutritional	Per 100g	Per Portion 490g
Energy	412KJ/98KCAL	2019KJ/479KCAL
Fat	4.8g	23.5g
of Which Saturates	0.9g	4.2g
Carbohydrate	6.3g	31.1g
of Which Sugars	3.4g	16.5g
Protein	8.0g	39.1g
Salt	0.18g	0.88g

### Superfood Salmon

Nutritional	Per 100g	Per Portion 265g
Energy	406KJ/97KCAL	1077KJ/258KCAL
Fat	8.4g	22.1g
of Which Saturates	1.4g	3.7g
Carbohydrate	1.7g	4.4g
of Which Sugars	0.8g	2.2g
Protein	4.3g	11.5g
Salt	0.05g	0.14g

### Happy Healthy

Nutritional	Per 100g	Per Portion 460g
Energy	432KJ/102KCAL	1986KJ/470KCAL
Fat	4.5g	20.8g
of Which Saturates	0.8g	3.7g
Carbohydrate	10.1g	46.5g
of Which Sugars	7.2g	33.2g
Protein	6.3g	28.8g
Salt	0.06g	0.30g

### Happy Vegan

Nutritional	Per 100g	Per Portion 383g
Energy	252KJ/60KCAL	966KJ/231KCAL
Fat	3.8g	14.6g
of Which Saturates	0.5g	2.0g
Carbohydrate	4.5g	17.3g
of Which Sugars	1.7g	6.6g
Protein	2.1g	8.0g
Salt	0.3g	1.19g

### Big Tuna

Nutritional	Per 100g	Per Portion 450g
Energy	358KJ/85KCAL	1610KJ/384KCAL
Fat	3.9g	17.5g
of Which Saturates	0.7g	3.3g
Carbohydrate	4.5g	20.1g
of Which Sugars	0.7g	3.2g
Protein	8.5g	38.3g
Salt	0.4g	1.6g

### Bangkok Salad

Nutritional	Per 100g	Per Portion 337g
Energy	420KJ/100KCAL	1417KJ/337KCAL
Fat	4.8g	16.2g
of Which Saturates	0.8g	2.7g
Carbohydrate	3.3g	11.2g
of Which Sugars	1.5g	4.9g
Protein	11.3g	38.1g
Salt	0.44g	1.5g

# VENTNORS GREENHOUSE NUTRITIONAL 2018

## BREAKFAST MENU - Not Including TEA/COFFEE

Plain Sausage Bap		
Nutritional	Per 100g	Per Portion 236g
Energy	1234KJ/293KCAL	2912KJ/691KCAL
Fat	13.9g	32.9g
of Which Saturates	4.8g	11.3g
Carbohydrate	33.7g	79.6g
of Which Sugars	2.0g	4.8g
Protein	10.1g	23.9g
Salt	1.6g	3.7g

Plain Bacon Bap		
Nutritional	Per 100g	Per Portion 236g
Energy	1127KJ/268KCAL	2660KJ/632KCAL
Fat	10.7g	25.1g
of Which Saturates	3.8g	8.9g
Carbohydrate	29.7g	70.0g
of Which Sugars	1.5g	3.5g
Protein	15.2g	35.8g
Salt	2.0g	4.9g

Bacon & Cream Cheese Bagel		
Nutritional	Per 100g	Per Portion 205g
Energy	1175KJ/280KCAL	2410KJ/574KCAL
Fat	13.1g	26.9g
of Which Saturates	5.2g	10.6g
Carbohydrate	25.6g	52.5g
of Which Sugars	2.3g	4.8g
Protein	16.4g	33.6g
Salt	2.2g	4.5g

Bagel Breakfast		
Nutritional	Per 100g	Per Portion 270g
Energy	1185KJ/283KCAL	3199KJ/763KCAL
Fat	15.8g	42.8g
of Which Saturates	6.4g	17.2g
Carbohydrate	21.0g	56.8g
of Which Sugars	1.8g	5.0g
Protein	15.2g	41.1g
Salt	1.7g	4.6g

Bagel with Butter		
Nutritional	Per 100g	Per portion 105g
Energy	1279KJ/302KCAL	1342KJ/317KCAL
Fat	9.3g	9.7g
of Which Saturates	20g	2.1g
Carbohydrate	49.6g	52.1g
of Which Sugars	4.2g	4.4g
Protein	8.6g	9.1g
Salt	1.086g	1.141g

Bagel with Jam		
Nutritional	Per 100g	Per Portion 105g
Energy	1154KJ/271KCAL	1212KJ/285KCAL
Fat	1.5g	1.6g
of Which Saturates	0.0g	0.0g
Carbohydrate	59.4g	62.4g
of Which Sugars	14.0g	14.7g
Protein	8.7g	9.1g
Salt	0.883g	0.927g

## VENTNORS GREENHOUSE NUTRITIONAL 2018

### BREAKFAST MENU - Not Including TEA/COFFEE

Bagel with Cream Cheese		
Nutritional	Per 100g	Per Portion 105g
Energy	1158KJ/273KCAL	1216KJ/287KCAL
Fat	5.1g	5.3g
of Which Saturates	2.4g	2.5g
Carbohydrate	50.0g	52.5g
of Which Sugars	4.6g	4.8g
Protein	9.9g	10.4g
Salt	0.1g	1.04g

Bagel with Honey		
Nutritional	Per 100g	Per Portion 105g
Energy	1171KJ/275KCAL	1229KJ/289KCAL
Fat	1.5g	1.6g
of Which Saturates	0.0g	0.0g
Carbohydrate	60.5g	63.5
of Which Sugars	15	15.8g
Protein	8.6g	9.1g
Salt	0.9g	0.9g

Bagel with Peanut Butter		
Nutritional	Per 100g	Per Portion 105g
Energy	1373KJ/324KCAL	1442KJ/341KCAL
Fat	9.1g	9.6g
of Which Saturates	1.4g	1.4g
Carbohydrate	51.0g	53.5g
of Which Sugars	5.0g	5.2g
Protein	12.4g	13.1g
Salt	0.87g	0.92g

Bagel with Nutella		
Nutritional	Per 100g	Per Portion 105g
Energy	1321KJ/312KCAL	1387KJ/327KCAL
Fat	6.1g	6.4g
of Which Saturates	0.0g	0.0g
Carbohydrate	57.8g	60.7g
of Which Sugars	12.2g	12.8g
Protein	9.4g	9.9g
Salt	0.9g	0.9g

Morning Toast with Butter		
Nutritional	Per 100g	Per Portion 105g
Energy	1255KJ/296KCAL	1355KJ/319KCAL
Fat	9.2g	10.0g
of Which Saturates	2.2g	2.4g
Carbohydrate	48.5g	52.3g
of Which Sugars	3.6g	3.9g
Protein	8.4g	9.1g
Salt	1.29g	1.38g

Sourdough Toast with Butter		
Nutritional	Per 100g	Per Portion 105g
Energy	1154KJ/276KCAL	1154KJ/276KCAL
Fat	9.5g	9.5g
of Which Saturates	2.4g	2.4g
Carbohydrate	39.3g	39.3g
of Which Sugars	2.1g	2.1g
Protein	7.0g	7.0g
Salt	1.0g	1.0g

# VENTNORS GREENHOUSE NUTRITIONAL 2018

## BUILD YOUR OWN BREAKFAST BOWL

Bacon		
Nutritional	Per 100g	Per Portion 60g
Energy	1194KJ/287KCAL	716KJ/172KCAL
Fat	21.6g	13.0g
of Which Saturates	8.1g	4.9g
Carbohydrate	0.0g	0.0g
of Which Sugars	0.0g	0.0g
Protein	23.2g	13.9g
Salt	4.8g	2.9g

Sausage		
Nutritional	Per 100g	Per Portion 50g
Energy	1446KJ/346KCAL	729KJ/174KCAL
Fat	29.3g	14.8g
of Which Saturates	10.4g	5.2g
Carbohydrate	9.3g	4.8g
of Which Sugars	1.2g	0.7g
Protein	11.2g	5.7g
Salt	2.3g	1.17g

Sourdough Toast		
Nutritional	Per 100g	Per Portion 85g
Energy	1008KJ/241KCAL	857KJ/205KCAL
Fat	1.7g	1.4g
of Which Saturates	0.3g	0.3g
Carbohydrate	46.2g	39.3g
of Which Sugars	2.4g	2.0g
Protein	8.1g	6.9g
Salt	0.9g	0.8g

Avocado		
Nutritional	Per 100g	Per Portion 30g
Energy	784KJ/190KCAL	235KJ/57KCAL
Fat	19.5g	5.9g
of Which Saturates	4.1g	1.2g
Carbohydrate	1.9g	0.6g
of Which Sugars	0.5g	0.2g
Protein	1.9g	0.6g
Salt	0.02g	0.0g

Roast Sweet Potatoes		
Nutritional	Per 100g	Per Portion 65g
Energy	751KJ / 178KCAL	488KJ / 116KCAL
Fat	8.7g	5.6g
of Which Saturates	1.3g	0.9g
Carbohydrate	25.4g	16.5g
of Which Sugars	13.2g	8.6g
Protein	1.5g	0.9g
Salt	0.1g	0.08g

Spinach		
Nutritional	Per 100g	Per Portion 140g
Energy	103KJ/25KCAL	144KJ/35KCAL
Fat	0.8g	1.1g
of Which Saturates	0.1g	0.1g
Carbohydrate	1.6g	2.2g
of Which Sugars	1.5g	2.1g
Protein	2.8g	3.9g
Salt	0.4g	0.5g

## VENTNORS GREENHOUSE NUTRITIONAL 2018

### BUILD YOUR OWN BREAKFAST BOWL

Roast Tomatoes		
Nutritional	Per 100g	Per portion 40g
Energy	72KJ/17KCAL	29KJ/7KCAL
Fat	0.2g	0.1g
of Which Saturates	0.0g	0.0g
Carbohydrate	3.4g	1.4g
of Which Sugars	3.4g	1.4g
Protein	0.6g	0.2g
Salt	0.005g	0.002g

Baked Beans		
Nutritional	Per 100g	Per Portion 200g
Energy	329KJ/78KCAL	659KJ/156KCAL
Fat	0.2g	0.4g
of Which Saturates	0.0g	0.0g
Carbohydrate	12.5g	25.0g
of Which Sugars	4.7g	9.4g
Protein	4.7g	9.4g
Salt	0.6g	1.2g

Salmon		
Nutritional	Per 100g	Per Portion 35g
Energy	902KJ / 217KCAL	316KJ/76KCAL
Fat	15.0g	5.3g
of Which Saturates	2.8g	1.0g
Carbohydrate	0.0g	0.0g
of Which Sugars	0.0g	0.0g
Protein	20.4g	7.1g
Salt	0.10g	0.03g

Chorizo Sausage		
Nutritional	Per 100g	Per Portion 20g
Energy	1524KJ/367KCAL	305KJ/73KCAL
Fat	29.1g	5.8g
of Which Saturates	10.6g	2.1g
Carbohydrate	3.0g	0.6g
of Which Sugars	2.4g	0.5g
Protein	22.4g	4.5g
Salt	3.1g	0.6g

## VENTNORS GREENHOUSE NUTRITIONAL 2018

### PORRIDGE BOWL

Porridge		
Nutritional	Per 100g	Per Portion 40g
Energy	1732KJ/412KCAL	693kj/165KCAL
Fat	13g	5.3g
of Which Saturates	1.5g	0.6g
Carbohydrate	55g	22g
of Which Sugars	7.3g	2.9g
Protein	15g	5.8g
Salt	0.04	0.02g

Porridge with honey		
Nutritional	Per 100g	Per Portion 50g
Energy	1631Kj/384KCAL	816KJ/194.4KCAL
Fat	10.4g	5.2g
of Which Saturates	1.2g	0.6g
Carbohydrate	59.3g	29.6g
of Which Sugars	21.1g	10.6g
Protein	12.1g	6.0g
Salt	0.04g	0.02g

Porridge with Banana		
Nutritional	Per 100g	Per Portion 90g
Energy	963KJ/229KCAL	867KJ/206KCAL
Fat	5.8g	5.2g
of Which Saturates	0.7g	0.6g
Carbohydrate	36.7g	32.1g
of Which Sugars	13.3g	12.0g
Protein	7.3g	6.6g
Salt	0.02g	0.02g

Porridge with Berries		
Nutritional	Per 100g	Per Portion 65g
Energy	1131KJ/271KCAL	735KJ/176KCAL
Fat	8.1g	5.3g
of Which Saturates	0.9g	0.6g
Carbohydrate	37.3g	24.3g
of Which Sugars	8.0g	5.2g
Protein	9.6g	6.2g
Salt	0.03g	0.02g

### FRESH BOWL OF FRUIT

Fresh Bowl of Fruit		
Nutritional	Per 100g	Per 450g
Energy	172KJ/41KCAL	772KJ/183/KCAL
Fat	0.2g	1.0g
of Which Saturates	0.0g	0.1g
Carbohydrate	9.7g	43.5g
of Which Sugars	9.7g	43.5g
Protein	0.5g	2.4g
Salt	0.01g	0.06g

Fresh Fruit with Yoghurt & Granola		
Nutritional	Per 100g	Per Portion 265g
Energy	208KJ/49KCAL	1008KJ/239KCAL
Fat	0.5g	2.5g
of Which Saturates	0.1g	0.5g
Carbohydrate	10.6g	51.6g
of Which Sugars	9.7g	47.1g
Protein	0.9g	4.5g
Salt	0.02g	0.1g