

FARMER J - LUNCH MENU - JUNE 2024

CATEGORY	PRODUCT	SERVING SIZE	NUTRITIONAL INFO	PER 100G	PER SERVING
BUILD YOUR OWN FIELDTRAY: BASES	BABY SPINACH	30g	Calories (kcal)	19.0	5.7
			Fat (g)	0.6	0.2
			Of which saturates (g)	0.1	0.0
			Carbohydrates (g)	0.2	0.1
			Of which sugars (g)	0.0	0.0
			Fibre (g)	1.0	0.3
			Protein (g)	2.6	0.8
	Salt (g)	0.1	0.0		
	BROWN RICE	140g	Calories (kcal)	192.0	268.8
			Fat (g)	8.2	11.5
			Of which saturates (g)	1.2	1.7
			Carbohydrates (g)	25.4	35.6
			Of which sugars (g)	0.1	0.1
			Fibre (g)	1.4	2.0
			Protein (g)	3.4	4.8
Salt (g)	0.5	0.7			
FARMER'S GRAINS	140g	Calories (kcal)	224.0	313.6	
		Fat (g)	11.0	15.4	
		Of which saturates (g)	1.6	2.2	
		Carbohydrates (g)	24.5	34.3	
		Of which sugars (g)	0.6	0.8	
		Fibre (g)	2.7	3.8	
		Protein (g)	5.6	7.8	
Salt (g)	0.9	1.3			
BUILD YOUR OWN FIELDTRAY: MAINS	CHERMOULA CHICKEN + TAHINI	120g	Calories (kcal)	270.0	324.0
			Fat (g)	16.7	20.0
			Of which saturates (g)	2.7	3.2
			Carbohydrates (g)	1.8	2.2
			Of which sugars (g)	0.7	0.8
			Fibre (g)	1.1	1.3
			Protein (g)	28.1	33.7
	Salt (g)	1.4	1.7		
	CHARRED HARISSA CHICKEN	120g	Calories (kcal)	239.0	286.8
			Fat (g)	17.0	20.4
			Of which saturates (g)	2.8	3.4
			Carbohydrates (g)	1.7	2.0
			Of which sugars (g)	0.5	0.6
			Fibre (g)	0.8	1.0
			Protein (g)	19.9	23.9
	Salt (g)	0.6	0.7		
	CHARRED FLANK STEAK	120g (raw weight)	Calories (kcal)	163.0	195.6
			Fat (g)	9.2	11.0
			Of which saturates (g)	2.9	3.5
			Carbohydrates (g)	0.7	0.8
			Of which sugars (g)	0.3	0.4
			Fibre (g)	0.3	0.4
			Protein (g)	19.0	22.8
	Salt (g)	0.9	1.1		
	GOCHUJANG SALMON	110g (raw weight)	Calories (kcal)	219.0	240.9
			Fat (g)	13.2	14.5
			Of which saturates (g)	2.2	2.4
Carbohydrates (g)			6.6	7.3	
Of which sugars (g)			5.7	6.3	
Fibre (g)			0.2	0.2	
Protein (g)			18.1	19.9	
Salt (g)	1.1	1.2			
LIME LEAF TOFU CURRY	213g	Calories (kcal)	88.0	187.4	
		Fat (g)	7.3	15.5	
		Of which saturates (g)	3.0	6.4	
		Carbohydrates (g)	2.1	4.5	
		Of which sugars (g)	1.1	2.3	
		Fibre (g)	0.8	1.7	
		Protein (g)	3.5	7.5	
Salt (g)	0.3	0.6			
SEASONAL MAC & CHEESE	250g	Calories (kcal)	134.0	335.0	
		Fat (g)	8.4	21.0	
		Of which saturates (g)	4.6	11.5	
		Carbohydrates (g)	10.4	26.0	
		Of which sugars (g)	2.5	6.3	
		Fibre (g)	0.5	1.3	
		Protein (g)	4.8	12.0	
Salt (g)	1.0	2.5			
BUILD YOUR OWN FIELDTRAY: HOT SIDES	PONZU SESAME BROCCOLI	100g	Calories (kcal)	101.0	101.0
			Fat (g)	7.9	7.9
			Of which saturates (g)	1.2	1.2
			Carbohydrates (g)	2.4	2.4
			Of which sugars (g)	2.0	2.0
			Fibre (g)	2.9	2.9
			Protein (g)	5.2	5.2
	Salt (g)	1.1	1.1		
	SEASONAL MAC & CHEESE	145g	Calories (kcal)	189.0	274.1
			Fat (g)	6.5	9.4
			Of which saturates (g)	4.0	5.8
			Carbohydrates (g)	10.7	15.5
			Of which sugars (g)	2.7	3.9
			Fibre (g)	1.0	1.5
			Protein (g)	4.9	7.1
	Salt (g)	0.9	1.3		
	SPICED DATE SWEET POTATOES	140g	Calories (kcal)	197.0	275.8
			Fat (g)	5.8	8.1
			Of which saturates (g)	0.8	1.1
			Carbohydrates (g)	36.2	50.7
			Of which sugars (g)	11.2	15.7
			Fibre (g)	4.0	5.6
			Protein (g)	2.0	2.8
	Salt (g)	0.7	1.0		
	WHOLE ROASTED CAULIFLOWER	140g	Calories (kcal)	100.0	140.0
			Fat (g)	7.8	10.9
			Of which saturates (g)	1.0	1.4
Carbohydrates (g)			4.0	5.6	
Of which sugars (g)			2.5	3.5	
Fibre (g)			2.0	2.8	
Protein (g)			2.5	3.5	
Salt (g)	0.3	0.4			
ZA'ATAR TAHINI AUBERGINE	120g	Calories (kcal)	217.0	260.4	
		Fat (g)	18.6	22.3	
		Of which saturates (g)	2.3	2.8	
		Carbohydrates (g)	7.4	8.9	
		Of which sugars (g)	4.0	4.8	
		Fibre (g)	5.0	6.0	
		Protein (g)	4.0	4.8	
Salt (g)	1.8	2.2			
BUILD YOUR OWN FIELDTRAY: COLD SIDES	KALE MISO SLAW	80g	Calories (kcal)	115.0	92.0
			Fat (g)	9.9	7.9
			Of which saturates (g)	1.6	1.3
			Carbohydrates (g)	4.1	3.3
			Of which sugars (g)	3.1	2.5
			Fibre (g)	2.1	1.7
			Protein (g)	2.0	1.6
	Salt (g)	0.7	0.6		
	YELLOW COURGETTE, GREEN BEANS + OREGANO	120g	Calories (kcal)	152.0	182.4
			Fat (g)	11.8	14.2
			Of which saturates (g)	1.6	1.9
			Carbohydrates (g)	6.9	8.3
			Of which sugars (g)	2.0	2.4
			Fibre (g)	3.0	3.6
			Protein (g)	3.4	4.1
Salt (g)	0.9	1.1			
ALMOND CAESAR	80g	Calories (kcal)	231.0	184.8	
		Fat (g)	22.4	17.9	
		Of which saturates (g)	4.0	3.2	
		Carbohydrates (g)	2.9	2.3	
		Of which sugars (g)	1.7	1.4	
		Fibre (g)	1.8	1.4	
		Protein (g)	4.3	3.4	
Salt (g)	1.3	1.0			
J'S FETA + HERITAGE TOMATO	135g	Calories (kcal)	117.0	158.0	
		Fat (g)	7.8	10.5	
		Of which saturates (g)	1.7	2.3	
		Carbohydrates (g)	8.4	11.3	
		Of which sugars (g)	2.3	3.1	
		Fibre (g)	1.2	1.6	
		Protein (g)	2.4	3.2	
Salt (g)	0.9	1.2			
SAUCES	RED PEPPER SAUCE	20g	Calories (kcal)	207.0	41.4
			Fat (g)	20.7	4.1
			Of which saturates (g)	1.4	0.3
			Carbohydrates (g)	3.4	0.7
			Of which sugars (g)	3.0	0.6
			Fibre (g)	1.9	0.4
			Protein (g)	1.0	0.2
	Salt (g)	0.8	0.2		
	CHIMICHURRI SAUCE	15g	Calories (kcal)	662.0	99.3
			Fat (g)	72.6	10.9
			Of which saturates (g)	2.9	0.4
			Carbohydrates (g)	1.2	0.2
			Of which sugars (g)	0.1	0.0
			Fibre (g)	0.0	0.0
			Protein (g)	0.8	0.1
	Salt (g)	0.7	0.1		
	TAHINI SAUCE	28g	Calories (kcal)	355.0	53.3
			Fat (g)	32.7	4.9
			Of which saturates (g)	5.4	0.8
			Carbohydrates (g)	5.3	0.8
			Of which sugars (g)	0.5	0.1
Fibre (g)			1.4	0.2	
Protein (g)			10.9	1.6	
Salt (g)	1.2	0.2			
J's AIOLI SAUCE	15g	Calories (kcal)	291.0	43.7	
		Fat (g)	28.7	4.3	
		Of which saturates (g)	4.1	0.6	
		Carbohydrates (g)	2.6	0.4	
		Of which sugars (g)	2.4	0.4	
		Fibre (g)	0.1	0.0	
		Protein (g)	6.0	0.9	
Salt (g)	3.5	0.5			

FARMER J - LUNCH MENU - JUNE 2024

CATEGORY	PRODUCT	SERVING SIZE	NUTRITIONAL INFO	PER 100G	PER SERVING
SET FIELDBOWLS	ALMOND CHERMOULA CAESAR	220g	Calories (kcal)	195.1	429.3
			Fat (g)	14.4	31.8
			Of which saturates (g)	2.8	6.2
			Carbohydrates (g)	1.7	3.8
			Of which sugars (g)	1.0	2.2
			Fibre (g)	1.0	2.3
			Protein (g)	14.2	31.3
	Salt (g)	1.0	2.1		
	HARISSA FIELDS	280g	Calories (kcal)	194.0	543.2
			Fat (g)	11.7	32.9
			Of which saturates (g)	1.8	5.0
			Carbohydrates (g)	13.3	37.4
			Of which sugars (g)	0.8	2.1
			Fibre (g)	1.7	4.7
			Protein (g)	8.1	22.7
	Salt (g)	0.6	1.8		
	LIME LEAF TOFU + RICE	383g	Calories (kcal)	122.3	468.3
			Fat (g)	7.7	29.3
			Of which saturates (g)	2.2	8.4
			Carbohydrates (g)	9.4	36.2
			Of which sugars (g)	0.9	3.5
Fibre (g)			1.3	4.8	
Protein (g)			3.7	14.1	
Salt (g)	0.5	1.8			
AUBERGINE + YELLOW COURGETTE	190g	Calories (kcal)	158.4	300.9	
		Fat (g)	12.9	24.5	
		Of which saturates (g)	1.7	3.2	
		Carbohydrates (g)	6.1	11.5	
		Of which sugars (g)	2.5	4.8	
		Fibre (g)	3.5	6.7	
		Protein (g)	3.5	6.7	
Salt (g)	1.2	2.2			
SET FIELDTRAYS	J'S CLASSIC	505g	Calories (kcal)	184.3	930.7
			Fat (g)	9.7	49.2
			Of which saturates (g)	2.4	12.0
			Carbohydrates (g)	11.0	55.5
			Of which sugars (g)	1.3	6.7
			Fibre (g)	1.4	7.3
			Protein (g)	8.1	40.9
	Salt (g)	0.8	3.8		
	THE MIDDLE EASTERN	520g	Calories (kcal)	184.6	960.0
			Fat (g)	11.6	60.5
			Of which saturates (g)	1.7	8.8
			Carbohydrates (g)	9.7	50.3
			Of which sugars (g)	1.5	7.6
			Fibre (g)	2.2	11.5
			Protein (g)	9.5	49.1
	Salt (g)	0.9	4.4		
	BUTCHER'S CUT	375g	Calories (kcal)	176.0	660.2
			Fat (g)	10.3	38.6
			Of which saturates (g)	3.3	12.5
			Carbohydrates (g)	5.0	18.7
			Of which sugars (g)	1.5	5.6
			Fibre (g)	0.9	3.6
			Protein (g)	9.1	34.1
	Salt (g)	0.9	3.5		
	FARMER'S CATCH	470g	Calories (kcal)	157.8	741.7
			Fat (g)	9.5	44.8
			Of which saturates (g)	1.4	6.8
Carbohydrates (g)			11.0	51.7	
Of which sugars (g)			2.6	12.4	
Fibre (g)			1.4	6.7	
Protein (g)			6.3	29.8	
Salt (g)	0.6	2.9			
WHERE'S MY VEGANS AT?	533g	Calories (kcal)	121.8	649.2	
		Fat (g)	8.0	42.8	
		Of which saturates (g)	2.0	10.6	
		Carbohydrates (g)	8.6	45.7	
		Of which sugars (g)	1.3	7.0	
		Fibre (g)	1.5	8.2	
		Protein (g)	3.6	19.0	
Salt (g)	0.6	3.0			
SEASON'S GREENS	500g	Calories (kcal)	166.3	831.6	
		Fat (g)	13.7	68.7	
		Of which saturates (g)	1.8	8.9	
		Carbohydrates (g)	5.8	29.2	
		Of which sugars (g)	2.9	14.4	
		Fibre (g)	3.9	19.3	
		Protein (g)	4.0	20.1	
Salt (g)	1.3	6.7			
JUNIOR J	LITTLE CHICKEN, RICE + BROCC	265g	Calories (kcal)	193.2	512.1
			Fat (g)	10.7	28.3
			Of which saturates (g)	1.7	4.4
			Carbohydrates (g)	12.6	33.5
			Of which sugars (g)	0.7	2.0
			Fibre (g)	1.7	4.4
			Protein (g)	11.3	29.9
	Salt (g)	0.9	2.4		
	LITTLE CHICKEN, RICE + SWEET P'	280g	Calories (kcal)	215.7	604.0
			Fat (g)	9.9	27.8
			Of which saturates (g)	1.5	4.2
			Carbohydrates (g)	21.7	60.9
			Of which sugars (g)	3.4	9.6
			Fibre (g)	2.1	5.8
			Protein (g)	10.1	28.2
	Salt (g)	0.8	2.3		
	LITTLE MAC + BROCC'	315g	Calories (kcal)	172.0	541.8
			Fat (g)	7.4	23.4
			Of which saturates (g)	2.4	7.4
			Carbohydrates (g)	14.6	46.0
			Of which sugars (g)	1.6	4.9
Fibre (g)			1.5	4.9	
Protein (g)			4.4	13.8	
Salt (g)	0.8	2.5			
SALAD BOWLS	HARISSA CHICKEN SALAD	385g	Calories (kcal)	164.4	633
			Fat (g)	13.5	52
			Of which saturates (g)	2.9	11.3
			Carbohydrates (g)	3.6	13.8
			Of which sugars (g)	1.5	5.7
			Fibre (g)	0.9	3.6
			Protein (g)	6.9	26.7
	Salt (g)	1.1	4.4		
	AUBERGINE FETA TAHINI SALAD	385g	Calories (kcal)	153.5	591
			Fat (g)	13.4	51.6
			Of which saturates (g)	2.8	10.6
			Carbohydrates (g)	4.6	17.9
			Of which sugars (g)	2.1	8.1
			Fibre (g)	1.7	6.6
			Protein (g)	3.2	12.4
	Salt (g)	1.4	5.3		
	SALMON KALE MISO	439g	Calories (kcal)	176.8	776
			Fat (g)	13.9	61
			Of which saturates (g)	2.2	9.7
			Carbohydrates (g)	5.2	22.8
			Of which sugars (g)	3.9	17.2
Fibre (g)			1.3	5.5	
Protein (g)			7.3	32.1	
Salt (g)	1.6	6.9			

FARMER J - BREAKFAST MENU - APRIL 2024

Category	Product	Serving Size	Nutritional Info	Per 100g	Per Serving
PORRIDGES, OVERNIGHT OATS AND YOGURT	PORRIDGE PLAIN	220g	Calories (kcal)	102	225
			Fat (g)	2.2	4.9
			Of which saturates	0.3	0.7
			Carbohydrates (g)	17.3	38.1
			Of which sugars (g)	7.0	15.4
			Fibre (g)	1.8	3.9
			Protein (g)	2.3	5.1
			Salt (g)	0.5	1.0
	PORRIDGE: ALMOND, DATE TAHINI + BANANA	277g	Calories (kcal)	147	406
			Fat (g)	7.2	19.9
			Of which saturates	0.9	2.4
			Carbohydrates (g)	15.9	44.2
			Of which sugars (g)	7.0	19.3
			Fibre (g)	2.1	5.9
			Protein (g)	4.1	11.4
			Salt (g)	0.4	1.0
	PORRIDGE: BERRY + MAPLE	260g	Calories (kcal)	134	349
			Fat (g)	1.9	5.0
			Of which saturates	0.3	0.7
			Carbohydrates (g)	16.3	42.3
			Of which sugars (g)	7.2	18.8
			Fibre (g)	3.3	8.5
			Protein (g)	2.1	5.4
			Salt (g)	0.4	1.0
OVERNIGHT OATS: PEANUT BUTTER + COMPOTE	240g	Calories (kcal)	191	459	
		Fat (g)	6.6	15.9	
		Of which saturates	0.9	2.1	
		Carbohydrates (g)	24.9	59.8	
		Of which sugars (g)	8.7	20.9	
		Fibre (g)	5.2	12.4	
		Protein (g)	5.8	14.0	
		Salt (g)	0.3	0.8	
OVERNIGHT OATS: GREEK YOGURT + BERRIES	220g	Calories (kcal)	147	322	
		Fat (g)	3.7	8.0	
		Of which saturates	1.5	3.2	
		Carbohydrates (g)	20.4	44.8	
		Of which sugars (g)	9.4	20.8	
		Fibre (g)	2.3	5.0	
		Protein (g)	3.7	8.0	
		Salt (g)	0.2	0.5	
YOGURT POT: COCONUT CHIA, BLUEBERRY + HALVA	200g	Calories (kcal)	184	369	
		Fat (g)	12.4	24.7	
		Of which saturates	5.6	11.2	
		Carbohydrates (g)	13.5	27.0	
		Of which sugars (g)	9.5	19.0	
		Fibre (g)	4.4	8.8	
		Protein (g)	4.2	8.3	
		Salt (g)	0.2	0.4	
J'S DOUBLE EGG POTS	THE SHAK BOWL	243g	Calories (kcal)	174	423
			Fat (g)	15.0	36.4
			Of which saturates	3.3	8.1
			Carbohydrates (g)	3.2	7.7
			Of which sugars (g)	2.7	6.6
			Fibre (g)	0.7	1.8
			Protein (g)	7.3	17.7
			Salt (g)	1.1	2.6
	BACON, AVO' + HARISSA KETCHUP	209g	Calories (kcal)	210	440
			Fat (g)	17.8	37.2
			Of which saturates	5.0	10.4
			Carbohydrates (g)	1.2	2.5
			Of which sugars (g)	0.6	1.2
			Fibre (g)	0.9	1.9
			Protein (g)	12.1	25.2
			Salt (g)	1.5	3.1
	SALMON + AVO'	251g	Calories (kcal)	143	359
			Fat (g)	10.9	27.4
			Of which saturates	2.7	6.7
			Carbohydrates (g)	4.1	10.4
			Of which sugars (g)	3.7	9.4
			Fibre (g)	1.0	2.6
			Protein (g)	7.1	17.8
			Salt (g)	0.7	1.6
GREEN EGGS + LABNEH	188g	Calories (kcal)	156	294	
		Fat (g)	12.8	24.1	
		Of which saturates	3.1	5.8	
		Carbohydrates (g)	1.5	2.7	
		Of which sugars (g)	0.4	0.8	
		Fibre (g)	1.1	2.1	
		Protein (g)	9.9	18.5	
		Salt (g)	1.1	2.1	
TOASTS & ROLLS	EGG + BACON ROLL	135g	Calories (kcal)	246	457
			Fat (g)	13.2	24.6
			Of which saturates	3.8	7.1
			Carbohydrates (g)	23.6	44.0
			Of which sugars (g)	3.9	7.3
			Fibre (g)	1.0	1.9
			Protein (g)	12.0	22.3
			Salt (g)	1.8	3.4
	SMOKED SALMON, AVO' + LABNEH ROLL	230g	Calories (kcal)	199	458
			Fat (g)	11.1	25.4
			Of which saturates	3.9	9.0
			Carbohydrates (g)	20.0	45.9
			Of which sugars (g)	3.1	7.2
			Fibre (g)	1.5	3.4
			Protein (g)	8.5	19.6
			Salt (g)	1.3	3.0
	PASTRAMI + PICKLES ROLL	201g	Calories (kcal)	203	407
			Fat (g)	10.9	21.8
			Of which saturates	1.3	2.5
			Carbohydrates (g)	21.5	43.3
			Of which sugars (g)	3.3	6.7
			Fibre (g)	1.0	2.0
			Protein (g)	8.0	16.1
			Salt (g)	1.8	3.6
AVO' + PRESERVED LEMON TOAST	150g	Calories (kcal)	191	287	
		Fat (g)	13.4	20.2	
		Of which saturates	2.7	4.1	
		Carbohydrates (g)	14.9	22.4	
		Of which sugars (g)	0.8	1.2	
		Fibre (g)	3.0	4.4	
		Protein (g)	3.4	5.2	
		Salt (g)	1.4	2.1	
SALMON + EGG TOAST	166g	Calories (kcal)	196	326	
		Fat (g)	11.6	19.2	
		Of which saturates	1.9	3.2	
		Carbohydrates (g)	13.6	22.7	
		Of which sugars (g)	0.5	0.9	
		Fibre (g)	0.7	1.1	
		Protein (g)	11.3	18.7	
		Salt (g)	1.6	2.7	
PASTRIES	CROISSANT	75g	Calories (kcal)	323	242
			Fat (g)	17.0	12.8
			Of which saturates	11.0	8.3
			Carbohydrates (g)	35.0	26.3
			Of which sugars (g)	5.7	4.3
			Fibre (g)	1.2	0.9
			Protein (g)	7.1	5.3
			Salt (g)	0.8	0.6
	PAIN AU CHOCOLAT	100g	Calories (kcal)	409	409
			Fat (g)	21.3	21.3
			Of which saturates	11.0	11.0
			Carbohydrates (g)	31.4	31.4
			Of which sugars (g)	8.2	8.2
			Fibre (g)	1.8	1.8
			Protein (g)	7.3	7.3
			Salt (g)	0.6	0.6
	GRUYERE + LEEK CROISSANT	100g	Calories (kcal)	231	231
			Fat (g)	7.4	7.4
			Of which saturates	3.8	3.8
			Carbohydrates (g)	35.8	35.8
			Of which sugars (g)	5.2	5.2
			Fibre (g)	1.6	1.6
			Protein (g)	8.0	8.0
			Salt (g)	1.1	1.1
CINNAMON ROLL	85g	Calories (kcal)	369	313	
		Fat (g)	16.4	14	
		Of which saturates	9.1	8	
		Carbohydrates (g)	52.2	44	
		Of which sugars (g)	20.0	17	
		Fibre (g)	1.4	1	
		Protein (g)	4.8	4	
		Salt (g)	0.9	1	
SEEDED SOURGOUGH AND CULTURED BUTTER	70g	Calories (kcal)	311	218	
		Fat (g)	15.4	10.8	
		Of which saturates	8.4	5.9	
		Carbohydrates (g)	38.3	26.8	
		Of which sugars (g)	0.4	0.2	
		Fibre (g)	1.9	1.3	
		Protein (g)	6.4	4.5	
		Salt (g)	1.3	0.9	

FARMER J - ALL DAY MENU - MARCH 2024

CATEGORY	PRODUCT	SERVING SIZE	NUTRITIONAL INFO	PER 100G	PER SERVING
TREATS	FARMER J BROWNIES	90g	Calories (kcal)	332	299
			Fat (g)	25.8	23.2
			Of which saturates (g)	10.6	9.5
			Carbohydrates (g)	18.5	16.7
			Of which sugars (g)	12.0	10.8
			Fibre (g)	3.5	3.2
			Protein (g)	6.5	5.9
			Salt (g)	0.1	0.1
	FARMER J BANANA BREAD	90g	Calories (kcal)	281	253
			Fat (g)	13.3	12.0
			Of which saturates (g)	6.1	5.5
			Carbohydrates (g)	35.3	31.8
			Of which sugars (g)	23.3	21.0
			Fibre (g)	1.4	1.3
			Protein (g)	5.0	4.5
			Salt (g)	0.4	0.4
	ALMOND BAKEWELL FLAPJACK	120g	Calories (kcal)	425	510
			Fat (g)	16.9	20.3
			Of which saturates (g)	3.0	3.6
			Carbohydrates (g)	60.0	72.0
			Of which sugars (g)	33.0	39.6
			Fibre (g)	4.1	4.9
			Protein (g)	6.1	7.3
			Salt (g)	0.3	0.3
	DOUGHLICIOUS VEGAN DOUBLE CHOCOLATE COOKIE	90g	Calories (kcal)	426	383
			Fat (g)	22.0	19.8
			Of which saturates (g)	16.0	14.4
			Carbohydrates (g)	50.0	45.0
			Of which sugars (g)	34.0	30.6
			Fibre (g)	3.8	3.4
Protein (g)			5.5	5.0	
Salt (g)			0.5	0.5	
DOUGHLICIOUS VEGAN CHOCOLATE CHIP COOKIE	90g	Calories (kcal)	453	408	
		Fat (g)	24.0	21.6	
		Of which saturates (g)	14.0	12.6	
		Carbohydrates (g)	53.0	47.7	
		Of which sugars (g)	32.0	28.8	
		Fibre (g)	2.5	2.3	
		Protein (g)	4.9	4.4	
		Salt (g)	0.5	0.4	
DOUGHLICIOUS VEGAN SALTED CARAMEL & DARK CHOCOLATE CHIP COOKIE	90g	Calories (kcal)	420	378	
		Fat (g)	20.0	18.0	
		Of which saturates (g)	15.0	13.5	
		Carbohydrates (g)	55.0	49.5	
		Of which sugars (g)	30.0	27.0	
		Fibre (g)	3.0	2.7	
		Protein (g)	3.7	3.3	
		Salt (g)	0.8	0.7	
DOUGHLICIOUS GF MATCHA & WHITE CHOCOLATE COOKIE	50g	Calories (kcal)	467	234	
		Fat (g)	28.0	14.0	
		Of which saturates (g)	17.0	8.5	
		Carbohydrates (g)	46.0	23.0	
		Of which sugars (g)	29.0	14.5	
		Fibre (g)	2.8	1.4	
		Protein (g)	5.5	2.8	
		Salt (g)	0.6	0.3	