

## Nutritional Information

Machine	Menu item	kJ ptn	kCal/ ptn	Fat/ ptn	Sat Fat/ ptn	Carb/ ptn	Sugars/ ptn	Fibre/ ptn	Protein/ ptn	Salt/ ptn
Smoothies	Mango Tango	353	84	0	0	16	16	5	1	0.0
Smoothies	Purple D	401	95	0	0	21	16	3	2	0.0
Smoothies	Super Trooper	461	109	0	0	22	22	5	2	0.0
Smoothies	Fiesta Coco	600	142	5	4	22	21	3	2	0.0
Smoothies	Purple Sun	639	152	4	3	26	24	4	2	0.0
Smoothies	Tropical Berry	541	128	6	5	18	15	4	1	0.0
Hot Bakery	Margherita Pizza Quarter Slice	738	176	5	3	24	1	1	9	1.4
Hot Bakery	Pepperoni Pizza Quarter Slice	738	176	5	3	24	1	1	9	1.4
Hot Bakery	Jake & Nayn Chickpea Curry Naanster	1587	377	11	2	57	5	7	10	1.9
Hot Bakery	Jake & Nayn Chicken Tikka Naanster	1467	348	8	2	51	5	6	16	2.1
Hot Bakery	Jake & Nayn Vegan Breakfast Burrito	2124	508	27	6	50	5	7	14	2.1
Hot Bakery	Jake & Nayn All Day Breakfast Burrito	1859	445	24	11	40	7	3	16	2.1
Hot Bakery	Wrights 6" Sausage Roll	1620	389	27	12	28	1	3	8	1.9
Hot Bakery	Wrights Cheese And Onion Pasty	2293	550	33	17	48	2	3	14	1.7
Hot Bakery	Wrights Peppered Steak Slice	2157	518	35	17	35	1	3	14	1.8
Hot Bakery	2x Wrights Jam Ball Doughnuts	1875	446	13	6	73	21	3	8	1.5
Hot Bakery	Pain au Chocolat	933	224	12	8	24	6	2	4	0.6
Hot Bakery	5x Mini Danish Pastries	3054	732	47	18	69	23	3	10	0.9
Hot Bakery	3x Hazelnut Chocolate Mini Doughnuts	1341	321	18	6	34	14	0	5	0.5
Hot Bakery	3x Chocolate Chunk Cookies	4209	1003	40	17	148	94	6	10	1.2
Hot Bakery	3x Caramel Waffle	2273	542	25	14	74	42	2	4	0.7
Pizza	Margherita 11" Pizza	2970	710	18	11	98	4	6	34	5.6
Pizza	Pepperoni 11" Pizza	3556	851	32	15	99	4	6	40	7.4

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Hot Meals	Beef Bourguignon (Beef Stew)	1330	319	8	2	22	6	6	35	2.1
Hot Meals	Jerk Chicken with Rice & Peas	3056	756	23	6	70	9	5	61	2.9
Hot Meals	Mauritian Chicken Curry	2460	587	15	3	78	3	14	33	1.4
Hot Meals	Roasted Aubergine in Creole Sauce	1684	403	14	1	61	6	4	8	0.3
Hot Meals	Sweet Potato + Spinach Korma	1976	473	27	6	45	10	8	9	1.7
Hot Meals	Chicken Paella	1870	445	17	3	42	9	7	25	1.7
Hot Meals	Smokey Chipotle Meatballs	2516	604	31	6	45	13	9	28	1.8
French Fries	French Fries (plain)	843	203	14	1	0	0	2	2	0.0
French Fries	French Fries + salt	843	203	14	1	0	0	2	2	1.0
French Fries	French Fries + ketchup	949	228	15	1	3	3	4	2	0.8
French Fries	French Fries + salt + ketchup	949	228	15	1	3	3	4	2	1.8
Ice Lollies	Banana + Milk Chocolate Lolly	736	176	11	7	19	17	0	2	0.1
Ice Lollies	Dairy Free Belgian Chocolate Lolly	626	149	8	7	15	14	0	2	0.2
Ice Lollies	Strawberries + Cream Lolly	406	98	6	4	11	11	0	1	0.0
Ice Lollies	Orange + Lemon Lolly	225	53	0	0	13	12	0	0	0.0
Ice Lollies	Forest Fruits Lolly	213	50	0	0	12	12	0	0	0.0
Ice Cream 100ml	Caramel Sea Salt Vegan Ice Cream	776	182	5	3	34	22	1	1	0.6
Ice Cream 100ml	Bourbon Vanilla	886	211	10	6	26	21	0	4	0.1
Ice Cream 100ml	Chocolate + Sea Salt	778	185	7	4	26	23	2	5	0.2
Ice Cream 100ml	Super Strawberry	796	190	8	5	25	15	3	3	0.1

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Hot Drinks	Americano		0							
Hot Drinks	Espresso		0							
Hot Drinks	Espresso Macchiato		11							
Hot Drinks	White Coffee		18							
Hot Drinks	Decaf White Coffee		18							
Hot Drinks	Caffe Latte		45							
Hot Drinks	Cappuccino		45							
Hot Drinks	Flat White		18							
Hot Drinks	Cortado Coffee		11							
Hot Drinks	Decaf Americano		0							
Hot Drinks	Decaf Espresso		0							
Hot Drinks	Decaf Black Coffee		0							
Hot Drinks	Decaf Cappuccino		45							
Hot Drinks	Hot Chocolate		157							
Hot Drinks	Mocha		187							
Hot Drinks	Chocolatte		175							
Hot Drinks	Black Tea		0							
Hot Drinks	White Tea		18							