



Finland

Bread

9-grain Bread,	76	868	207	4.6	0.7	30	3.3	4.4	9.5	0.6	100	1142	273	6	1	39	4	5.9	12.6	0.8
Herbs and Cheese Bread	75	782	187	2.2	1.1	33	5.2	2.6	8.4	0.7	100	1043	249	3	1	44	7	3.5	11.2	0.9
Honey Oat Bread	80	1059	253	3.2	1.5	46	8.3	2.6	8.9	0.8	100	1323	316	4	2	57	10	3.3	11.1	1.0
Multiseed Wheat Bread	77	774	185	1.9	0.8	33	4	3.6	7.3	0.6	100	1005	240	2	1	43	5	4.7	9.5	0.8
Wheat Bread	76	914	203	2.4	1.1	37	4	3.5	8.2	0.6	100	1202	267	3	2	49	5	4.6	10.8	0.8
White Bread	71	728	174	1.9	0.9	32	5	1.9	7.8	0.6	100	1025	245	3	1	45	7	2.7	11.0	0.9
Tomato and Basil Wrap	89	1079	258	5.3	0.7	45	2.4	3.6	6.2	1.1	100	1213	290	6	1	50	3	4.1	7.0	1.3
Gluten Free Bread	110	1192	285	4.5	0.4	56	1.4	3.5	3.1	1.1	100	1084	259	4	0	51	1	3.2	2.8	1.0

Cheese

American Processed Cheese, 2 slices	12	177	42	3.5	2.3	0	0.4	0.0	2.3	0.3	100	1477	353	29	19	3.5	3.5	0	19.5	2.5
Blue Cheese	14	199	48	4.0	2.2	0	0.0	0.1	2.5	0.4	100	1422	340	29	16	0	0	1	18	3.1
Pepperjack Cheese, 2 slices	14	189	45	3.8	2.4	0	0.3	0.2	2.5	0.5	100	1351	323	27	17	2.1	2.1	1.3	18	3.3
Shredded Mozzarella & Cheddar	14	187	45	3.4	2.2	1	0.1	0.0	3.2	0.2	100	1339	320	25	16	4.6	0.8	0	23	1.4
Mozzarella	28	294	70	5.3	3.3	0	0.3	0.0	5.3	0.2	100	1050	251	19	12	1.0	1	0	19	0.6

Proteins

Chicken Strips	56	281	67	1	0.3	1.2	0.6	0.3	13	0.7	100	502	120	1.5	0.6	2.1	1	0.5	23	1.2
Slow Cooked Chicken Breast	56	297	71	2	0.3	0.1	0.1	0.0	12	0.5	100	531	127	3.5	0.51	0.21	0.21	0	22	0.9
Churrasco Beef Patty, 2 patties	64	575	138	9.4	4.8	1.5	0.8	1.4	10	0.4	100	899	215	15	7.5	0.4	1.2	2.2	16	0.7
Ham, 2 slices	28	143	34	1	0.3	0.7	0.4	0.3	5.4	0.5	100	510	122	3.8	1.1	2.5	1.4	1	19	1.6
Maple Bacon, 2 slices	9	154	37	2.8	1	0.2	0.3	0	3	0.2	100	1715	410	32	11	2.5	3.1	1	34	2.5
Pepperoni, 3 slices	18	305	73	6.3	2.0	0.6	0	0	3.6	0.7	100	1694	405	35	11	3.5	0.2	0.5	20	4
Philly Style Steak	56	309	74	1.1	0.4	5.3	2.9	0.4	11	0.6	100	552	132	2	0.8	9.5	5.2	0.8	20	1.1
Salami, 3 slices	18	304	73	6.3	2.6	0.3	0	0	3.6	0.7	100	1692	404	35	14	1.9	0.5	0	20	3.8
Spicy Vegan Patty	85	633	151	7.2	1.8	7.7	2.4	4.0	12	0.9	100	744	178	8.5	2.1	9.1	2.9	4.7	14	1.1
Taco Beef	56	391	94	4.8	3	2.5	1.3	1.1	9	0.6	100	698	167	8.5	5.5	4.4	2.3	2	17	1
Tuna (with Lite Mayonnaise)	74	606	145	10	0.9	2.5	1	0	12	0.9	100	819	196	14	1.1	3.3	1.3	0	16	1.2
Turkey, 2 slices	38	157	38	0.6	0.1	0.4	0.4	0.2	7.6	0.6	100	414	99	1.6	0.4	0.9	1	0.5	20	1.6
Vegan Soy Strips (NoChicken)	56	318	76	1.4	0.2	3.3	0.6	3.4	10	1.0	100	569	136	2.5	0.4	6	1	6.1	18	1.7

Sauces & Condiments

Chipotle	14	258	62	6.1	0.4	1.2	0.9	0.1	0.2	0.2	100	1845	441	44	3	9	7.1	1	1.1	1.7
BBQ Sauce	14	99	24	0	0	5.6	4.9	0.1	0.1	0.1	100	711	170	0	0	40	35	0.8	1	1.4
Honey & Wholegrain Mustard	14	122	29	1.8	0.1	2.6	2.3	0.2	0.3	0	100	870	208	13	1	20	16	0.9	1.8	1.5
Hot Sauce	14	61	15	0	0	0.6	0.5	0.1	0.2	1.5	100	438	105	0	0	4.5	3.3	0.9	1.1	1.1
Lite Mayonnaise	14	201	48	4.8	0.3	1.2	0.5	0	0	0.2	100	1438	344	35	2	8.8	3.6	0	0.2	1.8
Olive Oil	3.5	118	28	3.2	0.5	0	0	0	0	0	100	3378	807	91	13	0	0	0	0	0
Red Wine Vinegar	3.5	4	1	0	0	0	0	0	0	0	100	117	28	0	0	1.2	0.1	0.1	0.2	0.3
Sticky Sweet Chilli Sauce	14	127	30	0	0	7.5	6.5	0	0	0.2	100	908	217	0.5	0	54	47	0.5	0.4	1.7
Sweet Onion Sauce	14	91	22	0.19	0	4.9	4.2	0	0	0.1	100	649	155	1.4	0	35	31	0.5	0.5	0.7
Vegan Garlic Aioli	14	286	68	7	0.5	1.2	0.8	0	0	0.2	100	2042	488	50	4	9	5.4	0.5	0.4	1.6
Chili flakes	1	16	4	0.1	0	0.4	0	0.2	0.1	0	100	1573	376	14	1	43	0	16	14	0
Crispy Onions	7	172	41	3	1	2.9	0.6	0.3	0.4	0.1	100	2450	586	43	14	42	8.9	3.7	6.1	1.1
Peppercorn	1	14	3	0.1	0	0.6	0	0.16	0.1	0	100	1448	346	7.7	1	55	0	16	10	0
Sea Salt	1	0	0	0	0	0	0	0	0	1	100	0	0	0	0	0	0	0	0	98

Vegetables

Lettuce	14	6	2	0.0	0	0.2	0.2	0.2	0.2	0	100	46	11	0.1	0.1	1.4	1.4	1.5	1.2	0
Olives, 3 slices	3	12	3	0.3	0	0.0	0.0	0.1	0	0.1	100	406	97	9.4	1.5	1.1	0.1	3.1	1	1.9
Onions	7	10	3	0.0	0	0.6	0.4	0.1	0.1	0	100	150	36	0.2	0	7.9	5.6	1.4	1.2	0
Peppers, 3 pieces	12	13	3	0.0	0	0.5	0.3	0.2	0.1	0	100	105	25	0.2	0	4.3	2.4	1.8	0.7	0
Tomato, 3 slices	30	23	5	0.1	0	0.8	0.8	0.4	0.3	0	100	75	18	0.2	0	2.7	2.6	1.2	0.9	0
Cucumber, 3 slices	18	11	3	0.0	0	0.6	0.3	0.1	0.1	0	100	63	15	0.1	0	3.1	1.7	0.5	0.7	0
Guacamole	35	282	68	6.0	1	2.5	0.4	0.6	0.7	0.2	100	807	193	17	2.8	7.2	1.1	1.7	1.9	0.7
Jalapenos, 3 slices	7	3	1	0.0	0	0.1	0.1	0.1	0	0	100	46	11	0.5	0.1	1.6	0.8	1.4	0.4	4.3
Sweetcorn	7	23	6	0.1	0	0.8	0.4	0.3	0.2	0	100	335	80	1.9	0.5	11	5.2	3.8	2.9	0.4
Caramelized Red Onion	15	72	17	0.2	0	3.6	3.3	0.3	0.2	0	100	481	115	1.2	0.1	24.2	22	1.95	1	0.1

Nutritional Information may vary due to customisation. Please contact us if more information is required.