



SANDWICHES, ROLLS & PITAS

	Ingredients	Energy (kJ)	Energy (kcal)	Protein (g)	Carbohydrate (g)	Added sugar (g)	Total fat (g)	Saturated fat (g)	Fibre (g)	Sodium (mg)
Cajun Chicken Roll/ Pitas	Chicken, avocado, whole wheat roll (wheat, gluten), cherry tomatoes, lettuce, Trufood mayonnaise (egg), fresh coriander, olive oil, cajun spice, salt, pepper	2022	483.7	36.3	29.4	0	20.8	4.27	7.9	940
Cheddar and Tomato Sandwiches	Multigrain bread (wheat, gluten, soy), tomato, lettuce, cheddar cheese (milk), Trufood mayonnaise (egg), basil pesto (milk, egg, tree nuts), salt, pepper	1600	382.8	17.8	36.2	2	14.8	6.4	9.4	1062
Chicken Prego Rolls	Chicken, white bread roll (wheat, gluten), mixed seasonal salad leaves, onion, red pepper, verjuice, olive oil, Trufood mayonnaise (egg), paprika, garlic	1582	377.0	27.1	40.2		10.4			
Chimichuri Tuna Sandwich	Whole wheat bread (wheat, gluten, soy), tuna (fish), lettuce, tomato, Trufood mayonnaise (egg), lemon, onion, spring onion, chimichuri paste, salt, pepper	1542	368.9	30.5	35.7	2	8.7	1.48	9	922
Curried Chicken Rolls	Chicken, whole wheat roll (wheat, gluten), lettuce, Trufood mayonnaise (egg), low fat yoghurt (milk), fresh coriander, olive oil, dried apricots, red onion, butter chicken curry paste, celery, tomato paste, lemon juice, salt, pepper	1997	477.8	35.9	30.8	0.6	21	3.47	5.3	704
Egg Mayonnaise Sandwiches	Egg, wholewheat bread (wheat, gluten, soy), lettuce, Trufood mayonnaise (egg), Low fat plain yoghurt (milk), basil, salt, pepper	1597	382.1	21.6	31	1.7	16.8	4.11	7.9	678
Honey Mustard Chicken Rolls	Chicken, bread rolls (wheat, gluten), mixed lettuce, Trufood mayonnaise (egg), olive oil, honey, coriander, whole grain mustard, English mustard, salt, pepper	2080	495.0	35	36.9	6.2	22	3.6	2.6	86
Pulled Beef Slaw Rolls	Beef, tomato puree, bread rolls (wheat, gluten), carrot, white cabbage, red cabbage, onion, Trufood mayonnaise (egg) Dijon mustard, apple cider vinegar, smoked paprika, chilli powder	1820	433	30.5	42	0	11.6	3.4	9.5	357



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Roast Vegetable & Ricotta Cheese roll	Whole wheat roll (wheat, gluten), ricotta cheese (milk), brinjal, lettuce, baby marrow, onion, sunflower oil, aubergine pesto (nuts), balsamic vinegar	1823	434	16.1	47.8		16.1			
Toasted Cheese Sandwich	Multigrain bread (wheat, gluten, soy), cheddar cheese (milk), tomato	1612	385.6	20.8	35.1	2	15.6	8.48	8.5	569
Toasted Chicken Sandwich	Chicken, multigrain bread (wheat, gluten, soy), Trufood mayonnaise (egg), low fat yoghurt (milk), coriander	2138	511.5	47.2	33.6	2	18.6	3.46	8.2	429
Toasted Tuna Sandwich	Whole-wheat bread (wheat, gluten), tuna (fish), chimichurri sauce, tomato, onion, Trufood mayonnaise (egg), coriander, spring onion	2822	672	33.4	58.4	0	18.6	1.7	10.1	1496
Toasted Tuna Sandwich	Multigrain bread (wheat, gluten, soy), tuna (fish), tomato, onion, Trufood Mayonnaise (egg), chimichurri paste, spring onion, coriander	1609	384.9	23.8	36	2	13.7	1.96	8.8	654
Beef Burger	Bread rolls (wheat, gluten), lean beef mince, egg (egg), onion, brown bread (wheat, gluten), tomato, coriander, low fat milk (milk)	2250	536	36	53.1		18			
Naked Veggie Burger	Sweetcorn, quinoa, oats (gluten), chickpeas, white beans, avocado, tomato paste, egg (egg), bread crumbs (wheat, gluten), red onion, soya sauce (soy, wheat, gluten), olive oil, fresh coriander, cumin, garlic	2661	636.6	20.3	74	0	21.8	3.85	15.1	342
Naked veggie burger - Salsa fresca (with burger) (45g)	Tomato, olive oil, lime juice, salt, pepper, chilli, garlic	141	33.7	0.4	1.6	0	2.6	0.35	0.6	245
Naked Veggie Burger - Tsatsiki (with burger) (50g)	Cucumber, low fat yoghurt (milk), olive oil, dill, coriander, mint, lemon juice, salt, pepper, garlic	115	27.5	1.1	2	0	1.5	0.38	0.3	162