



## WRAPS

	Ingredients	Energy (kJ)	Energy (kcal)	Protein (g)	Carbohydrate (g)	Added sugar (g)	Total fat (g)	Saturated fat (g)	Fibre (g)	Sodium (mg)
<b>Asian Style Tofu Wraps (Vegan)</b>	Tofu ( <b>soy</b> ), cabbage, flour tortilla ( <b>wheat, gluten</b> ), water, lettuce, peanut butter ( <b>peanuts</b> ), carrot, mung bean sprouts, soy sauce ( <b>soy, gluten</b> ), red pepper, spring onion, fresh coriander, olive oil, ginger, garlic, honey, sesame oil, red wine vinegar, salt	1293	309.3	13.3	25.5	0.5	15.5	3.59	5.2	920
<b>Black bean hummus wraps (vegan)</b>	Black beans, roasted red pepper, flour tortilla ( <b>wheat, gluten</b> ), baby spinach, sweetcorn, onion, chickpeas, chilli, olive oil, sunflower oil, cumin, coriander, salt, pepper, garlic	1566	374.6	11.9	51	0	8.9	2.22	10.7	448
<b>Chermoula Chicken Wrap</b>	Chicken, flour tortilla ( <b>wheat, gluten</b> ), lettuce, onion, Trufood mayonnaise ( <b>egg</b> ), low fat yoghurt ( <b>milk</b> ), olive oil, chermoula paste, coriander, salt, pepper	1576	377.03	32.9	20	0.1	17.6	3.97	2.5	662
<b>Chicken Caesar Wrap</b>	Chicken, cucumber, flour tortilla ( <b>wheat, gluten</b> ), lettuce, egg ( <b>egg</b> ), Trufood mayonnaise ( <b>egg</b> ), parmesan cheese ( <b>milk</b> ), dijon mustard	1948	466.03	39.3	19.6	0	25	6.48	2.6	504
<b>Curried chicken, apple and celery wraps</b>	Chicken, apple, flour tortilla ( <b>wheat, gluten</b> ), lettuce, Trufood mayonnaise ( <b>egg</b> ), celery, low fat plain yoghurt ( <b>milk</b> ), red onion, curry powder	1217	291.1	22.8	24.7	0	10	2.76	3.2	289
<b>Grilled Pepper, Pesto, Creamed Cheese and Mint Wraps</b>	Peppers, flour tortilla ( <b>wheat, gluten</b> ), cream cheese ( <b>milk</b> ), lettuce, basil pesto ( <b>milk, egg, tree nuts</b> ), mint	840	200.96	5.6	21	0	8.1	5.68	2.4	334
<b>Grilled Vegetable and Hummus Wraps (Vegan)</b>	Butternut, flour tortilla ( <b>wheat, gluten</b> ), baby marrow, pepper, hummus (chickpeas, sunflower oil, garlic, salt, pepper), lettuce, onion, carrot, soya sauce ( <b>soy, wheat, gluten</b> ), basil, rosemary, cumin, coriander	995	238.04	7.8	33.7	0	4.8	1.67	7.3	679
<b>Mexican Style Chicken Wrap</b>	Chicken, flour tortilla ( <b>wheat, gluten</b> ), beans (cannellini or black eyed), lettuce, tomato, Napoletana sauce, Trufood mayonnaise ( <b>egg</b> ), cheddar cheese ( <b>milk</b> ), red onion, lime juice, coriander, salt, pepper	1587	379.67	22.8	25.6	0	18.8	4.97	5	695



## WRAPS

	Ingredients	Energy (kJ)	Energy (kcal)	Protein (g)	Carbohydrate (g)	Added sugar (g)	Total fat (g)	Saturated fat (g)	Fibre (g)	Sodium (mg)
<b>Roasted Sweet Potato, Cauliflower and Chickpea Wraps (Vegan)</b>	Cauliflower, sweet potato, flour tortilla ( <b>wheat, gluten</b> ), chickpeas, lettuce, spinach, pumpkin seeds, olive oil, sunflower oil, salt, black pepper, cumin, coriander, turmeric, garlic, smoked paprika	1369	327.5	9.3	40.8	0	9.9	2.45	9.8	637
<b>Smokey Black Bean wrap (Vegan)</b>	Black beans, flour tortilla ( <b>wheat, gluten</b> ), baby marrow, tomato, spinach, onion, pepper, chimichirri paste, olive oil, cumin, smoked paprika, chipotle spice, garlic	1105	264.4	11.2	34.2	0	5.1	1.71	9.4	609
<b>Sweet Potato, Chickpea, Cranberry and Rocket Wrap (Vegan)</b>	Chickpeas, sweet potato, flour tortilla ( <b>wheat, gluten</b> ), rocket, dried cranberries, olive oil, pumpkin seeds, thyme, sunflower oil, cumin, coriander, cinnamon, smoked paprika, salt, garlic, cayenne pepper	2152	514.8	15.3	64.4	0	16	3.32	13.3	519
<b>Tangy Dill Chickpea Wrap (Vegan)</b>	Chickpeas, wraps ( <b>wheat, gluten</b> ), lettuce, celery, sunflower seeds, gherkins, red onion, lemon juice, dill, mustard, garlic, salt, pepper	809	193	7.5	29.8	0.1	2.7	0.4	4.5	553
<b>Thai Vegetable &amp; Chickpea Wrap</b>	Chickpeas, wraps ( <b>wheat, gluten</b> ), carrots, cabbage, lettuce, courgettes, Thai pesto ( <b>tree nuts, milk</b> ), mayonnaise ( <b>milk, egg</b> ), spring onion, ginger, soy sauce, sesame oil	1101	271	8.1	31.8	0	9.9	0.8	5.5	273