Recipe FIR Intolerance Report

Dish Name	**Cereals containing Gluten :**	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	**Tree Nuts :**	Almonds	Hazelnut	Walnut	Cashew nut	Pecan nut	Brazil nut	Pistachio nut	Macadamia nut or Queensland nut	Celery	Mustard	Sesame	Sulphur dioxide/sulphites	Lupin	Molluscs
Asian Slaw S												✔													✔			
Avocado on Rye	✔	✔			✔	✔																		✔	✔	✔		
Bacon Brekkie Bowl									✔				✔															
Banana & Toffee Loaf Cake	✔	✔							✔				✔															
Berries & Granola Yoghurt													✔													✔		
Berry Porridge	✔						✔						✔															
Black Americano																												
Bun N roll	✔	✔							✔				✔															
Cappuccino													✔															
Chermoula Cauliflower																												
Chermoula Cauliflower Bowl	✔	✔										✔													✔			
Chermoula Cauliflower Buddah Bowl												✔												✔	✔			
Chermoula Cauliflower S																												
Chicken Karaage Bites	✔	✔								✔		✔	✔											✔				
Chocolate Brookie Brownie	✔	✔							✔				✔															
Creamy Mayo																												
Crispy Wedges S																												
Double Chocolate Cookie	✔	✔							✔				✔															
'Duck' Teriyaki Flatbread	✔	✔				✔						✔													✔			
'Duck' Teriyaki Salad	✔	✔				✔						✔													✔			
'Duck' Teriyaki Wrap	✔	✔				✔						✔													✔			
English Breakfast Tea													✔															

Recipe FIR Intolerance Report

Dish Name	**Cereals containing Gluten :**	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	**Tree Nuts :**	Almonds	Hazelnut	Walnut	Cashew nut	Pecan nut	Brazil nut	Pistachio nut	Macadamia nut or Queensland nut	Celery	Mustard	Sesame	Sulphur dioxide/sulphites	Lupin	Molluscs
Espresso																												
Flat Bread	✔	✔																										
Flat White													✔															
Full English Wrap	✔	✔							✔			✔	✔										✔	✔		✔		
Golden Porridge	✔						✔						✔															
Green Tea																												
Harissa Mayo																												
Hash Brown Breakfast																												
Hash Brown S																												
Hash Brown Side																												
Honey Porridge	✔						✔						✔															
Hot Chocolate													✔															
Hummus																									✔			
Italian Chicken Marinara Slide																												
Korean Chicken Flatbread	✔	✔										✔												✔		✔		
Korean Chicken Karaage Bowl	✔	✔								✔		✔	✔											✔	✔	✔		
Korean Chicken Karaage Slide	✔	✔								✔		✔	✔											✔	✔	✔		
Korean Chicken Salad												✔												✔	✔	✔		
Korean Chicken Wrap	✔	✔										✔												✔	✔	✔		
Korean 'Duck' Flatbread	✔	✔				✔						✔												✔		✔		
Korean Ketchup												✔												✔		✔		
Latte													✔															

Recipe FIR Intolerance Report

Dish Name	**Cereals containing Gluten :**	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	**Tree Nuts :**	Almonds	Hazelnut	Walnut	Cashew nut	Pecan nut	Brazil nut	Pistachio nut	Macadamia nut or Queensland nut	Celery	Mustard	Sesame	Sulphur dioxide/sulphites	Lupin	Molluscs
Lemon Drizzle Cake	✔	✔							✔				✔															
Mac 'n' Cheese	✔	✔										✔	✔															
Mac n Cheese Bowl	✔	✔										✔	✔															
Mac n Cheese S	✔	✔										✔	✔															
Mac 'n' Cheese Slide	✔	✔										✔	✔															
Macchiato													✔															
Milk Chocolate Cookie	✔	✔							✔				✔															
Mocha													✔															
Moroccan No 'Meat'balls Bowl												✔																
Moroccan No 'Meat'balls Slide												✔																
OG Porridge	✔						✔						✔															
Peri -Peri Chicken Bowl	✔	✔										✔													✔			
Peri-Peri Chicken Flatbread	✔	✔																										
Peri-Peri Chicken Slide	✔	✔																							✔			
Peri-Peri Chicken Wrap	✔	✔										✔												✔	✔	✔		
Persian Chicken Flatbread	✔	✔																						✔	✔			
Persian Chicken Wrap	✔	✔																						✔	✔			
Persian Salad												✔													✔			
Persian Salad Slide												✔													✔			
Salty Caramel Cookie	✔	✔							✔				✔															
Sausage Brekkie Bowl	✔	✔							✔			✔	✔													✔		
Slide Base Grains	✔	✔																										

Recipe FIR Intolerance Report

Dish Name	Cereals containing Gluten :	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts :	Almonds	Hazelnut	Walnut	Cashew nut	Pecan nut	Brazil nut	Pistachio nut	Macadamia nut or Queensland nut	Celery	Mustard	Sesame	Sulphur dioxide/sulphites	Lupin	Molluscs
Slide Base Rice																												
Smokey Harissa Chicken Bowl	✔	✔										✔													✔			
Smokey Harissa Chicken Flatbread	✔	✔																							✔			
Smokey Harissa Chicken Salad												✔													✔			
Smokey Harissa Chicken Slide	✔	✔																							✔			
Smokey Harissa Chicken Wrap	✔	✔																							✔			
Sweet Beets & Feta Flatbread	✔	✔																						✔	✔			
Sweet Beets & Feta Salad												✔												✔	✔			
Sweet Beets & Feta Wrap	✔	✔																						✔	✔			
Sweet Potato Wedges																												
Sweet Potato Wedges S																												
Sweet Teriyaki Mayo	✔	✔										✔																
Thai Chicken Satay Slide	✔	✔										✔												✔	✔			
Thai Yellow Chicken Curry Slide	✔	✔								✔															✔			
Up-Beat Chicken Rainbow Salad												✔												✔	✔			
Veggie Brekkie Bowl																								✔				
Veggie Brekkie Wrap	✔	✔							✔			✔	✔										✔	✔		✔		
White Americano													✔															
White Choco Raspberry Cookie	✔	✔							✔			✔	✔															

Nutritional Information Recipe List (values per typical serving)

Recipe Name	Energy (kcal)	Energy (KJ)	Fat (g)	saturates (g)	mono (g)	poly (g)	Carb (g)	Starch (g)	Sugars (g)	Protein (g)	Fibre (g)	Sodium (mg)
Asian Slaw S	53.7	214.4	3.8	0.6	1.2	1.6	3.1	0.0	2.5	1.4	1.0	142.5
Avocado on Rye	447.8	1840.0	28.2	4.7	1.6	0.6	28.0	0.0	3.3	13.2	9.7	592.5
Bacon Brekkie Bowl	430.6	1795.1	24.2	7.8	0.0	0.0	25.4	0.0	7.4	24.9	2.6	1528.3
Banana & Toffee Loaf Cake	349.0	1462.0	15.9	2.4	0.0	0.0	46.2	0.0	26.7	4.4	1.1	100.0
Berries & Granola Yoghurt	299.2	1245.3	19.1	11.7	0.9	1.3	19.2	0.3	14.0	11.3	4.8	180.0
Berry Porridge	392.3	1644.4	15.6	7.5	0.0	0.0	41.8	0.4	19.3	15.1	10.3	582.5
Black Americano	9.6	40.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Bun N roll	293.3	1229.1	14.5	9.4	0.0	0.0	34.3	0.0	6.0	6.0	0.0	994.5
Cappuccino	198.4	830.8	10.5	7.5	0.0	0.0	13.9	0.0	13.8	9.9	0.0	0.0
Chermoula Cauliflower	134.2	536.9	10.9	0.9	0.0	0.0	4.2	0.0	3.3	4.0	1.9	315.9
Chermoula Cauliflower Bowl	738.0	3061.7	39.5	4.7	5.9	9.6	76.8	52.2	20.4	16.1	14.9	1445.6
Chermoula Cauliflower Buddah Bowl	391.0	1611.4	30.9	3.2	3.9	3.7	15.9	0.0	11.4	8.1	5.9	638.2
Chermoula Cauliflower S	134.2	536.9	10.9	0.9	0.0	0.0	4.2	0.0	3.3	4.0	1.9	315.9
Chicken Karaage Bites	257.4	1076.9	13.2	2.1	0.0	0.0	20.9	0.0	0.9	15.4	0.0	616.0
Chocolate Brookie Brownie	364.8	1526.4	17.6	7.8	0.0	0.0	47.2	0.0	26.4	3.3	0.5	320.0
Creamy Mayo	119.7	491.4	12.8	0.9	0.0	0.0	0.9	0.0	0.3	0.0	0.0	110.4
Crispy Wedges S	129.4	543.3	3.0	1.5	0.0	0.0	22.1	0.0	0.5	2.4	2.5	225.4
Double Chocolate Cookie	364.8	1526.4	17.6	7.8	0.0	0.0	47.2	0.0	26.4	3.3	0.5	320.0
'Duck' Teriyaki Flatbread	549.2	2314.8	18.7	1.8	1.0	1.4	72.6	3.1	24.1	19.0	3.5	1249.3
'Duck' Teriyaki Salad	291.4	1219.8	13.6	2.6	2.6	3.7	23.1	0.7	15.9	16.8	3.0	684.5
'Duck' Teriyaki Wrap	586.2	2465.2	22.9	2.3	1.0	1.4	74.1	3.1	22.8	16.4	4.9	6923.3
English Breakfast Tea	-	-	-	-	-	-	-	-	-	-	-	-
Espresso	12.4	52.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0
Flat Bread	231.2	980.0	0.7	0.2	0.0	0.0	46.4	0.0	4.0	8.8	2.2	176.0
Flat White	136.4	571.2	7.0	5.0	0.0	0.0	9.3	0.0	9.2	6.6	0.0	0.0
Full English Wrap	630.6	2640.2	28.1	8.9	0.1	0.0	69.5	0.0	8.6	22.3	6.1	7131.3
Golden Porridge	388.3	1634.5	12.3	7.0	0.0	0.0	56.6	0.0	36.1	13.2	3.4	663.1
Green Tea	-	-	-	-	-	-	-	-	-	-	-	-
Harissa Mayo	114.2	468.9	12.1	0.9	0.0	0.0	1.2	0.0	0.3	0.1	0.2	127.5
Hash Brown Breakfast	166.7	698.2	8.1	0.8	0.0	0.0	20.2	0.0	0.6	2.2	2.2	384.0
Hash Brown S	171.9	719.8	8.3	0.8	0.0	0.0	20.8	0.0	0.6	2.3	2.3	395.8
Hash Brown Side	171.9	719.8	8.3	0.8	0.0	0.0	20.8	0.0	0.6	2.3	2.3	395.8
Honey Porridge	437.1	1837.4	15.2	7.3	0.0	0.0	57.3	0.0	35.6	14.5	4.7	568.5
Hot Chocolate	82.0	345.6	1.7	1.2	0.0	0.0	14.0	0.0	12.2	1.8	1.2	80.0

Nutritional Information Recipe List (values per typical serving)

Recipe Name	Energy (kcal)	Energy (KJ)	Fat (g)	saturates (g)	mono (g)	poly (g)	Carb (g)	Starch (g)	Sugars (g)	Protein (g)	Fibre (g)	Sodium (mg)
Hummus	357.9	1481.1	31.6	2.7	0.0	0.0	8.4	0.0	0.5	7.1	5.0	376.1
Italian Chicken Marinara Slide	200.9	836.1	9.0	0.9	0.0	0.0	6.4	0.0	3.4	23.1	1.2	503.2
Korean Chicken Flatbread	491.1	2055.4	15.9	1.1	0.1	0.1	54.3	0.0	9.5	31.3	3.1	866.9
Korean Chicken Karaage Bowl	599.5	2518.8	17.8	2.3	3.2	2.0	88.7	59.3	11.3	20.5	1.8	833.2
Korean Chicken Karaage Slide	369.4	1549.2	16.2	2.6	0.4	0.2	38.2	0.1	13.7	17.9	0.5	1045.9
Korean Chicken Salad	233.7	958.0	12.8	1.6	2.7	3.7	9.1	0.0	6.9	18.1	3.1	693.6
Korean Chicken Wrap	402.9	1687.9	9.2	0.9	0.1	0.1	54.8	0.0	8.4	22.4	5.4	6334.9
Korean 'Duck' Flatbread	515.0	2185.0	17.1	1.5	0.3	0.2	64.5	0.1	16.9	23.4	3.9	773.0
Korean Ketchup	52.5	222.6	0.6	0.1	0.3	0.2	11.0	0.1	9.5	0.4	0.4	276.0
Latte	198.4	830.8	10.5	7.5	0.0	0.0	13.9	0.0	13.8	9.9	0.0	0.0
Lemon Drizzle Cake	386.0	1617.0	17.6	2.4	0.0	0.0	52.2	0.0	31.8	4.7	0.0	700.0
Mac 'n' Cheese	295.9	1238.3	12.5	6.6	0.0	0.0	32.8	0.0	4.4	12.3	0.8	708.0
Mac n Cheese Bowl	739.7	3095.7	31.2	16.4	0.0	0.0	82.1	0.0	11.1	30.7	2.1	1769.9
Mac n Cheese S	177.5	743.0	7.5	3.9	0.0	0.0	19.7	0.0	2.7	7.4	0.5	424.8
Mac 'n' Cheese Slide	517.8	2167.0	21.8	11.5	0.0	0.0	57.4	0.0	7.8	21.5	1.5	1238.9
Macchiato	73.5	307.7	3.5	2.5	0.0	0.0	4.7	0.0	4.6	3.3	0.0	0.0
Milk Chocolate Cookie	364.8	1526.4	17.6	7.8	0.0	0.0	47.2	0.0	26.4	3.3	0.5	320.0
Mocha	13.7	57.6	0.1	0.1	0.0	0.0	0.7	0.0	0.6	0.1	0.1	4.0
Moroccan No 'Meat'balls Bowl	631.5	2630.8	37.0	7.8	2.2	1.1	62.7	53.3	4.0	8.5	8.8	810.9
Moroccan No 'Meat'balls Slide	308.5	1271.4	28.1	4.9	0.0	0.0	8.7	0.0	4.1	2.2	7.6	748.8
OG Porridge	309.5	1298.0	12.9	7.1	0.0	0.0	33.3	0.0	12.4	13.5	3.7	582.2
Peri -Peri Chicken Bowl	538.4	2256.5	15.2	1.6	1.3	3.1	67.4	52.2	10.7	31.0	10.8	1375.5
Peri-Peri Chicken Flatbread	471.1	1970.2	15.9	1.1	0.0	0.0	49.5	0.0	4.8	31.1	2.9	771.5
Peri-Peri Chicken Slide	209.7	872.8	9.1	1.0	0.0	0.0	7.2	0.0	2.9	23.1	1.0	761.0
Peri-Peri Chicken Wrap	399.4	1673.1	9.2	0.9	0.1	0.1	53.8	0.0	7.5	22.5	5.3	6316.7
Persian Chicken Flatbread	637.2	2660.7	31.4	2.6	3.7	1.4	52.9	0.0	7.4	33.0	4.8	941.6
Persian Chicken Wrap	548.3	2290.6	25.6	2.2	0.4	0.2	53.1	0.0	5.3	23.1	6.1	6362.8
Persian Salad	138.5	571.6	8.5	1.3	2.6	3.7	9.8	0.0	8.5	3.6	4.2	318.4
Persian Salad Slide	92.3	381.1	5.7	0.9	1.7	2.4	6.5	0.0	5.6	2.4	2.8	212.3
Salty Caramel Cookie	364.8	1526.4	17.6	7.8	0.0	0.0	47.2	0.0	26.4	3.3	0.5	320.0
Sausage Brekkie Bowl	457.7	1905.8	25.5	7.5	0.0	0.0	34.6	0.0	8.0	19.9	2.9	1357.5
Slide Base Grains	290.7	1226.7	4.4	0.4	1.4	1.7	55.7	52.7	2.9	6.7	4.9	264.6
Slide Base Rice	273.6	1155.6	4.0	0.2	2.2	1.1	53.3	53.3	0.0	5.9	0.9	0.0
Smokey Harissa Chicken Bowl	561.1	2349.1	19.1	2.0	1.3	3.1	66.7	52.2	10.6	29.0	11.2	1292.4

Nutritional Information Recipe List (values per typical serving)

Recipe Name	Energy (kcal)	Energy (KJ)	Fat (g)	saturates (g)	mono (g)	poly (g)	Carb (g)	Starch (g)	Sugars (g)	Protein (g)	Fibre (g)	Sodium (mg)
Smokey Harissa Chicken Flatbread	605.7	2523.2	29.2	2.3	0.0	0.0	52.6	0.0	6.2	31.1	5.4	874.4
Smokey Harissa Chicken Salad	306.6	1257.4	19.5	2.1	2.6	3.7	10.9	0.0	7.1	20.1	4.4	814.3
Smokey Harissa Chicken Slide	283.8	1178.6	16.0	1.6	0.0	0.0	8.0	0.0	3.6	25.6	1.7	843.6
Smokey Harissa Chicken Wrap	522.7	2178.0	23.5	2.1	0.0	0.0	53.6	0.0	5.1	21.0	6.3	6213.8
Sweet Beets & Feta Flatbread	653.2	2581.8	36.2	10.1	0.9	0.3	67.6	0.0	10.3	11.7	5.6	730.2
Sweet Beets & Feta Salad	392.6	1463.8	26.0	5.3	4.4	4.4	28.6	0.0	13.9	7.2	6.7	691.9
Sweet Beets & Feta Wrap	652.1	2575.9	36.4	10.3	0.9	0.3	68.6	0.0	8.9	9.0	6.9	6361.7
Sweet Potato Wedges	170.7	424.5	6.8	0.5	0.0	0.0	24.5	0.0	6.9	1.4	2.7	154.9
Sweet Potato Wedges S	170.7	424.5	6.8	0.5	0.0	0.0	24.5	0.0	6.9	1.4	2.7	154.9
Sweet Teriyaki Mayo	92.9	384.6	7.7	0.5	0.0	0.0	5.1	0.8	3.9	0.3	0.0	263.9
Thai Chicken Satay Slide	242.3	1011.6	10.7	5.2	0.0	0.0	10.0	0.0	3.1	24.8	1.8	903.4
Thai Yellow Chicken Curry Slide	534.3	618.6	10.2	5.9	-	-	9.1	-	3.7	23.4	2.0	851.4
Up-Beat Chicken Rainbow Salad	382.4	1587.1	26.9	2.9	4.4	4.4	15.4	0.0	10.9	17.1	5.0	685.2
Veggie Brekkie Bowl	338.8	1417.1	17.5	6.6	0.9	0.3	33.8	0.0	11.0	8.2	3.0	926.5
Veggie Brekkie Wrap	547.3	2297.2	23.4	9.4	1.0	0.4	69.5	0.0	11.4	11.6	6.2	6490.1
White Americano	22.0	92.2	0.7	0.5	0.0	0.0	1.0	0.0	0.9	0.7	0.0	0.0
White Choco Raspberry Cookie	369.6	1547.2	18.4	10.4	0.0	0.0	46.4	2.4	28.8	3.8	0.7	1952.0