

	Product	Ingredients *Allergens are displayed in bold .	Energy (kJ)	Energy (Kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Drink	Earl Grey	Black tea blend (African, Indian), bergamot essential oil flavour, lemon essential oil flavour, lavender flower.	0	0	0	0	0	0	0	0	0
Drink	Peppermint	Peppermint Leaf (34%), Spearmint Leaf (34%), Fieldmint Leaf (32%).	0	0	0	0	0	0	0	0	0
Drink	Camomile	African Chamomile Flower (70%) (Yellow Florets and Flower Heads), Egyptian Chamomile Flower (20%), European Chamomile Flower (10%).	0	0	0	0	0	0	0	0	0
Drink	Sencha	100% Japanese Organic Green Tea	0	0	0	0	0	0	0	0	0
Drink	Sencha (Iced)		0	0	0	0	0	0	0	0	0
Drink	Genmai Cha	Japanese Organic Green Tea, Japanese Organic Roasted Rice, Japanese Organic Matcha	0	0	0	0	0	0	0	0	0
Drink	Genmai Cha (Iced)		0	0	0	0	0	0	0	0	0
Drink	Soba Cha	Buckwheat (Wheat)	0	0	0	0	0	0	0	0	0
Drink	Soba Cha (Iced)		0	0	0	0	0	0	0	0	0
Drink	Hoji Cha	100% Japanese Organic Green Tea	0	0	0	0	0	0	0	0	0
Drink	Hoji Cha (Iced)		0	0	0	0	0	0	0	0	0
Drink	Hoji Cha Latte (R)	Whole Milk (Milk), Roasted Green Tea, Sugar, Wasanbon Fine-Grained Sugar.	594	142	7.8	4.3	13.0	12.0	0.0	9.0	0.29
Drink	Hoji Cha Latte (L)		790	189	10.4	5.7	17.0	16.0	0.0	11.0	0.34
Drink	Hoji Cha Latte (Iced)		790	189	10.4	5.7	17.0	16.0	0.0	11.0	0.28
Drink	Matcha Latte (R)	Whole Milk (Milk), Organic Matcha Green Tea Powder .	579	137	4.7	4.6	13.6	12.7	0.9	10.0	0.29
Drink	Matcha Latte (L)		699	166	5.6	5.5	16.4	15.2	1.2	12.0	0.34
Drink	Matcha Latte (Iced)		596	142	4.6	4.5	14.1	12.4	1.7	10.2	0.28

	Product	Ingredients *Allergens are displayed in bold .	Energy (kJ)	Energy (Kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Drink	Amazake Latte (R)	Soya Drink (Soya Base (Water, Hulled Soya Beans (Soya) (8.7%)), Apple Extract, Acidity Regulators (Potassium Phosphates), Calcium (Calcium Carbonate), Sea Salt, Stabiliser (Gellan Gum), Potassium Iodide, Vitamins (B2, B12, D2)), Amazake (Rice, Rice Koji, Salt), Kinako Soy Bean Flour (Soya).	742	201	2.6	0.7	34.9	23.7	0.0	9.2	0.66
Drink	Amazake Latte (L)		1012	274	3.5	1.0	47.6	32.3	0.0	12.5	0.90
Drink	Amazake Latte (Ice)		742	201	2.6	0.7	34.9	23.7	0.0	9.2	0.66
Drink	Hot Chocolate (R)	Whole Milk (Milk), Chocolate Sauce (Sugar, Water, Glucose Syrup, Fat Reduced Cocoa Powder, Dextrose, Humectant, Glycerine, Cocoa Butter, Flavour, Salt, Emulsifier: Lecithin, Acidity Regulator: Citric Acid, Preservative: Potassium Sorbate), Chocolate Sprinkle (Sugar, Dextrose, Fat Reduced Cocoa Powder, Emulsifer: Soya Lecithin (Soya), Flavour).	1234	294	15.2	10.1	28.1	26.9	2.2	10.4	0.23
Drink	Hot Chocolate (L)		1513	361	18.1	12.1	35.5	33.9	2.9	12.8	0.28
Drink	Extra Shots	Water, Roasted Arabica Coffee Beans.	22	5	0.1	0.0	0.5	0.1	0.1	0.5	0.03
Drink	Syrup (Vanilla)	Vanilla: Water, Bulking Agent: Polydextrose, Natural Flavouring, Thickener: Cellulose Gum, Sweeteners: Sucralose, Acesulfame K, Acid: Tartaric Acid (L(+)-), Preservatives: Potassium Sorbate, Sodium Benzoate, Natural Vanilla Flavouring.	5	1	0.0	0.0	0.1	0.0	0.0	0.0	0.01
	Syrup (Caramel)	Caramel: Water, Bulking Agent: Polydextrose, Natural Flavouring, Thickener: Cellulose Gum, Sweeteners: Sucralose, Acesulfame K, Acid: Tartaric Acid (L(+)-), Colour: E150a, Preservatives: Potassium Sorbate, Sodium Benzoate.	1	8	0.0	0.0	0.1	0.4	0.0	0.0	0.01
Drink	Babyccino	Whole Milk (Milk), Chocolate Sprinkle (Sugar, Dextrose, Fat Reduced Cocoa Powder, Emulsifer: Soya Lecithin (Soya), Flavour).	483	115	6.5	4.2	8.3	8.3	0.0	6.2	0.17
Bakery	Croissant	Wheat flour (Wheat), Butter (Milk) 23%, Water, Sugar, Yeast, Whole Milk Powder (Milk), Salt, Wheat Gluten , Enzymes (Amylases, Hemicellulases), Flour Treatment Agent (E300), Egg Wash (Egg , water)	1212	288	16.2	10.3	30.1	5.9	1.2	6.1	0.82
Bakery	Chocolate Croissant	Wheat Flour (Wheat), Butter (Milk), Water, Sugar, Wheat Gluten , Vegetable Oil (Sunflower), Pasteurized Liquid Egg (Egg), Fat Reduced Cocoa Powder 2.1%, Yeast, Hazelnut paste (Nuts), Vegetable Fat (Palm), Modified Starch, Salt, Skimmed Milk Powder (Milk), Emulsifier (E322), Flour Treatment Agent (E300), Thickener (E466), Antioxidants (E304, E306), Wheat Fibre (Wheat), Acidity Regulator (E501), Natural Flavouring	1685	403	22.5	11.7	40.5	14.4	2.8	7.8	0.73
Bakery	Raspberry Croissant	Wheat Flour (Wheat), Butter (Milk), Water, Sugar, Wheat Gluten, Yeast, Salt, Flour Treatment Agent (E300), Thickener (E466), Emulsifier (E472e), Wheat Fibre (Wheat), Vegetal Oil (Sunflower), Maltodextrin. Filling 20%: Sugar, Raspberry 7%, Glucose Syrup, Gelling Agent (E440, E401), Acidity Regulator (E331, E341), Fruit and Vegetable Juice, Flavoring, Elderberry Extract, Acid (E330), Preservative (E202). Coating 0.7%: Pasteurised liquid Egg (Egg).	1390	332	16.2	9.9	39.6	16.2	2.3	6.6	0.77
Bakery	Pain au Chocolat	Wheat Flour (Wheat), Charentes-Poitou PDO Butter (Milk) 21%, Water, Chocolate 9% (Sugar, Cocoa Mass, Cocoa butter, Emulsifier (Soya lecithin (Soya)), Natural Vanilla Flavouring), Sugar, Yeast, Whole Milk Powder (Milk), Wheat Gluten , Salt, Eggs , Flour Treatment Agents (Alpha-amylases, Hemicellulases, Ascorbic Acid).	1429	342	18.4	12	36.8	10.4	2.2	7	0.8

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Bakery	Chocolate Bretzle	Water, Wheat Flour (Wheat), Sugar, Margarine (Vegetable Fat (Palm), Water, Vegetable Oils (Soya, Sunflower), Emulsifier (E471), Salt, Acid (E330), Colour (E160a)), Chocolate Drops 6,7% (Sugar, Cocoa Paste, Cocoa Butter, Emulsifier (E322 (Soya)), Almonds (Nuts), Whole Milk Powder (Milk), liquid Egg , Modified Starch, Wheat Gluten , Yeast, Glucose, Cocoa Paste, Defatted Cocoa Powder, Salt, Flour Treatment Agent (E300), Vegetable Protein, Stabilisers (E450, E339), Acidity Regulator (E263), Mocha Powder, Vegetable Oil (sunflower), Dextrose, Maltodextrin, Starch.	2351	562	28.3	11.8	62.6	23.8	4.2	11.3	0.92
Bakery	Pain aux raisins	WHEAT flour, water, BUTTER 14%, raisins 13%, sugar, EGGS , yeast, modified starch, whole MILK powder, salt, powdered WHEY , wheat GLUTEN , skimmed MILK powder, stabilizers (calcium acetate, tetrasodium diphosphate, disodium phosphate), enzymes (amylases, hemicellulases), fruit and plant extract (carrot, paprika, turmeric), flour treatment agent (ascorbic acid), natural flavouring.	1351	322	13.2	8.7	44	18.7	2.2	5.5	0.64
Bakery	Cinnamon Swirl	WHEAT flour, fine butter (MILK) 19%, water, sugar, EGGS , yeast, cinnamon 1.4%, maize starch, WHEAT gluten, salt, whey powder (MILK), whole MILK powder, skimmed MILK powder, thickener (sodium alginate), EGG albumin powder, turmeric extract, flour treatment agents (alpha-amylases, hemicellulases, ascorbic acid), natural flavouring, acidity regulator (citric acid), carrot extract. May contain: SESAME, NUTS, SOY	1477	352	16.4	10.5	45.3	19.2	2.43	5.87	0.58
Panini	Wagyu Panini	Onion, Beef, Mozzarella Cheese[Mozzarella Cheese (MILK), Potato Starch], Yakiniku Sauce[Soy sauce (water, WHEAT), sugar, fermented rice seasoning, concentrated apple juice, hydrolysed protein, vinegar (apple), stir fried onion, concentrated peach juice, vegetable oil, onion extract, garlic, concentrated lemon juice, SESAME , salt, powdered garlic, yeast extract, animal fat, processed starch, seasoning (amino acids), thickener (xanthan), colourings.], Mayonnaise [vegetable oil(rapeseed, SOY bean))(70%), EGG yolk(14%), grain vinegar(water,alcohol,apple juice,corn, BARLEY malt,glucose,sake lees,sugar), water,salt, spice(MUSTARD),flavour extract (MUSTARD)], Italian seasoning[Oregano, Basil, Red Pepper Flakes, Marjoram, Thyme, Rosemary, Sage, Parsley.], Salt, White Pepper, Vegetable Oil, Garlic Flake[Garlic,Vegetable oil], Panini Bread[WHEAT flour, water, yeast, iodised salt (salt, potassium iodate), gluten (WHEAT), antioxidant (ascorbic acid), flour treatment agent (L-cysteine).]	3300	790	48.9	15.3	64.3	8.3	3	20.1	3.43
Panini	Teriyaki Chicken Panini	Chicken, Cabbage, Green Onion, Mozzarella Cheese[Mozzarella Cheese (MILK), Potato Starch], Teriyaki Sauce[Sugar, hydrolysed protein (SOY bean protein, WHEAT gluten, corn gluten, salt), sweet rice wine (glutinous rice, glucose, malted rice, alcohol), water, SOY sauce (SOY beans, salt, WHEAT (gluten), glucose, BARLEY (gluten)), thickener: modified starch, brown sugar syrup (brown sugar, raw sugar, glucose syrup, water), spirit vinegar, colour [E150a], miso BARLEY (gluten), SOY beans, salt), yeast extract, ginger], Mayonnaise[vegetable oil(rapeseed, SOY bean))(70%), EGG yolk(14%), grain vinegar (water,alcohol,apple juice,corn, BARLEY malt,glucose,sake lees,sugar), water,salt, spice(MUSTARD), flavour extract(MUSTARD)], Panini Bread[WHEAT flour, water, yeast, iodised salt (salt, potassium iodate), gluten (WHEAT), antioxidant (ascorbic acid), flour treatment agent (L-cysteine).]	2485	591	20.3	5.2	65.3	8.7	3	35.4	3.59

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Panini	Truffle Cheese Panini	Onion, MUshroom, Mozzarella Cheese[Mozzarella Cheese (MILK), Potato Starch], Led Leicester Cheese [Red Leicester Cheese (MILK), Colour: Carotenes], Truffle Paste[Champignon mushrooms (Agaricus Bisporus), porcini mushrooms (Boletus Edulis and related group), sunflower oil, black truffle 15% (Tuber Aestivum Vitt), salt, pepper, sugar, natural flavour. Black truffle flavour. Acidity regulator: citric acid, antioxidant: ascorbic acid.], Salt, White Pepper, Vegetable Oil, Medium Cheddar Cheese[Cheddar Cheese (MILK), Potato Starch], Panini Bread[WHEAT flour, water, yeast, iodised salt (salt, potassium iodate), gluten (WHEAT), antioxidant (ascorbic acid), flour treatment agent (L-cysteine).]	1982	473	18.3	8.7	56.8	2.6	3.3	19.5	2.37
Panini	Beef Yakiniku Panini	Onion, Beef, Mozzarella Cheese[Mozzarella Cheese (MILK), Potato Starch], Yakiniku Sauce[Soy sauce (water, WHEAT), sugar, fermented rice seasoning, concentrated apple juice, hydrolysed protein, vinegar (apple), stir fried onion, concentrated peach juice, vegetable oil, onion extract, garlic, concentrated lemon juice, SESAME , salt, powdered garlic, yeast extract, animal fat, processed starch, seasoning (amino acids), thickener (xanthan), colourings.], Mayonnaise [vegetable oil(rapeseed, SOY bean))(70%), EGG yolk(14%), grain vinegar(water,alcohol,apple juice,corn, BARLEY malt,glucose,sake lees,sugar), water,salt, spice(MUSTARD),flavour extract (MUSTARD)], Italian seasoning[Oregano, Basil, Red Pepper Flakes, Marjoram, Thyme, Rosemary, Sage, Parsley.], Salt, White Pepper, Vegetable Oil, Garlic Flake[Garlic,Vegitable oil], Panini Bread[WHEAT flour, water, yeast, iodised salt (salt, potassium iodate), gluten (WHEAT), antioxidant (ascorbic acid), flour treatment agent (L-cysteine).]	3300	790	48.9	15.3	64.3	8.3	3	20.1	3.43
Sabdwiches	Katsu Sando	Cabbage,Pork EGG ,Water, High fructose, Corn syrup, Sugar, Distilled vinegar (made from Alcohol), Tomato paste, Salt, Rice starch, Apple puree, Yeast extract [contains, SOY and BARLEY (GLUTEN)], Prune paste, Spices (contains CELERY , Carrots, Onions, Lemon juice) *contains GM ingredients,Rapeseed Oil (68%), Water, Pasteurised Free Range EGG Yolk (5%), Spirit Vinegar, Sugar, Starch, Salt, MUSTARD Seeds, Spices, Antioxidant (Calcium Disodium EDTA), BARLEY , SOY , WHEAT flour,palmoil,salt,yeast,colour[E160c], WHEAT Flour [with Calcium, Iron, Niacin (B3) and Thiamin (B1)], Water, Yeast, Salt, Vegetable Oils (Rapeseed and Sustainable Palm), SOYA Flour, Preservative: Calcium Propionate; Emulsifiers: E472e, E481; Flour Treatment Agent: Ascorbic Acid (Vitamin C)., WHEAT Flour, WHEAT starch, Rice flour, Raising agents: E170, E500, E336 and E341, Defatted SOYBEAN powder, Colour: E160a.,Oil	2772	671	30.6	4.6	64.3	10.2	3.3	32.8	2.9
Sabdwiches	Truffle Egg Sando	EGG , Truffle Paste[Champignon mushrooms (Agaricus Bisporus), porcini mushrooms (Boletus Edulis and related group), sunflower oil, black truffle 15% (Tuber Aestivum Vitt), salt, pepper, sugar, natural flavour. Black truffle flavour. Acidity regulator: citric acid, antioxidant: ascorbic acid.], Mayonnaise[Rapeseed Oil (68%), Water, Pasteurised Free Range EGG Yolk (5%), Spirit Vinegar, Sugar, Starch, Salt, MUSTARD Seeds, Spices, Antioxidant (Calcium Disodium EDTA), BARLEY , SOY], Bread[WHEAT Flour [with Calcium, Iron, Niacin (B3) and Thiamin (B1)], Water, Yeast, Salt, Vegetable Oils (Rapeseed and Sustainable Palm), SOYA Flour, Preservative: Calcium Propionate, Emulsifiers: E472e, E481, Flour Treatment Agent: Ascorbic Acid (Vitamin C)], Dijon MUSTARD [Water, MUSTARD Seed (30%), Spirit Vinegar, Salt, Acidity Regulator (Citric Acid), Preservative (Sodium Metabisulphite).]	3011	723	42.4	7.1	52.3	4.6	2.9	28.9	2.23

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Sabdwiches	Egg Sando	EGG , Mayonnaise[Rapeseed Oil (68%), Water, Pasteurised Free Range EGG Yolk (5%), Spirit Vinegar, Sugar, Starch, Salt, MUSTARD Seeds, Spices, Antioxidant (Calcium Disodium EDTA), BARLEY, SOY], Bread[WHEAT Flour [with Calcium, Iron, Niacin (B3) and Thiamin (B1)], Water, Yeast, Salt, Vegetable Oils (Rapeseed and Sustainable Palm), SOYA Flour, Preservative: Calcium Propionate, Emulsifiers: E472e, E481, Flour Treatment Agent: Ascorbic Acid (Vitamin C)], Dijon MUSTARD [Water, MUSTARD Seed (30%), Spirit Vinegar, Salt, Acidity Regulator (Citric Acid), Preservative (Sodium Metabisulphite).]	2041	489	23.7	4.1	46.6	3.6	2.1	19.4	1.54
Sabdwiches	Ham & Lettuce Sando	Lettuce, Ham[Pork (94%), Honey (5%), Salt, Stabiliser (Triphosphates), Brown Sugar, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrate).], Mayonnaise[Rapeseed Oil (68%), Water, Pasteurised Free Range EGG Yolk (5%), Spirit Vinegar, Sugar, Starch, Salt, MUSTARD Seeds, Spices, Antioxidant (Calcium Disodium EDTA), BARLEY, SOY], Bread[WHEAT Flour [with Calcium, Iron, Niacin (B3) and Thiamin (B1)], Water, Yeast, Salt, Vegetable Oils (Rapeseed and Sustainable Palm), SOYA Flour, Preservative: Calcium Propionate, Emulsifiers: E472e, E481, Flour Treatment Agent: Ascorbic Acid (Vitamin C), Cheese Slice[Reconstituted Whey Powder (MILK), Palm Oil, Cheese (MILK) (11%) (MILK), MILK Proteins, Emulsifying Salts (Sodium Polyphosphate, Calcium Phosphate), Modified Potato Starch, Flavouring (contains MILK), Whey Powder (MILK), Colours (Beta-Carotene, Paprika Extract), Acidity Regulator (Lactic Acid).]	2127	510	25	5.4	49.8	4.8	2.8	19.6	2.76
Sabdwiches	Mix Sand	Lettuce, Ham[Pork (94%), Honey (5%), Salt, Stabiliser (Triphosphates), Brown Sugar, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrate).], EGG , Mayonnaise[Rapeseed Oil (68%), Water, Pasteurised Free Range EGG Yolk (5%), Spirit Vinegar, Sugar, Starch, Salt, MUSTARD Seeds, Spices, Antioxidant (Calcium Disodium EDTA), BARLEY, SOY], Bread[WHEAT Flour [with Calcium, Iron, Niacin (B3) and Thiamin (B1)], Water, Yeast, Salt, Vegetable Oils (Rapeseed and Sustainable Palm), SOYA Flour, Preservative: Calcium Propionate, Emulsifiers: E472e, E481, Flour Treatment Agent: Ascorbic Acid (Vitamin C)], Dijon MUSTARD [Water, MUSTARD Seed (30%), Spirit Vinegar, Salt, Acidity Regulator (Citric Acid), Preservative (Sodium Metabisulphite).], Cheese Slice[Reconstituted Whey Powder (MILK), Palm Oil, Cheese (MILK) (11%) (MILK), Milk Proteins, Emulsifying Salts (Sodium Polyphosphate, Calcium Phosphate), Modified Potato Starch, Flavouring (contains MILK), Whey Powder (MILK), Colours (Beta-Carotene, Paprika Extract), Acidity Regulator (Lactic Acid).]	2078	498	24.3	4.7	48.2	4.1	2.5	19.4	2.14

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Bento	Hambage Bento	<p>((HAMBAGE))SHRIMP[95% white shrimp(CRUSTACEANS), water, saly, stabilizers E451,E452.], Ground Pork, Ground Beef, Onion, Carrot, Aubergine, Padron Pepper, Sausage[Pork (88%), Pork Fat, Iodized Salt (Salt, Potassium Iodate), Potato Starch, Dextrose, Sucrose, Stabilizer: Diphosphates; Spices, Flavour Enhancer: Monosodium Glutamate; antioxidant: Ascorbic Acid; Preservative: Sodium nitrite; Natural Sheep Casing, Smoke.May Contain Traces of EGG, MILK, MUSTARD], EGG, Mayonnaise[vegetable oil(rapeseed,SOY bean))(70%), EGGyolk(14%), grain vinegar(water,alcohol,apple juice,corn,BARLEY malt,glucose,sake lees,sugar), water,salt, spice (MUSTARD),flavour extract(MUSTARD)], Tempura Batter Mix[WHEAT Flour, WHEAT starch, Rice flour, Raising agents: E170, E500, E336 and E341, Defatted SOYBEAN powder, Colour: E160a.], Panko[WHEAT flour,palm oil,salt,yeast,colour[E160c]], Panko[WHEAT Flour, Yeast, Salt], Salt, White Pepper, Nutmeg, Oil, ((HAMBAGU SAUCE)) Onion, MUSHroom, Sugar, White Pepper, Mirin[Sugar, Fermented alcohol, Glutinous rice, Rice koji], Red Wine, Kombu Dashi [Flavour enhancer E621, Salt, Glucose, Kelp powder, Sugar, Flavour enhancer E635, Kelp extract (Maltodextrin, Kelp extract, Flavour enhancer E621, Salt)], Tomato Paste[Tomatoes, Salt], Worcestershire Sauce[Malt Vinegar (from BARLEY), Spirit Vinegar, Molasses, Sugar, Salt, Anchovies (FISH), Tamarind Extract, Onions, Garlic, Spice, Flavourings], MSG, ((TARTAR SAUCE)) Caper, Yuzu Juice, EGG, Rice Vinegar[Spirit vinegar (Ethyl alcohol, Rice extract), Water], Mayonnaise[Rapeseed Oil (68%), Water, Pasteurised Free Range EGG Yolk (5%), Spirit Vinegar, Sugar, Starch, Salt, MUSTARD Seeds, Spices, Antioxidant (Calcium Disodium EDTA)], Sugar, Salt, White Pepper, Parsley, Pickles[Cucumbers, water, sugar, spirit vinegar, salt, MUSTARD seeds, flavouring, firming agent (calcium chloride), colour (riboflavin).], Whole Grain MUSTARD[Spirit vinegar, MUSTARD seeds (27%), water, salt, white wine (contains SULPHITES) (4.8%), sugar, natural flavouring, acidity regulator (lactic acid)], ((SALAD)) Carrot, Mix Green Leaf, Cucumber, Cron, Mange Tout Peas, Japanese Dressing[Canola oil, Vinegar [(Rice, Alcohol, Salt, Sake lees (Rice, Rice Malt), Fermented alcohol, Starch Syrup (Sweet Potato, Corn, Rice, Potato)], Onion, Tamari SOY Sauce 10% (Soybeans, Salt, Alcohol, Water), Sugar, Salt, Olives, Yeast Extract, Red Pimentos, Spices (White Pepper, Garlic, MUSTARD), Tangle Extract Powder. May contain traces of NUTS], ((SIDE)) Japanese Rice, Miso Soup [SOUP BASE PACKET: Rice Miso (Filtered Water, SOYbeans, Rice, Salt), Filtered Water, Alcohol, Sugar, Hydrolyzed Protein, Powdered Yeast Extract, Salt, Onion Extract, Kelp Extract, Shiitake Mushroom Extract Powder. GARNISH PACKET: Dried Wakame Seaweed, Dried Green Onion.] , Yuzu Peel, Radish Pickle[Radish 53%, Water, Salt, Acidity Regulators (E260, E296, E330, E327), Preservative (E202), Sweeteners (E951, E950) Contains Aspartame (A Source Of Phenylalanine)], Kimpira[burdock 40%,carrot, SOY sauce(water,defatted SOYbean, WHEAT, salt), sugar,glucose, SOYbean oil, SESAME oil, salt, SESAME, mirin(water,sticky rice,edible glucose), chilli pepper], Pepper, Strawberry, White Grape, Melon, Orange</p>	3785	914	44.9	9.3	84.6	22.3	7.3	38.2	3.42

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Bento	Karaage Bento	((KARAAGE)) Chicken, Potato Starch, White Pepper, White SESAME , Mirin[Sugar, Fermented alcohol, Glutinous rice, Rice koji], Sake[Rice (made in Japan), Rice koji, Water, Brewing alcohol, Sugar / Acidulant], Tempura Batter Mix[WHEAT Flour, WHEAT starch, Rice flour, Raising agents: E170, E500, E336 and E341, Defatted SOYBEAN powder, Colour: E160a.], Garlic SOY Sauce [mixed soy sauce (SOYA) (acid-decomposed soy sauce (SOYA)) (GULTEN (cereal containing gluten)), seasalt, brewed soy sauce [defatted soybean (SOYA)], starch syrup, ethyl paraoxybenzoate; preservative e215), mixed preparations (d-sorbitol solution; humectant e420, maltitol syrup; humectant e965, purified water, fructose, garlic, sugar, ginger, guar gum, thickener e412, caramel color e150, refined salt.], SOY Sauce[water,salt,sugar, SOY sauce(water, SOY , WHEAT , salt), dried bonito(katsuwonus pelamis)(FISH), yeast extract, dried bullet tuna(Auxis rochei)(FISH), dried frigate tuna(Auxis tazard)(FISH), Ginger Paste[Ginger (81%), Sunflower Oil, Water, Cornflour, Acid: Citric Acid, Sugar, Salt], Cress, Oil, ((SALAD))Carrot, Cherry Tomato, Mix Green Leaf, Mange Tout Peas, Cucamber, Corn, Japanese Dressing[Canola oil, Vinegar [(Rice, Alcohol, Salt, Sake lees (Rice, Rice Malt), Fermented alcohol, Starch Syrup (Sweet Potato, Corn, Rice, Potato)], Onion, Tamari SOY Sauce 10% (Soyabeans, Salt, Alcohol, Water), Sugar, Salt, Olives, Yeast Extract, Red Pimentos, Spices (White Pepper, Garlic, MUSTARD), Tangle Extract Powder. May contain traces of NUTS], ((SIDE)) Japanese Rice, Miso Soup [SOUP BASE PACKET: Rice Miso (Filtered Water, SOYbeans , Rice, Salt), Filtered Water, Alcohol, Sugar, Hydrolyzed Protein, Powdered Yeast Extract, Salt, Onion Extract, Kelp Extract, Shiitake Mushroom Extract Powder. GARNISH PACKET: Dried Wakame Seaweed, Dried Green Onion.], Yuzu Peel, Radish Pickle[Radish 53%, Water, Salt, Acidity Regulators (E260, E296, E330, E327), Preservative (E202), Sweeteners (E951, E950) Contains Aspartame (A Source Of Phenylalanine)], Kimpira[burdock 40%,carrot, SOY sauce(water,defatted SOYbean , WHEAT , salt), sugar,glucose, SOYbean oil, SESAME oil, salt, SESAME , mirin(water,sticky rice,edible glucose), chilli pepper], Pepper, Strawberry, White Grape, Melon, Orange	3341	810	31	5	83.4	14.1	5.2	47	2.26

	Product	<p style="text-align: center;">Ingredients</p> <p style="text-align: center;">*Allergens are displayed in bold.</p>	Energy (kJ)	Energy (Kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Bento	Mixed Katsu Bento	<p>((MIX KATSU)) Chicken, Pork, SHIRIMP[95% white shrimp(CRUSTACEANS), water, salty stabilizers E451,E452.], Cabbage, EGG, Tonkatsu Sauce[Water, High fructose, Corn syrup, Sugar, Distilled vinegar (made from Alcohol), Tomato paste, Salt, Rice starch, Apple puree, Yeast extract [contains SOY and BARLEY (GLUTEN)], Prune paste, Spices (contains CELERY, Carrots, Onions, Lemon juice) *contains GM ingredients], Panko[WHEAT flour,palm oil,salt,yeast, colour[E160c]], Tempura Batter Mix[WHEAT Flour, WHEAT starch, Rice flour, Raising agents: E170, E500, E336 and E341, Defatted SOYBEAN powder, Colour: E160a.], Salt, White Pepper, Oil, MUSTARD[Water, MUSTARD, Sorbitol, Modified food starch, Corn oil, Salt, Glucose syrup solids, Glucono delta-lactone, Spice extract, Ascorbic acid, Xanthan gum], ((TARTAR SAUCE)) Caper, Yuzu Juice, EGG, Rice Vinegar[Spirit vinegar (Ethyl alcohol, Rice extract), Water], Mayonnaise[Rapeseed Oil (68%), Water, Pasteurised Free Range EGG Yolk (5%), Spirit Vinegar, Sugar, Starch, Salt, MUSTARD Seeds, Spices, Antioxidant (Calcium Disodium EDTA),BARLEY, SOY], Sugar, Salt, White Pepper, Parsley, Pickls[Cucumbers, water, sugar, spirit vinegar, salt, MUSTARD seeds, flavouring, firming agent (calcium chloride), colour (riboflavin).], Whole Grain MUSTARD[Spirit vinegar, MUSTARD seeds (27%), water, salt, white wine (contains SULPHITES) (4.8%), sugar, natural flavouring, acidity regulator (lactic acid)], ((SALAD)) Carrot, Cherry Tomato, Mix Green Leaf, Mange Tout Peas, Cucamber, Corn, Japanese Dressing[Canola oil, Vinegar [(Rice, Alcohol, Salt, Sake lees (Rice, Rice Malt), Fermented alcohol, Starch Syrup (Sweet Potato, Corn, Rice, Potato)], Onion, Tamari SOY Sauce 10% (Soyabeans, Salt, Alcohol, Water), Sugar, Salt, Olives, Yeast Extract, Red Pimentos, Spices (White Pepper, Garlic, MUSTARD), Tangle Extract Powder. May contain traces of NUTS], ((SIDE)) Japanese Rice, Miso Soup [SOUP BASE PACKET: Rice Miso (Filtered Water, SOYbeans, Rice, Salt), Filtered Water, Alcohol, Sugar, Hydrolyzed Protein, Powdered Yeast Extract, Salt, Onion Extract, Kelp Extract, Shiitake Mushroom Extract Powder. GARNISH PACKET: Dried Wakame Seaweed, Dried Green Onion.], Yuzu Peel, Radish Pickle[Radish 53%, Water, Salt, Acidity Regulators (E260, E296, E330, E327), Preservative (E202), Sweeteners (E951, E950) Contains Aspartame (A Source Of Phenylalanine)], Kimpira[burdock 40%, carrot, SOY sauce(water,defatted SOYbean, WHEAT, salt), sugar,glucose, SOYbean oil, SESAME oil, salt, SESAME, mirin(water,sticky rice,edible glucose), chilli pepper], Pepper, Strawberry, White Grape, Melon, Orange</p>	3643	890	45.8	7.1	72.7	13.4	5.3	44.9	2.63

	Product	Ingredients *Allergens are displayed in bold .	Energy (kJ)	Energy (Kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Bento	Salmon bento	((SALMON)) SALMON(FISH), shiitake, lotus root, lemon, bamboo shoots, konjac, carrot, Water, DEFATTED SOYBEANS, WHEAT , Salt, Alcohol, SOYBEANS , sugar, salt, Sugar, Fermented alcohol, Glutinous rice, Rice koji, Flavour enhancer E621, Salt, Glucose, Kelp powder, Sugar, Flavour enhancer E635, Kelp extract (Maltodextrin, Kelp extract, Flavour enhancer E621, Salt), Rice (made in Japan), Rice koji, Water, Brewing alcohol, Sugar / Acidulant ((SALAD)) Carrot, Cherry Tomato, Mix Green Leaf, Mange Tout Peas, Cucumber, Corn, Japanese Dressing [Canola oil, Vinegar [(Rice, Alcohol, Salt, Sake lees (Rice, Rice Malt), Fermented alcohol, Starch Syrup (Sweet Potato, Corn, Rice, Potato)], Onion, Tamari SOY Sauce 10% (Soybeans , Salt, Alcohol, Water), Sugar, Salt, Olives, Yeast Extract, Red Pimentos, Spices (White Pepper, Garlic, MUSTARD), Tangle Extract Powder. May contain traces of NUTS], ((SIDE)) Japanese Rice, Miso Soup [SOUP BASE PACKET: Rice Miso (Filtered Water, SOY beans, Rice, Salt), Filtered Water, Alcohol, Sugar, Hydrolyzed Protein, Powdered Yeast Extract, Salt, Onion Extract, Kelp Extract, Shiitake Mushroom Extract Powder. GARNISH PACKET: Dried Wakame Seaweed, Dried Green Onion.], Yuzu Peel, Radish Pickle[Radish 53%, Water, Salt, Acidity Regulators (E260, E296, E330, E327), Preservative (E202), Sweeteners (E951, E950) Contains Aspartame (A Source Of Phenylalanine)], Kimpira[burdock 40%, carrot, SOY sauce(water,defatted SOY bean, WHEAT , salt), sugar,glucose, SOY bean oil, SESAME oil, salt, SESAME , mirin (water,sticky rice,edible glucose), chilli pepper], Pepper, Strawberry, White Grape, Melon, Orange	2015	493	24.4	4.4	25.8	6.4	0.9	41	1.22
Onigiri	Inari	((Onigiri)) Rice, Sugar, Spirit vinegar, Rce vinegar, Salt, Cane molasses, Fried bean curd 40,75% (SOY beans 85%, rapeseed oil*, firming agent: E509), water, sugar [fructose-syrup (corn*, sweet potato), sugar], SOY sauce (defatted SOY beans*, wheat, water, salt, SOY beans*, alcohol), vinegar (water, cane, corn*, tapioca, orange), corn starch, colour: E150a / May contain traces of FISH / *genetically modified organism, ((SIDE)) SOUP BASE PACKET: Rice Miso (Filtered Water, SOY beans, Rice, Salt), Filtered Water, Alcohol, Sugar, Hydrolyzed Protein, Powdered Yeast Extract, Salt, Onion Extract, Kelp Extract, Shiitake Mushroom Extract Powder. GARNISH PACKET: Dried Wakame Seaweed, Dried Green Onion., Dried radish (Kyushu), Pickled ingredients [Salt, Amino acid solution, Vinegar, Fructose glucose liquid sugar, SOY SAUCE , Rice bran, Seasoning (Amino acids, etc.), Acidulant, Sweetener (Saccharin sodium, Stevia, Liquorice), Preservative (K sorbic acid), Sake spirit, Colour (yellow 5)] *some contain WHEAT and SOY	1160	282	5.4	1	47.1	11.6	1.9	8.2	1.78
Onigiri	Yukari&Shio kombu	((Onigiri)) Rice, Kelp, SOYBEAN sauce (SOYBEAN, WHEAT), Salt, Processed SOYBEAN sauce products (SOYBEAN, WHEAT), Protein hydrolyzates (SOYBEAN) / Monosodium glutamate (E621), Sweeteners [Sorbitol (E420), Licorice (E958)], Polysaccharide thickener, Salted red shiso (Perilla leaves) (70%) [(Red shiso, Salt, Salted plum juice (Plum, Salt)), Salt, Sugar, Flavour enhancers (E621, E635), Acidulant (E296), edamame ((SIDE)) burdock 40%, carrot, SOY sauce (water, defatted SOY bean, WHEAT , salt), sugar, glucose, SOY bean oil, SESAME oil, salt, SESAME , mirin (water, sticky rice, edible glucose), chilli pepper, Dried radish (Kyushu), Pickled ingredients [Salt, Amino acid solution, Vinegar, Fructose glucose liquid sugar, SOY SAUCE , Rice bran, Seasoning (Amino acids, etc.), Acidulant, Sweetener (Saccharin sodium, Stevia, Liquorice), Preservative (K sorbic acid), Sake spirit, Colour (yellow 5)] *some contain WHEAT and SOY , MISO SOUP [SOUP BASE PACKET: Rice Miso (Filtered Water, SOY beans, Rice, Salt), Filtered Water, Alcohol, Sugar, Hydrolyzed Protein, Powdered Yeast Extract, Salt, Onion Extract, Kelp Extract, Shiitake Mushroom Extract Powder. GARNISH PACKET: Dried Wakame Seaweed, Dried Green Onion.]	1104	264	2.1	0.3	51.3	3	3.2	7.7	2.75

	Product	Ingredients *Allergens are displayed in bold .	Energy (kJ)	Energy (Kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Onigiri	Takana&Salmon	((Onigiri)) Rice, MUSTARD leaf, SOY SAUCE (WHEAT SOY) , Salt, High fructose corn syrup, Amino acid, Brewed vinegar, Chilli, Spirit, Acidifier, Liquorice, Flavour, Turmeric colouring, Salt, Rice, SALMON , Salt ((SIDE)) burdock 40%, carrot, SOY sauce (water, defatted SOY bean, WHEAT ,salt) , sugar, glucose, SOY bean oil, SESAME oil, salt, SESAME , mirin (water, sticky rice, edible glucose) , chilli pepper, Dried radish (Kyushu), Pickled ingredients [Salt, Amino acid solution, Vinegar, Fructose glucose liquid sugar, SOY SAUCE , Rice bran, Seasoning (Amino acids, etc.), Acidulant, Sweetener (Saccharin sodium, Stevia, Liquorice), Preservative (K sorbic acid), Sake spirit, Colour (yellow 5)] *some contain WHEAT and SOY , SOUP BASE PACKET: Rice Miso (Filtered Water, SOY beans, Rice, Salt), Filtered Water, Alcohol, Sugar, Hydrolyzed Protein, Powdered Yeast Extract, Salt, Onion Extract, Kelp Extract, Shiitake Mushroom Extract Powder. GARNISH PACKET: Dried Wakame Seaweed, Dried Green Onion.	1238	296	3.4	0.6	51.9	4.4	3.3	12.8	2.32
Onigiri	Takana&Tuna mayo	((Onigiri)) Rice, MUSTARD leaf, SOY SAUCE (WHEAT SOY) , Salt, High fructose corn syrup, Amino acid, Brewed vinegar, Chilli, Spirit, Acidifier, Liquorice, Flavour, Turmeric colouring, Salt, Rice, TUNA , Rapeseed Oil (68%), Water, Pasteurised Free Range EGG Yolk (5%), Spirit Vinegar, Sugar, Starch, Salt, MUSTARD Seeds, Spices, Antioxidant (Calcium Disodium EDTA), BARLEY , SOY , Salt ((SIDE)) burdock 40%, carrot, SOY sauce (water, defatted SOY bean, WHEAT , salt), sugar, glucose, SOY bean oil, SESAME oil, salt, SESAME , mirin (water, sticky rice, edible glucose), chilli pepper, Dried radish (Kyushu), Pickled ingredients [Salt, Amino acid solution, Vinegar, Fructose glucose liquid sugar, SOY SAUCE , Rice bran, Seasoning (Amino acids, etc.), Acidulant, Sweetener (Saccharin sodium, Stevia, Liquorice), Preservative (K sorbic acid), Sake spirit, Colour (yellow 5)] *some contain WHEAT and SOY , SOUP BASE PACKET: Rice Miso (Filtered Water, SOY beans, Rice, Salt), Filtered Water, Alcohol, Sugar, Hydrolyzed Protein, Powdered Yeast Extract, Salt, Onion Extract, Kelp Extract, Shiitake Mushroom Extract Powder. GARNISH PACKET: Dried Wakame Seaweed, Dried Green Onion.	1479	354	9.2	1.2	52.1	4.5	3.3	14.1	2.69
Onigiri	Takana&Beef	((Onigiri)) Rice, MUSTARD leaf, SOY SAUCE (WHEAT SOY) , Salt, High fructose corn syrup, Amino acid, Brewed vinegar, Chilli, Spirit, Acidifier, Liquorice, Flavour, Turmeric colouring, Salt, Rice, Beef, Water, DEFATTED SOYBEANS , WHEAT , Salt, Alcohol, SOYBEANS , Sugar, Salt, Sugar, Fermented alcohol, Glutinous rice, Rice koji, "Flavour enhancer E621, Salt, Glucose, Kelp powder, Sugar, Flavour enhancer E635, Kelp extract (Maltodextrin, Kelp extract, Flavour enhancer E621, Salt), Rice (made in Japan), Rice koji, Water, Brewing alcohol, Sugar / Acidulant ((SIDE)) burdock 40%, carrot, SOY sauce (water, defatted SOY bean, WHEAT , salt), sugar, glucose, SOY bean oil, SESAME oil, salt, SESAME , mirin(water,sticky rice,edible glucose), chilli pepper, Dried radish (Kyushu), Pickled ingredients [Salt, Amino acid solution, Vinegar, Fructose glucose liquid sugar, SOY SAUCE , Rice bran, Seasoning (Amino acids, etc.), Acidulant, Sweetener (Saccharin sodium, Stevia, Liquorice), Preservative (K sorbic acid), Sake spirit, Colour (yellow 5)] *some contain WHEAT and SOY , SOUP BASE PACKET: Rice Miso (Filtered Water, SOY beans, Rice, Salt), Filtered Water, Alcohol, Sugar, Hydrolyzed Protein, Powdered Yeast Extract, Salt, Onion Extract, Kelp Extract, Shiitake Mushroom Extract Powder. GARNISH PACKET: Dried Wakame Seaweed, Dried Green Onion.	1223	292	2.9	0.9	56.2	8.4	3.4	9.2	2.59

	Product	Ingredients *Allergens are displayed in bold .	Energy (kJ)	Energy (Kcal)	Fat (g)	Of which saturated (g)	Carbohydrates (g)	Of which Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Onigiri	Takana&Chicken teriyaki	((Onigiri)) Rice, MUSTARD leaf, SOY SAUCE (WHEAT SOY) , Salt, High fructose corn syrup, Amino acid, Brewed vinegar, Chilli, Spirit, Acidifier, Liquorice, Flavour, Turmeric colouring, Salt, Rice, Chicken, Sugar, hydrolysed protein (SOY bean protein, WHEAT gluten, corn gluten, salt), sweet rice wine (glutinous rice, glucose, malted rice, alcohol), water, SOY sauce (SOY beans, salt, WHEAT (gluten), glucose, BARLEY (gluten)), thickener: modified starch, brown sugar syrup (brown sugar, raw sugar, glucose syrup, water), spirit vinegar, colour [E150a], miso BARLEY (gluten), SOY beans, salt), yeast extract, ginger, Salt ((SIDE)) burdock 40%, carrot, SOY sauce (water, defatted SOY bean, WHEAT , salt), sugar, glucose, SOY bean oil, SESAME oil, salt, SESAME , mirin (water, sticky rice, edible glucose), chilli pepper, Dried radish (Kyushu), Pickled ingredients [Salt, Amino acid solution, Vinegar, Fructose glucose liquid sugar, SOY SAUCE , Rice bran, Seasoning (Amino acids, etc), Acidulant, Sweetener (Saccharin sodium, Stevia, Liquorice), Preservative (K sorbic acid), Sake spirit, Colour (yellow 5)] *some contain WHEAT and SOY , SOUP BASE PACKET: Rice Miso (Filtered Water, SOY beans, Rice, Salt), Filtered Water, Alcohol, Sugar, Hydrolyzed Protein, Powdered Yeast Extract, Salt, Onion Extract, Kelp Extract, Shiitake Mushroom Extract Powder. GARNISH PACKET: Dried Wakame Seaweed, Dried Green Onion.	1271	303	2.6	0.6	56.5	7.8	3.3	12.1	3.01
Onigiri	Ochazuke(Salmon)	Rice, Seasoning granules (salt, sugar, matcha, kelp powder) (manufactured in Japan), arare, seaweed/seasonings (amino acids, etc.), Dried radish (Kyushu), Pickled ingredients [Salt, Amino acid solution, Vinegar, Fructose glucose liquid sugar, SOY SAUCE , Rice bran, Seasoning (Amino acids, etc.), Acidulant, Sweetener (Saccharin sodium, Stevia, Liquorice), Preservative (K sorbic acid), Sake spirit, Colour (yellow 5)] *some contain WHEAT and SOY , SALMON , Salt	776	186	1.3	0.2	35.3	1.8	1.9	6.7	2.45
Onigiri	Ochaazuke(Takana)	Rice, Seasoning granules (salt, sugar, matcha, kelp powder) (manufactured in Japan), arare, seaweed/seasonings (amino acids, etc.), Dried radish (Kyushu), Pickled ingredients [Salt, Amino acid solution, Vinegar, Fructose glucose liquid sugar, SOY SAUCE , Rice bran, Seasoning (Amino acids, etc.), Acidulant, Sweetener (Saccharin sodium, Stevia, Liquorice), Preservative (K sorbic acid), Sake spirit, Colour (yellow 5)] *some contain WHEAT and SOY , MUSTARD leaf, SOY SAUCE (WHEAT SOY) , Salt, High fructose corn syrup, Amino acid, Brewed vinegar, Chilli, Spirit, Acidifier, Liquorice, Flavour, Turmeric colouring	706	169	0.4	0	36.1	2.1	2.3	4.5	3.12
Donburi	Wagyu Don	Rice, Wagyu beef, Shiso, Green onion, lemon, Salt, White pepper, Radish, SOYBEAN Sauce, High Fructose Corn Syrup, Reduced Starch Syrup, Glucose, Brewed Vinegar, Apple Juice, Monosodium Glutamate (E621), Lemon Juice, Salt, Wine, Rice Black Vinegar, BONITO Extract, Kelp Extract, Honey, Protein Hydrolyzate, Yeast Extract / Modified Starch, Caramel Coloring (E150a), Thickener [Xanthan Gum (E415)], Spice Extract, Radish 53%, Water, Salt, Acidity Regulators (E260, E296, E330, E327), Preservative (E202), Sweeteners (E951, E950) Contains Aspartame (A Source Of Phenylalanine), yuzu peel, Horseradish, Wasabi (26%), Sugar, SOY Fiber, Salt, Rapeseed oil, Corn starch, Wasabi Flavouring (0.1%) (allyl isothiocyanate), Acidity Regulator [Citric acid], Spirulina, Thickener: Guar Gum, Dextrin, Colouring: Tartrazine*. *May have an adverse effect on activity and attention in children. MISO SOUP [SOUP BASE PACKET: Rice Miso (Filtered Water, SOY beans, Rice, Salt), Filtered Water, Alcohol, Sugar, Hydrolyzed Protein, Powdered Yeast Extract, Salt, Onion Extract, Kelp Extract, Shiitake Mushroom Extract Powder. GARNISH PACKET: Dried Wakame Seaweed, Dried Green Onion.]	2686	643	36.8	8.5	57.1	8.5	2.7	14.9	2.57