

NUTRITIONAL INFORMATION (PER SERVING)	Energy (kcal)	Protein (g)	Carbohydrates (g)	Fat (g)	Saturated Fat (g)	Fibre (g)	Salt (g)
Crystal sourdough bun (75g)	170	6.3	32	1.5	0.2	1.1	0.91
Schar Gluten free bread roll	165	1.86	24.6	5.76	0.48	3.9	0.47
Plant Based Cumberland Sausage 1ptn	149	7.5	5.5	9.8	7.5	4.5	1.1
Bacon (Back) Unsmoked 1ptn	269.1	35.4	0	21.2	7.7	0	4.7
Pork Lincolnshire Sausage 1ptn	275	8.5	8.1	23	7.7	0.9	0.94
Cheese omelette 1ptn	332	19.76	0.08	28.08	17.2	0	1.43
Juice Orange (Serving size 200ml)	84	1.0	18.4	0.2	0.2	0.2	0.01
Juice Apple (Serving size 200ml)	88	0.2	20.8	0.2	0.2	0.2	0.02
EMR branded Chocolate (19g)	107	1.33	9.67	6.88	4.14	0.0	0.04

INGREDIENT LIST	ALLERGY ADVICE: For allergens, including cereals containing gluten, see ingredients in bold.
Crystal sourdough bun (75g)	WHEAT flour, water, sourdough (WHEAT), yeast, extra virgin olive oil, salt, gluten (WHEAT), malt flour (WHEAT).
Schar Gluten free bread roll	Water, Tapioca Starch, Rice Flour, Seeds (10%) (Sunflower, Linseed, Millet, Poppy), Rapeseed Oil, Psyllium Fibre, Potato Flakes, Treacle, Humectant: Glycerine, Stabiliser: Hydroxypropyl Methyl Cellulose, Yeast, Maize Flour, Millet Flakes, Sugar, Salt, Sugar Beet Fibre, Fermented Rice Flour, Reduced Fat, Cocoa Powder
Plant Based Cumberland Sausage 1ptn	Meat Free Sausage (136g of Meat Free Sausage per 100g) [Water, SOYA Flour (20%), Sunflower Oil, Pea Protein, Thickener (Methyl Cellulose, Cellulose, Xanthan Gum), Flavouring, Salt, Yeast Extract, Dextrose, Maltodextrin, Spices, Acidity Regulator (Calcium Lactate), Herbs, Colour(Beetroot Red), Preservative (Sodium SULPHITE), Spice Extract Filled Into Sodium, Alginate Casing]
Bacon (Back) Unsmoked 1ptn	Bacon Back Unsmoked (85% Pork, Water, Salt 2.88%), Antioxidant (Sodium Ascorbate), Preservatives (Sodium Nitrite, Potassium Nitrate).
Pork Lincolnshire Sausage 1ptn	Sausage [Pork (50%), Water, Pork Fat, Rice Flour, Salt, Bamboo Fibre, Dextrose, Caramelised Sugar Syrup, Paprika Extract, Mono And Diglycerides Of Fatty Acids, Potato Starch, Potassium Chloride, SULPHUR Dioxide (SULPHITES), Bay, Parsley, Capsicum, Cinnamon, Clove, Pepper, Pimento, Ascorbic Acid, Sage, White Pepper, Pentasodium Triphosphate Filled Into Beef Collagen Casing]
Cheese omelette 1ptn	Cheese Omelette (EGG Liquid (100% Pure Whole EGG)), Mature Cheddar (99%) contains (Pasteurised Cow's MILK (98.06%), Salt (1.9%) Contains Anti-Caking Agent (Sodium Ferrocyanide), Starter Culture (0.02%), Microbial rennet Rennet (0.02%)), Anti-Caking Agent (1%) (Potato Starch)).
Juice Orange (Serving size 200ml)	100% Pure Orange Juice From Concentrate
Juice Apple (Serving size 200ml)	Apple Juice from Concentrate (100%)
EMR branded Chocolate (19g)	Sugar, cocoa butter, whole MILK powder, cocoa mass, emulsifier: SOYA lecithin, natural vanilla Colour: (concentrate of radish, apple and blackcurrant).

INTOLERANCE INFORMATION	Suitable for Vegetarians	Suitable for Vegans	Contains Gluten	Wheat	Spelt (wheat)	Kamut (wheat)	Rye	Barley	Oats	Contains Nuts	Almonds	Brazil Nuts	Cashew Nuts	Hazelnuts	Macadamia or Queensland Nuts	Pecan Nuts	Pistachios	Walnuts	Peanuts	Contains Sesame Seeds	Contains Soya	Contains Egg	Contains Fish	Contains Milk	Contains Crustaceans	Contains Celery	Contains Mustard	Contains Sulphites	Contains Lupin	Contains Molluscs					
	Crystal sourdough bun (75g)	✓	✓	✓	✓																	⊘													
Schar Gluten free bread roll	✓	✓																																	
Plant Based Cumberland Sausage 1ptn	✓	✓																			✓							✓							
Bacon (Back) Unsmoked 1ptn																																			
Lincolnshire Sausage 1ptn																												✓							
Cheese omelette 1ptn	✓																					✓		✓											
Juice Orange (Serving size 200ml)	✓	✓																																	
Juice Apple (Serving size 200ml)	✓	✓																																	
EMR branded Chocolate (19g)	✓		m							m											a														

a = Contains Indicated Allergen m = May contain Indicated Allergen

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