

<i>PRODUCT DETAILS</i>		<i>CALCULATED NUTRIENTS</i>				
Product Code	Description	100G KJ	100G KCAL	100G Protein	100G Carbohydrate	100G Sugars
BG102	NEW YORK DELI	970.6	231.4	11.1	24.5	2.8
BG102PK	NEW YORK DELI PACK OF 4	970.6	231.4	11.1	24.5	2.8
BG301	SMOKED SALMON & CREAM CHEESE	996.5	237	13.4	30.3	2.8
BG301PK	SMOKED SALMON & CREAM CHEESE PACK OF 4	996.5	237	13.4	30.3	2.8
CL101	CLASSIC BLT	1064.3	254.3	10.4	21.2	2.8
CL101PK	CLASSIC BLT STACK OF 4	1064.3	254.3	10.4	21.2	2.8
CL103	BRITISH HAM, CHEDDAR & PICKLE	904.6	216	12.7	21.9	4.7
CL103PK	BRITISH HAM, CHEDDAR & PICKLE STACK of 4	904.6	216	12.7	21.9	4.7
CL104	BRITISH CHICKEN & BACON	1099.5	263.1	13.7	22.2	2.4
CL104PK	BRITISH CHICKEN & BACON STACK OF 4	1099.5	263.1	13.7	22.2	2.4
CL105	ALL DAY BREAKFAST	1084.4	259.5	11.2	22.7	3.7
CL111	BRITISH HAM & MATURE CHEDDAR	1059.9	254	14.5	19.3	2.4
CL111PK	BRITISH HAM & MATURE CHEDDAR STACK OF 4	1059.9	254	14.5	19.3	2.4
CL201	ROAST CHICKEN SALAD	753.5	179.7	11.3	20.2	2.6
CL201PK	ROAST CHICKEN SALAD STACK OF 4	753.5	179.7	11.3	20.2	2.6
CL202	CHICKEN & SWEETCORN	926.7	221.6	11.1	24.1	3
CL202PK	CHICKEN & SWEETCORN STACK OF 4	926.7	221.6	11.1	24.1	3
CL203	CORONATION CHICKEN	682.5	162	10.1	23	7
CL203PK	CORONATION CHICKEN STACK OF 4	682.5	162	10.1	23	7
CL207	CHICKEN & STUFFING	936.4	223.9	9.8	26.4	3
CL207PK	CHICKEN & STUFFING PACK OF 4	936.4	223.9	9.8	26.4	3
CL301	TUNA & SWEETCORN	769.6	183.8	8.2	22.9	3
CL301PK	TUNA & SWEETCORN STACK OF 4	769.6	183.8	8.2	22.9	3
CL302	CLASSIC PRAWN MAYO	865.5	207.3	10.4	21	1.3
CL302PK	CLASSIC PRAWN MAYO STACK OF 4	865.5	207.3	10.4	21	1.3
CL305	TUNA & SWEETCORN	889.1	212.3	9.3	26	3.1
CL401	EGG & CRESS	1011.4	243.3	10.1	20.6	1.3
CL401PK	EGG & CRESS STACK OF 4	1011.4	243.3	10.1	20.6	1.3
CL402	BRITISH CHEDDAR PLOUGHMAN'S	944.4	225.7	9.8	25	6.8
CL402PK	BRITISH CHEDDAR PLOUGHMAN'S STACK OF 4	944.4	225.7	9.8	25	6.8

CL409	CHEESE & RED ONION	1249.2	300.3	10.9	23.9	1.7
CL409PK	CHEESE & SPRING ONION STACK OF 4	1249.2	300.3	10.9	23.9	1.7
CL412	MEXICAN BEAN & AVOCADO	662.9	157.8	5.1	26.9	4.7
CL412PK	MEXICAN BEAN & AVOCADO STACK OF 4	662.9	157.8	5.1	26.9	4.7
CL502	ISN'T CORONATION CHICKEN	1005.1	240.3	9.9	27.9	6.9
CL503	ISN'T CHICKEN & SWEETCORN	967.4	231.4	10.7	25.6	1.9
CR101	HAM & CHEESE	1313.4	314.4	14.8	22.5	3.5
CR401	CHEESE & TOMATO	1334.8	319.6	9.6	27	4.6
FR404	SUNSHINE FRUIT SALAD	174	41	0.5	8.8	8.8
FR501	SOHO FRUIT SELECTION	253	60	0.7	12.7	12.5
GF201	GLUTEN FREE ROAST CHICKEN SALAD	719.5	172.3	9.7	11.7	1
GF402	GLUTEN FREE CHEDDAR PLOUGHMAN'S	940.5	226	8.2	14.2	2.9
HM106	PENNE MAC CHEESE & BACON	839	199.6	8.5	17.5	0.2
HM404	PESTO PASTA	684.6	162.3	4.4	18.6	0.9
HW102	ALL DAY BREAKFAST	1072	255.5	7.9	29	2.9
KT501	NO SALT BEEF KNOT	945.4	224.7	6.9	31	6.1
LS106	CHICKEN & BACON CAESAR	684.6	164.4	12.4	1.9	1.3
LS305	TUNA NICOISE	631.3	151.8	5.6	5.2	1
LS413	MEZZE SALAD	606.3	145.3	3.6	9.6	2.2
PL101	HAM	845	201.1	12.4	27.5	2.8
PL101PK	HAM STACK OF 4	845	201.1	12.4	27.5	2.8
PL201	CHICKEN	779.2	185	15.3	25.2	2.8
PL201PK	CHICKEN STACK OF 4	779.2	185	15.3	25.2	2.8
PL401	CHEESE	1282.1	307.2	14.6	26.6	2.5
PL401PK	CHEESE STACK OF 4	1282.1	307.2	14.6	26.6	2.5
PLATCL101	CLASSIC MIXED SANDWICH PLATTER	871.9	208.5	10.5	21.9	3.7
PLATF301	FISH SANDWICH PLATTER	825.4	197.4	9.3	22.1	2.3
PLATM102	MEAT SANDWICH PLATTER	886.7	211.6	11.6	22.4	4.1
PLATV401	VEGETARIAN PLATTER	969.2	232.2	9.9	23.3	4.8
PN106	BRITISH HAM & CHEESE	968.3	228.8	12.8	30	0.8
PN109	CHIPOTLE CHICKEN & CHORIZO	1143.9	282.5	14.7	28.1	1.2
PN302	TUNA MELT	1117.2	265.5	13	30.8	0.8
PN406	MOZZARELLA MELT	937.7	222	8.6	29.5	1.3
PR101	NEW YORK DELI	877	209.3	10.9	20.9	2.6
PR101PK	NEW YORK DELI STACK OF 4	877	209.3	10.9	20.9	2.6

PR501	VEGAN PLOUGHMAN'S	898.8	215.1	3.9	26.8	4.6
PR501PK	VEGAN PLOUGHMAN'S STACK OF 4	898.8	215.1	3.9	26.8	4.6
RB103	BRITISH HAM & MATURE CHEDDAR	1144.6	272.9	12.2	30.8	0.6
RB214	CHICKEN CAESAR SALAD	1126	268.9	10.6	28.9	0.6
RB302	TUNA MAYONNAISE & CUCUMBER	907	215.5	9	30.7	0.7
RB402	BRITISH CHEDDAR PLOUGHMAN'S	1027.2	244.3	9.2	33.7	4
RL101	BREAKFAST BACON ROLL	998.2	236.5	10.6	34.1	0.8
RL102	BREAKFAST SAUSAGE ROLL	956.6	226.6	9.4	28.8	0.9
SG102	BRITISH HAM & BARBER'S CHEDDAR	974.5	233.4	12.8	17.9	1.3
SG303	SMOKED SALMON & CREAM CHEESE	774.2	184.9	11.7	22.3	1.1
SG405	BUTLER'S SECRET CHEDDAR PLOUGHMAN'S	1030.4	246.2	11.3	26.7	5.6
SG408	DOUBLE EGG & CRESS	1043.3	250.4	10.7	20.1	0.9
SP402	CARROT & HOUMOUS POT	638.1	153.8	3.6	7.9	4.9
SP404	YOGHURT & BERRY COMPOTE	417.6	99	4.9	13.2	7.8
SP409	EGG & SPINACH POT	544.6	130.2	12.1	3.8	0.3
SP410	YOGHURT & MANGO COMPOTE	618.7	147.1	6.4	17.8	7.5
TS104	ULTIMATE HAM & CHEDDAR TOASTIE	972	231.3	12.9	24.5	0.9
WR201	CHICKEN CAESAR WRAP	1049.6	250.7	10.4	23.9	0.7
WR201PK	CHICKEN CAESAR WRAP PACK OF 4	1049.6	250.7	10.4	23.9	0.7
WR202	HOISIN DUCK WRAP	779.2	184.8	8.7	27.9	4.1
WR202PK	HOISIN DUCK WRAP PACK OF 4	779.2	184.8	8.7	27.9	4.1
WR401	HOUMOUS & FALAFEL WRAP	884.6	210.4	4.9	28.9	4.5
WR401PK	HOUMOUS & FALAFEL WRAP PACK OF 4	884.6	210.4	4.9	28.9	4.5
WR506	ONION BHAJI WRAP	891.3	212.3	4	28.9	4.8
WR508	NO DUCK HOISIN WRAP	845.6	200.2	7.2	33	7.3

The Soho Sandwich Company - January 2022 Men

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					CALCULATED ALLERGENS				
100G Fat	100G Saturates	100G Fibre	100G Sodium	100G Salt	Celery	Sesame	Soya	Sulphur dioxide and Sulphites	
9.7	2.5	2.2	0.7	1.7	N	M	N	N	
9.7	2.5	2.2	0.7	1.7	N	M	N	N	
8.2	3	3	0.3	0.8	N	M	N	N	
8.2	3	3	0.3	0.8	N	M	N	N	
15	3.3	1.6	0.6	1.5	N	N	N	N	
15	3.3	1.6	0.6	1.5	N	N	N	N	
8.6	4.4	1.7	0.6	1.6	N	N	N	Y	
8.6	4.4	1.7	0.6	1.6	N	N	N	Y	
13.7	2.4	1.6	0.6	1.4	N	N	N	N	
13.7	2.4	1.6	0.6	1.4	N	N	N	N	
13.6	3.6	1	0.5	1.4	N	N	N	N	
13.2	7.3	1.5	0.5	1.4	N	N	N	N	
13.2	7.3	1.5	0.5	1.4	N	N	N	N	
6	0.7	1.5	0.3	0.8	N	N	N	N	
6	0.7	1.5	0.3	0.8	N	N	N	N	
9	1.1	1.8	0.3	0.8	N	N	N	N	
9	1.1	1.8	0.3	0.8	N	N	N	N	
3.4	0.7	1.6	0.3	0.7	M	N	M	M	
3.4	0.7	1.6	0.3	0.7	M	N	M	M	
8.7	1	2.1	0.3	0.8	N	N	N	N	
8.7	1	2.1	0.3	0.8	N	N	N	N	
6.6	0.7	2	0.3	0.6	N	N	N	N	
6.6	0.7	2	0.3	0.6	N	N	N	N	
10.5	1	3.2	0.4	1.1	N	N	N	N	
10.5	1	3.2	0.4	1.1	N	N	N	N	
7.6	0.9	1.5	0.3	0.7	N	N	N	N	
14	2	3.2	0.4	1	N	N	N	N	
14	2	3.2	0.4	1	N	N	N	N	
9.7	5.4	1.5	0.4	1	N	N	N	N	
9.7	5.4	1.5	0.4	1	N	N	N	N	

18.6	5.1	3.5	0.4	1.1	M	N	N	M
18.6	5.1	3.5	0.4	1.1	M	N	N	M
3.5	0.9	3.1	0.3	0.9	N	N	N	N
3.5	0.9	3.1	0.3	0.9	N	N	N	N
9.9	1	2.1	0.4	1.1	N	N	Y	N
9.4	0.9	2.6	0.4	0.9	N	N	Y	N
18	10.1	1.2	0.5	1.4	N	N	N	N
19	11	1.2	0.3	0.8	N	N	N	N
0.2	0	1.1	0	0	N	N	N	N
0.2	0	2.2	0	0.1	N	N	N	N
8.3	0.8	6	0.4	1	N	N	N	N
13.8	5.6	6.4	0.5	1.1	N	N	N	N
10.5	5.7	0.8	0.4	0.9	N	N	Y	N
7.7	2.6	1.7	0.4	1	N	N	Y	N
12.2	2.6	2	0.4	1	N	N	N	N
7.8	2.7	1.4	0.6	1.5	N	N	Y	N
11.9	2.5	0.6	0.5	1.2	N	N	Y	N
11.9	2.9	0.9	0.2	0.6	M	M	M	Y
9.8	0.9	3.7	0.2	0.6	N	Y	N	N
4.3	1.3	1.5	0.5	1.2	N	N	N	N
4.3	1.3	1.5	0.5	1.2	N	N	N	N
2.6	0.8	1.7	0.3	0.8	N	N	N	N
2.6	0.8	1.7	0.3	0.8	N	N	N	N
15.6	9	1.3	0.5	1.3	N	N	N	N
15.6	9	1.3	0.5	1.3	N	N	N	N
8.9	2.7	1.9	0.4	1	N	N	N	Y
8.4	0.9	2.3	0.3	0.8	N	N	N	N
8.5	2.3	1.7	0.5	1.3	N	N	M	Y
11.3	4.1	2.2	0.4	1	N	N	N	N
7.1	3.6	1.4	0.6	1.6	N	N	Y	N
12.2	3.7	1.2	0.5	1.5	N	N	M	Y
10.9	3.1	1.4	0.5	1.3	N	N	M	N
8.5	3.8	1.3	0.5	1.3	N	N	M	N
9	3	1.6	0.8	2	N	N	Y	N
9	3	1.6	0.8	2	N	N	Y	N

10.3	5.3	1.6	0.5	1.3	N	N	Y	Y
10.3	5.3	1.6	0.5	1.3	N	N	Y	Y
10.7	3.9	5.3	0.7	1.6	N	M	M	N
11.9	1.3	4.8	0.5	1.2	N	M	M	N
5.9	0.6	5.3	0.4	1	N	N	M	N
7.7	4.1	5.1	0.5	1.3	N	M	M	N
7.3	2.6	1.5	0.7	1.8	N	N	M	N
8.8	3.3	1.1	0.5	1.2	N	N	M	N
12.5	4.8	1.8	0.6	1.4	N	N	M	N
7.2	3	2.5	0.4	1	N	N	M	N
10.4	5.2	2.4	0.5	1.2	M	N	M	M
14.2	2.2	2	0.4	1	N	M	M	N
11.1	1.2	1.8	0.1	0.4	N	Y	N	N
3	2.7	0.3	0.1	0.1	N	N	N	N
7.5	2.4	0.7	0.2	0.5	N	N	N	N
5.3	2.7	1.4	0	0.1	N	N	N	N
8.7	4.9	0.5	0.6	1.5	N	N	Y	N
12.9	1.6	1.9	0.3	0.7	N	N	N	N
12.9	1.6	1.9	0.3	0.7	N	N	N	N
4.7	1.1	2.1	0.3	0.7	M	N	Y	M
4.7	1.1	2.1	0.3	0.7	M	N	Y	M
8.3	0.9	3.8	0.2	0.6	N	Y	N	N
8.3	0.9	3.8	0.2	0.6	N	Y	N	N
9.2	2.1	3.1	0.3	0.7	N	N	Y	Y
4.8	0.7	2.4	0.4	0.9	M	N	Y	Y

N	N	N	N	N	Y	N	Y	N
N	N	N	N	N	Y	N	Y	N
N	N	N	N	N	Y	N	Y	Y
N	N	N	N	N	Y	N	Y	Y
N	N	Y	N	N	Y	N	Y	Y
N	N	Y	N	N	Y	N	Y	Y
N	N	N	N	N	Y	N	Y	N
N	N	N	N	N	Y	N	Y	N
N	N	N	N	N	N	N	N	N
N	N	N	N	N	N	N	N	N
N	N	N	N	N	N	N	N	N
N	N	N	N	N	N	N	N	N
N	N	N	N	N	Y	N	Y	N
N	N	N	N	N	Y	N	Y	N
N	N	N	N	N	Y	N	Y	N
N	N	N	Y	N	Y	N	Y	Y
N	N	N	N	N	Y	N	Y	Y
N	N	N	N	N	N	N	M	N
N	N	N	N	N	Y	N	Y	N
N	N	N	N	N	Y	N	Y	N
N	N	N	N	N	Y	N	Y	N
N	N	N	N	N	Y	N	Y	N
N	N	N	N	N	Y	N	Y	Y
N	N	N	N	N	Y	N	Y	Y
N	N	N	N	N	Y	N	Y	Y
N	N	N	N	N	Y	N	Y	Y
N	N	N	N	N	Y	N	Y	Y
N	N	N	N	N	Y	N	Y	Y
N	N	N	N	N	Y	N	Y	N
N	N	N	N	N	Y	N	Y	N
N	N	N	N	N	Y	N	Y	N
N	N	N	N	N	Y	N	Y	Y
N	N	N	N	N	Y	N	Y	Y

Shellfish (crustacean)	Eggs	Fish	Milk	Mustard	Nuts	Peanuts
N	Y	N	Y	Y	N	N
N	Y	N	Y	Y	N	N
N	N	Y	Y	N	N	N
N	N	Y	Y	N	N	N
N	Y	N	N	N	N	N
N	Y	N	N	N	N	N
N	N	N	Y	N	N	N
N	N	N	Y	N	N	N
N	Y	N	N	N	N	N
N	Y	N	N	N	N	N
N	Y	N	N	Y	N	N
N	N	N	Y	N	N	N
N	Y	N	N	N	N	N
N	Y	N	N	N	N	N
N	Y	N	N	N	N	N
N	Y	N	N	N	N	N
N	Y	N	N	N	N	N
N	Y	N	M	Y	N	N
N	Y	N	M	Y	N	N
N	Y	N	N	N	N	N
N	Y	N	N	N	N	N
N	Y	Y	N	N	N	N
N	Y	Y	N	N	N	N
Y	Y	N	N	N	N	N
Y	Y	N	N	N	N	N
N	Y	Y	N	N	N	N
N	Y	N	N	N	N	N
N	Y	N	N	N	N	N
N	N	N	Y	Y	N	N
N	N	N	Y	Y	N	N

N	Y	N	Y	N	N	N
N	Y	N	Y	N	N	N
N	N	N	N	N	N	N
N	N	N	N	N	N	N
N	N	N	N	Y	N	N
N	N	N	N	Y	N	N
N	Y	N	Y	N	N	N
N	Y	N	Y	N	N	N
N	N	N	N	N	N	N
N	N	N	N	N	N	N
N	Y	N	N	N	N	N
N	Y	N	Y	Y	N	N
N	Y	N	Y	Y	N	N
N	N	N	Y	N	N	N
N	Y	N	N	Y	N	N
N	Y	N	Y	N	N	N
N	Y	Y	M	Y	N	N
N	N	N	N	N	N	N
N	N	N	N	N	N	N
N	N	N	N	N	N	N
N	N	N	Y	N	N	N
N	N	N	Y	N	N	N
N	N	N	Y	N	N	N
N	Y	Y	Y	Y	N	N
Y	Y	Y	N	N	N	N
N	Y	N	M	Y	N	N
N	Y	N	Y	Y	N	N
N	N	N	Y	Y	N	N
N	Y	N	Y	N	N	N
N	Y	Y	Y	N	N	N
N	N	N	Y	N	N	N
N	Y	N	Y	Y	N	N
N	Y	N	Y	Y	N	N

N	N	N	N	Y	N	N
N	N	N	N	Y	N	N
N	Y	N	Y	N	N	N
N	Y	N	Y	Y	N	N
N	Y	Y	N	N	N	N
N	N	N	Y	Y	N	N
N	N	N	N	N	N	N
N	N	N	N	N	N	N
N	Y	N	Y	Y	N	N
N	M	Y	Y	N	N	N
N	M	N	Y	Y	N	N
N	Y	N	N	N	N	N
N	N	N	N	N	N	N
N	N	N	Y	N	N	N
N	Y	N	N	N	N	N
N	N	N	Y	N	N	N
N	N	N	Y	Y	N	N
N	Y	N	Y	Y	N	N
N	Y	N	Y	Y	N	N
N	N	N	N	N	N	N
N	N	N	N	N	N	N
N	N	N	N	Y	N	N
N	N	N	N	Y	N	N
N	N	N	N	Y	N	N
N	N	N	N	N	N	N