

Nutritional and Allergen information										
Wraps	Portion Size	Kcal	KJ	Total Fat (g)	Saturated Fat (g)	Sodium (g)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)
Mexican Chicken Burrito	100g	195	793	9	3	3	172	11	1	9
	Regular Wrap	761	3060	33	8	575	88	8	3	32
	Large Wrap	1033	4203	48	14	14	909	59	3	47
Mexican Beef Burrito	100g	195	791	10	3	197	20	2	1	7
	Regular Wrap	760	3052	36	9	692	89	8	4	25
	Large Wrap	1033	4203	48	14	14	909	59	3	47
Mexican Mixed Pepper Burrito	100g	820	3309	37	11	608	107	10	4	19
	Regular Wrap	761	3060	33	8	575	88	8	3	32
	Large Wrap	1032	4190	52	16	1047	108	11	5	36
Mexican Club Burrito	100g	204	829	11	3	141	17	1	1	9
	Regular Wrap	789	3171	40	8	501	80	5	5	31
	Large Wrap	1082	4394	60	13	747	91	6	6	46
Carribean Chicken Roti	100g	180	755	8	2	223	21	2	2	8
	Regular Wrap	668	2803	27	6	667	83	8	5	26
	Large Wrap	775	3247	33	7	960	90	10	9	34
Carribean Lamb Roti	100g	189	791	7	2	217	21	2	2	11
	Regular Wrap	692	2903	26	6	649	83	8	5	34
	Large Wrap	811	3403	32	7	932	90	10	8	47
Carribean Roasted Cauliflower & Pumpkin Roti	100g	165	691	6	1	184	24	3	5	4
	Regular Wrap	626	2627	24	5	558	92	10	12	15
	Large Wrap	708	2972	27	6	790	104	12	20	17
Turkish Lamb Shish	100g	149	627	6	2	90	16	1	2	8
	Regular Wrap	550	2315	18	6	281	68	5	8	29
	Large Wrap	702	2946	28	9	421	73	7	10	39
American Smokey Beef	100g	254	816	10	3	63	21	1	3	19
	Regular Wrap	900	3076	36	8	194	90	5	10	61
	Large Wrap	1294	4161	52	14	323	109	7	16	97
Indian Chicken Tikka	100g	213	774	8	3	167	15	2	3	16
	Regular Wrap	855	3027	29	13	506	63	8	10	60
	Large Wrap	991	3598	36	15	776	70	10	14	73
Indian Roasted Cauliflower & Pumpkin	100g	181	639	6	3	187	20	3	6	7
	Regular Wrap	747	2578	24	12	571	78	9	22	30
	Large Wrap	841	2970	28	13	867	92	12	30	32
Lebanese Falafel	100g	189	763	9	1	64	21	3	3	5
	Regular Wrap	717	2911	29	3	249	86	11	13	21
	Large Wrap	888	3584	40	5	300	97	15	16	26
Jamaican Jerk Chicken	100g	146	584	6	1	168	17	2	4	8
	Regular Wrap	565	2232	23	3	483	69	8	12	28
	Large Wrap	688	2744	27	4	787	81	11	19	39