

WRAPS	INGREDIENT	WEIGHT (GRAMS)	KCAL	KJ	TOTAL FAT (G)	SATURATED FAT (G)	SODIUM (G)	CARBOHYDRATE (G)	DIETARY FIBRE (G)	SUGARS (G)	PROTEIN (G)
KOREAN VEGAN	12" TORTILLA NEW	85	263.5	1109.25	5.865	2.55	0	44.37	0	3.825	7.225
	WIU ROAST AUBERGINE & RED PEPPER	110	118.8	464.2	6.93	0.55	5.94	11.33	2.42	10.12	1.65
	WIU CELERIAC AND CABBAGE KIMCHI	100	66	274	2.5	0.4	5.2	6.3	4.8	4.8	2.1
	BABY SPINACH	10	2.3	10	0.04	0.006	0	0.36	0.22	0.04	0.29
	TURMERIC PICKLES	30	14.7	61.8	0.06	0.018	0.1488	3.66	0.51	3.3	0.126
	CUCUMBER	20	3	12.4	0	0	0.04	0.8	0.2	0.4	0.2
	SRIRACHA MAYO	20	97	400.4	9.8	0.74	0.3	1.56	0.064	1.24	0.7
	TOTAL	375	565	2332	25	4	12	68	8	24	12
KOREAN MEAT	12" TORTILLA NEW	85	263.5	1109.25	5.865	2.55	0	44.37	0	3.825	7.225
	WIU SOY AND SESAME CHICKEN	110	218.9	914.1	11.77	3.091	2.453	0.88	1.32	0.11	27.5
	WIU CELERIAC AND CABBAGE KIMCHI	100	66	274	2.5	0.4	5.2	6.3	4.8	4.8	2.1
	BABY SPINACH	10	2.3	10	0.04	0.006	0	0.36	0.22	0.04	0.29
	TURMERIC PICKLES	30	14.7	61.8	0.06	0.018	0.1488	3.66	0.51	3.3	0.126
	CUCUMBER	20	3	12.4	0	0	0.04	0.8	0.2	0.4	0.2
	SRIRACHA MAYO	20	97	400.4	9.8	0.74	0.3	1.56	0.064	1.24	0.7
	TOTAL	375	665	2782	30	7	8	58	7	14	38
AMERICAN MEAT	12" TORTILLA NEW	85	263.5	1109.25	5.865	2.55	0	44.37	0	3.825	7.225
	WIU BRAISED BEEF	120	182.4	766.8	6.36	2.256	3.084	3.12	1.08	1.92	80.16
	POTATO WEDGES	70	120.4	504.7	5.04	0.56	0.77	17.85	1.26	0.35	0.84
	COS LETTUCE	20	3.4	14	0.06	0	0	0.66	0.42	0.24	0.24
	WIU RED PICKLED SLAW	40	19.6	82.4	0.08	0.04	0.2	4.88	0.68	4.4	0.16
	CRISPY FRIED ONIONS	10	61	253	4.6	2.3	0	4.4	0.4	1.1	0.042
	GRATED MATURE CHEDDAR	10	41.3	171.2	3.4	2.1	0	0.17	0	0.005	2.5
	LION AMERICAN BBQ SAUCE	20	44.6	189.4	0.04	0	0.08	10.12	0.26	4.78	0.38
TOTAL	375	736	3091	25	10	4	86	4	17	92	
AMERICAN VEG	12" TORTILLA NEW	85	263.5	1109.25	5.865	2.55	0	44.37	0	3.825	7.225
	WIU MAC N BBQ BEANS	120	207.6	876	4.32	0.6	0.54	34.68	3	20.64	6
	POTATO WEDGES	70	120.4	504.7	5.04	0.56	0.77	17.85	1.26	0.35	0.84
	COS LETTUCE	20	3.4	14	0.06	0	0	0.66	0.42	0.24	0.24
	WIU RED PICKLED SLAW	40	19.6	82.4	0.08	0.04	0.2	4.88	0.68	4.4	0.16
	CRISPY FRIED ONIONS	10	61	253	4.6	2.3	0	4.4	0.4	1.1	0.042
	GRATED MATURE CHEDDAR	10	41.3	171.2	3.4	2.1	0	0.17	0	0.005	2.5
	LION AMERICAN BBQ SAUCE	20	44.6	189.4	0.04	0	0.08	10.12	0.26	4.78	0.38
TOTAL	375	761	3200	23	8	2	117	6	35	17	
JAMAICAN	12" TORTILLA NEW	85	263.5	1109.25	5.865	2.55	0	44.37	0	3.825	7.225
	WIU PEA & TURMERIC PILAO	50	89	374.5	1.95	0.3	0.094	15.35	0.8	0.3	2.05
	WIU JERK CHICKEN	80	144.8	605.6	6.72	1.784	2.832	6.88	2.64	2.88	15.52
	WIU COCONUT CHICKPEAS	50	68.5	287	3.9	0.8	0.2	6.35	0.6	0.3	1.75
	WIU FRIED PLANTAIN	50	126	556	6.85	0.89	0.25	18.35	1.3	8.45	0.735
	WIU SWEET & SHARP SALSA	30	13.5	57	0.54	0.063	0.00939	1.83	0.24	1.26	0.24
	CHILLI JAM	20	50.6	215	0.02	0	0	12.4	0	11.88	0.04
	GARLIC RAITA	20	26	108.2	2	1.28	0.04	0.98	0	0.98	1.14
TOTAL	385	782	3,313	28	8	3	107	6	30	29	

WRAPS	INGREDIENT	WEIGHT (GRAMS)	KCAL	KJ	TOTAL FAT (G)	SATURATED FAT (G)	SODIUM (G)	CARBOHYDRATE (G)	DIETARY FIBRE (G)	SUGARS (G)	PROTEIN (G)
MEXICAN MEAT	12" TORTILLA NEW	85	263.5	1109.25	5.865	2.55	0	44.37	0	3.825	7.225
	WIU LIME & CORIANDER RICE	60	89.4	383.4	0.42	0.102	0.1644	19.8	0.78	0.06	1.992
	WIU GRILLED FAJITA CHICKEN	80	160	668.8	8.48	2.224	1.736	1.84	0.48	0.08	19.28
	WIU BLACK BEANS	50	48	201	1	0.175	0.1925	9.05	3.95	0.05	2.725
	WIU SWEET & SHARP SALSA	40	18	76	0.72	0.084	0.01252	2.44	0.32	1.68	0.32
	GUACAMOLE	30	42.3	177	3.3	0.6	0	3.3	0	0	1.2
	GRATED MATURE CHEDDAR	20	82.6	342.4	6.8	4.2	0	0.34	0	0.01	5
	SOUR CREAM	20	42.8	176	4.2	2.6	0.1	0.8	0	0	0.6
TOTAL		385	747	3,134	31	13	2	82	6	6	38
MEXICAN VEG	12" TORTILLA NEW	85	263.5	1109.25	5.865	2.55	0	44.37	0	3.825	7.225
	WIU LIME & CORIANDER RICE	60	89.4	383.4	0.42	0.102	0.1644	19.8	0.78	0.06	1.992
	WIU ONIONS & PEPPERS	80	86.4	337.6	5.04	0.4	4.32	8.24	1.76	7.36	1.2
	WIU BLACK BEANS	50	48	201	1	0.175	0.1925	9.05	3.95	0.05	2.725
	WIU SWEET & SHARP SALSA	40	18	76	0.72	0.084	0.01252	2.44	0.32	1.68	0.32
	GUACAMOLE	30	42.3	177	3.3	0.6	0	3.3	0	0	1.2
	GRATED MATURE CHEDDAR	20	82.6	342.4	6.8	4.2	0	0.34	0	0.01	5
	SOUR CREAM	20	42.8	176	4.2	2.6	0.1	0.8	0	0	0.6
TOTAL		385	673	2,803	27	11	5	88	7	13	20
TURKISH MEAT	12" TORTILLA NEW	85	263.5	1109.25	5.865	2.55	0	44.37	0	3.825	7.225
	WIU MIXED KOFTA (CHIKEN & LAMB)	120	234	979.2	14.16	6.12	3.36	5.04	1.2	0.84	21.72
	COS LETTUCE	20	3.4	14	0.06	0	0	0.66	0.42	0.24	0.24
	WIU PICKLED CABBAGE & CUCUMBER	40	19.6	82.4	0.08	0.04	0.2	4.88	0.68	4.4	0.16
	TABBOULEH	55	68.2	276.65	5.137	0.715	0.275	5.445	1.265	0.715	0.88
	HOUMOUS	30	96	339	8.1	0.9	0.03	2.7	1.5	0.3	2.4
	GARLIC MAYO	20	113.6	467.4	12.4	0.92	0.38	0.3	0.08	0.3	0.8
	TOTAL		370	798	3,268	46	11	4	63	5	11
TURKISH VEG	12" TORTILLA NEW	85	263.5	1109.25	5.865	2.55	0	44.37	0	3.825	7.225
	FALAFEL	100	238	996	14.2	1.6	0.9	16.6	5.3	2.8	6.7
	COS LETTUCE	20	3.4	14	0.06	0	0	0.66	0.42	0.24	0.24
	WIU PICKLED CABBAGE & CUCUMBER	40	19.6	82.4	0.08	0.04	0.2	4.88	0.68	4.4	0.16
	TABBOULEH	55	68.2	276.65	5.137	0.715	0.275	5.445	1.265	0.715	0.88
	HUMMUS	30	96	339	8.1	0.9	0.03	2.7	1.5	0.3	2.4
	TAHINI DRESSING	30	49.8	213	2.49	0.24	0.12	5.01	2.01	2.64	3.99
	GARLIC MAYO	20	113.6	467.4	12.4	0.92	0.38	0.3	0.08	0.3	0.8
TOTAL		380	852	3,498	48	7	2	80	11	15	22
INDIAN MEAT	12" TORTILLA NEW	85	263.5	1109.25	5.865	2.55	0	44.37	0	3.825	7.225
	WIU CHARRED TANDOORI CHICKEN	100	199	1101	10.7	2.81	2.23	0.8	1.2	0.1	25
	WIU COCONUT CHICKPEAS	50	68.5	258	3.9	0.8	0.2	6.35	0.6	0.3	1.75
	WIU PEA & TURMERIC PILAO	50	89	103	1.95	0.3	0.094	15.35	0.8	0.3	2.05
	WIU SWEET & SHARP SALSA	50	22.5	82.4	0.9	0.105	0.01565	3.05	0.4	2.1	0.4
	TURMERIC PICKLES	20	9.8	68	0.04	0.012	0.0992	2.44	0.34	2.2	0.084
	GARLIC RAITA	20	26	467.4	2	1.28	0.04	0.98	0	0.98	1.14
	TOTAL		375	678	2,846	25	8	3	73	3	10

WRAPS	INGREDIENT	WEIGHT (GRAMS)	KCAL	KJ	TOTAL FAT (G)	SATURATED FAT (G)	SODIUM (G)	CARBOHYDRATE (G)	DIETARY FIBRE (G)	SUGARS (G)	PROTEIN (G)
PORTUGUESE MEAT	12" TORTILLA NEW	85	263.5	1109.25	5.865	2.55	0	44.37	0	3.825	7.225
	WIU PERI-PERI CHICKEN	100	145	607	7.1	1.92	3.14	1.5	1.2	0.1	19.4
	SPICED SWEET POTATO & SQUASH	50	47.5	200	0.05	0	0.05	10.75	1.35	0.45	1.25
	COS LETTUCE	20	3.4	14	0.06	0	0	0.66	0.42	0.24	0.24
	WIU RED PICKLED SLAW	30	14.7	61.8	0.06	0.03	0.15	3.66	0.51	3.3	0.12
	WIU SWEET & SHARP SALSA	60	27	114	1.08	0.126	0.01878	3.66	0.48	2.52	0.48
	CHILLI JAM	20	50.6	215	0.02	0	0	12.4	0	11.88	0.04
	GARLIC MAYO	15	85.2	350.55	9.3	0.69	0.285	0.225	0.06	0.225	0.6
TOTAL		380	637	2,672	24	5	4	77	4	23	29
PORTUGUESE VEGAN	12" TORTILLA NEW	85	263.5	1109.25	5.865	2.55	0	44.37	0	3.825	7.225
	WIU PULLED PERI-PERI JACKFRUIT	100	82	368	1.8	0.2	0.2	14.6	6.4	7.3	1.8
	SPICED SWEET POTATO & SQUASH	50	47.5	200	0.05	0	0.05	10.75	1.35	0.45	1.25
	COS LETTUCE	20	3.4	14	0.06	0	0	0.66	0.42	0.24	0.24
	WIU RED PICKLED SLAW	30	14.7	61.8	0.06	0.03	0.15	3.66	0.51	3.3	0.12
	WIU SWEET & SHARP SALSA	60	27	114	1.08	0.126	0.01878	3.66	0.48	2.52	0.48
	CHILLI JAM	20	50.6	215	0.02	0	0	12.4	0	11.88	0.04
	GARLIC MAYO	15	85.2	350.55	9.3	0.69	0.285	0.225	0.06	0.225	0.6
TOTAL		380	574	2,433	18	4	1	90	9	30	12
CARIBBEAN MEAT	ROTIS	150	456	1917	15.9	2.85	0.75	68.85	4.5	1.65	11.76
	WIU CHICKEN CURRY	120	199.2	830.4	13.2	3.456	4.932	2.28	0.72	0.72	18.24
	WIU COCONUT CHICKPEAS	80	109.6	459.2	6.24	1.28	0.32	10.16	0.96	0.48	2.8
	TAMARIND SAUCE	20	36.8	155.8	0	0	0	8.8	0.44	8.1	0.12
TOTAL		370	802	3,362	35	8	6	90	7	11	33
CARIBBEAN VEG	ROTIS	150	456	1917	15.9	2.85	0.75	68.85	4.5	1.65	11.76
	SPICED SWEET POTATO & SQUASH	120	114	480	0.12	0	0.12	25.8	3.24	1.08	3
	WIU COCONUT CHICKPEAS	80	109.6	459.2	6.24	1.28	0.32	10.16	0.96	0.48	2.8
	TAMARIND SAUCE	20	36.8	155.8	0	0	0	8.8	0.44	8.1	0.12
TOTAL		370	716	3,012	22	4	1	114	9	11	18

RICE BOXES	INGREDIENT	WEIGHT (GRAMS)	KCAL	KJ	TOTAL FAT (G)	SATURATED FAT (G)	SODIUM (G)	CARBOHYDRATE (G)	DIETARY FIBRE (G)	SUGARS (G)	PROTEIN (G)
KOREAN VEGAN	12" TORTILLA NEW	90	134.1	575.1	0.63	0.153	0.2466	29.7	1.17	0.09	2.988
	WIU ROAST AUBERGINE & RED PEPPER	110	118.8	464.2	6.93	0.55	5.94	11.33	2.42	10.12	1.65
	WIU CELERIAC AND CABBAGE KIMCHI	100	66	274	2.5	0.4	5.2	6.3	4.8	4.8	2.1
	BABY SPINACH	10	2.3	10	0.04	0.006	0	0.36	0.22	0.04	0.29
	TURMERIC PICKLES	30	14.7	61.8	0.06	0.018	0.1488	3.66	0.51	3.3	0.126
	CUCUMBER	20	3	12.4	0	0	0.04	0.8	0.2	0.4	0.2
	SRIRACHA MAYO	20	97	400.4	9.8	0.74	0.3	1.56	0.064	1.24	0.7
	TOTAL	380	436	1798	20	2	12	54	9	20	8
KOREAN MEAT	WIU LIME & CORIANDER RICE	90	134.1	575.1	0.63	0.153	0.2466	29.7	1.17	0.09	2.988
	WIU SOY AND SESAME CHICKEN	110	218.9	914.1	11.77	3.091	2.453	0.88	1.32	0.11	27.5
	WIU CELERIAC AND CABBAGE KIMCHI	100	66	274	2.5	0.4	5.2	6.3	4.8	4.8	2.1
	BABY SPINACH	10	2.3	10	0.04	0.006	0	0.36	0.22	0.04	0.29
	TURMERIC PICKLES	30	14.7	61.8	0.06	0.018	0.1488	3.66	0.51	3.3	0.126
	CUCUMBER	20	3	12.4	0	0	0.04	0.8	0.2	0.4	0.2
	SRIRACHA MAYO	20	97	400.4	9.8	0.74	0.3	1.56	0.064	1.24	0.7
	TOTAL	380	536	2248	25	4	8	43	8	10	34
AMERICAN MEAT	WIU LIME & CORIANDER RICE	80	119.2	511.2	0.56	0.136	0.2192	26.4	1.04	0.08	2.656
	WIU BRAISED BEEF	120	182.4	766.8	6.36	2.256	3.084	3.12	1.08	1.92	80.16
	POTATO WEDGES	70	120.4	504.7	5.04	0.56	0.77	17.85	1.26	0.35	0.84
	COS LETTUCE	20	3.4	14	0.06	0	0	0.66	0.42	0.24	0.24
	WIU RED PICKLED SLAW	40	19.6	82.4	0.08	0.04	0.2	4.88	0.68	4.4	0.16
	CRISPY FRIED ONIONS	10	61	253	4.6	2.3	0	4.4	0.4	1.1	0.042
	GRATED MATURE CHEDDAR	10	41.3	171.2	3.4	2.1	0	0.17	0	0.005	2.5
	LION AMERICAN BBQ SAUCE	20	44.6	189.4	0.04	0	0.08	10.12	0.26	4.78	0.38
TOTAL	370	592	2493	20	7	4	68	5	13	87	
AMERICAN VEG	WIU LIME & CORIANDER RICE	80	119.2	511.2	0.56	0.136	0.2192	26.4	1.04	0.08	2.656
	WIU MAC N BBQ BEANS	100	173	730	3.6	0.5	0.45	28.9	2.5	17.2	5
	POTATO WEDGES	70	120.4	504.7	5.04	0.56	0.77	17.85	1.26	0.35	0.84
	COS LETTUCE	20	3.4	14	0.06	0	0	0.66	0.42	0.24	0.24
	WIU RED PICKLED SLAW	40	19.6	82.4	0.08	0.04	0.2	4.88	0.68	4.4	0.16
	CRISPY FRIED ONIONS	10	61	253	4.6	2.3	0	4.4	0.4	1.1	0.042
	GRATED MATURE CHEDDAR	10	41.3	171.2	3.4	2.1	0	0.17	0	0.005	2.5
	LION AMERICAN BBQ SAUCE	20	44.6	189.4	0.04	0	0.08	10.12	0.26	4.78	0.38
TOTAL	350	583	2456	17	6	2	93	7	28	12	
JAMAICAN	WIU PEA & TURMERIC PILAO	90	160.2	674.1	3.51	0.54	0.1692	27.63	1.44	0.54	3.69
	WIU JERK CHICKEN	80	144.8	605.6	6.72	1.784	2.832	6.88	2.64	2.88	15.52
	WIU COCONUT CHICKPEAS	50	68.5	287	3.9	0.8	0.2	6.35	0.6	0.3	1.75
	WIU FRIED PLANTAIN	50	126	556	6.85	0.89	0.25	18.35	1.3	8.45	0.735
	WIU SWEET & SHARP SALSA	30	13.5	57	0.54	0.063	0.00939	1.83	0.24	1.26	0.24
	CHILLI JAM	20	50.6	215	0.02	0	0	12.4	0	11.88	0.04
	GARLIC RAITA	20	26	108.2	2	1.28	0.04	0.98	0	0.98	1.14
	TOTAL	340	590	2,503	24	5	4	74	6	26	23

RICE BOXES	INGREDIENT	WEIGHT (GRAMS)	KCAL	KJ	TOTAL FAT (G)	SATURATED FAT (G)	SODIUM (G)	CARBOHYDRATE (G)	DIETARY FIBRE (G)	SUGARS (G)	PROTEIN (G)
MEXICAN MEAT	WIU LIME & CORIANDER RICE	90	134.1	575.1	0.63	0.153	0.2466	29.7	1.17	0.09	2.988
	WIU GRILLED FAJITA CHICKEN	100	200	836	10.6	2.78	2.17	2.3	0.6	0.1	24.1
	WIU BLACK BEANS	60	57.6	241.2	1.2	0.21	0.231	10.86	4.74	0.06	3.27
	WIU SWEET & SHARP SALSA	40	18	76	0.72	0.084	0.01252	2.44	0.32	1.68	0.32
	GUACAMOLE	30	42.3	177	3.3	0.6	0	3.3	0	0	1.2
	GRATED MATURE CHEDDAR	20	82.6	342.4	6.8	4.2	0	0.34	0	0.01	5
	SOUR CREAM	20	42.8	176	4.2	2.6	0.1	0.8	0	0	0.6
TOTAL		360	577	2,424	27	11	3	50	7	2	37
MEXICAN VEG	WIU LIME & CORIANDER RICE	90	134.1	575.1	0.63	0.153	0.2466	29.7	1.17	0.09	2.988
	WIU ONIONS & PEPPERS	100	108	422	6.3	0.5	5.4	10.3	2.2	9.2	1.5
	WIU BLACK BEANS	60	57.6	241.2	1.2	0.21	0.231	10.86	4.74	0.06	3.27
	WIU SWEET & SHARP SALSA	40	18	76	0.72	0.084	0.01252	2.44	0.32	1.68	0.32
	GUACAMOLE	30	42.3	177	3.3	0.6	0	3.3	0	0	1.2
	GRATED MATURE CHEDDAR	20	82.6	342.4	6.8	4.2	0	0.34	0	0.01	5
	SOUR CREAM	20	42.8	176	4.2	2.6	0.1	0.8	0	0	0.6
TOTAL		360	485	2,010	23	8	6	58	8	11	15
TURKISH MEAT	WIU LIME & CORIANDER RICE	80	119.2	511.2	0.56	0.136	0.2192	26.4	1.04	0.08	2.656
	WIU MIXED KOFTA (CHIKEN & LAMB)	90	175.5	734.4	10.62	4.59	2.52	3.78	0.9	0.63	16.29
	COS LETTUCE	20	3.4	14	0.06	0	0	0.66	0.42	0.24	0.24
	WIU PICKLED CABBAGE & CUCUMBER	55	26.95	113.3	0.11	0.055	0.275	6.71	0.935	6.05	0.22
	TABBOULEH	60	74.4	301.8	5.604	0.78	0.3	5.94	1.38	0.78	0.96
	HUMMUS	30	96	339	8.1	0.9	0.03	2.7	1.5	0.3	2.4
	GARLIC MAYO	15	85.2	350.55	9.3	0.69	0.285	0.225	0.06	0.225	0.6
TOTAL		350	581	2,364	34	7	4	46	6	8	23
TURKISH VEG	WIU LIME & CORIANDER RICE	80	119.2	511.2	0.56	0.136	0.2192	26.4	1.04	0.08	2.656
	FALAFEL	80	190.4	796.8	11.36	1.28	0.72	13.28	4.24	2.24	5.36
	COS LETTUCE	20	3.4	14	0.06	0	0	0.66	0.42	0.24	0.24
	WIU PICKLED CABBAGE & CUCUMBER	40	19.6	82.4	0.08	0.04	0.2	4.88	0.68	4.4	0.16
	TABBOULEH	55	68.2	276.65	5.137	0.715	0.275	5.445	1.265	0.715	0.88
	HUMMUS	20	64	226	5.4	0.6	0.02	1.8	1	0.2	1.6
	TAHINI DRESSING	30	49.8	213	2.49	0.24	0.12	5.01	2.01	2.64	3.99
GARLIC MAYO	15	85.2	350.55	9.3	0.69	0.285	0.225	0.06	0.225	0.6	
TOTAL		340	600	2,471	34	4	2	58	11	11	15
INDIAN MEAT	WIU CHARRED TANDOORI CHICKEN	100	199	831	10.7	2.81	2.23	0.8	1.2	0.1	25
	WIU COCONUT CHICKPEAS	60	82.2	344.4	4.68	0.96	0.24	7.62	0.72	0.36	2.1
	WIU PEA & TURMERIC PILAO	90	160.2	674.1	3.51	0.54	0.1692	27.63	1.44	0.54	3.69
	WIU SWEET & SHARP SALSA	50	22.5	95	0.9	0.105	0.01565	3.05	0.4	2.1	0.4
	TURMERIC PICKLES	30	14.7	61.8	0.06	0.018	0.1488	3.66	0.51	3.3	0.126
	GARLIC RAITA	20	26	108.2	2	1.28	0.04	0.98	0	0.98	1.14
TOTAL		350	505	2,115	22	6	3	44	4	7	32

RICE BOXES	INGREDIENT	WEIGHT (GRAMS)	KCAL	KJ	TOTAL FAT (G)	SATURATED FAT (G)	SODIUM (G)	CARBOHYDRATE (G)	DIETARY FIBRE (G)	SUGARS (G)	PROTEIN (G)
PORTUGUESE MEAT	WIU LIME & CORIANDER RICE	80	119.2	511.2	0.56	0.136	0.2192	26.4	1.04	0.08	2.656
	WIU PERI-PERI CHICKEN	100	145	607	7.1	1.92	3.14	1.5	1.2	0.1	19.4
	SPICED SWEET POTATO & SQUASH	50	47.5	200	0.05	0	0.05	10.75	1.35	0.45	1.25
	COS LETTUCE	20	3.4	14	0.06	0	0	0.66	0.42	0.24	0.24
	WIU RED PICKLED SLAW	30	14.7	61.8	0.06	0.03	0.15	3.66	0.51	3.3	0.12
	WIU SWEET & SHARP SALSA	50	22.5	95	0.9	0.105	0.01565	3.05	0.4	2.1	0.4
	CHILLI JAM	20	50.6	215	0.02	0	0	12.4	0	11.88	0.04
	GARLIC MAYO	20	113.6	467.4	12.4	0.92	0.38	0.3	0.08	0.3	0.8
TOTAL		370	517	2,171	21	3	4	59	5	18	25
PORTUGUESE VEGAN	WIU LIME & CORIANDER RICE	80	119.2	511.2	0.56	0.136	0.2192	26.4	1.04	0.08	2.656
	WIU PULLED PERI-PERI JACKFRUIT	100	82	368	1.8	0.2	0.2	14.6	6.4	7.3	1.8
	SPICED SWEET POTATO & SQUASH	50	47.5	200	0.05	0	0.05	10.75	1.35	0.45	1.25
	COS LETTUCE	20	3.4	14	0.06	0	0	0.66	0.42	0.24	0.24
	WIU RED PICKLED SLAW	30	14.7	61.8	0.06	0.03	0.15	3.66	0.51	3.3	0.12
	WIU SWEET & SHARP SALSA	50	22.5	95	0.9	0.105	0.01565	3.05	0.4	2.1	0.4
	CHILLI JAM	20	50.6	215	0.02	0	0	12.4	0	11.88	0.04
	GARLIC MAYO	20	113.6	467.4	12.4	0.92	0.38	0.3	0.08	0.3	0.8
TOTAL		370	454	1,932	16	1	1	72	10	26	7
CARIBBEAN MEAT	WIU LIME & CORIANDER RICE	80	119.2	511.2	0.56	0.136	0.2192	26.4	1.04	0.08	2.656
	WIU CHICKEN CURRY	120	199.2	830.4	13.2	3.456	4.932	2.28	0.72	0.72	18.24
	WIU COCONUT CHICKPEAS	80	109.6	459.2	6.24	1.28	0.32	10.16	0.96	0.48	2.8
	WIU FRIED PLANTAIN	50	126	556	6.85	0.89	0.25	18.35	1.3	8.45	0.735
	WIU PICKLED CABBAGE & CUCUMBER	30	14.7	61.8	0.06	0.03	0.15	3.66	0.51	3.3	0.12
	TAMARIND SAUCE	20	36.8	155.8	0	0	0	8.8	0.44	8.1	0.12
	TOTAL		380	606	2,574	27	6	6	70	5	21
CARIBBEAN VEG	WIU LIME & CORIANDER RICE	80	119.2	511.2	0.56	0.136	0.2192	26.4	1.04	0.08	2.656
	SPICED SWEET POTATO & SQUASH	120	114	480	0.12	0	0.12	25.8	3.24	1.08	3
	WIU COCONUT CHICKPEAS	80	109.6	459.2	6.24	1.28	0.32	10.16	0.96	0.48	2.8
	WIU FRIED PLANTAIN	50	126	556	6.85	0.89	0.25	18.35	1.3	8.45	0.735
	WIU PICKLED CABBAGE & CUCUMBER	30	14.7	61.8	0.06	0.03	0.15	3.66	0.51	3.3	0.12
	TAMARIND SAUCE	20	36.8	155.8	0	0	0	8.8	0.44	8.1	0.12
TOTAL		380	520	2,224	14	2	1	93	7	21	9

MEAT HOT POTS	INGREDIENT	WEIGHT (GRAMS)	KCAL	KJ	TOTAL FAT (G)	SATURATED FAT (G)	SODIUM (G)	CARBOHYDRATE (G)	DIETARY FIBRE (G)	SUGARS (G)	PROTEIN (G)
CHICKEN CURRY	WIU CHICKEN CURRY	150	249	1038	16.5	4.32	6.165	2.85	0.9	0.9	22.8
	TOTAL	150	249	1038	17	4	6	3	1	1	23
TANDOORI CHICKEN	WIU CHARRED TANDOORI CHICKEN	150	298.5	1246.5	16.05	4.215	3.345	1.2	1.8	0.15	37.5
	TOTAL	150	299	1247	16	4	3	1	2	0	38
CHICKEN FAJITA	WIU GRILLED FAJITA CHICKEN	150	300	1254	15.9	4.17	3.255	3.45	0.9	0.15	36.15
	TOTAL	150	300	1254	16	4	3	3	1	0	36
AMERICAN SMOKEY BEEF	WIU BRAISED BEEF	150	228	958.5	7.95	2.82	3.855	3.9	1.35	2.4	100.2
	TOTAL	150	228	959	8	3	4	4	1	2	100
MIXED KOFTA (LAMB & CHICKEN)	WIU NEW TURKISH LAMB KOFTA	150	292.5	1224	17.7	7.65	4.2	6.3	1.5	1.05	27.15
	TOTAL	150	293	1224	18	8	4	6	2	1	27
PERI-PERI CHICKEN	WIU PERI-PERI CHICKEN	150	217.5	910.5	10.65	2.88	4.71	2.25	1.8	0.15	29.1
	TOTAL	150	218	911	11	3	5	2	2	0	29
VEGAN HOT POTS											
BBQ MAC 'N BEANS	WIU MAC N BBQ BEANS	150	259.5	1095	5.4	0.75	0.675	43.35	3.75	25.8	7.5
	TOTAL	150	260	1095	5	1	1	43	4	26	8
PERI-PERI JACKFRUIT	WIU PULLED PERI-PERI JACKFRUIT	150	123	552	2.7	0.3	0.3	21.9	9.6	10.95	2.7
	TOTAL	150	123	552	3	0	0	22	10	11	3
COCONUT CHANA	WIU COCONUT CHICKPEAS	150	205.5	861	11.7	2.4	0.6	19.05	1.8	0.9	5.25
	TOTAL	150	206	861	12	2	1	19	2	1	5
SWEET POTATO	SPICED SWEET POTATO	150	142.5	600	0.15	0	0.15	32.25	4.05	1.35	3.75
	TOTAL	150	143	600	0	0	0	32	4	1	4
AUBERGINE	WIU ROAST AUBERGINE & RED PEPPER	150	162	633	9.45	0.75	8.1	15.45	3.3	13.8	2.25
	TOTAL	150	162	633	9	1	8	15	3	14	2
PLANTAIN	WIU FRIED PLANTAIN	150	378	1668	20.55	2.67	0.75	55.05	3.9	25.35	2.205
	TOTAL	150	378	1668	21	3	1	55	4	25	2
FALAFEL	FALAFEL	150	357	1494	21.3	2.4	1.35	24.9	7.95	4.2	10.05
	TOTAL	150	357	1494	21	2	1	25	8	4	10

SAUCES	INGREDIENT	WEIGHT (GRAMS)	KCAL	KJ	TOTAL FAT (G)	SATURATED FAT (G)	SODIUM (G)	CARBOHYDRATE (G)	DIETARY FIBRE (G)	SUGARS (G)	PROTEIN (G)
TAHINI DRESSING	TAHINI DRESSING	30	49.8	213	2.49	0.24	0.12	5.01	2.01	2.64	3.99
	TOTAL	30	50	213	2	0	0	5	2	3	4
GARLIC RAITA	GARLIC RAITA	30	39	162.3	3	1.92	0.06	1.47	0	1.47	1.71
	TOTAL	30	39	162	3	2	0	1	0	1	2
SRIRACHA MAYO	SRIRACHA MAYO	30	145.5	600.6	14.7	1.11	0.45	2.34	0.096	1.86	1.05
	TOTAL	30	146	600	15	1	0	2	0	2	1
GARLIC MAYO	GARLIC MAYO	30	170.4	701.1	18.6	1.38	0.57	0.45	0.12	0.45	1.2
	TOTAL	30	170	701	19	1	1	0	0	0	1
MIXED HERB VEGAN MAYO	MIXED HERB SAUCE	30	170.4	701.1	18.6	1.38	0.57	0.45	0.12	0.45	1.2
	TOTAL	30	170	701	19	1	1	0	0	0	1
SOUR CREAM	SOUR CREAM	30	64.2	264	6.3	3.9	0.15	1.2	0	0	0.9
	TOTAL	30	64	264	6	4	0	1	0	0	1
CHILLI JAM	CHILLI JAM	30	75.9	322.5	0.03	0	0	18.6	0	17.82	0.06
	TOTAL	30	76	323	0	0	0	19	0	18	0