

## Penguins calorie and allergy advice

All calories are calculated to the best of our knowledge using the ingredients we source below is

A table of all allergies our food contains for more detailed information please contact us directly

	calories	nuts	eggs	dairy	fish	cereals	celery	mustard	soya	sulphur dioxide
<b><u>wraps</u></b>										
breakfast wrap	1016		X	X		X		X		X
sweet chilli chicken wrap	396					X				
sriracha chicken wrap	376					X				
chicken Caesar	452		X	X		X				
bbq chicken	382					X	X		X	
chicken bacon caesar	586		X	X		X				
bbq chicken bacon	613					X	X		X	
chicken bacon mayo	674					X				
BLT wrap	855					X				
Sweet chilli falafel wrap	560					X				
tuna wrap	414		X		X	X		X		
sriracha tuna	430					X				
egg bacon mayo	743		X			X		X		
Mediterranean wraps						X				
southern fried chicken wrap			X			X	X	X		X
egg mayo	609		X			X		X		
	calories	nuts	eggs	dairy	fish	cereals	celery	mustard	soya	sulphur dioxide
<b><u>salads</u></b>										
chicken Caesar	206	X	X	X					X	
chicken bacon caesar	340	X	X	X					X	
sriracha chicken salad	200									
bbq chicken	206						X		X	
sweet chilli chicken salad	219									
egg salad	233		X					X		
egg and bacon	522		X					X		
side salad	388									
tuna salad	222		X		X			X		
falafel salad	261					X				
	calories	nuts	eggs	dairy	fish	cereals	celery	mustard	soya	sulphur dioxide



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<b><u>sweet treats</u></b>										
apple turnover	209	X				X				
chocolate muffin	389	X	X	X		X			X	
blueberry muffin	398	X	X	X		X			X	
chocolate brownie slice	339	X	X	X		X			X	
rocky road slice	380	X		X		X			X	

	calories	nuts	eggs	dairy	fish	cereals	celery	mustard	soya	sulphur dioxide
<b><u>panini</u></b>										
tom panini		X		X		X				
onion panini		X		X		X				
bacon panini		X		X		X				
bacon sausage panini		X		X		X			X	X
bbq panini		X		X		X	X		X	
	calories	nuts	eggs	dairy	fish	cereals	celery	mustard	soya	sulphur dioxide
<b><u>breakfast</u></b>										
family breakfast box			X	X		X		X		X
traditional breakfast			X	X		X		X		X
large breakfast			X	X		X		X		X
veggie breakfast			X	X		X		X		X