

Product	Ingredients (for allergens, see ingredients in bold/red)	Available pack weights	Storage conditions	Country of origin	Energy kcal	Energy kJ	Fat	Nutrition (typical values per 100g)			Fibre	Protein	Salt
								(of which saturates)	Carbohydrate	(of which sugars)			
Bean Shoots (unwashed)	Beansprouts (mung)	250g	keep refrigerated (5°C)	UK	31kcal	131kJ	0.5g	0.1g	4.0g	2.2g	1.5g	2.9g	0.01g
Beetroot, julienne	Beetroot		keep refrigerated (5°C)	UK	36kcal	154kJ	0.1g	trace	7.6g	7.0g	1.9g	1.7g	0.17g
Beetroot, large diced	Beetroot		keep refrigerated (5°C)	UK	36kcal	154kJ	0.1g	trace	7.6g	7.0g	1.9g	1.7g	0.17g
Beetroot, small diced	Beetroot		keep refrigerated (5°C)		36kcal	154kJ	0.1g	trace	7.6g	7.0g	1.9g	1.7g	0.17g
Beetroot, sliced	Beetroot		keep refrigerated (5°C)		36kcal	154kJ	0.1g	trace	7.6g	7.0g	1.9g	1.7g	0.17g
Bramley Apples, peeled and diced	Bramley apple		keep refrigerated (5°C)	UK	35kcal	151kJ	0.1g	trace	8.9g	8.9g	1.6g	0.3g	0.01g
Broccoli Florets	Broccoli (green)		keep refrigerated (5°C)	UK, EC (depending on season)	24kcal	100kJ	0.9g	0.2g	1.8g	1.5g	2.6g	4.4g	0.02g
Butternut Squash, large diced	Butternut Squash		keep refrigerated (5°C)	Various (depending on season)	45kcal	188kJ	0.1g	trace	12.0g	2.2g	2.0g	1.0g	0.01g
Butternut Squash, small diced	Butternut Squash		keep refrigerated (5°C)	Various (depending on season)	45kcal	188kJ	0.1g	trace	12.0g	2.2g	2.0g	1.0g	0.01g
Cabbage, sliced (4mm)	Cabbage		keep refrigerated (5°C)	UK	26kcal	109kJ	0.4g	0.1g	4.1g	4.0g	2.4g	1.7g	0.02g
Cabbage, sliced (10mm)	Cabbage		keep refrigerated (5°C)	UK	26kcal	109kJ	0.4g	0.1g	4.1g	4.0g	2.4g	1.7g	0.02g
Cabbage, sliced "savoy"	Savoy Cabbage		keep refrigerated (5°C)	UK	26kcal	109kJ	0.4g	0.1g	4.1g	4.0g	2.4g	1.7g	0.02g
Cabbage, white sliced	White cabbage		keep refrigerated (5°C)	UK, EC (depending on season)	27kcal	113kJ	0.2g	trace	5.0g	4.9g	2.1g	1.4g	0.03g
Cabbage, red sliced	Red cabbage		keep refrigerated (5°C)	UK, EC (depending on season)	26kcal	109kJ	0.4g	0.1g	4.1g	4.0g	2.4g	1.7g	0.02g
Carrots, baby baton	Carrot		keep refrigerated (5°C)	UK	35kcal	146kJ	0.3g	0.1g	7.9g	7.4g	2.4g	0.6g	0.06g
Carrots, baton	Carrot		keep refrigerated (5°C)	UK	35kcal	146kJ	0.3g	0.1g	7.9g	7.4g	2.4g	0.6g	0.06g
Carrots, julienne (shredded)	Carrot		keep refrigerated (5°C)	UK	35kcal	146kJ	0.3g	0.1g	7.9g	7.4g	2.4g	0.6g	0.06g
Carrots, large diced	Carrot		keep refrigerated (5°C)	UK	35kcal	146kJ	0.3g	0.1g	7.9g	7.4g	2.4g	0.6g	0.06g
Carrots, small diced	Carrot		keep refrigerated (5°C)	UK	35kcal	146kJ	0.3g	0.1g	7.9g	7.4g	2.4g	0.6g	0.06g
Carrots, sliced (rounds)	Carrot		keep refrigerated (5°C)	UK	35kcal	146kJ	0.3g	0.1g	7.9g	7.4g	2.4g	0.6g	0.06g
Carrots, whole peeled	Carrot		keep refrigerated (5°C)	UK	35kcal	146kJ	0.3g	0.1g	7.9g	7.4g	2.4g	0.6g	0.06g
Cauliflower florets	Cauliflower		keep refrigerated (5°C)	UK, EC (depending on season)	34kcal	142kJ	0.9g	0.2g	3.0g	2.5g	1.8g	3.6g	0.02g
Celeriac, julienne	Celeriac		keep refrigerated (5°C)	UK, EC (depending on season)	42kcal	155kJ	0.3g	0.1g	9.0g	1.6g	1.8g	1.5g	0.30g
Celeriac, large diced	Celeriac		keep refrigerated (5°C)	UK, EC (depending on season)	42kcal	155kJ	0.3g	0.1g	9.0g	1.6g	1.8g	1.5g	0.30g
Celery, baton	Celery		keep refrigerated (5°C)	UK, EC (depending on season)	7kcal	30kJ	0.2g	trace	0.9g	0.9g	1.1g	0.5g	0.17g
Celery, sliced	Celery		keep refrigerated (5°C)	UK, EC (depending on season)	7kcal	30kJ	0.2g	trace	0.9g	0.9g	1.1g	0.5g	0.17g
Courgette, baton	Courgette (Zucchini)		keep refrigerated (5°C)	UK, EC (depending on season)	18kcal	74kJ	0.4g	0.1g	1.8g	1.7g	0.9g	1.8g	trace
Courgette, sliced	Courgette (Zucchini)		keep refrigerated (5°C)	UK, EC (depending on season)	18kcal	74kJ	0.4g	0.1g	1.8g	1.7g	0.9g	1.8g	trace
Courgette, small diced	Courgette (Zucchini)		keep refrigerated (5°C)	UK, EC (depending on season)	18kcal	74kJ	0.4g	0.1g	1.8g	1.7g	0.9g	1.8g	trace
Cucumber, baton	Cucumber		keep refrigerated (5°C)	UK, EC (depending on season)	10kcal	40kJ	0.1g	trace	1.5g	1.4g	0.6g	0.7g	trace
Cucumber, sliced	Cucumber		keep refrigerated (5°C)	UK, EC (depending on season)	10kcal	40kJ	0.1g	trace	1.5g	1.4g	0.6g	0.7g	trace
Cucumber, half	Cucumber		keep refrigerated (5°C)	UK, EC (depending on season)	10kcal	40kJ	0.1g	trace	1.5g	1.4g	0.6g	0.7g	trace
French Fries	Potato, Preservative (Sodium Metabisulphite)		keep refrigerated (5°C)	UK	75kcal	318kJ	0.2g	trace	17.2g	0.6g	1.3g	2.1g	0.02g
French Fries, skin on	Potato, Preservative (Sodium Metabisulphite)		keep refrigerated (5°C)	UK	84kcal	355kJ	0.2g	trace	17.2g	0.6g	3.7g	3.7g	0.2g
French Fries, sweet potato	Sweet Potato		keep refrigerated (5°C)		87kcal	372kJ	0.3g	0.1g	21.3g	5.7g	2.4g	1.2g	0.1g
Iceberg lettuce, sliced	Iceberg Lettuce		keep refrigerated (5°C)	UK, EC (depending on season)	13kcal	53kJ	0.3g	trace	1.9g	1.9g	0.6g	0.7g	trace
Leeks, sliced	Leek		keep refrigerated (5°C)	UK	22kcal	93kJ	0.5g	0.1g	2.9g	2.2g	2.2g	1.6g	trace
Mushroom, sliced	Mushroom		keep refrigerated (5°C)	UK	13kcal	55kJ	0.5g	0.1g	0.4g	0.2g	1.1g	1.8g	0.01g
Onion, diced	Onion		keep refrigerated (5°C)	UK, EC (depending on season)	36kcal	150kJ	0.2g	trace	7.9g	5.6g	1.4g	1.2g	trace
Onion, sliced	Onion		keep refrigerated (5°C)	UK, EC (depending on season)	36kcal	150kJ	0.2g	trace	7.9g	5.6g	1.4g	1.2g	trace
Onion, whole	Onion		keep refrigerated (5°C)	UK, EC (depending on season)	36kcal	150kJ	0.2g	trace	7.9g	5.6g	1.4g	1.2g	trace
Onion, Red, sliced	Red Onion		keep refrigerated (5°C)	UK, EC (depending on season)	36kcal	150kJ	0.2g	trace	7.9g	5.6g	1.4g	1.2g	trace
Onion, Red, diced	Red Onion		keep refrigerated (5°C)	UK, EC (depending on season)	36kcal	150kJ	0.2g	trace	7.9g	5.6g	1.4g	1.2g	trace
Onion, Red, whole	Red Onion		keep refrigerated (5°C)	UK, EC (depending on season)	36kcal	150kJ	0.2g	trace	7.9g	5.6g	1.4g	1.2g	trace
Parsnips, baton	Parsnips		keep refrigerated (5°C)	UK	64kcal	271kJ	1.1g	0.2g	12.5g	5.7g	4.6g	1.8g	0.03g
Parsnips, sliced	Parsnips		keep refrigerated (5°C)	UK	64kcal	271kJ	1.1g	0.2g	12.5g	5.7g	4.6g	1.8g	0.03g
Parsnips, small diced	Parsnips		keep refrigerated (5°C)	UK	64kcal	271kJ	1.1g	0.2g	12.5g	5.7g	4.6g	1.8g	0.03g
Parsnips, whole peeled	Parsnips		keep refrigerated (5°C)	UK	64kcal	271kJ	1.1g	0.2g	12.5g	5.7g	4.6g	1.8g	0.03g
Peppers, green, diced	Green Peppers		keep refrigerated (5°C)	UK, EC (depending on season)	15kcal	65kJ	0.3g	0.1g	2.6g	2.4g	1.6g	0.8g	0.01g
Peppers, green, sliced	Green Peppers		keep refrigerated (5°C)	UK, EC (depending on season)	15kcal	65kJ	0.3g	0.1g	2.6g	2.4g	1.6g	0.8g	0.01g
Peppers, red, diced	Red Peppers		keep refrigerated (5°C)	UK, EC (depending on season)	32kcal	134kJ	0.4g	0.1g	6.4g	6.1g	1.6g	1.0g	0.01g
Peppers, red, sliced	Red Peppers		keep refrigerated (5°C)	UK, EC (depending on season)	32kcal	134kJ	0.4g	0.1g	6.4g	6.1g	1.6g	1.0g	0.01g
Peppers, mixed, diced	Red Peppers, Green Peppers		keep refrigerated (5°C)	UK, EC (depending on season)	24kcal	100kJ	0.4g	0.1g	4.5g	4.2g	1.6g	0.9g	0.01g
Peppers, mixed, sliced	Red Peppers, Green Peppers		keep refrigerated (5°C)	UK, EC (depending on season)	24kcal	100kJ	0.4g	0.1g	4.5g	4.2g	1.6g	0.9g	0.01g
Peppers, mixed ring	Red Peppers, Green Peppers		keep refrigerated (5°C)	UK, EC (depending on season)	24kcal	100kJ	0.4g	0.1g	4.5g	4.2g	1.6g	0.9g	0.01g
Peppers, yellow, diced	Yellow Peppers		keep refrigerated (5°C)	UK, EC (depending on season)	24kcal	100kJ	0.4g	0.1g	4.5g	4.2g	1.6g	0.9g	0.01g
Potatoes, chateau	Potato, Preservative (Sodium Metabisulphite)		keep refrigerated (5°C)	UK	75kcal	318kJ	0.2g	trace	17.2g	0.6g	1.3g	2.1g	0.02g
Potatoes, chipped	Potato, Preservative (Sodium Metabisulphite)		keep refrigerated (5°C)	UK	75kcal	318kJ	0.2g	trace	17.2g	0.6g	1.3g	2.1g	0.02g
Potatoes, chunky chipped	Potato, Preservative (Sodium Metabisulphite)		keep refrigerated (5°C)	UK	75kcal	318kJ	0.2g	trace	17.2g	0.6g	1.3g	2.1g	0.02g
Potatoes, jumbo chipped	Potato, Preservative (Sodium Metabisulphite)		keep refrigerated (5°C)	UK	75kcal	318kJ	0.2g	trace	17.2g	0.6g	1.3g	2.1g	0.02g
Potatoes, jenga chipped	Potato, Preservative (Sodium Metabisulphite)		keep refrigerated (5°C)	UK	75kcal	318kJ	0.2g	trace	17.2g	0.6g	1.3g	2.1g	0.02g
Potatoes, large diced	Potato, Preservative (Sodium Metabisulphite)		keep refrigerated (5°C)	UK	75kcal	318kJ	0.2g	trace	17.2g	0.6g	1.3g	2.1g	0.02g
Potatoes, small diced	Potato, Preservative (Sodium Metabisulphite)		keep refrigerated (5°C)	UK	75kcal	318kJ	0.2g	trace	17.2g	0.6g	1.3g	2.1g	0.02g
Potatoes, large hand cut	Potato, Preservative (Sodium Metabisulphite)		keep refrigerated (5°C)	UK	75kcal	318kJ	0.2g	trace	17.2g	0.6g	1.3g	2.1g	0.02g
Potatoes, small hand cut	Potato, Preservative (Sodium Metabisulphite)		keep refrigerated (5°C)	UK	75kcal	318kJ	0.2g	trace	17.2g	0.6g	1.3g	2.1g	0.02g
Potatoes, 3mm sliced	Potato, Preservative (Sodium Metabisulphite)		keep refrigerated (5°C)	UK	75kcal	318kJ	0.2g	trace	17.2g	0.6g	1.3g	2.1g	0.02g
Potatoes, 7mm sliced	Potato, Preservative (Sodium Metabisulphite)		keep refrigerated (5°C)	UK	75kcal	318kJ	0.2g	trace	17.2g	0.6g	1.3g	2.1g	0.02g
Potatoes, skin on wedges	Potato, Preservative (Sodium Metabisulphite)		keep refrigerated (5°C)	UK	84kcal	355kJ	0.2g	trace	17.2g	0.6g	3.7g	3.7g	0.02g
Potatoes, straw (julienne)	Potato, Preservative (Sodium Metabisulphite)		keep refrigerated (5°C)	UK	75kcal	318kJ	0.2g	trace	17.2g	0.6g	1.3g	2.1g	0.02g
Swede, baton	Swede		keep refrigerated (5°C)	UK	24kcal	101kJ	0.3g	trace	5.0g	4.9g	1.9g	0.7g	0.04g
Swede, large diced	Swede		keep refrigerated (5°C)	UK	24kcal	101kJ	0.3g	trace	5.0g	4.9g	1.9g	0.7g	0.04g
Swede, small diced	Swede		keep refrigerated (5°C)	UK	24kcal	101kJ	0.3g	trace	5.0g	4.9g	1.9g	0.7g	0.04g
Swede, whole peeled	Swede		keep refrigerated (5°C)	UK	24kcal	101kJ	0.3g	trace	5.0g	4.9g	1.9g	0.7g	0.04g

Sweet potato, large diced	Sweet Potato	keep refrigerated (5°C)		87kcal	372kJ	0.3g	0.1g	21.3g	5.7g	2.4g	1.2g	0.1g
Sweet potato, small diced	Sweet Potato	keep refrigerated (5°C)		87kcal	372kJ	0.3g	0.1g	21.3g	5.7g	2.4g	1.2g	0.1g
Sweet potato, whole peeled	Sweet Potato	keep refrigerated (5°C)		87kcal	372kJ	0.3g	0.1g	21.3g	5.7g	2.4g	1.2g	0.1g
Tomatoes, diced	Tomato	keep refrigerated (5°C)	UK, EC (depending on season)	17kcal	73kJ	0.3g	0.1g	3.1g	3.1g	1.0g	0.7g	0.02g
Tomatoes (beef), sliced	Tomato	keep refrigerated (5°C)	UK, EC (depending on season)	17kcal	73kJ	0.3g	0.1g	3.1g	3.1g	1.0g	0.7g	0.02g
VEGETABLE MIXES												
Broccoli/cauliflower mix	Broccoli, Cauliflower	keep refrigerated (5°C)	UK, EC (depending on season)	29kcal	121kJ	0.9g	0.2g	2.4g	2.0g	2.2g	4.0g	0.02g
Broccoli/cauliflower/baton carrot mix	Broccoli, Cauliflower, Carrot	keep refrigerated (5°C)	UK, EC (depending on season)	30kcal	126kJ	0.7g	0.2g	4.0g	3.6g	2.3g	3.0g	0.03g
Carlton mixed vegetables	Carrot, Swede, Courgette (Zucchini), Celery, Leek	keep refrigerated (5°C)	UK, EC (depending on season)	26kcal	109kJ	0.3g	0.1g	5.1g	5.0g	1.9g	0.9g	0.04g
Coleslaw mix	White cabbage, Carrot	keep refrigerated (5°C)	UK, EC (depending on season)	29kcal	120kJ	0.2g	trace	5.6g	5.4g	2.2g	1.2g	0.04g
Coleslaw mix with onions	White cabbage, Carrot, Onion	keep refrigerated (5°C)	UK, EC (depending on season)	30kcal	123kJ	0.2g	trace	5.9g	5.5g	2.1g	1.2g	0.03g
Coleslaw mix with red onions	White cabbage, Carrot, Red onion	keep refrigerated (5°C)	UK, EC (depending on season)	30kcal	123kJ	0.2g	trace	5.9g	5.5g	2.1g	1.2g	0.03g
Coleslaw mix with red cabbage	Red cabbage, Carrot, Onion	keep refrigerated (5°C)	UK, EC (depending on season)	29kcal	120kJ	0.4g	0.1g	5.2g	4.8g	2.3g	1.4g	0.03g
Coleslaw mix with red onions and red cabbage	Red cabbage, Carrot, Red onion	keep refrigerated (5°C)	UK, EC (depending on season)	29kcal	120kJ	0.4g	0.1g	5.2g	4.8g	2.3g	1.4g	0.03g
Large diced carrot and swede mix veg	Carrot, Swede	keep refrigerated (5°C)	UK, EC (depending on season)	30kcal	123kJ	0.3g	trace	6.5g	6.2g	2.1g	0.6g	0.05g
Luxury mixed vegetables	Carrot, Swede, Courgette, Cauliflower, Broccoli	keep refrigerated (5°C)	UK, EC (depending on season)	28kcal	116kJ	0.4g	0.1g	5.1g	4.9g	2.0g	104g	0.03g
Mixed chillies	Green chillies, Red chillies	keep refrigerated (5°C)	UK, EC (depending on season)	40kcal	170kJ	0.2g	trace	9.0g	5.0g	1.5g	1.9g	0.02g
Mixed salad leaves	Radicchio, Lollo Rossa, Curly Endive, Oakleaf	keep refrigerated (5°C)	UK, EC (depending on season)	21kcal	89kJ	0.2g	trace	3.2g	1.7g	2.1g	1.5g	0.01g
Mixed vegetables	Carrot, Swede, Courgette (Zucchini)	keep refrigerated (5°C)	UK, EC (depending on season)	27kcal	113kJ	0.3g	0.1g	5.6g	5.3g	1.9g	0.9g	0.04g
Piccalilli mix (jubbberwacky)	Fine beans, Cucumber, Onion, Cauliflower, Tomato	keep refrigerated (5°C)	UK, EC (depending on season)	27kcal	113kJ	0.4g	0.1g	4.8g	2.7g	1.6g	1.7g	0.01g
Ratatouille mix	Courgette (Zucchini), Aubergine, red pepper, Red onion	keep refrigerated (5°C)	UK, EC (depending on season)	30kcal	119kJ	0.3g	0.1g	5.8g	4.5g	1.8g	1.2g	0.01g
Stir fry mix (standard)	Mangetout, Fine beans, Baby corn, Carrot, Cauliflower, Broccoli	keep refrigerated (5°C)	UK, EC (depending on season)	29kcal	122kJ	0.6g	0.1g	3.8g	3.1g	2.1g	2.8g	0.05g
Stir fry (pepper) mix	Mangetout, Fine beans, Baby corn, Carrot, Sliced mixed peppers	keep refrigerated (5°C)	UK, EC (depending on season)	27kcal	113kJ	0.3g	0.1g	4.6g	4.2g	1.8g	1.2g	0.05g