

Product	Ingredients (for allergens, see ingredients in bold/red)	Available pack weights	Storage conditions	Country of origin	Nutrition (typical values per 100g)								
					Energy kcal	Energy kJ	Fat (of which saturates)	Carbohydrate (of which sugars)	Fibre	Protein	Salt		
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, whole peeled	Beetroot	2kg	keep refrigerated (5°C)	UK	36kcal	154kJ	0.1g	trace	7.6g	7.0g	1.9g	1.7g	0.17g
Beetroot,julienne	Beetroot	2kg	keep refrigerated (5°C)	UK	36kcal	154kJ	0.1g	trace	7.6g	7.0g	1.9g	1.7g	0.17g
Beetroot, diced (large/small)	Beetroot	2kg	keep refrigerated (5°C)	UK	36kcal	154kJ	0.1g	trace	7.6g	7.0g	1.9g	1.7g	0.17g
Beetroot, sliced	Beetroot	2kg	keep refrigerated (5°C)	UK	36kcal	154kJ	0.1g	trace	7.6g	7.0g	1.9g	1.7g	0.17g
Broccoli Florets	Broccoli (green)	2kg	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	2kg	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	2kg	keep refrigerated (5°C)	Various depending on season	45kcal	188kJ	0.1g	trace	12.0g	2.2g	2.0g	1.0g	0.01g
Cabbage, grated (4mm slice)	Cabbage - Red, White, Green, or Savoy	1kg	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 - Red, White, Green, or Savoy	1kg	keep refrigerated (5°C)	UK	26kcal	109kJ	0.4g	0.1g	4.0g	4.0g	2.4g	1.7g	0.02g
Carrots, baton	Carrot	2kg	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	2kg	keep refrigerated (5°C)	UK	35kcal	146kJ	0.3g	0.1g	7.9g	7.4g	2.4g	0.6g	0.06g
Carrots, hand-quarted, halved	Carrot	2kg	keep refrigerated (5°C)	UK	35kcal	146kJ	0.3g	0.1g	7.9g	7.4g	2.4g	0.6g	0.06g
Carrots, diced (large/small)	Carrot	2kg	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	2kg	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	2kg	keep refrigerated (5°C)	UK	35kcal	146kJ	0.3g	0.1g	7.9g	7.4g	2.4g	0.6g	0.06g
Cauliflower florets	Cauliflower	2kg	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
Cauliflower, whole trimmed	Cauliflower	2kg	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 (grated)	Celeriac	2kg	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, diced (large/small)	Celeriac	2kg	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, whole peeled	Celeriac	2kg	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	2kg	keep refrigerated (5°C)	UK, EC (depending on season)	7kcal	30kJ	0.2g	trace	0.9g	0.9g	1.1g	0.5g	0.02g
Celery, sliced	Celery	2kg	keep refrigerated (5°C)	UK, EC (depending on season)	7kcal	30kJ	0.2g	trace	0.9g	0.9g	1.1g	0.5g	0.02g
Courgette, baton	Courgette	2kg	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	2kg	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/large diced	Courgette	2kg	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	2kg	keep refrigerated (5°C)	UK, EC (depending on season)	10kcal	40kJ	0.1g	trace	1.5g	1.4g	0.6g	0.7g	trace
Cucumber, diced (large/small)	Cucumber	2kg	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	500g tubs	keep refrigerated (5°C)	UK, EC (depending on season)	10kcal	40kJ	0.1g	trace	1.5g	1.4g	0.6g	0.7g	trace
Iceberg Lettuce, sliced	Iceberg Lettuce	2kg	keep refrigerated (5°C)	UK, EC (depending on season)	13kcal	53kJ	0.3g	trace	1.9g	1.9g	0.6g	0.7g	trace
Leeks, hand cut	Leek	2kg	keep refrigerated (5°C)	UK, EC (depending on season)	22kcal	93kJ	0.5g	0.1g	2.9g	2.2g	2.2g	1.6g	trace
Leeks, sliced	Leek	2kg	keep refrigerated (5°C)	UK	22kcal	93kJ	0.5g	0.1g	2.9g	2.2g	2.2g	1.6g	trace
Leeks, whole clean	Leek	2kg	keep refrigerated (5°C)	UK	22kcal	93kJ	0.5g	0.1g	2.9g	2.2g	2.2g	1.6g	trace
Mixed Salad	Radicchio, Lollo Rossa, Curly Endive, Oakleaf	250g	keep refrigerated (5°C)	UK, EC (depending on season)	21kcal	89kJ	0.2g	trace	3.2g	1.7g	2.1g	1.5g	0.01g
Mushroom, sliced (thin/thick)	Mushroom	500g & 2kg	keep refrigerated (5°C)	UK	13kcal	55kJ	0.5g	0.1g	0.4g	0.2g	1.1g	1.8g	0.01g
Mushroom, grated	Mushroom	2kg	keep refrigerated (5°C)	UK	13kcal	55kJ	0.5g	0.1g	0.4g	0.2g	1.1g	1.8g	0.01g
Onion, diced (large/small)	Onion - Red or White	2kg	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 - Red or White	2kg	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 - Red or White	2kg	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 (cut/whole)	Parsnips	2kg	keep refrigerated (5°C)	UK	64kcal	271kJ	1.1g	0.2g	12.5g	5.7g	4.6g	1.8g	0.03g
Parsnips, sliced	Parsnips	2kg	keep refrigerated (5°C)	UK	64kcal	271kJ	1.1g	0.2g	12.5g	5.7g	4.6g	1.8g	0.03g
Parsnips, diced (large/small)	Parsnips	2kg	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	2kg	keep refrigerated (5°C)	UK	64kcal	271kJ	1.1g	0.2g	12.5g	5.7g	4.6g	1.8g	0.03g
Peppers, diced (large/small)	Red, Yellow or Green Peppers	2kg	keep refrigerated (5°C)	Various depending on season	15kcal	65kJ	0.3g	0.1g	2.6g	2.4g	1.6g	0.8g	0.01g
Peppers, sliced	Red, Yellow or Green Peppers	2kg	keep refrigerated (5°C)	Various depending on season	15kcal	65kJ	0.3g	0.1g	2.6g	2.4g	1.6g	0.8g	0.01g
Peppers, mixed, diced	Red, Yellow, Green Peppers	2kg	keep refrigerated (5°C)	Various depending on season	15kcal	65kJ	0.3g	0.1g	2.6g	2.4g	1.6g	0.8g	0.01g
Peppers, mixed, sliced	Red, Yellow, Green Peppers	2kg	keep refrigerated (5°C)	Various depending on season	15kcal	65kJ	0.3g	0.1g	2.6g	2.4g	1.6g	0.8g	0.01g
Potatoes, chateau	Potato, Preservative (Sodium Metabisulphite)	5kg	keep refrigerated (6°C)	UK	75kcal	318kJ	0.2g	trace	17.2g	0.6g	1.3g	2.1g	0.02g
Potatoes, chipped	Potato, Preservative (Sodium Metabisulphite)	5kg	keep refrigerated (6°C)	UK	75kcal	318kJ	0.2g	trace	17.2g	0.6g	1.3g	2.1g	0.02g
Potatoes, chunky chipped	Potato, Preservative (Sodium Metabisulphite)	5kg	keep refrigerated (6°C)	UK	75kcal	318kJ	0.2g	trace	17.2g	0.6g	1.3g	2.1g	0.02g
Potatoes, chunky chipped (skin on)	Potato, Preservative (Sodium Metabisulphite)	5kg	keep refrigerated (6°C)	UK	75kcal	318kJ	0.2g	trace	17.2g	0.6g	1.3g	2.1g	0.02g
Potatoes, diced (large/small)	Potato, Preservative (Sodium Metabisulphite)	5kg	keep refrigerated (6°C)	UK	75kcal	318kJ	0.2g	trace	17.2g	0.6g	1.3g	2.1g	0.02g
Potatoes, hand cut (large/small)	Potato, Preservative (Sodium Metabisulphite)	5kg	keep refrigerated (6°C)	UK	75kcal	318kJ	0.2g	trace	17.2g	0.6g	1.3g	2.1g	0.02g
Potatoes, jumbo chips	Potato, Preservative (Sodium Metabisulphite)	5kg	keep refrigerated (6°C)	UK	75kcal	318kJ	0.2g	trace	17.2g	0.6g	1.3g	2.1g	0.02g
Potatoes, sliced (3mm/7mm)	Potato, Preservative (Sodium Metabisulphite)	5kg	keep refrigerated (6°C)	UK	75kcal	318kJ	0.2g	trace	17.2g	0.6g	1.3g	2.1g	0.02g
Potatoes, jenga chips	Potato, Preservative (Sodium Metabisulphite)	5kg	keep refrigerated (6°C)	UK	75kcal	318kJ	0.2g	trace	17.2g	0.6g	1.3g	2.1g	0.02g
Potatoes, peeled (large/small)	Potato, Preservative (Sodium Metabisulphite)	5kg	keep refrigerated (6°C)	UK	75kcal	318kJ	0.2g	trace	17.2g	0.6g	1.3g	2.1g	0.02g
Potatoes, straw (julienne)	Potato, Preservative (Sodium Metabisulphite)	5kg	keep refrigerated (6°C)	UK	75kcal	318kJ	0.2g	trace	17.2g	0.6g	1.3g	2.1g	0.02g
Potatoes, steak chips	Potato, Preservative (Sodium Metabisulphite)	5kg	keep refrigerated (6°C)	UK	75kcal	318kJ	0.2g	trace	17.2g	0.6g	1.3g	2.1g	0.02g
Potatoes wedged	Potato, Preservative (Sodium Metabisulphite)	5kg	keep refrigerated (6°C)	UK	75kcal	318kJ	0.2g	trace	17.2g	0.6g	1.3g	2.1g	0.02g
Potatoes Skin on wedged	Potato, Preservative (Sodium Metabisulphite)	5kg	keep refrigerated (6°C)	UK	75kcal	318kJ	0.2g	trace	17.2g	0.6g	1.3g	2.1g	0.02g
Potatoes french fries	Potato, Preservative (Sodium Metabisulphite)	5kg	keep refrigerated (6°C)	UK	75kcal	318kJ	0.2g	trace	17.2g	0.6g	1.3g	2.1g	0.02g
Potatoes french fries (skin on)	Potato, Preservative (Sodium Metabisulphite)	5kg	keep refrigerated (6°C)	UK	75kcal	318kJ	0.2g	trace	17.2g	0.6g	1.3g	2.1g	0.02g
Swede, baton	Swede	2kg	keep refrigerated (5°C)	UK	24kcal	101kJ	0.3g	trace	5.0g	4.9g	1.9g	0.7g	0.04g

Swede, diced (large/small)	Swede	2kg	keep refrigerated (5°C)	UK	24kcal	101kJ	0.3g	trace	5.0g	4.9g	1.9g	0.7g	0.04g
Swede, grated	Swede	2kg	keep refrigerated (5°C)	UK	24kcal	101kJ	0.3g	trace	5.0g	4.9g	1.9g	0.7g	0.04g
Swede, whole peeled	Swede	2kg	keep refrigerated (5°C)	UK	24kcal	101kJ	0.3g	trace	5.0g	4.9g	1.9g	0.7g	0.04g
Sweet potato, diced(large/small)	Sweet Potato	2kg	keep refrigerated (5°C)	Various depending on season	87kcal	372kJ	0.3g	0.1g	21.3g	5.7g	2.4g	1.2g	0.1g
Sweet potato, french fry	Sweet Potato	2kg	keep refrigerated (5°C)	Various depending on season	87kcal	372kJ	0.3g	0.1g	21.3g	5.7g	2.4g	1.2g	0.1g
Sweet potato, grated	Sweet Potato	2kg	keep refrigerated (5°C)	Various depending on season	87kcal	372kJ	0.3g	0.1g	21.3g	5.7g	2.4g	1.2g	0.1g
Sweet potato, whole peeled	Sweet Potato	2kg	keep refrigerated (5°C)	Various depending on season	87kcal	372kJ	0.3g	0.1g	21.3g	5.7g	2.4g	1.2g	0.1g
Tomatoes, diced	Tomato	500g tubs	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	500g tubs	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
Cherry tomatoes (washed)	Tomato	500g tubs	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	2kg	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	2kg	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
Carrot and Parsnip (hand cut)	Carrot, Parsnip	2kg	keep refrigerated (5°C)	UK, EC (depending on season)	50kcal	209kJ	0.7g	0.2g	10.2g	6.6g	3.5g	1.2g	0.05g
Carrot and Swede	Carrot, Swede	2kg	keep refrigerated (5°C)	UK, EC (depending on season)	30kcal	224kJ	0.3g	0.05g	6.5g	6.2g	2.2g	0.7g	0.05g
Coleslaw mix	Cabbage (red/white), Carrot	1kg or 2kg	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	Cabbage (red/white), Carrot, Onion (red/white)	1kg or 2kg	keep refrigerated (5°C)	UK, EC (depending on season)	30kcal	123kJ	0.2g	trace	5.9g	5.5g	2.1g	1.2g	0.03g
Luxury mixed vegetables (large/small)	Carrot, Swede, Courgette, Cauliflower, Broccoli	2kg	keep refrigerated (5°C)	UK, EC (depending on season)	28kcal	116kJ	0.4g	0.1g	5.1g	4.9g	2.0g	1.4g	0.03g
Mixed chillies	Green chillies, Red chillies	55g	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 vegetables	Carrot, Swede, Courgette (Zucchini)	2kg	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
Picalilli Mix	Fine Beans, Cucumbers, Onions, Cauliflower, Tomatoes	2kg	keep refrigerated (5°C)	UK, EC, AFRICA, ASIA (depending on season)	26kcal	109kJ	.4g	0.08g	4.3g	2.9g	1.6g	1.7g	0.01g
Ratatouille mix	Courgette (Zucchini), Aubergine, red pepper, Red onion	2kg	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	2kg	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	2kg	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
Stir fry (potters mix)	Fine Beans, Baby Corn, Onions, Carrots, Peppers	2kg	keep refrigerated (5°C)	UK, EC, AFRICA, ASIA (depending on season)	30kcal	128kJ	0.3g	0.1g	6.5g	4.1g	1.7g	1.0g	0.08g