

Recipe Ingredients and Nutrition

Sides



360 - SIDE CHEESY GARLIC BREAD 24



2020.8kJ 25.79_g 11.12_g **3.75**g **1.41**g **484** kcal



of your daily reference intake.

Allergy Information















Contains Milk









Contains

Cereal

















Soya









May Contain

Dietary Information

Key: Suitable for











Nutritional Summary

Energy	2020.8kJ 484kCal
Protein	18.14g
Carbohydrates	43.44g
of which sugars	3.75g
Non Milk Extrinsic Sugars	0g
Fat	25.79g
of which saturates	11.12g
Fibre	3.33g
Salt	1.41g
Sodium	316.8g
Iron	0mg
Calcium	0mg
Zinc	0mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0mg

Nuts:		Cereals:	
Almond Nuts:	No	Wheat:	Yes
HazeInuts:	No	Rye:	No
Walnuts:	No		
Cashew Nuts:	No	Oats:	No
Pecan Nuts:	No	Barley:	No
Brazil Nuts:	No		
Pistachio Nuts:	No		

Ingredients

ProductQuantityGrated Mozzarella/Cheddar 70/3040.00 gGarlic Slices90.00 g

Label Information

Ingredients

Garlic Slices (69%) (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Margarine [Rapeseed Oil, Palm Oil, Water, Emulsifier (Monoand Diglycerides of Fatty Acids), Flavouring, Colour (Carotenes)], Water, Garlic Purée (3.0%), Salt, Yeast, Parsley, Flour treatment agent (Ascorbic Acid), WHEAT Flour.). Grated Mozzarella/Cheddar 70/30 (31%) (mozzarella (MILK) 70%, cheddar (MILK) 30%, anti-caking agent (Potato Starch)).

Method & Recipe Notes

The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provide by Erudus.



360 - SIDE FRIES 24



Each serving contains:

Energy	Fat	Saturates	Sugars	Salt
1365.6 kJ	8.16 _q	0.96 _q	0.96 ₉	0.24 _q
324 kcal	, and the second	,		

of your daily reference intake.

Allergy Information

16%









Contain Milk



Does Not Contain Eggs



Contain Peanuts



Contain Nuts







Does Not Contain



Does Not Contain



Does Not Contain



Contain Sesame







Does Not Contain



Does Not Contain



Does Not

Dietary Information

Key: Suitable for







Suitable for Vegan



May not be suitable for



May not be suitable for Halal

Nutritional Summary

Energy	1365.6kJ 324kCal
Protein	5.52g
Carbohydrates	54.72g
of which sugars	0.96g
Non Milk Extrinsic Sugars	0g
Fat	8.16g
of which saturates	0.96g
Fibre	5.04g
Salt	0.24g
Sodium	96g
Iron	0mg
Calcium	0mg
Zinc	0mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0mg

Sub unergy information			
Nuts:		Cereals:	
Almond Nuts:	No	Wheat:	No
HazeInuts:	No	Rye:	No
Walnuts:	No		
Cashew Nuts:	No	Oats:	No
Pecan Nuts:	No	Barley:	No
Brazil Nuts:	No		
Pistachio Nuts:	No		

Ingredients

Product Quantity

CSBC 10312 Freeze Chill Straight Cut 12/12 Fries 240.00 g

Label Information

Sub-allergy Information

Ingredients

CSBC 10312 Freeze Chill Straight Cut 12/12 Fries (100%) (Potatoes (97%), Sunflower Oil.).

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360 - SIDE GARLIC BREAD 24



Each serving contains:

		3		
Energy	Fat	Saturates	Sugars	Salt
1461.6 kJ	15.3 g	4.32 g	3.51 g	0.79 g
349.2 kcal				
17%	22%	22%	4%	13%

of your daily reference intake.

Allergy Information





Contains

Cereal









Milk









































Dietary Information

Key: Suitable for











Nutritional Summary

Energy	1461.6kJ 349.2kCal
Protein	8.1g
Carbohydrates	43.2g
of which sugars	3.51g
Non Milk Extrinsic Sugars	0g
Fat	15.3g
of which saturates	4.32g
Fibre	3.33g
Salt	0.79g
Sodium	316.8g
Iron	0mg
Calcium	0mg
Zinc	0mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0mg

Nuts:		Cereals:	
Almond Nuts:	No	Wheat:	Yes
Hazelnuts:	No	Rye:	No
Walnuts:	No		
Cashew Nuts:	No	Oats:	No
Pecan Nuts:	No	Barley:	No
Brazil Nuts:	No		
Pistachio Nuts:	No		

Ingredients

ProductQuantityGarlic Slices90.00 g

Label Information

Ingredients

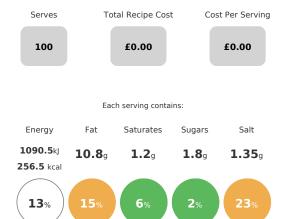
Garlic Slices (100%) (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Margarine [Rapeseed Oil, Palm Oil, Water, Emulsifier (Monoand Diglycerides of Fatty Acids), Flavouring, Colour (Carotenes)], Water, Garlic Purée (3.0%), Salt, Yeast, Parsley, Flour treatment agent (Ascorbic Acid), WHEAT Flour.).

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360 - SIDE GARLIC MUSHROOMS 24



of your daily reference intake.

Allergy Information



Nutritional Summary

Energy	1090.5kJ 256.5kCal
Protein	7.8g
Carbohydrates	31.05g
of which sugars	1.8g
Non Milk Extrinsic Sugars	0g
Fat	10.8g
of which saturates	1.2g
Fibre	3.15g
Salt	1.35g
Sodium	540g
Iron	0mg
Calcium	0mg
Zinc	0mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0mg

Dietary Information









May not be suitable for Vegan



May not be suitable for Kosher



May not be suitable for Halal

Nuts:		Cereals:	
Almond Nuts:	No	Wheat:	Yes
HazeInuts:	No	Rye:	No
Walnuts:	No		
Cashew Nuts:	No	Oats:	No
Pecan Nuts:	No	Barley:	No
Brazil Nuts:	No		
Pistachio Nuts:	No		

Ingredients

Product Quantity

Garlic breaded mushrooms 150.00 g

Label Information

Ingredients

Garlic breaded mushrooms (100%) (Mushroom (51%), **WHEAT** flour, Water, Sunflower oil, Fortified **WHEAT** flour (**WHEAT** flour, Calcium, Iron, Thiamin, Niacin), Potato starch, **EGG** albumen, Potato dextrin, Salt, Garlic Powder, Natural flavourings (with **MILK** elements), Yeast, Onion extract, Raising agents (E450, E500), Black pepper extract).

Method & Recipe Notes

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360 - SIDE ONION RINGS 24

Total Recipe Cost Cost Per Serving 100 £0.23 £0.23

Each serving contains:

Energy Saturates Sugars Salt **1092**kJ **11.96**_g 1.56g **5.33**g **1.3**g **260** kcal

of your daily reference intake.

Allergy Information

13%

Key: Contains May Contain















Contains Cereal



















Nutritional Summary

Energy	1092kJ 260kCal
Protein	3.77g
Carbohydrates	34.45g
of which sugars	5.33g
Non Milk Extrinsic Sugars	0g
Fat	11.96g
of which saturates	1.56g
Fibre	3.64g
Salt	1.3g
Sodium	520g
Iron	0mg
Calcium	0mg
Zinc	0mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0mg

Dietary Information

Key: Suitable for







Suitable for Vegan





Nuts:		Cereals:	
Almond Nuts:	No	Wheat:	Yes
HazeInuts:	No	Rye:	No
Walnuts:	No		
Cashew Nuts:	No	Oats:	No
Pecan Nuts:	No	Barley:	No
Brazil Nuts:	No		
Pistachio Nuts:	No		

Ingredients

Product Quantity

Battered Onions Greens 20 x 450 g 130.00 g

Label Information

Ingredients

Battered Onions Greens 20 x 450 g (100%) (Onion 57%, WHEAT flour, sunflower oil, starch (WHEAT, corn, tapioca), salt, gelling agent (E401), dextrose, yeast, sugar, thickeners (E407, E412), raising agents (E450, E500).).

Method & Recipe Notes

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