

Menu Nutritional Analysis for MID MORNING BREAK 2022

Filter



Dishes	84 of 84	Weight (g)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Fibre (g)	Salt (g)
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 Plain Popcorn MMB	13	47	0.5	0.1	7.6	0.1	1.4	0.0	0.0	0.0
		2.3%	0.8%	0.4%	2.9%	0.1%	2.7%	-	0.0%	
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 Fruity Popcorn MMB	19	63	0.5	0.1	11.5	3.4	1.4	0.0	0.0	0.0
		3.1%	0.8%	0.4%	4.4%	3.8%	2.7%	-	0.1%	
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 Cinnamon Popcorn MMB	14	47	0.5	0.1	8.4	0.1	1.4	0.5	0.0	0.0
		2.4%	0.8%	0.4%	3.2%	0.1%	2.8%	-	0.2%	
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 Marmite Popcorn MMB	17	60	1.1	0.2	8.5	0.1	2.4	0.0	0.3	0.3
		3.0%	1.6%	1.0%	3.3%	0.2%	4.8%	-	5.7%	
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 Double Wedge Cajun MMB	101	84	0.2	0.0	20.0	1.0	2.0	2.1	0.3	0.3
		4.2%	0.2%	0.2%	7.7%	1.2%	4.0%	-	4.6%	
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 Double Wedge Garlic & Herb MMB	101	85	0.1	0.0	20.0	0.9	2.0	2.1	0.0	0.0
		4.3%	0.2%	0.2%	7.7%	1.0%	4.0%	-	0.6%	
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 Double Wedge Plain MMB	100	83	0.1	0.0	19.6	0.9	1.9	2.0	0.0	0.0
		4.2%	0.1%	0.2%	7.5%	1.0%	3.8%	-	0.2%	
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 Cheesy Double Wedge MMB	108	106	2.0	1.1	19.8	0.9	3.1	2.1	0.1	0.1
		5.3%	2.9%	5.7%	7.6%	1.0%	6.2%	-	2.2%	
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 Cheesy Garlic Slice MMB	45	120	4.9	2.2	14.0	0.4	4.5	1.1	0.4	0.4
		6.0%	7.0%	10.9%	5.4%	0.4%	9.0%	-	6.2%	
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 Buttered Toast MMB	50	131	4.6	0.9	18.4	1.9	3.3	1.1	0.5	0.5
		6.5%	6.6%	4.6%	7.1%	2.1%	6.6%	-	7.6%	

Dishes	84 of 84	Weight (g)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Fibre (g)	Salt (g)
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 Soft Cheese Half Bagel MMB		77	217	6.6	3.5	34.0	3.5	6.8	1.7	0.7
			10.8%	9.5%	17.6%	13.1%	3.9%	13.7%	-	12.5%
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 Cheese Half Bagel MMB		77	221	6.2	3.0	33.8	2.9	9.0	1.9	0.9
			11.0%	8.9%	14.9%	13.0%	3.2%	18.0%	-	14.9%
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 Cheese on Toast MMB		87	234	11.1	6.1	22.9	2.5	10.4	1.7	1.1
			11.7%	15.9%	30.5%	8.8%	2.7%	20.7%	-	17.6%
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 Buttered Crumpet MMB		58	125	3.6	0.7	19.7	1.7	3.1	1.0	0.7
			6.3%	5.1%	3.7%	7.6%	1.9%	6.1%	-	11.5%
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 Buttered Half Teacake MMB		52	138	2.8	0.5	24.9	5.5	4.0	1.4	0.4
			6.9%	4.0%	2.5%	9.6%	6.1%	7.9%	-	6.3%
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 Syrup Pancake MMB		34	85	0.8	0.1	18.1	9.4	1.5	0.4	0.4
			4.3%	1.1%	0.5%	7.0%	10.4%	3.0%	-	6.9%
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 French Bread Pizza MMB		60	145	5.6	3.1	17.3	1.9	6.0	0.9	0.6
			7.2%	7.9%	15.5%	6.7%	2.1%	12.0%	-	9.6%
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 Pizza Bagel MMB		87	227	6.3	3.0	35.0	3.7	9.2	1.9	0.9
			11.3%	9.0%	15.0%	13.5%	4.1%	18.4%	-	14.9%
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 Golden Syrup Porridge MMB		185	199	4.8	2.0	29.3	15.5	8.5	2.3	0.1
			10.0%	6.9%	9.9%	11.3%	17.2%	17.0%	-	1.7%
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 Cheesy Nacho Pot MMB		70	303	15.2	3.8	32.7	0.5	6.4	0.2	1.1
			15.2%	21.7%	18.9%	12.6%	0.6%	12.8%	-	17.7%
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 Cheese & Tomato Twist MMB		80	176	5.9	3.1	22.3	1.1	8.1	1.1	0.3
			8.8%	8.4%	15.6%	8.6%	1.2%	16.2%	-	5.3%
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 2 Hash Browns MMB		120	173	7.1	3.5	23.2	1.2	2.2	3.8	1.2
			8.6%	10.1%	17.7%	8.9%	1.3%	4.3%	-	20.0%
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 Sweet Waffle MMB		55	248	12.5	6.0	29.8	13.9	3.5	1.0	1.3
			12.4%	17.9%	30.0%	11.4%	15.4%	6.9%	-	22.5%
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 Buttered Teacake MMB		103	276	5.6	1.0	49.8	11.0	7.9	2.9	0.8
			13.8%	8.0%	4.9%	19.1%	12.2%	15.8%	-	12.5%

Dishes	84 of 84	Weight (g)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Fibre (g)	Salt (g)
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 Crispy Chicken Strip MMB		48	96	4.7	1.9	6.1	0.0	7.5	0.2	0.6
			4.8%	6.7%	9.3%	2.4%	0.0%	14.9%	-	10.3%
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 Chicken Nuggets MMB		66	148	7.3	0.8	11.2	0.3	9.9	0.3	0.4
			7.4%	10.4%	4.0%	4.3%	0.4%	19.8%	-	7.3%
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 Chicken Popcorn MMB		60	160	8.5	1.4	10.6	0.0	11.1	0.8	0.8
			8.0%	12.1%	7.0%	4.1%	0.0%	22.2%	-	13.4%
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 Original Chicken Wings MMB		190	323	21.1	6.7	4.2	1.9	29.3	0.6	1.3
			16.2%	30.1%	33.3%	1.6%	2.1%	58.5%	-	22.2%
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 Plain Chicken Wings MMB		190	351	24.4	7.7	0.2	0.2	33.3	0.2	0.4
			17.6%	34.9%	38.6%	0.1%	0.2%	66.6%	-	6.3%
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 Chinese Chicken Wings MMB		190	322	20.9	6.7	4.6	2.5	29.5	0.2	1.7
			16.1%	29.9%	33.3%	1.8%	2.7%	58.9%	-	28.5%
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 BBQ Chicken Wings MMB		190	303	19.6	6.1	4.2	1.5	27.4	0.6	1.9
			15.1%	28.0%	30.4%	1.6%	1.7%	54.7%	-	31.7%
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 Piri Piri Chicken Wings MMB		190	303	19.6	6.1	4.2	1.5	27.4	0.6	1.9
			15.1%	28.0%	30.4%	1.6%	1.7%	54.7%	-	31.7%
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 Tikka Chicken Wings MMB		190	324	29.3	6.7	4.2	1.0	29.3	0.8	1.3
			16.2%	41.8%	33.3%	1.6%	1.1%	58.5%	-	22.2%
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 Spinach & Egg Protein Pot MMB		135	137	9.2	2.5	0.1	0.0	13.5	0.4	0.4
			6.8%	13.2%	12.7%	0.0%	0.0%	27.0%	-	7.0%
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 Sweet Chilli Chicken & Broccoli Protein Pot MMB		125	77	3.3	1.0	7.0	3.9	10.1	0.4	0.5
			3.9%	4.7%	5.0%	2.7%	4.4%	20.1%	-	7.6%
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 Tuna Mayo & Green Bean Protein Pot MMB		118	99	5.2	0.5	2.5	1.2	10.9	1.6	0.5
			5.0%	7.4%	2.3%	1.0%	1.3%	21.8%	-	9.1%
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 Chick Pea, Spinach & Mango Chutney Protein Pot MMB		135	121	2.0	0.2	18.4	8.0	5.7	4.1	0.4
			6.0%	2.9%	1.1%	7.1%	8.9%	11.4%	-	6.8%
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 6" Sausage Roll MMB		120	397	25.2	11.2	32.5	2.9	9.4	1.4	1.5
			19.9%	36.0%	55.8%	12.5%	3.2%	18.7%	-	25.4%

Dishes	84 of 84	Weight (g)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Fibre (g)	Salt (g)
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 Single Sausage Bap MMB		50	125	0.9	0.1	25.0	1.8	4.8	1.5	0.5
			6.2%	1.3%	0.5%	9.6%	2.0%	9.6%	-	7.8%
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 Single Bacon Bap MMB		102	236	9.5	3.3	25.0	1.8	13.4	1.5	2.4
			11.8%	13.5%	16.6%	9.6%	2.0%	26.8%	-	40.8%
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 Cheese Panini Half		80	237	10.6	6.2	25.2	1.4	9.0	1.5	1.2
			11.8%	15.1%	30.9%	9.7%	1.5%	18.0%	-	19.6%
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 Cheese & Onion Panini Half		83	221	8.9	5.2	25.6	1.8	8.3	1.5	1.1
			11.0%	12.7%	25.9%	9.8%	2.0%	16.6%	-	17.5%
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 Cheese & Tomato Panini Half		83	219	8.9	5.2	25.2	1.6	8.2	1.5	1.1
			10.9%	12.7%	25.9%	9.7%	1.8%	16.5%	-	17.5%
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 Tuna Melt Panini Half		88	181	3.3	1.8	24.3	1.4	12.5	1.5	0.9
			9.1%	4.7%	8.8%	9.3%	1.5%	25.0%	-	14.2%
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 Roasted Vegetable Panini Half		80	179	5.7	1.9	25.3	2.1	5.7	1.6	0.6
			8.9%	8.1%	9.4%	9.7%	2.3%	11.4%	-	10.3%
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 Sweet Chilli Chinese Chicken Burger MMB		149	236	5.5	1.6	29.5	4.9	17.6	1.7	1.5
			11.8%	7.9%	7.8%	11.3%	5.4%	35.2%	-	24.6%
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 Piri Piri Chicken Burger MMB		149	268	10.0	1.9	27.2	2.8	17.8	1.9	1.4
			13.4%	14.3%	9.3%	10.5%	3.1%	35.6%	-	23.5%
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 Chicken Tikka Burger MMB		149	262	9.1	1.8	27.6	2.9	17.9	1.8	1.3
			13.1%	13.1%	9.0%	10.6%	3.2%	35.7%	-	22.4%
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 BBQ Chicken Burger MMB		149	235	5.5	1.5	29.3	5.0	17.7	1.7	1.5
			11.7%	7.9%	7.4%	11.3%	5.6%	35.3%	-	25.0%
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 Cajun Chicken Burger MMB		149	235	5.6	1.6	28.8	4.3	17.8	1.8	1.5
			11.8%	8.0%	7.8%	11.1%	4.8%	35.6%	-	25.0%
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 Extra Hot Chipotle Chicken Burger MMB		149	230	5.6	1.6	27.7	3.1	17.7	1.8	1.5
			11.5%	8.1%	7.8%	10.6%	3.5%	35.4%	-	24.9%
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 Brazilian Coconut Chicken Burger MMB		149	269	10.2	1.9	27.3	3.0	17.7	2.0	1.6
			13.5%	14.5%	9.7%	10.5%	3.3%	35.4%	-	26.1%

Dishes	84 of 84	Weight (g)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Fibre (g)	Salt (g)
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 Mediterranean Chicken Burger MMB		149	269	9.9	1.8	27.9	2.8	17.6	1.7	1.4
			13.5%	14.2%	8.9%	10.7%	3.1%	35.3%	-	23.5%
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 Plant Based Sausage Roll MMB		100	275	16.0	6.6	24.1	2.0	6.9	3.7	1.1
			13.7%	22.9%	33.0%	9.3%	2.2%	13.8%	-	18.5%
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 Brunch Bean Pot MMB		236	250	10.9	3.5	25.1	3.7	12.0	5.1	1.7
			12.5%	15.6%	17.3%	9.6%	4.1%	24.0%	-	28.5%
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 Veggie Hash Bean Pot MMB		224	174	1.6	0.3	31.5	4.2	6.7	6.0	0.6
			8.7%	2.3%	1.3%	12.1%	4.6%	13.4%	-	10.5%
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 Boston Hash Bean Pot MMB		233	282	10.4	3.3	31.7	5.7	14.3	5.2	1.2
			14.1%	14.8%	16.5%	12.2%	6.3%	28.7%	-	20.6%
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 Healthy Brunch Bean Pot MMB		196	112	3.9	0.8	11.8	4.5	8.1	4.2	0.6
			5.6%	5.6%	4.2%	4.5%	5.0%	16.2%	-	9.2%
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 Spiced Mexican Bean Pot MMB		205	257	9.1	2.9	28.5	5.5	13.7	4.9	1.4
			12.9%	13.0%	14.7%	11.0%	6.1%	27.3%	-	23.1%
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 Breakfast Quesadillas MMB		116	221	12.1	5.6	15.1	2.3	11.9	2.4	2.0
			11.0%	17.2%	28.1%	5.8%	2.5%	23.8%	-	32.7%
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 Breakfast Wrap Bacon MMB		190	447	21.5	9.6	45.7	2.4	17.0	3.2	3.7
			22.4%	30.7%	47.8%	17.6%	2.7%	34.0%	-	61.8%
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 Breakfast Wrap Sausage MMB		194	491	24.1	10.0	49.6	4.3	14.9	3.9	2.4
			24.5%	34.4%	49.9%	19.1%	4.8%	29.9%	-	39.7%
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 Breakfast Wrap Veggie MMB		194	402	13.3	6.5	58.6	3.6	10.4	5.0	2.1
			20.1%	19.0%	32.5%	22.5%	4.1%	20.9%	-	35.2%
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 Breakfast Muffin Bacon MMB		162	351	15.1	5.7	34.0	2.1	20.4	2.2	3.3
			17.6%	21.6%	28.6%	13.1%	2.3%	40.7%	-	55.6%
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 Breakfast Muffin Sausage MMB		166	395	17.7	6.1	37.9	3.7	18.3	2.8	2.0
			19.7%	25.3%	30.6%	14.6%	4.1%	36.6%	-	33.0%
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 Breakfast Muffin Veggie MMB		166	306	6.9	2.7	46.8	3.1	13.8	3.9	1.7
			15.3%	9.8%	13.3%	18.0%	3.4%	27.6%	-	28.6%

Dishes	84 of 84	Weight (g)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Fibre (g)	Salt (g)
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 Cheese Panini		150	436	17.8	10.4	50.0	2.8	16.4	2.9	2.1
			21.8%	25.4%	51.8%	19.2%	3.1%	32.8%	-	35.0%
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 Cheese & Onion Panini		165	442	17.8	10.4	51.2	3.7	16.6	3.1	2.1
			22.1%	25.5%	51.8%	19.7%	4.1%	33.1%	-	35.0%
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 Cheese & Tomato Panini		165	438	17.8	10.4	50.5	3.2	16.5	3.1	2.1
			21.9%	25.5%	51.8%	19.4%	3.6%	33.0%	-	35.0%
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 Tuna Melt Panini		175	363	6.6	3.5	48.6	2.7	25.0	2.9	1.7
			18.1%	9.4%	17.5%	18.7%	3.0%	50.1%	-	28.4%
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 Roasted Vegetable Panini		180	362	11.4	3.8	51.4	5.0	11.6	3.6	1.2
			18.1%	16.2%	18.9%	19.8%	5.6%	23.1%	-	20.5%
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 Croissant (55g) MMB		55	192	11.3	7.5	18.3	2.5	3.8	1.1	0.5
			9.6%	16.1%	37.4%	7.0%	2.8%	7.6%	-	8.0%
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 Croissant (70g) MMB		70	261	13.8	6.8	30.3	3.7	5.8	2.2	0.6
			13.1%	19.7%	34.2%	11.7%	4.1%	11.6%	-	9.7%
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 Pain au Raisin MMB		96	306	13.6	7.0	39.3	18.1	5.7	2.2	0.9
			15.3%	19.5%	35.0%	15.1%	20.2%	11.3%	-	14.7%
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 Pain au Chocolate MMB		60	243	13.7	7.2	24.9	6.7	4.3	1.6	0.7
			12.2%	19.5%	36.0%	9.6%	7.5%	8.5%	-	12.0%
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 Chocolate Pastry Twist MMB		90	271	11.7	7.4	36.0	16.2	4.3	2.3	0.6
			13.5%	16.7%	36.9%	13.8%	18.0%	8.6%	-	9.8%
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 Battered Chicken Burger (Theos) MMB		Not configured								
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 Cheese & Ham Toastie MMB		192	356	9.1	4.5	50.3	7.3	17.3	3.0	1.7
			17.8%	13.0%	22.6%	19.3%	8.1%	34.6%	-	28.3%
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 Cheese & Onion Toastie MMB		202	400	13.6	7.3	51.6	7.8	17.0	3.3	1.6
			20.0%	19.5%	36.5%	19.8%	8.6%	34.0%	-	27.0%
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 Cheese & Pesto Toastie MMB		196	416	15.7	7.5	51.1	7.2	17.0	3.2	1.7
			20.8%	22.4%	37.7%	19.6%	8.0%	34.0%	-	27.7%

Dishes	84 of 84	Weight (g)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Fibre (g)	Salt (g)
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 Chicken, Tomato & Pesto Toastie MMB		216	376	10.2	3.8	51.8	8.2	18.4	3.1	1.7
			18.8%	14.6%	18.8%	19.9%	9.1%	36.7%	-	27.7%
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 Pepperoni & Cheese Panini		145	398	12.7	7.0	53.6	3.0	15.3	3.2	1.8
			19.9%	18.2%	34.8%	20.6%	3.3%	30.5%	-	29.4%
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 Cheese & Ham Panini		180	468	18.8	10.7	50.3	3.1	21.9	2.9	2.7
			23.4%	26.8%	53.4%	19.3%	3.4%	43.8%	-	45.0%
MID MORNING BREAK 2022 \ MID MORNING BREAK - UPDATED JULY 2023 Cheese & Pesto Panini		156	463	20.7	10.8	50.4	2.9	16.5	3.0	2.2
			23.2%	29.6%	53.8%	19.4%	3.2%	32.9%	-	35.9%