

Nashi Baguette Range

Egg And Lettuce Baguette			
Ingredients: Boiled eggs, mayonnaise, chives and lettuce			
NUTRITION INFORMATION			
Servings per package: 1			
Serving size: 230g			
	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	1960kJ (468Cal)	23%	852kJ (203Cal)
Protein	19.9g	40%	8.6g
Fat, Total	20.9g	30%	9.1g
- Saturated	4.7g	20%	2.1g
Carbohydrate	48.2g	16%	20.9g
- Sugars	0.8g	1%	0.3g
Sodium	736mg	32%	320mg
Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.			

Ham & Brie Baguette			
Ingredients: Freshly shaved ham, mayonnaise, French brie and rocket			
NUTRITION INFORMATION			
Servings per package: 1			
Serving size: 210g			
	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	1890kJ (450Cal)	22%	898kJ (214Cal)
Protein	20.5g	41%	9.8g
Fat, Total	16.7g	24%	8.0g
- Saturated	5.8g	24%	2.7g
Carbohydrate	52.0g	17%	24.8g
- Sugars	1.0g	1%	0.5g
Sodium	1450mg	63%	690mg
Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.			

Roast Beef Baguette

Ingredients: Roast porterhouse, spinach, tomato, cucumber, coriander, and red onion

NUTRITION INFORMATION

Servings per package: 1

Serving size: 310g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	2230kJ (532Cal)	26%	718kJ (172Cal)
Protein	28.7g	57%	9.3g
Fat, Total	16.2g	23%	5.2g
- Saturated	4.4g	18%	1.4g
Carbohydrate	64.2g	21%	20.7g
- Sugars	2.1g	2%	0.7g
Sodium	770mg	33%	248mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Chicken Avocado & Bacon Baguette

Ingredients: Chicken, mayonnaise, avocado, bacon and lettuce

NUTRITION INFORMATION

Servings per package: 1

Serving size: 247g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	2250kJ (537Cal)	26%	911kJ (218Cal)
Protein	31.8g	64%	12.9g
Fat, Total	23.1g	33%	9.3g
- Saturated	4.8g	20%	2.0g
Carbohydrate	48.4g	16%	19.6g
- Sugars	0.6g	1%	0.3g
Sodium	841mg	37%	341mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Asian Chicken Baguette

Ingredients: Chicken breast, spinach, coleslaw, cucumber, pine nuts, Lynches mango dressing, crispy shallots, coriander and mayonnaise

NUTRITION INFORMATION

Servings per package: 1

Serving size: 280g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	2040kJ (487Cal)	23%	727kJ (174Cal)
Protein	28.8g	58%	10.3g
Fat, Total	23.1g	33%	8.3g
- Saturated	2.6g	11%	0.9g
Carbohydrate	50.8g	16%	18.2g
- Sugars	3.1g	3%	1.1g
Sodium	678mg	29%	242mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Super Salad Baguette

Ingredients: Tomato, carrot, lettuce, tasty cheese, avocado and mayonnaise

NUTRITION INFORMATION

Servings per package: 1

Serving size: 272g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	1860kJ (445Cal)	21%	685kJ (164Cal)
Protein	12.9g	26%	4.8g
Fat, Total	18.4g	26%	6.8g
- Saturated	5.3g	22%	2.0g
Carbohydrate	53.8g	17%	19.8g
- Sugars	6.0g	7%	2.2g
Sodium	885mg	38%	325mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Pan Roast Chicken and red pesto

Ingredients: Pan roasted chicken, tomato, red pesto, basil, aioli, lemon juice, lettuce and mayonnaise

NUTRITION INFORMATION

Servings per package: 1

Serving size: 260g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	1870kJ (448Cal)	22%	721kJ (172Cal)
Protein	23.8g	48%	9.2g
Fat, Total	16.1g	23%	6.2g
- Saturated	3.0g	12%	1.1g
Carbohydrate	49.2g	16%	18.9g
- Sugars	?		?
Sodium	814mg	35%	313mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Half-serve Baguettes

Half- serve Egg And Lettuce Baguette

Ingredients: Boiled eggs, mayonnaise, chives and lettuce

NUTRITION INFORMATION

Servings per package: 1

Serving size: 150g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	1280kJ (305Cal)	15%	852kJ (203Cal)
Protein	12.9g	26%	8.6g
Fat, Total	13.6g	19%	9.1g
- Saturated	3.1g	13%	2.1g
Carbohydrate	31.4g	10%	20.9g
- Sugars	0.5g	1%	0.3g
Sodium	480mg	21%	320mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Half-serve Ham & Brie Baguette

Ingredients: Freshly shaved ham, mayonnaise, French brie and rocket

NUTRITION INFORMATION

Servings per package: 1

Serving size: 125g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	1120kJ (268Cal)	13%	898kJ (214Cal)
Protein	12.2g	24%	9.8g
Fat, Total	9.9g	14%	8.0g
- Saturated	3.4g	14%	2.7g
Carbohydrate	31.0g	10%	24.8g
- Sugars	0.6g	1%	0.5g
Sodium	862mg	37%	690mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Half-serve Chicken , Avocado & Bacon Baguette

Ingredients: Chicken, mayonnaise, avocado, bacon and lettuce

NUTRITION INFORMATION

Servings per package: 1

Serving size: 155g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	1410kJ (337Cal)	16%	911kJ (218Cal)
Protein	20.0g	40%	12.9g
Fat, Total	14.5g	21%	9.3g
- Saturated	3.0g	13%	2.0g
Carbohydrate	30.4g	10%	19.6g
- Sugars	0.4g	0%	0.3g
Sodium	528mg	23%	341mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Half-serve Asian Chicken Baguette

Ingredients: Chicken breast, spinach, coleslaw, cucumber, pine nuts, Lynches mango dressing, crispy shallots, coriander and mayonnaise

NUTRITION INFORMATION

Servings per package: 1

Serving size: 160g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	1160kJ (278Cal)	13%	727kJ (174Cal)
Protein	16.5g	33%	10.3g
Fat, Total	13.2g	19%	8.3g
- Saturated	1.5g	6%	0.9g
Carbohydrate	29.1g	9%	18.2g
- Sugars	1.8g	2%	1.1g
Sodium	387mg	17%	242mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Half-serve Super Salad Baguette

Ingredients: Tomato, carrot, lettuce, tasty cheese, avocado and mayonnaise

NUTRITION INFORMATION

Servings per package: 1

Serving size: 130g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	891kJ (213Cal)	10%	685kJ (164Cal)
Protein	6.2g	12%	4.8g
Fat, Total	8.8g	13%	6.8g
- Saturated	2.5g	11%	2.0g
Carbohydrate	25.7g	8%	19.8g
- Sugars	2.9g	3%	2.2g
Sodium	423mg	18%	325mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Nashi Sandwiches Range

<p>Chicken, Avocado & Bacon Sandwich Ingredients: Poached chicken fillets, avocado, with oven baked crispy chicken and mayonnaise</p>			
<p>NUTRITION INFORMATION Servings per package: 1 Average Serving size: 227g</p>			
	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	1970kJ (470Cal)	23%	867kJ (207Cal)
Protein	28.8g	58%	12.7g
Fat, Total	25.0g	36%	11.0g
- Saturated	4.1g	17%	1.8g
Carbohydrate	43.4g	14%	19.1g
- Sugars	4.2g	5%	1.9g
Sodium	935mg	41%	412mg
<p>Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending</p>			

<p>Egg & Lettuce Sandwich Ingredients: Boiled eggs, mayonnaise, chives, and lettuce</p>			
<p>NUTRITION INFORMATION Servings per package: 1 Average Serving size: 227g</p>			
	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	1750kJ (418Cal)	20%	770kJ (184Cal)
Protein	20.2g	40%	8.9g
Fat, Total	26.0g	37%	11.4g
- Saturated	3.8g	16%	1.7g
Carbohydrate	43.7g	14%	19.3g
- Sugars	4.2g	5%	1.8g
Sodium	683mg	30%	301mg
<p>Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.</p>			

Ham, Cheese & Tomato Sandwich

Ingredients: Shaved ham, tomato, and tasty cheese

NUTRITION INFORMATION

Servings per package: 1

Average serving size: 201g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	1770kJ (423Cal)	20%	881kJ (210Cal)
Protein	21.8g	44%	10.9g
Fat, Total	15.8g	23%	7.9g
- Saturated	8.3g	34%	4.1g
Carbohydrate	46.1g	15%	23.0g
- Sugars	4.4g	5%	2.2g
Sodium	1310mg	57%	653mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Corn Beef Remoulade

Ingredients: Corned beef, egg, mayonnaise, and lettuce

NUTRITION INFORMATION

Servings per package: 1

Serving size: 200g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	1630kJ (390Cal)	19%	817kJ (195Cal)
Protein	23.0g	46%	11.5g
Fat, Total	19.1g	27%	9.5g
- Saturated	3.5g	15%	1.8g
Carbohydrate	42.9g	14%	21.4g
- Sugars	3.7g	4%	1.9g
Sodium	1260mg	55%	632mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Spice Crusted Chicken Sandwich

Ingredients: pan-fried chicken breast, smoked paprika, spices, cucumber, red onions, aioli, harissa, mint, shallots, mint, lettuce and mayonnaise

NUTRITION INFORMATION

Servings per package: 1

Average serving size: 204g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	1760kJ (421Cal)	20%	865kJ (207Cal)
Protein	22.3g	45%	11.0g
Fat, Total	17.0g	24%	8.3g
- Saturated	?		?
Carbohydrate	44.3g	14%	21.7g
- Sugars	?		?
Sodium	577mg	25%	283mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Roast Beef & Dijon Sandwich

Ingredients: Roast beef, tomato relish, spinach, Swiss cheese, and Dijon mustard

NUTRITION INFORMATION

Servings per package: 1

Average serving size: 197g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	1910kJ (456Cal)	22%	969kJ (231Cal)
Protein	29.8g	60%	15.1g
Fat, Total	16.0g	23%	8.1g
- Saturated	7.1g	30%	3.6g
Carbohydrate	45.9g	15%	23.3g
- Sugars	6.2g	7%	3.2g
Sodium	801mg	35%	406mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Turkey Cranberry Sandwich

Ingredients: Turkey breast, cranberry sauce, cream cheese and lettuce

NUTRITION INFORMATION

Servings per package: 1

Average serving size: 201g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	1670kJ (399Cal)	19%	831kJ (198Cal)
Protein	19.8g	40%	9.9g
Fat, Total	12.5g	18%	6.2g
- Saturated	5.6g	23%	2.8g
Carbohydrate	49.6g	16%	24.7g
- Sugars	10.3g	11%	5.1g
Sodium	1210mg	53%	601mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Chicken Spring Onion Sandwich

Ingredients: poached chicken breast, spring onion, rocket and mayonnaise

NUTRITION INFORMATION

Servings per package: 1

Average serving size: 227g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	2390kJ (570Cal)	27%	1050kJ (251Cal)
Protein	31.8g	64%	14.0g
Fat, Total	29.0g	41%	12.8g
- Saturated	4.9g	20%	2.2g
Carbohydrate	43.7g	14%	19.3g
- Sugars	4.2g	5%	1.8g
Sodium	699mg	30%	308mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Super Salad Sandwich

Ingredients: Tomato, beetroot, carrot, avocado, lettuce and mayonnaise

NUTRITION INFORMATION

Servings per package: 1

Average serving size: 237g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	1420kJ (339Cal)	16%	599kJ (143Cal)
Protein	9.1g	18%	3.9g
Fat, Total	16.6g	24%	7.0g
- Saturated	1.6g	7%	0.7g
Carbohydrate	48.3g	16%	20.4g
- Sugars	8.9g	10%	3.7g
Sodium	764mg	33%	322mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Chicken Caesar Bloomer

Ingredients: Chicken breast, egg, parmesan cheese, pancetta, lettuce, spinach, Caesar dressing, coriander and mayonnaise

NUTRITION INFORMATION

Servings per package: 1

Average serving size: 310g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	2840kJ (679Cal)	33%	917kJ (219Cal)
Protein	39.6g	79%	12.8g
Fat, Total	37.6g	54%	12.1g
- Saturated	37.55g		2.2g
Carbohydrate	6.82g		19.91g
- Sugars	5.63g		1.81g
Sodium	1130mg	49%	366mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Chicken Spring Onion & Avocado Bloomer

Ingredients: Poached chicken breast, mayonnaise, rocket, and avocado

NUTRITION INFORMATION

Servings per package: 1

Average serving size: 257g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	2620kJ (625Cal)	30%	1020kJ (243Cal)
Protein	32.4g	65%	12.6g
Fat, Total	34.7g	50%	13.5g
- Saturated	6.1g	26%	2.4g
Carbohydrate	43.9g	14%	17.1g
- Sugars	4.3g	5%	1.7g
Sodium	700mg	30%	272mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.