



Grab & Go Menu

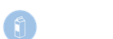
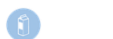
SANDWICHES

- Chicken Steakhouse (150 kcal)  16.00
Total Fat(3.5g), Sat Fat (1.5g), Sodium(130mg), Sugar(0g), Fiber(2g), Salt (0.57g)
- Panini Bolognaise (90 kcal)  20.00
Total Fat(2.5g), Sat Fat (0.4g), Sodium(120mg), Sugar(2g), Fiber(2.8g), Salt (0.3g)
- Chicken Philly Steak & Peppers Baguette (220 kcal)  17.00
Total Fat(3.5g), Sat Fat (1.5g), Sodium(260mg), Sugar(1g), Fiber(1g), Salt (0.65g)
- Beef Slider Potato Bun with American Cheese (200 kcal)  16.00
Total Fat (3.6g), Sat Fat (1.0g), Sodium (390mg), Sugar (1.5g), Fiber (1g), Salt (0.98g)
- Chicken Katsu Brioche Roll (250 kcal)  16.00
Total Fat (11g), Sat Fat (3.6g), Sodium (185mg), Sugar (2.0g), Fiber (1.9g), Salt (0.5g)
- Cheese & Pickle Onion Pretzel Roll (142 kcal)  16.00
Total Fat (11g), Sat Fat (5.4g), Sodium (295mg), Sugar (2.0g), Fiber (6.8g), Salt (0.74g)

WRAPS

- Chicken Wraptor (190 kcal)  18.00
Total Fat(3.5g), Sat Fat (1.5g), Sodium(410mg), Sugar(2g), Fiber(1g), Salt (0.8g)
- Green Falafel Hummus Wrap (220 kcal)  16.00
Total Fat(4.5g), Sat Fat (2.0g), Sodium(320mg), Sugar(2g), Fiber(7.0g), Salt (1.3g)
- Butter Chicken Burrito (240 kcal)  16.00
Total Fat(3.5g), Sat Fat (1g), Sodium(95mg), Sugar(1g), Fiber(1g), Salt (0.24g)

SALAD

- Tandoori Chicken Salad (165 kcal)  16.00
Total Fat(3.5g), Sat Fat (1.5g), Sodium(360mg), Sugar(1.6g), Fiber(1.8g), Salt (0.8g)
- Taco Salad (134 kcal)  16.00
Total Fat(3.5g), Sat Fat (1.5g), Sodium(358mg), Sugar(2g), Fiber(1.9g), Salt (0.8g)
- Skinny Shawarma Chicken Salad (210 kcal)  16.00
Total Fat (8.0g), Sat Fat (1.5g), Sodium (410mg), Sugar (4g), Fiber (4g), Salt (1.03g)
- Fresh Fruit Salad (55 kcal) 13.00
Total Fat(0.2g), Sat Fat (0.0g), Sodium(5mg), Sugar(11g), Fiber(3g), Salt (0.1g)
- Roasted Cauliflower & Lentil Bowl (280 kcal) 16.00
Total Fat (9.0g), Sat Fat (1.5g), Sodium (360mg), Sugar (6g), Fiber (10g), Salt (0.90g)
- Mango & Vanilla Yoghurt Granola (142 kcal)  13.00
Total Fat(2.8g), Sat Fat (0.7g), Sodium(90mg), Sugar(2g), Fiber(3.2g), Salt (0.23g)
- Berry & Lemon Granola (209 kcal)  14.00
Total Fat(3.5g), Sat Fat (1.5g), Sodium(78mg), Sugar(2g), Fiber(1g), Salt (0.2g)

PASTRIES & SNACKS

- Tomato Pizza Pocket (118 kcal)  7.00
Total Fat(2.9g), Sat Fat (0.8g), Sodium(120mg), Sugar(2g), Fiber(3.1g), Salt (0.30g)
- Pesto & Mozzarella Swirl (90 kcal)  6.00
Total Fat (17.0g), Sat Fat (7.0g), Sodium (480mg), Sugar (3g), Fiber (2g), Salt (1.20g)
- Cinnamon Swirl (120 kcal) 6.00
Total Fat(2.6g), Sat Fat (0.6g), Sodium(95mg), Sugar(2g), Fiber(3.5g), Salt (0.24g)
- Tomato & Cheese Twist (118 kcal)  4.00
Total Fat(2.9g), Sat Fat (0.9g), Sodium(120mg), Sugar(2g), Fiber(3g), Salt (0.30g)
- Banana Breakfast Slice (120 kcal)  4.00
Total Fat(2.8g), Sat Fat (0.6g), Sodium(95mg), Sugar(2g), Fiber(3.2g), Salt (0.24g)
- Red Velvet Muffin (120 kcal)  4.00
Total Fat(2.8g), Sat Fat (0.7g), Sodium(95mg), Sugar(2g), Fiber(3.0g), Salt (0.24g)
- Cocoa Muffin (240 kcal)  4.00
Total Fat (16.0g), Sat Fat (5.0g), Sodium (280mg), Sugar (25g), Fiber (3g), Salt (0.70g)
- Apple Pie Biscuit (120 kcal)  4.00
Total Fat(6.0g), Sat Fat (4.3g), Sodium(0.65mg), Sugar(2.1g), Fiber(0.0g), Salt (0.1g)
- Peach Pie Biscuit (192 kcal)  4.00
Total Fat(3.2g), Sat Fat (1.4g), Sodium(45mg), Sugar(2.0g), Fiber(0.3g), Salt (0.1g)
- Crispy Chicken Strips (79 kcal) 7.00
Total Fat(0.5g), Sat Fat (0.1g), Sodium(85mg), Sugar(2g), Fiber(1.2g), Salt (0.21g)
- Baked Chicken Nuggets (115 kcal) 6.00
Total Fat(0.0g), Sat Fat (0.0g), Sodium(000mg), Sugar(0g), Fiber(0g), Salt (0.0g)
- Mozzarella Sticks (120 kcal) 7.00
Total Fat(3g), Sat Fat (1g), Sodium(120mg), Sugar(1.2g), Fiber(3g), Salt (0.30g)

FN BOWLS

- FN Rice Bowls (410 kcal)  16.00
- Butter chicken or Food Nation Katsu sauce
Total Fat(3.5g), Sat Fat (1.5g), Sodium(130mg), Sugar(0g), Fiber(2g), Salt (0.57g)

SMALL POTS

- Greek Mini Chicken Pot  13.00
- Veggie Loaded Hummus mini pots  11.00
(Plane or Beetroot)
Total Fat(3.5g), Sat Fat (1.5g), Sodium(130mg), Sugar(0g), Fiber(2g), Salt (0.57g)

WEEKLY SPECIAL

- Breakfast Slice (Monday)  7.00
- Pain Au Choc (Wednesday)  7.00
- Brownies (Friday)  7.00