

JAMAICA BLUE APP | ALL DAY MENU – NIPS

Bacon & Egg Roll (in Milk Bun)		
NUTRITION INFORMATION		
Serving size: 280g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	2900kJ (693Cal)	1040kJ (247Cal)
Protein	31.9g	11.4g
Fat, Total	41.3g	14.8g
- Saturated	15.6g	5.6g
Carbohydrat	47.1g	16.8g
- Sugars	7.5g	2.7g
Dietary Fibre	2.0g	0.7g
Sodium	1620mg	580mg

Ingredients: **Milk Bun** (Wheat Flour, Water, Sugar, Milk, Vegetable Fat [Vegetable Oil And Fats, Anhydrous Milk Fat, Water, Salt, Emulsifiers (471, 322), Preservative (202), Natural Flavour, Acidity Regulator (Citric Acid), Natural Colour (100, 160a)], Canola Oil, Egg, Yeast, Salt, Bread Improver [(Wheat Flour, Malt Flour (Wheat), Antioxidant (Ascorbic Acid)], Acidity Regulator (262)), **Bacon** (34%) (Pork, Salt, Mineral Salts (450, 451, 452), Dextrose, Antioxidant (316), Nitrite (250), Hydrolysed Vegetable Protein, Flavour Enhancer (621), Water), **Egg** (20%), **Hollandaise Sauce** (Vegetable Oil (Palm, Canola), Water, Egg Yolk (5%), Skim Milk Powder, Salt, Sugar, Food Acid (Lactic), Vegetable Gums (Xanthan, Guar, Locust Bean), Flavours (Contain Milk, Wheat Derivatives), Herbs, Dextrose.).

Contains Wheat, Egg, Milk.

May Contain Rye, Barley, Oats, Soybean, Sesame Seeds.



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Halloumi & Avocado Breakfast Roll

NUTRITION INFORMATION

Serving size: 303g

	Average Quantity per Serving	Average Quantity per 100g
Energy	3070kJ (733Cal)	1010kJ (242Cal)
Protein	33.3g	11.0g
Fat, Total	42.0g	13.9g
- Saturated	18.1g	6.0g
Carbohydrat	53.9g	17.8g
- Sugars	13.3g	4.4g
Dietary Fibre	3.1g	1.0g
Sodium	1590mg	527mg

Ingredients: **Milk Bun** (Wheat Flour, Water, Sugar, Milk, Vegetable Fat [Vegetable Oil And Fats, Anhydrous Milk Fat, Water, Salt, Emulsifiers (471, 322), Preservative (202), Natural Flavour, Acidity Regulator (Citric Acid), Natural Colour (100, 160a)], Canola Oil, Egg, Yeast, Salt, Bread Improver [(Wheat Flour, Malt Flour (Wheat), Antioxidant (Ascorbic Acid)], Acidity Regulator (262)), **Halloumi** (24%) (Pasteurised Cow's Milk, Salt, Mineral Salt (509), Non-Animal (Microbial) Rennet), **Egg**, **Avocado** (12%), **Caramelised Onion** (Onion, Brown Sugar, Butter (Cream, Water, Salt), Balsamic Vinegar (Wine Vinegar, Grape Must, Caramel (150d), Antioxidant (224))), **Aioli** (Cream Cheese (Milk, Cream, Milk Solids Non-Fat, Microbial Rennet, Lactic Culture, Vegetable Gums (410, Guar Gum)), Mayonnaise (35%) (Canola Oil, Water, Sugar, Whole Egg, Vinegar, Thickeners (1442, Xanthan Gum), Salt, Mustard), Sour Cream (Cream, Halal Gelatine, Sour Cream Culture), Garlic (3%), Vinegar, Salt, Soy Solids, Emulsifiers (471), Thickener (Xanthan Gum)), **Rocket**.



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Chorizo & Egg Wrap		
NUTRITION INFORMATION		
Serving size: 240g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	2540kJ (607Cal)	1060kJ (253Cal)
Protein	26.4g	11.0g
Fat, Total	43.0g	17.9g
-	21.6g	9.0g
Carbohydrate	28.9g	12.1g
- Sugars	8.3g	3.5g
Dietary	2.6g	1.1g
Sodium	1570mg	654mg

Ingredients: **Tortilla Wrap** (Wheat Flour [(59%), Thiamine, Folic Acid], Water, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [Mineral Salts (450, Sodium Bicarbonate, 341)], Food Acid (297), Iodised Salt, Mineral Salt (Sodium Bicarbonate), Preservative (282), Yeast.), **Egg** (17%), **Chorizo** (17%) (Meat including pork (92%), Salt, Spices, Lactose (milk), Dextrose, Dehydrated Vegetable, Maltodextrin, Edible Casing, Antioxidant (316), Herbs, Culture, Preservative (250), Sugar, Natural Flavour, Natural Wood Smoke), **Cheese** (Pasteurised Milk, Salt, Cultures, Rennet), **Tomato Chutney** (Fruit & Vegetables (Tomato (64%), Apple (9%), Onion (9%), Sultanas (2%)), Sugar, Vinegar, Thickener (Modified Corn And Potato Starch), Salt, Herbs And Spices, Chilli (0.02%)), **Spinach**, **Cream**, **Shallot**, **Salt**.

Contains Wheat, Egg, Milk.



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Scrambled Eggs On Toast

NUTRITION INFORMATION

Servings per package: 1

Serving size: 232g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	2330kJ (557Cal)	1000kJ (240Cal)
PROTEIN	20.2g	8.7g
FAT, TOTAL	37.8g	16.3g
- SATURATED	21.8g	9.4g
CARBOHYDRATE	47.6g	20.5g
- SUGARS	4.0g	1.7g
SODIUM	972mg	419mg

Ingredients: Egg, Sourdough (White Flour, Wholemeal Flour, Water, White Leaven, Salt, Honey, Malt), Cream, Butter (Pasteurised Cream (From Milk), Water, Salt Milk Fat: 80% Minimum), Salt, Pepper.

Contains Wheat, Egg, Milk.



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Fried Eggs On Toast

NUTRITION INFORMATION

Servings per package: 1

Serving size: 182g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1690kJ (404Cal)	931kJ (222Cal)
PROTEIN	18.9g	10.4g
FAT, TOTAL	21.9g	12.1g
- SATURATED	9.0g	4.9g
CARBOHYDRATE	31.8g	17.5g
- SUGARS	2.3g	1.2g
SODIUM	572mg	315mg

Ingredients: Egg, Sourdough (White Flour, Wholemeal Flour, Water, White Leaven, Salt, Honey, Malt), Butter (Pasteurised Cream (From Milk), Water, Salt Milk Fat: 80% Minimum), Olive Oil.

Contains Wheat, Egg, Milk.



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Poached Eggs On Toast

NUTRITION INFORMATION

Servings per package: 1

Serving size: 178g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1650kJ (393Cal)	924kJ (221Cal)
PROTEIN	18.1g	10.2g
FAT, TOTAL	21.0g	11.8g
- SATURATED	8.9g	5.0g
CARBOHYDRATE	31.8g	17.9g
- SUGARS	2.3g	1.3g
SODIUM	524mg	295mg

Ingredients: Egg, Sourdough (White Flour, Wholemeal Flour, Water, White Leaven, Salt, Honey, Malt), Butter (Pasteurised Cream (From Milk), Water, Salt Milk Fat: 80% Minimum).

Contains Wheat, Egg, Milk.



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Mango Smoothie Bowl

NUTRITION INFORMATION

Serving size: 302g

	Average Quantity per Serving
Energy	2087 kJ
Protein	22g
Fat, Total	25.5g
- Saturated	11.6g
Carbohydrate	42g
- Sugars	29.5g
Sodium	105mg

Ingredients: Mango Yogurt (66.2%) [Greek yogurt (Milk), Mango cheeks frozen, mango puree [Fruit Juice Blend (80%: Mango Puree, Pear and/or Apple and/or Pineapple Juice Concentrates, Banana Puree), Citric Acid, Pectin, Xanthan Gum, Natura Flavor, Fruit and Vegetable Juice (for color), Vitamin C, Zinc, Selenium, Echinacea Extract], Honey], Gluten Free Cacao & Coconut Granola (16.6%) [Puffed rice, coconut flakes (11%), organic milled golden flaxseed, honey, almonds, organic tapioca, sunflower kernels, pumpkin kernels, macadamia oil, organic raw cacao (3%), pecans, vanilla extract, cinnamon.], Passion fruit (9.9%), Mango cheek diced (6.6%), Mint (0.66%)

Contains: Nuts (Almonds, Macadamias, Pecans), Milk



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