

JAMAICA BLUE APP | LUNCH MENU – NIPS

Angel Bay Beef Burger		
NUTRITION INFORMATION		
Serving size: 510g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	4850kJ (1160Cal)	951kJ
Protein	56.4g	11.1g
Fat, Total	75.1g	14.7g
- Saturated	34.7g	6.8g
Carbohydrate	63.7g	12.5g
- Sugars	16.2g	3.2g
Dietary Fibre	3.3g	0.6g
Sodium	3160mg	619mg

Ingredients: **Beef Patties** (35%) (Beef (69%), Rehydrated Onion, Breadcrumbs (Wheat Flour, Water, Yeast, Sugar, Gluten, Vegetable Oil, Salt, Emulsifier (472e), Acidity Regulator (Sodium Acetate)), Textured Soy Protein, Egg, Salt, Whey Protein Concentrate (Milk Protein), Modified Food Starch (1442), Spices, Hydrolysed Maize Protein, Mineral Salt (451), Beef Extract.), **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** (Pork Meat (95%), Water, Salt, Mineral Salts (451, 452), Sugar, Antioxidants (316), Sodium Nitrite, Natural Smoke Flavour), **Tomato, Paprika Aioli** (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)), Paprika), **Cheddar Cheese** (5%) (Pasteurised Milk, Salt, Cultures, Enzyme (Rennet)), **Rocket, Pickled Onion, Gherkin.**

Contains Wheat, Egg, Milk, Soybean.



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Ham, Cheese and Tomato on Sourdough

NUTRITION INFORMATION

Servings per package: 1

Serving size: 428g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	3360kJ (802Cal)	785kJ (187Cal)
PROTEIN	28.0g	6.6g
FAT, TOTAL	58.6g	13.7g
- SATURATED	13.3g	3.1g
CARBOHYDRATE	41.2g	9.6g
- SUGARS	8.8g	2.1g
SODIUM	2000mg	468mg

Ingredients: Tomato, Ham (Pork (65%), Water, Salt, Potato Starch, Mineral Salts (451, 452), Sugar, Dextrose, Antioxidant (316), Vegetable Gum (415), Preservative (250)), Sourdough (White Flour, Wholemeal Flour, Water, White Leaven, Salt, Honey, Malt), Mayonnaise (Vegetable Oil, Egg Yolk, Water, Whole Egg, Glucose (From Wheat), Sugar, Food Acids (Acetic, Citric), Salt, Mustard Seed, Vegetable Gum (Xanthan), Turmeric, Spice Extract, Garlic Extract), Capsicum, Cheese (Pasteurised Milk, Salt, Cultures, Enzyme (Rennet)), Olive Oil, Onion, Cucumber, Balsamic Vinegar (Wine Vinegar, Grape Must, Caramel E 150d, Antioxidant E224), Mustard, Sugar, Herbs (Thyme, Rosemary, Marjoram, Basil, Oregano, Sage), Pepper.

Contains **Wheat, Egg, Milk, Soybean.**



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Jamaican Beef Patty Pie		
NUTRITION INFORMATION		
Serving size: 215g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	2649 kJ	1232 kJ
Protein	20.6 g	9.6 g
Fat, Total	36.7 g	17.1 g
- Saturated	14.2 g	6.6 g
Carbohydrate	61.0 g	28.2 g
- Sugars	22.1 g	10.3 g
Sodium	392 mg	182 mg

Ingredients: Yellow patty discs (41.8%) [**wheat** flour, Water, Pro Ve Shortening (Vegetable Oil, Emulsifiers (471, **Soybean** Lecithin (**soya**)), Antioxidant (307b), Natural Colour (160a), rice flour, Sugar, Salt, Turmeric, Methyl Cellulose (461), Acidity Regulator (E330).], pulled beef in Jamaican sauce (34.8%) [Beef (60%), Sauce (40%) [Tomato Paste, Molasses, Sugar, Water, Apple Cider Vinegar, Lemon Juice, Butter (contains **milk**), Herbs and Spices, Salt, Garlic (reconstituted), Onion Powder, Caramel (150c), Thickener (415), Treacle, Onions, Mushroom, Red Kidney Bean, Mushroom (reconstituted), Canola Oil]], JB Side Garnish (16.7%) [Balsamic dressing (30.6%) (Mustard), Rocket (27.8%), Sunflower and pumpkin seed mix (27.8%), Vege Chips (13.9%)], Jamaican Jerk BBQ Sauce (13.9%) [Tomato (paste and reconstituted), Molasses, Sugar, Onion, Vinegar (cider, white), Butter (**milk**), Lemon juice, Worcester sauce, Sea salt, Garlic, Chili, Acidity regulator (330), Stabiliser (415), Herb, Preservative (202), Spice], **Eggs** (2%), Eggs Garnish (1.4%) [Spring onions (98.5%), Parsley (1.5%)], Poppy seeds (0.46%)

Contains: Gluten (Wheat), Dairy, Egg, Soy



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Bacon, Brie & Tomato Roll

NUTRITION INFORMATION

Serving size: 268g

	Average Quantity per Serving	Average Quantity per 100g
Energy	2803 kJ	1046 kJ
Protein	28.1g	10.5g
Fat, Total	34.4g	12.8g
- Saturated	18.7g	7g
Carbohydrate	62g	23g
- Sugars	7.8g	2.9g
Sodium	1658mg	619mg

Ingredients: Roll Pain Stone baked (48.6%) [Flour [wheat flour, Thiamine, Folic Acid], Water, Iodized Salt, Improver [soy flour], Yeast], Bacon (33.6%), Tomato (14.2%), Cheese Brie (11.2%) [Pasteurized Cow's Milk, Salt, Lactic Culture, Rennet], Jerk Butter (6.3%) [Butter (Milk), Jerk Spice [Herbs and spices, sugar, salt, soy sauce powder (soy sauce powder and maltodextrin), flavour enhancer (E635), canola oil, citric acid (E330), paprika oleoresin (Oats, Wheat, Barley, Rye, Sesame, Soya)], Jamaican Jerk BBQ Sauce (3.7%) [Tomato (paste and reconstituted), Molasses, Sugar, Onion, Vinegar (cider, white), Butter (milk), Lemon juice, Worcester sauce, Sea salt, Garlic, Chili, Acidity regulator (330), Stabiliser (415), Herb, Preservative (202), Spice]

Contains: Gluten (Wheat, Oats, Barley, Rye), Milk, Soy, Sesame seeds, Eggs



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Crispy Chicken & Slaw Roll

NUTRITION INFORMATION

Serving size: 267g

	Average Quantity per Serving	Average Quantity per 100g
Energy	2913 kJ	1091 kJ
Protein	27.1g	10.2g
Fat, Total	30.1g	11.3g
- Saturated	15.5g	5.8g
Carbohydrate	78g	29.2g
- Sugars	7.9g	3g
Sodium	684mg	256mg

Ingredients: Roll Pain Stone baked (48.6%) [Flour [wheat flour, Thiamine, Folic Acid], Water, Iodized Salt, Improver [soy flour], Yeast], Chicken Schnitzel (28.9%) chicken (57%), flour (wheat), vegetable oil, water, salt, egg white powder, milk solids, gluten (wheat), thickeners 91442, 466, 407, 150), yeast, sugar, mineral salts (450, 451), acidity regulator (500), natural colors (100, 160C), gelling agent (508), antioxidant (320), vitamin (THIAMIN).], Slaw (19.2%) [White cabbage, Red cabbage, Spring onions, Coriander], Cheese sliced tasty (7.7%) (Milk), Butter (6.5%) [Butter (Milk), Jerk Spice [Herbs and spices, sugar, salt, soy sauce powder (soy sauce powder and maltodextrin), flavour enhancer (E635), canola oil, citric acid (E330), paprika oleoresin (Oats, Wheat, Barley, Rye, Sesame, Soya)], Aioli (3.8%) (Eggs, Milk, Soya), Jamaican Jerk BBQ Sauce (3.8%) [Tomato (paste and reconstituted), Molasses, Sugar, Onion, Vinegar (cider, white), Butter (milk), Lemon juice, Worcester sauce, Sea salt, Garlic, Chili, Acidity regulator (330), Stabiliser (415), Herb, Preservative (202), Spice]

Contains: Gluten (Wheat, Oats, Barley, Rye), Eggs, Milk, Soy, Sesame seeds



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Mushroom & Kale Roll

NUTRITION INFORMATION

Serving size: 253g

Average Quantity per Serving

2891 kJ

20.5g

41g

25.2g

61g

6.7g

892mg

Ingredients: Roll Pain Stone baked (48.6%) [Flour [wheat flour, Thiamine, Folic Acid], Water, Iodized Salt, Improver [soy flour], Yeast], Mushrooms (23.7%) [Mushrooms, Jamaican Jerk BBQ Sauce [Tomato (paste and reconstituted), Molasses, Sugar, Onion, Vinegar (cider, white), Butter (milk), Lemon juice, Worcester sauce, Sea salt, Garlic, Chili, Acidity regulator (330), Stabiliser (415), Herb, Preservative (202), Spice], Canola oil], Ricotta (16.6%) (Milk), Jerk Butter (13.3%) [Butter (Milk), Jerk Spice [Herbs and spices, sugar, salt, soy sauce powder (soy sauce powder and maltodextrin), flavour enhancer (E635), canola oil, citric acid (E330), paprika oleoresin (Oats, Wheat, Barley, Rye, Soya)], Tasty cheese sliced (9.9%) (Milk), Kale Chips (2.8%) [Curly kale, Jerk Spice (Oats, Wheat, Barley, Rye, Soya), Canola oil]

Contains: Gluten (Wheat, Barley, Oats, Rye), Soy, Sesame seeds, Milk, Eggs



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Nacho Average Bowl

NUTRITION INFORMATION

Serving size: 356g

	Average Quantity per Serving	Average Quantity per 100g
Energy	3919 kJ	1101 kJ
Protein	37.9g	10.7g
Fat, Total	55g	15.4g
- Saturated	22.8g	6.4g
Carbohydrate	72g	20.2g
- Sugars	8.8g	2.5g
Sodium	1001mg	281mg

Ingredients: Corn Chips (28.1%) [corn flour (72%), Vegetable Oil, Water, Salt], Pulled beef in Jamaican sauce (28.1%) [Beef (60%), Sauce (40%) [Tomato Paste, Molasses, Sugar, Water, Apple Cider Vinegar, Lemon Juice, Butter (contains milk), Herbs, amp; Spices, Salt, Garlic (reconstituted), Onion Powder, Caramel (150c), Thickener (415), Treacle, Onions, Mushroom, Red Kidney Bean, Mushroom (reconstituted), Canola Oil], Bean & capsicum Mix (18.2%) [Kidney beans, Capsicum Char Grilled in Oil [Capsicums, Canola Oil, Vinegar (Acetic Acid), Salt, Food Acids (260,300), Spices, Garlic, Water Added], Jamaican Jerk BBQ Sauce [Tomato (paste and reconstituted), Molasses, Sugar, Onion, Vinegar (cider, white), Butter (milk), Lemon juice, Worcester sauce, Sea salt, Garlic, Chili, Acidity regulator (330), Stabiliser (415), Herb, Preservative (202), Spice]], Shredded Mozzarella (14%) [Mozzarella Cheese [Pasteurized Milk, Salt, Cultures, Enzyme], Anti-caking Agent (460 or Starch), Preservative (200) contains: Milk], Avocado Smash (9.8%) [Avocado Pulp (69.9%), Avocados (19.6%), Lemon juice (8.4%), Parsley (2.2%)], Pickled Onion (5.6%) [Vinegar, Red onions, Salt, Sugar], Lime juice (1.4%)

Contains: Milk

May Contain: Fish Products, Soy, Sesame Seeds, Nuts (Almonds), Eggs, Gluten (Oats, Wheat)



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Kingston Salad

NUTRITION INFORMATION

Serving size: 320g

	Average Quantity per Serving
Energy	913 kJ
Protein	12.8g
Fat, Total	4.4g
- Saturated	1.5g
Carbohydrate	28g
- Sugars	12.8g
Sodium	381mg

Ingredients: Cherry tomatoes (25%), Mango cheeks frozen (18.7%), Red kidney beans (18.7%) [[kidney beans, water, salt, ascorbic acid (300)], Roasted Chickpea - Base (15.6%) [Chickpeas, Jerk Spice [Herbs and spices, sugar, salt, soy sauce powder (soy sauce powder and maltodextrin), flavour enhancer (E635), canola oil, citric acid (E330), paprika oleoresin (Oats, Wheat, Barley, Rye, Sesame, Soya)], Yogurt Dressing (9.5%) [Greek yogurt (Milk), Lime juice, Coriander], Slaw (9.4%) [White cabbage, Red cabbage, Spring onions, Coriander], Mint (3.1%)

Contains: Gluten (Oats, Wheat, Barley, Rye), Milk, Soy, Sesame Seeds



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What a Melon Salad

NUTRITION INFORMATION

Serving size: 417g

	Average Quantity per Serving	Average Quantity per 100g
Energy	1915 kJ	459 kJ
Protein	20.8g	5g
Fat, Total	20.6g	4.9g
- Saturated	13.1g	3.2g
Carbohydrate	46g	11g
- Sugars	46g	10.9g
Sodium	2727mg	654mg

Ingredients: Pickled Watermelon (54.3%) [Watermelon, Sugar, Water, Vinegar, Salt, All spice], Cherry tomatoes (16%), Halloumi cheese (16%) (Milk), Yogurt Dressing (6.1%) [Greek yogurt (Milk), Lime juice, Coriander], Slaw (6%) [Red cabbage, White cabbage, Spring onions, Coriander], slivered Almonds (1.2%), Mint (0.48%)

Contains: Milk, Nuts (Almonds)



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