



ALLERGEN INFORMATION

	Halal Suitable	Celery	Crustaceans	Egg	Fish	Gluten (Barley)	Gluten (Oats)	Gluten (Rye)	Gluten (Wheat)	Lupin	Milk	Molluscs	Mustard	Nuts	Peanut	Sesame Seeds	Soya	Sulphites
MEAL	H	c	cr	e	f	gb	go	gr	gw	lp	ml	mc	m	n	p	ss	s	sp
Baked Chicken Goujons & Potato Cubes	Y								X									
Ballymaloe Sausage Sandwich									X									
BBQ Chicken Wrap	Y						X		X		X						X	
Burger Bites, Potato & Veg																		
Chicken & Chorizo Pasta Bake									X		X							
Chicken Curry & Rice	Y										X							
Chicken Tenders, Potato Cubes & Veg	Y																	
Curry Wrap	Y						X		X		X							
Ham & Cheese Wrap							X		X		X							
Margherita Ciabatta	Y								X		X							
Meatball Sub									X									
Pasta Bolognese									X									
Pasta Carbonara									X		X							
Plain Pasta	Y								X									
Plain Rice	Y																	
Roast Chicken, Potato, Veg & Gravy	Y																	
Sausage, Mash & Beans									X		X							
Vegan Bites, Pasta & Tomato Sauce	Y								X								X	
Vegetarian Tortellini	Y			X					X		X							
Wholemeal Pizza & Cubes	Y								X		X							

X - Contains this allergen as an ingredient or included in an ingredient

Y - Denotes this meal is Halal suitable.

Freshtoday does not use any products with nut as an ingredient on our hot meals menu.

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NUTRITION PER MEAL

HOT MEAL	Carbs Sugars(g)	Carbs(g)	Energy(Kcal)	Fat(g)	Fat Saturates(g)	Fibre(g)	Protein(g)	Salt(g)
Baked Chicken Goujons & Potato Cubes	1.0	46.0	314	6.6	0.6	4.6	16.0	0.9
Ballymaloe Sausage Sandwich	8.2	39.0	339	14.0	3.1	4.6	12.0	1.6
Ballymaloe Sausage Sandwich LGE	16.4	78.0	678	28.0	6.2	9.2	24.0	3.2
BBQ Chicken Wrap	15.0	79.0	527	13.0	3.7	4.0	23.0	3.2
Burger Bites, Potato & Veg	4.4	32	311	14.0	6.0	5.4	11.0	1.7
Chicken & Chorizo Pasta Bake	5.8	58.0	550	22.0	11.0	3.1	29.0	1.7
Chicken Curry & Rice	10.0	75.0	446	6.3	1.6	1.7	21.0	3.0
Chicken Tenders, Potato Cubes & Veg	5.3	39.0	292	4.9	0.9	5.9	20.0	1.5
Curry Wrap	6.0	68.0	444	9.3	2.2	3.4	20.0	2.2
Ham & Cheese Wrap	1.5	52.0	433	17.0	6.0	2.9	18.0	2.3
Margherita Ciabatta	3.6	30.0	255	10.0	5.3	2.6	10.0	1.1
Margherita Ciabatta LGE	7.2	60.0	510	20.0	10.6	5.2	20.0	2.2
Meatball Sub	5.5	32.0	271	11.0	4.0	3.0	8.9	1.4
Pasta Bolognese	11.0	59.0	408	10.0	2.5	6.6	16.0	0.8
Pasta Carbonara	5.8	60.0	584	20.0	11.0	3.0	39.0	2.5
Plain Pasta	0.9	46.0	270	4.7	0.7	2.8	9.6	0.0
Plain Rice	0.0	60.0	269	0.8	0.2	1.0	5.4	0.1
Roast Chicken, Potato, Veg & Gravy	4.4	30.0	220	1.6	0.5	5.9	18.0	1.7
Sausage, Mash & Beans	7.7	39.0	363	16.0	6.1	6.7	13.0	2.5
Vegan Bites, Pasta & Tomato Sauce	15.0	74.0	526	15.0	2.2	9.7	18.0	1.3
Vegetarian Tortellini	17.0	62.0	416	12.0	1.8	6.9	12.0	1.5
Wholemeal Pizza & Potato Cubes	1.8	48.0	303	7.5	2.0	5.5	8.0	1.2