

PAPADUM
INSPIRED EATING

Nutritional & Allergen Information

April 2019

NUTRITIONAL KEY

Low
fat

High
protein

Low
calorie

No
refined
sugar

1/5
a day

V

Ve

NG

NW

ND

Vegetarian

Vegan

No Gluten

No Wheat

No Dairy



Curry

Per 100g													
Product Name	Energy KCal	Energy KJ	Fat (g)	Sat (g)	Carb (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Sodium (g)	Portion Size (g)	Allergens	Nutritional Key
Chicken Masala	124	518	8.7	1.6	2.3	1.7	0.8	9.7	0.60	0.24		Milk, Sulphur Dioxide, Mustard	High protein NG NW
Goan Fish	117	489	7.6	5.7	3.0	1.8	0.6	8.9	0.49	0.19		Sulphur Dioxide, Wheat, Fish	High protein Low calorie
Lamb Keema	145	605	10.0	3.6	2.6	1.1	0.9	11.1	0.30	0.12		Sulphur Dioxide, Mustard	High protein Low fat No refined sugar
Mutter Paneer	186	771	16.1	5.2	2.9	2.0	1.1	7.9	0.52	0.20		Milk, Sulphur Dioxide, Mustard	High protein NG NW ND
Rajma Corn	86	365	3.2	0.4	10.6	2.0	0.7	4.8	0.42	0.16		Sulphur Dioxide	Low fat No refined sugar Low calorie NG NW ND
Quorn Tikka Masala	95	394	6.0	0.9	3.5	2.6	3.6	5.9	0.47	0.19		Eggs, Mustard	High protein Low fat Low calorie ND NW NG 1/5 a day V
Butter Chicken	119	497	8.5	3.5	2.9	2.4	0.6	8.1	0.44	0.17		Milk, Sulphur Dioxide, Mustard	
Aloo Peanut	92	386	5.4	0.8	9.3	2.5	1.5	1.8	0.40	0.16		Peanuts, Mustard	
Steamed Rice	Rice	118	50.4	0.3	0.1	28.4	0.1	0.4	2.2	0.01			



Charts

Per 100g													
Product Name	Energy KCal	Energy KJ	Fat (g)	Sat (g)	Carb (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Sodium (g)	Portion Size (g)	Allergens	Nutritional Key
Bhel Puri	212	888	10.5	1.5	23.1	3.9	3.1	5.4	0.67	0.26		Sulphur Dioxide, Wheat, Soybeans, Mustard	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="border: 1px solid black; border-radius: 50%; padding: 2px;">Low fat</div> <div style="border: 1px solid black; border-radius: 50%; padding: 2px;">No refined sugar</div> <div style="border: 1px solid black; border-radius: 50%; padding: 2px;">1/5 a day</div> <div style="border: 1px solid black; border-radius: 50%; padding: 2px;">ND</div> </div> <div style="text-align: center; margin-top: 5px;"> <div style="border: 1px solid black; border-radius: 50%; padding: 5px; width: 30px; display: inline-block;">Ve</div> </div>
Dahi Puri	218	913	13.7	3.8	18.2	6.3	1.4	5.1	0.70	0.27		Milk, Sulphur Dioxide, Wheat, Mustard	<div style="text-align: center; margin-top: 5px;"> <div style="border: 1px solid black; border-radius: 50%; padding: 5px; width: 30px; display: inline-block;">V</div> </div>
Sev Papdi	119	499	5.4	0.8	14.9	4.4	1.4	3.1	0.69	0.27		Sulphur Dioxide, Wheat, Soybeans, Mustard	
Pani Puri	69	292	2.7	0.4	9.6	1.4	0.6	1.7	0.26	0.10		Sulphur Dioxide, Wheat, Mustard,	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="border: 1px solid black; border-radius: 50%; padding: 2px;">Low fat</div> <div style="border: 1px solid black; border-radius: 50%; padding: 2px;">No refined sugar</div> <div style="border: 1px solid black; border-radius: 50%; padding: 2px;">Low calorie</div> <div style="border: 1px solid black; border-radius: 50%; padding: 2px;">1/5 a day</div> </div> <div style="text-align: center; margin-top: 5px;"> <div style="border: 1px solid black; border-radius: 50%; padding: 5px; width: 30px; display: inline-block;">ND</div> <div style="border: 1px solid black; border-radius: 50%; padding: 5px; width: 30px; display: inline-block; margin-left: 10px;">Ve</div> </div>



Buns, Wrap, Toastie

Per 100g													
Product Name	Energy KCal	Energy KJ	Fat (g)	Sat (g)	Carb (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Sodium (g)	Portion Size (g)	Allergens	Nutritional Key
Dabeli	130	547	3.6	0.5	21.6	2.3	1.9	3.8	0.44	0.18		Wheat, Sesame, Peanuts, Soybeans, Nuts, Sulphur Dioxide, Mustard	Low fat, No refined sugar, Low calorie, ND, Ve
Lamb Keema	302	1251	24.7	11.0	12.2	2.3	1.6	7.5	0.41	0.16		Wheat, Sesame, Soybeans, Sulphur Dioxide, Eggs, Milk, Mustard	
Masala Potato Toastie	103	431	5.5	2.0	12.1	1.7	1.2	1.7	0.57	0.22		Mustard, Sesame, Wheat, Sulphur Dioxide	Low calorie, ND, Ve
Bombay Chutney Toastie	155	649	9.8	4.4	11.9	3.2	1.1	5.0	0.86	0.34		Wheat, Sulphur Dioxide, Milk, Soybeans, Sesame, Mustard	Ve, 1/5 a day
Chilli Cheese Toastie	288	1203	22.2	12.6	7.3	1.4	0.6	14.6	1.33	0.52		Milk, Wheat, Sulphur Dioxide	High protein
Peas and Carrot Pitta	101	423	5.3	0.7	11.3	3.1	1.6	2.2	0.43	0.17		Wheat, Soybeans, Sulphur Dioxide	Low fat, No refined sugar, Low calorie
Achari Paneer Wrap	234	979	14.9	5.8	18.0	2.6	1.0	9.5	0.75	0.30		Milk, Wheat, Eggs, Mustard, Sulphur Dioxide, Soybeans	1/5 a day, V
Egg & Peppers Wrap	166	693	9.0	1.7	15.1	1.7	1.0	7.2	0.63	0.25		Eggs, Milk, Wheat, Sulphur Dioxide, Mustard, Soybeans, Sesame, Celery	1/5 a day, V
Fish Masala Wrap	128	538	3.8	0.7	15.6	1.5	1.1	8.6	0.45	0.18		Fish, Wheat, Sesame, Sulphur Dioxide, Soybeans, Milk, Mustard	1/5 a day, High protein
Tandoori Chicken Wrap	145	607	5.5	0.9	17.3	1.9	1.2	7.9	0.72	0.28		Wheat, Milk, Sulphur Dioxide, Eggs, Mustard, Sesame, Peanuts	Low fat, No refined sugar, High protein



Soups

Per 100g													
Product Name	Energy KCal	Energy KJ	Fat (g)	Sat (g)	Carb (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Sodium (g)	Portion Size (g)	Allergens	Nutritional Key
Black Eyed Beans Soup	52	222	1.4	0.2	7.4	1.2	1.3	3.0	0.16	0.06		Sulphur Dioxide, Sesame	
Bottle gourd (dudi) and Lentil Soup	41	170	1.2	0.2	4.9	0.4	1.8	2.2	0.20	0.08		Wheat, Mustard, Sesame	
Lentil and Spinach Soup	43	180	1.3	0.2	5.4	0.2	0.7	2.7	0.17	0.07		Wheat, Sulphur Dioxide	
Black Lentil soup	69	287	1.9	0.3	8.1	1.1	3.0	3.6	0.20	0.08		Sulphur Dioxide, Sesame	
Railway Tomato Soup	17	71	0.6	0.1	2.4	2.3	0.8	0.3	0.22	0.09		Sulphur Dioxide, Sesame	



Salads

Per 100g													
Product Name	Energy KCal	Energy KJ	Fat (g)	Sat (g)	Carb (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Sodium (g)	Portion Size (g)	Allergens	Nutritional Key
Baked Salmon Salad	111	467	6.0	1.3	7.0	2.7	0.7	7.7	0.24	0.09		Celery, Gluten, Mustard, Soybeans, Sulphur Dioxide, Milk, Fish, Peanuts	Low fat, No refined sugar, High protein, 1/5 a day
Pulled Tikka Salad	79	332	3.3	0.7	6.8	3.8	0.7	6.0	0.41	0.16		Milk, Sulphur Dioxide, Gluten, Mustard, Eggs	Low fat, No refined sugar, High protein, 1/5 a day, NG
Green Lentil Dumpling Salad	130	544	10.6	3.1	7.5	3.8	1.3	1.6	0.12	0.05		Mustard, Soybeans, Sulphur Dioxide, Celery, Wheat	No refined sugar, 1/5 a day, ND, V
Paneer Salad	145	608	11.4	6.0	4.9	2.0	0.8	7.2	0.49	0.19		Milk, Wheat, Mustard, Sulphur Dioxide, Celery, Soybeans, Eggs, Sesame	High protein, 1/5 a day, V



Sandwiches

Per 100g													
Product Name	Energy KCal	Energy KJ	Fat (g)	Sat (g)	Carb (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Sodium (g)	Portion Size (g)	Allergens	Nutritional Key
Basil Chicken Tikka	146	613	6.2	1.5	10.5	1.7	0.7	12.4	0.99	0.39		Wheat, Sesame, Sulphur Dioxide, Eggs, Milk, Mustard, Soybeans, Celery, Peanuts	Low fat, No refined sugar, Low calorie
Beetroot, Spinach & Cumin Carrots	105	443	3.5	0.8	16.3	5.5	1.4	3.0	0.56	0.22		Wheat, Sesame, Sulphur Dioxide, Eggs, Milk, Mustard, Soybeans, Celery,	Low fat, Low calorie, 1/5 a day
Papadum Ploughman's	192	810	11.2	5.3	16.2	5.3	1.8	7.5	0.93	0.37		Milk, Sulphur Dioxide, Wheat, Rye, Milk	V
Masala Chick Peas & Coconut	117	494	6.5	2.4	12.6	1.9	1.5	2.6	0.44	0.17		Soybeans, Mustard, Sulphur Dioxide, Wheat, Sesame, Egg, Milk	Low calorie, 1/5 a day, V
Egg Masala Mayo	180	754	11.5	2.5	9.9	1.3	1.2	9.7	0.73	0.29		Eggs, Milk, Wheat, Rye, Mustard, Sulphur Dioxide	High protein
Honey Mustard Roasted Chicken & Sweetcorn	152	638	6.2	1.5	11.9	3.5	1.1	12.8	1.10	0.43		Wheat, Rye, Eggs, Milk, Mustard, Celery, Sulphur Dioxide, Soybeans	Low fat, No refined sugar, High protein
Prawn Masala Mayo	106	446	3.5	0.8	12.0	1.2	1.4	8.0	0.64	0.25		Crustaceans, Mustard, Sesame seeds, Sulphur Dioxide, Wheat, Rye, Milk, Eggs	Low fat, No refined sugar, High protein
Spiced Tuna, Cucumber & Baby Spinach	134	567	4.9	1.1	12.1	1.8	1.6	11.0	0.77	0.30		Wheat, Rye, Sesame, Fish, Eggs, Milk, Mustard, Sulphur Dioxide, Soybeans	Low fat, No refined sugar, High protein
Tamarind Chicken & Avocado	177	740	11.1	2.5	9.4	1.3	0.4	10.5	0.82	0.32		Wheat, Sesame, Eggs, Milk, Mustard, Sulphur Dioxide, Soybeans	High protein



Desserts

Per 100g													
Product Name	Energy KCal	Energy KJ	Fat (g)	Sat (g)	Carb (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Sodium (g)	Portion Size (g)	Allergens	Nutritional Key
Mango Chai with Passion Fruit	96	402	3.0	0.3	15.7	10.3	3.6	2.2	0.02	0.01			
Shrikhand	168	704	10.2	5.8	15.7	14.5	0.2	4.2	0.09	0.04		Milk, Almonds, Peanuts, Nuts	NG NW V
Papa-dum Cheesecake	213	895	11.4	7.4	25.1	19.5	0.5	4.3	0.33	0.13		Milk, Sulphur Dioxide, Wheat, Almonds, Peanuts, Nuts	V
Cut Seasonal Fruits	34	143	0.2	0.1	8.3	7.9	0.9	0.8	0.04	0.02			
Vegan Chocolate Mousse	390	1626	32.2	19.6	19.0	12.0	5.2	4.8	0.04	0.02		Sulphur Dioxide, Nuts, Peanuts	NG NW Ve ND
Rose Jelly & Milk Pudding	135	567	5.5	3.4	20.4	16.7	0.0	2.2	0.08	0.03		Milk	Ve



Drinks

Per 100g													
Product Name	Energy KCal	Energy KJ	Fat (g)	Sat (g)	Carb (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Sodium (g)	Portion Size (g)	Allergens	Nutritional Key
Thandai	49	205	0.4	0.1	8.9	7.8	0.1	2.9	0.11	0.04		Milk, Almonds, Peanuts, Nuts, Sesame, Sulphur Dioxide	NG NW V No refined sugar
Jal Jeera	5	22	0.0	0.0	1.2	1.2	0.0	0.0	0.09	0.04		Mustard, Sulphur Dioxide	1/5 a day NG NW ND Ve Low calorie
Mango Lassi	78	328	3.3	2.1	9.8	8.5	0.3	3.1	0.09	0.03		Milk	1/5 a day NG NW V
Masala Chai	38	160	0.2	0.1	6.9	6.8	0.1	2.6	0.09	0.03		Milk	NG NW V
Rose & Lemon Tea	33	139	0.1	0.0	8.0	7.2	0.1	0.1	0.02	0.01		Sulphur Dioxide	1/5 a day NG NW ND
Turmeric Orange	52	220	0.2	0.1	12.4	10.4	0.9	1.0	0.01	0.00			



Accompaniments

Per 100g													
Product Name	Energy KCal	Energy KJ	Fat (g)	Sat (g)	Carb (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Sodium (g)	Portion Size (g)	Allergens	Nutritional Key
Onion & Chilli	92	383	6.8	0.8	7.1	5.5	2.0	1.0	0.12	0.05			Ve
Chilli Sauce	14	59	2.6	0.5	2.8	2.9	2.0	1.4	0.35	0.14			Ve
Papadum Chutney	166	696	0.2	0.1	41.7	40.4	0.7	0.4	0.70	0.28		Sulphur Dioxide	Low fat Ve



Meal Pots

Per 100g													
Product Name	Energy KCal	Energy KJ	Fat (g)	Sat (g)	Carb (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Sodium (g)	Portion Size (g)	Allergens	Nutritional Key
Shredded Cabbage	26	108	0.2	0.0	4.7	4.7	2.8	1.5	0.22	0.09		Sulphur Dioxide	
Chicken with Red Cabbage	81	337	4.9	0.9	2.8	2.1	1.6	6.5	0.95	0.37		Milk, Sulphur Dioxide, Eggs, Mustard, Wheat	Low fat, High protein, Low calorie, No refined sugar
Cauliflower & Tomato	58	243	4.3	0.7	3.4	2.5	1.4	1.6	1.24	0.49		Barley, Soybeans, Sulphur Dioxide, Mustard	Low fat, No refined sugar, Low calorie, 1/5 a day, NG, NW, ND
Kachumber	22	94	0.3	0.0	4.2	3.5	1.4	0.9	0.35	0.14		Sulphur Dioxide, Mustard	Low fat, Low calorie, NG, NW, 1/5 a day
Masala Egg with Baby Spinach	143	596	11.0	2.8	1.2	1.0	0.7	9.8	0.37	0.15		Mustard, Egg, Sulphur Dioxide	Low calorie, High protein, NG, NW, ND, V, 1/5 a day
Smoked Salmon with Baby Spinach	141	592	8.2	2.5	3.4	1.2	0.5	13.6	1.93	0.76		Fish, Milk, Sulphur Dioxide	High protein, Low calorie, NG, NW, 1/5 a day
Sprouted Bean	45	191	0.4	0.1	7.6	0.8	0.4	2.9	0.18	0.07		Sulphur Dioxide, Sesame	Low fat, High protein, No refined sugar, NG, NW
Papa-dum Easy Greens	53	222	3.0	0.7	4.0	2.6	2.5	2.6	0.33	0.13		Soybeans, Mustard, Sulphur Dioxide, Sesame, Celery	No refined sugar, Low fat, NG, NW, 1/5 a day
Mixed Salad Raita	62	259	2.6	1.4	8.0	3.9	1.6	2.1	0.35	0.14		Milk, Sulphur Dioxide, Mustard	
Cucumber Raita	47	199	3.1	1.8	3.1	2.9	0.5	1.8	0.23	0.09		Milk, Sulphur Dioxide	



Sweets

Per 100g

Product Name	Energy KCal	Energy KJ	Fat (g)	Sat (g)	Carb (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Sodium (g)	Portion Size (g)	Allergens	Nutritional Key
Chai Cake	181	763	5.9	2.4	26.1	17.5	0.6	7.6	0.28	0.11		Eggs, Wheat	V
Lemon Drizzle with Pistachio	297	856	11.9	5.2	16.5	10.9	0.4	9.0	0.31	0.12		Eggs, Wheat, Nuts	V

