



Wraps & Vegan

Selected (Stores only)	Halal	Masr	Item	Ingredients	GLUTEN	EGGS	MILK & MILK PRODUCTS	SOY	FISH & CRUSTACEA	PEANUTS	TREE NUTS	LUPINS	SESAME	SULPHITES	Serving Size (g)	Energy (kJ)	Protein (g)	Fat Total (g)	Sat Saturated (g)	Carbohydrates (g)	Sugars (g)	Sodium (mg)	Serving Size / 100g	Energy (kJ / 100g)	Protein (g / 100g)	Fat Total (g / 100g)	Sat Saturated (g / 100g)	Carbohydrates (g / 100g)	Sugars (g / 100g)	Sodium (g / 100g)			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Wraps & Vegan																														
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Grilled Chicken Wrap Peri Peri	Grilled Chicken Whole Muscle (Chicken (94%)), Salt, Thickeners (1442, 407), Mineral Salts (451, 450), Flavours, Water, Wrap (Wheat Flour (59%), Talcum, Folic Acid), Water, Vegetable Shortening (Antioxidant (220)), Sugar, Salt, Soybean Powder (Mineral Salts (450, 341)), Food Acid (207), Isolated Salt, Mineral Salt (200), Preservative (202), Yeast, Emulsifier, Lactate, Soybean Cheese (Pasteurised Cow's Milk, Salt, Enzymes, Coagulating Enzymes), Mustard, Soybean Oil, Egg Yolk, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Soybean Oil, Soybean Oil (Antioxidant (200)), Water, Egg Yolk, Vinegar, Sugar, Garlic, Chilli, Thickeners (1442, 1450, 418), Lemon Juice Concentrate, Citric Acid, Citron Powder, Colour (190), Preservative (202), Natural Flavour, Spice Extract, Antioxidant (200)	Y	Y	Y	Y	Y	N	N	N	N	N	N	N	231	2460	27.4	39.5	10.7	30.5	3.9	1130	100	1068	11.9	17.1	4.8	13.2	1.7	489	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Grilled Chicken Avocado BLT Wrap	Grilled Chicken Whole Muscle (Chicken (94%)), Salt, Thickeners (1442, 407), Mineral Salts (451, 450), Flavours, Water, Wrap (Wheat Flour (59%), Talcum, Folic Acid), Water, Vegetable Shortening (Antioxidant (220)), Sugar, Salt, Soybean Powder (Mineral Salts (450, 341)), Food Acid (207), Isolated Salt, Mineral Salt (200), Preservative (202), Yeast, Emulsifier, Lactate, Soybean Cheese (Pasteurised Cow's Milk, Salt, Enzymes, Coagulating Enzymes), Mustard, Soybean Oil, Egg Yolk, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Soybean Oil, Soybean Oil (Antioxidant (200)), Water, Egg Yolk, Vinegar, Sugar, Garlic, Chilli, Thickeners (1442, 1450, 418), Lemon Juice Concentrate, Citric Acid, Citron Powder, Colour (190), Preservative (202), Natural Flavour, Spice Extract, Antioxidant (200)	Y	Y	Y	Y	N	N	N	N	N	N	N	N	277	2290	29.0	33.9	8.0	33.2	3.7	1410	100	827	10.5	12.2	2.9	12.0	1.3	509	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Tenderloin Wrap Peri Peri	Tenderloin Chicken (95%), Flour (Wheat, Soy), Water, Vegetable Oil, Salt, Vegetable Powder (Garlic, Onion), Thickener (1422), Mineral Salts (450, 451, 500), Yeast, Vinegar, Herbs, Spice (Pepper), Emulsifier (451, 417), Natural Flavour, Wrap (Wheat Flour (59%), Talcum, Folic Acid), Water, Vegetable Shortening (Antioxidant (220)), Sugar, Salt, Soybean Powder (Mineral Salts (450, 341)), Food Acid (207), Isolated Salt, Mineral Salt (200), Preservative (202), Yeast, Emulsifier, Lactate, Soybean Cheese (Pasteurised Cow's Milk, Salt, Enzymes, Coagulating Enzymes), Mustard, Soybean Oil, Egg Yolk, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Soybean Oil, Soybean Oil (Antioxidant (200)), Water, Egg Yolk, Vinegar, Sugar, Garlic, Chilli, Thickeners (1442, 1450, 418), Lemon Juice Concentrate, Citric Acid, Citron Powder, Colour (190), Preservative (202), Natural Flavour, Spice Extract, Antioxidant (200)	Y	Y	Y	Y	Y	N	N	N	N	N	N	N	N	259	3030	25.8	51.0	12.2	40.1	4.2	1560	100	1170	10.0	19.7	4.7	15.5	1.6	602
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Tenderloin Wrap Avocado BLT	Tenderloin Chicken (95%), Flour (Wheat, Soy), Water, Vegetable Oil, Salt, Vegetable Powder (Garlic, Onion), Thickener (1422), Mineral Salts (450, 451, 500), Yeast, Vinegar, Herbs, Spice (Pepper), Emulsifier (451, 417), Natural Flavour, Wrap (Wheat Flour (59%), Talcum, Folic Acid), Water, Vegetable Shortening (Antioxidant (220)), Sugar, Salt, Soybean Powder (Mineral Salts (450, 341)), Food Acid (207), Isolated Salt, Mineral Salt (200), Preservative (202), Yeast, Emulsifier, Lactate, Soybean Cheese (Pasteurised Cow's Milk, Salt, Enzymes, Coagulating Enzymes), Mustard, Soybean Oil, Egg Yolk, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Soybean Oil, Soybean Oil (Antioxidant (200)), Water, Egg Yolk, Vinegar, Sugar, Garlic, Chilli, Thickeners (1442, 1450, 418), Lemon Juice Concentrate, Citric Acid, Citron Powder, Colour (190), Preservative (202), Natural Flavour, Spice Extract, Antioxidant (200)	Y	Y	Y	Y	Y	N	N	N	N	N	N	N	N	305	2860	27.4	45.4	9.5	42.8	4.0	1840	100	928	9.0	14.9	3.1	14.0	1.3	603
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Vegan Whopper Cheese	Vegetable Patty (Vegetables (85%), Carrots, Peas, Corn, Potatoes, Capsicum), Seasoning (Rice Flour, Dehydrated Vegetables, Wheat Flour, Soy Protein, Salt, Thickeners (415, 450), Hydrolysed Vegetable Protein (Malt), Yeast Extract, Ferrous Extract (E305), Herb & Spice Extracts, Colour (190), Water, Canada Oil), Tomato, Lactate, Corn, Vegan Mayonnaise (Water, Canola Oil, Citric Acid, Vinegar, Thickeners (1442, 1450, 412, 415), Golden Syrup, Salt, Vegetable Protein, Sugar, Natural Flavour, Antioxidant (200)), Preservative (202, 211), Vegan Cheese (Water, Modified Starches (E1404, E1420, E1442, E1445, E1450), Coconut Oil, Salt, Natural Flavour, Acidity Regulator (E330, E331), Preservative (E200), Colour (E160a, E160b)), Tomato, Lactate, Concentrated Tomatoes, Sugar, Salt, Concentrated White Vinegar, Food Acid (Citric Acid), Natural Flavours (Contains Garlic), Spices)	Y	N	N	Y	Y	N	N	N	N	Y	N	N	338	2730	16.4	25.7	5.6	87.8	11.7	1480	100	808	4.9	7.8	1.7	26.0	3.5	458	
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Vegan Muffin	Muffin (Wheat Flour, Water, Baking Agent (E411), Acidity Regulator (E302, E302), Emulsifier (481, 472), Oil Fat, Soy Flour, Raising Agent (E411), Acidity Regulator (E302, E302), Emulsifier (481, 472), Preservative (200), Sugar, Yeast (Thermax, F166)), Veggie Patty (Vegetables (85%), Carrots, Peas, Corn, Potatoes, Capsicum), Seasoning (Rice Flour, Dehydrated Vegetables, Wheat Flour, Soy Protein, Salt, Thickeners (415, 450), Hydrolysed Vegetable Protein (Malt), Yeast Extract, Ferrous Extract (E305), Herb & Spice Extracts, Colour (190), Water, Canada Oil), Tomato, Lactate, Corn, Vegan Mayonnaise (Water, Canola Oil, Citric Acid, Vinegar, Thickeners (1442, 1450, 412, 415), Golden Syrup, Salt, Vegetable Protein, Sugar, Natural Flavour, Antioxidant (200)), Preservative (202, 211), Vegan Cheese (Water, Modified Starches (E1404, E1420, E1442, E1445, E1450), Coconut Oil, Salt, Natural Flavour, Acidity Regulator (E330, E331), Preservative (E200), Colour (E160a, E160b)), Tomato, Lactate, Concentrated Tomatoes, Sugar, Salt, Concentrated White Vinegar, Food Acid (Citric Acid), Natural Flavours (Contains Garlic), Spices)	Y	N	N	Y	Y	N	N	N	N	N	N	N	N	195	1840	10.2	15	4.8	52.5	5.9	958	100	841	5.2	7.7	2.4	26.9	3.0	491
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Vegan Muffin Avocado	Muffin (Wheat Flour, Water, Baking Agent (E411), Acidity Regulator (E302, E302), Emulsifier (481, 472), Oil Fat, Soy Flour, Raising Agent (E411), Acidity Regulator (E302, E302), Emulsifier (481, 472), Preservative (200), Sugar, Yeast (Thermax, F166)), Veggie Patty (Vegetables (85%), Carrots, Peas, Corn, Potatoes, Capsicum), Seasoning (Rice Flour, Dehydrated Vegetables, Wheat Flour, Soy Protein, Salt, Thickeners (415, 450), Hydrolysed Vegetable Protein (Malt), Yeast Extract, Ferrous Extract (E305), Herb & Spice Extracts, Colour (190), Water, Canada Oil), Tomato, Lactate, Corn, Vegan Mayonnaise (Water, Canola Oil, Citric Acid, Vinegar, Thickeners (1442, 1450, 412, 415), Golden Syrup, Salt, Vegetable Protein, Sugar, Natural Flavour, Antioxidant (200)), Preservative (202, 211), Vegan Cheese (Water, Modified Starches (E1404, E1420, E1442, E1445, E1450), Coconut Oil, Salt, Natural Flavour, Acidity Regulator (E330, E331), Preservative (E200), Colour (E160a, E160b)), Tomato, Lactate, Concentrated Tomatoes, Sugar, Salt, Concentrated White Vinegar, Food Acid (Citric Acid), Natural Flavours (Contains Garlic), Spices)	Y	N	N	Y	Y	N	N	N	N	N	N	N	N	230	2050	10.9	26.8	6.7	54.7	4.9	943	100	891	4.7	11.2	2.9	23.8	2.1	410