



M&S

EST. 1884

Deli Bar & Counter

NUTRITION
INFORMATION

M&S DELI BREAKFAST

	PER PORTION							
	ENERGY	FAT	SATURATES	CARBS	SUGARS	FIBRE	PROTEIN	SALT
FULL MARKS BREAKFAST WITH POACHED EGGS	916kcal	56.5	23.2	51.6	6.8	11.8	49.8	5.30
FULL MARKS BREAKFAST WITH SCRAMBLED EGG	1087kcal	73.3	32.5	52.4	7.5	11.8	54.3	5.30
FULL MARKS VEGETARIAN BREAKFAST	447kcal	18.9	7.2	44.6	5.9	4.3	23.6	1.34
SMOKED SALMON AND SCRAMBLED EGG ON TOASTED BLOOMER	672kcal	120.1	18.7	45.2	3.2	1.9	34.3	3.2
BACON SANDWICH	494kcal	21.1	9.2	53.7	7.6	3.0	24.2	3.93
EGGS BENEDICT/ROYALE	548kcal	37.1	16.2	28.0	3.7	1.6	25.5	2.10
RED BERRY NUTTY GRANOLA WITH ACACIA HONEY	361kcal	18.6	8.8	36.6	22.8	4.9	9.1	0.30
TOAST & PRESERVES	494kcal	18.1	11.3	72.4	30.8	1.8	9.4	1.64

M&S DELI MAIN MEALS

	PER PORTION							
	ENERGY	FAT	SATURATES	CARBS	SUGARS	FIBRE	PROTEIN	SALT
CHICKEN SCHNITZEL & LOADED POTATO SALAD	851kcal	53.3	25.2	51.8	3.1	6.6	37.5	5.42
QUARTER ROTISSERIE CHICKEN & CHIPS	656kcal	16.7	9.3	32.4	1.1	6.2	76.2	0.71
HALF ROTISSERIE CHICKEN & CHIPS	1102kcal	66.7	17.7	32.8	1.3	6.4	120.0	0.81
CHICKEN CAESAR SALAD	1070kcal	76.1	17.8	50.6	4.7	3.8	43.9	3.10
PRAWN, AVOCADO & CRAB SALAD	549kcal	47.2	6.3	7.5	3.6	5.1	23.2	1.70
ULTIMATE SAUSAGE ROLL	509kcal	21.9	12.1	55.9	24.2	6.0	19.0	3.50
SCOTCH EGG	240kcal	15.1	3.7	13.5	1.0	1.7	14.5	0.88
FISH PIE	446kcal	22.9	13.3	26.8	4	6	30.0	2.70

M&S DELI PLATTERS

	PER PORTION							
	ENERGY	FAT	SATURATES	CARBS	SUGARS	FIBRE	PROTEIN	SALT
SEAFOOD PLATTER SMALL	389kcal	20.9	2.4	23.3	3.1	3.1	25.4	1.60
SEAFOOD PLATTER LARGE	771kcal	41.8	4.8	45.7	5.3	6.1	50.4	3.40
VEGETARIAN PLATTER SMALL	577kcal	30.8	16.8	43.2	20.0	3.8	21.6	2.42
VEGETARIAN PLATTER LARGE	1115kcal	61.5	33.6	77.2	31.8	7.3	43.1	4.59
MEDITERRANEAN PLATTER SMALL	408kcal	25.7	11.1	26.0	1.8	3.5	17.7	2.02

	PER PORTION							
	ENERGY	FAT	SATURATES	CARBS	SUGARS	FIBRE	PROTEIN	SALT
MEDITERRANEAN PLATTER LARGE	881kcal	56.5	24.1	51.9	3.5	6.9	40.1	4.91
PLOUGHMANS SMALL	824kcal	37.4	15.9	85.2	19.3	8.3	36.8	4.83
PLOUGHMANS LARGE	1323kcal	71.9	31.4	105.6	21.4	9.9	63.7	7.28
VEGETARIAN PLOUGHMANS SMALL	1801kcal	129.1	76.1	107.9	37.5	6.1	47.3	4.70
VEGETARIAN PLOUGHMANS LARGE	1292kcal	91.3	51.8	22.5	23.9	6.5	34.7	3.70

M&S DELI SOUP

	PER PORTION							
	ENERGY	FAT	SATURATES	CARBS	SUGARS	FIBRE	PROTEIN	SALT
BUTTERNUT SQUASH	150kcal	7.8	1.2	15.0	11.4	2.7	2.1	2.03
CHICKEN & SUPERGRAIN	208kcal	7.8	1.2	23.1	5.4	2.7	9.9	1.95
SWEETCORN & YELLOW PEPPER	93kcal	3.9	0.3	11.1	7.8	1.5	2.4	1.43
CHICKEN, MUSHROOM AND RICE	207kcal	7.7	2.1	23.1	4.9	3.2	9.5	1.58
TOMATO & BASIL	120kcal	5.1	0.9	15.0	13.2	3.9	3.0	1.35
SUPER GREEN SOUP WITH ROLL & BUTTER	102kcal	3.9	0.6	8.1	5.1	4.8	6.3	1.13

M&S DELI SIDES

	PER PORTION							
	ENERGY	FAT	SATURATES	CARBS	SUGARS	FIBRE	PROTEIN	SALT
BAKED IN STORE BREAD AND OLIVES	386kcal	12.1	1.7	53.3	2.4	7.4	12.2	1.96

BAKED IN STORE BREAD SELECTION	379kcal	21.7	3.0	37.6	1.8	2.7	8.1	0.85
COMPLIMENTARY OLIVES	69kcal	6.5	0.9	1.4	0.1	1.4	0.7	0.78
SKINNY FRIES	385kcal	16.9	1.6	52.9	16.9	4.5	3.2	1.40
SALT AND PEPPER CRISPS	206kcal	11.8	1.1	20.9	0.2	2.4	3.0	0.38
SALTED CASHEW & PEANUTS	406kcal	33.5	6.0	9.4	3.4	3.7	15.0	0.68

M&S DELI DESSERTS

	PER PORTION							
	ENERGY	FAT	SATURATES	CARBS	SUGARS	FIBRE	PROTEIN	SALT
CHEESEBOARD	892kcal	50.3	26.6	67.8	24.2	4.9	39.6	4.01
JUG OF CREAM	223kcal	23.8	14.9	1.3	1.3	0.0	0.85	0.45
BAKED SCONE WITH JAM & CREAM	562kcal	33.5	20.9	77.8	43.8	2.3	7.3	1.55
STRAWBERRY TART	324kcal	20.4	13.7	30.0	17.3	3.2	3.8	0.18
DUTCH APPLE TART & CREAM	536kcal	35.4	21.9	48.6	22.9	1.8	5.0	0.53
PASSION FRUIT & COCONUT DESSERT	236kcal	14.0	9.5	24.9	18.1	1.6	2.0	0.15

M&S DELI SANDWICHES

	PER PORTION							
	ENERGY	FAT	SATURATES	CARBS	SUGARS	FIBRE	PROTEIN	SALT
CHICKEN & BACON CLUB SANDWICH	859kcal	44.2	11.0	65.3	6.7	4.8	47.6	4.70
LOBSTER ROLL	398kcal	29.9	5.3	23.3	6.0	1.1	8.8	1.63
SIRLOIN STEAK SANDWICH	766kcal	23.6	4.7	94.8	32.0	5.6	40.9	4.78

	PER PORTION							
	ENERGY	FAT	SATURATES	CARBS	SUGARS	FIBRE	PROTEIN	SALT
'POSH' CHEESE ON TOAST	443kcal	19.5	12.2	49.2	9.5	2.7	16.4	2.06

M&S DELI SALADS

	PER 100G							
	ENERGY	FAT	SATURATES	CARBS	SUGARS	FIBRE	PROTEIN	SALT
APPLE & HONEY ROAST CASHEW SLAW	273kcal	25.4	4.2	7.8	4.5	1.6	3.4	0.52
AVCADO & GRAIN SALAD	157kcal	5.5	0.8	21.4	2.1	3.1	5.2	0.60
BEETROOT & MINT DIP SALAD	177kcal	12.4	4.2	7.8	5.0	6.3	5.3	0.78
BISTRO TOMATO & MOZZARELLA SALAD	93kcal	6.6	1.4	5.2	5.2	1.4	2.0	0.45
CHICKEN CAESER SALAD	195kcal	15.2	2.7	4.9	1.6	0.9	9.3	1.38
ORKNEY CRAB, MADAGASCAN PRAWN & AVOCADO	115kcal	8.5	1.2	4.6	2.8	1.3	5.1	0.70
KALE & CRANBERRY SALAD	197kcal	12.1	1.7	19.3	13.1	3.2	4.7	1.20
LOADED POTATO SALAD	215kcal	15.1	4.3	10.7	1.1	0.8	6.6	0.70
WATERMELON & FETA SALAD	316kcal	28.7	13.0	2.7	2.5	1.0	11.2	1.15
RAINFOREST SUPER SALAD	172kcal	8.4	1.3	19.1	6.6	2.9	5.3	0.80
ROAST AUBERGINE SALAD	110kcal	8.3	1.8	7.7	4.0	2.8	2.0	1.10
ROASTED VEGETABLE BULGER WHEAT SALAD	149kcal	7.2	1.5	14.6	4.0	4.3	4.2	0.75
ROAST MUSHROOM SALAD	139kcal	10.0	1.7	7.6	1.0	3.7	4.5	0.90

	PER 100G							
	ENERGY	FAT	SATURATES	CARBS	SUGARS	FIBRE	PROTEIN	SALT
SWEET POTATO & RED PEPPER SALAD	113kcal	5.6	1.1	14.0	4.7	2.3	2.1	1.00
WATERMELON & FETA SALAD	316kcal	28.7	13.0	2.7	2.5	1.0	11.2	1.15
CHICKEN AND CHORIZO RICE SALAD	173kcal	8.0	1.1	18.6	1.9	0.8	6.5	0.70
PESTO, CHICKEN & PESTO SALAD	91kcal	1.7	1.0	6.5	2.1	2.6	5.2	0.20
ITALIAN CHICKEN, RED RICE & ONION	207kcal	9.3	1.4	27.1	1.2	1.3	3.5	1.5
LUXURY HOUMUS	226kcal	16.0	1.8	7.3	1.2	11.9	7.3	0.98
TZATZIKI DIP	97kcal	6.0	2.3	5.4	4.5	2.6	4.2	0.50

M&S DELI PLAT DE JOUR

	PER PORTION							
	ENERGY	FAT	SATURATES	CARBS	SUGARS	FIBRE	PROTEIN	SALT
WOOD FIRED MARGHERITA PIZZA	1085kcal	56.4	23.6	105.2	7.8	5.6	35.5	6.10
WOOD FIRED SALAMI PIZZA	342kcal	12.9	6.5	28.5	0.6	1.9	26.0	3.50
CHORIZO & PIQUILLO PEPPER TORTILLA	115kcal	6.8	1.7	8.0	1.2	0.9	5.7	0.79
AUBERGINE PARMIGIANA	125kcal	9.5	3.2	4.9	3.1	3.1	3.5	0.58
BEEF HOTPOT	385kcal	13.5	5.3	37.2	9.2	7.6	24.7	1.90
CHICKEN CORDON BLEU	535kcal	32.0	6.7	24.1	4.1	1.9	36.7	0.82
COTTAGE PIE	404kcal	13.8	4.9	35.2	5.3	5.6	31.6	2.15
SHEPHERDS PIE	379kcal	16.4	5.7	32.2	8.4	2.7	24.1	1.94
FISH CAKES	140kcal	6.9	1.0	9.7	1.6	1.0	9.7	1.00

	PER PORTION							
	ENERGY	FAT	SATURATES	CARBS	SUGARS	FIBRE	PROTEIN	SALT
GARLIC CHICKEN KIEV CRISP BAKE	266kcal	12.9	3.3	23.7	2.3	2.7	17.4	1.60
LASAGNE AL FORNO	505kcal	25.3	14.4	34.0	8.8	5.3	33.0	2.20
ROASTED VEGETABLE LASAGNE	546kcal	32.2	18.2	42.4	14.2	5.1	18.9	0.81
LAYERED ROASTED VEGETABLE TART	127kcal	8.1	4.5	6.1	0.8	0.6	9.7	0.63
MELT IN THE MIDDLE MEATBALL	288kcal	10.6	1.4	26.3	0.6	3.7	19.8	2.10
MUSHROOM ARANCINI	308kcal	14.3	3.7	37.3	3.9	1.6	6.8	1.05
MELTING PRAWN & CRAB CAKE	352kcal	28.0	4.0	35.8	6.0	1.6	13.2	2.16
PULLED BEEF CRISP BAKE	253kcal	11.3	1.4	21.0	3.6	3.2	15.2	1.50
SCHITZEL	342kcal	12.9	6.5	28.5	0.6	1.9	26.0	3.50
ULTIMATE BEEF WELLINGTON	558kcal	36.5	20.2	30.2	5.3	26.3	1.9	1.78
ULTIMATE MOUSSAKA	469kcal	27.9	14.1	27.2	10.0	3.9	25.1	2.30
ULTIMATE PAELLA	232kcal	6.0	1.3	23.1	4.3	3.0	20.2	1.50

M&S DELI FISH

	PER PROTION							
	ENERGY	FAT	SATURATES	CARBS	SUGARS	FIBRE	PROTEIN	SALT
FRUITS DE MER	80kcal	0.6	0.4	0.1	0.1	<0.1	19.0	0.93
MADAGASCAN PRAWNS WITH GARLIC ALIOLI DIP	235kcal	19.5	1.6	1.3	0.7	0.3	15.4	1.21
CHARGRILLED MAGAGASCAN CREVETTES	97kcal	0.8	0.4	0.2	0.2	0.5	22.3	0.83

	PER PROTION							
	ENERGY	FAT	SATURATES	CARBS	SUGARS	FIBRE	PROTEIN	SALT
BLACK TIGER PRAWNS & CHILLI DRESSING	95kcal	2.7	0.5	0.8	0.3	0.5	16.5	0.93
CRAB & MADAGASCAN PRAWN COCKTAIL	89kcal	0.5	0.1	0.5	0.1	<0.5	20.7	0.73
FRUIT DE MER TANDOORI SALSA	124kcal	4.1	0.5	2.8	1.1	<0.5	18.9	1.60
HOT SMOKED BANDIRI SALMON	200kcal	11.6	2.3	1.8	0.2	<0.6	22.2	1.02
HOT SMOKED SALMON WITH HONEY, MUSTARD PARSLEY	218kcal	12.6	2.8	2.2	1.2	<0.6	0.40	1.00
KILM SMOKED TROUT	89kcal	4.1	0.7	1.8	0.1	0.1	11.1	1.27
MINI WHITE CRAB SHELLS	89kcal	0.5	0.1	0.5	0.1	<0.5	20.7	0.73
PRAWNS, CALAMARI RINGS WITH TOMATO & BASIL DRESSING	143kcal	9.2	0.8	1.5	0.8	0.7	14.0	1.60
MADAGASCAN PRAWNS WITH CHILLI & GARLIC DRESSING	211kcal	18.2	1.1	1.0	0.8	0.2	10.9	1.00
ULTIMATE SMOKED SALMON	85kcal	3.8	0.9	0.5	0.2	<0.5	12.3	1.90
½ DRESSED LOBSTER	337kcal	29.1	3.8	3.7	2.9	0.2	13.9	1.00

M&S DELI CHARCUTERIE

	PER 100G							
	ENERGY	FAT	SATURATES	CARBS	SUGARS	FIBRE	PROTEIN	SALT
MAGNO RIOJAN CHORIZO	440kcal	39.0	15.0	0.4	0.2	0.0	24.0	3.50
SALCHICHON DE VIC	377kcal	27.0	4.4	2.1	2.1	0.0	31.5	2.30
SAUCISSON SEC RING	457kcal	36.4	13.7	1.7	<0.5	<3.0	30.9	5.08

	PER 100G							
	ENERGY	FAT	SATURATES	CARBS	SUGARS	FIBRE	PROTEIN	SALT
JAMON DE BELLOTA IBERICO	356kcal	25.5	9.7	1.0	<0.5	<1.0	30.6	4.08
30 MONTH MATURED PARAM HAM	308kcal	21.3	7.6	<0.5	<0.5	0.0	29.2	4.24
RARE ROAST SIRLOIN BEEF	243kcal	14.2	5.6	0.1	0.1	0.5	27.0	2.55
BREADED WILTSHIRE HAM	134kcal	3.0	1.1	1.4	0.2	<0.1	25.3	2.15
IBERICO HAM ON THE BONE	331kcal	21.0	7.16	0	0	0	34.3	6.09
MINI CHORIZO BITES	521kcal	45.0	16.0	4.3	2.1	1.5	24.0	3.25
SALAMI CHIANTIGIANO	360kcal	28.0	7.0	0.9	0.0	0.0	26.0	3.50
SALAMI MILANO	353kcal	29.0	7.4	0.0	0.0	0.0	23.0	3.50
STROLGHINO DI CULATELLO	375kcal	29.0	12.0	0.0	0.0	0.0	29.0	2.80
CHICKEN LIVER PARFAIT	260kcal	22.5	10.8	7.3	2.5	0.7	6.8	1.20
FINOCCHIONA	332kcal	24.4	10.0	1.3	<0.5	0.0	26.9	3.93
ORAGE GLAZED WILTCHIRE HAM	182kcal	7.6	2.5	1.54	1.93	0.1	26.1	1.81

M&S DELI SAUSAGE ROLLS, PORK PIES & SCOTCH EGGS

	PER PORTION							
	ENERGY	FAT	SATURATES	CARBS	SUGARS	FIBRE	PROTEIN	SALT
ALL DAY BREAKFAST SAUSAGE ROLL	518kcal	35.1	19.3	34.6	4.7	2.9	14.8	1.85
BLACK PUDDING & BACON SCOTCH EGG	247kcal	20.0	5.7	5.2	0.4	0.9	11.1	0.88
CHICKEN & CHORIZO SCOTCH EGG	264kcal	18.0	4.0	8.8	0.9	0.9	16.3	1.06
HAGGIS SAUSAGE ROLL	571kcal	39.2	20.9	36.7	3.8	3.1	16	2.88

INDIVIDUAL MELTON MOWBRAY PORK PIE	565kcal	40.6	16.0	34.4	2.8	1.8	14.0	1.72
MINI BEEF AND ONION PASTY	101kcal	6.8	4.4	7.7	0.8	0.7	2.0	0.23
MINI CHEESE & LEEK PASTY	112kcal	7.6	4.9	8.6	2.5	0.5	2.0	0.23
LAYERED PLOUGHMANS PORK PIE	418kcal	30.0	12.1	24.4	4.2	1.3	11.9	1.08
PORK & CHICKEN LAYRED PIE	384kcal	27.2	9.8	21.2	2.4	1.1	13.1	1.10
PORK & EGG GALA PIE	385kcal	27.7	10.2	19.0	1.3	1.3	14.3	1.39
PORK, BLACK PUDDING & APPLE SAUSAGE ROLL (COCKTAIL)	151kcal	10.1	5.9	10.9	1.1	0.9	3.7	0.6
PORK, BLACK PUDDING & APPLE SAUSAGE ROLL	587kcal	39.1	21.4	39.6	4.1	3.2	17.6	2.43
SOFT POACHED SCOTCH EGG	240kcal	15.1	3.7	13.5	1.0	1.7	14.5	0.88
SPICED ROOT VEGETABLE & COATS CHEESE ROLL (COCKTAIL)	132kcal	8.7	5.5	11.3	1.8	0.8	1.9	0.30
SPICED ROOT VEGETABLE & COATS CHEESE ROLL	348kcal	22.9	13.5	29.0	6.2	2.5	5.3	0.9

M&S **DELI** QUICHE & PIES

	PER PORTION							
	ENERGY	FAT	SATURATES	CARBS	SUGARS	FIBRE	PROTEIN	SALT
BALSAMIC RED ONION & GOATS CEESE QUICHE	716kcal	55.6	35.6	36.4	7.4	0.8	16.6	1.13

BEEF & YORKSHIRE ALE (STAR) PIE	911kcal	30.2	16.2	35.5	7.3	1.8	23.3	1.33
CARAMELISED ONION CHUTNEY TOPPED PIE	525kcal	34.0	12.2	39.5	11.9	1.1	14.7	1.38
CHICKEN DINNER PIE	662kcal	37.8	19.4	47.8	3.0	2.2	31.3	1.95
CHICKEN BACON & MUSHROOM PIE	738kcal	47.0	27.5	44.5	3.5	2.8	32.5	2.00
CHICKEN, WILTSHIRE HAM & LEEK PIE	737kcal	43.2	23.8	56.4	3.5	3.0	31.6	2.62
MUSHROOM & CAMEMBERT PIE	788kcal	58.5	36.7	47.3	4.7	4.5	15.8	2.25
PEPPERED STEAK & STOUT PIE	689kcal	36.2	21.4	56.6	7.4	4.8	32.4	2.58
PICCALILLI TOPPED SNACK PIE	546kcal	38.2	15.0	35.0	3.7	1.6	14.8	1.53
QUICHE LORRAINE	738kcal	59.5	34.7	30.8	2.9	1.6	19.1	1.85
SWEET POTATO, CHORIZO & GOATS CHEESE TART	237kcal	14.6	7.8	20.7	6.7	1.8	7.1	0.84
WILTSHIRE HAM, PEA & MINT QUICHE	682kcal	52.0	33.7	31.6	2.2	3.1	20.4	1.58

M&S DELI PASTA SAUCE

	PER PORTION							
	ENERGY	FAT	SATURATES	CARBS	SUGARS	FIBRE	PROTEIN	SALT
TOMATO & BASIL	135kcal	12.2	1.4	4.7	4.2	1.0	1.0	0.98
HOUSE PESTO	455kcal	42.1	7.0	9.9	1.3	0.6	8.4	1.50

M&S DELI STUFFED PASTA

	PER 100G							
	ENERGY	FAT	SATURATES	CARBS	SUGARS	FIBRE	PROTEIN	SALT

ASPARAGUS, PEA & PANCETTA GRANI GIRASOLI	234kcal	11.5	3.5	22.4	1.2	2.5	9.0	1.35
BEETROOT & LEMON RAVIOLI	208kcal	6.8	4.0	27.7	4.1	2.5	7.7	1.40
LOBSTER MEZZALUNA GRANDE	241kcal	9.9	5.6	28.7	0.4	1.5	9.4	2.15
BRAISED MEAT & RED WINE MEZZA LUNA GRANDE	279kcal	15.4	7.4	23.6	0.6	2.0	10.4	1.45
PORCINI CAPPELLACCI (MUSHROOM RAVIOLI)	245kcal	12.9	7.3	22.1	1.5	2.5	10.1	1.10
PUMPKIN & CREAMY CHEESE MEZZELUNE GRANDI	243kcal	11.0	6.5	26.3	3.5	3.0	8.2	1.13
RICOTTA & SPINACH CAPPELLACCI	262kcal	12.8	7.5	23.2	1.2	2.0	9.3	1.00

M&S **DELI** CHEESE

	PER 100G							
	ENERGY	FAT	SATURATES	CARBS	SUGARS	FIBRE	PROTEIN	SALT
MULL OF KINTYRE	403kcal	33.2	2.5	1.0	0.1	0.8	24.6	1.81
ISE OF ARRAN	397kcal	33.5	20.6	0.6	0.1	0.5	23.9	1.90
BUFFALO MOZZARELLA	260kcal	22.0	15.8	0.6	0.6	<0.2	15	0.75
BARBER 1833 CHEDDAR	410kcal	23.4	21.7	0.1	0.0	0.0	25.0	2.00
BRIE DE MEAUX	227kcal	20.0	14.0	0.9	0.5	0.0	19.8	1.70
GORWYDD CAERPHILLY	374kcal	30.1	20.53	1.5	<0.1	1.0	23.0	1.81
COLSTON BASSET STILTON	410kcal	35.0	23.0	0.1	0.1	0.0	23.7	2.00
CORNISH YARG	369kcal	31.0	64.7	2.1	<0.1	0.4	20.1	1.70
FRENCH GOAT LOG	291kcal	23.0	16.3	1.0	1.0	0.0	20.0	1.50
MANCHEGO	460kcal	38.4	27.0	0.5	0.5	0.5	24.5	2.33
PERL WEN	334kcal	30.4	19.7	<0.1	<0.1	2.1	14.2	1.90

ROQUEFORT REVELATION	372kcal	32.0	20.0	2.0	<0.1	0.0	21.1	3.20
PARMIGIAN REGGIANO 30 MONTHS	402kcal	29.7	19.6	0.0	0.0	0.0	32.5	1.60
FLEUR DES PRES	261kcal	20.0	14.0	2.0	0.0	0.0	16.0	1.70
ST GILES	370kcal	31.0	17.6	2.1	<0.1	0.0	21.6	1.60
PERL LAS	336kcal	29.5	19.1	<0.1	<0.1	<0.5	16.5	2.00
KALTBACH	394kcal	34.0	20.4	1.0	0.1	0.0	21.0	1.78

M&S DELI ROTISSERIE

	PER PORTION							
	ENERGY	FAT	SATURATES	CARBS	SUGARS	FIBRE	PROTEIN	SALT
STUFFED CHICKEN THIGHS	445kcal	34.5	4.9	4.9	2.2	1.0	28.0	1.28
BBQ DRUMSTICKS	228kcal	11.5	2.9	6.5	1.6	1.1	24.1	0.83
BBQ PROK RIBS WITH MOTHER BBQ SAUCE	1425kcal	94.4	33.1	53.1	53.1	0.0	91.3	5.20
MEDITERANEAN CHICKEN THIGHS	297kcal	21.0	4.5	5.1	0.9	1.1	21.4	3.10
BBQ ROTISSERIE CHICKEN	207kcal	11.3	13.3	2.8	2.5	0.6	23.5	0.57
BUTTER BASTED ROTISSERIE CHICKEN	159kcal	4.6	1.27	0.6	0.6	0.1	29.2	0.36
PIRI PIRI ROTISSERIE CHICKEN	154kcal	4.9	1.5	0.96	0.73	0.1	26.4	0.76
SWEET CHILLI ROTISSERIE CHICKEN	171kcal	7.8	2.2	1.9	1.9	<0.1	23.2	0.76

M&S DELI COUNTER

	PER PORTION							
	ENERGY	FAT	SATURATES	CARBS	SUGARS	FIBRE	PROTEIN	SALT
CHORIZO & PATATAS BRAVAS	377kcal	22.5	4.5	32.6	6.3	5.4	8.5	2.08
COD & CHORIZO CROQUETTE	300kcal	18.0	5.1	23.6	4.2	1.6	11.7	1.10
FILLED YELLOW PEPPER WITH SPICED LAMB & BULGER WHEAT	202kcal	10.01	4.0	14.2	4.8	5.6	11.0	1.13
HAM HOCK TERRINE	212kcal	14.5	5.7	3.6	1.0	0.9	16.2	1.85
RED LENTIL KOFTA	47kcal	1.5	0.2	3.8	1.2	3.0	2.9	0.38
CHICKEN SHAWARMA KEBAB	200kcal	3.3	0.9	8.9	1.7	2.6	32.4	0.75
LAMB SHAWARMA KOFTA	68kcal	3.9	1.9	3.1	0.9	1.0	4.8	0.45