

All figures listed are per 100g	ENERGY		FAT				CARBOHYDRATE				FIBRE		PROTEIN		SALT		Vegetarian	INGREDIENTS																					
	kJ per 100g	kcal per 100g	RI %	total		of which is saturates		total		of which is sugars		per portion (g)	per portion (g)	RI %	per portion (g)	RI %		Cereals containing Gluten																					
				per portion (g)	RI %	per portion (g)	RI %	per portion (g)	RI %	Wheat	Rye							Barley	Oat	Spelt	Kamut	Asafoetida	Gluten	Soya	Nuts	Peanuts	Sesame	Milk	Eggs	Fish	Crustaceans	Celery	Sulphur	Mustard	Molluscs	Lupin			
Wrapchic produce food in a central production unit where allergens are handled and whilst we try to keep things separate we cannot guarantee any item is allergen free. Wrapchic takes steps to try and stop any cross contamination or traces accidentally getting into ingredients before the food is served to you, but cannot guarantee any of our food is nut or allergen free. If we can help by providing further information on any of our products, please contact Wrapchic at the address below and we will be happy to help you. Some items listed in this guide may not be available in all outlets. Items are per 100g not per serving. While the ingredients are based on standard product formations, variations may occur. This guide is updated regularly to ensure it reflects the current product status. More information www.wrapchic.co.uk .																																							
FILLING																																							
Aloo Matar	549.8	132.3	7%	7.7	11%	0.6	3%	13.9	7%	2.1	2%	2.4	2.7	7%	1.5	25%	v	x																					Potato, Garden Peas, Rapeseed Oil, E900, Salt, Water, Citric Acid, Lemon Juice Concentrate, Sugar, Sodium Benzoate, Ascorbic Acid, Lutein, Cumin, Deggi Mirch, Turmeric, Asafoetida (Gluten) , Gum Arabic, Rice Flour, Wheat Flour (Wheat) , Coriander Seeds.
Chicken Mughlai	1100.6	262.6	13%	13.6	19%	3.2	16%	2.1	1%	0.5	1%	0.2	32.9	73%	1.4	23%																					Chicken, Skimmed Milk, Separated Milk Solids, Yoghurt Culture (Milk) , Rapeseed Oil, E900, Red Chillies, Cumin, Black Pepper, Coriander, Cardamom, Cloves, Nutmeg, Cinnamon, Bay Leaf, Caraway, Mace, Fenugreek Leaves, Garlic, Barley Malt Vinegar , E150C, Salt, Ginger.		
Chicken Chettinad	1054.3	251.5	13%	13.7	20%	3.4	17%	0.3	0%	0.1	0%	0.1	32.3	72%	1.4	23%																					Chicken, Water, Rapeseed Oil, E900, Coriander Seeds, Coconut, Black Pepper, Cumin, Fennel Seeds, Red Chillies, Cardamom, Cinnamon, Anise, Cloves, Bay Leaf, Barley Malt Vinegar , E150C, Salt, Garlic, Ginger, Turmeric, Deggi Mirch.		
Chicken Methi	1084.1	258.5	13%	13.5	19%	3.2	16%	1.8	1%	0.4	0%	0.2	32.6	72%	1.4	23%																				Chicken, Skimmed Milk, Separated Milk Solids, Yoghurt Culture (Milk) , Garlic, Rapeseed Oil, E900, Barley Malt Vinegar , Caramel Colour, E150C, Salt, Turmeric, Deggi Mirch, Fenugreek Leaves, Cumin, Black Pepper, Coriander, Cardamom, Cloves, Nutmeg, Cinnamon, Ginger, Bay Leaf, Caraway, Mace, Green Chili.			
Chicken Hyderabad Biryani	688.4	164.4	8%	5.3	8%	1.5	8%	21.0	9%	0.9	1%	1.0	8.9	20%	0.9	15%																				Chicken, Rice, Onion, Skimmed Milk, Separated Milk Solids, Yoghurt Culture (Milk) , Rapeseed Oil, E900, Butter (Milk) , Kewra Essence, Water, Salt, Garlic, Ginger, Deggi Mirch, Mint, Coriander Leaves, Cardamom, Mace, Star Anise, Turmeric, Fenugreek Leaves, Black Pepper, Cloves, Bay Leaf.			
Chicken Tikka	1100.6	262.6	13%	13.6	19%	3.2	16%	2.1	1%	0.5	1%	0.2	32.9	73%	1.4	23%																					Chicken, Skimmed Milk, Separated Milk Solids, Yoghurt Culture (Milk) , Rapeseed Oil, E900, Red Chillies, Cumin, Black Pepper, Coriander, Cardamom, Cloves, Nutmeg, Cinnamon, Bay Leaf, Caraway, Mace, Fenugreek Leaves, Garlic, Salt, Barley Malt Vinegar , Caramel Colour, E150C, Ginger.		
Chicken Rajasthani	1102.8	263.1	13%	13.7	20%	3.2	16%	2.0	1%	0.6	1%	0.3	32.8	73%	1.5	25%																					Chicken, Coriander Leaves, Skimmed Milk, Separated Milk Solids, Yoghurt Culture (Milk) , Mint, Garlic, Water, Citric Acid, Lemon Juice Concentrate, Sugar, Sodium Benzoate, Ascorbic Acid, Lutein, Salt, Rapeseed Oil, E900, Cumin, Black Pepper, Coriander, Cardamom, Cloves, Nutmeg, Cinnamon, Bay Leaf, Caraway, Mace, Fenugreek Leaves, Ginger, Barley Malt Vinegar , E150C.		
Egg Bhurji	567.3	136.1	6%	10.5	14%	1.8	9%	3.2	1%	2.5	3%	1.0	8.4	18%	1.8	33%	v																				Egg, Onion, Tomatoes, Tomato Juice, Citric Acid, Rapeseed Oil, E900, Salt, Lutein, Cumin, Deggi Mirch, Coriander Leaves, Green Chili, Curry Leaves, Turmeric, Ground Coriander.		
Fish Malabari	608.1	146.1	8%	7.6	11%	0.4	2%	1.7	1%	1.3	3%	0.3	17.8	40%	0.7	11%																					Tomatoes, Tomato Juice, Citric Acid, Onion, Rapeseed Oil, E900, Skimmed Milk, Separated Milk Solids, Yoghurt Culture (Milk) , Garlic, Ground Coriander, Cumin, Red Chillies, Asafoetida (Gluten) , Gum Arabic, Rice Flour, Wheat Flour (Wheat) , Tamarind, Ginger, Salt, Mustard , Curry Leaves, Pangasius (Fish) , Water, Lemon Juice Concentrate, Sugar, Sodium Benzoate, Ascorbic Acid, Lutein, Turmeric.		
Fish Masala	490.4	116.1	6%	2.8	4%	0.8	4%	0.8	0%	0.2	0%	0.3	21.7	48%	1.5	25%																					Pangasius (Fish) , Garlic, Water, Citric Acid, Lemon Juice Concentrate, Sugar, Sodium Benzoate, Ascorbic Acid, Lutein, Salt, Rapeseed Oil, E900, Turmeric, Red Chillies, Deggi Mirch, Carom.		
Lamb Kheema	628.7	150.7	8%	9.4	13%	3.1	16%	6.9	3%	2.8	3%	1.6	10.7	21.4%	1.2	20%																					Lamb, Onion, Tomatoes, Tomato Juice, Citric Acid, Rapeseed Oil, E900, Red Chillies, Cumin, Black Pepper, Coriander, Cardamom, Cloves, Nutmeg, Cinnamon, Bay Leaf, Caraway, Mace, Potato, Peas, Garlic, Salt, Ginger, Deggi Mirch, Turmeric, Garam Masala.		
Seekh Kebab	908	218	11%	15	21%	7.1	36%	0.6	0%	0.1	0%	0.1	20.1	12.2%	1.7	29%																					Lamb, Salt, Deggi Mirch, Coriander Leaves, Garlic, Green Chili, Butter (Milk) , Ginger, Wrapchic Spice 4 (Red Chillies, Cumin, Black Pepper, Coriander, Cardamom Seeds, Cloves, Nutmeg, Cinnamon, Bay Leaf, Caraway, Mace, Turmeric).		
Mutton Hyderabad	595.6	142.9	8%	9.4	13%	3.1	16%	5.3	3%	1.4	3%	1.1	10.4	23%	1.2	20%																					Mutton, Onion, Tomatoes, Tomato Juice, Citric Acid, Rapeseed Oil, E900, Red Chillies, Cumin, Black Pepper, Coriander, Cardamom, Cloves, Nutmeg, Cinnamon, Bay Leaf, Caraway, Mace, Potato, Peas, Garlic, Salt, Ginger, Deggi Mirch, Turmeric, Garam Masala.		
Mutton Madras	529.5	126.9	6%	7.4	11%	2.7	14%	2.5	2%	1.2	1%	0.4	13.3	29%	1.2	19%																					Diced Mutton Leg Pieces, Tomatoes, Tomato Juice, Citric Acid, Onion, Rapeseed Oil, E900, Water, Red Chillies, Cumin, Black Pepper, Coriander, Cardamom, Cloves, Nutmeg, Cinnamon, Bay Leaf, Caraway, Mace, Turmeric, Garlic, Salt, Ginger, Coconut, Fennel, Star Anise, Mustard , Tamarind, Curry Leaves.		
Paneer Bhurji	1130.2	270.4	14%	22.3	32%	11.1	56%	4.3	2%	3.1	3%	1.4	14.3	32%	1.5	25%	v																				Paneer (Milk) , Onion, Tomatoes, Tomato Juice, Citric Acid, Rapeseed Oil, E900, Salt, Lutein, Cumin, Deggi Mirch, Coriander Leaves, Green Chili, Curry Leaves, Turmeric, Ground Coriander.		
Paneer Masala	952.2	227.1	12%	18.8	27%	10.4	52%	2.4	2%	1.3	3%	0.7	13.2	29%	0.7	11%	v																				Paneer (Milk) , Onion, Tomatoes, Tomato Juice, Citric Acid, Rapeseed Oil, E900, Red Chillies, Cumin, Black Pepper, Coriander Seeds, Cardamom, Cloves, Nutmeg, Cinnamon, Bay Leaf, Caraway, Mace, Salt, Ginger, Garlic, Water, Turmeric, Deggi Mirch, Fenugreek Leaves.		
Soya Amrisari	472.0	113.2	6%	6.9	10%	1.2	6%	8.6	3%	2.3	3%	2.0	5.6	12%	0.9	15%	v																				Onion, Tomatoes, Tomato Juice, Citric Acid, Rapeseed Oil, E900, Red Chillies, Cumin, Black Pepper, Coriander, Cardamom, Cloves, Nutmeg, Cinnamon, Bay Leaf, Caraway, Mace, Ginger, Garlic, Soya , Water, Modified Potato Starch, Sugar, Salt, Spice, Seasoning, Turmeric, Deggi Mirch, Fenugreek Leaves.		
SAUCE																																							
Chettinad Sauce	476.6	114.4	6%	9.5	14%	5.3	27%	4.6	2%	3.4	4%	0.8	1.9	4%	1.0	16%	v																					Water, Citric Acid, Onion, Rapeseed Oil, E900, Coriander Seeds, Coconut, Black Pepper, Cumin, Fennel, Red Chillies, Cardamom, Cinnamon, Star Anise, Cloves, Bay Leaf, Ginger, Salt, Garlic, Tamarind, Mustard , Curry Leaves.	
Madras Sauce	434.7	104.3	5%	9.4	14%	5.8	29%	2.8	1%	2.2	2%	1.1	1.6	4%	1.0	17%	v																					Tomatoes, Tomato Juice, Citric Acid, Coconut Extract, Water, Onion, Coconut Milk Powder, Coriander Seeds, Red Chillies, Turmeric, Cumin, Black Pepper, Cardamom, Cloves, Nutmeg, Cinnamon, Bay Leaf, Caraway, Mace, Rapeseed Oil, E900, Garlic, Salt, Ginger, Mustard , Tamarind, Curry Leaves.	
Saag Sauce	292.3	70.5	4%	6.2	4%	3.3	17%	1.2	1%	0.7	1%	1.3	2.3	5%	0.7	11%	v																				Spinach, Water, Onion, Tomatoes, Tomato Juice, Citric Acid, Rapeseed Oil, E900, Red Chillies, Cumin, Black Pepper, Coriander Seeds, Cardamom, Cloves, Nutmeg, Cinnamon, Bay Leaf, Caraway, Mace, Salt, Ginger, Garlic, UHT Dairy Single Cream (Milk) , Butter (Milk) , Fennel, Fenugreek Leaves, Green Chili, Sugar.		
Tikka Sauce	331.6	79.4	4%	5.1	7%	2.4	12%	7.4	3%	6.9	8%	0.7	1.4	3%	0.9	15%	v																				Tomatoes, Tomato Juice, Citric Acid, Water, UHT Dairy Single Cream (Milk) , Sugar, Butter (Milk) , Onion, Rapeseed Oil, E900, Coriander Seeds, Cumin, Red Chillies, Cardamom, Black Pepper, Mace, Cinnamon, Fenugreek Leaves, Cloves, Bay Leaf, Salt, Garlic, Ginger.		
Cheese Sauce	413.5	98.8	5%	6.6	9%	1.4	7%	8.1	4%	2.6	3%	0.0	2.3	5%	0.7	11%	v																				Water, Corn Starch - Modified E1442, Sunflower Oil, Cheese (Cultured Milk, Salt, Enzymes) , Non-Fat Dry Milk , Whey , Sodium Hexametaphosphate E452, Tomato Powder, Yeast, Sodium Phosphate E339, Yeast Extract, E471, Paprika Colour E160c, Jalapeño Pepper, Turmeric Colour E100, Sodium Hydroxide E524, Gum Arabic E414, Anhydrous Milk Fat , Acetic Acid E260, Xanthan Gum E415 (Milk).		
BASE																																							
Black Turtle Beans	482.8	115.6	6%	1.8	3%	0.2	1%	19.2	8%	1.0	1%	4.7	6.3	14%	0.9	15%	v																						Water, Black Beans, Onion, Rapeseed Oil, E900, Salt, Garlic, Ginger, Cumin.
Kidney Beans	199.6	47.9	2%	1.5	2%	0.1	1%	4.3	2%	0.7	1%	3.5	2.9	6%	1.0	17%	v																					Red Kidney Beans, Water, Salt, Onion, Tomatoes, Tomato Juice, Citric Acid, Rapeseed Oil, E900, Red Chillies, Cumin, Black Pepper, Coriander, Cardamom, Cloves, Nutmeg, Cinnamon, Bay Leaf, Caraway, Mace, Ginger, Garlic.	
Flavoured Rice	521.2	124.7	6%	1.6	2%	0.3	1%	25.5	9%	0.1	0%	0.8	3.0	6%	0.82	14%	v																					Water, Rice, Onions, Palm Oil, Salt, Rapeseed Oil, E900, Kewra Essence, Cumin, Cloves, Cardamom, Mace, Anise Seeds, Cinnamon, Bay Leaf.	
Salad Leaves	68.6	16.4	1%	0.2	0%	0.0	0%	3.5	2%	2.3	3%	1.4	1.1	2%	0.03	1%	v																					Lettuce.	
Naanwrap	1004	240	12%	1.8	3%	0.3	2%	48	18%	1.6	2%	1.9	6.1	12.2%	1.1	18%	v	x																				Wheat Flour , Calcium Carbonate, Niacin, Iron, Thiamine, Calcium Phosphate, Sodium Hydrogen Carbonate, Water, Milk , Egg , Sugar, Rapeseed Oil, E900, Salt	
Tortilla 10"	1227	291	15%	6.7	9%	2.9	14%	49.3	19%	0.8	1%	7.1	14%	2.25	37%	v	x																					Wheat Flour (67%) , Water, Vegetable Oil (Palm, Rapeseed), E422, E466, E412; E500, E450, E296, E282, E202; Salt, E471, Oat fibre (Oats) .	
Tortilla 12"	1252	297	15%	7.2	10%	2.8	14%	49.1	21%	0.8	1%	7.4	16%	2.3	38%	v	x																					Wheat Flour (64%) , Water, Vegetable Oil (Palm, Rapeseed), E422, E466, E412; E500, E450, E296, E282, E202; Salt, E471, Oat fibre (Oats) .	
White Rice	509.3	121.8	6%	1.4	2%	0.2	1%	25.4	11%	0.1	0%	0.8	2.8	6%	0.5	8%	v																					Water, Rice, Rapeseed Oil, E900, Salt.	
Wrapchicos	2032	485	24%	22.0	31%	1.8	9%	64.0	28%	0.9	1%	5.0	6.0	13%	0.7	12%	v																				Maize, High Oleic Sunflower oil, Salt, May contain Milk, Soya and Cereals containing Gluten .		
Wrapslaw	266.7	63.7	3%	3.8	5%	0.3	2%	6.2	2%	5.8	6%	2.7	1.3	3%	0.2	1%	v																				Cabbage White Shredded, Carrot Shredded, Water, Rapeseed Oil, Sugar, Modified Starch, Spirit Vinegar, Pasteurised Egg Yolk , Salt, Sorbic Acid, Xanthan Gum, Natural Mustard Flavouring (Egg, Mustard), Tomato Paste, Coriander Leaves, Skimmed Milk, Separated Milk Solids, Yoghurt Culture (Milk) , Mint, Chili Peppers, Garlic, Citric Acid, Lemon Juice Concentrate, Sodium Benzoate, Ascorbic Acid, Colour: Lutein.		
SIDE																																							
Chicken Wings	740.2	177.3	9%	6.2	9%	2.6	13%	2.6	1%	0.																													

