

PRESERVICE ALLERGEN & NUTRITIONAL GUIDELINES

Key: V = suitable for vegetarians. X = contains indicated allergen.
RI = reference intake of an average adult (8400kJ/2000kcal).
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For further information visit www.wrapchic.co.uk or ask the Wrapchic team $\,$

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2 A A A	EN	ERGY			FAT		•	CARRO	OHYDRA	TE	FIB	RPE	PROTEI	N S	SALT											INGREDIENTS
	kJ pe	_	l RI	to	tal	of whic	h is	tot		of whice			per portion	RI	per	RI									Т	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
	100g		%			satura	tes			suga	ars	portion	(g)	%	portion	%	0						ans			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
		100g	g									(g)			(g)	1 2	Cerea	als con Gluter		د ا	al at		y ace	늘	SCS	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
																	2			oya	esal	igh sign	rust			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.
				per	RI	per portion	RI	per	RI	per	RI						ш	П	0	0 0 2	2 6 0	≥ ш ш	1010	S ≥ .	≥ _	1 This guide is updated regularly to ensure it relicets the current product status, more information www.mapenic.co.ux.
				portion	%	(g)	%	portion	%	portion	%							$\rfloor \mid$	etid the							
				(g)				(g)		(g)							ye Ye	arle	amı safc							
FILLING																	1>141		W X A		++-		\vdash	Н	\top	
Chicken Mughlai	1100	264.4	4 13%	13.6	19%	3.2	16%	2.1	0.8%	0.5	1%	0.2	32.9	65.8%	1.4	23%		x		x		x				Chicken, Skimmed Milk (Milk), Separated Milk Solids (Milk), Yoghurt Culture (Milk), Rapeseed Oil, E900, Red Chilli, Cumin, Black Pepper, Coriander, Cardamom, Cloves, Nutmeg, Cinnamon, Ginger, Bay Leaf, Caraway, Mace, Fenugreek Leaves., Garlic, Salt, Barley Malt Vinegar (Gluten), Caramel Colour, E150C.
Chicken Methi	1084.	1 258.5	5 13%	13.5	19%	3.2	16%	1.8	0.7%	0.4	0%	0.2	32.6	65.2%	1.4	23%		,							+	Glicken, Skimmed Mik (Milk), Separated Milk Solids (Milk), Yoghurt Culture (Milk), Garlic, Rapesed Oil, E900, Ginger, Cumin, Salt, Barley Malt Vinegar (Gluten), Caramel Colour, E150C,
Chicken Metri	1004.	256.5	3 13%	13.5	19%	3.2	10%	1.0	0.7%	0.4	0%	0.2	32.0	65.2%	1.4	23%		*		*		×				Turmeric, Deggi Mirch, Fenugreek Leaves, Black Pepper, Coriander, Cardamom, Cloves, Nutmeg, Cinnamon, Bay Leaf, Caraway, Mace, Green Chilli.
Chicken Rajasthani	1101.	262.9	9 13%	13.7	20%	3.2	16%	1.9	0.7%	0.5	1%	0.3	32.8	65.6%	1.5	24%		x		x		x				Chicken, Skimmed Milk (Milk), Separated Milk Solids (Milk), Yoghurt Culture (Milk), Coriander Leaves, Mint, Green Chilli, Garlic, Water, Citric Acid, Lemon Juice Concentrate, Sugar, Sodium Benzoate Preservative, Ascorbic Acid, Flavourings, Lutein, Rapeseed Oil, Salt, E900, Garlic, Cumin, Black Pepper, Coriander, Cardamom, Cloves, Nutmeg, Cinnamon, Ginger, Bay Leaf, Caraway,
Chicken																		+							_	Mace, Fenugreek Leaves, Barley Malt Vinegar (Gluten), Caramel Colour, E150C.
Hyderabadi	670.1	160.3	3 8%	5.3	8%	1.5	8%	20.1	7.7%	0.2	0%	0.7	8.8	17.6%	0.94	16%						x				Water, Chicken, Rice, Onion, Skimmed Milk (Milk), Separated Milk Solids (Milk), Yoghurt Culture (Milk), Rapeseed Oil, E900, Kewra Essence, Butter (Milk), Salt, Garlic, Ginger, Deggi Mirch, Mint, Coriander Leaves, Cardamom, Mace, Star Anise, Bay Leaf, Turmeric, Fenugreek Leaves, Black Pepper, Cloves.
Biryani																							Ш			
Chicken Tikka	915.5	219.3	3 11%	13.3	19%	0.3	1%	1.7	0.7%	8.0	1%	0.3	22.2	44.4%	1.1	19%										Chicken, Tomato, Citric Acid, Onion, Rapeseed Oil, E900, Coriander, Red Chilli, Cumin, Black Pepper, Cardamom, Cloves, Nutmeg, Cinnamon, Bay Leaf, Caraway, Mace, Salt, Garlic, Ginger, Turmeric, Deggi Mirch, Coriander Leaves, Mint, Star Anise.
Chicken Masala	712 5	171.1	1 9%	12.5	18%	3	15%	2.5	1%	1.3	1%	0.5	12.9	25.8%	1.4	24%		v		v		v .				Chicken, Skimmed Milk (Milk), Separated Milk Solids (Milk), Yoghurt Culture (Milk), Garlic, Rapeseed Oil, E900, Ginger, Cumin, Salt, Barley Malt Vinegar (Gluten), Caramel Colour, E150C, Turmeric, Deggi Mirch, Fenugreek Leaves, Black Pepper, Coriander, Cardamom, Cloves, Nutmeg, Cinnamon, Bay Leaf, Caraway, Mace, Green Chilli, Tomato, Citric Acid, Onion, Tomato, Red Chilli,
Onioken wasala					1070		1070	2.0	170		1 70							^		^		^				Butter (Milk), Water, Coconut, Fennel Seeds, Star Anise.
Fish Masala		116.1		2.8	4%	8.0	4%		0%	0.2	0%	0.3	21.7	48%	1.5	25%	+++	+	+	++	+	X	H	H	+	Pangasius (Fish), Garlic, Water, Citric Acid, Lemon Juice Concentrate, Sugar, Sodium Benzoate, Ascorbic Acid, Lutein, Salt, Rapeseed Oil, E900, Turmeric, Red Chilli, Deggi Mirch, Carom Seeds. Mutton, Tomato, Citric Acid, Onion, Rapeseed Oil, E900, Coriander, Red Chilli, Cumin, Black Pepper, Cardamom, Cloves, Nutmeg, Cinnamon, Bay Leaf, Caraway, Mace, Salt, Garlic, Ginger, Potato,
Mutton Kheema	613.2	146.9	9 7%	9.3	13%	3.1	16%	6.1	2.4%	1.5	2%	1.2	10.5	21%	1.2	20%							Ш		\perp	Peas, Deggi Mirch, Turmeric, Garam Masala.
Lamb Tikki	791.1	189.7	7 9%	13.1	19%	6.2	31%	0.5	0.2%	0	0%	0.1	17.5	35%	1.5	25%						x				Lamb, Salt, Coriander Leaves, Garlic, Butter (Milk), Green Chilli, Deggi Mirch, Pineapple, Ginger, Cumin, Black Pepper, Coriander, Cardamom, Cloves, Nutmeg, Cinnamon, Ginger, Bay Leaf, Caraway, Mace, Turmeric.
Seekh Kebab	727	173.7	7 8.7%	8.3	11.8%	3.4	17%	7	2.7%	0.7	0.8%	1.6	17.8	35.6%	0.6	10%				х			Ш	ш		Lamb Mince (60%), Onion, Soya Mince (Soya), Salt, Cumin, Ginger, Garlic, Green Chilli, Coriander, Red Chilli, Spices, Gram Flour.
Mutton Hyderabadi	613.2	146.9	9 7%	9.3	13%	3.1	16%	6.1	2.4%	1.5	2%	1.2	10.5	21%	1.2	20%						$ \ \ ^{-}$				Mutton, Tomato, Citric Acid, Onion, Rapeseed Oil, E900, Coriander, Red Chilli, Cumin, Black Pepper, Cardamom, Cloves, Nutmeg, Cinnamon, Bay Leaf, Caraway, Mace, Salt, Garlic, Ginger, Potato, Peace, Degoi Mirch, Turmeric, Garam Massla
Hyderabadi Mutton Madrasi	537.1	128.7	7 6%	7.4	11%	2.7	14%	2.8	1.1%	1.4	2%	0.4	13.3	26.6%	1.2	19%	+++	++	+	++	++	++	+++		+	Peas, Deggi Mirch, Turmeric, Garam Masala. Mutton, Tomato, Citric Acid, Onion, Water, Coconut Extract, Rapeseed Oil, E900, Red Chilli, Cumin, Black Pepper, Coriander, Cardamom, Cloves, Nutmeg, Cinnamon, Bay Leaf, Caraway, Mace,
	+																+++	+	+		+		H	X	+	Turmeric, Garlic, Salt, Ginger, Coconut, Fennel Seeds, Star Anise, Mustard Seeds (Mustard), Tamarind, Curry Leaves. Potato, Peas, Rapeseed Oil, E900, Salt, Water, Citric Acid, Lemon Juice Concentrate, Sugar, Sodium Benzoate Preservative, Ascorbic Acid, Flavourings, Lutein, Cumin, Deggi Mirch, Turmeric,
Aloo Matar	588.3			7.7	11%	0.6	3%	15.9	6.1%	1.8	2%	2.6	2.7	5.4%	1.5	24% v	x		x	х						Asafoetida (Gluten), Coriander.
Aloo Tikki	873	208			9.9%	0.5	2.5%	35	13.5%	1.2	1.3%	0.4	2.5	5%		28.3% v	<u> </u>									Potato (85%), Com Starch, Rapeseed Oll, Rice Flour, Salt, Spices, Fenugreek Leaves, Citric Acid.
Egg Bhurji Paneer Bhurji	535.2 973.6	128.7 233.2		10.4 20.3	15% 29%	1.8 9.3	9% 47%	1.4 2.4	0.5%	2.1	1% 2%	0.4	8.1 13.5	16.2% 27%	1.8	30% v 24% v	,	++				x				Egg (Egg), Tomato, Citric Acid, Onion, Rapeseed Oil, E900, Salt, Cumin, Deggi Mirch, Coriander Leaves, Green Chilli, Curry Leaves, Turmeric, Coriander. Paneer (Milk), Tomato, Citric Acid, Onion, Rapeseed Oil, E900, Salt, Cumin, Deggi Mirch, Coriander Leaves, Green Chilli, Curry Leaves, Turmeric, Coriander.
Paneer Masala	838.7			16.9	24%	8.7	43%	2.5	1%	1.8	2%	0.3	12.8	25.6%	0.67	11% v	,					x				Paneer (Milk), Tomato, Citric Acid, Onion, Rapeseed Oil, E900, Coriander, Red Chilli, Cumin, Black Pepper, Cardamom, Cloves, Nutmeg, Cinnamon, Bay Leaf, Caraway, Mace, Salt, Garlic, Ginger,
	4									-												-			+	Water, Turmeric, Deggi Mirch, Fenugreek Leaves. Soya Bean Protein (Soya), Tomato, Citric Acid, Onion, Rapeseed Oil, E900, Coriander, Red Chilli, Cumin, Black Pepper, Cardamom, Cloves, Nutmed, Cinnamon, Bay Leaf, Caraway, Mace, Salt,
Soya Amritsari	480.2	115.1	1 6%	6.9	10%	1.2	6%	9	3.5%	2.4	3%	2.1	5.6	11.2%	0.9	15% v	1			×			Ш			Garlic, Ginger, Water, Modified Potato Starch, Vegetable Oil, Sugar, Spice, Seasoning, Turmeric, Deggi Mirch, Fenugreek Leaves.
Choley Masala	461.4	110.6	6 6%	3.6	5%	0.3	1%	15.4	5.9%	3.1	3%	3	5.1	10.2%	1	17% v	,		x	x						Chickpeas, Water, Salt, Black Tea, Tomato, Citric Acid, Onion, Rapeseed Oil, E900, Coriander, Red Chilli, Cumin, Black Pepper, Cardamom, Cloves, Nutmeg, Cinnamon, Bay Leaf, Caraway, Mace, Garlic, Ginger, Mango, Kachri, Black Salt, Pomegranate Seeds, Black Pepper, Tamarind, Mint Leaves, Cassia, Fenugreek Leaves, Cardamom Amomum, Turmeric, Deggi Mirch, Musk Melon, Yellow
	ł		_															+								Chilli, Bishop Weed, Asafoetida (Gluten). Water, Black Dal, UHT Dairy Single Cream (Milk), Tomato, Butter (Milk), Yellow Split Peas, Red Kidney Beans, Rapeseed Oil, E900, Salt, Garlic, Ginger, Sugar, Deggi Mirch, Cardamom,
Dal Makhani	539			7	10%	3.6	18%	12.3	4.7%	1.7	2%	3.6	5	10%	0.87	14% v	'					x	Ш			Coriander, Cumin, Fenugreek Leaves, Cinnamon.
Veg Biryani	680.7	162.7	7 8%	4.1	6%	0.6	3%	28	10.8%	1.6	2%	2.2	4.6	9.2%	0.23	4% v				x		×				Water, Rice, Onion, Carrot, Cauliflower, Green Beans, Soya Bean Protein (Soya), Modified Potato Starch, Vegetable Oil, Sugar, Salt, Spice, Seasoning, Peas, Skimmed Milk (Milk), Separated Milk Solids (Milk), Yoghurt Culture (Milk), Kewra Essence, Rapeseed Oil, E900, Garlic, Coriander Leaves, Ginger, Deggi Mirch, Cardamom, Mace, Star Anise, Bay Leaf, Mint, Turmeric, Salt,
Vogan Tikki	600	142.6	6 7%	0.8	1%	0	0%	25.7	13.7%	1.6	2%	1.2	1.5	3%	1.8	30% v		+							-	Fenugreek Leaves, Cumin. Sago Seeds (Sabu Dana), Potato, Carrot, Beetroot, Green Pepper, Coriander Leaves, Ginger, Garlic, Salt, Green Chilli, Coriander, Cumin, Deogi Mirch.
Vegan Tikki SAUCE	000	142.0	0 7/6	0.8	1 /0	U	0 /6	33.7	13.7 /6	1.0	2 /0	1.2	1.0	370	1.0	30 /6 V									+	Sago Seeus (Sauti Dana), Pulatio, Cantiti, Deenton, Green Pepper, Conantier Leaves, Ginger, Ganic, Sait, Green Clinii, Conantier, Curinii, Deggi winch.
Madras Sauce	449.8	107.9	9 5%	9.4	13%	5.8	29%	3.4	1.3%	2.6	3%	0.9	1.7	3.4%	0.99	16% v	,						Ш	х	T	Tomato, Citric Acid, Coconut Extract, Water, Citric Acid, Onion, Coconut Milk Powder, Coriander, Cumin, Deggi Mirch, Turmeric, Black Pepper, Cardamom, Cloves, Nutmeg, Cinnamon, Bay Leaf,
Saag Sauce	299.9	72	4%	6.6	9%	3.3	17%	1.5	0.6%	0.9	1%	0.1	2.2	4.4%	0.72	12% v		+				_			+	Caraway, Mace, Rapeseed Oil, E900, Garlic, Salt, Ginger, Mustard Seeds (Mustard), Tamarind, Curry Leaves. Spinach, Water, Tomato, Citric Acid, Onion, Rapeseed Oil, E900, Coriander, Red Chilli, Cumin, Black Pepper, Coriander, Cardamom, Cloves, Nutmeg, Cinnamon, Bay Leaf, Caraway, Mace, Salt,
	+																	+							_	Garlic, Ginger, UHT Dairy Single Cream (Milk), Butter (Milk), Fennel Seeds, Fenugreek Leaves, Green Chilli, Sugar. Tomato, Citric Acid, Water, UHT Dairy Single Cream (Milk), Sugar, Butter (Milk), Onion, Rapeseed Oil, E900, Coriander, Cumin, Deggi Mirch, Cardamom, Black Pepper, Mace, Cinnamon,
Tikka Sauce	360.7	86.4	4%	5.1	7%	2.4	12%	8.6	3.3%	7.5	8%	0.9	1.5	3%	0.81	14% v	<u> </u>					x				Tomato, Citric Acid, Water, Uni Dairy Single Cream (milk), Sugar, Butter (milk), Condition, Especied Oil, Espot, Contander, Cumin, Deggi Mirch, Cardamom, Black Pepper, Mace, Cinnamon, Fenugreek Leaves, Cloves, Bay Leaf, Red Chilli, Salt, Garlic, Ginger.
Cheese Sauce	485	116	5.8%	7.5	10.7%	3.8	19%	11.2	4.3%	0.5	0.5%		1.3	2.6%	0.9	15% v	,			x		x				Water, Cheesy Whey (Milk), Cheddar (Milk), Salt, Skimmed Milk (Milk), Maltodextrin, E339, Cream (Milk), E1450, E1442, E415, Vegetable Oil (Palm), E481, E160b, E331, Yeast, Yeast Extract, Corn Maltodextrin, Potato Maltodextrin, Soya Bean Oil (Soya), Natural Flavouring, E160c, E160a, E338, E471, E270.
BASE																		+								Com Maniodeximi, Polato Maniodeximi, Soya Bean On (Soya), Natural Playouning, E160C, E160a, E336, E471, E270.
Kidney Beans	193.8	46.4	2%	0.9	1%	0	0%	7.2	2.8%	0.7	1%	2	2.6	5.2%	0.74	12% v										Red Kidney Beans, Water, Tomato, Citric Acid, Onion, Rapeseed Oil, E900, Coriander, Red Chilli, Cumin, Black Pepper, Cardamom, Cloves, Nutmeg, Cinnamon, Bay Leaf, Caraway, Mace, Salt,
Flavoured Rice			6 6%		2%	0.3	1%	25.4		0	0%	0.8	3		0.82	14% v	,	++	+	++	++	++	+++	++	+	Garlic, Ginger, Deggi Mirch. Rice, Onion, Palm Oil, Salt, Rapeseed Oil, E900, Kewra Essence, Cloves, Cumin, Cardamom, Mace, Anise Seeds, Cinnamon, Bay Leaf, Water.
Pulav Rice			2 7%			0	0%		11.5%	0	0%	0.4	3	6%	0.63	11% v	-									Rice, Rapeseed Oil, E900, Kewra Essence, Water, Salt, E124 Ponceau 4R, E102 Tartrazine.
Salad Leaves	56.3	12.9	1%	0	0%	0	0%	1.6	0.6%	1.6	2%	1.8	1.4	2.8%	0.03	0% v	·					$ \ \ ^{-}$				Lettuce.
Wrapolow	217.5	51.7	7 3%	2.9	4%	0.2	1%	5.5	2.1%	4.9	5%	2.8	1.1	2.2%	0.13	2% v		\top					Ш			Cabbage, Carrot, Water, Rapeseed Oil, Modified Starch, Sugar, Egg Yolk (Egg), Vinegar, Salt, Spices, Mustard Seeds (Mustard), Caramel Sugar Syrup, Lemon Oil, Condiment, Citric Acid, Guar
Wrapslaw	217.5	51.7	ა%	2.9	4%	0.2	170	5.5	2.170	4.9	J70	2.0	1.1	2.270	U.13	∠70 V						X X	Ш	×		Gum, Čarotene, Potassium Sorbate, Sodium Benzate, Flavour, Tomato Coriander Leaves, Skimmed Milk (Milk), Separated Milk Solids (Milk), Yoghurt Culture (Milk), Mint, Green Chilli, Garlic, Lemon Juice Concentrate, Sugar, Sodium Benzate Preservative, Ascorbic Acid, Flavourings, Lutein.
Wrapslaw without	132.9	31.7	2%	0.2	0%	0	0%	6	2.3%	5.9	7%	3	1.4	2.8%	0.04	1% v	, [$ \ \ ^{-}$				Cabbage, Carrot.
dressing Naan Plain	1076	257	12.8%		1.6%	0.2	1%	51.1	19.7%	1.4	1.6%	2.9	9.8	19.6%	0.6		, x	+	+	x	+	++	++	++	+	Wheat Flour (Gluten), Water, Yeast, Salt, Vegetable Oil, E202, E282,
Naan Garlic &	1076				1.6%	0.2	1%	51.1	19.7%	1.4	1.6%	2.9	9.8	19.6%	0.6	10% v	, ,	+	+	T T			\sqcap	\Box	+	Wheat Flour (Gluten), Water, Yeast, Salt. Vegetable Oil, Garlic, Corjander, E202, E282.
Coriander	10/6	237	12.0%	1.1	1.070	0.2	1 /0	31.1	13.1 /0	1.4	1.0/0	2.3	3.0	10.070	0.0	10 /0 V	X .	$\perp \downarrow$	\perp	x	\perp			\square	\perp	Thous their (Maior), Traior, Teast, Jail, Vegetable Oil, Oalillo, Oblianuel, L202, L202.
Naan Whole Wheat	1076	257	12.8%	1.1	1.6%	0.2	1%	51.1	19.7%	1.4	1.6%	2.9	9.8	19.6%	0.6	10% v	/ x			x						Wheat Flour (Gluten), Water, Yeast, Salt, Vegetable Oil, E202, E282.
Tortilla 10"	1227		_		9%	2.9	14%	49.3	19%	0.8	1%		7.1				x	х		х			Ш	ш		Wheat Flour (Gluten) (67%), Water, Vegetable Oil (Palm, Rapeseed), E422, E466, E412; E500, E450, E296, E282, E202; Salt, E471, Oat Fibre. (Gluten).
Tortilla 12"	1252	297	15%	7.2	10%	2.8	14%	49.1	21%	8.0	1%		7.4	16%	2.3	38% v	x	х		х			Ш			Wheat Flour (Gluten) (64%), Water, Vegetable Oil (Palm, Rapeseed), E422, E466, E412; E500, E450; E296, E282, E202; Salt, E471, Oat Fibre (Gluten).
Assorted Mini	1262	301.6	6 15%	0.9	1%	0.4	2%	55.7	21.4%	1.5	2%		21.3	42.6%	4.7	78%		++								Black Gram Flour, Salt, Rice Flour, Calcium Carbonate, Coconut Oil., Coriander, Cumin, Turmeric, Ginger, Garlic, Spices, Cayenne Pepper, Black Pepper.
Poppadums			,	3.0	.,,,	J			,					5,0		V										
Chicken Wings	737.5	176.7	7 9%	6.2	9%	2.6	13%	2.5	1%	0.5	1%	0.3	27.7	55.4%	1.9	31%		x		x		x			T	Chicken with Bone, Skimmed Milk (Milk), Separated Milk Solids (Milk), Yoghurt Culture (Milk), Rapeseed Oil, E900, Red Chilli, Cumin, Black Pepper, Coriander, Cardamom, Cloves, Nutmeg, Cinnamon, Ginger, Bay Leaf, Caraway, Mace, Fenugreek Leaves, Garlic, Salt, Barley Malt Vinegar (Gluten), Caramel Colour, E150C, Deggi Mirch, Mango, Salt Black, Musk Melon, Mint, Yellow
												3.0							*	<u> </u>		<u> </u>	Ш	\Box	\perp	Chilli, Bishop Weed, Asafoetida (Gluten), Water, Citric Acid, Lemon Juice Concentrate, Sugar, Sodium Benzoate Preservative, Ascorbic Acid, Flavourings, Lutein.
Nachos Onion Bhaji			25.3% 1 8.2%		34.3% 4.4%	12	60%	63 26.6	24.2%		1.1% 4.9%	3 8	6.7 6.7	13.4% 15.4%		16.3% v		+	+		+		\square	 	+	Corn Flour (74%), Vegetable Fat (Palm), Salt. Onion, Gram Flour, Vegetable Oil, Salt, Chilli Powder, Mustard Seeds (Mustard), Plain Flour (Gluten), Rice flour, Spices, Sodium Bicarb.
Samosa		239			9.6%	4.3		39.6			4.9%	1.8	4.7	9.4%		29.7% V		+	++	x	++	++-	++	X	+	Onion, Gram Flour, Vegetable Oil, Salt, Chilli Powder, Mustard Seeds (Mustard), Plain Flour (Gluten), Rice flour, Spices, Sodium Bicarb. Potato, Wheat Flour (Gluten), Water, Peas, Vegetable Oil, Vegetable Ghee, Salt, Spices, Sugar.
Sev	2545	608.3	3 30%	43.2	62%	20.6	103%	39.1	15%	0	0%	0	11.7	23.4%	2.3	38% v		世		Ш	世		Ш	Ш	1	Gram Flour, Vegetable Refined Palmoline Oil, Iodised Salt.
Spice Mix for	425.5	95.4	5%	2.7	4%	0	0%	14.4	5.5%	0	0%	0	3.1	6.2%	34.2	570% x			x	x	+	 T				Salt White, Mango, Salt Black, Cumin, Coriander, Musk Melon, Black Pepper, Mint Leaves, Ginger, Yellow Chilli, Bishop Weed, Cloves, Nutmeg, Asafoetida (Gluten), Caraway, Deggi Mirch, Natural Pink Salt.
Wedges Papdi	1180	282	14%	19.6	28%	1.5	8%	24	9.2%	0	0%	+	4.6	9.2%		V	' x	++	++	x	++	++-	\vdash	+++	+	Wheat Flour (Gluten), Vegetable Refined Palmoline Oil, Iodised Salt.
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PRESERVICE ALLERGEN & NUTRITIONAL GUIDELINES

Key: V = suitable for vegetarians. X = contains indicated allergen.
RI = reference intake of an average adult (8400kJ/2000kcal).
Last updated: 29.10.2019 V38

For further information visit www.wrapchic.co.uk or ask the Wrapchic team $\,$

Wrapchic | Depot 1 | Waterloo Avenue | Chelmsley Wood | Birmingham | B37 6RE E. info@wrapchic.co.uk Co. Reg. 12076770 Vat. No. 327903572 Registered Address: Benson House, Suite D, 78-104 Lombard Street, Birmingham, England, B12 0QR

	E١	IERGY			FAT			CARBO	DHYDRA	TE	FIB	RE	PROTEI	N S	ALT											INGREDIENTS
	kJ pe		RI	tota	ı	of which	-	tota	al	of which			per portion	RI		RI							0			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
	100	per 100g	%			saturat	tes			suga	ars	portion (g)	(g)	%	portion (g)	% laria	Ce	reals conta	aining				ean			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
		1009										(9)			(9)	ege	9	Gluten		ten a	s	ا اق	stac	phur er	lusc	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.
																>	<u> </u>			Solu	Pe	S \\ \\ \\ \\ \\ \\ \\ \\ \\ \\ \\ \\ \\		Sul	Σ O N	This guide is updated regularly to ensure it reflects the current product status. More information www.wrapchic.co.uk.
				per portion	RI %	per portion (g)	RI %	per portion	RI %	per portion	RI %								i i i							
				(g)	70	(9)	,,,	(g)	,,	(g)	,,						eat		afoe III							
CHUTNEY &																	3 6		A &			\perp		Ш	+	
CONDIMENTS																										
Chutney Hot Chilli Chutney Mango	i 275.		3% 8%	0.9 2.1	1% 3%	0.6	0% 3%	12.6 33.8	4.8% 15%	11.6 29.4	13% 33%	0.9	1.1 0.2	2.2%	0.85 1.1	14% v 18% v		х		х						Tomato, Citric Acid, Sugar, Barley Malt Vinegar (Gluten), Caramel Colour, E150C, Salt, Green Peppers, Red Peppers, Yellow Peppers, Onion, Deggi Mirch, Rapeseed Oil, E900, Garlic. Mango, Water, Sugar, Ginger, Chilli, Garlic, Acetic Acid (E260), Rapeseed Oil, E900, Fennel, Deggi Mirch, Nigella Seeds.
Chutney Mint	190.4			0.6	1%	0.1	1%	6.5	3%	3.2	4%	0.6	3.5	8%		24% v				ш				Ш		Skimmed Milk (Milk), Separated Milk Solids (Milk), Yoghurt Culture (Milk), Coriander Leaves, Mint, Chili Pepper, Garlic, Water, Citric Acid, Lemon Juice Concentrate, Sugar, Sodium Benzoate,
•	177	42.3		0.0	0%	0.1	1%	6.4	3%	3.2	3%	0.5	3.6	8%								1				Ascorbic Acid, Lutein, Rapeseed Oil, Sugar, Salt. Skimmed Milk (Milk), Separated Milk Solids (Milk), Yoghurt Culture (Milk).
Chutney Yoghurt Salsa Mild	275.			0.9	1%	0.1	0%	12.6	4.8%	11.6	13%	0.9	1.1	2.2%	_	2% v 14% v		x		х						Tomato, Citric Acid, Sugar, Barley Malt Vinegar (Gluten), Caramel Colour, E150C, Salt, Onion, Red Onion, Red Pepper, Green Pepper, Yellow Pepper, Rapeseed Oil, E900, Garlic, Deggi Mirch.
Garlic Red Chilli	1938	1 470.2	24%	45%	64%	6.4	32%	10.3	4%	1.2	1%	2.6	0.5	1%	3	50% v										Garlic, Olive Oil, Water, Citric Acid, Lemon Juice Concentrate, Sugar, Sodium Benzoate Preservative, Ascorbic Acid, Flavourings, Lutein, Salt, Dried Red Chilli.
Garlic Coriander	1930	5 468.4	23%	44.9	64%	6.4	32%	9.9	3.8%	1	1%	2.5	0.5	1%	3	50% v										Garlic, Olive Oil, Water, Citric Acid, Lemon Juice Concentrate, Sugar, Sodium Benzoate Preservative, Ascorbic Acid, Flavourings, Lutein, Salt, Coriander Leaves.
Oil	1930	5 400.4	23%	44.9	04%	0.4	32%	9.9	3.0%	'	170	2.5	0.5	170	3	50% V			-				44			
Mayonnaise Spicy	y 1032	247	12%	20.2	29%	1.6	8%	14.6	5.6%	9.7	11%	0.1	1.4	2.8%	3.2	53% v						x	(x	Water, Rapeseed Oil, Modified Starch, Sugar, Egg Yolk (Egg), Vinegar, Salt, Spices, Mustard Seeds (Mustard), Caramel Sugar Syrup, Lemon Oil, Condiment, Citric Acid, Guar Gum, Carotene, Potassium Sorbate, Sodium Benzoate, Flavour, Green Chilli, E900, Garlic, Coriander, Turmeric, Deggi Mirch, Cumin, Fenugreek Leaves, Chilli, Monosodium Glutamate, Xanthan Gum, Acetic Acid.
Chutney Tamarino	d 822	196	9.8%	0.3	0.4%	0	0%	47.7	18.3%	40.5	45%	0.2	0.5	1%	2.6 4	3.3% v										Water, Sugar, Tamarind Concentrates (11%), Modified Maize Starch, Salt, Chilli, Spices, Acetic Acid, Plain Caramel.
Cheese	1314	314	16%	24	34%	18.8	94%	1.8	0%	0.27	0%	0	22.1	44%	1.87	31% v						х				Mild Cheese (Milk), Pasteurised Cow's Milk (Milk), Salt, Non-Animal Rennet, Lactic Acid, Starter Culture, Water, Palm Oil, Modified Potato Starch, Tricalcium Phosphate, Beta Carotene.
Guacamole	424.		5%	7.3	10%	1.3	7%	8.9	4%	0.4	0%	0.4	0.3	1%	1.1	18% v				Ш					$\top \top$	Avocado, Salt, Xanthan Gum, Ascorbic Acid, Citric Acid, Onion Powder, Red Onion, Water, Lemon Juice Concentrate, Sugar, Sodium Benzoate, Ascorbic Acid, Lutein, Red Pepper, Coriander
Hummus	767.				22%	1.2	6%	6.7	2.6%	0	0%	3.4	1.5	3%		18% v	+	++	+	++	++	x	++	+++	++	Leaves, Green Chilli. Chickpeas, Water, Ascorbic Acid, Rapeseed Oil, E900, Citric Acid, Lemon Juice Concentrate, Sugar, Sodium Benzoate Preservative, Flavourings, Lutein, Tahini (Sesame), Salt.
Jalapenos	63	15.1	1%	0.5	0%	0.1	1%	2	1%	1.8	2%	2.4	0	0%	1.4	23% v	Ш			Ш			$\perp \!\!\! \perp$	Ш		Jalapenos, Water, Vinegar, Salt.
Sour Cream DRINKS	777	188	9%	18	26%	0	0%	3.9	2%	0	0%	0	2.6	6%	0	0% v	Н		Н	Н	н	X	н	Н	+	Sour Cream (Milk)
Lassi Coconut	274.		3%	0.8	1%	0.7	4%	12.2	5%	10.4	12%	0.3	2	4%	_	2% v						х				Skimmed Milk (Milk), Separated Milk Solids (Milk), Yoghurt Culture (Milk) (52.10%), Coconut Water (31.30%), Sugar, Water, Coconut Extract (4.17%), Citric Acid.
Lassi Mango Masala Tea	1779		3% 21.5%	0.1 9	0% 12.9%	0.1 6	1% 30%	12 72	5% 27.7%	9.9 71	11% 78.9%	0.4	2.1	5% 28%		1% v 0% v			++			X	+	Н	+	Skimmed Milk (Milk), Separated Milk Solids (Milk), Yoghurt Culture (Milk) (54%), Water, Alphonso Mangoes (18.40%), Sugar, Citric Acid, Kewra Essence. Sugar, Skimmed Milk Powder (Milk), Black Tea Extract (5%), Natural Ground Spices, Natural Spice Extract.
DESSERTS	1773	423	21.570	9	12.970	0	30 /6	12	21.1/0	/ 1	10.970		14	2070		070 V						1				Sugar, Skillined milk Fowder (milk), black rea Extract (576), Natural Structs, Natural Spice Extract.
	040	0400	440/	44.5	040/	10.0	500/	00.4	201	40.0	040/	0.5	0.4	50/	2.4	40/			П				П	П		Reconstituted Dried Skimmed Milk (Milk), Water, Palm Oil, Buttermilk Powder (Milk), Butteroil (Milk), Modified Maize Starch, Polysorbate 60, Mono and Di Glycerides of Fatty Acids, Sunflower
Mango Mousse	918.	218.8	11%	14.5	21%	10.3	52%	20.1	9%	18.6	21%	0.5	2.1	5%	0.1	1%						×	x			Lecithins, Xanthan Gum, Trisodium Citrate, Salt, Beta-Carotene, Alphonso Mangoes (31.30%), Sugar, Citric Acid, Milk Cream (Milk), Milk Protein (Milk), Yoghurt Culture (Milk), Fish Gelatine (Fish), Vanilla Extract.
Saffron	4000		470/	00.4	000/	45.4	700/	07	100/	20.4	2001		0.0	201		201										Reconstituted Dried Skimmed Milk (Milk), Water, Palm Oil, Buttermilk Powder (Milk), Butteroil (Milk), Modified Maize Starch, Polysorbate 60, Mono and Di Glycerides of Fatty Acids, Sunflower
Cheesecake	1380	8 330	17%	23.1	33%	15.1	76%	27	12%	20.1	22%	0.7	3.6	8%	0.3	6%	×			×	×	×	x			Lecithins, Xanthan Gum, Trisodium Citrate, Salt, Beta-Carotene (Milk), Cheese (Milk) (32.5%), Sugar, Wheat Flour (Gluten), Palm Oil, Glucose-fructose Syrup, Sodium Bicarbonate, Citric Acid, Ammonium Bicarbonate, Almonds (Nuts), Fish Gelatine (Fish), Cardamom, Saffron (0.002%), E102 Tartrazine, E129 Allura Red.
Rasmalai	724				12%	6.1	31%	17.4	6.7%	16	17%	0.9		12.4%	0.25 4	_					х	х				Milk (Milk), Sugar, Pistachio (Nuts), Cardamom, Citric Acid, Saffron, Nisin.
Gulab Jamun Gajjar (Carrot)	1180		14%	7.6	11%	5.2 12	26% 60%	48.1 34.8	18.5%	36 32	40% 35%	7.2	2.1	4.2%		.17% v	×			X		X				Milk Powder (Milk), Semolina (Gluten), Sugar, Water, Oil, Vegetable Ghee, Com Flour, Sodium Bicarb, Cardamom.
Halwa	1500	300	10%	19	20%	12	60%	34.0	13.4%	32	35%	1.2	8.2	40.4%	0.25 4	.17% V		+++	ш	Ш	*	_ X	ш			Carrot, Milk Powder (Milk), Milk (Milk), Vegetable Ghee, Sugar, Pistachio (Nuts), E202.
WRAPOSA																						-	++-	Н		Bread (Gluten) (37.89%), Chicken (26.31%), Skimmed Milk (Milk), Separated Milk Solids (Milk), Yoghurt Culture (Milk), Garlic, Rapeseed Oil, E900, Ginger, Salt, Barley Malt Vinegar (Gluten),
Chicken Methi	825.	196	10%	7.2	10%	2.5	13%	19	7%	2	2%	1.3	14.1	31%	1.2	20%	x	x		x		x				E150C, Turmeric, Deggi Mirch, Fenugreek Leaves, Cumin, Black Pepper, Coriander, Cardamom, Cloves, Nutmeg, Cinnamon, Bay Leaf, Caraway, Mace, Green Chilli, Red Onion, Butter (Milk),
Aloo Matar	578.	1 137.1	7%	3.2	E0/	0.2	20/	22.0	00/	2.6	3%	2	4.8	11%	1.2	19% v			H.,					Н		Coriander Leaves. Bread (Gluten) (37.89%), Potato (21.47%), Garden Peas (6.45%), Rapeseed Oil, E900, Salt, Water, Citric Acid, Lemon Juice Concentrate, Sugar, Sodium Benzoate, Ascorbic Acid, Lutein, Cumin,
Aloo Watai	5/6.	1 137.1	170	3.2	5%	0.3	2%	22.8	9%	2.0	3%	2	4.0	1176	1.2	19% V	X		X	X						Chilli Powder, Turmeric, Asafoetida (Gluten), Gum Arabic, Rice Flour, Wheat Flour (Gluten), Coriander, Red Onion, Green Chilli, Coriander Leaves. Bread (Gluten) (37.89%), Mutton (12.57%), Tomato, Citric Acid, Onion, Rapeseed Oil, E900, Red Chilli, Cumin, Black Pepper, Coriander, Cardamom, Cloves, Nutmeg, Cinnamon, Bay Leaf,
Mutton Kheema	654.	155.7	8%	6.3	9%	2.5	13%	17.7	6.8%	2.2	2%	1.5	7.6	15.2%	1.4	23%	x			x		x				Caraway, Mace, Salt, Garlic, Ginger, Potato, Peas, Deggi Mirch, Turmeric, Garam Masala, Coriander Leaves, Green Chilli, Butter (Milk).
Paneer Bhurji	916	218.1	11%	12.9	18%	6.1	30%	17.7	6.8%	2.4	3%	1.1	9.8	19.6%	1.5	25% v	x		x	х		х				Full Fat Soft Cheese (Milk), Tomato, Citric Acid, Onion, Rapeseed Oil, E900, Salt, Cumin, Deggi Mirch, Coriander Leaves, Green Chilli, Curry Leaves, Turmeric, Coriander, Bread (Gluten), Green Pepper, Butter (Milk), Salt, Mango, Musk Melon, Black Pepper, Mint Leaves, Ginger, Yellow Chilli, Bishop Weed, Cloves, Nutmeg, Asafoetida (Gluten), Caraway.
WRAPANINI																										repper, butter (mink), Sait, Marigo, Musk Meiori, black repper, Minit Leaves, Singer, Tellow Orlilli, bishop Weed, Cloves, Nutliney, Asalvettua (Stuteri), Calaway.
																										Wheat Flour (Gluten) (22.94%), Water, Vegetable Oil And Fats (Palm, Rapeseed), E422, E466, E412, E296, E282, E202, E471, Oat Fibre (Gluten), Chicken (10.48%), Skimmed Milk (Milk), Separated Milk Solide (Milk) Vegetary Culture (Milk), Coding Floor Chicken (10.48%), Skimmed Milk (Milk), Separated Milk Solide (Milk), Vegetary Culture (Milk), Coding Floor Chicken (10.48%), Skimmed Milk (Milk), Separated Milk Solide (Milk), Vegetary Culture (Milk), Coding Floor Chicken (10.48%), Skimmed Milk (Milk), Separated Milk Solide (Milk), Vegetary Culture (Milk), Separated Milk Solide (Milk), Separated Milk Solide (Milk), Solide (Milk), Separated Milk Solide (Milk), Separated (Milk),
Chicken Methi	933.	7 222.8	11%	8.1	12%	2.3	11%	20.7	8%	2.2	2%	1	16	36%	1.6	27%	x	x x	x	x		x				Separated Milk Solids (Milk), Yoghurt Culture (Milk), Garlic, E900, Ginger, Salt, Barley Malt Vinegar (Gluten), Caramel Colour, E150C, Turmeric, Deggi Mirch, Fenugreek Leaves, Cumin, Black Pepper, Cardamom, Cloves, Nutmeg, Cinnamon, Bay Leaf, Caraway, Mace, Chilli, Red Onion, Coriander Leaves, Salt, Mango, Musk Melon, Pomegranate, Mint Leaves, Bishop Weed, Asafoetida
																	+	++	+	\sqcup	\square		+	$\sqcup \sqcup$	+	(Gluten), Natural Pink Salt. Potato (26.56%), Garden Peas (7.97%), E900, Salt, Water, Citric Acid, Lemon Juice Concentrate, Sugar, Sodium Benzoate, Ascorbic Acid, Lutein, Cumin, Chilli Powder, Turmeric, Asafoetida
Aloo Matar	695	166.4	8%	5.7	8%	1.2	6%	24.1	9%	1.7	2%	1.8	4.4	10%	1.6	27% v	x	x	x	x						(Gluten), Gum Arabic, Rice Flour, Wheat Flour (Gluten) (22.50%), Coriander, Vegetable Oil and Fats (Palm, Rapeseed), E422, E466, E412, E296, E282, E202, E471, Oat Fibre (Gluten), Red
																	+	++	+	++	\Box		+	\square	+	Onion, Green Peppers, Coriander Leaves, Green Chilli. Mutton (13.78%), Tomato, Citric Acid, Onion, E900, Red Chilli, Cumin, Black Pepper, Coriander, Cardamom, Cloves, Nutmeq, Cinnamon, Bay Leaf, Caraway, Mace, Potato, Peas, Garlic, Salt,
Mutton Kheema	742.	177.6	9%	6.5	9%	2.3	12%	22.1	9%	1.2	1%	0.8	7.4	14.8%	1.7	29%	x	x		x						Ginger, Deggi Mirch, Turmeric, Garam Masala, Wheat Flour (Gluten) (24.94%), Water, Vegetable Oil (Palm, Rapeseed), E422, E466, E412, E296, E282, E202, E471, Oat Fibre (Gluten), Red
	1	+															\vdash	+++	+	++	++	+	+	H	+	Onion, Green Chilli, Mint. Full Fat Soft Cheese (Milk), Tomato, Citric Acid, Onion, E900, Salt, Cumin, Deggi Mirch, Coriander Leaves, Green Chilli, Curry Leaves, Turmeric, Coriander, Wheat Flour (Gluten), Water,
Paneer Bhurji	880.	3 210.7	11%	10.8	15%	4.7	24%	20.5	7.9%	1.4	2%	0.4	8.6	17.2%	1.8	30% v	Y					¥		$ \ \ $		Vegetable Oil (Palm, Rapeseed), E422, E466, E412; E500, E450; E296, E282, E202; Salt, E471, Oat Fibre (Oats), Red Onion, Skimmed Milk (Milk), Separated Milk Solids (Milk), Yoghurt
anson Bridge	300.	210.7	. 170		. 5 / 6		- //0	25.5	,		-,0	5.7	5.0	/0			^		$ \hat{ } $	$ \hat{} $	$ \ \ $	^				Culture (Milk), Chilli Pepper, Garlic, Lemon Juice Concentrate, Sugar, Sodium Benzoate Preservative, Ascorbic Acid, Flavourings, Lutein, Mango, Musk Melon, Black Pepper, Mint Leaves, Ginger, Yellow Chilli, Bishop Weed, Cloves, Nutmeg, Asafoetida (Gluten), Caraway.
PARATHA																								Ш	\Rightarrow	
Aloo Matar	754	180.4	9%	8.1	12%	3.5	17%	22.9	8%	3.6	4%	1.8	4.2	9%	1.1	18% v	x		x			x]		Wheat Flour (Gluten) (38.70%), Water, Margarine (Palm Base), Palm Oil, Rice Flour, Sugar, Baking Powder, Potato (18.29%), Garden Peas (5.49%), Rapeseed Oil, E900, Citric Acid, Lemon Juice Concentrate, Sodium Benzoate, Ascorbic Acid, Lutein, Cumin, Chilli Powder, Turmeric, Asafoetida (Gluten), Gum Arabic, Coriander, Pickled Vegetables, Pasteurised Cow's Milk (Milk), Milk
			7,1		/ .		,.		- 7.5		.,,															Cream (Milk), Milk Protein (Milk), Yoghurt Culture (Milk), Tamarind Paste, Salt, Coriander Leaves.
Chicken Tikka	915.	219.1	11%	9.4	13%	2.9	14%	24.3	9.3%	8	9%	1.2	9.2	18.4%	0.99	17%	x			x		x				Wheat Flour (Gluten), Water, Margarine (Palm Base), Palm Oil, Rice Flour, Sugar, Salt, Baking Powder, Chicken, Tomato, Citric Acid, Onion, Rapeseed Oil, E900, Coriander, Red Chilli, Cumin, Black Pepper, Coriander, Cardamom, Cloves, Nutmeg, Cinnamon, Bay Leaf, Caraway, Mace, Garlic, Ginger, Turmeric, Deggi Mirch, Coriander Leaves, Mint, Star Anise, Mango, E260, Fennel Seed.
																-			Н				+	Н	+	Nigella Seed, Red Onion, Skimmed Milk (Milk), Separated Milk Solids (Milk), Yoghurt Culture (Milk), Tamarind Concentrates, Modified Maize Starch, Spices, Plain Caramel. Ascorbic Acid, Baking Powder, Barley Malt Vinegar (Gluten), Bay Leaf, Black Pepper, Caramel, Caraway, Cardamom, Chicken, Chilli, Cinnamon, Citric Acid, Cloves, Coriander Leaves, Coriander,
Chicken Methi	997	238.2	12%	10.2	15%	4.6	23%	25.8	9.9%	3.7	4%	1.7	10.8	21.6%	1.1	18%	x	x		x		x				Cumin, Deggi Mirch, E150C, E260, E900, Fennel Seeds, Fenugreek Leaves, Flavourings, Garlic, Ginger, Green Chilli, Green Pepper, Lemon Juice Concentrate, Lutein, Mace, Mango, Margarine (Palm Base), Mint, Nigella Seeds, Nutmeg, Palm Oil, Rapeseed Oil, Red Onion, Red Pepper, Rice Flour, Salt, Separated Milk Solids (Milk), Skimmed Milk (Milk), Sodium Benzoate Preservative,
	1																			\sqcup	\Box		+	\square	\perp	Sugar, Turmeric, Water, Wheat Flour (Gluten), Yellow Pepper, Yoghurt Culture (Milk).
Egg Bhurji	735.	176.1	9%	8.6	12%	3.5	17%	19.1	7.3%	2.5	3%	1.4	5.8	11.6%	1.3	21% v	x			x		x	<u> </u>			Wheat Flour (Gluten) (40.90%), Water, Margarine (Palm Base), Palm Oil, Rice Flour, Sugar, Salt, Baking Powder, Egg (Egg) (15.80%), Onion, Tomato, Citric Acid, Rapeseed Oil, E900, Cumin, Deggi Mirch, Coriander Leaves, Green Chilli, Curry Leaves, Turmeric.
Mutton Kheema	763.	182.7	9%	8.4	12%	3.9	19%	20.6	7.9%	2.6	3%	1.6	6.6	13.2%	1.1	18%	x			x						Wheat Flour (Gluten) (40.90%), Water, Margarine (Palm Base), Palm Oil, Rice Flour, Sugar, Salt, Baking Powder, Mutton (11.30%), Tomato, Citric Acid, Onion, Rapeseed Oil, E900, Red Chilli, Cumin, Black Pepper, Coriander, Cardamom, Cloves, Nutmeg, Cinnamon, Bay Leaf, Caraway, Mace, Garlic, Ginger, Potato, Deggi Mirch, Turmeric, Garam Masala, Mint.
																	+		+		\Box	++	+	Н	$\dashv \dagger$	Wheat Flour (Gluten), Water, Margarine (Palm Base), Palm Oil, Rice Flour, Sugar, Salt, Baking Powder, Full Fat Soft Cheese (Milk), Tomato, Citric Acid, Onion, Rapeseed Oil, E900, Cumin, Deggi
Paneer Bhurji	831.	1 198.8	10%	11.1	16%	5.5	27%	18.6	7.2%	2.7	3%	1.3	7.1	14.2%	1.1	18% v	x			x	$ \ \ $	x				Mirch, Coriander Leaves, Green Chilli, Curry Leaves, Turmeric, Coriander, Skimmed Milk (Milk), Separated Milk Solids (Milk), Yoghurt Culture (Milk), Mint, Chili Pepper, Garlic, Water, Lemon Juice Concentrate, Sugar, Sodium Benzoate Preservative, Ascorbic Acid, Flavourings, Lutein, Red Onion.
	1	I	1				<u> </u>													ш	ш			ш		



PRESERVICE ALLERGEN & NUTRITIONAL GUIDELINES

For further information visit www.wrapchic.co.uk or ask the Wrapchic team

Key: V = suitable for vegetarians. X = contains indicated allergen. RI = reference intake of an average adult (8400kJ/2000kcal). Last updated: 29.10.2019 V38

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	ENE	RGY			FAT			CARB	OHYDR/	ATE	FI	BRE	PROTE	IN	SALT												INGREDIENTS
	kJ per 100g		RI %	tota	I	of which		to	tal	of wh sug		per portion (g)	per portion (g)		per portion (g)	RI %	Vegetarian	Cereals o Glu		ng e	Soya	Peanuts Sesame	Milk Eggs	Fish Crustaceans	Sulphur Mustard	Molluscs	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.
				per portion (g)	RI %	per portion (g)	RI %	per portion (g)	RI %	per portion (g)	RI %						Wheat	Rye Barley	Spelt	Asafoetida							
QUESADILLA																	\Box									П	
Chicken Methi	871.5	208.1	10%	10	14%	5.5	28%	15.3	5.9%	0.8	1%	0.4	13.8	28%	1.4	24%	х	x	x	×			х				Wheat Flour (Gluten), Water, Vegetable Oil (Palm, Rapeseed), E422, E466, E412; E500, E450, E296, E282, E202, Salt, E471, Oat Fibre (Gluten), Chicken, Skimmed Milk (Milk), Separated Milk Solids (Milk), Yoghurt Culture (Milk), Garlic, E900, Ginger, Cumin, Salt, Barley Malt Vinegar (Gluten), Caramel Colour, E150C, Turmeric, Deggi Mirch, Fenugreek Leaves, Black Pepper, Coriander, Cardamom Cloves, Nutmeg, Cinnamon, Ginger, Bay Leaf, Caraway, Mace, Green Chilli, Mild Cheese (Milk), Pasteurised Cow's Milk (Milk), Non Animal Rennet, Lactic Acid, Starter Culture, Modified Potato Starch, Tricalcium Phosphate, Beta Carotene, Green Peppers, Red Onions, Jalapenos, Vinegar.
Chicken Tikka		196.4			13%	4.4		17.1					10.6		1.3	22%	х		x	×			х				Wheat Flour (Gluten), Water, Vegetable Oil (Palm, Rapeseed), E422, E466, E412; E500, E450, E296, E282, E202, Salt, E471, Oat Fibre (Oats), Chicken, Tomato, Citric Acid, Onion, E900, Coriander, Red Chilli, Cumin, Black Pepper, Cardamom, Cloves, Nutmeg, Cinnamon, Bay Leaf, Caraway, Mace, Garlic, Ginger, Turmeric, Deggi Mirch, Coriander Leaves, Mint, Star Anise, Mild Cheese (Milk), Pasteurised Cow's Milk (Milk), Non Animal Rennet, Lactic Acid, Starter Culture, Modified Potato Starch, Tricalcium Phosphate, Beta Carotene, Mango, Sugar, E260, Fennel Seed, Nigella Seed, Green Pepper, Red Onion, Jalapeno, Vinegar.
Mutton Kheema	696.2	166.4	8%	8.2	12%	5	25%	14.3	5.5%	1.3	1%	0.6	8.6	17.2%	1.4	23%	х		x	×			х				Wheat Flour (Gluten), Water, Vegetable Oil (Palm, Rapeseed), E422, E466, E412, E500, E450, E296, E282, E202, Salt, E471, Oat Fibre (Gluten), Mutton, Tomato, Citric Acid, Onions, E900, Coriander, Red Chilli, Cumin, Black Pepper, Cardamom, Cloves, Nutmeg, Cinnamon, Ginger, Bay Leaf, Caraway, Mace, Garlic, Potato, Peas, Deggi Mirch, Turmeric, Garam Masala, Mild Cheese (Milk), Pasteurised Cow's Milk (Milk), Non Animal Rennet, Lactic Acid, Starter Culture, Modified Potato Starch, Tricalcium Phosphate, Beta Carotene, Red Onions, Jalapenos, Vinegar, Green Pepper.
Paneer Bhurji	829.2	198.3	10%	10.6	15%	6.3	31%	17.3	6.7%	5.1	6%	0.3	8.8	17.6%	1.4	23%	v x	:	x	х			х				Wheat Flour (Gluten), Water, Vegetable Oil (Palm, Rapeseed), E422, E466, E412; E500, E450, E296, E282, E202; Salt, E471, Oat Fibre (Oats), Full Fat Soft Cheese (Milk), Tomato, Citric Acid, Onion, E900, Cumin, Deggi Mirch, Coriander Leaves, Green Chilli, Curry Leaves, Turmeric, Coriander, Mild Cheese (Milk), Pasteurised Cow's Milk (Milk), Non Animal Rennet, Lactic Acid, Starter Culture, Modified Potato Starch, Tricalcium Phosphate, Beta Carotene. Mango, Sugar, Ginger, Chilli, Garlic, E260, Fennel Seed, Nigella Seed, Green Peppers, Red Onion, Jalapeno, Vinegar.
CHAAT																					111					П	
Aloo Tikki	743.8	177.8	9%	6.9	10%	1.4	7%	26.1	10%	2.4	3%	0.7	2.7	5.4%	1.4	24%	v			x			x				Acetic Acid, Asafoetida (Gluten), Ascorbic Acid, Bay Leaf, Bishop Weed, Black Pepper, Caramel, Caraway, Cardamom, Cardimom Amomum, Chickpeas, Chilli, Cinnamon, Citric Acid, Cloves, Coriander Leaves, Coriander, Com Starch, Cumin, Deggi Mirch, E900, Fenugreek Leaves, Flavourings, Garlic, Ginger, Gram Flour, Lemon Juice Concentrate, Lutein, Mace, Mango, Mint Leaves, Modified Maize Starch, Musk Melon, Nutmeg, Oil, Onion, Pomegranate Seeds, Potato, Rapeseed Oil, Red Onion, Rice Flour, Salt, Separated Milk Solids (Milk), Skimmed Milk (Milk), Sodium Benzoate Preservative, Spices, Sugar, Tamarind Concentrate, Tomato, Turmeric, Water, Yellow Chilli; Yoghurt Culture (Milk).
Samosa	805.3	192.5	10%	6.8	10%	3.6	18%	28	10.8%	4.3	5%	1.8	3.9	7.8%	1.2	19%	v x			x x			x				Acetic Acid, Asafoetida (Gluten), Ascorbic Acid, Bay Leaf, Bishop Weed, Black Pepper, Caramel, Caraway, Cardamom, Cardimom Amomum, Chickpeas, Chilli, Cinnamon, Citric Acid, Cloves, Coriander Leaves, Coriander, Cumin, Deggi Mirch, E900, Fenugreek Leaves, Flavourings, Garlic, Ginger, Gram Flour, Lemon Juice Concentrate, Lutein, Mace, Mango, Mint Leaves, Modified Maize Starch, Musk Melon, Nutmeg, Oil, Onion, Peas, Pomegranate Seeds, Potato, Rapeseed Oil, Red Onion, Salt, Separated Milk Solids (Milk), Skimmed Milk (Milk), Sodium Benzoate Preservative, Spices, Sugar, Tamarind Concentrate, Tomato, Turmeric, Vegetable Ghee, Vegetable Oil, Water, Wheat Flour (Gluten), Yellow Chilli, Yoghurt Culture (Milk).
Papdi	562.9	134.6	7%	7.7	11%	1.6	8%	12.8	4.9%	2.1	2%	1.1	3.4	6.8%	0.63	11%	v x			x x			x				Acetic Acid, Asafoetida (Gluten), Ascorbic Acid, Bay Leaf, Bishop Weed, Black Pepper, Caramel, Caraway, Cardamom, Cardimom Amomum, Carom Seeds, Chickpeas, Chilli, Cinnamon, Citric Acid, Cloves, Coriander Leaves, Coriander, Cumin, Deggi Mirch, E900, Fenugreek Leaves, Flavourings, Garlic, Ginger, Gram Flour, Lemon Juice Concentrate, Lutein, Mace, Mango, Mint Leaves, Modified Maize Starch, Musk Melon, Nutmeg, Oil, Onion, Pomegranate Seeds, Rapeseed Oil, Red Chillies, Red Onion, Salt, Separated Milk Solids (Milk), Skimmed Milk (Milk), Sodium Benzoate Preservative, Spices, Sugar, Tamarind Concentrate, Tomato, Turmeric, Water, Wheat Flour (Gluten), Yellow Chilli, Yoghurt Culture (Milk).