



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

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PRESERVICE ALLERGEN & NUTRITIONAL GUIDELINES

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Key: V = suitable for vegetarians. X = contains indicated allergen.
RI = reference intake of an average adult (8400kJ/2000kcal).
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	ENERGY			FAT		CARBOHYDRATE				FIBRE		PROTEIN		SALT			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 %	Vegetarian	Cereals containing Gluten										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 .
				per portion (g)	RI %	per portion (g)	RI %	per portion (g)	RI %	per portion (g)	RI %							Wheat	Rye	Barley	Oat	Spelt	Kamut	Asafoetida																		
CHUTNEY & CONDIMENTS																																										
Chutney Hot Chilli	275.5	65.2	3%	0.9	1%	0	0%	12.6	4.8%	11.6	13%	0.9	1.1	2.2%	0.85	14%	v			x				x													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.					
Chutney Mango	642.8	153.8	8%	2.1	3%	0.6	3%	33.8	15%	29.4	33%	0	0.2	0%	1.1	18%	v																				Mango, Water, Sugar, Ginger, Chilli, Garlic, Acetic Acid (E260), Rapeseed Oil, E900, Fennel, Deggi Mirch, Nigella Seeds.					
Chutney Mint	190.4	45.6	2%	0.6	1%	0.1	1%	6.5	3%	3.2	4%	0.6	3.5	8%	1.5	24%	v										x										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, Ascorbic Acid, Lutein, Rapeseed Oil, Sugar, Salt.					
Chutney Yoghurt	177	42.3	2%	0.2	0%	0.1	1%	6.4	3%	3	3%	0.5	3.6	8%	0.1	2%	v										x										Skimmed Milk (Milk) , Separated Milk Solids (Milk) , Yoghurt Culture (Milk) .					
Salsa Mild	275.5	65.2	3%	0.9	1%	0	0%	12.6	4.8%	11.6	13%	0.9	1.1	2.2%	0.85	14%	v			x				x													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 Oil	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 Oil	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.					
Mayonnaise Spicy	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 Tamarind	822	196	9.8%	0.3	0.4%	0	0%	47.7	18.3%	40.5	45%	0.2	0.5	1%	2.6	43.3%	v																				Water, Sugar, Tamarind Concentrates (11%), Modified Maize Starch, Salt, Chilli, Spices, Acetic Acid, Plain Caramel.					
EXTRAS																																										
Cheese	1314	314	16%	24	34%	18.8	94%	1.8	0%	0.27	0%	0	22.1	44%	1.87	31%	v											x									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	424.2	101.4	5%	7.3	10%	1.3	7%	8.9	4%	0.4	0%	0.4	0.3	1%	1.1	18%	v																				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 Leaves, Green Chilli.					
Hummus	767.8	185.7	9%	15.2	22%	1.2	6%	6.7	2.6%	0	0%	3.4	1.5	3%	1.1	18%	v										x										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																				Jalapenos, Water, Vinegar, Salt.					
Sour Cream	777	188	9%	18	26%	0	0%	3.9	2%	0	0%	0	2.6	6%	0	0%	v											x									Sour Cream (Milk)					
DRINKS																																										
Lassi Coconut	274.3	65	3%	0.8	1%	0.7	4%	12.2	5%	10.4	12%	0.3	2	4%	0.1	2%	v											x									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	242.6	57.7	3%	0.1	0%	0.1	1%	12	5%	9.9	11%	0.4	2.1	5%	0.1	1%	v											x									Skimmed Milk (Milk) , Separated Milk Solids (Milk) , Yoghurt Culture (Milk) (54%), Water, Alphonso Mangoes (18.40%), Sugar, Citric Acid, Kewra Essence.					
Masala Tea	1779	425	21.5%	9	12.9%	6	30%	72	27.7%	71	78.9%		14	28%	0	0%	v											x									Sugar, Skimmed Milk Powder (Milk) , Black Tea Extract (5%), Natural Ground Spices, Natural Spice Extract.					
DESSERTS																																										
Mango Mousse	918.6	218.8	11%	14.5	21%	10.3	52%	20.1	9%	18.6	21%	0.5	2.1	5%	0.1	1%												x		x							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 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 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						x	x		x	x										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 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	173	9%	8.2	12%	6.1	31%	17.4	6.7%	16	17%	0.9	6.2	12.4%	0.25	4.17%	v										x										Milk (Milk) , Sugar, Pistachio (Nuts) , Cardamom, Citric Acid, Saffron, Nisin.					
Gulab Jamun	1180	282	14%	7.6	11%	5.2	26%	48.1	18.5%	36	40%	0.6	2.1	4.2%	0.25	4.17%	v	x					x					x									Milk Powder (Milk) , Semolina (Gluten) , Sugar, Water, Oil, Vegetable Ghee, Corn Flour, Sodium Bicarb, Cardamom.					
Gajjar (Carrot) Halwa	1508	360	18%	19	28%	12	60%	34.8	13.4%	32	35%	7.2	8.2	46.4%	0.25	4.17%	v											x									Carrot, Milk Powder (Milk) , Milk (Milk) , Vegetable Ghee, Sugar, Pistachio (Nuts) , E202.					
WRAPOSA																																										
Chicken Methi	825.1	196	10%	7.2	10%	2.5	13%	19	7%	2	2%	1.3	14.1	31%	1.2	20%		x		x				x					x								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) , E150C, Turmeric, Deggi Mirch, Fenugreek Leaves, Cumin, Black Pepper, Coriander, Cardamom, Cloves, Nutmeg, Cinnamon, Bay Leaf, Caraway, Mace, Green Chilli, Red Onion, Butter (Milk) , Coriander Leaves.					
Aloo Matar	578.1	137.1	7%	3.2	5%	0.3																																				

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	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 %	Vegetarian	Cereals containing Gluten						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 .
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QUESADILLA																																						
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%	x		x	x				x			x										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	821.6	196.4	10%	9.2	13%	4.4	22%	17.1	6.6%	4.8	5%	0.3	10.6	21.2%	1.3	22%	x			x				x			x										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%	x			x				x			x										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			x			x										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																																						
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, Corn 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) .	