





## PRESERVICE ALLERGEN & NUTRITIONAL GUIDELINES

For further information visit [www.wrapchic.co.uk](http://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: 28.10.2025 V50

Wrapchic | Depot 1 | Waterloo Avenue | Chelmsley Wood | Birmingham | B37 6LE E: [info@wrapchic.co.uk](mailto:info@wrapchic.co.uk)  
Co. Reg. 12076790 Vat. No. 327903372 Registered Address: Benson House, Suite D, 78-104 Lombard Street, Birmingham, England, B12

	ENERGY			FAT		CARBOHYDRATE				FIBRE	PROTEIN		SALT		Vegetarian	INGREDIENTS																	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 <a href="http://www.wrapchic.co.uk">www.wrapchic.co.uk</a> .																							
	kJ per 100g	kcal per 100g	RI %	total	of which is saturates	total	of which is sugars	per portion (g)	per portion (g)	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																		
Punjabi Chole	663.9	158.7	8%	6.8	10%	3.4	16%	17.3	6.7%	4	5%	2.8	6.9	13.8%	0.74	12%	x						x															Chickpeas, Water, Salt, Black Tea, Tomato, Citric Acid, Onion, Rapeseed Oil, E900, Coriander, <b>Oat Fibre (Gluten)</b> , 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 Chilli, Bishop Weed, <b>Asafoetida (Gluten)</b> , <b>Wheat Flour (Gluten)</b> , <b>Cheese (Milk)</b> , Sugar, Chilli, Acetic Acid (E260), Fennel, Nigella Seeds, Jalapenos, Vinegar, Salt, E509, E202, Red Onion, Green Capsicum																		
<b>CHAAT</b>																																																								
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, <b>Asafoetida (Gluten)</b> , 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, Flavoursings, 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, <b>Separated Milk Solids (Milk)</b> , <b>Skimmed Milk (Milk)</b> , Sodium Benzoate Preservative, Spices, Sugar, Tamarind Concentrate, Tomato, Turmeric, Water, Yellow Chilli, <b>Yoghurt Culture (Milk)</b>																		
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, <b>Asafoetida (Gluten)</b> , 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, Flavoursings, 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, <b>Separated Milk Solids (Milk)</b> , <b>Skimmed Milk (Milk)</b> , Sodium Benzoate Preservative, Spices, Sugar, Tamarind Concentrate, Tomato, Turmeric, Vegetable Ghee, Vegetable Oil, Water, <b>Wheat Flour (Gluten)</b> , Yellow Chilli, <b>Yoghurt Culture (Milk)</b>																			
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, <b>Asafoetida (Gluten)</b> , 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, Flavoursings, 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, <b>Separated Milk Solids (Milk)</b> , <b>Skimmed Milk (Milk)</b> , Sodium Benzoate Preservative, Spices, Sugar, Tamarind Concentrate, Tomato, Turmeric, Water, <b>Wheat Flour (Gluten)</b> , Yellow Chilli, <b>Yoghurt Culture (Milk)</b>																			