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Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Wk 1 BOXT					
BOXT Tonkatsu sauce & Noodles - 1 Serving		194Kcal	 WHEAT  SOYA		
Sweet Chilli Halloumi Spaghetti - 1 Serving		546Kcal	 WHEAT  MILK	 MUSTARD  SOYA	 VEGETARIAN
Singapore Noodles - 1 Serving		308Kcal	 WHEAT  SOYA		
Hot Honey Crispy Chicken with Steamed Rice - 1 Serving		386Kcal	 WHEAT  MILK	 OATS, BARLEY, RYE  SOYA	
Wk 1 Grab & Go					
BBQ Bacon Ranch BLT - 1 Serving		504Kcal	 WHEAT, BARLEY  MILK  SOYA	 EGGS  CELERY	 SESAME

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Nacho Chilli Cheese Chicken Pasty - 1 Serving		441Kcal	 WHEAT  MILK		 VEGETARIAN  VEGAN
Chicken Shawarma Hot Buddha Bowl - 1 Serving		428Kcal	 WHEAT  EGGS  MILK	 SOYA	
American Beef Cheese steak Baguette with Crispy Onions - 1 Serving		565Kcal	 WHEAT  MILK	 BARLEY  SESAME	
Asian Loaded Fries (V) - 1 Serving		214Kcal	 SOYA		 VEGETARIAN  VEGAN
Loaded Fries with Cheese, Bacon & Salsa - 1 Serving		352Kcal	 MILK		
Wk 2 BOXT					
BOXT Sweet & Sour Chicken Meatballs - 1 Serving		242Kcal			
Salt & Pepper Chicken with Chip Shop Curry Noodles - 1 Serving		280Kcal	 WHEAT  MILK  MUSTARD		
BOXT Tonkatsu sauce & Noodles - 1 Serving		194Kcal	 WHEAT  SOYA		

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
BOXT Korean Pulled Pork - 1 Serving		223Kcal	 WHEAT  SOYA		
Wk 2 Grab & Go					
Hunters Chicken Folded Wrap - 1 Serving		548Kcal	 WHEAT, BARLEY  MILK  CELERY  SOYA		
Tandoori Chicken Naan Wrap Pot - 1 Serving		579Kcal	 WHEAT  EGGS  MILK		
Chargrilled Cheeseburger with Sauce Selection - 1 Serving		774Kcal	 WHEAT  MILK  SESAME  SOYA  SULPHITES		
Nut Free Satay Chicken Bowl, Coconut Rice & Mango Slaw - 1 Serving		469Kcal		 MUSTARD  SULPHITES	
Wk 3 BOXT					
BOXT Chilli Beef - 1 Serving		247Kcal	 WHEAT		
BOXT Katsu Chicken Curry - 1 Serving		301Kcal	 WHEAT  SOYA		

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Boxt Black Bean Pork Sauce - 1 Serving		295Kcal	 WHEAT  SESAME  SOYA		
BOXT Tonkatsu sauce & Noodles - 1 Serving		194Kcal	 WHEAT  SOYA		
Wk 3 Grab & Go					
Toasted Sourdough Reuban Sandwich - 1 Serving		465Kcal	 WHEAT, RYE  EGGS  MILK  MUSTARD  SOYA  SULPHITES		
Crispy Chicken Stack Burger - 1 Serving		506Kcal	 WHEAT  EGGS  SESAME		
Greek Chicken Orzo Bowl with Roasted Veggies & Tzatziki - 1 Serving		421Kcal	 WHEAT  EGGS  MILK	 MUSTARD  SOYA	
BBQ Meatball & Cheese Hotpocket Turnover - 1 Serving		466Kcal	 WHEAT, BARLEY  MILK  CELERY  SOYA		