

YO!

incoming: **the**
big maki

allergen &
nutritional information
June 2023



choose, grab,
eat, repeat!

Nutritional Information Recipe List (values per typical serving)

Recipe Name	Energy (kcal)	Energy (KJ)	Fat (g)	saturates (g)	mono (g)	poly (g)	Carb (g)	Starch (g)	Sugars (g)	Protein (g)	Fibre (g)	Sodium (mg)
The Big Maki May '23	342.9	1430.5	21.0	2.3	2.4	0.4	31.1	0.0	4.5	5.6	1.3	429.0

Recipe FIR Intolerance Report

Dish Name	Cereals containing Gluten :							Tree Nuts :																			
	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Almonds	Hazelnut	Walnut	Cashew nut	Pecan nut	Brazil nut	Pistachio nut	Macadamia nut or Queensland nut	Celery	Mustard	Sesame	Sulphur dioxide/sulphites	Lupin	Molluscs	
The Big Maki May '23	✓	✓					✓	✓	✓		✓												✓				