

INTRODUCING

URBANeat
Real food, hand crafted

AVAILABLE
23RD
MARCH!

Food To Go **eat better**

Don't just eat. Eat better.



Making a healthier choice in Food To Go shouldn't mean you sacrifice flavour or quality. Nor should you still feel hungry after eating. It isn't just about dieting. It's about eating better.

eat better brings you a range of delicious foods which will help you make a healthier choice, whatever your dietary or lifestyle needs.

- Our products will provide a range of nutritional benefits, including High Protein, Wholegrain, Omega 3, High Fibre, 1 of your 5 a day and many more.
- All sandwiches will be made with Wholegrain breads.
- There will be no red traffic lights and at least one green (although we'll aim for two).
- We will clearly display the calorie count on all products so consumers can make their own informed choice.
- We'll make sure that the products do not include a list of additives or nasties we don't think make food better.
- We promise to continue pushing the nutritional boundaries in Food To Go with innovative launches over the next two years.



Vietnamese Style Chicken

- ✓ Wholegrain Bread
- ✓ High Protein



Salmon & Cream Cheese

- ✓ Omega 3
- ✓ Wholegrain Bread



Falafel, Houmous & Coriander

- ✓ Vegan
- ✓ High Fibre
- ✓ Wholegrain Bread



- ✓ Gluten Free
- ✓ Source of Protein



- ✓ Gluten Free
- ✓ Source of Protein

Lemon Chicken Wrap

Egg & Slow Roast Tomato Wrap

Hot Smoked Salmon
with mustard & dill
potato salad, hard
boiled egg &
watercress



✓ **Omega 3**
✓ **High in Protein**

**American Style Chop
Chicken Salad** with
Carolina Style BBQ
Dressing



✓ **Less than 200kcal**
✓ **1 of 5 a day**

**Ham Hock & Egg
Salad**
With soya beans,
peas, green beans &
radish



✓ **1 of 5 a day**
✓ **High in Protein**

**Chicken, Chorizo &
Prawn Paella Style
Orzo Pasta Salad**



✓ **High in Protein**

**Sweet Potato
Falafel, Lentil &
Quinoa Salad** with
Beetroot & Mint
Houmous



✓ **1 of 5 a day**
✓ **Source Fibre**

**Rainbow Fruit
Salad 160g
(case of 4)**



✓ **2 of 5 a day**
✓ **Source Vit C**

**Mango &
Pineapple 160g
(case of 4)**



✓ **1 of 5 a day**
✓ **Source Vit C**

**Apple & Grape
Bags 80g
(case of 10)**



✓ **1 of 5 a day**