



**1. Mexican Enchiladas (10g) - Ingredients:** Paprika, Garlic, Cumin, Oregano, Black Pepper, Chilli, Cinnamon. **Nutrition:** Typical Values per 100g: Energy 1293KJ/310kcal, Fat 9.7g, of which saturates 1.4g, Carbohydrates 29.0g, of which sugars 4.9g, Fibre 26.2g, Protein 14.0g, Salt 1.1g

**2. Sri Lankan Curry (13.5g) - Ingredients:** Coriander, Cumin, Onion, Salt, Chilli, Fenugreek, Garlic, Ginger, Paprika, Turmeric, Cinnamon, Black Pepper, Cloves, Bay, Cardamom, Star Anise. **Nutrition:** Typical Values per 100g: Energy 1318KJ/317kcal, Fat 12.0g, of which saturates 0.7g, Carbohydrates 26.0g, of which sugars 2.3g, Fibre 31.9g, Protein 12.0g, Salt 1.5g

**3. Shepherd's Pie (11.5g) - Ingredients:** Paprika, Garlic, Thyme, White Pepper, Black Pepper, Chilli, Rosemary. **Nutrition:** Typical Values per 100g: Energy 1278KJ/306kcal, Fat 7.8g, of which saturates 1.7g, Carbohydrates 31.0g, of which sugars 5.6g, Fibre 27.1g, Protein 14.0g, Salt 1.0g

**4. Aloo Gobi (15g) - Ingredients:** Cumin, **Mustard**, Coriander, Chilli, Turmeric, Paprika. **Nutrition:** Typical Values per 100g: Energy 1185KJ/287 kcal, Fat 19.8g, of which saturates 1.7g, Carbohydrates 0.0g, of which sugars 2.3g, Fibre 0.0g, Protein 17.3g, Salt 1.5g

**5. Chickpea Curry (10g) – Ingredients:** Cumin, Chilli, Coriander, Paprika, Cinnamon, Cloves, Cardamom, Black Pepper. **Nutrition:** Typical Values per 100g: Energy 1129KJ/274 kcal, Fat 16.9g, of which saturates 1.5g, Carbohydrates 3.9g, of which sugars 3.0g, Fibre 0.0g, Protein 14.4g, Salt 2.0g

**6. Bombay Potatoes (12g) - Ingredients:** Cumin, **Mustard**, Turmeric, Paprika, Chilli. **Nutrition:** Typical Values per 100g: Energy 1060KJ/255kcal, Fat 18.0g, of which saturates 1.5g, Carbohydrates 5.4g, of which sugars 0.0g, Fibre 0.0g, Protein 17.8g, Salt 0.3g

**Allergy advice:** please see ingredients in **Bold**  
No added Gluten, Dairy & Nut Free

Produced at Spicentice Spicy HQ, Leicester, in facility that is BRC accredited and doesn't handle nuts, sesame seeds.