



**1. Thai Green Curry (14g) - Ingredients:** Lemongrass, Galangal, Kaffir Lime Leaves, Cumin, Coriander. **Serving Size:** 3.5g. **Nutrition: Typical Values per 100g:** Energy 183kcal/767 KJ, Fat 6.0g, of which saturates 0.7g, Carbohydrates 20.7g, of which sugars 9.7g, Fibre 0.0g, Protein 7.2g, Salt 0.0g

**1. Turkish Doner Kebab (14.5g) - Ingredients:** Cumin, Paprika, Onion, Garlic, Turmeric, Black Pepper, Chilli, Cinnamon. **Serving Size:** 3.6g. **Nutrition: Typical Values per 100g:** Energy 343kcal/1429KJ, Fat 11.0g, of which saturates 1.3g, Carbohydrates 35.0g, of which sugars 13.0g, Fibre 25.5g, Protein 13.0g, Salt 0.9g

**2. Katsu Curry (8.5g) - Ingredients:** Coriander, Cumin, Onion, Salt, Chilli, Fenugreek, Garlic, Ginger, Paprika, Turmeric, Cinnamon, Black Pepper, Cloves, Bay, Cardamom, Star Anise. **Serving Size:** 2.1g. **Nutrition: Typical Values per 100g:** Energy 196kcal/818KJ, Fat 9.9g, of which saturates 0.9g, Carbohydrates 14.3g, of which sugars 0.6g, Fibre 13.5g, Protein 9.3g, Salt 1.3g

**3. Peri Peri Chicken (19g) - Ingredients:** Paprika, Garlic, Onion, Oregano, Chilli, Cumin, Thyme. **Serving Size:** 4.7g. **Nutrition: Typical Values per 100g:** Energy 320kcal/1336KJ, Fat 8.6g, of which saturates 1.5g, Carbohydrates 34.0g, of which sugars 14.0g, Fibre 28.0g, Protein 13.0g, Salt 1.5g

**4. Southern Style Chicken (18g) - Ingredients:** Paprika, Garlic, White Pepper, Thyme, Basil, Chilli, Onion, Ginger, Black Pepper, Oregano. **Serving Size:** 4.5g. **Nutrition: Typical Values per 100g:** Energy 297kcal/1242KJ, Fat 5.8g, of which saturates 1.3g, Carbohydrates 34.0g, of which sugars 8.1g, Fibre 27.6g, Protein 14.0g, Salt 0.6g

**5. Gourmet Burger (18g) - Ingredients:** Paprika, Garlic, Onion, Black Pepper, Chilli. **Serving Size:** 4.5g. **Nutrition: Typical Values per 100g:** Energy 304kcal/1270KJ, Fat 6.1g, of which saturates 1.2g, Carbohydrates 37.0g, of which sugars 6.2g, Fibre 23.4g, Protein 14.0g, Salt 0.6g

**6. Tikka Masala (18g) - Ingredients:** Paprika, Cumin, Coriander, Chilli, Cinnamon, Black Pepper, Cloves, Cardamom. **Serving Size:** 4.0g. **Nutrition: Typical Values per 100g:** Energy 245kcal/1021KJ, Fat 15.4g, of which saturates 1.0g, Carbohydrates 12.5g, of which sugars 0.5g, Fibre 0.2g, Protein 14.0g, Salt 0.5g

**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.