


(BREAKFAST) NUTRITIONAL INFORMATION

	Dish	Weight	Nutritional Info	Kcal	Protein	Carbs	Fat	Fibre
PORRIDGE	Porridge	350g (cooked weight)	P SF	293	13	45.8	7.8	4.5
	Cocu Crunch - granola, compote	350g, 35g, 12g	P, LC, LF	361	41.7	53.9	11.2	4.7
	Cocu Crazy - banana, agave, cacao nibs	350g, 12g, 1g, 5g	LF, LF, P, F	337	13.8	50.3	10.4	5.3
	Supercharged - blueberries, mixed seeds (linseed, sunflower, pumpkin)	350g, 10g, 10g	LF, F, HP, F	358	15.5	48	12.7	5.7
EGG POTS	Plain egg pot	165g	P, HP, LC	242	20.7	1.2	16.4	1.7
	Egg and chorizo	165g, 20g	HP, LC	334.2	25.6	1.7	24.2	1.8
	Egg and bacon	165g, 15g	P, LC	273.8	22.6	1.2	19.1	1.7
	Eggs and smoked salmon	165g, 25g	HP, LC	286.7	26.4	1.2	18.8	1.7
	Eggs and Avocado	165g, 25g	HP, LC, SF	291.5	21.2	1.7	21.3	2.6
	Eggs and beans	165g, 90g	HP, F	298.7	23.8	8.4	18.3	4.9
	Eggs, beans and chorizo	165g, 90g, 20g	HP, F	390.9	28.7	8.9	26.1	5
	Eggs, beans and bacon	165g, 90g, 15g	HP, F	330.5	25.7	8.4	21	3.2
	Eggs, smoked salmon and avocado	165g, 25g, 25g	HP, LC, Sf	336.2	26.9	1.7	23.7	2.6
	BREAKFAST BOXES	Regular Cocu breakfast box		HP, SF	421	25.7	21.6	23.4
Large Cocu breakfast box			HP, SF	690	39.2	42.6	38.2	11
ENERGY POTS	Blood orange chia pot	30g	F	77.8	3.1	12	2.06	0.3
	Buckwheat granola pot	208g	LF, F	266	12.2	27.1	12.5	0.3
	Cocu granola pot	208g	LF, F	247	11.9	25.3	11.6	0.2
	Bircher Muesli	100g	LF, F	159.7	5.62	26	3.6	0.3


(LUNCH) NUTRITIONAL INFORMATION

	Dish	Weight	Nutritional Info	Kcal	Protein	Carbs	Fat	Fibre
BASES	Leafy greens	65	LC, LF, SF	26	1.95	2	0.65	2.2
	Baby spinach	65	LC, LF	19.5	1.82	0.97	0.52	1.75
	Roasted sweet potato cubes	150	FL, SF	148.5	3	31	1.8	5
	Brown rice	150	LF	166.5	3.9	34.5	1.35	2.7
	1/2 baked sweet potato	160	LF, SF	144	3.2	33	0.3	5.3
	Sesame Noodles	100		147	2.6	17.7	7	1.4
	Pickled Beetroot	100		79	1.5	16.2	0.2	2.2
	MAINS	Middle Eastern Chicken			401	38	4.5	26
Vietnamese Chicken				249	33	3.5	11	2
Supergreen				322	15.2	25	16	7
Baked Salmon								
Lamb Kofta Salad		280		317	28	9.3	17.9	2.9
Prawn Salad		245		318	16	24.3	16.9	2.4
Beetroot Bliss		150		165	6.9	19.2	5.8	2.8
SPRINKLE		Seedy (pumpkin & sunflower seeds)		P, SF	36	1.2	1	3
	Herby (mint & parsley)		LC	7	0.3	0.25	0.5	0.07
	Nutty (cashews & almonds)		HP, F	24	1	0.55	1.9	0.24
MEAT PORTIONS	Middle Eastern chicken	120	HP, Lcarb	219	31	1.2	10.6	0.2
	Vietnamese Chicken	120	HP, Lcarb	220	21.2	0.25	10.6	0
	Lamb Kofta	100	HP, Lcarb	160	14.8	1.7	10.2	0.8
	Garlic & Chilli Prawn	100	HP, Lcarb	113	14.5	1	5.6	0.3
	Baked salmon	120	HP, Lcarb	165.6	29.6	0.12	5	0
	Marinated Tofu	120	HP, Lcarb	220	21.2	0.25	10.6	0
	DRESSINGS	Asian dressing	20		91	0.2		8.8
Tangy Dressing		20		106	0		10	0
Peanut dressing		20		69	1.1		5.3	0
Sumac dressing		20		149	0.2		15.7	0
Tahini dressing		20		46	1.5		4.4	0