



Nutritional values


We provide all the nutritional info on our food so that you can make the dietary decisions that are right for you. Our salads are made in store in front of you, not in some factory miles away. Fresh food starts to lose nutrients as soon as it is cut, so every morning we get up nice and early and start preparing all of your ingredients to ensure maximum freshness, taste and health benefit. We have a huge range of salads and we are confident that whatever your taste or dietary requirements we will have something for you. All our chicken is farm assured and our tuna sustainably farmed.

Watching the calories?

Go for lettuce bases and save yourself up to 400 calories. After some slow released energy? Go for low GI wholewheat pasta, cous cous or brown rice to keep you full for longer.

Want to know how many calories in a create your own salad?

Check out our online salad nutritional calculator at www.tosseduk.com/nutrition_calculator.html

bases	calories		carbs		protein		fat		saturated fat		fruit/veg	
	med	large	med	large	med	large	med	large	med	large	med	large
cos	15.9	21.7	1.8	2.4	0.9	1.3	0.5	0.7	0.0	0.0	1.4	1.8
mixed leaves	8.7	13.1	1.2	1.7	0.6	0.9	0.2	0.3	0.0	0.0	0.8	1.1
brown rice	133.2	266.4	27.6	55.2	3.1	6.2	1.1	2.2	0.2	0.5	0.0	0.0
whole wheat cous cous	202.8	405.6	44.4	88.8	7.8	15.6	1.1	2.2	0.0	0.0	0.0	0.0
noodles	144.7	289.4	28.5	56.9	5.6	11.2	0.7	1.4	0.4	0.7	0.0	0.0
whole wheat wrap	271.0		44.4		8.3		6.7		2.9		0.0	
salad ingredients												
asian tuna (n)	328.6	377.7	9.1	10.3	25.7	25.8	27.8	35.9	4.0	5.0	1.3	1.3
caesar deluxe	337.2	356.5	18.2	19.2	32.7	33.0	15.7	15.8	7.9	8.0	0.7	0.7
chicken goujon	501.0	554.1	31.3	34.3	20.7	22.3	31.0	34.7	7.9	8.3	0.9	0.9
chipotle	511.2	543.7	32.4	32.6	30.8	31.1	28.6	30.8	9.6	10.0	0.6	0.6
falafel mexicana (v)	482.1	582.5	23.4	44.0	14.3	20.4	18.3	33.4	7.7	9.4	0.5	0.5
greek (v)	319.9	357.5	10.9	10.9	10.2	10.2	20.5	22.4	6.5	6.7	2.7	2.7
moroccan	260.4	275.1	31.5	32.2	22.2	22.4	6.8	6.8	1.4	1.4	1.6	1.6
muscle builder	509.4	550.1	28.5	28.9	44.2	50.5	23.8	24.1	8.8	9.0	1.7	1.7
sesame chicken	392.4	453.5	30.8	32.0	23.4	23.7	27.2	35.3	3.3	4.3	0.8	0.8
spicy crayfish (n)	189.2	218.1	8.5	9.3	8.8	10.0	13.5	15.8	2.2	2.4	1.3	1.3
sweet chilli chicken	397.7	433.1	25.1	25.8	29.5	29.8	20.1	22.4	7.5	7.8	0.3	0.3
hot salads												
chinese chicken	 432.0		41.3		20.2		29.7		4.5		0.5	
sweet chilli chicken	738.0		104.6		38.2		20.7		6.3		0.3	
tuna melt	564.7		52.5		35.0		22.1		7.4		0.4	
Westfield ONLY												
chicken caesar deluxe	466.2		19.3		43.7		23.6		7.9		0.7	
chicken caesar deluxe with prawns	483.7		19.4		46.2		23.8		8.2		0.7	
chipotle	573.9		32.8		37.1		31.3		10.0		0.6	
hallowmi (v)	727.3		15.9		30.1		52.2		24.6		2.2	
tossed signature (n)	435.9		31.5		26.9		22.4		7.7		1.2	
smoothies												
berry punch	215.5		50.6		2.8		0.7		0.1		3.2	
mango mango	213.0		48.5		3.7		0.4		0.1		3.2	
passionista	201.8		47.6		3.0		0.2		0.1		3.7	
strawberry supreme	193.5		44.7		3.2		0.3		0.1		3.3	
fat free frozen yoghurt (1 scoop)	23.8		5.2		1.0		0.0		0.0		0.0	

About our smoothies

Our fruit smoothies contain all of your daily fruit. The milk-based ones contain only 1 portion, but they are packed full of calcium. Our smoothies are made-to-order to ensure maximum health benefits. Premade bottled smoothies are often pasteurised, destroying many nutrients and vitamins. Our fruits are individually quick frozen (IQF) at source so they retain maximum vitamins and minerals.

The small print

Nutritionals are based on specs provided by suppliers. Where these are not available standard food compositions are used.

Check out our online salad nutritional calculator at www.tosseduk.com/nutrition_calculator.html



Create your own salad nutritional values

Use our nifty online salad nutrition calculator to find out just how good your favourite salad is for you! www.tosseduk.com/nutrition_calculator.html

choose your base	calories		carbs		protein		fat		saturated fat		fruit/veg	
	med	large	med	large	med	large	med	large	med	large	med	large
the lettuce												
cos	15.9	21.7	1.8	2.4	0.9	1.3	0.5	0.7	0.0	0.0	1.4	1.8
mixed leaves	8.7	13.1	1.2	1.7	0.6	0.9	0.2	0.3	0.0	0.0	0.8	1.1
the hot or cold bases												
brown rice	133.2	266.4	27.6	55.2	3.1	6.2	1.1	2.2	0.2	0.5	0.0	0.0
whole wheat cous cous	202.8	405.6	44.4	88.8	7.8	15.6	1.1	2.2	0.0	0.0	0.0	0.0
noodles	144.7	289.4	28.5	56.9	5.6	11.2	0.7	1.4	0.4	0.7	0.0	0.0
whole wheat wrap*	271.0		44.4		8.3		6.7		2.9		0.0	
choose your ingredients												
meat & main veg												
bacon	156.4		0.8		10.6		12.3		2.0		0.0	
chicken breast (farm assured)	84.7		0.7		16.8		1.4		0.1		0.0	
chicken goujons	139.3		13.9		11.3		4.3		0.0		0.0	
crayfish	27.5		0.5		5.5		0.4		0.0		0.0	
falafel	239.8		20.5		6.8		13.0		1.3		0.0	
lite tuna mayo (sustainably farmed)	127.4		2.1		21.1		3.8		0.5		0.0	
tuna (sustainably farmed)	99.4		0.0		23.8		0.4		0.0		0.0	
turkey	75.0		1.0		15.8		0.9		0.3		0.0	
deli												
avocado	85.5		0.9		0.9		8.6		1.8		0.6	
beetroot	15.2		3.1		0.6		0.0		0.0		0.0	
houmous	61.8		3.6		2.9		4.0		0.6		0.0	
oven roasted tomatoes	37.4		4.2		0.9		1.9		0.8		0.3	
roast squash	48.5		4.8		0.6		3.1		0.4		0.9	
roast peppers	30.1		1.2		0.4		2.7		0.4		0.7	
dairy												
cheddar	123.9		0.3		7.4		8.7		5.1		0.0	
feta	94.5		0.7		5.6		8.1		4.6		0.0	
free range egg	77.0		1.0		6.0		5.0		2.0		0.0	
mozzarella	97.9		0.8		7.0		7.4		5.3		0.0	
parmesan	80.0		0.8		7.4		6.3		4.4		0.0	
fruit & veg												
bean sprouts	8.3		1.0		0.8		0.1		0.0		0.3	
black olives	35.4		0.8		0.1		3.6		0.6		0.3	
broccoli	8.2		0.4		1.1		0.3		0.0		0.4	
carrot	13.3		2.9		0.2		0.1		0.0		0.5	
coriander	0.8		0.1		0.1		0.0		0.0		0.1	
croutons	79.0		11.5		2.2		2.7		1.4		0.0	
cucumber	4.6		0.7		0.3		0.0		0.0		0.6	
fresh peppers	8.2		1.4		0.5		0.2		0.1		0.8	
green peas	33.6		6.4		2.0		0.0		0.0		0.0	
jalapeno peppers	7.6		1.4		0.3		0.4		0.1		0.0	
mixed beans	56.1		9.3		3.6		0.6		0.1		0.0	
mushrooms	12.1		1.8		1.7		0.2		0.1		0.7	
new potatoes	83.0		19.3		2.4		0.1		0.1		0.0	
pumpkin seeds	62.5		1.4		3.1		5.3		0.8		0.0	
red onion	8.1		1.7		0.3		0.0		0.0		0.3	
sesame sticks	108.2		9.2		2.2		7.4		1.2		0.0	
spring onions	3.8		0.0		0.0		0.0		0.0		0.0	
sultanas	49.5		12.6		0.5		0.1		0.0		0.2	
sweetcorn	20.0		3.5		0.9		0.3		0.1		0.4	
toasted cashews	86.0		2.7		2.7		7.2		1.4		0.0	
tomatoes	10.6		1.8		0.5		0.2		0.0		0.7	
tomato salsa	43.2		9.6		0.5		0.2		0.0		0.0	
tortilla chips	70.5		9.8		1.2		3.3		1.5		0.0	
wasabi peas	84.2		13.6		3.2		1.8		0.0		0.0	
choose your dressing												
balsamic vinaigrette	134.4		0.1		0.0		6.3		0.9		0.0	
balsamic vinegar	0.7		0.1		0.1		0.0		0.0		0.0	
basil vinaigrette	116.6		0.3		0.1		12.7		1.6		0.0	
fat free honey lemon	9.2		2.4		0.0		0.0		0.0		0.0	
french	38.9		1.5		0.0		3.6		0.2		0.0	
honey dijon	42.0		10.5		0.0		0.0		0.0		0.0	
lemon juice	3.0		0.6		0.1		0.0		0.0		0.2	
low fat caesar	25.2		3.4		0.2		0.2		0.1		0.0	
low fat mayo	149.4		4.5		0.2		14.0		1.9		0.0	
low fat sweet chilli	81.5		2.5		0.1		7.8		0.9		0.0	
ranch	71.4		0.5		0.3		7.5		1.3		0.0	
soy & sesame	147.2		3.6		0.3		24.4		3.0		0.0	
XV olive oil	238.7		0.0		0.0		26.5		3.8		0.0	

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