

GRAB & GO

SINGLE SERVE | 380g x 6

the Real Soup co.

Product Name	Allergens	Vegetarian	Vegan	Gluten Free	Base Flavour	Protein (per 100g)	Calories (per 100g)	Calories a portion (per 250g)	Fat (per 100g)	Salt (per 100g)	Sugars (per 100g)	Fibre (per 100g)	Folic Acid (B9) (per 100g)	Vitamin A (per 100g)	Vitamin B12 (per 100g)	Vitamin C (per 100g)	Vitamin D (per 100g)	Calcium (per 100g)	Potassium (per 100g)	Iron (per 100g)
Butternut Squash & Sweet Potato	Milk				Butternut	0.7g	44 kcal	168 kcal	2.1g	0.50g	3.3g	1.1g	26µg	184µg	<0.2µg	<0.1mg	<0.3µg	20.2mg	118.4mg	0.15mg
Carrot & Coriander	Milk				Carrot	1.2g	54 kcal	206 kcal	2.9g	0.44g	3.2g	1.0g	12µg	305µg	<0.2µg	0.2mg	<0.3µg	20.4mg	112.5mg	0.19mg
Indonesian Chickpea & Coconut					Tomato	1.9g	72 kcal	276 kcal	4.0g	0.46g	2.7g	2.3g	15µg	86µg	<0.2µg	1.3mg	<0.3µg	14.9mg	163.0mg	0.48mg
Leek & Potato					Leek	0.9g	39 kcal	150 kcal	1.4g	0.41g	1.2g	0.9g	25µg	11µg	<0.2µg	<0.1mg	<0.3µg	17.7mg	120.0mg	0.25mg
Lentil					Pulse/Bean	4.7g	65 kcal	246 kcal	<0.5g	0.40g	2.2g	2.7g	6.8µg	<2µg	<0.2µg	<1mg	<0.5µg	15.6mg	211.0mg	0.81mg
Thai Chicken					Chicken	2.2g	65 kcal	246 kcal	5.3g	0.41g	2.5g	1.5g	36µg	27µg	<0.2µg	0.6mg	<0.3µg	11.3mg	112.0mg	0.74mg
Tomato & Basil	Milk				Tomato	1.2g	54 kcal	206 kcal	2.9g	0.44g	3.2g	1.0g	22µg	54µg	<0.2µg	0.6mg	<0.3µg	15.4mg	180.0mg	0.31mg

CATERING TUBS

16 SERVINGS PER TUB | 4kg

Product Name	Allergens	Vegetarian	Vegan	Gluten Free	Base Flavour	Protein (per 100g)	Calories (per 100g)	Calories a portion (per 250g)	Fat (per 100g)	Salt (per 100g)	Sugars (per 100g)	Fibre (per 100g)	Folic Acid (B9) (per 100g)	Vitamin A (per 100g)	Vitamin B12 (per 100g)	Vitamin C (per 100g)	Vitamin D (per 100g)	Calcium (per 100g)	Potassium (per 100g)	Iron (per 100g)	
Beef Stew Meal Soup	Gluten				Potato	2.2g	48 kcal	120 kcal	1.4g	0.70g	1.3g	1.3g	LIMITED EDITION WINTER SEASON SOUP								
Butternut Squash & Sweet Potato	Milk				Butternut	0.7g	44 kcal	110 kcal	2.1g	0.50g	3.3g	1.1g	26µg	184µg	<0.2µg	<0.1mg	<0.3µg	20.2mg	118.4mg	0.15mg	
Carrot & Coriander	Milk				Carrot	1.2g	54 kcal	135 kcal	2.9g	0.44g	3.2g	1.0g	12µg	305µg	<0.2µg	0.2mg	<0.3µg	20.4mg	112.5mg	0.19mg	
Chicken	Milk				Chicken	2.0g	62 kcal	155 kcal	4.1g	0.40g	<0.5g	<0.5g	8µg	<2µg	<0.2µg	<1mg	<0.5µg	10.5mg	65.5mg	<0.3mg	
Country Vegetable					Vegetable	1.7g	51 kcal	128 kcal	1.5g	0.36g	2.7g	1.5g	<5µg	<2µg	<0.2µg	<1mg	<0.5µg	18.7mg	165.0mg	0.38mg	
French Onion	Celery				Onion	0.8g	45 kcal	113 kcal	1.3g	0.59g	3.6g	1.2g	14µg	<10µg	<0.2µg	<0.2mg	<0.3µg	19.0mg	102.2mg	0.21mg	
Indonesian, Chickpea & Coconut					Tomato	1.9g	72 kcal	180 kcal	4.0g	0.46g	2.7g	2.3g	15µg	86µg	<0.2µg	1.3mg	<0.3µg	14.9mg	163.0mg	0.48mg	
Italian Tomato & Pancetta	Milk, Gluten				Tomato	2.2g	62 kcal	155 kcal	2.3g	0.58g	3.3g	1.2g	<10µg	14µg	<0.2µg	0.5mg	0.4µg	20mg	208mg	0.5mg	
Leek & Potato					Leek	0.9g	39 kcal	98 kcal	1.4g	0.41g	1.2g	0.9g	25µg	11µg	<0.2µg	<0.1mg	<0.3µg	17.7mg	120.0mg	0.25mg	
Lentil					Pulse/Bean	4.7g	65 kcal	163 kcal	<0.5g	0.40g	2.2g	2.7g	6.8µg	<2µg	<0.2µg	<1mg	<0.5µg	15.6mg	211.0mg	0.81mg	
Minestrone	Gluten				Tomato	1.4g	38 kcal	95 kcal	<0.5g	0.47g	1.8g	1.3g	20µg	23µg	<0.2µg	0.4mg	<0.3µg	14.7mg	141.3mg	0.39mg	
Mushroom	Milk				Mushroom	0.8g	42 kcal	105 kcal	2.1g	0.45g	<0.5g	<0.5g	28µg	21µg	<0.2µg	<0.1mg	<0.3µg	8.9mg	80.3mg	0.20mg	
Pea & Ham					Pea	3.0g	41 kcal	103 kcal	<0.5g	0.45g	<0.5g	3.6g	17µg	<10µg	<0.2µg	<0.1mg	<0.3µg	21mg	94mg	0.73mg	
Scotch Broth	Gluten				Lamb	3.0g	55 kcal	138 kcal	1.5g	0.43g	1.6g	1.5g	38µg	43µg	<0.2µg	0.3mg	<0.3µg	16.0mg	142.0mg	0.48mg	
Spiced Carrot	Milk				Carrot	0.7g	56 kcal	140 kcal	4.0g	0.47g	2.7g	1.0g	19µg	295µg	<0.2µg	<0.1mg	<0.3µg	22.6mg	99.0mg	0.15mg	
Spiced Parsnip & Honey	Milk				Parsnip	0.6g	42 kcal	105 kcal	1.1g	0.25g	5.1g	1.3g	13µg	13µg	<0.2µg	<0.1mg	<0.3µg	22.6mg	122.5mg	0.22mg	
Thai Chicken					Chicken	2.2g	65 kcal	163 kcal	5.3g	0.41g	2.5g	1.5g	36µg	27µg	<0.2µg	0.6mg	<0.3µg	11.3mg	112.0mg	0.74mg	
Tomato & Basil	Milk				Tomato	1.2g	54 kcal	135 kcal	2.9g	0.44g	3.2g	1.0g	22µg	54µg	<0.2µg	0.6mg	<0.3µg	15.4mg	180.0mg	0.31mg	

