

Code	Product Name	Per portion		Per 100g								
		Cooked Portion Size (g)	Energy per portion (kcal) **	Calories (kJ)	Calories (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Sugar (g)	Fibre (g)	Protein (g)	Salt (g)
FMSPP	Phat Traditional Cornish Pasty (20 x 283g)	249	652	1095	262	13.1	6.4	28.2	2.4	1.7	6.9	1.02
FCTPP	Phat Traditional Cornish Cocktail Pasty (60 x 142g)	125	327	1095	262	13.1	6.4	28.2	2.4	1.7	6.9	1.02
FMCHPP	Phat Seriously Cheesy Pasty (20 x 283g)	249	752	1261	302	18.0	9.6	25.2	1.7	1.6	8.2	0.91
FPLYET20	Lye Cross Cheese & Onion Pasty 20 x 283g	249	745	1247	299	17.7	9.3	25.0	1.7	1.6	8.3	1.06
FPLAMT20	Phat Lamb and Mint Pasty (20 x 283g)	249	827	1380	332	23.7	6.5	23.9	1.1	1.7	4.9	1.04
FSCNPP	Phat Chicken and Chorizo Pasty 20 x 283g	249	662	1108	266	14.8	6.5	25.2	1.1	1.9	7.3	1.05
FPKCOT20	Phat Keralan Cauliflower, Chickpea and Onion Bhaji Pasty (20 x 283g)	249	822	1346	330	23.0	11.7	24.2	2.0	2.5	5.4	1.40
FPCCCT20	Curried Cauliflower, Chickpea and Onion Bhaji Pasty (20 x 283g)	249	822	1346	330	23.0	11.7	24.2	2.0	2.5	5.4	1.40
FPBSFP20	Phat Butternut Squash, Spinach and Vegan Feta Pasty (20 x 283g)	249	695	1162	279	15.8	9.0	28.1	1.5	1.8	4.3	0.84
FMVSP20	Phat Peppered Steak-Less Pasty (Vegan) 20 x 283g	249	628	1040	252	14.5	6.1	22.4	1.3	1.5	5.8	0.99
FPBOBP20	Phat Bobotie Jackfruit Pasty (Vegan) (20 x 283g)	249	675	1133	271	13.9	6.6	31.3	7.6	1.9	4.2	0.91
FPTCOT20	Phat HTG Cornish Steak Pasty (20 x 250g)	220	592	1123	269	15.1	6.2	23.3	1.1	1.6	8.7	1.09
FPSCHT20	Phat HTG Seriously Cheesy Pasty (20 x 250g)	220	552	1051	251	19.9	6.1	24.2	1.7	1.5	8.9	1.00
FSPCST30	Phat HTG Peppered Steak Slice (30 x 195g)	172	499	1212	291	17.0	7.3	24.7	1.0	1.4	9.0	0.79
FSPPCT30	Phat HTG Piri Piri Chicken Slice (30 x 195g)	172	462	1125	269	15.6	6.4	22.8	1.6	1.5	7.6	0.97
FTBCHT30	Phat HTG Cheese & Bacon Turnover (30 x 152g)	134	456	1421	341	22.7	10.0	23.0	1.0	1.2	10.6	1.77
FTCHTT30	Phat HTG Cheese & Tomato Turnover (30 x 147g)	129	428	1377	331	21.7	10.0	25.0	1.6	1.3	7.7	1.11
P866F	Phat Steak and Cornish Ale Pie (12)	270	729	1124	270	16.9	8.8	19.7	0.5	1.1	8.8	0.60
P864F	Phat Chicken Bacon and Mushroom Pie (12)	270	880	1360	326	19.0	7.9	28.0	0.9	-	10.0	0.72
P867F	Phat Sweet Potato, Spinach & Goats Cheese Pie (12)	270	535	830	198	9.9	4.4	24.5	2.0	1.6	3.5	1.00
P861F	Phat Steak and Potato Pie (12)	270	632	979	234	13.8	5.8	23.1	0.6	1.4	5.6	0.90
P868F	Phat Lamb, Rosemary & Potato Pie (12)	270	867	1339	321	18.0	7.9	30.0	0.7	1.4	8.3	0.52
P869F	Phat Spicy Cauliflower & Spinach Balti Pie (12)	270	410	634	152	7.1	3.8	17.1	1.2	2.9	3.4	0.57
FPGFLP12	Phat GF Vegan Mushroom and Leek Pie (12)	230	455	826	198	7.7	2.0	27.9	2.5	2.8	3.8	0.69
FRNSRT35	Phat Jumbo Sausage Roll (35 x 215g)	189	596	1313	315	18.8	7.9	26.3	1.8	1.5	9.3	1.32
FRSARF60	Phat 6" Schools Sausage Roll (60 x 120g)	106	317	1253	300	17.4	7.4	26.4	2.1	1.8	8.7	0.69
FRXMAS40	Phat Festive Chunky Sausage Roll 40 x 155g	136	398	1220	292	16.8	7.5	23.7	1.6	1.4	11.1	1.52
NTHOGS45	Chunky Festive Hog Roast Roll (45 x 150g)	132	404	1288	306	17.4	7.5	25.0	3.4	1.5	10.5	1.43
FRNATT60	Premium Sausage Roll 60 x 155g	136	409	1249	300	19.0	8.6	22.9	1.7	1.5	8.5	1.20
FRSARF100	Phat 4" Schools Sausage Roll (100 x 90g)	79	246	1294	310	18.7	8.0	25.2	2.2	1.4	9.6	0.69
FRVMBF40	Phat Spicy Mexican Bean Vegan Roll (40 x 160g)	141	349	1037	248	12.4	5.8	28.1	3.3	2.8	4.7	0.83
FRMEXF100	Phat Schools Mexican Bean Vegan Roll (100 x 90g)	79	196	1037	248	12.4	5.8	28.1	3.3	2.8	4.7	0.84
WMSTKT20	Phat Wrapped Classic Peppered Steak Pasty (20 x 225g)	225	605	1131	269	15.0	6.7	28.6	0.9	1.0	7.0	1.10
WMMCHT2	Phat Wrapped Seriously Cheesy Pasty (20 x 225g)	225	610	1139	271	14.8	7.6	28.7	0.8	1.0	7.2	1.20
WMJSRT26	Phat Wrapped Sausage Roll (26 x 200g)	200	630	1313	315	18.8	7.9	26.3	1.8	1.5	9.3	1.32
WMHCTT20	Phat Wrapped Chicken Tikka Halal Pasty (20 x 225g)	225	513	960	228	10.7	4.8	27.9	0.9	1.0	6.6	1.10
WMJJPT30	Phat Wrapped Jamaican Jerk Pattie (30 x 140g)	140	361	1089	258	12.6	5.8	30.3	1.5	-	7.3	1.40
PHT100003	Phat Mini Halal Chicken Roll (100 x 90g)	79	228	1211	288	18.0	8.6	26.9	0.7	0.3	6.0	0.73
PHT100002	Phat Mini Jamaican Jerk Chicken Pattie (60 x 90g)	79	230	996	291	12.2	4.7	26.1	1.6	1.4	7.4	2.00
PPSTKF60	Phat Mini Steak Pasty (60 x 90g)	79	217	1141	274	16.6	7.8	25.1	0.8	1.4	6.5	0.30
PPCHTF60	Phat Mini Cheese & Tomato Pasty (60 x 90g)	79	207	1098	261	13.8	6.7	29.4	1.4	1.2	6.5	1.00