

# LUNCH BXD



## AUTUMNAL DISHES WITH ALLERGEN AND NUTRITIONAL INFO

### **ALLERGENS IN BOLD BELOW\***

***\*Please note, all dishes may contain traces of all allergens including nuts. This is because we operate from a compact commercial kitchen, apologies for any inconvenience.***

#### BXD BEET AND SEED (VEGAN) (GF)

*Beetroot hummus, steamed kale, cucumber, radishes, herby wild rice and mixed seeds*

Option: Add **Salmon Fillet (fish)**, lemon

Kale, cucumber, radish, hummus (chickpeas, beetroot, cumin, garlic powder, lemon, black pepper), brown rice, wild rice, lemon, chilli, mint, parsley, blue poppy seeds, sunflower seeds, salt, **vegetable oil (soya)**

*“Kale alone provides many benefits including a supply of important mineral which are usually lacking in a modern diet (including calcium, potassium and magnesium). This dish is also packed with plant-based protein from chickpeas, energising slow-releasing carbohydrates and fibre from brown rice and antioxidants from beetroot.”*

#### BXD PINK SPELT RISOTTO (V)

*Beetroot spelt risotto, crumbled feta, edamame beans, green beans and flaked almonds*

Option: Add **Salmon Fillet (fish)**, lemon

**Spelt(wheat)**, beetroot, **edamame beans (soya)**, green beans, **almonds (nuts)**, **feta (milk)**, **crème fraiche (milk)**, mint, lemon, **vegetable oil (soya)**, salt.

*“A substantial, nutritious dish; nutty spelt is combined with anti-oxidant rich beetroot (preventing cell damage) and high in protein edamame beans in this lunch BXD. It’s topped with healthy fats from almonds (which are also good for your skin) and calcium from feta too (for healthy bones).”*

#### BXD TOFU PAD THAI (VEGAN)

*Glass noodles, tofu, steamed sugar snap peas and mange tout, carrot, pickled red cabbage, toasted peanuts and a soy glaze*

Option: Add King Prawns (**crustacean**), lemon

Glass noodles, sugar snap peas, mange tout, **tofu (soya)**, red cabbage, carrot, coriander, **soy sauce (soya, wheat)**, **peanuts**, maple, agave, lime, **white wine vinegar (sulphites)**, garlic, onion, **vegetable oil (soya)**, salt.

*“Tofu is a good source of protein and contains all eight essential amino acids, iron, calcium and other micro-nutrients. Red cabbage contains anti oxidant vitamin C (which strengthens your immune system) and Vitamin A (which looks after your eyes). Nutrition dense mange tout contains Vitamin K which keeps your bones strong too.”*

#### BXD RAW SLAW MEZZE (V)

*Baked falafel, pomegranate jewelled bulgur wheat, sumac - beetroot raw slaw and cucumber*

Option: Add Parma Ham, lemon

**Falafel** (chickpeas, onion, **falafel mix (wheat flour, salt, sugar, cumin, coriander, parsley, black pepper, raising agent, sodium bicarbonate)**, water, **rusk (wheat flour, salt)**, parsley, rapeseed oil, kibbled onion, rice starch, coriander, garlic puree), bulgur **wheat**, quinoa, carrot, beetroot, cucumber, **natural yoghurt (milk)**, pomegranate seeds, parsley, mint, **tahini (sesame)**, lemon, sumac, pomegranate molasses, **vegetable oil (soya)**, salt.

*“This lunchbox includes vitamins A (good for your organs, immune system and eyes) and folic acid (helps cellular growth and regeneration) as well as the mineral potassium (lowers the risk of high blood pressure). The nutty bulgur wheat is rich in both minerals and protein too.*

#### BXD MEXICAN ‘NACHOS’ (VEGAN) (GF)

*Smoked paprika sweet potato chips, chunky guacamole, red pepper matchsticks and a roast chickpea-bean salad*

Option: Add Pulled Pork, lemon

Sweet potato, avocado, peppers, chickpeas, kidney beans, sweet corn, spring onion, garlic powder, chilli, lemon, cumin, coriander, smoked paprika, **vegetable oil (soya)**, salt.

*“There are 5 portions of vitamin packed veggies in this lunchbox alone. Sweet potato provides vital minerals such as iron, calcium and magnesium, which helps with enzyme, protein, and carbohydrate metabolism. The beans provide natural protein and avocado gives your body good fats (unsaturated fats which aren’t linked to high cholesterol).”*

#### BXD RED PEPPER COURGETTI (V) (GF)

*Courgette ‘spaghetti’, roast peppers, butter beans, chili, slow roasted red pepper pesto, mozzarella pearls and crushed cashews*

Option: Add Chicken breast, lemon

Courgette, **peppers (red wine vinegar (sulphites)), mozzarella (milk), cashews (nuts)**, butter beans, chilli, red pepper tapenade (red peppers, sunflower oil, tomato concentrate, olive oil, concentrated lemon juice, garlic puree, basil, **parmesan (milk, egg)**), lemon, **vegetable oil (soya)**, salt.

*“Courgettes are rich in flavonoid poly-phenolic antioxidants (linked to anti aging benefits) and potassium (a heart-friendly electrolyte that helps bring a reduction in blood pressure and heart rates). Red peppers contain contain 300 % of your daily vitamin C intake alone (which helps with the absorption of iron). Butter beans are rich in protein and energy too.”*

#### BXD CRUNCHY SATAY (V)

*Roast butternut squash, homemade satay sauce, mixed quinoa, crunchy peppers, pickled red cabbage, coriander and toasted peanuts*

Option: Add Chicken breast, lemon

**Quinoa**, butternut squash, peppers, red cabbage, **peanuts, satay sauce (peanuts, soy sauce (soya, wheat))**, lime, coriander, chilli, coconut milk, honey), **white wine vinegar (sulphites), vegetable oil (soya)**, lime, honey, salt.

*“A colourful array of ingredients and vitamins are found in this BXD including B-complex vitamins which help with blood sugar metabolism (in the squash) and the anti oxidant vitamin C which strengthens your immune system (in the cabbage). Quinoa is a nutritious rich, nutty grain packed with natural protein too.”*

#### BXD BROCCOLI AND GRAIN (v) (GF)

*Sundried tomato puy lentils, crumbled goat's cheese, maple roast walnuts, steamed tenderstem broccoli and green beans*

Option: Add Chicken breast, lemon

Sundried tomato puy lentils (puy lentils, tomato and basil sauce, tomato puree, basil, sunflower oil, sugar, salt, tapioca starch, potato starch, sundried tomatoes, olive oil, onions, white wine, natural flavourings, garlic, salt, sugar), tender stem broccoli, green beans **goats cheese (milk), walnuts (nuts)**, cherry tomatoes, basil, maple syrup, agarve, **vegetable oil (soya)**, salt.

*“The fibre and vitamin rich lentils will provide and help with digestion and walnuts are a source of good fats and energy. Broccoli is pretty great, containing Vitamin A and C plus potassium, iron and calcium too. Tomatoes contain lycopene, which has antioxidant properties and is the pigment that gives tomatoes their beautiful red colour.”*

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#### BXD COCONUT AND BASIL (VEGAN)

*Coconut lentils, basil, peas, roast sweet potato, chili, steamed kale, tenderstem broccoli and a coconut lime sauce*

Option: Add Chicken breast, lemon

Puy lentils, sweet potato, carrot, tenderstem broccoli, peas, chilli, desiccated coconut, coconut cream, basil, maple, agave, lime, salt, **vegetable oil (soya)**.

*“This dish contains fibre and protein from the lentils, which provides energy and is good for digestion too. Vitamin C, A and folic acid is found in the broccoli and beta-carotene (precursor to vitamin A) in the carrot, which helps keep our eyes and skin healthy. Plus, coconuts alone contain vitamins C, E, B1, B3, B5 AND B6 plus minerals iron, selenium, sodium, calcium, magnesium and phosphorous!”*

#### BXD AUTUMNAL CAULI RICE (VEGAN) (GF)

*Maple poached spiced quince, baked carrot, beetroot and parsnip, cauliflower ‘rice’, roast hazelnuts and orange dressing*

Option: Add Chicken breast, lemon

Cauliflower, carrot, beetroot, parsnip, red onion, rosemary, quince, **hazelnuts (nuts)**, maple, agave, parsley, **red wine vinegar (sulphites)**, orange, star anise, cinnamon, peppercorns, **red wine (sulphites)**, salt, **vegetable oil (soya)**.

*“The cauliflower and orange deliver a blast of vitamin C which is a powerful antioxidant. Hazelnuts are high in energy and the parsnips and carrot are a great source of fibre too (plus the latter is packed with beta-carotene which will aid your night vision).*

#### NUTRITIONAL INFORMATION GUIDE

DISH (V)	CALORIES	TOTAL FAT (G)	TOTAL CARB (G)	PROTEIN (G)	NATURAL SUGAR (G)
BEET AND SEED	327	10.5	55	12.5	4.38

<b>COCONUT BASIL</b>	461	8.5	66.5	14	36.73
<b>RED PEPPER COURGETTI</b>	479	17.4	44	21.5	18.67
<b>CRUNCHY SATAY</b>	687	32.5	83	18.8	25.36
<b>BROCCOLI AND GRAIN</b>	449	22.5	43	18	20.39
<b>MEXICAN NACHOS</b>	425	14	66	18	13
<b>RAW SLAW MEZZE</b>	433	19.5	50	14	11
<b>PAD THAI</b>	382	7.5	59	13	44.95
<b>PEACHY CAULI RICE</b>	499	21.5	67	10	44
<b>PINK RISOTTO</b>	492	19.5	69	16	12
<b>MEAT ADD ONS</b>					
<b>SALMON FILLET (50G)</b>	58	1.5	0	10	0
<b>CHICKEN BREAST (50G)</b>	82	2	0	15	0
<b>PULLED PORK (50G)</b>	102	7	0	13.5	0
<b>PARMA HAM (50G)</b>	112	8.1	0	14.2	0
<b>KING PRAWNS (50G)</b>	53	0.86	0.45	10.07	0

*\*All kitchen staff are professional chefs at Lunch BXD who strive to create vibrant, tasty lunchboxes each day for you. All recipes are checked by our nutritionist to ensure they are also balanced, substantial portions of food designed to fuel your day. Above is guide nutritional information about our lunches: we operate from a small commercial space and everything is prepared by hand so portions sizes inevitably vary slightly from dish to dish. All sweetness comes from natural sources such as honey and sweet potato, except a small amount of caster sugar within our falafel in the Raw Slaw Mezze Box.*

*Hope you enjoy your lunch – do let us know if you have any feedback by contacting [thegirls@lunchbxd.com](mailto:thegirls@lunchbxd.com). We're a small but growing team always looking to improve our service and food.*

*Thank you,*

*Anna, Naomi and the team*

