

PAN BREAD



2 slices of wholemeal pan bread (158 kcal)

PANINI



1 panini (283 kcal) = 3 ½ regular slices of pan bread

PITTA BREAD



1 pitta bread (153 kcal) = 2 regular slices of pan bread

CRUSTY ROLL



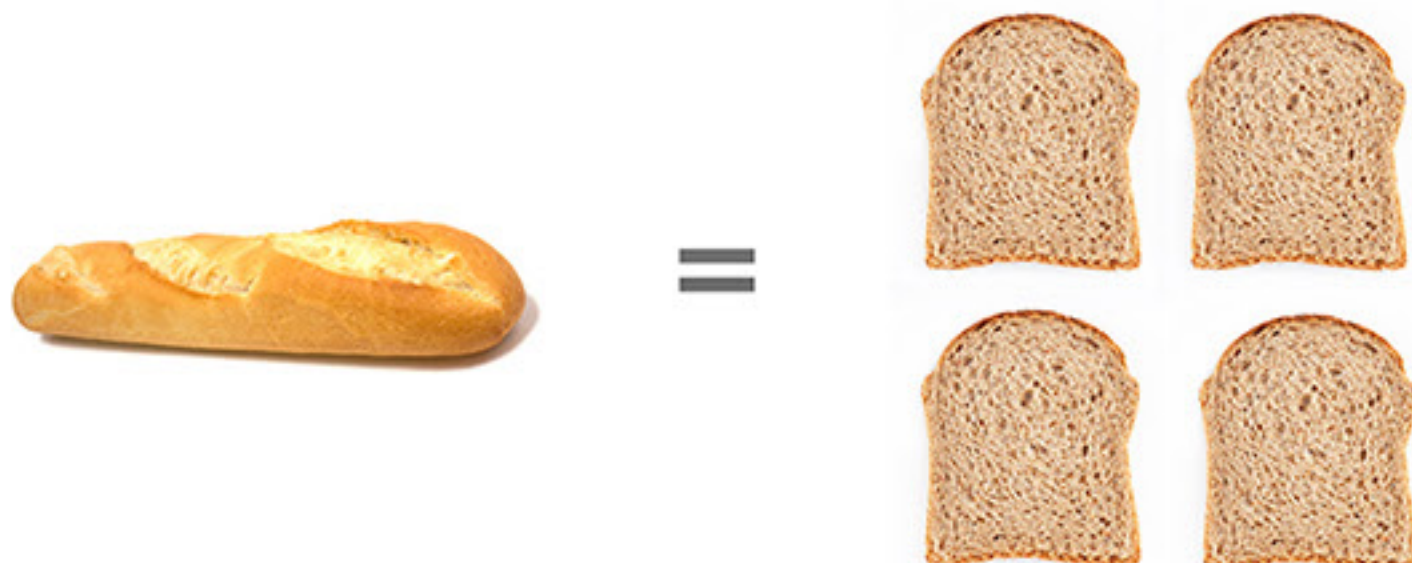
1 white crusty roll (131 kcal) = 1 ½ regular slices of pan bread

TORTILLA WRAP



1 tortilla wrap (160 kcal) = 2 regular slices of pan bread

DEMI BAGUETTE



1 demi baguette (316 kcal) = 4 regular slices of pan bread

THICK SLICES OF BREAD



2 thick cut slices of pan bread (193 kcal) = 2 ½ regular slices of pan bread

BAGEL



1 bagel (191 kcal) = 2 ½ regular slices of pan bread

CRISP BREAD



2 crisp bread (57 kcal) = ¾ regular slice of pan bread

Choose brown or wholemeal options to increase your fibre.