



Wayfayrer

Wayfayrer meals provide a substantial meal and satisfy the heartiest of appetites whilst camping, walking, climbing, sailing and all other outdoor activities. Sealed in an individual, robust foil pouch, the tasty, pre-cooked meals are easy to carry, simple to prepare and can be served hot, after immersing the pouch in boiling water for seven to eight minutes, or eaten cold.

In addition, the Wayfayrer range also includes energy bars. Available in a wide variety of flavours that include Chocolate and Oat, Mixed Berry and Cappuccino, the bars are the ideal way of quickly boosting energy levels..

Equally at home in the British countryside or at the top of Mount Everest, Wayfayrer meals have been tried and tested at the ends of the earth and are the first choice of food for adventurers and expedition teams.

WAYFAYRER
REAL FOOD FOR THE GREAT OUTDOORS



BACON & BEANS

Energy: 507kj/120kcal, Protein: 8.6g, Carbohydrate: 15.8g, Fat: 2.5g
Weight: 300g
Min order qty multiple: 1 pack of 6



SAUSAGE CASSEROLE

Energy: 501kj/120kcal, Protein: 4.4g, Carbohydrate: 9.4g, Fat: 7.2g
Weight: 300g
Min order qty multiple: 1 pack of 6



BEANS & SAUSAGE

Energy: 687kj/164kcal, Protein: 5.8g, Carbohydrate: 18.5g, Fat: 7.4g
Weight: 300g
Min order qty multiple: 1 pack of 6



CHICKEN TIKKA MASSALA

Energy: 729kj/175kcal, Protein: 11.3g, Carbohydrate: 5.9g, Fat: 11.8g
Weight: 300g
Min order qty multiple: 1 pack of 6



ALL DAY BREAKFAST

Energy: 586kj/135kcal, Protein: 6.9g, Carbohydrate: 14.2g, Fat: 5.6g
Weight: 300g
Min order qty multiple: 1 pack of 6



VEGETABLE CURRY

Energy: 279kj/66kcal, Protein: 2.2g, Carbohydrate: 11.6g, Fat: 1.2g
Weight: 300g
Min order qty multiple: 1 pack of 6



BEEF STEW & DUMPLINGS

Energy: 508kj/121kcal, Protein: 6.9g, Carbohydrate: 12.3g, Fat: 4.9g
Weight: 300g
Min order qty multiple: 1 pack of 6



CHICKEN DOPIAZA

Energy: 400kj/95kcal, Protein: 7.1g, Carbohydrate: 8.8g, Fat: 3.5g
Weight: 300g
Min order qty multiple: 1 pack of 6



CHICKEN CASSEROLE

Energy: 556kj/133kcal, Protein: 9.0g, Carbohydrate: 7.4g, Fat: 7.5g
Weight: 300g
Min order qty multiple: 1 pack of 6



MEATBALLS IN PASTA

Energy: 524kj/125kcal, Protein: 9.0g, Carbohydrate: 9.2g, Fat: 5.8g
Weight: 300g
Min order qty multiple: 1 pack of 6



CHILLI CON CARNE

Energy: 542kj/129kcal, Protein: 8.6g, Carbohydrate: 12.3g, Fat: 4.6g
Weight: 300g
Min order qty multiple: 1 pack of 6



CHICKEN PASTA & MUSHROOMS

Energy: 569kj/136kcal, Protein: 8.7g, Carbohydrate: 11.3g, Fat: 6.2g
Weight: 300g
Min order qty multiple: 1 pack of 6



SPICY VEGETABLE RIGATONI

Energy: 523kj/125kcal, Protein: 2.3g, Carbohydrate: 17.6g, Fat: 5.0g
Weight: 300g
Min order qty multiple: 1 pack of 6



PILAU RICE

Energy: 733kj/173kcal, Protein: 3.7g, Carbohydrate: 36.6g, Fat: 1.3g
Weight: 300g
Min order qty multiple: 1 pack of 6



LANCASHIRE HOT POT

Energy: 387kj/92kcal, Protein: 7.1g, Carbohydrate: 7.6g, Fat: 3.7g
Weight: 300g
Min order qty multiple: 1 pack of 6

Nutritional Information / Average values per 100g

DESSERTS

Nutritional Information / Average values per 100g



CHOCOLATE PUDDING

Energy: 895kj/213kcal, Protein: 2.8g, Carbohydrate: 29.6g, Fat: 9.3g
Weight: 200g
Min order qty multiple: 1 pack of 6



TREACLE PUDDING

Energy: 1436kj/340kcal, Protein: 2.8g, Carbohydrate: 68.2g, Fat: 6.2g
Weight: 200g
Min order qty multiple: 1 pack of 6



SPOTTED DICK

Energy: 749kj/178kcal, Protein: 2.4g, Carbohydrate: 25.1g, Fat: 7.6g
Weight: 200g
Min order qty multiple: 1 pack of 6

HOT FOOD KITS

The **HOT FOOD KIT** combines the foil meal pouch with an innovative complete Heater System and a lightweight set of plastic cutlery. When water is added to the Heater System a reaction is triggered and the element gives off heat. The heat is transferred to the foil pack and thus to the pre-cooked food creating a hot meal within a matter of minutes.



BEEF STEW & DUMPLINGS

Energy: 508kj/121kcal, Protein: 6.9g, Carbohydrate: 12.3g, Fat: 4.9g
Weight: 300g
Min order qty multiple: 1 pack of 6



CHICKEN CASSEROLE

Energy: 556kj/133kcal, Protein: 9.0g, Carbohydrate: 7.4g, Fat: 7.5g
Weight: 300g
Min order qty multiple: 1 pack of 6



MEATBALLS IN PASTA

Energy: 524kj/125kcal, Protein: 9.0g, Carbohydrate: 9.2g, Fat: 5.8g
Weight: 300g
Min order qty multiple: 1 pack of 6



SPICY VEGETABLE RIGATONI

Energy: 523kj/125kcal, Protein: 2.3g, Carbohydrate: 17.6g, Fat: 5.0g
Weight: 300g
Min order qty multiple: 1 pack of 6

ENERGISER ENERGY BARS

The **ENERGISER ENERGY BARS** are oat and cereal based flapjack style bars in 3 flavours.

Oats have a low GI and provide a slow release of energy whilst the Fair Trade Golden Syrup gives the boost of energy on the spot when you need it. The perfect snack food : convenient, portable, nutritious and tasty.



MIXED BERRY

Energy: 1245kj/296kcal, Protein: 4.4g, Carbohydrate: 45.4g, Fat: 10.7g
Weight: 75g
Min order qty multiple: 1 pack of 30



CHOCOLATE & OATS

Energy: 1268kj/301kcal, Protein: 6.4g, Carbohydrate: 41.1g, Fat: 12.5g
Weight: 75g
Min order qty multiple: 1 pack of 30



CAPPUCCINO

Energy: 1260kj/299kcal, Protein: 4.2g, Carbohydrate: 43.8g, Fat: 11.9g
Weight: 75g
Min order qty multiple: 1 pack of 30

Nutritional Information / Average values per 75g bar

