

Simply Veg Showcase 2025

FOOD OPTION	Primary Portion Size	Carb Guide	
Pork Sausage	60g	5.3g	
Pizza Muffins	114g	32.7g	
Mashed Potato	133g	22.4g	
Mushy Peas	48g	3.9g	
Leek Gravy	24g	1.1g	
Apple Muffins	51g	16.9g	