

Brumby's

BAKERY

NUTRITION & ALLERGEN GUIDE

At Brumby's, our stores strive to achieve the highest quality in cleanliness and food safety. However, we cannot guarantee our products will be completely free from food allergens and potential cross-contamination due to the nature of the preparation and serving areas.

These allergens include **gluten, wheat, oats, rye, barley, fish, crustacean, mollusc, egg, milk, lupin, peanut, soy, sesame, sulphites**, and tree nuts including **almond, Brazil nut, cashew, hazelnut, macadamia, pecan, pistachio, pine nut and walnut**.

Actual values may differ from those listed below due to the individual preparation of our products. Please use this nutrition & allergen information manual as a guide only.

Almond Croissant

SERVINGS PER PACKAGE: 1

SERVING SIZE: 139 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	2570 kJ (613 Cal)	29% DI	1850 kJ (441 Cal)
Protein	12.9 g	26% DI	9.3 g
Fat, total	40.7 g	58% DI	29.3 g
-saturated	18.2 g	76% DI	13.1 g
Carbohydrate	47.6 g	15% DI	34.2 g
-sugars	18.2 g	20% DI	13.1 g
Dietary Fibre	1.9 g	6% DI	1.4 g
Sodium	327 mg	14% DI	235 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Croissant (**Wheat** Flour (Vitamin (Thiamin, Folate)), Water, Butter (**Milk**), **Wheat** Gluten, Sugar, Yeast, Salt, **Soy** Flour, Calcium Carbonate (170), Vegetable Emulsifiers (472e, 481), **Egg**, Calcium Sulphate (516), Antioxidant (300), Vegetable Oil, Enzymes (**Wheat**)), **Almond** Meal (**Milk**, **Soy**), Unsalted Butter (Cream (**Milk**)), Sugar, **Almonds**, **Egg**, Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Icing Mixture (Sucrose, **Wheat** Starch), Vanilla Flavour (Water, Ethanol, Sugar, Synthetic Flavourings, Colour (150a)), Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bunspice Flavour (Ethanol, Natural & Synthetic Flavourings, Propylene Glycol (1520), Water).

Contains Gluten, Wheat, Egg, Milk, Soy, Almond.

May Contain Peanut, Brazil Nut, Cashew, Hazelnut, Macadamia, Sesame, Pecan, Pine Nut, Pistachio, Walnut.

Ancient Grain Sourdough Vienna - Malt

SERVINGS PER PACKAGE: 11

SERVING SIZE: 68 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	698 kJ (167 Cal)	8% DI	1030 kJ (246 Cal)
Protein	6.3 g	13% DI	9.3 g
Fat, total	2.0 g	3% DI	3.0 g
-saturated	0.2 g	1% DI	0.3 g
Carbohydrate	29.5 g	10% DI	43.5 g
-sugars	1.4 g	2% DI	2.1 g
Dietary Fibre	1.5 g	5% DI	2.3 g
Sodium	295 mg	13% DI	435 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Dark Malt Ancient Grain (14%) (**Wheat** Flakes, Linseed, Buckwheat, **Wheat** Flour (Vitamins (Thiamin, Folic Acid)), Quinoa (Red, White, Black), Millet, Gluten (**Wheat**), **Soy** Flour, Salt, Canola Oil, Improver (Rice Flour, Malt Flour, Ascorbic Acid, Enzymes), Dark Malt Flour (**Barley**)), Rolled **Oats**, Wholemeal **Rye** Flour (3%), **Wheat** Gluten, Compressed Yeast, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate).

Contains Gluten, Wheat, Soy.

Ancient Grain Sourdough Vienna - White

SERVINGS PER PACKAGE: 11

SERVING SIZE: 78 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	986 kJ (236 Cal)	11% DI	1270 kJ (303 Cal)
Protein	8.8 g	18% DI	11.4 g
Fat, total	8.7 g	12% DI	11.2 g
-saturated	1.0 g	4% DI	1.3 g
Carbohydrate	28.8 g	9% DI	37.1 g
-sugars	1.8 g	2% DI	2.3 g
Dietary Fibre	3.2 g	11% DI	4.2 g
Sodium	300 mg	13% DI	386 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, White Ancient Grain Concentrate (13%) (**Wheat** Flakes, Linseed, Quinoa (White, Red, Black), Sunflower Kernels, **Wheat** Flour (Thiamine, Folic Acid), Gluten (Derived From **Wheat**), **Soy** Flour, Salt, Improver (Rice Flour, Malt Flour, Ascorbic Acid, Enzymes)), Poppy Seeds, **Sesame** Seeds White (6%), Sunflower Seeds, Wholemeal **Rye** Flour (3%), **Wheat** Gluten, Compressed Yeast, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate).

Contains Gluten, Wheat, Soy, Sesame.

Anzac Biscuit

SERVINGS PER PACKAGE: 1

SERVING SIZE: 33 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	608 kJ (145 Cal)	7% DI	1840 kJ (441 Cal)
Protein	1.6 g	3% DI	4.9 g
Fat, total	6.9 g	10% DI	20.9 g
-saturated	4.6 g	19% DI	13.9 g
Carbohydrate	18.7 g	6% DI	56.6 g
-sugars	11.1 g	12% DI	33.6 g
Dietary Fibre	1.2 g	4% DI	3.5 g
Sodium	45 mg	2% DI	138 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Sugar, Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Unsalted Butter (Cream (**Milk**)), Rolled **Oats** (13%), Desiccated Coconut (Coconut, Preservative (223) (Sulphites)), Water, Golden Syrup, Raising Agent (500).

Contains Gluten, Wheat, Milk.

Apple & Custard Glen

SERVINGS PER PACKAGE: 5

SERVING SIZE: 80 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	812 kJ (194 Cal)	9% DI	1010 kJ (241 Cal)
Protein	4.4 g	9% DI	5.5 g
Fat, total	2.9 g	4% DI	3.5 g
-saturated	0.4 g	2% DI	0.6 g
Carbohydrate	38.0 g	12% DI	47.2 g
-sugars	12.7 g	14% DI	15.7 g
Dietary Fibre	1.1 g	4% DI	1.4 g
Sodium	150 mg	7% DI	186 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Diced Apple (12%) (Apple, Water, Acidity Regulators (330, 300)), Sugar, White Fondant (Sugar Syrups (Sucrose, Glucose (Wheat Derived))), Instant Custard (4.5%) (Sugar, Thickener (1414), **Milk** Solids, Dextrose, Vegetable Fat (Palm Oil, Lactose, **Milk** Protein), Vegetable Gums (401, 407, 410, 415), Maize Starch, Salt, Natural Flavour, Colours (102, 110, 171), Preservative (202)), Canola Oil, Compressed Yeast, Desiccated Coconut (Contains Preservative (223) (Sulphites)), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)), Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Modified Corn Starch (1422), Bunspice Flavour (Ethanol, Natural & Synthetic Flavourings, Propylene Glycol (1520), Water).

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg.

Apple Custard Tart (No Bake)

SERVINGS PER PACKAGE: 1

SERVING SIZE: 193 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	1480 kJ (353 Cal)	17% DI	766 kJ (183 Cal)
Protein	5.0 g	10% DI	2.6 g
Fat, total	13.8 g	20% DI	7.1 g
-saturated	6.5 g	27% DI	3.4 g
Carbohydrate	55.5 g	18% DI	28.8 g
-sugars	27.8 g	31% DI	14.4 g
Dietary Fibre	less than 1 g	2% DI	less than 1 g
Sodium	274 mg	12% DI	142 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Water, Shortbread Pastry (**Wheat** Flour, Margarine (Vegetable Oils, Water, Salt, **Milk** Solids, Emulsifiers (**Soy** Lecithin, 471), Flavour, Antioxidant (320), Colour (160a)), Sugar, Water, Preservative (202)), Diced Apple (Apple, Water, Acidity Regulators (330, 300)), Custard Mix (Sugar, **Milk** Solids, **Wheat** Starch, Dextrose, Vegetable Gums (407, 410, 415), Salt, Mineral Salt (508), Flavours, Colours (102, 124)), Sugar, Ground Nutmeg, Modified Corn Starch (1422).

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg.

Apple Glen

SERVINGS PER PACKAGE: 5

SERVING SIZE: 68 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	745 kJ (178 Cal)	9% DI	1100 kJ (262 Cal)
Protein	4.2 g	8% DI	6.2 g
Fat, total	2.7 g	4% DI	4.0 g
-saturated	0.4 g	2% DI	0.5 g
Carbohydrate	34.4 g	11% DI	50.7 g
-sugars	10.1 g	11% DI	14.9 g
Dietary Fibre	1.1 g	4% DI	1.6 g
Sodium	137 mg	6% DI	202 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Diced Apple (12%) (Apple, Water, Acidity Regulators (330, 300)), Sugar, White Fondant (Sugar Syrups (Sucrose, Glucose (Wheat Derived))), Canola Oil, Compressed Yeast, Desiccated Coconut (Contains Preservative (223) (Sulphites)), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate))), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)), Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Modified Corn Starch (1422), Bunspice Flavour (Ethanol, Natural & Synthetic Flavourings, Propylene Glycol (1520), Water).

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk.

Apple Tea Ring

SERVINGS PER PACKAGE: 8

SERVING SIZE: 66 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	774 kJ (185 Cal)	9% DI	1180 kJ (281 Cal)
Protein	3.6 g	7% DI	5.4 g
Fat, total	3.5 g	5% DI	5.3 g
-saturated	0.2 g	1% DI	0.3 g
Carbohydrate	35.7 g	12% DI	54.2 g
-sugars	18.8 g	21% DI	28.6 g
Dietary Fibre	1.2 g	4% DI	1.8 g
Sodium	90 mg	4% DI	136 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Diced Apple (21%) (Apple, Water, Acidity Regulators (330, 300)), Sugar, White Fondant (Sugar Syrups (Sucrose, Glucose (Wheat Derived))), Water, Sultanas (6%) (Sultanas, Vegetable Oil), **Almonds**, Currants (4.5%), Compressed Yeast, Canola Oil, Modified Corn Starch (1422), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)), Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Cinnamon, Mixed Spice (Coriander, Cinnamon, Cassia, Ginger (Sulphites), Cloves), Buns Spice Flavour (Ethanol, Natural & Synthetic Flavourings, Propylene Glycol (1520), Water).

Contains Gluten, Wheat, Soy, Almond.

May Contain Egg, Milk.

Apple Turnover With Cream

SERVINGS PER PACKAGE: 1

SERVING SIZE: 176 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	1910 kJ (458 Cal)	22% DI	1090 kJ (260 Cal)
Protein	4.9 g	10% DI	2.8 g
Fat, total	23.7 g	34% DI	13.5 g
-saturated	13.3 g	56% DI	7.6 g
Carbohydrate	64.0 g	21% DI	36.4 g
-sugars	27.0 g	30% DI	15.4 g
Dietary Fibre	2.1 g	7% DI	1.2 g
Sodium	310 mg	13% DI	176 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Pastry Disc (**Wheat** Flour, Water, Vegetable Margarine (Vegetable Fats & Oil, Water, Salt, Emulsifiers (471, 475, 322 **Soy**), Acidity Regulators (331, 330)), Sugar, Salt), Diced Apple (34%) (Apple, Water, Acidity Regulators (330, 300)), Thickened Cream (13%) (Cream (**Milk**), Gelatin, Stabiliser (407a), Emulsifier (471)), Sugar, Icing Mixture (Sucrose, **Wheat** Starch), Modified Corn Starch (1422), **Milk**, **Egg**.

Contains Gluten, Wheat, Egg, Milk, Soy.

Apple Turnover

SERVINGS PER PACKAGE: 1

SERVING SIZE: 147 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	1470 kJ (350 Cal)	17% DI	995 kJ (238 Cal)
Protein	4.3 g	9% DI	2.9 g
Fat, total	14.8 g	21% DI	10.1 g
-saturated	7.5 g	31% DI	5.1 g
Carbohydrate	57.6 g	19% DI	39.1 g
-sugars	21.5 g	24% DI	14.6 g
Dietary Fibre	2.0 g	7% DI	1.4 g
Sodium	298 mg	13% DI	202 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Pastry Disc (**Wheat** Flour, Water, Vegetable Margarine (Vegetable Fats & Oil, Water, Salt, Emulsifiers (471, 475, 322 **Soy**), Acidity Regulators (331, 330)), Sugar, Salt), Diced Apple (41%) (Apple, Water, Acidity Regulators (330, 300)), Sugar, Modified Corn Starch (1422), **Milk, Egg**.

Contains Gluten, Wheat, Egg, Milk, Soy.

Australian Pizza

SERVINGS PER PACKAGE: 1

SERVING SIZE: 126 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	1290 kJ (309 Cal)	15% DI	1030 kJ (245 Cal)
Protein	14.5 g	29% DI	11.5 g
Fat, total	10.5 g	15% DI	8.3 g
-saturated	4.8 g	20% DI	3.8 g
Carbohydrate	37.5 g	12% DI	29.8 g
-sugars	2.6 g	3% DI	2.1 g
Dietary Fibre	2.3 g	8% DI	1.8 g
Sodium	945 mg	41% DI	750 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Bacon Pieces (**Soy**) (Pork, Water, Starch (Potato), Salt, Mineral Salts (451, 452), Sugar (Dextrose), Food Acid (270), Antioxidant (316), Sodium Nitrite (250), Natural wood Smoke), Cheese (Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non-animal Rennet)), Anti-caking Agent Blend (Anticaking Agent (460), Preservative (200))), Water, Pineapple (Pineapple, Water, Sugar, Acidity Regulator (330)), Tomato Paste (Tomato), Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg.

Authentic White Sourdough

SERVINGS PER PACKAGE: 10

SERVING SIZE: 72 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	697 kJ (167 Cal)	8% DI	968 kJ (231 Cal)
Protein	5.5 g	11% DI	7.6 g
Fat, total	0.9 g	1% DI	1.2 g
-saturated	less than 0.1 g	0% DI	less than 0.1 g
Carbohydrate	33.2 g	11% DI	46.1 g
-sugars	0.9 g	1% DI	1.2 g
Dietary Fibre	1.6 g	5% DI	2.2 g
Sodium	225 mg	10% DI	313 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Wholemeal **Rye** Flour, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Compressed Yeast.

Contains Gluten, Wheat, Soy.

Bacon & Cheese Roll

SERVINGS PER PACKAGE: 1

SERVING SIZE: 180 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	2250 kJ (538 Cal)	26% DI	1250 kJ (299 Cal)
Protein	14.6 g	29% DI	8.1 g
Fat, total	28.8 g	41% DI	16.0 g
-saturated	16.2 g	68% DI	9.0 g
Carbohydrate	49.9 g	16% DI	27.7 g
-sugars	2.2 g	2% DI	1.2 g
Dietary Fibre	2.7 g	9% DI	1.5 g
Sodium	1470 mg	64% DI	817 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bacon & Cheese Roll (**Wheat** Flour, Water, Margarine (Vegetable Oils And/or Animal Fat, Water, Salt, Emulsifier (471), Acidity Regulators (331, 330), Antioxidant (307b (**Soy**)), Flavour, Colour (160a)), Beef (10%), Breadcrumbs (**Wheat** Flour, Salt, Emulsifier (471), Yeast, Sugar, **Wheat** Gluten), Bacon (7%) (Pork, Water, Tapioca Starch, Cure (Mineral Salts (451, 450), Sugar, Salt, Antioxidant (316), Dextrose, Preservative (250)), Salt, Acidity Regulators (325, 262)), Binder (**Wheat** Flour, **Soy** Flour, Salt, **Wheat** Bran, Mineral Salt (451), Sugar, Yeast, Spice Extract, Herb And Spice Extract, Natural Flavour, Canola Oil), Cheese (4%) (**Milk**, Preservative (200)), Seasoning (**Soy**, Colour (160c)), Garnish (Breadcrumbs (**Wheat**, Emulsifier (471)), Paprika, Poppy Seeds, Canola Oil), Salt, Glaze (**Milk**, Mineral Salt (450), Colour (160a), Thickener (415))).

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg, Tree Nuts, Sesame.

Baguette - White

SERVINGS PER PACKAGE: 4

SERVING SIZE: 95 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	979 kJ (234 Cal)	11% DI	1040 kJ (248 Cal)
Protein	7.6 g	15% DI	8.0 g
Fat, total	2.3 g	3% DI	2.4 g
-saturated	0.1 g	0% DI	0.1 g
Carbohydrate	44.2 g	14% DI	46.8 g
-sugars	1.2 g	1% DI	1.3 g
Dietary Fibre	1.7 g	6% DI	1.8 g
Sodium	498 mg	22% DI	527 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk.

Banana Bread

SERVINGS PER PACKAGE: 11

SERVING SIZE: 61 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	616 kJ (147 Cal)	7% DI	1000 kJ (240 Cal)
Protein	3.0 g	6% DI	4.9 g
Fat, total	2.2 g	3% DI	3.6 g
-saturated	0.2 g	1% DI	0.3 g
Carbohydrate	27.8 g	9% DI	45.4 g
-sugars	14.4 g	16% DI	23.5 g
Dietary Fibre	0.8 g	3% DI	1.3 g
Sodium	232 mg	10% DI	379 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Banana (26%), Sugar, Water, **Egg, Walnuts** (3.5%), Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Baking Powder (Raising Agents (450, 500), **Wheat** Starch), Raising Agent (500), Vanilla Flavour (Water, Ethanol, Sugar, Synthetic Flavourings, Colour (150a)).

Contains Gluten, Wheat, Egg, Walnut.

Basil Pesto, Cherry Tomato & Cheese Mighty Mini Pizza

SERVINGS PER PACKAGE: 1

SERVING SIZE: 176 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	1980 kJ (472 Cal)	23% DI	1120 kJ (268 Cal)
Protein	16.2 g	32% DI	9.2 g
Fat, total	20.8 g	30% DI	11.8 g
-saturated	6.2 g	26% DI	3.5 g
Carbohydrate	52.5 g	17% DI	29.7 g
-sugars	3.4 g	4% DI	1.9 g
Dietary Fibre	3.2 g	11% DI	1.8 g
Sodium	929 mg	40% DI	527 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Tomato (23%), Cheese (14%) (Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non-animal Rennet)), Anti-caking Agent Blend (Anticaking Agent (460), Preservative (200))), Basil Pesto (11%) (Basil Puree (Fresh Basil, Vegetable Oil, Salt, Acetic Acid, Citric Acid, Calcium Lactate, Potassium Sorbate, Ascorbic Acid), Canola Oil, **Cashews**, Parmesan Cheese (Pasteurised **Milk**, Tapioca Starch, Whey Powder, Salt, Starter Cultures, Enzymes (Contains **Egg**), Preservative (E200)), Sugar, Garlic, Salt, Citric Acid, Preservative (E202, E211)), Spinach, Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Thyme, Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Egg, Milk, Soy, Cashew.

BBQ Pulled Pork & Slaw on Brioche

SERVINGS PER PACKAGE: 1

SERVING SIZE: 235 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	2390 kJ (571 Cal)	27% DI	1020 kJ (243 Cal)
Protein	25.6 g	51% DI	10.9 g
Fat, total	27.3 g	39% DI	11.6 g
-saturated	14.7 g	61% DI	6.3 g
Carbohydrate	54.1 g	17% DI	23.0 g
-sugars	13.6 g	15% DI	5.8 g
Dietary Fibre	2.8 g	9% DI	1.2 g
Sodium	1170 mg	51% DI	496 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Pulled Pork (20%) (Pork, Water, Acidity Regulators (326, 325, 262), Salt, Maltodextrin (Maize), Vegetable Gum (407), Mineral Salts (451, 450), Natural Flavour, Sugar, Dried Vegetables (Including Garlic And Onion), Spice Extract, Dextrose (Maize)), Swiss Cheese Slices (**Milk**, Salt, Cultures, Enzyme (Non-animal Rennet), Natural Preservative (235)), **Egg**, Cabbage, White Cabbage, Bbq Sauce (Sugar, Tomatoes (From Paste, Food Acid (Citric)), Rice Flour, Food Acid (Acetic, Citric), Salt, Glucose Syrup, Colour (Caramel 150c), Thickener (Pectin), Onion, Spices (Clove, Nutmeg, Pepper), Tamarind Paste, Yeast Extract), Unsalted Butter (Cream (**Milk**)), Mayonnaise (Water, Sugar, Vegetable Oil (Contains Antioxidant (Butylated Hydroxyanisole)), Thickeners (Modified Cornstarch, Xanthan Gum (Contains **Soy**)), Glucose Syrup, Salt, Food Acids (Acetic, Citric), Mustard Powder, Preservative (Potassium Sorbate), Natural Colour (Annatto)), Sugar, Compressed Yeast, **Milk**, **Sesame** Seeds White, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)), Black Pepper.

Contains Gluten, Wheat, Egg, Milk, Soy, Sesame.

May Contain Peanut.

Beef & Mushroom Pie

SERVINGS PER PACKAGE: 1

SERVING SIZE: 210 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	2520 kJ (602 Cal)	29% DI	1200 kJ (287 Cal)
Protein	17.4 g	35% DI	8.3 g
Fat, total	25.8 g	37% DI	12.3 g
-saturated	13.2 g	55% DI	6.3 g
Carbohydrate	50.4 g	16% DI	24.0 g
-sugars	2.9 g	3% DI	1.4 g
Dietary Fibre	2.9 g	10% DI	1.4 g
Sodium	815 mg	35% DI	388 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Beef & Mushroom Pie (**Wheat** Flour, Beef (22%), Water, Mushrooms (10%), Margarine (Vegetable Oils And/or Animal Fat, Emulsifier (471), Antioxidant (307b (**Soy**)), Colour (160a), Water, Salt, Acidity Regulators (331, 330), Flavour), Onion, Thickener (1422), Seasoning, Textured **Soy** Protein (Colour (150a)), Poppy Seeds, Pastry Mix (**Wheat**, Mineral Salts (500, 341), Emulsifier (481), Thickener (412)), Colour (150c), Salt, Glaze (**Milk**, Mineral Salt (450), Colour (160a), Thickener (415)), Pepper, Processing Aid (**Wheat**)).

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg.

Beef Curry Pie

SERVINGS PER PACKAGE: 1

SERVING SIZE: 210 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	2270 kJ (542 Cal)	26% DI	1080 kJ (258 Cal)
Protein	19.5 g	39% DI	9.3 g
Fat, total	27.7 g	40% DI	13.2 g
-saturated	14.1 g	59% DI	6.7 g
Carbohydrate	50.4 g	16% DI	24.0 g
-sugars	2.7 g	3% DI	1.3 g
Dietary Fibre	3.6 g	12% DI	1.7 g
Sodium	859 mg	37% DI	409 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Beef Curry Pie (Water, Beef (28%), **Wheat** Flour, Margarine (Vegetable Oils And/or Animal Fat, Emulsifier (471), Antioxidant (307b (**Soy**)), Colour (160a), Water, Salt, Acidity Regulators (331, 330), Flavour), Onion, Thickener (1422), Seasoning, Curry Powder (1%), Textured **Soy** Protein (Colour (150a)), Pastry Mix (**Wheat**, Mineral Salts (500, 341), Emulsifier (481), Thickener (412)), Garnish (Breadcrumbs (**Wheat**), Turmeric, Canola Oil), Colour (150c), Salt, Glaze (**Milk**, Mineral Salt (450), Colour (160a), Thickener (415)), Pepper, Processing Aid (**Wheat**)).

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg.

Beef Pastie

SERVINGS PER PACKAGE: 1

SERVING SIZE: 180 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	1870 kJ (447 Cal)	22% DI	1040 kJ (249 Cal)
Protein	10.4 g	21% DI	5.8 g
Fat, total	24.1 g	34% DI	13.4 g
-saturated	13.5 g	56% DI	7.5 g
Carbohydrate	44.3 g	14% DI	24.6 g
-sugars	4.3 g	5% DI	2.4 g
Dietary Fibre	4.1 g	14% DI	2.3 g
Sodium	983 mg	43% DI	546 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Beef Pastie (Vegetables (30%) (Potato, Carrot, Peas, Corn, Onion), **Wheat** Flour, Water, Margarine (Vegetable Fats And Oils, Water, Salt, Emulsifier (471), Acidity Regulators (331, 330), Antioxidant (307b (**Soy**)), Flavour, Colour (160a)), Beef (11%), Seasoning (**Wheat**, Thickeners (1422, 461, 410, 412, 415)), Salt, Hydrolysed Vegetable Protein, Glaze (**Milk**, Mineral Salt (450), Colour (160a), Thickener (415)), Colour (150c)).

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg, Sesame.

Beef Pie

SERVINGS PER PACKAGE: 1

SERVING SIZE: 210 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	2230 kJ (532 Cal)	26% DI	1060 kJ (253 Cal)
Protein	18.9 g	38% DI	9.0 g
Fat, total	26.9 g	38% DI	12.8 g
-saturated	13.9 g	58% DI	6.6 g
Carbohydrate	50.4 g	16% DI	24.0 g
-sugars	3.6 g	4% DI	1.7 g
Dietary Fibre	2.7 g	9% DI	1.3 g
Sodium	932 mg	41% DI	444 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Beef Pie (**Wheat** Flour, Water, Beef (26%), Margarine (Vegetable Oils And/or Animal Fat, Emulsifier (471), Antioxidant (307b (**Soy**)), Colour (160a), Water, Salt, Acidity Regulators (331, 330), Flavour), Thickener (1422), Seasoning (Colours (150d, 160c)), Onion, Textured **Soy** Protein (Colour (150a)), Tomato Paste, Pastry Mix (**Wheat**, Mineral Salts (500, 341), Emulsifier (481), Thickener (412)), Sugar, Colour (150c), Salt, Onion Powder, Glaze (**Milk**, Mineral Salt (450), Colour (160a), Thickener (415)), Processing Aid (**Wheat**)).

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg.

Beesting Cake

SERVINGS PER PACKAGE: 7

SERVING SIZE: 63 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	738 kJ (176 Cal)	8% DI	1180 kJ (282 Cal)
Protein	3.9 g	8% DI	6.2 g
Fat, total	5.0 g	7% DI	8.0 g
-saturated	1.5 g	6% DI	2.4 g
Carbohydrate	28.1 g	9% DI	44.9 g
-sugars	9.1 g	10% DI	14.6 g
Dietary Fibre	0.9 g	3% DI	1.4 g
Sodium	121 mg	5% DI	194 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Instant Custard (Sugar, Thickener (1414), **Milk** Solids, Dextrose, Vegetable Fat (Palm Oil, Lactose, **Milk** Protein), Vegetable Gums (401, 407, 410, 415), Maize Starch, Salt, Natural Flavour, Colours (102, 110, 171), Preservative (202)), Thickened Cream (Cream (**Milk**), Gelatin, Stabiliser (407a), Emulsifier (471)), Florentine Mix (Glucose Syrup, Sugar, Vegetable Fat (Palm), Dextrose, Whole **Milk** Powder, Emulsifier (322 **Soy**)), Sugar, **Almonds**, Canola Oil, Compressed Yeast, Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)), Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate).

Contains Gluten, Wheat, Milk, Soy, Almond.

May Contain Egg, Hazelnut.

Bigger Than Texas Roll - White

SERVINGS PER PACKAGE: 1

SERVING SIZE: 114 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	1230 kJ (294 Cal)	14% DI	1080 kJ (258 Cal)
Protein	9.3 g	19% DI	8.1 g
Fat, total	2.7 g	4% DI	2.3 g
-saturated	0.1 g	0% DI	less than 0.1 g
Carbohydrate	56.3 g	18% DI	49.4 g
-sugars	1.3 g	1% DI	1.2 g
Dietary Fibre	2.2 g	7% DI	1.9 g
Sodium	553 mg	24% DI	485 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, **Wheat** Semolina, Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk.

Blueberry & Custard Glen

SERVINGS PER PACKAGE: 5

SERVING SIZE: 78 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	809 kJ (193 Cal)	9% DI	1030 kJ (246 Cal)
Protein	4.4 g	9% DI	5.6 g
Fat, total	2.6 g	4% DI	3.3 g
-saturated	0.2 g	1% DI	0.3 g
Carbohydrate	36.9 g	12% DI	47.0 g
-sugars	12.5 g	14% DI	15.9 g
Dietary Fibre	1.1 g	4% DI	1.5 g
Sodium	148 mg	6% DI	189 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Blueberry Filling (15%) (Blueberries, Sugar, Water, Thickener (1442), Acidity Regulators (330, 331), Preservative (202)), Sugar, Instant Custard (4.5%) (Sugar, Thickener (1414), **Milk** Solids, Dextrose, Vegetable Fat (Palm Oil, Lactose, **Milk** Protein), Vegetable Gums (401, 407, 410, 415), Maize Starch, Salt, Natural Flavour, Colours (102, 110, 171), Preservative (202)), Canola Oil, Compressed Yeast, White Fondant (Sugar Syrups (Sucrose, Glucose (Wheat Derived))), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)), Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Icing Mixture (Sucrose, **Wheat** Starch), Bunspace Flavour (Ethanol, Natural & Synthetic Flavourings, Propylene Glycol (1520), Water).

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg.

Blueberry & White Choc Scone

SERVINGS PER PACKAGE: 1

SERVING SIZE: 95 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	1360 kJ (326 Cal)	16% DI	1440 kJ (345 Cal)
Protein	6.7 g	13% DI	7.0 g
Fat, total	7.0 g	10% DI	7.5 g
-saturated	4.9 g	20% DI	5.2 g
Carbohydrate	57.4 g	19% DI	60.7 g
-sugars	23.6 g	26% DI	25.0 g
Dietary Fibre	0.3 g	1% DI	0.3 g
Sodium	829 mg	36% DI	877 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Scone Mix (**Wheat** Flour, Sugar, Vegetable Shortening (Vegetable Fat, Glucose Syrup Solids, **Milk** Protein, Emulsifiers (471, 481, 322 (**Soy**)), Stabilisers (339, 466), Antioxidant (307b (**Soy**)), **Milk** Solids, Raising Agents (450, 500), Salt, Thickener (415 (**Soy**))), White Chocolate (14%) (Sugar, **Milk** Solids, Vegetable Fat, Emulsifiers (322 **Soy**)), Blueberries (10%), Icing Mixture (Sucrose, **Wheat** Starch).

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg.

Boston Bun

SERVINGS PER PACKAGE: 7

SERVING SIZE: 63 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	879 kJ (210 Cal)	10% DI	1400 kJ (333 Cal)
Protein	3.7 g	7% DI	5.8 g
Fat, total	5.1 g	7% DI	8.0 g
-saturated	2.1 g	9% DI	3.4 g
Carbohydrate	36.4 g	12% DI	57.8 g
-sugars	17.3 g	19% DI	27.5 g
Dietary Fibre	1.2 g	4% DI	1.9 g
Sodium	106 mg	5% DI	169 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Icing Mixture (Sucrose, **Wheat** Starch), Sultanas (Sultanas, Vegetable Oil), Currants (Currants, Vegetable Oils), Sugar, Shortening (**Soy**) (Vegetable Oil, Emulsifiers (435, 471), Antioxidants (307b)), Compressed Yeast, Canola Oil, Desiccated Coconut (Contains Preservative (223) (**Sulphites**)), White Fondant (Sugar Syrups (Sucrose, Glucose (Wheat Derived))), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)), Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Mixed Spice (Coriander, Cinnamon, Cassia, Ginger (**Sulphites**), Cloves), Vanilla Flavour (Water, Ethanol, Sugar, Synthetic Flavourings, Colour (150a)).

Contains Gluten, Wheat, Soy, Sulphites.

May Contain Egg, Milk.

Bruffin - BBQ Bacon

SERVINGS PER PACKAGE: 1

SERVING SIZE: 153 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	1460 kJ (348 Cal)	17% DI	952 kJ (228 Cal)
Protein	17.5 g	35% DI	11.5 g
Fat, total	12.4 g	18% DI	8.1 g
-saturated	4.0 g	17% DI	2.6 g
Carbohydrate	40.4 g	13% DI	26.4 g
-sugars	5.7 g	6% DI	3.7 g
Dietary Fibre	1.6 g	5% DI	1.0 g
Sodium	1200 mg	52% DI	784 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Egg, Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Bacon (10%) (Pork, Water, Salt, Emulsifiers (451, 450, 452), Sugar, Antioxidant (316), Sodium Nitrite (250), Smoked), Water, Barbecue Sauce (Tomatoes (From Paste), Sugar, Water, Thickeners (Cornflour (From Wheat), Pectin), Food Acids (Acetic, Citric), Salt, Glucose Syrup, Colour (Caramel 150c), Tamarind Paste, Yeast Extract, Clove, Nutmeg, Onion, Pepper), Cheese (Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non-animal Rennet)), Anti-caking Agent Blend (Anticaking Agent (460), Preservative (200))), **Sesame** Seeds White, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Compressed Yeast, Black Pepper, Canola Oil, Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Egg, Milk, Soy, Sesame.

May Contain Peanut.

Brumby's Gluten Free Traditional Beef Pie

SERVINGS PER PACKAGE: 1

SERVING SIZE: 200 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	1900 kJ (455 Cal)	22% DI	952 kJ (228 Cal)
Protein	17.0 g	34% DI	8.5 g
Fat, total	23.0 g	33% DI	11.5 g
-saturated	12.6 g	53% DI	6.3 g
Carbohydrate	44.0 g	14% DI	22.0 g
-sugars	2.4 g	3% DI	1.2 g
Dietary Fibre	1.6 g	5% DI	0.8 g
Sodium	784 mg	34% DI	392 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Beef Pie (Water, Beef (29%), Gluten Free Flour (Starches (Maize, Tapioca), Modified Starches (1403, 1412), **Soy** Protein, Rice Flour, **Egg** White, Sugar, **Soy** Flour, Thickeners (412, 464), Iodised Salt, Dextrose), Margarine (Vegetable Oil, Water, Salt, Emulsifiers (471, 472c), Antioxidant (304), Flavour), Shortening (Vegetable Oil, Emulsifiers (471, **Soybean** Lecithin), Antioxidant (307b), Natural Colour (160a)), Modified Starch (E1422), Seasoning (Salt, Sugar, Flavour Enhancers (621 Monosodium Glutamate, 635 Disodium-5'-ribonucleotides), Dehydrated Vegetables & Spices, Maize Starch, Canola Oil), Whey Powder (**Milk**), Caramel Colour (150c), Turmeric).

Contains Egg, Milk, Soy.

Butter Chicken Pie

SERVINGS PER PACKAGE: 1

SERVING SIZE: 220 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	2160 kJ (516 Cal)	25% DI	981 kJ (234 Cal)
Protein	20.5 g	41% DI	9.3 g
Fat, total	24.4 g	35% DI	11.1 g
-saturated	12.5 g	52% DI	5.7 g
Carbohydrate	52.8 g	17% DI	24.0 g
-sugars	5.7 g	6% DI	2.6 g
Dietary Fibre	2.2 g	7% DI	less than 1 g
Sodium	816 mg	35% DI	371 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Butter Chicken Pie (Australian Chicken (28%), Australian **Wheat** Flour, Water, Margarine (Vegetable Fats And Oils, Water, Salt, Emulsifier (471), Acidity Regulators (331, 330), Antioxidant (307b), Flavour, Colour (160a)), Crushed Tomatoes (Acidity Regulator (330)), Onion, Tomato Paste, Thickener (1422), Chicken Stock, Cream Powder (1%) (Contains **Milk**), Herbs And Spices (1%), Sugar, Breadcrumbs (Contains **Wheat**, Emulsifier (471)), Salt, Garlic (0.5%), Lemon Juice (0.5%), Vegetable Oil, Pastry Mix (Contains **Wheat**, Mineral Salts (500, 341), Emulsifier (481), Thickener (412)), Nigella Seeds, Pepper, Chilli (Acidity Regulator (260)), Glaze (Contains **Milk**, Mineral Salt (450), Natural Colour (160a), Thickener (415)), Processing Aid (Contains **Wheat**)).

Contains Gluten, Wheat, Milk.

Cafe Loaf - Multigrain

SERVINGS PER PACKAGE: 14

SERVING SIZE: 58 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	516 kJ (123 Cal)	6% DI	891 kJ (213 Cal)
Protein	4.7 g	9% DI	8.1 g
Fat, total	1.5 g	2% DI	2.5 g
-saturated	less than 0.1 g	0% DI	0.1 g
Carbohydrate	21.8 g	7% DI	37.7 g
-sugars	0.6 g	1% DI	1.0 g
Dietary Fibre	1.3 g	4% DI	2.3 g
Sodium	294 mg	13% DI	508 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Grains Premix (10%) (Mixed Grains (Kibbled **Wheat**, Kibbled **Rye**, **Wheat** Flakes), Maize Semolina, Linseeds), Compressed Yeast, **Wheat** Gluten, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk.

Cafe Loaf - White

SERVINGS PER PACKAGE: 14

SERVING SIZE: 58 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	599 kJ (143 Cal)	7% DI	1040 kJ (248 Cal)
Protein	4.6 g	9% DI	8.0 g
Fat, total	1.4 g	2% DI	2.4 g
-saturated	0.1 g	0% DI	0.1 g
Carbohydrate	27.1 g	9% DI	46.8 g
-sugars	0.7 g	1% DI	1.3 g
Dietary Fibre	1.0 g	3% DI	1.8 g
Sodium	305 mg	13% DI	527 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk.

Cafe loaf - Wholemeal Grain

SERVINGS PER PACKAGE: 14

SERVING SIZE: 67 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	754 kJ (180 Cal)	9% DI	1120 kJ (267 Cal)
Protein	7.6 g	15% DI	11.3 g
Fat, total	6.4 g	9% DI	9.5 g
-saturated	less than 1 g	3% DI	1.1 g
Carbohydrate	20.9 g	7% DI	31.0 g
-sugars	less than 1 g	1% DI	1.3 g
Dietary Fibre	4.5 g	15% DI	6.6 g
Sodium	297 mg	13% DI	441 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Wholemeal Flour (33%) (Wholemeal **Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Grains Premix (11%) (Mixed Grains (Kibbled **Wheat**, Kibbled **Rye**, **Wheat** Flakes), Maize Semolina, Linseeds), Poppy Seeds, **Sesame** Seeds White, Sunflower Seeds, **Wheat** Gluten, Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Soy, Sesame.

May Contain Egg, Milk.

Cafe Loaf - Wholemeal

SERVINGS PER PACKAGE: 14

SERVING SIZE: 58 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	560 kJ (134 Cal)	6% DI	967 kJ (231 Cal)
Protein	5.2 g	10% DI	8.9 g
Fat, total	1.6 g	2% DI	2.8 g
-saturated	less than 0.1 g	0% DI	0.2 g
Carbohydrate	22.7 g	7% DI	39.2 g
-sugars	0.8 g	1% DI	1.3 g
Dietary Fibre	3.2 g	11% DI	5.5 g
Sodium	278 mg	12% DI	480 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Wholemeal Flour (61%) (Wholemeal **Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Compressed Yeast, **Wheat** Gluten, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk.

Cheddarmite Scroll

SERVINGS PER PACKAGE: 1

SERVING SIZE: 157 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	1960 kJ (469 Cal)	23% DI	1250 kJ (298 Cal)
Protein	20.9 g	42% DI	13.3 g
Fat, total	18.0 g	26% DI	11.4 g
-saturated	9.2 g	38% DI	5.9 g
Carbohydrate	53.1 g	17% DI	33.7 g
-sugars	1.6 g	2% DI	1.0 g
Dietary Fibre	2.4 g	8% DI	1.5 g
Sodium	1050 mg	46% DI	669 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Cheese (Cheese (Pasteurised Milk, Salt, Cultures, Enzyme (Non-animal Rennet)), Anti-caking Agent Blend (Anticaking Agent (460), Preservative (200))), Water, Vegemite (2.5%) (**Sulphites, Wheat**) (Contains Mineral Salt (508), Colour (150c), **Barley**), Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Milk, Soy, Sulphites.

May Contain Egg.

Cheese & Bacon - Twist

SERVINGS PER PACKAGE: 4

SERVING SIZE: 71 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	788 kJ (188 Cal)	9% DI	1110 kJ (266 Cal)
Protein	7.9 g	16% DI	11.1 g
Fat, total	5.1 g	7% DI	7.1 g
-saturated	2.1 g	9% DI	2.9 g
Carbohydrate	26.8 g	9% DI	37.8 g
-sugars	0.8 g	1% DI	1.1 g
Dietary Fibre	1.0 g	3% DI	1.4 g
Sodium	516 mg	22% DI	728 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Cheese (12%) (Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non-animal Rennet)), Anti-caking Agent Blend (Anticaking Agent (460), Preservative (200))), Bacon Pieces (11%) (**Soy**) (Pork, Water, Starch (Potato), Salt, Mineral Salts (451, 452), Sugar (Dextrose), Food Acid (270), Antioxidant (316), Sodium Nitrite (250), Natural wood Smoke), Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg.

Cheese & Bacon Pie

SERVINGS PER PACKAGE: 1

SERVING SIZE: 210 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	2370 kJ (567 Cal)	27% DI	1130 kJ (270 Cal)
Protein	17.4 g	35% DI	8.3 g
Fat, total	27.7 g	40% DI	13.2 g
-saturated	14.7 g	61% DI	7.0 g
Carbohydrate	49.4 g	16% DI	23.5 g
-sugars	2.3 g	3% DI	1.1 g
Dietary Fibre	2.5 g	8% DI	1.2 g
Sodium	1020 mg	44% DI	484 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Cheese & Bacon Pie (**Wheat** Flour, Water, Beef (17%), Margarine (Vegetable Oils And/or Animal Fat, Emulsifier (471), Antioxidant (307b (**Soy**)), Colour (160a), Water, Salt, Acidity Regulators (331, 330), Flavour), Cheese Sauce (7%) (Water, Cheese (**Milk**, Salt, Starter Culture, Enzyme), Mineral Salts (452, 339), Thickeners (1442, 415), Acidity Regulator (330), Colour (160a), Butyric Acid), Bacon (4%) (Mineral Salts (451, 450), Antioxidant (316), Preservative (250), Acidity Regulators (325, 262)), Thickener (1422), Seasoning (**Soy**, Colour (160c)), Onion, Tomato Paste, Pastry Mix (**Wheat**, Mineral Salts (500, 341), Emulsifier (481), Thickener (412)), Garnish (Breadcrumbs (**Wheat**, Emulsifier (471)), Paprika, Poppy Seeds, Canola Oil), Colour (150c), Salt, Yeast Extract, Pepper, Glaze (**Milk**, Mineral Salt (450), Colour (160a), Thickener (415)), Processing Aid (**Wheat**)).

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg.

Cheese & Bacon Roll - White

SERVINGS PER PACKAGE: 1

SERVING SIZE: 113 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	1370 kJ (326 Cal)	16% DI	1210 kJ (290 Cal)
Protein	15.5 g	31% DI	13.8 g
Fat, total	13.3 g	19% DI	11.8 g
-saturated	6.6 g	28% DI	5.9 g
Carbohydrate	34.7 g	11% DI	30.8 g
-sugars	1.1 g	1% DI	0.9 g
Dietary Fibre	1.3 g	4% DI	1.2 g
Sodium	907 mg	39% DI	806 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Cheese (27%) (Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non-animal Rennet)), Anti-caking Agent Blend (Anticaking Agent (460), Preservative (200))), Water, Bacon Pieces (13%) (**Soy**) (Pork, Water, Starch (Potato), Salt, Mineral Salts (451, 452), Sugar (Dextrose), Food Acid (270), Antioxidant (316), Sodium Nitrite (250), Natural wood Smoke), Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg.

Cheese & Spinach Roll

SERVINGS PER PACKAGE: 1

SERVING SIZE: 180 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	1980 kJ (473 Cal)	23% DI	1100 kJ (263 Cal)
Protein	13.9 g	28% DI	7.7 g
Fat, total	27.4 g	39% DI	15.2 g
-saturated	14.9 g	62% DI	8.3 g
Carbohydrate	42.8 g	14% DI	23.8 g
-sugars	2.9 g	3% DI	1.6 g
Dietary Fibre	2.9 g	10% DI	1.6 g
Sodium	841 mg	37% DI	467 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Cheese & Spinach Roll (**Wheat** Flour, Spinach (18%), Water, Ricotta Cheese (12%) (Whey, **Milk**, Acidity Regulator (270), Thickener (1442)), Margarine (Vegetable Fats And Oils, Water, Salt, Colours (160a), Emulsifiers (471), Antioxidants (307b), Acidity Regulator (331, 330), Flavour), Cheese Topping (9%) (Water, Thickeners (1422, 461), Parmesan Cheese (**Milk**, Salt, Enzymes (Non-animal), Starter Culture), Salt, Sugar, Cheese Powder (Cheese Solids (**Milk**, Salt, Starter Culture, Enzymes (Non-animal))), Butter, Salt, Acidity Regulator (270), Yeast Extract)), Cheese (6%) (**Milk**, Salt, Starter Culture, Non-animal Rennet, Tapioca Starch, Anti-caking Agent (460), Preservative (200)), Onion, Breadcrumbs (**Wheat** Flour, Yeast, Sugar, Salt, **Wheat** Gluten), **Egg** Powder, Seasoning (Salt, Sugar, Hydrolysed Vegetable Protein, Pepper, Onion, Yeast, Tomato, Garlic, Ginger, Corn Flour (**Wheat**), Dextrose Monohydrate, Spices, Hydrolysed Vegetable Protein (**Wheat**, Maize Maltodextrin, Rice Bran Oil), Dehydrated Vegetables, Herbs, Rice Bran Oil), Salt, Glaze (Mineral Salts (500, 451), Maltodextrin, Sugar, Thickener (415), Colour (160b))).

Contains Gluten, Wheat, Egg, Milk, Soy.

May Contain Sesame.

Cheese Roll

SERVINGS PER PACKAGE: 1

SERVING SIZE: 100 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	1170 kJ (278 Cal)	13% DI	1170 kJ (278 Cal)
Protein	10.9 g	22% DI	10.9 g
Fat, total	7.9 g	11% DI	7.9 g
-saturated	3.6 g	15% DI	3.6 g
Carbohydrate	39.4 g	13% DI	39.4 g
-sugars	1.1 g	1% DI	1.1 g
Dietary Fibre	1.5 g	5% DI	1.5 g
Sodium	568 mg	25% DI	568 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Cheese (18%) (Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non-animal Rennet)), Anti-caking Agent Blend (Anticaking Agent (460), Preservative (200))), Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate))), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg.

Chicken and Vegetable Pie

SERVINGS PER PACKAGE: 1

SERVING SIZE: 210 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	2270 kJ (542 Cal)	26% DI	1080 kJ (258 Cal)
Protein	18.3 g	37% DI	8.7 g
Fat, total	26.9 g	38% DI	12.8 g
-saturated	14.1 g	59% DI	6.7 g
Carbohydrate	52.1 g	17% DI	24.8 g
-sugars	4.2 g	5% DI	2.0 g
Dietary Fibre	3.6 g	12% DI	1.7 g
Sodium	737 mg	32% DI	351 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Chicken & Vegetable Pie (**Wheat** Flour, Chicken (23%), Water, Vegetables (14%) (Carrot, Corn, Peas, Onion), Margarine (Vegetable Oils And/or Animal Fat, Emulsifiers (471, 322 (**Soy**)), Antioxidant (307b (**Soy**)), Colour (160a), Water, Salt, Acidity Regulators (331, 330), Flavour), Seasoning, Thickener (1422), **Milk** Solids, Garnish (Breadcrumbs (**Wheat**), Paprika, Parsley, Canola Oil), Pastry Mix (**Wheat**, Mineral Salts (500, 341), Emulsifier (481), Thickener (412)), Salt, Yeast Extract, Glaze (**Milk**, Mineral Salt (450), Colour (160a), Thickener (415)), Pepper, Processing Aid (**Wheat**)).

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg.

Chicken Caesar Baguette

SERVINGS PER PACKAGE: 1

SERVING SIZE: 223 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	2060 kJ (492 Cal)	24% DI	923 kJ (221 Cal)
Protein	23.3 g	47% DI	10.5 g
Fat, total	15.3 g	22% DI	6.9 g
-saturated	3.7 g	15% DI	1.7 g
Carbohydrate	63.2 g	20% DI	28.4 g
-sugars	5.4 g	6% DI	2.4 g
Dietary Fibre	2.5 g	8% DI	1.1 g
Sodium	1570 mg	68% DI	705 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Chicken (18%) (Chicken, Water, Thickener (1414), Mineral Salts (450, 451), **Soy** Protein, Dextrose, Vegetable Gums (407a, 415), Salt, Food Acid (331), Natural Flavouring (Roast Chicken), Vegetable Oil, Maltodextrin, Yeast Extract), Water, Caesar Salad Dressing (Water, Vegetable Oil (Contains Antioxidant (Butylated Hydroxyanisole)), Glucose Syrup, Sugar, Thickeners (Modified Cornstarch, Xanthan Gum (Contains **Soy**)), Parmesan Cheese, Salt, Food Acids (Acetic, Citric), Garlic Powder, Whey Protein (Contains **Milk**), Mustard Seed, Cream Powder, Cheese Powder, Pepper, **Fish** Sauce, Colour (Caramel (150c)), Turmeric), Lettuce, Parmesan Cheese (Contains **Milk**), Prosciutto (Pork, Salt, Dextrose (Maize Or Tapioca), Preservatives (251, 250), Antioxidant (316), Starter Culture), Compressed Yeast, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Canola Oil, Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)), Black Pepper.

Contains Gluten, Wheat, Fish, Milk, Soy.

May Contain Egg, Peanut, Sesame.

Chicken Salad Roll

SERVINGS PER PACKAGE: 1

SERVING SIZE: 219 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	1540 kJ (368 Cal)	18% DI	702 kJ (168 Cal)
Protein	20.3 g	41% DI	9.2 g
Fat, total	12.6 g	18% DI	5.7 g
-saturated	5.3 g	22% DI	2.4 g
Carbohydrate	41.9 g	14% DI	19.1 g
-sugars	4.8 g	5% DI	2.2 g
Dietary Fibre	2.1 g	7% DI	less than 1 g
Sodium	1180 mg	51% DI	539 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Chicken (Chicken, Water, Thickener (1414), Mineral Salts (450, 451), **Soy** Protein, Dextrose, Vegetable Gums (407a, 415), Salt, Food Acid (331), Natural Flavouring (Roast Chicken), Vegetable Oil, Maltodextrin, Yeast Extract), Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Tomato, Lettuce, Mayonnaise (Water, Sugar, Vegetable Oil (Contains Antioxidant (Butylated Hydroxyanisole)), Thickeners (Modified Cornstarch, Xanthan Gum (Contains **Soy**)), Glucose Syrup, Salt, Food Acids (Acetic, Citric), Mustard Powder, Preservative (Potassium Sorbate), Natural Colour (Annatto)), Swiss Cheese Slices (**Milk**, Salt, Cultures, Enzyme (Non-animal Rennet), Natural Preservative (235)), Water, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Compressed Yeast, Canola Oil, Black Pepper, Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg, Peanut, Sesame.

Chicken Salad Sandwich

SERVINGS PER PACKAGE: 1

SERVING SIZE: 210 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	1450 kJ (346 Cal)	17% DI	689 kJ (165 Cal)
Protein	19.6 g	39% DI	9.3 g
Fat, total	12.3 g	18% DI	5.9 g
-saturated	5.3 g	22% DI	2.5 g
Carbohydrate	37.6 g	12% DI	17.9 g
-sugars	4.6 g	5% DI	2.2 g
Dietary Fibre	1.9 g	6% DI	less than 1 g
Sodium	1140 mg	49% DI	541 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Chicken (Chicken, Water, Thickener (1414), Mineral Salts (450, 451), **Soy** Protein, Dextrose, Vegetable Gums (407a, 415), Salt, Food Acid (331), Natural Flavouring (Roast Chicken), Vegetable Oil, Maltodextrin, Yeast Extract), Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Tomato, Lettuce, Mayonnaise (Water, Sugar, Vegetable Oil (Contains Antioxidant (Butylated Hydroxyanisole)), Thickeners (Modified Cornstarch, Xanthan Gum (Contains **Soy**)), Glucose Syrup, Salt, Food Acids (Acetic, Citric), Mustard Powder, Preservative (Potassium Sorbate), Natural Colour (Annatto)), Swiss Cheese Slices (**Milk**, Salt, Cultures, Enzyme (Non-animal Rennet), Natural Preservative (235)), Water, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Compressed Yeast, Canola Oil, Black Pepper, Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg, Peanut, Sesame.

Chicken, Avo & Hollandaise Bruffin

SERVINGS PER PACKAGE: 1

SERVING SIZE: 160 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	1630 kJ (389 Cal)	19% DI	1020 kJ (243 Cal)
Protein	20.0 g	40% DI	12.5 g
Fat, total	22.0 g	31% DI	13.7 g
-saturated	5.7 g	24% DI	3.6 g
Carbohydrate	24.8 g	8% DI	15.5 g
-sugars	1.3 g	1% DI	0.8 g
Dietary Fibre	5.7 g	19% DI	3.6 g
Sodium	932 mg	41% DI	582 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Egg, Wholemeal Flour (Wholemeal **Wheat** Flour, Vitamins (Thiamin, Folate)), Chicken Breast Oven Roasted (9%) (Chicken Breast, Water, Brine (Salt, Sugar, Mineral Salts (450, 451, 452) Food Acid, (262) Carrageenan (Red Seaweed)), Water, Avocado (6%), Cheese (Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non-animal Rennet)), Anti-caking Agent Blend (Anticaking Agent (460), Preservative (200))), Hollandaise Sauce (6%) (**Milk**, **Milk**, **Soy**) (Rice Bran Oil, Water, **Egg**, Vinegar, Thickeners (1414, 415, 412, 401), Salt, Acidity Regulator (575, 330), colour (160a), Natural Flavour, Vegetable Powders, Preservative (211, 202), Emulsifier (433), Spice, Antioxidant (385)), Linseed, **Sesame** Seeds White, Grains Premix (Mixed Grains (Kibbled **Wheat**, Kibbled **Rye**, **Wheat** Flakes), Maize Semolina, Linseeds), **Wheat** Gluten, Poppy Seeds, Compressed Yeast, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Black Pepper, Mixed Herbs, Canola Oil, Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Egg, Milk, Soy, Sesame.

Chicken, Leek & Camembert Pie

SERVINGS PER PACKAGE: 1

SERVING SIZE: 210 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	2210 kJ (527 Cal)	25% DI	1050 kJ (251 Cal)
Protein	17.6 g	35% DI	8.4 g
Fat, total	26.9 g	38% DI	12.8 g
-saturated	13.9 g	58% DI	6.6 g
Carbohydrate	53.6 g	17% DI	25.5 g
-sugars	3.1 g	3% DI	1.5 g
Dietary Fibre	2.5 g	8% DI	1.2 g
Sodium	716 mg	31% DI	341 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Chicken & Leek Pie (Australian **Wheat** Flour, Water, Rspca Approved Australian Chicken (20%), Margarine (Vegetable Oils And/or Animal Fat, Water, Salt, Emulsifiers (471, 322 (**Soy**)), Acidity Regulators (331, 330), Antioxidant (307b), Flavour, Colour (160a), **Milk** Solids), Leek (6%), Camembert Sauce (4%) (Contains **Milk**, Thickeners (1422, 466), Mineral Salts (452, 339), Acidity Regulator (330)), Celery, Thickener (1422), Seasoning, **Milk** Solids, Pastry Mix (Contains **Wheat**, Mineral Salts (500, 341), Emulsifier (481), Thickener (412)), Breadcrumbs (Contains **Wheat**, Emulsifier (471)), Parmesan Cheese (Contains **Milk**), Glaze (Contains **Milk**, Mineral Salt (450), Colour (160a), Thickener (415)), Salt, Pepper, Processing Aid (Contains **Wheat**)).

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg.

Chicken, Semi Dried Tomato & Pesto Wrap

SERVINGS PER PACKAGE: 1

SERVING SIZE: 246 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	2840 kJ (679 Cal)	33% DI	1160 kJ (276 Cal)
Protein	16.8 g	34% DI	6.8 g
Fat, total	42.3 g	60% DI	17.2 g
-saturated	7.8 g	33% DI	3.2 g
Carbohydrate	55.2 g	18% DI	22.5 g
-sugars	7.5 g	8% DI	3.0 g
Dietary Fibre	3.3 g	11% DI	1.4 g
Sodium	1290 mg	56% DI	525 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Tortilla (**Soy**) (**Wheat** Flour (Thiamine, Folic Acid), Water, Vegetable Shortening (Antioxidant (307b)), Sugar, Baking Powder (Mineral Salts (450, 500, 341)), Acidity Regulator (297), Iodised Salt, Mineral Salt (500), Preservative (282), Yeast), Chicken Breast (Chicken, Water, Thickener (1414), Mineral Salts (450, 451), **Soy** Protein, Dextrose, Vegetable Gums (407a, 415), Salt, Food Acid (331), Natural Flavouring (Roast Chicken), Vegetable Oil, Maltodextrin, Yeast Extract), Lettuce, Sundried Tomatoes (12%) (Sun Dried Tomatoes, Canola Oil, Salt, Food Acid (330), Sugar, Herbs, Garlic, Vinegar, Water), Mayonnaise (Canola Oil, Pasteurised Free Range **Egg** Yolks, Water, Vinegar, Sugar, Salt, Lemon Juice Concentrate, Natural Mustard Flavour, Antioxidant (385)), Basil Pesto (8%) (Basil Puree (Fresh Basil, Vegetable Oil, Salt, Acetic Acid, Citric Acid, Calcium Lactate, Potassium Sorbate, Ascorbic Acid), Canola Oil, **Cashews**, Parmesan Cheese (Pasteurised **Milk**, Tapioca Starch, Whey Powder, Salt, Starter Cultures, Enzymes (Contains **Egg**), Preservative (E200)), Sugar, Garlic, Salt, Citric Acid, Preservative (E202, E211)).

Contains Gluten, Wheat, Egg, Milk, Soy, Cashew.

May Contain Sesame.

Choc Hazelnut & Choc Chip Gourmet Cookie

SERVINGS PER PACKAGE: 1

SERVING SIZE: 135 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	2800 kJ (669 Cal)	32% DI	2070 kJ (496 Cal)
Protein	8.0 g	16% DI	6.0 g
Fat, total	33.6 g	48% DI	24.9 g
-saturated	18.8 g	78% DI	13.9 g
Carbohydrate	82.7 g	27% DI	61.3 g
-sugars	48.7 g	54% DI	36.1 g
Dietary Fibre	1.0 g	3% DI	less than 1 g
Sodium	525 mg	23% DI	389 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Self Raising Flour (**Wheat** Flour, Raising Agents (450, 500, 341, 339, Wheaten Cornflour)), Unsalted Butter (Cream (**Milk**)), **Wheat** Flour, **Hazelnut** Spread With Cocoa (Sugar, Palm Oil, **Hazelnuts**, Fat Reduced Cocoa, Skim **Milk** Powder, **Soy** / Sunflower Lecithin, Vanillin), Brown Sugar, Dark Chocolate (Cocoa Mass, Sugar, Cocoa Butter, **Milk** Fat, Emulsifier (**Soy** Lecithin), Vanilla), **Egg**, **Milk** Chocolate (Sugar, Cocoa Butter, Whole **Milk** Powder, Cocoa Mass, Lactose (**Milk**), Skim **Milk** Powder, **Barley** Malt Extract, Emulsifier (**Soy** Lecithin), Flavouring), Sugar, Baking Powder (Raising Agents (450, 500), **Wheat** Starch), Vanilla Flavour (Water, Ethanol, Sugar, Synthetic Flavourings, Colour (150a)), Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate).

Contains Gluten, Wheat, Egg, Milk, Soy, Hazelnut.

May Contain Tree Nuts.

Chocolate Croissant

SERVINGS PER PACKAGE: 1

SERVING SIZE: 119 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	2270 kJ (542 Cal)	26% DI	1910 kJ (456 Cal)
Protein	7.7 g	15% DI	6.5 g
Fat, total	30.7 g	44% DI	25.9 g
-saturated	22.0 g	92% DI	18.5 g
Carbohydrate	58.1 g	19% DI	48.9 g
-sugars	26.8 g	30% DI	22.6 g
Dietary Fibre	1.7 g	6% DI	1.4 g
Sodium	289 mg	13% DI	243 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Danish Square (**Wheat** Flour, Unsalted Butter (**Milk**), Water, **Egg**, Sugar, Yeast, **Wheat** Gluten, Salt, Natural Colour (160a), Antioxidant (300), Calcium Carbonate (170), Enzymes (**Wheat**), Thickener (412)), Dark Compound Chocolate (**Milk, Soy**) (Sugar, Vegetable Fat, Cocoa Solids, (Emulsifier (322)), Natural Flavour), Chocolate Fondant (Sugar Syrups (Sucrose, Glucose), Flavouring (Colours (150d, 155, 151, 133))), Icing Mixture (Sucrose, **Wheat** Starch).

Contains Gluten, Wheat, Egg, Milk, Soy.

May Contain Peanut, Almond, Hazelnut, Sesame, Pecan.

Chocolate Mud Cake (Family)

SERVINGS PER PACKAGE: 8

SERVING SIZE: 136 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	2380 kJ (568 Cal)	27% DI	1750 kJ (419 Cal)
Protein	4.1 g	8% DI	3.0 g
Fat, total	31.9 g	46% DI	23.5 g
-saturated	15.4 g	64% DI	11.3 g
Carbohydrate	65.4 g	21% DI	48.2 g
-sugars	50.7 g	56% DI	37.4 g
Dietary Fibre	less than 1 g	3% DI	less than 1 g
Sodium	181 mg	8% DI	134 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Mud Cake Mix (Sugar, **Wheat** Flour, Cocoa, Vegetable Oil, **Egg** Powder, Thickener (1422), Emulsifier (471, 481), Raising Agents (500, 341, 541), Salt, Preservative (202)), Dark Compound Chocolate (**Milk, Soy**) (Sugar, Vegetable Fat, Cocoa Solids, (Emulsifier (322)), Natural Flavour), Thickened Cream (Cream (**Milk**), Gelatin, Stabiliser (407a), Emulsifier (471)), Icing Mixture (Sucrose, **Wheat** Starch), Water, Canola Oil, Unsalted Butter (Cream (**Milk**)), Strawberries, Dark Chocolate Flakes (Sugar, Vegetable Fat, Cocoa Powder, **Milk** Solids, Emulsifiers (322 **Soy**, 476)), Chocolate Flavour (Water, Colours (150d, 155, 151, 133) (Sulphites), Natural And Synthetic Flavouring, Acidity Regulator (330), Preservative (202), Thickener (415), Emulsifier (433)), Vanilla Flavour (Water, Ethanol, Sugar, Synthetic Flavourings, Colour (150a)).

Contains Gluten, Wheat, Egg, Milk, Soy.

Chunky Beef & Pepper Pie

SERVINGS PER PACKAGE: 1

SERVING SIZE: 200 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	2160 kJ (516 Cal)	25% DI	1080 kJ (258 Cal)
Protein	19.2 g	38% DI	9.6 g
Fat, total	26.6 g	38% DI	13.3 g
-saturated	13.2 g	55% DI	6.6 g
Carbohydrate	49.4 g	16% DI	24.7 g
-sugars	1.8 g	2% DI	0.9 g
Dietary Fibre			
Sodium	946 mg	41% DI	473 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Beef & Pepper Pie (Australian **Wheat** Flour, Australian Beef (Min 25%) (Slow-cooked Beef (17%), Minced Beef), Water, Margarine (Vegetable Oils And/or Animal Fats, Water, Salt, Emulsifiers (471, 322 (**Soy**)), Acidity Regulators (331, 330), Antioxidant (307b (**Soy**)), Colour (160a), Flavours), Thickener (1422), Tomato Paste, Seasoning (Contains **Wheat**, **Soy**, Colour (150d), Anti-caking Agent (551)), Poppy Seeds, Onion, Pastry Mix (Contains **Wheat**, Mineral Salts (500, 341), Emulsifier (481), Thickener (412)), Pepper (0.3%), Colour (150c), Salt, Glaze (Contains **Milk**, Mineral Salt (450), Colour (160a), Thickener (415)), Processing Aid (**Wheat**)).

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg.

Cinnamon Bun

SERVINGS PER PACKAGE: 1

SERVING SIZE: 106 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	1600 kJ (383 Cal)	18% DI	1510 kJ (362 Cal)
Protein	6.0 g	12% DI	5.7 g
Fat, total	13.6 g	19% DI	12.8 g
-saturated	5.3 g	22% DI	5.0 g
Carbohydrate	57.9 g	19% DI	54.6 g
-sugars	26.7 g	30% DI	25.2 g
Dietary Fibre	1.3 g	4% DI	1.2 g
Sodium	209 mg	9% DI	197 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Cream Cheese Topping (Icing Sugar Mixture (Sugar, Tapioca Starch), Vegetable Oils (Palm Oil, Canola Oil), Cream Cheese (**Milk**, cream, Salt, Stabilisers (410, 412), Starter Culture), Natural And Synthetic Flavourings, Cream Cheese Powder (Cream And **Milk** Solids, Sugar, Emulsifier (471), Salt, Antioxidant (307b **Soy**), Culture), Sugar, Cream Cheese Topping (**Wheat** Starch, Dextrose, Salt, Food Acid (330), Colours (110, 102)), Emulsifiers (471, 435 (Palm)), Preservative (202), Thickener (412)), Water, Brown Sugar, Sugar, Unsalted Butter (Cream (**Milk**)), Canola Oil, Compressed Yeast, Cinnamon, Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)), Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Buns Spice Flavour (Ethanol, Natural & Synthetic Flavourings, Propylene Glycol (1520), Water).

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg, Peanut, Tree Nuts, Sesame.

Cinnamon Donut

SERVINGS PER PACKAGE: 1

SERVING SIZE: 55 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	873 kJ (209 Cal)	10% DI	1590 kJ (380 Cal)
Protein	3.4 g	7% DI	6.3 g
Fat, total	10.0 g	14% DI	18.1 g
-saturated	4.4 g	18% DI	8.0 g
Carbohydrate	25.6 g	8% DI	46.6 g
-sugars	11.3 g	13% DI	20.5 g
Dietary Fibre	1.1 g	4% DI	2.0 g
Sodium	167 mg	7% DI	303 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Donut (**Wheat** Flour (Vitamins (Thiamin, Folate)), Water, Vegetable Fats & Oils (Palm, Canola), Dextrose (**Wheat**), Yeast, **Milk** Solids, Emulsifiers (481, 471 From Palm), Salt, Raising Agents (541, 500), **Soy** Flour, **Egg** Yolk Powder, Thickener (412), Antioxidant (300)), Sugar, Cinnamon.

Contains Gluten, Wheat, Egg, Milk, Soy.

May Contain Peanut, Tree Nuts.

Cinnamon Log

SERVINGS PER PACKAGE: 9

SERVING SIZE: 41 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	502 kJ (120 Cal)	6% DI	1230 kJ (293 Cal)
Protein	2.8 g	6% DI	6.8 g
Fat, total	1.5 g	2% DI	3.5 g
-saturated	less than 1 g	0% DI	less than 1 g
Carbohydrate	23.2 g	7% DI	56.7 g
-sugars	8.6 g	10% DI	21.0 g
Dietary Fibre	less than 1 g	2% DI	1.8 g
Sodium	82 mg	4% DI	201 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Sultanas (Sultanas, Vegetable Oil), Sugar, Currants (Currants, Vegetable Oils), Compressed Yeast, Canola Oil, Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)), Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Mixed Spice (Coriander, Cinnamon, Cassia, Ginger (Sulphites), Cloves), Cinnamon.

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk.

Cobb - White

SERVINGS PER PACKAGE: 7

SERVING SIZE: 67 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	692 kJ (165 Cal)	8% DI	1040 kJ (248 Cal)
Protein	5.4 g	11% DI	8.0 g
Fat, total	1.6 g	2% DI	2.4 g
-saturated	less than 0.1 g	0% DI	less than 0.1 g
Carbohydrate	31.3 g	10% DI	46.8 g
-sugars	0.9 g	1% DI	1.3 g
Dietary Fibre	1.2 g	4% DI	1.8 g
Sodium	352 mg	15% DI	527 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk.

Cream Bun

SERVINGS PER PACKAGE: 1

SERVING SIZE: 96 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	1260 kJ (302 Cal)	15% DI	1320 kJ (314 Cal)
Protein	5.3 g	11% DI	5.5 g
Fat, total	11.6 g	17% DI	12.1 g
-saturated	5.9 g	25% DI	6.2 g
Carbohydrate	43.2 g	14% DI	45.0 g
-sugars	16.8 g	19% DI	17.5 g
Dietary Fibre	1.1 g	4% DI	1.2 g
Sodium	159 mg	7% DI	165 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Thickened Cream (25%) (Cream (**Milk**), Gelatin, Stabiliser (407a), Emulsifier (471)), Water, Icing Mixture (Sucrose, **Wheat** Starch), Sugar, Jam (Sugar, Apple (Puree And Reconstituted), Fruit Fibre, Thickener (440, Dextrose), Acidity Regulator (330), Preservative (202), Colours (124, 122), Flavouring), Canola Oil, Compressed Yeast, Modified Corn Starch (1422), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)), Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bunspice Flavour (Ethanol, Natural & Synthetic Flavourings, Propylene Glycol (1520), Water).

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg.

Croissant

SERVINGS PER PACKAGE: 1

SERVING SIZE: 77 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	1240 kJ (296 Cal)	14% DI	1620 kJ (387 Cal)
Protein	7.0 g	14% DI	9.1 g
Fat, total	16.8 g	24% DI	22.0 g
-saturated	9.9 g	41% DI	12.9 g
Carbohydrate	28.0 g	9% DI	36.6 g
-sugars	2.3 g	3% DI	3.0 g
Dietary Fibre	less than 1 g	0% DI	less than 1 g
Sodium	288 mg	13% DI	377 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Croissant (**Wheat** Flour (Vitamin (Thiamin, Folate)), Water, Butter (**Milk**), **Wheat** Gluten, Sugar, Yeast, Salt, **Soy** Flour, Calcium Carbonate (170), Vegetable Emulsifiers (472e, 481), **Egg**, Calcium Sulphate (516), Antioxidant (300), Vegetable Oil, Enzymes (**Wheat**)).

Contains Gluten, Wheat, Egg, Milk, Soy.

May Contain Peanut, Tree Nuts, Almond, Hazelnut, Sesame, Pecan.

Cupcake - Fondant (Monkey Face)

SERVINGS PER PACKAGE: 1

SERVING SIZE: 71 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	1060 kJ (253 Cal)	12% DI	1490 kJ (356 Cal)
Protein	2.4 g	5% DI	3.4 g
Fat, total	5.5 g	8% DI	7.7 g
-saturated	3.3 g	14% DI	4.7 g
Carbohydrate	47.5 g	15% DI	66.8 g
-sugars	35.2 g	39% DI	49.6 g
Dietary Fibre	0.6 g	2% DI	0.8 g
Sodium	245 mg	11% DI	344 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Cake Mix (**Wheat** Flour, Sugar, Vegetable Shortening (Vegetable Oils, Emulsifiers (471, 477), Antioxidants (322 (**Soy**), 307)), Thickeners (1422, 415 (**Soy**)), Raising Agents (500, 541, 450), Emulsifiers (471, 472b, 477, 491 (**Wheat**, **Milk**)), **Milk** Solids, Humectant (420), Salt, Maltodextrin, Flavourings, Maize Starch, Colours (102, 124, 110), **Wheat** Starch), White Fondant (Sugar Syrups (Sucrose, Glucose (Wheat Derived))), **Egg**, Sprinkles (Sugar, Vegetable Fat (Emulsifier (322 **Soy**), Glucose (From Wheat), Colours (124, 102, 110, 133, 123, 122)), Smarties (Sugar, **Milk** Solids, Cocoa Butter, Cocoa Mass, **Wheat** Flour, Vegetable Fat (Emulsifier (**Soy** Lecithin))), Rice Starch, Emulsifiers (**Soy** Lecithin, 476), Colours (Carmine, Beta Carotene, Anthocyanin, Copper Chlorophyllin, Turmeric), Glazing Agents (903, 901), Spirulina Powder, Flavour).

Contains Gluten, Wheat, Egg, Milk, Soy.

Custard Tart (no Bake)

SERVINGS PER PACKAGE: 1

SERVING SIZE: 303 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	1840 kJ (440 Cal)	21% DI	608 kJ (145 Cal)
Protein	7.4 g	15% DI	2.4 g
Fat, total	16.1 g	23% DI	5.3 g
-saturated	8.1 g	34% DI	2.7 g
Carbohydrate	65.5 g	21% DI	21.6 g
-sugars	38.0 g	42% DI	12.5 g
Dietary Fibre	0.5 g	2% DI	0.1 g
Sodium	363 mg	16% DI	120 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Water, Shortbread Pastry (**Wheat** Flour, Margarine (Vegetable Oils, Water, Salt, **Milk** Solids, Emulsifiers (**Soy** Lecithin, 471), Flavour, Antioxidant (320), Colour (160a)), Sugar, Water, Preservative (202)), Custard Mix (17%) (Sugar, **Milk** Solids, **Wheat** Starch, Dextrose, Vegetable Gums (407, 410, 415), Salt, Mineral Salt (508), Flavours, Colours (102, 124)), Ground Nutmeg.

Contains Gluten, Wheat, Egg, Milk, Soy.

Damper Loaf - Spinach & Fetta

SERVINGS PER PACKAGE: 1

SERVING SIZE: 369 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	3730 kJ (893 Cal)	43% DI	1010 kJ (242 Cal)
Protein	33.0 g	66% DI	8.9 g
Fat, total	28.9 g	41% DI	7.8 g
-saturated	17.4 g	73% DI	4.7 g
Carbohydrate	121 g	39% DI	32.8 g
-sugars	8.4 g	9% DI	2.3 g
Dietary Fibre	5.4 g	18% DI	1.5 g
Sodium	3540 mg	154% DI	960 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Spinach, Feta Cheese (Pasteurised **Milk**, Starter Culture, Salt, Non Animal Rennet, Calcium Chloride), Unsalted Butter (Cream (**Milk**)), Baking Powder (Raising Agents (450, 500), **Wheat** Starch), Skim **Milk** Powder, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate).

Contains Gluten, Wheat, Milk.

Damper Loaf

SERVINGS PER PACKAGE: 1

SERVING SIZE: 369 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	4100 kJ (979 Cal)	47% DI	1110 kJ (265 Cal)
Protein	28.2 g	56% DI	7.6 g
Fat, total	24.8 g	35% DI	6.7 g
-saturated	13.7 g	57% DI	3.7 g
Carbohydrate	156 g	50% DI	42.3 g
-sugars	10.5 g	12% DI	2.9 g
Dietary Fibre	5.3 g	18% DI	1.4 g
Sodium	3880 mg	169% DI	1050 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Unsalted Butter (Cream (**Milk**)), Baking Powder (Raising Agents (450, 500), **Wheat** Starch), Skim **Milk** Powder, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate).

Contains Gluten, Wheat, Milk.

Damper Roll - Spinach & Fetta

SERVINGS PER PACKAGE: 1

SERVING SIZE: 77 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	790 kJ (189 Cal)	9% DI	1030 kJ (247 Cal)
Protein	6.9 g	14% DI	9.1 g
Fat, total	5.8 g	8% DI	7.6 g
-saturated	3.5 g	15% DI	4.6 g
Carbohydrate	26.3 g	8% DI	34.3 g
-sugars	1.7 g	2% DI	2.3 g
Dietary Fibre	1.2 g	4% DI	1.5 g
Sodium	708 mg	31% DI	926 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Spinach (13%), Feta Cheese (Pasteurised **Milk**, Starter Culture, Salt, Non Animal Rennet, Calcium Chloride), Unsalted Butter (Cream (**Milk**)), Baking Powder (Raising Agents (450, 500), **Wheat** Starch), Skim **Milk** Powder, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate).

Contains Gluten, Wheat, Milk.

Danish Blueberry & Custard

SERVINGS PER PACKAGE: 1

SERVING SIZE: 128 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	1920 kJ (459 Cal)	22% DI	1500 kJ (359 Cal)
Protein	7.6 g	15% DI	5.9 g
Fat, total	25.4 g	36% DI	19.9 g
-saturated	16.7 g	70% DI	13.1 g
Carbohydrate	49.1 g	16% DI	38.4 g
-sugars	16.0 g	18% DI	12.5 g
Dietary Fibre	1.2 g	4% DI	0.9 g
Sodium	312 mg	14% DI	244 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Danish Square (**Wheat** Flour, Unsalted Butter (**Milk**), Water, **Egg**, Sugar, Yeast, **Wheat** Gluten, Salt, Natural Colour (160a), Antioxidant (300), Calcium Carbonate (170), Enzymes (**Wheat**), Thickener (412)), Blueberry Filling (12%) (Blueberries, Sugar, Water, Thickener (1442), Acidity Regulators (330, 331), Preservative (202)), Instant Custard (4.5%) (Sugar, Thickener (1414), **Milk** Solids, Dextrose, Vegetable Fat (Palm Oil, Lactose, **Milk** Protein), Vegetable Gums (401, 407, 410, 415), Maize Starch, Salt, Natural Flavour, Colours (102, 110, 171), Preservative (202)), Aprigel (Sugar Syrups (Sucrose, Glucose), Water, Thickeners (407, 415, 406), Acidity Regulators (332, 330), Flavouring, Preservatives (200, 202), Colours (102, 124)), White Fondant (Sugar Syrups (Sucrose, Glucose (Wheat Derived))).

Contains Gluten, Wheat, Egg, Milk.

May Contain Peanut, Soy, Almond, Hazelnut, Sesame, Pecan.

Danish Apple & Custard

SERVINGS PER PACKAGE: 1

SERVING SIZE: 128 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	1880 kJ (449 Cal)	22% DI	1470 kJ (351 Cal)
Protein	7.5 g	15% DI	5.9 g
Fat, total	25.4 g	36% DI	19.9 g
-saturated	16.7 g	70% DI	13.1 g
Carbohydrate	48.5 g	16% DI	38.0 g
-sugars	14.4 g	16% DI	11.3 g
Dietary Fibre	1.1 g	4% DI	0.8 g
Sodium	313 mg	14% DI	245 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Danish Square (**Wheat** Flour, Unsalted Butter (**Milk**), Water, **Egg**, Sugar, Yeast, **Wheat** Gluten, Salt, Natural Colour (160a), Antioxidant (300), Calcium Carbonate (170), Enzymes (**Wheat**), Thickener (412)), Diced Apple (10%) (Apple, Water, Acidity Regulators (330, 300)), Instant Custard (4.5%) (Sugar, Thickener (1414), **Milk** Solids, Dextrose, Vegetable Fat (Palm Oil, Lactose, **Milk** Protein), Vegetable Gums (401, 407, 410, 415), Maize Starch, Salt, Natural Flavour, Colours (102, 110, 171), Preservative (202)), Aprigel (Sugar Syrups (Sucrose, Glucose), Water, Thickeners (407, 415, 406), Acidity Regulators (332, 330), Flavouring, Preservatives (200, 202), Colours (102, 124)), White Fondant (Sugar Syrups (Sucrose, Glucose (Wheat Derived))), Sugar, Modified Corn Starch (1422).

Contains Gluten, Wheat, Egg, Milk.

May Contain Peanut, Soy, Almond, Hazelnut, Sesame, Pecan.

Dark Rye Open Top Loaf

SERVINGS PER PACKAGE: 11

SERVING SIZE: 64 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	619 kJ (148 Cal)	7% DI	970 kJ (232 Cal)
Protein	6.1 g	12% DI	9.6 g
Fat, total	1.4 g	2% DI	2.2 g
-saturated	less than 1 g	2% DI	less than 1 g
Carbohydrate	25.2 g	8% DI	39.5 g
-sugars	1.3 g	1% DI	2.1 g
Dietary Fibre	4.3 g	14% DI	6.7 g
Sodium	341 mg	15% DI	535 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Dark **Rye** Mix (67%) (**Wheat** Flour (Vitamins (Thiamin, Folate)), Dark **Rye** Flour, Dark Malt **Barley** Flour, **Wheat** Gluten, Iodised Salt, Sugar, **Soy** Flour, Vegetable Oils (Palm, Canola), acidity Regulator (330), Emulsifier (472e), Dough Conditioners (Calcium Sulphate (516), Synthetic L-cysteine (920) (**Wheat**), Ascorbic Acid (300)), Enzymes (**Wheat**)), Water, Compressed Yeast, **Wheat** Semolina.

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk.

Date Loaf

SERVINGS PER PACKAGE: 9

SERVING SIZE: 65 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	812 kJ (194 Cal)	9% DI	1250 kJ (299 Cal)
Protein	2.1 g	4% DI	3.2 g
Fat, total	3.9 g	6% DI	5.9 g
-saturated	1.9 g	8% DI	3.0 g
Carbohydrate	40.4 g	13% DI	62.2 g
-sugars	27.6 g	31% DI	42.4 g
Dietary Fibre	2.4 g	8% DI	3.7 g
Sodium	103 mg	4% DI	159 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Diced Dates (Dates, Rice Flour), Sugar, **Wheat** Flour, Water, **Egg**, Unsalted Butter (Cream (**Milk**)), Raising Agent (500), Vanilla Flavour (Water, Ethanol, Sugar, Synthetic Flavourings, Colour (150a)).

Contains Gluten, Wheat, Egg, Milk.

Dinner Roll - White

SERVINGS PER PACKAGE: 1

SERVING SIZE: 36 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	373 kJ (89 Cal)	4% DI	1040 kJ (248 Cal)
Protein	2.9 g	6% DI	8.0 g
Fat, total	0.9 g	1% DI	2.4 g
-saturated	less than 0.1 g	0% DI	less than 0.1 g
Carbohydrate	16.8 g	5% DI	46.8 g
-sugars	0.5 g	1% DI	1.3 g
Dietary Fibre	0.7 g	2% DI	1.8 g
Sodium	190 mg	8% DI	527 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk.

Double Bacon & Egg Brioche Roll

SERVINGS PER PACKAGE: 1

SERVING SIZE: 246 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	2420 kJ (578 Cal)	28% DI	983 kJ (235 Cal)
Protein	33.0 g	66% DI	13.4 g
Fat, total	30.4 g	43% DI	12.3 g
-saturated	13.2 g	55% DI	5.4 g
Carbohydrate	42.0 g	14% DI	17.1 g
-sugars	4.8 g	5% DI	1.9 g
Dietary Fibre	1.7 g	6% DI	less than 1 g
Sodium	1680 mg	73% DI	681 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bacon (39%) (Pork, Water, Salt, Emulsifiers (451, 450, 452), Sugar, Antioxidant (316), Sodium Nitrite (250), Smoked), **Egg** (30%), Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Unsalted Butter (Cream (**Milk**)), Sugar, Compressed Yeast, **Milk**, **Sesame** Seeds White, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Egg, Milk, Soy, Sesame.

Double Choc Hot Cross Bun

SERVINGS PER PACKAGE: 1

SERVING SIZE: 77 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	1020 kJ (245 Cal)	12% DI	1330 kJ (318 Cal)
Protein	4.7 g	9% DI	6.1 g
Fat, total	6.9 g	10% DI	9.0 g
-saturated	4.2 g	18% DI	5.5 g
Carbohydrate	40.0 g	13% DI	52.0 g
-sugars	13.5 g	15% DI	17.5 g
Dietary Fibre	1.6 g	5% DI	2.0 g
Sodium	144 mg	6% DI	186 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Dark Compound Chocolate (18%) (**Milk, Soy**) (Sugar, Vegetable Fat, Cocoa Solids, (Emulsifier (322)), Natural Flavour), Sugar, Bun Cross Mix (Easter Bun Crossing Mix (**Wheat** Starch, **Wheat** Flour, Vegetable Oils, Vegetable Emulsifier (471), Thickener (415) (**Soy**), Salt), Water, Chocolate Flavour (Water, Colours (150d, 155, 151, 133) (Sulphites), Natural And Synthetic Flavouring, Acidity Regulator (330), Preservative (202), Thickener (415), Emulsifier (433))), Easter Bun Crossing Mix (**Wheat** Starch, **Wheat** Flour, Vegetable Oils, Vegetable Emulsifier (471), Thickener (415) (**Soy**), Salt), Canola Oil, Compressed Yeast, Chocolate Flavour (Water, Colours (150d, 155, 151, 133) (Sulphites), Natural And Synthetic Flavouring, Acidity Regulator (330), Preservative (202), Thickener (415), Emulsifier (433)), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)), Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), **Wheat** Gluten, Bunsplise Flavour (Ethanol, Natural & Synthetic Flavourings, Propylene Glycol (1520), Water), Raspberry Flavour (Water, Natural & Synthetic Flavourings, Thickener (415), Emulsifier (433), Colours (122, 110), Acidity Regulator (330), Preservative (202)).

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg.

Elijah's Mega Meaty BBQ Twist

SERVINGS PER PACKAGE: 4

SERVING SIZE: 86 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	955 kJ (228 Cal)	11% DI	1120 kJ (267 Cal)
Protein	9.3 g	19% DI	10.9 g
Fat, total	6.7 g	10% DI	7.8 g
-saturated	2.6 g	11% DI	3.1 g
Carbohydrate	31.6 g	10% DI	36.9 g
-sugars	4.8 g	5% DI	5.6 g
Dietary Fibre	1.0 g	3% DI	1.2 g
Sodium	748 mg	33% DI	875 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Bacon Pieces (15%) (**Soy**) (Pork, Water, Starch (Potato), Salt, Mineral Salts (451, 452), Sugar (Dextrose), Food Acid (270), Antioxidant (316), Sodium Nitrite (250), Natural wood Smoke), Water, Bbq Sauce (High Fructose Corn Syrup, Distilled Vinegar, Tomato Paste, Thickener (1442), Salt, Pineapple Juice Concentrate, Natural Smoke Flavor, Spices, Colour (Caramel 150d), Preservative (211), Molasses, Corn Syrup, Dried Garlic, Sugar, Tamarind, Natural Flavour), Cheese (Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non-animal Rennet)), Anti-caking Agent Blend (Anticaking Agent (460), Preservative (200))), Pepperoni (6%) (Meat Including Pork, Salt, **Soy** Protein, Dextrose (Tapioca, Maize), Spices And Spice Extracts, Colour (160c), Emulsifier (451), Herb Extracts, Antioxidants (316, 307b), Dehydrated Vegetables, Mustard Flour, Starter Cultures, Fermented Red Rice, Sodium Nitrite (250), Smoked), Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg.

Finger Bun

SERVINGS PER PACKAGE: 1

SERVING SIZE: 99 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	1520 kJ (363 Cal)	17% DI	1540 kJ (368 Cal)
Protein	5.0 g	10% DI	5.1 g
Fat, total	12.2 g	17% DI	12.4 g
-saturated	6.4 g	27% DI	6.5 g
Carbohydrate	56.8 g	18% DI	57.6 g
-sugars	30.4 g	34% DI	30.8 g
Dietary Fibre	1.9 g	6% DI	1.9 g
Sodium	149 mg	6% DI	151 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Icing Mixture (Sucrose, **Wheat** Starch), Water, Shortening (**Soy**) (Vegetable Oil, Emulsifiers (435, 471), Antioxidants (307b)), Sugar, Desiccated Coconut (Coconut, Preservative (223) (Sulphites)), Sprinkles (Sugar, Vegetable Fat (Emulsifier (322 **Soy**), Glucose (From Wheat), Colours (124, 102, 110, 133, 123, 122)), Canola Oil, Compressed Yeast, White Fondant (Sugar Syrups (Sucrose, Glucose (Wheat Derived))), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)), Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Vanilla Flavour (Water, Ethanol, Sugar, Synthetic Flavourings, Colour (150a)), Bunspice Flavour (Ethanol, Natural & Synthetic Flavourings, Propylene Glycol (1520), Water).

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk.

French Stick - White

SERVINGS PER PACKAGE: 1

SERVING SIZE: 234 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	2420 kJ (579 Cal)	28% DI	1040 kJ (248 Cal)
Protein	18.8 g	38% DI	8.0 g
Fat, total	5.7 g	8% DI	2.4 g
-saturated	0.2 g	1% DI	0.1 g
Carbohydrate	109 g	35% DI	46.8 g
-sugars	3.0 g	3% DI	1.3 g
Dietary Fibre	4.2 g	14% DI	1.8 g
Sodium	1230 mg	54% DI	527 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk.

Fruit Apple Scroll

SERVINGS PER PACKAGE: 1

SERVING SIZE: 141 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	1560 kJ (372 Cal)	18% DI	1100 kJ (263 Cal)
Protein	6.3 g	13% DI	4.5 g
Fat, total	3.3 g	5% DI	2.3 g
-saturated	0.2 g	1% DI	0.1 g
Carbohydrate	81.2 g	26% DI	57.4 g
-sugars	43.2 g	48% DI	30.6 g
Dietary Fibre	2.0 g	7% DI	1.4 g
Sodium	204 mg	9% DI	144 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Diced Apple (20%) (Apple, Water, Acidity Regulators (330, 300)), White Fondant (Sugar Syrups (Sucrose, Glucose (Wheat Derived))), Water, Sugar, Sultanas (7%) (Sultanas, Vegetable Oil), Currants (5%), Compressed Yeast, Canola Oil, Modified Corn Starch (1422), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate))), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)), Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Mixed Spice (Coriander, Cinnamon, Cassia, Ginger (Sulphites), Cloves), Cinnamon, Bunspice Flavour (Ethanol, Natural & Synthetic Flavourings, Propylene Glycol (1520), Water).

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk.

Fruit Loaf

SERVINGS PER PACKAGE: 9

SERVING SIZE: 50 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	605 kJ (145 Cal)	7% DI	1210 kJ (289 Cal)
Protein	3.5 g	7% DI	7.0 g
Fat, total	1.8 g	3% DI	3.6 g
-saturated	less than 1 g	0% DI	less than 1 g
Carbohydrate	27.7 g	9% DI	55.4 g
-sugars	9.4 g	10% DI	18.9 g
Dietary Fibre	less than 1 g	3% DI	1.9 g
Sodium	103 mg	4% DI	206 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Sultanas (Sultanas, Vegetable Oil), Currants (Currants, Vegetable Oils), Sugar, Compressed Yeast, Canola Oil, Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate))), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)), Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Mixed Spice (Coriander, Cinnamon, Cassia, Ginger (Sulphites), Cloves).

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk.

Fruitless Hot Cross Bun

SERVINGS PER PACKAGE: 1

SERVING SIZE: 77 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	881 kJ (211 Cal)	10% DI	1140 kJ (273 Cal)
Protein	5.5 g	11% DI	7.1 g
Fat, total	3.6 g	5% DI	4.7 g
-saturated	less than 1 g	1% DI	less than 1 g
Carbohydrate	37.8 g	12% DI	49.0 g
-sugars	6.2 g	7% DI	8.0 g
Dietary Fibre	1.5 g	5% DI	1.9 g
Sodium	175 mg	8% DI	228 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Sugar, Easter Bun Crossing Mix (**Wheat** Starch, **Wheat** Flour, Vegetable Oils, Vegetable Emulsifier (471), Thickener (415) (**Soy**), Salt), Canola Oil, Compressed Yeast, Mixed Spices (Cassia, Nutmeg, Ginger, Cloves, Pepper, Cinnamon, Cardamom), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)), Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Mixed Spice (Coriander, Cinnamon, Cassia, Ginger (Sulphites), Cloves), Bunspice Flavour (Ethanol, Natural & Synthetic Flavourings, Propylene Glycol (1520), Water), Raspberry Flavour (Water, Natural & Synthetic Flavourings, Thickener (415), Emulsifier (433), Colours (122, 110), Acidity Regulator (330), Preservative (202)).

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk.

Garlic Twist

SERVINGS PER PACKAGE: 4

SERVING SIZE: 63 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	678 kJ (162 Cal)	8% DI	1070 kJ (256 Cal)
Protein	5.7 g	11% DI	9.1 g
Fat, total	2.7 g	4% DI	4.3 g
-saturated	0.8 g	3% DI	1.3 g
Carbohydrate	27.6 g	9% DI	43.6 g
-sugars	0.8 g	1% DI	1.2 g
Dietary Fibre	1.2 g	4% DI	2.0 g
Sodium	324 mg	14% DI	513 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Cheese (Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non-animal Rennet)), Anti-caking Agent Blend (Anticaking Agent (460), Preservative (200))), Garlic (2.5%), Compressed Yeast, Mixed Herbs, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)), Olive Oil.

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg.

Greek Wrap

SERVINGS PER PACKAGE: 1

SERVING SIZE: 216 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	2590 kJ (618 Cal)	30% DI	1200 kJ (286 Cal)
Protein	20.7 g	41% DI	9.6 g
Fat, total	38.3 g	55% DI	17.7 g
-saturated	13.9 g	58% DI	6.4 g
Carbohydrate	45.8 g	15% DI	21.2 g
-sugars	4.0 g	4% DI	1.8 g
Dietary Fibre	2.9 g	10% DI	1.3 g
Sodium	1840 mg	80% DI	852 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Tortilla (**Soy**) (**Wheat** Flour (Thiamine, Folic Acid), Water, Vegetable Shortening (Antioxidant (307b)), Sugar, Baking Powder (Mineral Salts (450, 500, 341)), Acidity Regulator (297), Iodised Salt, Mineral Salt (500), Preservative (282), Yeast), Pepperoni (Meat Including Pork, Salt, **Soy** Protein, Dextrose (Tapioca, Maize), Spices And Spice Extracts, Colour (160c), Emulsifier (451), Herb Extracts, Antioxidants (316, 307b), Dehydrated Vegetables, Mustard Flour, Starter Cultures, Fermented Red Rice, Sodium Nitrite (250), Smoked), Spinach, Basil Pesto (Basil Puree (Fresh Basil, Vegetable Oil, Salt, Acetic Acid, Citric Acid, Calcium Lactate, Potassium Sorbate, Ascorbic Acid), Canola Oil, **Cashews**, Parmesan Cheese (Pasteurised **Milk**, Tapioca Starch, Whey Powder, Salt, Starter Cultures, Enzymes (Contains **Egg**), Preservative (E200)), Sugar, Garlic, Salt, Citric Acid, Preservative (E202, E211)), Black Olives (Olives, Water, Salt, Stabiliser (579)), Feta Cheese (Pasteurised **Milk**, Starter Culture, Salt, Non Animal Rennet, Calcium Chloride).

Contains Gluten, Wheat, Egg, Milk, Soy, Cashew.

Ham & Cheese Croissant

SERVINGS PER PACKAGE: 1

SERVING SIZE: 132 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	1760 kJ (422 Cal)	20% DI	1340 kJ (319 Cal)
Protein	17.7 g	35% DI	13.4 g
Fat, total	25.3 g	36% DI	19.2 g
-saturated	15.4 g	64% DI	11.7 g
Carbohydrate	29.5 g	10% DI	22.4 g
-sugars	2.5 g	3% DI	1.9 g
Dietary Fibre	less than 0.1 g	0% DI	less than 0.1 g
Sodium	688 mg	30% DI	521 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Croissant (**Wheat** Flour (Vitamin (Thiamin, Folate)), Water, Butter (**Milk**), **Wheat** Gluten, Sugar, Yeast, Salt, **Soy** Flour, Calcium Carbonate (170), Vegetable Emulsifiers (472e, 481), **Egg**, Calcium Sulphate (516), Antioxidant (300), Vegetable Oil, Enzymes (**Wheat**)), Ham (23%) (Pork, Water, Starch (Potato), Salt, Mineral Salts (451, 452), Sugar, Food Acid (270), Antioxidant (316), Sodium Nitrite (250)), Swiss Cheese Slices (19%) (**Milk**, Salt, Cultures, Enzyme (Non-animal Rennet), Natural Preservative (235)).

Contains Gluten, Wheat, Egg, Milk, Soy.

May Contain Peanut, Tree Nuts, Almond, Hazelnut, Sesame, Pecan.

Ham & Cheese Danish

SERVINGS PER PACKAGE: 1

SERVING SIZE: 126 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	2060 kJ (492 Cal)	24% DI	1630 kJ (391 Cal)
Protein	14.6 g	29% DI	11.6 g
Fat, total	32.1 g	46% DI	25.5 g
-saturated	20.7 g	86% DI	16.4 g
Carbohydrate	35.7 g	12% DI	28.3 g
-sugars	4.4 g	5% DI	3.5 g
Dietary Fibre	less than 1 g	3% DI	less than 1 g
Sodium	648 mg	28% DI	514 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Danish Square (**Wheat** Flour, Unsalted Butter (**Milk**), Water, **Egg**, Sugar, Yeast, **Wheat** Gluten, Salt, Natural Colour (160a), Antioxidant (300), Calcium Carbonate (170), Enzymes (**Wheat**), Thickener (412)), Cheese (Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non-animal Rennet)), Anti-caking Agent Blend (Anticaking Agent (460), Preservative (200))), Ham (Pork, Water, Starch (Potato), Salt, Mineral Salts (451, 452), Sugar, Food Acid (270), Antioxidant (316), Sodium Nitrite (250)).

Contains Gluten, Wheat, Egg, Milk.

May Contain Peanut, Soy, Almond, Hazelnut, Sesame, Pecan.

Ham Salad Roll

SERVINGS PER PACKAGE: 1

SERVING SIZE: 219 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	1430 kJ (341 Cal)	16% DI	650 kJ (155 Cal)
Protein	18.2 g	36% DI	8.3 g
Fat, total	10.5 g	15% DI	4.8 g
-saturated	4.7 g	19% DI	2.1 g
Carbohydrate	41.8 g	13% DI	19.1 g
-sugars	4.9 g	5% DI	2.2 g
Dietary Fibre	2.0 g	7% DI	less than 1 g
Sodium	1390 mg	61% DI	635 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Ham (Pork, Water, Starch (Potato), Salt, Mineral Salts (451, 452), Sugar, Food Acid (270), Antioxidant (316), Sodium Nitrite (250)), Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Tomato, Lettuce, Mayonnaise (Water, Sugar, Vegetable Oil (Contains Antioxidant (Butylated Hydroxyanisole)), Thickeners (Modified Cornstarch, Xanthan Gum (Contains **Soy**)), Glucose Syrup, Salt, Food Acids (Acetic, Citric), Mustard Powder, Preservative (Potassium Sorbate), Natural Colour (Annatto)), Swiss Cheese Slices (**Milk**, Salt, Cultures, Enzyme (Non-animal Rennet), Natural Preservative (235)), Water, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Compressed Yeast, Canola Oil, Black Pepper, Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg, Peanut.

Ham Salad Sandwich

SERVINGS PER PACKAGE: 1

SERVING SIZE: 210 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	1330 kJ (319 Cal)	15% DI	635 kJ (152 Cal)
Protein	17.5 g	35% DI	8.3 g
Fat, total	10.2 g	15% DI	4.9 g
-saturated	4.7 g	19% DI	2.2 g
Carbohydrate	37.6 g	12% DI	17.9 g
-sugars	4.8 g	5% DI	2.3 g
Dietary Fibre	1.9 g	6% DI	less than 1 g
Sodium	1350 mg	59% DI	641 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Ham (Pork, Water, Starch (Potato), Salt, Mineral Salts (451, 452), Sugar, Food Acid (270), Antioxidant (316), Sodium Nitrite (250)), Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Tomato, Lettuce, Mayonnaise (Water, Sugar, Vegetable Oil (Contains Antioxidant (Butylated Hydroxyanisole)), Thickeners (Modified Cornstarch, Xanthan Gum (Contains **Soy**)), Glucose Syrup, Salt, Food Acids (Acetic, Citric), Mustard Powder, Preservative (Potassium Sorbate), Natural Colour (Annatto)), Swiss Cheese Slices (**Milk**, Salt, Cultures, Enzyme (Non-animal Rennet), Natural Preservative (235)), Water, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Compressed Yeast, Canola Oil, Black Pepper, Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg, Peanut.

Hamburger Roll - White

SERVINGS PER PACKAGE: 1

SERVING SIZE: 72 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	746 kJ (178 Cal)	9% DI	1040 kJ (248 Cal)
Protein	5.8 g	12% DI	8.0 g
Fat, total	1.8 g	3% DI	2.4 g
-saturated	less than 0.1 g	0% DI	less than 0.1 g
Carbohydrate	33.7 g	11% DI	46.8 g
-sugars	0.9 g	1% DI	1.3 g
Dietary Fibre	1.3 g	4% DI	1.8 g
Sodium	379 mg	16% DI	527 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk.

Hedgehog Slice

SERVINGS PER PACKAGE: 1

SERVING SIZE: 110 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	1880 kJ (450 Cal)	22% DI	1710 kJ (409 Cal)
Protein	4.8 g	10% DI	4.3 g
Fat, total	21.0 g	30% DI	19.1 g
-saturated	12.6 g	53% DI	11.5 g
Carbohydrate	57.9 g	19% DI	52.6 g
-sugars	39.0 g	43% DI	35.4 g
Dietary Fibre	4.8 g	16% DI	4.4 g
Sodium	113 mg	5% DI	103 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Hedgehog Slice Mix (Biscuit Crumbs (**Wheat** Flour, Sugar, **Wheat** Starch, Vegetable Shortening (Palm Oil, Antioxidants (320, 321)), Golden Syrup, Raising Agents (503, 500, 450), Salt, Preservative (223 Sulphites), Flavouring), Sugar, Desiccated Coconut (Preservative (220 Sulphites)), Cocoa Powder), Chocolate Filling (Sugar Syrups (Sucrose, Glucose), Vegetable Oils, Sugar, Cocoa Powder, Emulsifiers (471, 435, 322 **Soy**), Salt, Preservative (200), Flavours, Antioxidant (319)), Margarine (Vegetable Oil (**Soy** Or **Milk**), Water, Salt, Emulsifiers (471, 322 (**Soy**)), Preservative (202), Citric Acid, Vitamins A And D, Natural Colour (Carotenes), Natural Flavour), Water, Desiccated Coconut (Contains Preservative (223) (Sulphites)).

Contains Gluten, Wheat, Milk, Soy, Sulphites.

May Contain Egg.

High Fibre Low GI Loaf

SERVINGS PER PACKAGE: 9

SERVING SIZE: 77 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	735 kJ (176 Cal)	8% DI	954 kJ (228 Cal)
Protein	6.6 g	13% DI	8.5 g
Fat, total	2.1 g	3% DI	2.8 g
-saturated	less than 1 g	3% DI	1.0 g
Carbohydrate	29.0 g	9% DI	37.7 g
-sugars	less than 1 g	1% DI	less than 1 g
Dietary Fibre	7.6 g	25% DI	9.8 g
Sodium	274 mg	12% DI	356 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bread Mix (**Wheat** Flour (**Wheat** Flour, Vitamins (Thiamin, Folic Acid), Modified **Wheat** Starch (1413), **Wheat** Gluten, Vegetable Oils (Canola, Palm, Natural Flavour), Iodised Salt, Yellow Pea Flour, Thickener (412), Fermented **Wheat** Flour, Improver (**Wheat** Flour, Dough Conditioners (Calcium Sulphate (516), Synthetic L-cysteine (920), Ascorbic Acid (300)), Enzymes (**Wheat**))), Water, Compressed Yeast.

Contains Gluten, Wheat.

May Contain Egg, Milk, Soy.

High Fibre Low GI Roll

SERVINGS PER PACKAGE: 1

SERVING SIZE: 72 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	687 kJ (164 Cal)	8% DI	954 kJ (228 Cal)
Protein	6.1 g	12% DI	8.5 g
Fat, total	2.0 g	3% DI	2.8 g
-saturated	0.7 g	3% DI	1.0 g
Carbohydrate	27.2 g	9% DI	37.7 g
-sugars	0.6 g	1% DI	0.8 g
Dietary Fibre	7.1 g	24% DI	9.8 g
Sodium	257 mg	11% DI	356 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bread Mix (**Wheat** Flour (**Wheat** Flour, Vitamins (Thiamin, Folic Acid), Modified **Wheat** Starch (1413), **Wheat** Gluten, Vegetable Oils (Canola, Palm, Natural Flavour), Iodised Salt, Yellow Pea Flour, Thickener (412), Fermented **Wheat** Flour, Improver (**Wheat** Flour, Dough Conditioners (Calcium Sulphate (516), Synthetic L-cysteine (920), Ascorbic Acid (300)), Enzymes (**Wheat**))), Water, Compressed Yeast.

Contains Gluten, Wheat.

May Contain Egg, Milk, Soy.

Iced Chocolate Donut

SERVINGS PER PACKAGE: 1

SERVING SIZE: 75 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	1170 kJ (280 Cal)	13% DI	1560 kJ (373 Cal)
Protein	3.4 g	7% DI	4.6 g
Fat, total	10.5 g	15% DI	14.0 g
-saturated	5.0 g	21% DI	6.6 g
Carbohydrate	42.0 g	14% DI	56.1 g
-sugars	26.7 g	30% DI	35.6 g
Dietary Fibre	1.1 g	4% DI	1.4 g
Sodium	174 mg	8% DI	232 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Donut (**Wheat** Flour (Vitamins (Thiamin, Folate)), Water, Vegetable Fats & Oils (Palm, Canola), Dextrose (**Wheat**), Yeast, **Milk** Solids, Emulsifiers (481, 471 From Palm), Salt, Raising Agents (541, 500), **Soy** Flour, **Egg** Yolk Powder, Thickener (412), Antioxidant (300)), White Fondant (Sugar Syrups (Sucrose, Glucose (Wheat Derived))), Sprinkles (Sugar, Vegetable Fat (Emulsifier (322 **Soy**), Glucose (From Wheat), Colours (124, 102, 110, 133, 123, 122)), Chocolate Flavour (Water, Colours (150d, 155, 151, 133) (Sulphites), Natural And Synthetic Flavouring, Acidity Regulator (330), Preservative (202), Thickener (415), Emulsifier (433)).

Contains Gluten, Wheat, Egg, Milk, Soy.

May Contain Peanut, Tree Nuts.

Jam Ball

SERVINGS PER PACKAGE: 1

SERVING SIZE: 84 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	1250 kJ (299 Cal)	14% DI	1490 kJ (355 Cal)
Protein	3.7 g	7% DI	4.5 g
Fat, total	11.9 g	17% DI	14.2 g
-saturated	5.0 g	21% DI	5.9 g
Carbohydrate	43.4 g	14% DI	51.7 g
-sugars	25.6 g	28% DI	30.5 g
Dietary Fibre	0.2 g	1% DI	0.2 g
Sodium	171 mg	7% DI	204 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Donut (**Wheat** Flour, Water, Vegetable Fats & Oils (Palm, Canola), Dough Concentrate (Whey Powder (**Milk**), **Wheat** Flour, Emulsifiers (471, 472e), **Soy** Flour, Acidity Regulator (339), Antioxidant (300), **Egg** Powder, Sugar, Yeast, Iodised Salt), Jam (24%) (Sugar, Apple (Puree And Reconstituted), Fruit Fibre, Thickener (440, Dextrose), Acidity Regulator (330), Preservative (202), Colours (124, 122), Flavouring), Sugar.

Contains Gluten, Wheat, Egg, Milk, Soy.

May Contain Peanut, Tree Nuts, Hazelnut.

Kartekka's Roasted Sweet Potato, Rosemary & Parmesan Pane De Casa

SERVINGS PER PACKAGE: 11

SERVING SIZE: 68 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	671 kJ (160 Cal)	8% DI	988 kJ (236 Cal)
Protein	5.8 g	12% DI	8.6 g
Fat, total	2.5 g	4% DI	3.7 g
-saturated	1.0 g	4% DI	1.5 g
Carbohydrate	27.6 g	9% DI	40.6 g
-sugars	1.4 g	2% DI	2.1 g
Dietary Fibre	1.4 g	5% DI	2.0 g
Sodium	308 mg	13% DI	453 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Roasted Sweet Potato (16%), Cheese (Contains Anticaking Agent (460), Preservative (200), **Milk**), Parmesan Cheese (3.5%) (Contains **Milk**), Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Rosemary (1%), Canola Oil, Compressed Yeast.

Contains Gluten, Wheat, Milk.

King Island Beef Pie

SERVINGS PER PACKAGE: 1

SERVING SIZE: 210 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	2120 kJ (507 Cal)	24% DI	1010 kJ (241 Cal)
Protein	19.9 g	40% DI	9.5 g
Fat, total	26.0 g	37% DI	12.4 g
-saturated	13.0 g	54% DI	6.2 g
Carbohydrate	47.9 g	15% DI	22.8 g
-sugars	1.3 g	1% DI	0.6 g
Dietary Fibre	3.4 g	11% DI	1.6 g
Sodium	848 mg	37% DI	404 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Beef Pie (King Island Beef (Min 25%) (Slow-cooked King Island Beef (17%), Minced King Island Beef), Water, Australian **Wheat** Flour, Margarine (Vegetable Oils And/or Animal Fat, Water, Salt, Emulsifiers (471, 322 (**Soy**)), Acidity Regulators (331, 330), Antioxidant (307b (**Soy**)), Colour (160a), Flavours), Thickener (1422), Onion, Pastry Mix (Contains **Wheat**, Mineral Salts (500, 341), Emulsifier (481), Thickener (412)), Colour (150c), Salt, Seasoning (Contains **Wheat**), Glaze (Contains **Milk**, Mineral Salt (450), Colour (160a), Thickener (415)), Processing Aid (**Wheat**)).

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg.

Knot Roll - White

SERVINGS PER PACKAGE: 1

SERVING SIZE: 72 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	746 kJ (178 Cal)	9% DI	1040 kJ (248 Cal)
Protein	5.8 g	12% DI	8.0 g
Fat, total	1.8 g	3% DI	2.4 g
-saturated	less than 0.1 g	0% DI	less than 0.1 g
Carbohydrate	33.7 g	11% DI	46.8 g
-sugars	0.9 g	1% DI	1.3 g
Dietary Fibre	1.3 g	4% DI	1.8 g
Sodium	379 mg	16% DI	527 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk.

Lamington

SERVINGS PER PACKAGE: 1

SERVING SIZE: 88 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	1350 kJ (322 Cal)	16% DI	1530 kJ (365 Cal)
Protein	4.8 g	10% DI	5.4 g
Fat, total	15.0 g	21% DI	17.0 g
-saturated	12.5 g	52% DI	14.2 g
Carbohydrate	39.7 g	13% DI	44.9 g
-sugars	28.7 g	32% DI	32.4 g
Dietary Fibre	4.2 g	14% DI	4.7 g
Sodium	139 mg	6% DI	157 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Cake Mix (**Wheat** Flour, Sugar, Emulsifiers (471, 472b, 477, 475) (**Milk, Wheat**), Raising Agents (500, 541), **Milk** solids, Vegetable Oils (Canola, Palm), Thickeners (412, 415) (**Soy**), Colours (102, 110)), Desiccated Coconut (Coconut, Preservative (223) (**Sulphites**)), Lamington Dip (Sugar, Cocoa Powder, Thickeners (1422, 415), Canola Oil, Salt, Preservative (200)), Water, **Egg**.

Contains Gluten, Wheat, Egg, Milk, Soy, Sulphites.

Long John Donut

SERVINGS PER PACKAGE: 1

SERVING SIZE: 95 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	1550 kJ (370 Cal)	18% DI	1630 kJ (389 Cal)
Protein	3.8 g	8% DI	4.0 g
Fat, total	23.1 g	33% DI	24.3 g
-saturated	12.5 g	52% DI	13.2 g
Carbohydrate	36.3 g	12% DI	38.2 g
-sugars	18.1 g	20% DI	19.1 g
Dietary Fibre	0.1 g	0% DI	0.1 g
Sodium	189 mg	8% DI	199 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Donut (**Wheat** Flour (Vitamins (Thiamin, Folate), Water, Vegetable Fats And Oils (Palm, **Soybean**, Antioxidant (307), Dextrose (Maize), Yeast, Salt, Emulsifiers (471, 481, 472e From Palm), **Soy** Flour, Raising Agents (541, 500), **Milk** Solids), Thickened Cream (Cream (**Milk**), Gelatin, Stabiliser (407a), Emulsifier (471)), Jam (Sugar, Apple (Puree And Reconstituted), Fruit Fibre, Thickener (440, Dextrose), Acidity Regulator (330), Preservative (202), Colours (124, 122), Flavouring), Icing Mixture (Sucrose, **Wheat** Starch), Sugar, Modified Corn Starch (1422), Cinnamon.

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg, Peanut, Tree Nuts.

Long Roll - White

SERVINGS PER PACKAGE: 1

SERVING SIZE: 72 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	746 kJ (178 Cal)	9% DI	1040 kJ (248 Cal)
Protein	5.8 g	12% DI	8.0 g
Fat, total	1.8 g	3% DI	2.4 g
-saturated	less than 0.1 g	0% DI	less than 0.1 g
Carbohydrate	33.7 g	11% DI	46.8 g
-sugars	0.9 g	1% DI	1.3 g
Dietary Fibre	1.3 g	4% DI	1.8 g
Sodium	379 mg	16% DI	527 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk.

Married High Tin - White

SERVINGS PER PACKAGE: 11

SERVING SIZE: 63 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	652 kJ (156 Cal)	7% DI	1040 kJ (248 Cal)
Protein	5.1 g	10% DI	8.0 g
Fat, total	1.5 g	2% DI	2.4 g
-saturated	less than 0.1 g	0% DI	less than 0.1 g
Carbohydrate	29.5 g	10% DI	46.8 g
-sugars	0.8 g	1% DI	1.3 g
Dietary Fibre	1.1 g	4% DI	1.8 g
Sodium	332 mg	14% DI	527 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk.

Matt's Deluxe Caramel Cupcake

SERVINGS PER PACKAGE: 1

SERVING SIZE: 119 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	1760 kJ (421 Cal)	20% DI	1480 kJ (354 Cal)
Protein	3.4 g	7% DI	2.9 g
Fat, total	19.9 g	28% DI	16.7 g
-saturated	11.3 g	47% DI	9.5 g
Carbohydrate	56.3 g	18% DI	47.4 g
-sugars	39.1 g	43% DI	32.9 g
Dietary Fibre	less than 1 g	2% DI	less than 1 g
Sodium	431 mg	19% DI	363 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Cake Mix (**Wheat** Flour, Sugar, Vegetable Shortening (Vegetable Oils, Emulsifiers (471, 477), Antioxidants (322 (**Soy**), 307)), Thickeners (1422, 415 (**Soy**)), Raising Agents (500, 541, 450), Emulsifiers (471, 472b, 477, 491 (**Wheat**, **Milk**)), **Milk** Solids, Humectant (420), Salt, Maltodextrin, Flavourings, Maize Starch, Colours (102, 124, 110), **Wheat** Starch), Salted Caramel Cr?me (Sugar (Brown, White), Water, Golden Syrup, Glucose Syrup, Thickener (1442), Vegetable Fat, **Milk** Powder, Humectant (422), Salt, Colour (150a, 171, 160c), Emulsifier (471, 433), Preservative (202), Natural Flavour), Cream Cheese Topping (Icing Sugar Mixture (Sugar, Tapioca Starch), Vegetable Oils (Palm Oil, Canola Oil), Cream Cheese (**Milk**, cream, Salt, Stabilisers (410, 412), Starter Culture), Natural And Synthetic Flavourings, Cream Cheese Powder (Cream And **Milk** Solids, Sugar, Emulsifier (471), Salt, Antioxidant (307b **Soy**), Culture), Sugar, Cream Cheese Topping (**Wheat** Starch, Dextrose, Salt, Food Acid (330), Colours (110, 102)), Emulsifiers (471, 435 (Palm)), Preservative (202), Thickener (412)), Thickened Cream (Cream (**Milk**), Gelatin, Stabiliser (407a), Emulsifier (471)), Water, **Egg**, Lotus Biscoff Biscuit (**Wheat** Flour, Sugar, Vegetable Oils (Palm Oil, Canola Oil), Candy Sugar Syrup, Raising Agent (Sodium Bicarbonate), **Soy** Flour, Salt, Cinnamon)), Icing Mixture (Sucrose, **Wheat** Starch), Modified Corn Starch (1422).

Contains Gluten, Wheat, Egg, Milk, Soy.

May Contain Peanut, Tree Nuts, Sesame.

Matt's Egg & Bacon Brekky Danish

SERVINGS PER PACKAGE: 1

SERVING SIZE: 207 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	2550 kJ (609 Cal)	29% DI	1230 kJ (294 Cal)
Protein	25.0 g	50% DI	12.1 g
Fat, total	40.3 g	58% DI	19.5 g
-saturated	23.3 g	97% DI	11.3 g
Carbohydrate	35.6 g	11% DI	17.2 g
-sugars	5.0 g	6% DI	2.4 g
Dietary Fibre	1.4 g	5% DI	less than 1 g
Sodium	1010 mg	44% DI	486 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Danish Square (**Wheat** Flour, Unsalted Butter (**Milk**), Water, **Egg**, Sugar, Yeast, **Wheat** Gluten, Salt, Natural Colour (160a), Antioxidant (300), Calcium Carbonate (170), Enzymes (**Wheat**), Thickener (412)), Bacon (Pork, Water, Salt, Emulsifiers (451, 450, 452), Sugar, Antioxidant (316), Sodium Nitrite (250), Smoked), **Egg**, Cheese (Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non-animal Rennet)), Anti-caking Agent Blend (Anticaking Agent (460), Preservative (200))), Shallots, Tomato.

Contains Gluten, Wheat, Egg, Milk.

May Contain Peanut, Soy, Almond, Hazelnut, Sesame, Pecan.

Mega Grain Roll

SERVINGS PER PACKAGE: 1

SERVING SIZE: 153 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	2580 kJ (616 Cal)	30% DI	1680 kJ (402 Cal)
Protein	23.4 g	47% DI	15.3 g
Fat, total	37.0 g	53% DI	24.2 g
-saturated	4.6 g	19% DI	3.0 g
Carbohydrate	39.6 g	13% DI	25.9 g
-sugars	2.8 g	3% DI	1.8 g
Dietary Fibre	13.4 g	45% DI	8.8 g
Sodium	472 mg	21% DI	309 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Sunflower Seeds, Water, Wholemeal Flour (13%) (Wholemeal **Wheat** Flour, Vitamins (Thiamin, Folate)), Grains Premix (7%) (Mixed Grains (Kibbled **Wheat**, Kibbled **Rye**, **Wheat** Flakes), Maize Semolina, Linseeds), Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Linseed (3.5%), Poppy Seeds (3.5%), Rolled **Oats** (3.5%), **Sesame** Seeds White (3.5%), **Wheat** Gluten, Compressed Yeast, Pumpkin Seeds (1.5%), Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate))), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Soy, Sesame.

May Contain Egg, Milk.

Mega Protein Loaf

SERVINGS PER PACKAGE: 7

SERVING SIZE: 125 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	1930 kJ (460 Cal)	22% DI	1540 kJ (369 Cal)
Protein	17.8 g	36% DI	14.3 g
Fat, total	25.8 g	37% DI	20.7 g
-saturated	3.1 g	13% DI	2.5 g
Carbohydrate	33.6 g	11% DI	26.9 g
-sugars	2.0 g	2% DI	1.6 g
Dietary Fibre	10.4 g	35% DI	8.4 g
Sodium	433 mg	19% DI	347 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Sunflower Seeds, Water, Wholemeal Flour (15%) (Wholemeal **Wheat** Flour, Vitamins (Thiamin, Folate)), Grains Premix (Mixed Grains (Kibbled **Wheat**, Kibbled **Rye**, **Wheat** Flakes), Maize Semolina, Linseeds), Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Linseed, Poppy Seeds, Rolled **Oats**, **Sesame** Seeds White, **Wheat** Gluten, Compressed Yeast, Pumpkin Seeds, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate))), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Soy, Sesame.

May Contain Egg, Milk.

Mighty Mini Pizza - Meat Lovers

SERVINGS PER PACKAGE: 1

SERVING SIZE: 211 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	2480 kJ (592 Cal)	28% DI	1170 kJ (281 Cal)
Protein	26.2 g	52% DI	12.4 g
Fat, total	21.2 g	30% DI	10.1 g
-saturated	9.0 g	37% DI	4.3 g
Carbohydrate	71.3 g	23% DI	33.8 g
-sugars	20.5 g	23% DI	9.7 g
Dietary Fibre	1.9 g	6% DI	0.9 g
Sodium	1940 mg	84% DI	918 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Bacon (19%) (Pork, Water, Salt, Emulsifiers (451, 450, 452), Sugar, Antioxidant (316), Sodium Nitrite (250), Smoked), Bbq Sauce (High Fructose Corn Syrup, Distilled Vinegar, Tomato Paste, Thickener (1442), Salt, Pineapple Juice Concentrate, Natural Smoke Flavor, Spices, Colour (Caramel 150d), Preservative (211), Molasses, Corn Syrup, Dried Garlic, Sugar, Tamarind, Natural Flavour), Cheese (Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non-animal Rennet)), Anti-caking Agent Blend (Anticaking Agent (460), Preservative (200))), Pepperoni (9%) (Meat Including Pork, Salt, **Soy** Protein, Dextrose (Tapioca, Maize), Spices And Spice Extracts, Colour (160c), Emulsifier (451), Herb Extracts, Antioxidants (316, 307b), Dehydrated Vegetables, Mustard Flour, Starter Cultures, Fermented Red Rice, Sodium Nitrite (250), Smoked), Ham (6%) (Pork, Water, Starch (Potato), Salt, Mineral Salts (451, 452), Sugar, Food Acid (270), Antioxidant (316), Sodium Nitrite (250)), Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg.

Mini Beesting Bun

SERVINGS PER PACKAGE: 1

SERVING SIZE: 112 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	1220 kJ (291 Cal)	14% DI	1090 kJ (261 Cal)
Protein	6.2 g	12% DI	5.6 g
Fat, total	8.4 g	12% DI	7.5 g
-saturated	2.7 g	11% DI	2.4 g
Carbohydrate	45.9 g	15% DI	41.1 g
-sugars	16.0 g	18% DI	14.3 g
Dietary Fibre	1.3 g	4% DI	1.2 g
Sodium	198 mg	9% DI	177 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Instant Custard (Sugar, Thickener (1414), **Milk** Solids, Dextrose, Vegetable Fat (Palm Oil, Lactose, **Milk** Protein), Vegetable Gums (401, 407, 410, 415), Maize Starch, Salt, Natural Flavour, Colours (102, 110, 171), Preservative (202)), Thickened Cream (Cream (**Milk**), Gelatin, Stabiliser (407a), Emulsifier (471)), Florentine Mix (Glucose Syrup, Sugar, Vegetable Fat (Palm), Dextrose, Whole **Milk** Powder, Emulsifier (322 **Soy**)), Sugar, **Almonds**, Canola Oil, Compressed Yeast, Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)), Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate).

Contains Gluten, Wheat, Milk, Soy, Almond.

May Contain Egg, Hazelnut.

Mini Cheddarmite Scroll

SERVINGS PER PACKAGE: 1

SERVING SIZE: 65 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	734 kJ (175 Cal)	8% DI	1120 kJ (268 Cal)
Protein	7.0 g	14% DI	10.6 g
Fat, total	4.1 g	6% DI	6.3 g
-saturated	1.7 g	7% DI	2.6 g
Carbohydrate	26.6 g	9% DI	40.6 g
-sugars	0.8 g	1% DI	1.2 g
Dietary Fibre	1.2 g	4% DI	1.8 g
Sodium	423 mg	18% DI	646 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Cheese (12%) (Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non-animal Rennet)), Anti-caking Agent Blend (Anticaking Agent (460), Preservative (200))), Vegemite (3%) (**Sulphites, Wheat**) (Contains Mineral Salt (508), Colour (150c), **Barley**), Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Milk, Soy, Sulphites.

May Contain Egg.

Mini Cheese & Bacon Roll - White

SERVINGS PER PACKAGE: 1

SERVING SIZE: 48 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	520 kJ (124 Cal)	6% DI	1090 kJ (260 Cal)
Protein	5.4 g	11% DI	11.4 g
Fat, total	3.4 g	5% DI	7.1 g
-saturated	1.3 g	6% DI	2.8 g
Carbohydrate	17.4 g	6% DI	36.4 g
-sugars	0.5 g	1% DI	1.1 g
Dietary Fibre	0.7 g	2% DI	1.4 g
Sodium	393 mg	17% DI	824 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Bacon Pieces (17%) (**Soy**) (Pork, Water, Starch (Potato), Salt, Mineral Salts (451, 452), Sugar (Dextrose), Food Acid (270), Antioxidant (316), Sodium Nitrite (250), Natural wood Smoke), Cheese (10%) (Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non-animal Rennet)), Anti-caking Agent Blend (Anticaking Agent (460), Preservative (200))), Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg.

Mini Cinnamon Bun

SERVINGS PER PACKAGE: 1

SERVING SIZE: 74 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	1050 kJ (250 Cal)	12% DI	1420 kJ (340 Cal)
Protein	4.6 g	9% DI	6.2 g
Fat, total	7.9 g	11% DI	10.7 g
-saturated	2.8 g	12% DI	3.8 g
Carbohydrate	39.2 g	13% DI	53.3 g
-sugars	15.1 g	17% DI	20.5 g
Dietary Fibre	1.0 g	3% DI	1.4 g
Sodium	154 mg	7% DI	209 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Cream Cheese Topping (Icing Sugar Mixture (Sugar, Tapioca Starch), Vegetable Oils (Palm Oil, Canola Oil), Cream Cheese (**Milk**, cream, Salt, Stabilisers (410, 412), Starter Culture), Natural And Synthetic Flavourings, Cream Cheese Powder (Cream And **Milk** Solids, Sugar, Emulsifier (471), Salt, Antioxidant (307b **Soy**), Culture), Sugar, Cream Cheese Topping (**Wheat** Starch, Dextrose, Salt, Food Acid (330), Colours (110, 102)), Emulsifiers (471, 435 (Palm)), Preservative (202), Thickener (412)), Brown Sugar, Sugar, Canola Oil, Compressed Yeast, Unsalted Butter (Cream (**Milk**)), Cinnamon, Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)), Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Buns Spice Flavour (Ethanol, Natural & Synthetic Flavourings, Propylene Glycol (1520), Water).

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg, Peanut, Tree Nuts, Sesame.

Mini Cobb - White

SERVINGS PER PACKAGE: 3.5

SERVING SIZE: 67 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	692 kJ (165 Cal)	8% DI	1040 kJ (248 Cal)
Protein	5.4 g	11% DI	8.0 g
Fat, total	1.6 g	2% DI	2.4 g
-saturated	0.1 g	0% DI	0.1 g
Carbohydrate	31.3 g	10% DI	46.8 g
-sugars	0.9 g	1% DI	1.3 g
Dietary Fibre	1.2 g	4% DI	1.8 g
Sodium	352 mg	15% DI	527 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk.

Mini Raspberry White Choc Finger Bun

SERVINGS PER PACKAGE: 1

SERVING SIZE: 70 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	1060 kJ (254 Cal)	12% DI	1520 kJ (363 Cal)
Protein	3.5 g	7% DI	5.0 g
Fat, total	7.8 g	11% DI	11.1 g
-saturated	4.9 g	21% DI	7.0 g
Carbohydrate	41.6 g	13% DI	59.4 g
-sugars	25.4 g	28% DI	36.3 g
Dietary Fibre	1.1 g	4% DI	1.6 g
Sodium	100 mg	4% DI	143 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Jam (Sugar, Apple (Puree And Reconstituted), Fruit Fibre, Thickener (440, Dextrose), Acidity Regulator (330), Preservative (202), Colours (124, 122), Flavouring), White Chocolate (15%) (Sugar, **Milk** Solids, Vegetable Fat, Emulsifiers (322 **Soy**)), Icing Mixture (Sucrose, **Wheat** Starch), Water, Sugar, Desiccated Coconut (Contains Preservative (223) (Sulphites)), Shortening (**Soy**) (Vegetable Oil, Emulsifiers (435, 471), Antioxidants (307b)), Canola Oil, Compressed Yeast, Raspberry Flavour (Water, Natural & Synthetic Flavourings, Thickener (415), Emulsifier (433), Colours (122, 110), Acidity Regulator (330), Preservative (202)), White Fondant (Sugar Syrups (Sucrose, Glucose (Wheat Derived))), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)), Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), **Wheat** Gluten, Vanilla Flavour (Water, Ethanol, Sugar, Synthetic Flavourings, Colour (150a)), Buns spice Flavour (Ethanol, Natural & Synthetic Flavourings, Propylene Glycol (1520), Water).

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg.

Mini Sandwich Loaf - White

SERVINGS PER PACKAGE: 6

SERVING SIZE: 62 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	680 kJ (162 Cal)	8% DI	1100 kJ (262 Cal)
Protein	5.3 g	11% DI	8.5 g
Fat, total	1.6 g	2% DI	2.6 g
-saturated	less than 0.1 g	0% DI	0.1 g
Carbohydrate	30.7 g	10% DI	49.5 g
-sugars	0.8 g	1% DI	1.4 g
Dietary Fibre	1.2 g	4% DI	1.9 g
Sodium	346 mg	15% DI	558 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk.

Mini Sandwich Loaf - Wholemeal Grain

SERVINGS PER PACKAGE: 5

SERVING SIZE: 74 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	674 kJ (161 Cal)	8% DI	913 kJ (218 Cal)
Protein	7.2 g	14% DI	9.8 g
Fat, total	2.8 g	4% DI	3.9 g
-saturated	0.2 g	1% DI	0.3 g
Carbohydrate	24.4 g	8% DI	33.1 g
-sugars	0.8 g	1% DI	1.1 g
Dietary Fibre	3.9 g	13% DI	5.3 g
Sodium	369 mg	16% DI	501 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Wholemeal Flour (38%) (Wholemeal **Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Grains Premix (Mixed Grains (Kibbled **Wheat**, Kibbled **Rye**, **Wheat** Flakes), Maize Semolina, Linseeds), **Wheat** Gluten, Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Poppy Seeds, **Sesame** Seeds White, Sunflower Seeds, Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Soy, Sesame.

May Contain Egg, Milk.

Mini Sandwich Loaf - Wholemeal

SERVINGS PER PACKAGE: 6

SERVING SIZE: 60 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	580 kJ (139 Cal)	7% DI	967 kJ (231 Cal)
Protein	5.4 g	11% DI	8.9 g
Fat, total	1.7 g	2% DI	2.8 g
-saturated	less than 0.1 g	0% DI	0.2 g
Carbohydrate	23.5 g	8% DI	39.2 g
-sugars	0.8 g	1% DI	1.3 g
Dietary Fibre	3.3 g	11% DI	5.5 g
Sodium	288 mg	13% DI	480 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Wholemeal Flour (61%) (Wholemeal **Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Compressed Yeast, **Wheat** Gluten, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk.

Multigrain Sandwich Loaf

SERVINGS PER PACKAGE: 11

SERVING SIZE: 63 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	561 kJ (134 Cal)	6% DI	891 kJ (213 Cal)
Protein	5.1 g	10% DI	8.1 g
Fat, total	1.6 g	2% DI	2.5 g
-saturated	less than 1 g	0% DI	less than 1 g
Carbohydrate	23.8 g	8% DI	37.7 g
-sugars	less than 1 g	1% DI	1.0 g
Dietary Fibre	1.5 g	5% DI	2.3 g
Sodium	320 mg	14% DI	508 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Grains Premix (10%) (Mixed Grains (Kibbled **Wheat**, Kibbled **Rye**, **Wheat** Flakes), Maize Semolina, Linseeds), Compressed Yeast, **Wheat** Gluten, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk.

Pane De Casa

SERVINGS PER PACKAGE: 11

SERVING SIZE: 68 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	699 kJ (167 Cal)	8% DI	1030 kJ (246 Cal)
Protein	5.4 g	11% DI	7.9 g
Fat, total	1.2 g	2% DI	1.8 g
-saturated	less than 1 g	0% DI	less than 1 g
Carbohydrate	32.6 g	11% DI	48.0 g
-sugars	less than 1 g	1% DI	1.3 g
Dietary Fibre	1.2 g	4% DI	1.7 g
Sodium	349 mg	15% DI	513 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Canola Oil, Compressed Yeast.

Contains Gluten, Wheat.

Party Pie

SERVINGS PER PACKAGE: 1

SERVING SIZE: 65 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	689 kJ (165 Cal)	8% DI	1060 kJ (253 Cal)
Protein	4.6 g	9% DI	7.1 g
Fat, total	9.5 g	14% DI	14.6 g
-saturated	4.9 g	20% DI	7.5 g
Carbohydrate	14.4 g	5% DI	22.2 g
-sugars	1.0 g	1% DI	1.6 g
Dietary Fibre	0.8 g	3% DI	1.3 g
Sodium	261 mg	11% DI	401 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Party Pie (Water, **Wheat** Flour, Beef (26%), Margarine (Vegetable Oils And/or Animal Fats, Emulsifier (471), Antioxidant (307b (**Soy**)), Colour (160a), Water, Salt, Acidity Regulators (331, 330), Flavour), Thickener (1422), Seasoning (Colours (150d, 160c)), Textured **Soy** Protein (Colour (150a)), Onion, Tomato Paste, Pastry Mix (**Wheat**, Mineral Salts (500, 341), Emulsifier (481), Thickener (412)), Sugar, Colour (150c), Glaze (**Milk**, Mineral Salt (450), Colour (160a), Thickener (415)), Salt, Onion Powder, Processing Aid (**Wheat**)).

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg.

Party Sausage Roll

SERVINGS PER PACKAGE: 1

SERVING SIZE: 80 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	989 kJ (236 Cal)	11% DI	1240 kJ (295 Cal)
Protein	5.4 g	11% DI	6.7 g
Fat, total	13.9 g	20% DI	17.4 g
-saturated	7.7 g	32% DI	9.6 g
Carbohydrate	20.6 g	7% DI	25.7 g
-sugars	1.1 g	1% DI	1.4 g
Dietary Fibre	1.5 g	5% DI	1.9 g
Sodium	538 mg	23% DI	673 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Party Sausage Roll (Water, **Wheat** Flour, Australian Beef (16%), Margarine (Vegetable Fats And Oils, Water, Salt, Emulsifier (471), Acidity Regulators (331, 330), Antioxidant (307b (**Soy**)), Flavour, Colour (160a)), Breadcrumbs (**Wheat** Flour, Yeast, Sugar, Salt, **Wheat** Gluten), Onion, Binder (**Wheat**, **Soy**, Mineral Salt (451)), Seasoning (Colours (150d, 160c)), Salt, Glaze (Mineral Salts (500, 451), Thickener (415), Colour (160b))).

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk, Tree Nuts, Sesame.

Pasta Dura - White

SERVINGS PER PACKAGE: 7

SERVING SIZE: 69 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	733 kJ (175 Cal)	8% DI	1060 kJ (252 Cal)
Protein	5.6 g	11% DI	8.1 g
Fat, total	1.7 g	2% DI	2.4 g
-saturated	0.1 g	0% DI	0.1 g
Carbohydrate	33.3 g	11% DI	48.0 g
-sugars	0.9 g	1% DI	1.2 g
Dietary Fibre	1.3 g	4% DI	1.9 g
Sodium	352 mg	15% DI	507 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, **Wheat** Semolina, Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk.

Pastrami on Rye

SERVINGS PER PACKAGE: 1

SERVING SIZE: 210 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	1880 kJ (449 Cal)	22% DI	895 kJ (214 Cal)
Protein	23.8 g	48% DI	11.3 g
Fat, total	14.7 g	21% DI	7.0 g
-saturated	5.3 g	22% DI	2.5 g
Carbohydrate	53.7 g	17% DI	25.6 g
-sugars	5.2 g	6% DI	2.5 g
Dietary Fibre	5.4 g	18% DI	2.5 g
Sodium	1220 mg	53% DI	579 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Pastrami (21%) (Beef, Pastrami Rub (Spices (Including Chilli), Rice Flour), Cure (Salt, Sugar, Mineral Salts (450, 451), Dextrose (Maize Or Tapioca), Antioxidant (316), Preservative (250)), Acidity Regulators (326, 325, 262)), Water, Swiss Cheese Slices (**Milk**, Salt, Cultures, Enzyme (Non-animal Rennet), Natural Preservative (235)), Wholemeal **Rye** Flour (8%), Dressing (Vegetable Oil, (Contains Antioxidant (Butylated Hydroxyanisole))), Sugar, Tomatoes (From Paste), Water, Gherkins (Gherkins, Water, Salt, Food Acid (Acetic), Firming Agent (Calcium Chloride), Preservative (Sodium metabisulphite)), **Egg** Yolk, Skim **Milk**, Food Acid (Acetic), Salt, Garlic Powder, Mustard Powder, Spices (Paprika, Cinnamon, Pepper), Thickener (Xanthan Gum (Contains **Soy**)), Colour (Paprika Oleoresin)), Cabbage, White Cabbage, Rocket, Compressed Yeast, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Canola Oil, **Wheat** Gluten, Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate))), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Egg, Milk, Soy.

May Contain Peanut.

Pipe Loaf - White

SERVINGS PER PACKAGE: 7

SERVING SIZE: 67 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	692 kJ (165 Cal)	8% DI	1040 kJ (248 Cal)
Protein	5.4 g	11% DI	8.0 g
Fat, total	1.6 g	2% DI	2.4 g
-saturated	less than 0.1 g	0% DI	less than 0.1 g
Carbohydrate	31.3 g	10% DI	46.8 g
-sugars	0.9 g	1% DI	1.3 g
Dietary Fibre	1.2 g	4% DI	1.8 g
Sodium	352 mg	15% DI	527 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk.

Pizza Rope

SERVINGS PER PACKAGE: 1

SERVING SIZE: 97 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	1470 kJ (350 Cal)	17% DI	1510 kJ (361 Cal)
Protein	9.8 g	20% DI	10.1 g
Fat, total	22.1 g	32% DI	22.8 g
-saturated	13.3 g	55% DI	13.7 g
Carbohydrate	26.8 g	9% DI	27.7 g
-sugars	3.8 g	4% DI	3.9 g
Dietary Fibre	less than 1 g	2% DI	less than 1 g
Sodium	394 mg	17% DI	406 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Pizza Rope Pastry (**Wheat** Flour (Vitamins (Thiamine, Folate), Butter (**Milk**), Water, Tomato Paste, Cheddar Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non Animal Rennet)), **Wheat** Gluten, Onion, Sugar, Garlic, Olive Oil, Yeast, Salt, Parmesan Cheese (**Milk**, Salt, Enzymes (**Milk**)(Animal Lipase, Non Animal Rennet)), **Wheat** Starch, Herbs, **Egg** Powder, Natural Colour (160a), Antioxidant (300), Processing Aid (**Wheat**), Enzymes (**Wheat**)), Cheese (Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non-animal Rennet)), Anti-caking Agent Blend (Anticaking Agent (460), Preservative (200))), Poppy Seeds.

Contains Gluten, Wheat, Egg, Milk.

May Contain Peanut, Soy, Tree Nuts, Sesame.

Plait

SERVINGS PER PACKAGE: 7

SERVING SIZE: 67 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	692 kJ (165 Cal)	8% DI	1040 kJ (248 Cal)
Protein	5.4 g	11% DI	8.0 g
Fat, total	1.6 g	2% DI	2.4 g
-saturated	less than 0.1 g	0% DI	less than 0.1 g
Carbohydrate	31.3 g	10% DI	46.8 g
-sugars	0.9 g	1% DI	1.3 g
Dietary Fibre	1.2 g	4% DI	1.8 g
Sodium	352 mg	15% DI	527 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk.

Potato Top Pie

SERVINGS PER PACKAGE: 1

SERVING SIZE: 240 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	1800 kJ (429 Cal)	21% DI	748 kJ (179 Cal)
Protein	16.3 g	33% DI	6.8 g
Fat, total	16.6 g	24% DI	6.9 g
-saturated	4.6 g	19% DI	1.9 g
Carbohydrate	52.1 g	17% DI	21.7 g
-sugars	3.6 g	4% DI	1.5 g
Dietary Fibre	3.6 g	12% DI	1.5 g
Sodium	1060 mg	46% DI	441 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Potato Pie (Mashed Potato (37%) (Water, Dehydrated Potato (Potato, Preservatives (450, 222 (Sulphites))), Thickeners (1422, 461, 415 (**Soy**)), **Milk** Solids, Butter (**Milk**), Salt, Pepper), Water, Beef (19%), **Wheat** Flour, Margarine (Vegetable Fats And Oils, Emulsifier (471), Antioxidant (307b (**Soy**)), Colour (160a)), Thickener (1422), Seasoning (**Wheat**, Colours (150d, 160c)), Onion, Textured **Soy** Protein (Colour (150a)), Tomato Paste, Pastry Mix (**Wheat**, Mineral Salts (500, 341), Emulsifier (481), Thickener (412)), Sugar, Colour (150c), Onion Powder, Processing Aid (**Wheat**)).

Contains Gluten, Wheat, Milk, Soy, Sulphites.

May Contain Egg, Sesame.

Quiche Lorraine

SERVINGS PER PACKAGE: 1

SERVING SIZE: 194 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	2470 kJ (591 Cal)	28% DI	1280 kJ (305 Cal)
Protein	17.2 g	34% DI	8.9 g
Fat, total	39.4 g	56% DI	20.4 g
-saturated	22.1 g	92% DI	11.4 g
Carbohydrate	41.2 g	13% DI	21.3 g
-sugars	4.3 g	5% DI	2.2 g
Dietary Fibre	1.3 g	4% DI	0.7 g
Sodium	828 mg	36% DI	428 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Quiche Shell (**Wheat** Flour, Water, Pro Ve Shortening (Vegetable Oil, Emulsifiers (471, **Soybean** Lecithin), Antioxidant (307b), Natural Colour (160a)), Margarine (Vegetable Fats And Oils, Water, Salt, Emulsifiers (**Soy** Lecithin 322, 435), **Milk** Solids, Antioxidants (306), Flavour, Colour (160b, 100)), Skim **Milk** Powder, Relaxing Agent (**Wheat** Flour, Flour Treatment Agent (920)), Dextrose, Salt, Basil, Black Pepper Fine, Acidity Regulator (E330), Methyl Cellulose (461)), **Milk**, **Egg** (15%), Cheese (9%) (Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non-animal Rennet)), Anti-caking Agent Blend (Anticaking Agent (460), Preservative (200))), Thickened Cream (8%) (Cream (**Milk**), Gelatin, Stabiliser (407a), Emulsifier (471)), Bacon Pieces (4.5%) (**Soy**) (Pork, Water, Starch (Potato), Salt, Mineral Salts (451, 452), Sugar (Dextrose), Food Acid (270), Antioxidant (316), Sodium Nitrite (250), Natural wood Smoke), Onion, Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Black Pepper.

Contains Gluten, Wheat, Egg, Milk, Soy.

May Contain Peanut, Tree Nuts, Sesame, Lupin.

Quinoa & Linseed LOW FODMAP Loaf

SERVINGS PER PACKAGE: 9

SERVING SIZE: 80 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	1020 kJ (244 Cal)	12% DI	1280 kJ (305 Cal)
Protein	9.8 g	20% DI	12.2 g
Fat, total	7.2 g	10% DI	9.0 g
-saturated	0.6 g	3% DI	0.8 g
Carbohydrate	32.2 g	10% DI	40.3 g
-sugars	0.8 g	1% DI	1.1 g
Dietary Fibre	4.5 g	15% DI	5.7 g
Sodium	339 mg	15% DI	423 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, White Quinoa Seed, Linseed (13%), Wholemeal **Rye** Flour, **Wheat** Gluten, Sunflower Seeds (2%), Compressed Yeast, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Canola Oil, Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate))), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk.

Quinoa & Linseed LOW FODMAP Roll

SERVINGS PER PACKAGE: 1

SERVING SIZE: 77 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	1010 kJ (242 Cal)	12% DI	1310 kJ (313 Cal)
Protein	9.7 g	19% DI	12.5 g
Fat, total	7.5 g	11% DI	9.7 g
-saturated	0.7 g	3% DI	0.9 g
Carbohydrate	31.3 g	10% DI	40.4 g
-sugars	0.8 g	1% DI	1.1 g
Dietary Fibre	4.4 g	15% DI	5.7 g
Sodium	317 mg	14% DI	409 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, White Quinoa Seed, Linseed (12%), Wholemeal **Rye** Flour, Sunflower Seeds (4%), **Wheat** Gluten (3%), Compressed Yeast, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Canola Oil, Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk.

Raspberry White Choc & Custard Glen

SERVINGS PER PACKAGE: 5

SERVING SIZE: 80 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	1020 kJ (244 Cal)	12% DI	1280 kJ (305 Cal)
Protein	4.5 g	9% DI	5.6 g
Fat, total	5.6 g	8% DI	7.0 g
-saturated	3.4 g	14% DI	4.3 g
Carbohydrate	42.9 g	14% DI	53.6 g
-sugars	21.8 g	24% DI	27.2 g
Dietary Fibre	0.8 g	3% DI	1.1 g
Sodium	139 mg	6% DI	174 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, White Chocolate (17%) (Sugar, **Milk** Solids, Vegetable Fat, Emulsifiers (322 **Soy**)), White Fondant (Sugar Syrups (Sucrose, Glucose (Wheat Derived))), Sugar, Instant Custard (5%) (Sugar, Thickener (1414), **Milk** Solids, Dextrose, Vegetable Fat (Palm Oil, Lactose, **Milk** Protein), Vegetable Gums (401, 407, 410, 415), Maize Starch, Salt, Natural Flavour, Colours (102, 110, 171), Preservative (202)), Canola Oil, Compressed Yeast, Raspberry Flavour (Water, Natural & Synthetic Flavourings, Thickener (415), Emulsifier (433), Colours (122, 110), Acidity Regulator (330), Preservative (202)), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)), Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), **Wheat** Gluten, Bunspice Flavour (Ethanol, Natural & Synthetic Flavourings, Propylene Glycol (1520), Water).

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg.

Raspberry White Choc Hot Cross Bun

SERVINGS PER PACKAGE: 1

SERVING SIZE: 77 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	1050 kJ (250 Cal)	12% DI	1360 kJ (325 Cal)
Protein	5.0 g	10% DI	6.5 g
Fat, total	6.7 g	10% DI	8.6 g
-saturated	4.0 g	17% DI	5.2 g
Carbohydrate	41.5 g	13% DI	53.9 g
-sugars	15.8 g	18% DI	20.6 g
Dietary Fibre	1.0 g	3% DI	1.3 g
Sodium	152 mg	7% DI	197 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), White Chocolate (20%) (Sugar, **Milk** Solids, Vegetable Fat, Emulsifiers (322 **Soy**)), Water, Sugar, Easter Bun Crossing Mix (**Wheat** Starch, **Wheat** Flour, Vegetable Oils, Vegetable Emulsifier (471), Thickener (415) (**Soy**), Salt), Canola Oil, Compressed Yeast, Raspberry Flavour (Water, Natural & Synthetic Flavourings, Thickener (415), Emulsifier (433), Colours (122, 110), Acidity Regulator (330), Preservative (202)), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)), Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), **Wheat** Gluten, Bunspice Flavour (Ethanol, Natural & Synthetic Flavourings, Propylene Glycol (1520), Water).

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg.

Red Onion Cobb

SERVINGS PER PACKAGE: 7

SERVING SIZE: 71 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	712 kJ (170 Cal)	8% DI	1000 kJ (240 Cal)
Protein	5.5 g	11% DI	7.8 g
Fat, total	1.8 g	3% DI	2.6 g
-saturated	less than 0.1 g	0% DI	0.1 g
Carbohydrate	31.7 g	10% DI	44.7 g
-sugars	1.1 g	1% DI	1.5 g
Dietary Fibre	1.4 g	5% DI	2.0 g
Sodium	353 mg	15% DI	498 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Onion (5%), Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)), Black Pepper, Poppy Seeds.

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk.

Red Velvet Cake (Family)

SERVINGS PER PACKAGE: 8

SERVING SIZE: 129 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	2070 kJ (495 Cal)	24% DI	1600 kJ (382 Cal)
Protein	5.1 g	10% DI	4.0 g
Fat, total	26.1 g	37% DI	20.2 g
-saturated	13.5 g	56% DI	10.4 g
Carbohydrate	59.7 g	19% DI	46.2 g
-sugars	42.1 g	47% DI	32.5 g
Dietary Fibre	less than 1 g	0% DI	less than 1 g
Sodium	393 mg	17% DI	304 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Cake Mix (**Wheat** Flour, Sugar, Vegetable Shortening (Vegetable Fats And Oils, Emulsifiers (471, 477), Antioxidant (322 **Soy**, 307)), Thickeners (1422, 415), Raising Agents (500, 541, 450), **Milk** Solids, Salt, Humectant (420), Preservative (202), Flavouring, Colour (160a)), Cream Cheese Topping (Icing Sugar Mixture (Sugar, Tapioca Starch), Vegetable Oils (Palm Oil, Canola Oil), Cream Cheese (**Milk**, cream, Salt, Stabilisers (410, 412), Starter Culture), Natural And Synthetic Flavourings, Cream Cheese Powder (Cream And **Milk** Solids, Sugar, Emulsifier (471), Salt, Antioxidant (307b **Soy**), Culture), Sugar, Cream Cheese Topping (**Wheat** Starch, Dextrose, Salt, Food Acid (330), Colours (110, 102)), Emulsifiers (471, 435 (Palm)), Preservative (202), Thickener (412)), Thickened Cream (Cream (**Milk**), Gelatin, Stabiliser (407a), Emulsifier (471)), **Egg**, Jam (Sugar, Apple (Puree And Reconstituted), Fruit Fibre, Thickener (440, Dextrose), Acidity Regulator (330), Preservative (202), Colours (124, 122), Flavouring), Icing Mixture (Sucrose, **Wheat** Starch), Red Colour (Water, Colour (124), Acidity Regulator (330), Preservative (202)), Cocoa Powder, Modified Corn Starch (1422), Colour (150c), Raspberry Flavour (Water, Natural & Synthetic Flavourings, Thickener (415), Emulsifier (433), Colours (122, 110), Acidity Regulator (330), Preservative (202)).

Contains Gluten, Wheat, Egg, Milk, Soy.

May Contain Peanut, Tree Nuts, Sesame.

Roasted Pumpkin, Spinach, Feta & Caramelised Onion Mighty Mini Pizza

SERVINGS PER PACKAGE: 1

SERVING SIZE: 158 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	1730 kJ (414 Cal)	20% DI	1100 kJ (263 Cal)
Protein	16.3 g	33% DI	10.3 g
Fat, total	12.2 g	17% DI	7.7 g
-saturated	5.8 g	24% DI	3.7 g
Carbohydrate	57.0 g	18% DI	36.2 g
-sugars	7.5 g	8% DI	4.7 g
Dietary Fibre	2.9 g	10% DI	1.8 g
Sodium	908 mg	39% DI	576 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Cheese (Cheese (Pasteurised Milk, Salt, Cultures, Enzyme (Non-animal Rennet)), Anti-caking Agent Blend (Anticaking Agent (460), Preservative (200))), Pumpkin (12%), Caramelised Onion (9%) (Onion, Sugar, Vinegar, Malt Extract (**Barley, Wheat**), Molasses, Cornflour, Sea Salt, Pectin, Garlic, Spice), Feta Cheese (6%) (Pasteurised Milk, Starter Culture, Salt, Non Animal Rennet, Calcium Chloride), Spinach (6%), Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Thyme, Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)), Black Pepper.

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg.

Rosemary, Garlic & Sea Salt Vienna

SERVINGS PER PACKAGE: 11

SERVING SIZE: 65 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	663 kJ (158 Cal)	8% DI	1010 kJ (242 Cal)
Protein	5.2 g	10% DI	7.9 g
Fat, total	1.2 g	2% DI	1.8 g
-saturated	less than 0.1 g	0% DI	less than 0.1 g
Carbohydrate	30.7 g	10% DI	46.8 g
-sugars	0.8 g	1% DI	1.2 g
Dietary Fibre	1.4 g	5% DI	2.1 g
Sodium	357 mg	16% DI	545 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Garlic (2%), Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Rosemary (1%), Canola Oil, Compressed Yeast, Salt.

Contains Gluten, Wheat.

May Contain Soy.

Round Roll - Multigrain

SERVINGS PER PACKAGE: 1

SERVING SIZE: 75 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	668 kJ (160 Cal)	8% DI	891 kJ (213 Cal)
Protein	6.0 g	12% DI	8.1 g
Fat, total	1.9 g	3% DI	2.5 g
-saturated	less than 0.1 g	0% DI	0.1 g
Carbohydrate	28.3 g	9% DI	37.7 g
-sugars	0.8 g	1% DI	1.0 g
Dietary Fibre	1.7 g	6% DI	2.3 g
Sodium	381 mg	17% DI	508 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Grains Premix (10%) (Mixed Grains (Kibbled **Wheat**, Kibbled **Rye**, **Wheat** Flakes), Maize Semolina, Linseeds), Compressed Yeast, **Wheat** Gluten, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk.

Round Roll - White

SERVINGS PER PACKAGE: 1

SERVING SIZE: 72 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	746 kJ (178 Cal)	9% DI	1040 kJ (248 Cal)
Protein	5.8 g	12% DI	8.0 g
Fat, total	1.8 g	3% DI	2.4 g
-saturated	less than 0.1 g	0% DI	less than 0.1 g
Carbohydrate	33.7 g	11% DI	46.8 g
-sugars	0.9 g	1% DI	1.3 g
Dietary Fibre	1.3 g	4% DI	1.8 g
Sodium	379 mg	16% DI	527 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk.

Round Roll - Wholemeal Grain

SERVINGS PER PACKAGE: 1

SERVING SIZE: 75 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	650 kJ (155 Cal)	7% DI	871 kJ (208 Cal)
Protein	7.1 g	14% DI	9.5 g
Fat, total	2.0 g	3% DI	2.7 g
-saturated	0.1 g	0% DI	0.1 g
Carbohydrate	25.0 g	8% DI	33.5 g
-sugars	0.8 g	1% DI	1.1 g
Dietary Fibre	3.7 g	12% DI	5.0 g
Sodium	383 mg	17% DI	513 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Wholemeal Flour (39%) (Wholemeal **Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Grains Premix (13%) (Mixed Grains (Kibbled **Wheat**, Kibbled **Rye**, **Wheat** Flakes), Maize Semolina, Linseeds), **Wheat** Gluten, Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk.

Round Roll - Wholemeal

SERVINGS PER PACKAGE: 1

SERVING SIZE: 75 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	725 kJ (173 Cal)	8% DI	967 kJ (231 Cal)
Protein	6.7 g	13% DI	8.9 g
Fat, total	2.1 g	3% DI	2.8 g
-saturated	0.1 g	0% DI	0.2 g
Carbohydrate	29.4 g	9% DI	39.2 g
-sugars	1.0 g	1% DI	1.3 g
Dietary Fibre	4.1 g	14% DI	5.5 g
Sodium	360 mg	16% DI	480 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Wholemeal Flour (61%) (Wholemeal **Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Compressed Yeast, **Wheat** Gluten, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk.

Rye Sourdough Vienna

SERVINGS PER PACKAGE: 11

SERVING SIZE: 66 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	712 kJ (170 Cal)	8% DI	1080 kJ (258 Cal)
Protein	5.9 g	12% DI	9.0 g
Fat, total	1.0 g	1% DI	1.5 g
-saturated	less than 0.1 g	0% DI	less than 0.1 g
Carbohydrate	33.3 g	11% DI	50.6 g
-sugars	0.8 g	1% DI	1.2 g
Dietary Fibre	3.0 g	10% DI	4.5 g
Sodium	1 mg	0% DI	2 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Wholemeal **Rye** Flour, **Wheat** Gluten, Compressed Yeast.

Contains Gluten, Wheat.

May Contain Soy.

Salted Caramel & White Choc Gourmet Cookie

SERVINGS PER PACKAGE: 1

SERVING SIZE: 135 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	2650 kJ (634 Cal)	30% DI	1960 kJ (469 Cal)
Protein	6.9 g	14% DI	5.1 g
Fat, total	29.5 g	42% DI	21.8 g
-saturated	18.5 g	77% DI	13.7 g
Carbohydrate	84.6 g	27% DI	62.7 g
-sugars	48.7 g	54% DI	36.1 g
Dietary Fibre	1.0 g	3% DI	less than 1 g
Sodium	638 mg	28% DI	472 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Self Raising Flour (**Wheat** Flour, Raising Agents (450, 500, 341, 339, Wheaten Cornflour)), Unsalted Butter (Cream (**Milk**)), **Wheat** Flour, White Chocolate (Sugar, Cocoa Butter, Whole **Milk** Powder, Skim **Milk** Powder, Emulsifier (**Soy** Lecithin), Flavouring), Salted Caramel Cr?me (Sugar (Brown, White), Water, Golden Syrup, Glucose Syrup, Thickener (1442), Vegetable Fat, **Milk** Powder, Humectant (422), Salt, Colour (150a, 171, 160c), Emulsifier (471, 433), Preservative (202), Natural Flavour), Brown Sugar, **Egg**, Sugar, Baking Powder (Raising Agents (450, 500), **Wheat** Starch), Vanilla Flavour (Water, Ethanol, Sugar, Synthetic Flavourings, Colour (150a)), Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate).

Contains Gluten, Wheat, Egg, Milk, Soy.

May Contain Tree Nuts.

Sandwich Loaf - White

SERVINGS PER PACKAGE: 11

SERVING SIZE: 63 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	652 kJ (156 Cal)	7% DI	1040 kJ (248 Cal)
Protein	5.1 g	10% DI	8.0 g
Fat, total	1.5 g	2% DI	2.4 g
-saturated	0.1 g	0% DI	0.1 g
Carbohydrate	29.5 g	10% DI	46.8 g
-sugars	0.8 g	1% DI	1.3 g
Dietary Fibre	1.1 g	4% DI	1.8 g
Sodium	332 mg	14% DI	527 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk.

Sandwich loaf - Wholemeal Grain

SERVINGS PER PACKAGE: 11

SERVING SIZE: 65 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	591 kJ (141 Cal)	7% DI	914 kJ (219 Cal)
Protein	6.3 g	13% DI	9.8 g
Fat, total	2.5 g	4% DI	3.9 g
-saturated	0.2 g	1% DI	0.3 g
Carbohydrate	21.4 g	7% DI	33.1 g
-sugars	0.7 g	1% DI	1.1 g
Dietary Fibre	3.4 g	11% DI	5.3 g
Sodium	323 mg	14% DI	500 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Wholemeal Flour (38%) (Wholemeal **Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Grains Premix (13%) (Mixed Grains (Kibbled **Wheat**, Kibbled **Rye**, **Wheat** Flakes), Maize Semolina, Linseeds), **Wheat** Gluten, Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Poppy Seeds, **Sesame** Seeds White, Sunflower Seeds, Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Soy, Sesame.

May Contain Egg, Milk.

Sandwich Loaf - Wholemeal

SERVINGS PER PACKAGE: 11

SERVING SIZE: 63 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	609 kJ (146 Cal)	7% DI	967 kJ (231 Cal)
Protein	5.6 g	11% DI	8.9 g
Fat, total	1.8 g	3% DI	2.8 g
-saturated	less than 0.1 g	0% DI	0.2 g
Carbohydrate	24.7 g	8% DI	39.2 g
-sugars	0.8 g	1% DI	1.3 g
Dietary Fibre	3.5 g	12% DI	5.5 g
Sodium	302 mg	13% DI	480 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Wholemeal Flour (Wholemeal **Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Compressed Yeast, **Wheat** Gluten, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk.

Sausage Roll

SERVINGS PER PACKAGE: 1

SERVING SIZE: 145 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	1510 kJ (361 Cal)	17% DI	1040 kJ (249 Cal)
Protein	10.2 g	20% DI	7.0 g
Fat, total	19.1 g	27% DI	13.2 g
-saturated	9.4 g	39% DI	6.5 g
Carbohydrate	36.0 g	12% DI	24.8 g
-sugars	2.0 g	2% DI	1.4 g
Dietary Fibre	2.3 g	8% DI	1.6 g
Sodium	899 mg	39% DI	620 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Sausage Roll (Puff Pastry (**Wheat** Flour, Water, Margarine (Vegetable Oils (Palm, Canola), Water, Salt, Emulsifiers (471, 322 **Soy**), Antioxidants (304, 307b), Acidity Regulator (330)), Salt, Raising Agent (920 (**Wheat**)), **Egg** Powder), Sausage Roll Filling (Min. 50%) (Water, Beef (26%), Breadcrumbs (Flours (**Wheat, Rye, Soy**), Water, Yeast, Maize Starch, Vinegar, **Oat** Fibre, Salt, Canola Oil, **Wheat** Fibre, **Wheat** Gluten, Emulsifiers (471, 481, 472e), Vitamins (Thiamin, Niacin, Folates, B6, E, Iron, Zinc)), Salt, Vegetable Powders, Dehydrated Vegetables, Sugar, Flavour Enhancer (621 (**Milk**)), Flavourings (**Milk**), Mineral Salt 451), Spices), Glaze (Water, Thickener (1400), Colour (160a))).

Contains Gluten, Wheat, Egg, Milk, Soy.

May Contain Peanut, Tree Nuts, Sesame.

Scone - Plain

SERVINGS PER PACKAGE: 1

SERVING SIZE: 90 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	1030 kJ (245 Cal)	12% DI	1140 kJ (272 Cal)
Protein	6.6 g	13% DI	7.3 g
Fat, total	4.0 g	6% DI	4.4 g
-saturated	1.8 g	8% DI	2.0 g
Carbohydrate	44.4 g	14% DI	49.4 g
-sugars	9.1 g	10% DI	10.1 g
Dietary Fibre	less than 0.1 g	0% DI	less than 0.1 g
Sodium	864 mg	38% DI	960 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Scone Mix (**Wheat** Flour, Sugar, Vegetable Shortening (Vegetable Fat, Glucose Syrup Solids, **Milk** Protein, Emulsifiers (471, 481, 322 (**Soy**)), Stabilisers (339, 466), Antioxidant (307b (**Soy**)), **Milk** Solids, Raising Agents (450, 500), Salt, Thickener (415 (**Soy**))), Water.

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg.

Scotch Loaf

SERVINGS PER PACKAGE: 7

SERVING SIZE: 68 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	713 kJ (170 Cal)	8% DI	1050 kJ (250 Cal)
Protein	5.5 g	11% DI	8.1 g
Fat, total	1.7 g	2% DI	2.4 g
-saturated	0.1 g	0% DI	0.1 g
Carbohydrate	32.3 g	10% DI	47.4 g
-sugars	0.9 g	1% DI	1.3 g
Dietary Fibre	1.2 g	4% DI	1.8 g
Sodium	352 mg	15% DI	517 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk.

Scotch Roll

SERVINGS PER PACKAGE: 1

SERVING SIZE: 75 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	789 kJ (189 Cal)	9% DI	1060 kJ (252 Cal)
Protein	6.1 g	12% DI	8.2 g
Fat, total	1.8 g	3% DI	2.4 g
-saturated	less than 0.1 g	0% DI	less than 0.1 g
Carbohydrate	35.8 g	12% DI	47.9 g
-sugars	1.0 g	1% DI	1.3 g
Dietary Fibre	1.4 g	5% DI	1.8 g
Sodium	379 mg	16% DI	508 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk.

Shell Roll

SERVINGS PER PACKAGE: 1

SERVING SIZE: 72 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	746 kJ (178 Cal)	9% DI	1040 kJ (248 Cal)
Protein	5.8 g	12% DI	8.0 g
Fat, total	1.8 g	3% DI	2.4 g
-saturated	less than 0.1 g	0% DI	less than 0.1 g
Carbohydrate	33.7 g	11% DI	46.8 g
-sugars	0.9 g	1% DI	1.3 g
Dietary Fibre	1.3 g	4% DI	1.8 g
Sodium	379 mg	16% DI	527 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk.

Sourdough Farmhouse Loaf

SERVINGS PER PACKAGE: 11

SERVING SIZE: 63 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	574 kJ (137 Cal)	7% DI	912 kJ (218 Cal)
Protein	4.6 g	9% DI	7.3 g
Fat, total	0.7 g	1% DI	1.1 g
-saturated	less than 0.1 g	0% DI	less than 0.1 g
Carbohydrate	27.2 g	9% DI	43.2 g
-sugars	0.8 g	1% DI	1.3 g
Dietary Fibre	1.0 g	3% DI	1.7 g
Sodium	301 mg	13% DI	478 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Bread Improver (**Wheat** Flour, Iodised Salt, Dextrose, **Soy** Flour, Antioxidant (300), Enzymes (**Wheat**)), Compressed Yeast.

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk.

Sourdough Round Roll

SERVINGS PER PACKAGE: 1

SERVING SIZE: 75 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	684 kJ (163 Cal)	8% DI	912 kJ (218 Cal)
Protein	5.5 g	11% DI	7.3 g
Fat, total	0.8 g	1% DI	1.1 g
-saturated	less than 0.1 g	0% DI	less than 0.1 g
Carbohydrate	32.4 g	10% DI	43.2 g
-sugars	1.0 g	1% DI	1.3 g
Dietary Fibre	1.2 g	4% DI	1.7 g
Sodium	359 mg	16% DI	478 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Bread Improver (**Wheat** Flour, Iodised Salt, Dextrose, **Soy** Flour, Antioxidant (300), Enzymes (**Wheat**)), Compressed Yeast.

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk.

Southern Fried Chicken Baguette

SERVINGS PER PACKAGE: 1

SERVING SIZE: 404 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	3440 kJ (822 Cal)	40% DI	852 kJ (204 Cal)
Protein	30.5 g	61% DI	7.5 g
Fat, total	17.1 g	24% DI	4.2 g
-saturated	3.1 g	13% DI	less than 1 g
Carbohydrate	132 g	42% DI	32.6 g
-sugars	12.0 g	13% DI	3.0 g
Dietary Fibre	5.8 g	19% DI	1.4 g
Sodium	2350 mg	102% DI	582 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Chicken Tenders (20%) (Chicken, Water, Flour (**Wheat**, Rice), Vegetable Oil, **Soy** Protein, Salt, Thickeners (1404, 1420, 464), Gluten (**Wheat**), Starch (**Wheat**), Fibre (**Wheat**, Potato), Mineral Salts (450, 451, 500, 508), Herbs And Spices (Cayenne Pepper, Celery Seeds), Dehydrated Vegetables (Garlic, Onion, Celery), Sugar, Yeast And Yeast Extracts, Emulsifier (322 From **Soy**), Maltodextrin, Hydrolysed Vegetable Protein, Natural Flavour, Acidity Regulator (270), Natural Colour (160c, 100)), Water, Cabbage, White Cabbage, Mayonnaise (Water, Sugar, Vegetable Oil (Contains Antioxidant (Butylated Hydroxyanisole)), Thickeners (Modified Cornstarch, Xanthan Gum (Contains **Soy**)), Glucose Syrup, Salt, Food Acids (Acetic, Citric), Mustard Powder, Preservative (Potassium Sorbate), Natural Colour (Annatto)), Sweet Chilli Sauce (Water, Sugar, Chilli, Salt, Garlic, Thickeners (1422 Or Corn Starch, 466 Or Xanthan Gum), Food Acid (Acetic) Or Vinegar), Compressed Yeast, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Canola Oil, Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)), Black Pepper.

Contains Gluten, Wheat, Soy.

May Contain Crustacean, Egg, Fish, Milk, Peanut, Tree Nuts, Sesame.

Spinach & Feta Danish

SERVINGS PER PACKAGE: 1

SERVING SIZE: 122 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	2040 kJ (487 Cal)	23% DI	1680 kJ (401 Cal)
Protein	13.3 g	27% DI	10.9 g
Fat, total	32.4 g	46% DI	26.7 g
-saturated	21.2 g	88% DI	17.4 g
Carbohydrate	35.0 g	11% DI	28.8 g
-sugars	4.4 g	5% DI	3.6 g
Dietary Fibre	1.2 g	4% DI	less than 1 g
Sodium	524 mg	23% DI	431 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Danish Square (**Wheat** Flour, Unsalted Butter (**Milk**), Water, **Egg**, Sugar, Yeast, **Wheat** Gluten, Salt, Natural Colour (160a), Antioxidant (300), Calcium Carbonate (170), Enzymes (**Wheat**, Thickener (412)), Cheese (Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non-animal Rennet)), Anti-caking Agent Blend (Anticaking Agent (460), Preservative (200))), Feta Cheese (7%) (Pasteurised **Milk**, Starter Culture, Salt, Non Animal Rennet, Calcium Chloride), Spinach (7%).

Contains Gluten, Wheat, Egg, Milk.

May Contain Peanut, Soy, Almond, Hazelnut, Sesame, Pecan.

Spinach & Feta Twist

SERVINGS PER PACKAGE: 4

SERVING SIZE: 69 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	718 kJ (172 Cal)	8% DI	1050 kJ (250 Cal)
Protein	6.9 g	14% DI	10.0 g
Fat, total	3.9 g	6% DI	5.6 g
-saturated	1.7 g	7% DI	2.5 g
Carbohydrate	26.3 g	8% DI	38.4 g
-sugars	0.7 g	1% DI	1.1 g
Dietary Fibre	1.1 g	4% DI	1.6 g
Sodium	412 mg	18% DI	601 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Feta Cheese (11%) (Pasteurised **Milk**, Starter Culture, Salt, Non Animal Rennet, Calcium Chloride), Spinach (5%), Cheese (Contains Anticaking Agent (460), Preservative (200), **Milk**), Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg.

Spinach & Fetta Quiche

SERVINGS PER PACKAGE: 1

SERVING SIZE: 203 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	2430 kJ (580 Cal)	28% DI	1200 kJ (286 Cal)
Protein	17.2 g	34% DI	8.5 g
Fat, total	38.4 g	55% DI	19.0 g
-saturated	22.3 g	93% DI	11.0 g
Carbohydrate	40.9 g	13% DI	20.2 g
-sugars	4.2 g	5% DI	2.1 g
Dietary Fibre	1.4 g	5% DI	0.7 g
Sodium	826 mg	36% DI	408 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Quiche Shell (**Wheat** Flour, Water, Pro Ve Shortening (Vegetable Oil, Emulsifiers (471, **Soybean** Lecithin), Antioxidant (307b), Natural Colour (160a)), Margarine (Vegetable Fats And Oils, Water, Salt, Emulsifiers (**Soy** Lecithin 322, 435), **Milk** Solids, Antioxidants (306), Flavour, Colour (160b, 100)), Skim **Milk** Powder, Relaxing Agent (**Wheat** Flour, Flour Treatment Agent (920)), Dextrose, Salt, Basil, Black Pepper Fine, Acidity Regulator (E330), Methyl Cellulose (461)), **Milk**, **Egg** (15%), Feta Cheese (11%) (Pasteurised **Milk**, Starter Culture, Salt, Non Animal Rennet, Calcium Chloride), Thickened Cream (Cream (**Milk**), Gelatin, Stabiliser (407a), Emulsifier (471)), Spinach (4.5%), Onion, Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Black Pepper.

Contains Gluten, Wheat, Egg, Milk, Soy.

May Contain Peanut, Tree Nuts, Sesame, Lupin.

Superemo Mighty Mini Pizza

SERVINGS PER PACKAGE: 1

SERVING SIZE: 213 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	1630 kJ (390 Cal)	19% DI	765 kJ (183 Cal)
Protein	20.1 g	40% DI	9.4 g
Fat, total	13.1 g	19% DI	6.2 g
-saturated	5.6 g	23% DI	2.6 g
Carbohydrate	45.0 g	15% DI	21.1 g
-sugars	1.3 g	1% DI	less than 1 g
Dietary Fibre	3.8 g	13% DI	1.8 g
Sodium	1370 mg	60% DI	643 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Ham (19%) (Pork, Water, Starch (Potato), Salt, Mineral Salts (451, 452), Sugar, Food Acid (270), Antioxidant (316), Sodium Nitrite (250)), Mushroom (19%), Cheese (12%) (Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non-animal Rennet)), Anti-caking Agent Blend (Anticaking Agent (460), Preservative (200))), Black Olives (7%) (Olives, Water, Salt, Stabiliser (579)), Tomato Paste (Tomato), Water, Parsley, Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg.

Supreme Pizza

SERVINGS PER PACKAGE: 1

SERVING SIZE: 126 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	1080 kJ (258 Cal)	12% DI	857 kJ (205 Cal)
Protein	10.7 g	21% DI	8.5 g
Fat, total	6.8 g	10% DI	5.4 g
-saturated	2.6 g	11% DI	2.0 g
Carbohydrate	36.8 g	12% DI	29.2 g
-sugars	2.4 g	3% DI	1.9 g
Dietary Fibre	2.4 g	8% DI	1.9 g
Sodium	834 mg	36% DI	662 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Bacon Pieces (**Soy**) (Pork, Water, Starch (Potato), Salt, Mineral Salts (451, 452), Sugar (Dextrose), Food Acid (270), Antioxidant (316), Sodium Nitrite (250), Natural wood Smoke), Capsicum (Capsicum, Water, Salt, Sugar, Vinegar, Calcium Chloride (E509)), Cheese (Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non-animal Rennet)), Anti-caking Agent Blend (Anticaking Agent (460), Preservative (200))), Tomato Paste (Tomato), Black Olives (Olives, Water, Salt, Stabiliser (579)), Mushrooms, Onion, Pineapple, Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg.

Swiss Seed Roll

SERVINGS PER PACKAGE: 1

SERVING SIZE: 106 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	1220 kJ (293 Cal)	14% DI	1150 kJ (276 Cal)
Protein	12.0 g	24% DI	11.3 g
Fat, total	11.1 g	16% DI	10.4 g
-saturated	1.2 g	5% DI	1.2 g
Carbohydrate	33.2 g	11% DI	31.3 g
-sugars	1.2 g	1% DI	1.1 g
Dietary Fibre	7.8 g	26% DI	7.3 g
Sodium	391 mg	17% DI	368 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Wholemeal Flour (Wholemeal **Wheat** Flour, Vitamins (Thiamin, Folate)), Water, **Sesame** Seeds White (10%), Linseed (6%), Grains Premix (4%) (Mixed Grains (Kibbled **Wheat**, Kibbled **Rye**, **Wheat** Flakes), Maize Semolina, Linseeds), **Wheat** Gluten, Poppy Seeds (3%), Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Soy, Sesame.

May Contain Egg, Milk.

Tear n Share Loaf - Cheese & Bacon

SERVINGS PER PACKAGE: 9

SERVING SIZE: 50 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	551 kJ (132 Cal)	6% DI	1100 kJ (263 Cal)
Protein	5.5 g	11% DI	11.0 g
Fat, total	3.4 g	5% DI	6.8 g
-saturated	1.4 g	6% DI	2.7 g
Carbohydrate	19.1 g	6% DI	38.2 g
-sugars	less than 1 g	1% DI	1.1 g
Dietary Fibre	less than 1 g	2% DI	1.4 g
Sodium	367 mg	16% DI	734 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Bacon Pieces (**Soy**) (Pork, Water, Starch (Potato), Salt, Mineral Salts (451, 452), Sugar (Dextrose), Food Acid (270), Antioxidant (316), Sodium Nitrite (250), Natural wood Smoke), Cheese (Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non-animal Rennet)), Anti-caking Agent Blend (Anticaking Agent (460), Preservative (200))), Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg.

Tiger Cubs

SERVINGS PER PACKAGE: 1

SERVING SIZE: 86 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	854 kJ (204 Cal)	10% DI	999 kJ (239 Cal)
Protein	6.3 g	13% DI	7.4 g
Fat, total	1.8 g	3% DI	2.1 g
-saturated	less than 0.1 g	0% DI	less than 0.1 g
Carbohydrate	39.4 g	13% DI	46.0 g
-sugars	1.3 g	1% DI	1.5 g
Dietary Fibre	1.3 g	4% DI	1.5 g
Sodium	392 mg	17% DI	458 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Tiger Mix (Rice Flour, Dextrose, **Wheat** Flour, Salt), Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk.

Tiger Loaf

SERVINGS PER PACKAGE: 7

SERVING SIZE: 75 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	754 kJ (180 Cal)	9% DI	1010 kJ (242 Cal)
Protein	5.7 g	11% DI	7.6 g
Fat, total	1.6 g	2% DI	2.2 g
-saturated	0.1 g	0% DI	0.1 g
Carbohydrate	34.5 g	11% DI	46.3 g
-sugars	1.1 g	1% DI	1.4 g
Dietary Fibre	1.2 g	4% DI	1.6 g
Sodium	359 mg	16% DI	482 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Tiger Mix (Rice Flour, Dextrose, **Wheat** Flour, Salt), Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk.

Tomato Sauce Portions

SERVINGS PER PACKAGE: 1

SERVING SIZE: 14 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	80 kJ (19 Cal)	1% DI	574 kJ (137 Cal)
Protein	0.2 g	0% DI	1.3 g
Fat, total	less than 0.1 g	0% DI	less than 0.1 g
-saturated	less than 0.1 g	0% DI	less than 0.1 g
Carbohydrate	4.4 g	1% DI	31.6 g
-sugars	4.0 g	4% DI	28.7 g
Dietary Fibre	less than 0.1 g	0% DI	less than 0.1 g
Sodium	135 mg	6% DI	963 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Tomato Sauce (Tomatoes (From Paste), Sugar, Food Acid (Acetic), Salt, Onion, Spice Extract).

May Contain Peanut.

Traditional HXB Cross Bun

SERVINGS PER PACKAGE: 1

SERVING SIZE: 77 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	923 kJ (221 Cal)	11% DI	1200 kJ (286 Cal)
Protein	4.9 g	10% DI	6.3 g
Fat, total	3.0 g	4% DI	3.9 g
-saturated	0.3 g	1% DI	0.4 g
Carbohydrate	42.1 g	14% DI	54.7 g
-sugars	14.9 g	17% DI	19.3 g
Dietary Fibre	1.5 g	5% DI	1.9 g
Sodium	146 mg	6% DI	190 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Sultanas (10%) (Sultanas, Vegetable Oil), Currants (8%) (Currants, Vegetable Oils), Sugar, Easter Bun Crossing Mix (**Wheat** Starch, **Wheat** Flour, Vegetable Oils, Vegetable Emulsifier (471), Thickener (415) (**Soy**), Salt), Canola Oil, Compressed Yeast, Mixed Spices (Cassia, Nutmeg, Ginger, Cloves, Pepper, Cinnamon, Cardamom), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)), Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Mixed Spice (Coriander, Cinnamon, Cassia, Ginger (Sulphites), Cloves), Bunspice Flavour (Ethanol, Natural & Synthetic Flavourings, Propylene Glycol (1520), Water), Raspberry Flavour (Water, Natural & Synthetic Flavourings, Thickener (415), Emulsifier (433), Colours (122, 110), Acidity Regulator (330), Preservative (202)).

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk.

Traditional Mini HXB Cross Bun

SERVINGS PER PACKAGE: 1

SERVING SIZE: 38 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	456 kJ (109 Cal)	5% DI	1200 kJ (286 Cal)
Protein	2.4 g	5% DI	6.3 g
Fat, total	1.5 g	2% DI	3.9 g
-saturated	0.1 g	1% DI	0.4 g
Carbohydrate	20.8 g	7% DI	54.7 g
-sugars	7.4 g	8% DI	19.3 g
Dietary Fibre	0.7 g	2% DI	1.9 g
Sodium	72 mg	3% DI	190 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Sultanas (10%) (Sultanas, Vegetable Oil), Currants (8%) (Currants, Vegetable Oils), Sugar, Easter Bun Crossing Mix (**Wheat** Starch, **Wheat** Flour, Vegetable Oils, Vegetable Emulsifier (471), Thickener (415) (**Soy**), Salt), Canola Oil, Compressed Yeast, Mixed Spices (Cassia, Nutmeg, Ginger, Cloves, Pepper, Cinnamon, Cardamom), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)), Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Mixed Spice (Coriander, Cinnamon, Cassia, Ginger (Sulphites), Cloves), Bunspice Flavour (Ethanol, Natural & Synthetic Flavourings, Propylene Glycol (1520), Water), Raspberry Flavour (Water, Natural & Synthetic Flavourings, Thickener (415), Emulsifier (433), Colours (122, 110), Acidity Regulator (330), Preservative (202)).

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk.

Traditional Shortbread

SERVINGS PER PACKAGE: 1

SERVING SIZE: 49 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	1050 kJ (252 Cal)	12% DI	2170 kJ (518 Cal)
Protein	3.0 g	6% DI	6.2 g
Fat, total	13.9 g	20% DI	28.7 g
-saturated	8.7 g	36% DI	17.9 g
Carbohydrate	28.3 g	9% DI	58.3 g
-sugars	12.5 g	14% DI	25.7 g
Dietary Fibre	0.6 g	2% DI	1.2 g
Sodium	97 mg	4% DI	199 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Unsalted Butter (Cream (**Milk**)), Sugar, **Egg**, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate).

Contains Gluten, Wheat, Egg, Milk.

Turkish salad Roll

SERVINGS PER PACKAGE: 1

SERVING SIZE: 267 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	2060 kJ (491 Cal)	24% DI	770 kJ (184 Cal)
Protein	16.6 g	33% DI	6.2 g
Fat, total	18.3 g	26% DI	6.9 g
-saturated	3.0 g	13% DI	1.1 g
Carbohydrate	66.1 g	21% DI	24.7 g
-sugars	3.9 g	4% DI	1.5 g
Dietary Fibre	9.6 g	32% DI	3.6 g
Sodium	1930 mg	84% DI	722 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Hommus (Cooked Chickpeas (Chickpeas, Water), Tahini (**Sesame** Paste), Canola Oil, Vinegar, Salt, Food Acid (330), Garlic, Preservatives (202, 211), Vegetable Gum (415)), Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Tomato, Water, Lettuce, Cheese (Contains Anticaking Agent (460), Preservative (200), **Milk**), Bread Improver (**Wheat** Flour, Iodised Salt, Dextrose, **Soy** Flour, Antioxidant (300), Enzymes (**Wheat**)), Onion, Basil Pesto (Basil Puree (Fresh Basil, Vegetable Oil, Salt, Acetic Acid, Citric Acid, Calcium Lactate, Potassium Sorbate, Ascorbic Acid), Canola Oil, **Cashews**, Parmesan Cheese (Pasteurised **Milk**, Tapioca Starch, Whey Powder, Salt, Starter Cultures, Enzymes (Contains **Egg**), Preservative (E200)), Sugar, Garlic, Salt, Citric Acid, Preservative (E202, E211)), Compressed Yeast, Black Pepper, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Garlic, Olive Oil.

Contains Gluten, Wheat, Egg, Milk, Soy, Cashew, Sesame.

Turmeric & Lentil Sourdough

SERVINGS PER PACKAGE: 18

SERVING SIZE: 124 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	1150 kJ (274 Cal)	13% DI	928 kJ (222 Cal)
Protein	9.4 g	19% DI	7.6 g
Fat, total	1.8 g	3% DI	1.5 g
-saturated	less than 0.1 g	0% DI	less than 0.1 g
Carbohydrate	52.9 g	17% DI	42.8 g
-sugars	1.4 g	2% DI	1.2 g
Dietary Fibre	2.4 g	8% DI	2.0 g
Sodium	497 mg	22% DI	402 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Lentils (10%) (Rehydrated Dried Lentils, Water, Salt, Antioxidants (Ascorbic Acid)), Wholemeal **Rye** Flour, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Black Cumin Seed (Black Cumin Seed), Turmeric, Compressed Yeast, Salt (Salt, Anti-caking Agent (554)).

Contains Gluten, Wheat.

May Contain Soy.

Vanilla Slice

SERVINGS PER PACKAGE: 1

SERVING SIZE: 113 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	1490 kJ (355 Cal)	17% DI	1310 kJ (313 Cal)
Protein	3.6 g	7% DI	3.2 g
Fat, total	15.8 g	23% DI	13.9 g
-saturated	9.2 g	38% DI	8.1 g
Carbohydrate	48.3 g	16% DI	42.6 g
-sugars	30.0 g	33% DI	26.5 g
Dietary Fibre	0.8 g	3% DI	0.7 g
Sodium	206 mg	9% DI	182 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Puff Pastry (**Wheat** Flour, Water, Vegetable Margarine (Vegetable Fats & Oil, Water, Salt, Emulsifiers (471, 475, 322 **Soy**), Acidity Regulators (331, 330)), Sugar, Salt), White Fondant (Sugar Syrups (Sucrose, Glucose (Wheat Derived))), Thickened Cream (18%) (Cream (**Milk**), Gelatin, Stabiliser (407a), Emulsifier (471)), Instant Custard (15%) (Sugar, Thickener (1414), **Milk** Solids, Dextrose, Vegetable Fat (Palm Oil, Lactose, **Milk** Protein), Vegetable Gums (401, 407, 410, 415), Maize Starch, Salt, Natural Flavour, Colours (102, 110, 171), Preservative (202)), Water.

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg.

Vegetable Pastie

SERVINGS PER PACKAGE: 1

SERVING SIZE: 180 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	1770 kJ (423 Cal)	20% DI	984 kJ (235 Cal)
Protein	7.4 g	15% DI	4.1 g
Fat, total	20.3 g	29% DI	11.3 g
-saturated	11.9 g	50% DI	6.6 g
Carbohydrate	48.2 g	16% DI	26.8 g
-sugars	6.1 g	7% DI	3.4 g
Dietary Fibre	4.7 g	16% DI	2.6 g
Sodium	1220 mg	53% DI	675 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Vegetable Pastie (Vegetables (40%) (Potato, Carrot, Peas, Pumpkin, Corn, Onion, Turnip), **Wheat** Flour, Water, Margarine (Vegetable Fats And Oils, Water, Salt, Emulsifier (471), Acidity Regulators (331, 330), Antioxidant (307b (**Soy**)), Flavour, Colour (160a)), Seasoning (**Wheat**, Thickeners (1422, 461)), Dehydrated Potato (Preservatives (450, 222 (Sulphites))), Poppy Seeds, Salt, Glaze (**Milk**, Mineral Salt (450), Colour (160a), Thickener (415)), Onion Powder, Colour (150a)).

Contains Gluten, Wheat, Milk, Soy, Sulphites.

May Contain Egg, Tree Nuts, Sesame.

Vegetarian Pizza

SERVINGS PER PACKAGE: 1

SERVING SIZE: 126 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	1030 kJ (245 Cal)	12% DI	815 kJ (195 Cal)
Protein	9.1 g	18% DI	7.2 g
Fat, total	6.0 g	9% DI	4.8 g
-saturated	2.2 g	9% DI	1.8 g
Carbohydrate	36.8 g	12% DI	29.2 g
-sugars	2.8 g	3% DI	2.2 g
Dietary Fibre	2.5 g	8% DI	2.0 g
Sodium	683 mg	30% DI	542 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Capsicum (Capsicum, Water, Salt, Sugar, Vinegar, Calcium Chloride (E509)), Cheese (Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non-animal Rennet)), Anti-caking Agent Blend (Anticaking Agent (460), Preservative (200))), Tomato Paste (Tomato), Black Olives (Olives, Water, Salt, Stabiliser (579)), Mushrooms (Mushrooms, Water, Salt, Food Acid (330)), Onion, Pineapple (Pineapple, Water, Sugar, Acidity Regulator (330)), Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg.

Victorian Sponge Cake (Family)

SERVINGS PER PACKAGE: 8

SERVING SIZE: 129 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	2010 kJ (480 Cal)	23% DI	1560 kJ (373 Cal)
Protein	4.7 g	9% DI	3.6 g
Fat, total	26.2 g	37% DI	20.3 g
-saturated	16.6 g	69% DI	12.9 g
Carbohydrate	55.7 g	18% DI	43.3 g
-sugars	40.3 g	45% DI	31.3 g
Dietary Fibre	less than 1 g	2% DI	less than 1 g
Sodium	317 mg	14% DI	246 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Cake Mix (**Wheat** Flour, Sugar, Vegetable Shortening (Vegetable Fats And Oils, Emulsifiers (471, 477), Antioxidant (322 **Soy**, 307)), Thickeners (1422, 415), Raising Agents (500, 541, 450), **Milk** Solids, Salt, Humectant (420), Preservative (202), Flavouring, Colour (160a)), Thickened Cream (Cream (**Milk**), Gelatin, Stabiliser (407a), Emulsifier (471)), Icing Mixture (Sucrose, **Wheat** Starch), **Egg**, Unsalted Butter (Cream (**Milk**)), Strawberries, Jam (Sugar, Apple (Puree And Reconstituted), Fruit Fibre, Thickener (440, Dextrose), Acidity Regulator (330), Preservative (202), Colours (124, 122), Flavouring), Desiccated Coconut (Contains Preservative (223) (Sulphites)), Modified Corn Starch (1422), Vanilla Flavour (Water, Ethanol, Sugar, Synthetic Flavourings, Colour (150a)).

Contains Gluten, Wheat, Egg, Milk, Soy.

Vienna Loaf

SERVINGS PER PACKAGE: 7

SERVING SIZE: 67 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	692 kJ (165 Cal)	8% DI	1040 kJ (248 Cal)
Protein	5.4 g	11% DI	8.0 g
Fat, total	1.6 g	2% DI	2.4 g
-saturated	0.1 g	0% DI	0.1 g
Carbohydrate	31.3 g	10% DI	46.8 g
-sugars	0.9 g	1% DI	1.3 g
Dietary Fibre	1.2 g	4% DI	1.8 g
Sodium	352 mg	15% DI	527 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk.

White French Loaf

SERVINGS PER PACKAGE: 7

SERVING SIZE: 67 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	692 kJ (165 Cal)	8% DI	1040 kJ (248 Cal)
Protein	5.4 g	11% DI	8.0 g
Fat, total	1.6 g	2% DI	2.4 g
-saturated	0.1 g	0% DI	0.1 g
Carbohydrate	31.3 g	10% DI	46.8 g
-sugars	0.9 g	1% DI	1.3 g
Dietary Fibre	1.2 g	4% DI	1.8 g
Sodium	352 mg	15% DI	527 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk.

Wildberry & Custard Glen

SERVINGS PER PACKAGE: 5

SERVING SIZE: 78 g

	Average QTY per Serving	% Daily Intake (Per serving) ¹	Average QTY Per 100g
Energy	787 kJ (188 Cal)	9% DI	1000 kJ (240 Cal)
Protein	4.4 g	9% DI	5.6 g
Fat, total	2.6 g	4% DI	3.3 g
-saturated	0.2 g	1% DI	0.3 g
Carbohydrate	35.5 g	11% DI	45.3 g
-sugars	11.3 g	13% DI	14.5 g
Dietary Fibre	1.0 g	3% DI	1.2 g
Sodium	145 mg	6% DI	186 mg

¹Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Wildberry Filling (15%) (Fruit (Blackberry, Apple, Boysenberry, Blackcurrant, Raspberry (Reconstituted), Water, Sugar, Thickener (1442), Acidity Regulator (330), Preservative (202), Antioxidant (300), Mineral Salt (509)), Sugar, Instant Custard (4.5%) (Sugar, Thickener (1414), **Milk** Solids, Dextrose, Vegetable Fat (Palm Oil, Lactose, **Milk** Protein), Vegetable Gums (401, 407, 410, 415), Maize Starch, Salt, Natural Flavour, Colours (102, 110, 171), Preservative (202)), Canola Oil, Compressed Yeast, White Fondant (Sugar Syrups (Sucrose, Glucose (Wheat Derived))), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)), Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Buns Spice Flavour (Ethanol, Natural & Synthetic Flavourings, Propylene Glycol (1520), Water).

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg.