

McDonald's Australia McCafe Food Menu Allergen - Ingredients - Nutrition Information

Information correct as at March 2025

At McDonald's we believe in the nutritional principals of balance, variety and moderation and that eating at McDonald's can fit into a healthy lifestyle. Our goal is to provide you with the information necessary to make informed decisions about your McDonald's menu choices. This guide can help you balance your McDonald's meal with the other meals you eat today, and every day.

This guide is for our McCafe Food menu. For information regarding short-time menu items, please either ask a manager in one of our restaurants or contact our Customer Service Department either via our website http://mcdonalds.com.au/contactus or on 02 9875 7100.

The nutrition and ingredient information is based on standard product formulations, standard product assembly and standard serving sizes. Actual sizes and assembly may vary. Due to the individual preparation of each of our menu items, actual values may vary from those listed. Variations may also occur depending on the supplier, country of origin, region of the country of origin, and the season of the year. Further, product formulations may change periodically.

Food Sensitivities and Preferences

As we operate working kitchens please be aware that there is always a risk that traces of allergens may be transferred to ingredients during storage or preparation of food in our kitchens. McDonald's Restaurants are therefore unable to guarantee that any food item sold is free from cross contact of allergens.

No food items are certified as vegetarian. Whilst some ingredients may not contain animal ingredients, we cannot guarantee that there will be no cross contact with ingredients that do contain animal ingredients in our kitchens.

We have a number of Halal certified restaurants. Only those items listed on the certificate in the front counter area and drive thru booth at our restaurants serving Halal options are certified as Halal.

If you would like further information or have food sensitivities or dietary concerns regarding specific ingredients in specific menu items, please contact us at http://mcdonalds.com.au/contactus or call us on 02 9875 7100.

Our allergen labelling complies with Australia New Zealand Food Standards Code – Standard 1.2.3 (Registered 09 March 2021)

If this document has been printed, please visit https://mcdonalds.com.au/our-impact/food-quality-sourcing/nutrition for most current information.

Allergen Summary: As we operate working kitchens please be aware that there is always a risk that allergen containing ingredients may be transferred during storage or preparation of food in our kitchens. McDonald's Restaurants are therefore unable to any food item sold is free from cross contact of allergens.																						
	Gluten	Wheat	Egg	Milk	Soy	Sesame	Peanut	Almond Brazil Nut	Cashew	Hazelnut	Macadamia Macadamia	rt Pecan	Pine Nut Pistachio	Walnut	Fish	Crustacea	Molluscs	Sulphites	Lupin	Artificial Preservative	Artificial Colour Arti	ificial Flave
Loaves		D							1	T	1			1 1								
Banana Bread with Butter	Р	Р	Р	Р	м			м														P
Sourdough Toast with Butter	Р	Р	м	Р	Р	м												Р				
Raisin Toast with Butter	Р	Р	м	Р	Р	м														Р		Р
Toasties	1			1			1		_	_							1	и и				
Cheesy Toastie	Р	Р	м	Р	Р	м												Р				
Cheese & Tomato Toastie	Р	Р	м	Р	Р	м												Р				
Ham & Cheese Toastie	Р	Р	м	Р	Р	м												Р		Р		
Ham, Cheese & Tomato Toastie	Р	Р	м	Р	Р	м												Р		Р		
Sweets																						
Chocolate Donut	Р	Р	м	Р	Р	м		м		м				м						Р	Р	Р
Apple Crumble Muffin	Р	Р	Р	Р	Р			м										м				
Double Choc Muffin	Р	Р	Р	Р	Р			м														
Chocolate Macaron	м		Р	Р	Р			Р														
Salted Caramel Macaron	м		Р	Р	Р			Р														
Biscoff McPop	Р	Р	Р	Р	Р	м		м	м	м		м	м	м								-
Berry McPop	Р	Р	Р	Р	м	м		м	м	м		м	м	м								-
Choc McPop	Р	Р	Р	Р	Р	м		м	м	м		м	м	м								
Aiscellaneous	1		1	1		1	1	1 1		-	·					1			1	1		

Chart key:

P: Allergen is PRESENT in the product as an ingredient, food additive or processing aid. M: Allergen may be present

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LOAVES			
Banana Bread with Butter		Banana Bread v	ith Butter
ANANA READ: Banana, Wheat Flour, Sugar, Light Sour Cream (Milk), Pectin, Milk Solids, Cultures), Canola Oli, Egg. Banana Flavour Paste (Banana, Colour (160a)), Whole Egg Powder, Baking Powder (Raising Agents (450, 500), Maize Starch, Mineral Salt (170)), Milk Solids, Raising Agent (500), Vanilla Flavour Paste, Wheat Starch, Vegetable		Avg Qty / Serve	Avg Qty / 100g
Mining All And	Energy (kJ)	2280	1450
UTTER PORTION: Pasteurised Cream (Milk), Valer, Salt	Energy (Cal)	546	345
	Protein (g)	7.0	4.4
Contains: Gluten, Wheat, Egg, Milk.	Fat, total (g)	25.8	16.3
ANANA BREAD is produced on equipment that also produces products containing Soy.	Saturated Fat (g)	8.2	5.2
SANANA BREAD is stored in the same display cabinet as products containing Tree Nut (Almond).	Carbohydrate (g)	70.3	44.5
	Sugars (g)	39.0	24.8
	Sodium (mg)	320	203
Sourdough Toast with Butter		Sourdough Toast	with Butter
SOURDOUGH: Wheat Flour (Wheat Flour, Vitamin (Folic Acid)), Water, Salt, Malt Flour (Barley), Yeast.		Avg Qty / Serve	Avg Qty / 100g
OR: Wheat Flour (Vitamins (Thiamin, Folic Acid), Flour Treatment Agent (920)), Water, lodised Salt, Sourdough Starter (Rye Flour, Water, Acidity Regulator (260)), Yeast, Canola Oil, Vinegar, Improver (Soy Flour, Mineral Salt (170), Flour Treatment Agent (516, 300, 920), Emulsifier (481, 472e),	Energy (kJ)	678	1360
Wheat Malt Flour, Enzymes).	Energy (Cal)	162	324
BUTTER PORTION: Pasteurised Cream (from Milk), Water, Salt.	Protein (g)	3.8	7.6
	Fat, total (g)	7.1	14.2
Contains: Gluten, Wheat, Milk, Soy, Sulphites.	Saturated Fat (g)	4.4	8.9
SOURDOUGH BREAD is produced on equipment that also produces products containing Egg, Milk, Sesame.	Carbohydrate (g)	19.8	39.6
SOURDOUGH TOAST may be toasted on the same equipment as products containing Egg, Soy.	Sugars (g)	1.2	2.4
	Sodium (mg)	276	552
Raisin Toast with Butter		Raisin Toast w	ith Butter
RAISIN BREAD: Wheat Flour, Water, Fruits (Raisins and/or Sultanas), Sugar, Wheat Gluten, Canola Oil, Iodised Salt, Yeast, Flavours, Preservative (282), Soy Flour, Vegetable Emulsifiers (471, 472e, 481), Vitamins (Thiamin, Folic Acid), Processing Aid (Wheat).		Avg Qty / Serve	Avg Qty / 100g
BUTTER PORTION: Pasteurised Cream (Milk), Water, Salt.	Energy (kJ)	1030	1240
	Energy (Cal)	247	297
Contains: Gluten, Wheat, Milk, Soy.	Protein (g)	6.9	8.3
RAISIN BREAD is produced on equipment which produces products containing Sesame.	Fat, total (g)	7.9	9.6
RAISIN TOAST may be toasted on the same equipment as products containing Soy, Egg.	Saturated Fat (g)	5.0	6.1
RAISIN TOAST may be toasted on the same equipment as products containing Soy, Egg.	Carbohydrate (g)	34.6	41.7
Fruit used subject to change due to availability and seasonability of products.			
*Fruit used subject to change due to availability and seasonability of products.	Carbohydrate (g) Sugars (g)	34.6 11.3	41.7 13.7
^r Fruit used subject to change due to availability and seasonability of products. TOASTIES Cheesy Toastie	Carbohydrate (g) Sugars (g)	34.6 11.3 179 Cheesy To	41.7 13.7 215 astie
Fruit used subject to change due to availability and seasonability of products. TOASTIES Cheesy Toastie SOURDOUGH: Wheat Flour (Wheat Flour, Vitamin (Folic Acid)), Water, Salt, Malt Flour (Barley), Yeast.	Carbohydrate (g) Sugars (g) Sodium (mg)	34.6 11.3 179 Cheesy To Avg Qty / Serve	41.7 13.7 215 astie Avg Qty / 100g
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*Fruit used subject to change due to availability and seasonability of products. TOASTIES Cheesy Toastie SOURDOUGH: Wheat Flour, Vitamin (Folic Acid), Water, Salt, Malt Flour (Barley), Yeast. OR: Wheat Flour (Wheat Flour, Vitamin (Folic Acid), Water, Salt, Malt Flour (Barley), Yeast. OR: Wheat Flour (Vitamins (Thiamin, Folic Acid), Flour Treatment Agent (516, 300, 920), Emulsifier (481, 472e), Wheat Malt Flour, Enzymes).	Carbohydrate (g) Sugars (g) Sodium (mg) Energy (kJ) Energy (Ca)	34.6 11.3 179 Cheesy To Avg Qty / Serve 1350 323	41.7 13.7 215 astie Avg Qty / 100g 1170 280
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*Fruit used subject to change due to availability and seasonability of products. TOASTIES Cheesy Toastie SOURDOUGH: Wheat Flour, Vitamin (Folic Acid), Water, Salt, Malt Flour (Barley), Yeast. OR: Wheat Flour (Wheat Flour, Vitamin (Folic Acid), Water, Salt, Malt Flour (Barley), Yeast. OR: Wheat Flour (Vitamins (Thiamin, Folic Acid), Hour Treatment Agent (920), Water, Iodised Salt, Sourdough Starter (Rye Flour, Water, Mature Sour, Acidity Regulator (260)), Yeast, Canola Oil, Vinegar, Improver (Soy Flour, Mineral Salt (170), Flour Treatment Agent (516, 300, 920), Emulsifier (481, 472e), Wheat Malt Flour, Enzymes). AUSSIE JACK CHEESE: Pasteurised Milk, Salt, Starter Culture, Non-animal Rennet.	Carbohydrate (g) Sugars (g) Sodium (mg) Energy (kJ) Energy (Cal) Protein (g) Fat, total (g)	34.6 11.3 179 179 Avg Qty / Serve 1350 323 14.9 10.7	41.7 13.7 215 astie Avg Qty / 100g 1170 280 12.9 9.3
*Fruit used subject to change due to availability and seasonability of products. TOASTIES Cheesy Toastie SOURDOUGH: Wheat Flour, Vitamin (Folic Acid)), Water, Salt, Malt Flour (Barley), Yeast. OR: Wheat Flour, Vitamin (Folic Acid), Hour Treatment Agent (920), Water, Iodised Salt, Sourdough Starter (Rye Flour, Water, Mature Sour, Acidity Regulator (260)), Yeast, Canola Oil, Vinegar, Improver (Soy Flour, Mineral Salt (170), Flour Treatment Agent (516, 300, 920), Emulsifier (481, 472e), Wheat Malt Flour, Enzymes). AUSSIE JACK CHEESE: Pasteurised Milk, Salt, Starter Culture, Non-animal Rennet. Contains Gluten, Wheat, Milk, Soy, Sulphites. SOURDOUGH: Based is produced on equipment that also produces products containing Egg, Milk, Sesame.	Carbohydrate (g) Sugars (g) Sodium (mg) Energy (kJ) Energy (Ca) Protein (g) Fat, total (g) Saturated Fat (g)	34.6 11.3 179 Cheesy To Avg Qty / Serve 1350 323 14.9 10.7 6.7	41.7 13.7 215 astie Avg Qty / 100g 1170 280 12.9 9.3 5.8
*Fruit used subject to change due to availability and seasonability of products. TOASTIES Cheesy Toastie SOURDOUGH: Wheat Flour, Vitamin (Folic Acid)), Water, Salt, Malt Flour (Barley), Yeast. OR: Wheat Flour, Vitamin (Folic Acid), Hour Treatment Agent (920), Water, Iodised Salt, Sourdough Starter (Rye Flour, Water, Mature Sour, Acidity Regulator (260)), Yeast, Canola Oil, Vinegar, Improver (Soy Flour, Mineral Salt (170), Flour Treatment Agent (516, 300, 920), Emulsifier (481, 472e), Wheat Malt Flour, Enzymes). AUSSIE JACK CHEESE: Pasteurised Milk, Salt, Starter Culture, Non-animal Rennet. Contains Gluten, Wheat, Milk, Soy, Sulphites. SOURDOUGH: Based is produced on equipment that also produces products containing Egg, Milk, Sesame.	Carbohydrate (g) Sugars (g) Sodium (mg) Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g)	34.6 11.3 179 179 Cheesy To Avg Qty / Serve 1350 323 14.9 10.7 6.7 39.8	41.7 13.7 215 astie Avg Qty / 100g 1170 280 12.9 9.3 5.8 34.5
*Fruit used subject to change due to availability and seasonability of products. TOASTIES Cheesy Toastie SOURDOUGH: Wheat Flour, Vitamin (Folic Acid)), Water, Salt, Malt Flour (Barley), Yeast. OR: Wheat Flour, Vitamin (Folic Acid), Hour Treatment Agent (920), Water, Iodised Salt, Sourdough Starter (Rye Flour, Water, Mature Sour, Acidity Regulator (260)), Yeast, Canola Oil, Vinegar, Improver (Soy Flour, Mineral Salt (170), Flour Treatment Agent (516, 300, 920), Emulsifier (481, 472e), Wheat Malt Flour, Enzymes). AUSSIE JACK CHEESE: Pasteurised Milk, Salt, Starter Culture, Non-animal Rennet. Contains Gluten, Wheat, Milk, Soy, Sulphites. SOURDOUGH: Based is produced on equipment that also produces products containing Egg, Milk, Sesame.	Carbohydrate (g) Sugars (g) Sodium (mg) Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sugars (g)	34.6 11.3 179 Cheesy To Avg Qty / Serve 1350 323 14.9 10.7 6.7	41.7 13.7 215 astie Avg Qty / 100g 1170 280 12.9 9.3 5.8 34.5 2.2
*Fruit used subject to change due to availability and seasonability of products. TOASTIES SoURDOUGH: Wheat Flour (Wheat Flour, Vitamin (Folic Acid), Water, Salt, Malt Flour (Barley), Yeast. OR: Wheat Flour (Wheat Flour (Wheat Flour, Vitamins (Folic Acid), Water, Salt, Malt Flour (Barley), Yeast. OR: Wheat Flour (Wheat Flour (Wheat Flour, Vitamins (Folic Acid), Nuter, Salt, Malt Flour (Barley), Yeast. OR: Wheat Flour (Wheat Flour, Wheat Milk, Salt, Statter Culture, Non-animal Rennet. Contains Gluten, Wheat, Milk, Soy, Subphite. SOURDOUGH: Wheat flour (Stating) (Soy, Subphite). SOURDOUGH: Wheat Flour (Ntamins (Folic Acid), Soy, Subphite). Contains Gluten, Wheat, Milk, Soy, Subphite. Contains Gluten, Wheat, Milk, Soy, Subphite. CONDINIERAD is produced on equipment that also produces products containing Egg, Soy.	Carbohydrate (g) Sugars (g) Sodium (mg) Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g)	34.6 11.3 179 Cheesy To Avg Qty / Serve 1350 323 14.9 10.7 6.7 39.8 2.6 674	41.7 13.7 215 astic Avg Qty / 100g 1170 280 12.9 9.3 5.8 34.5 2.2 585
*Fruit used subject to change due to availability and seasonability of products. TOASTIES Cheesy Toastie SOURDOUGH: Wheat Flour (Wheat Flour (Wheat Flour, Vitamin (Folic Acid), Water, Salt, Malt Flour (Barley), Yeast. R. Wheat Flour (Wheat Flour (Wheat Flour, Vitamin (Folic Acid), Hour Treatment Agent (S16, 300, 920), Emulsifier (481, 472e), Wheat Malt Flour, Enzymes). AUSSIE JACK CHEESE: Pasteurised Milk, Salt, Starter Culture, Non-animal Rennet. Contains Gluten, Wheat, Milk, Say, Sulphites. SOURDOUGH BREAD is produced on equipment that also produces products containing Egg, Milk, Sesame. CHESY TOASTIE may be toasted on the same equipment as producets containing Egg, Soy. Cheese & Tomato Toastie	Carbohydrate (g) Sugars (g) Sodium (mg) Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sugars (g)	34.6 11.3 179 Cheesy To 1350 233 14.9 10.7 6.7 39.8 2.6 674 Cheese & Tomation	41.7 13.7 215 astie Avg Qty / 100g 1170 280 12.9 9.3 5.8 34.5 2.2 585 to Toastie
*Fruit used subject to change due to availability and seasonability of products. TOASTIES Cheesy Toastie SOURDOUCH: Wheat Flour, Witamin (Folic Acid), Water, Salt, Mait Flour (Barley), Yeast. OR Beach Flour, Wheat Flour, Witamin (Folic Acid), Water, Salt, Mait Flour (Barley), Yeast. OR Cheese Source on equipment that also produces products containing Egg, Milk, Sesame. CHEESE: Pasteurised on the same equipment as products containing Egg, Milk, Sesame. CHEESE Toaste Toastie SOURDOUCH Wheat Flour, Wheat, Milk, Soy, Stuphites. SOURDOUCH BREAD is produced on equipment that also produces products containing Egg, Milk, Sesame. CHEESE: Pasteurised to the same equipment as products containing Egg, Milk, Sesame. CHEESE Toaste Flour (Wheat Flour, Witamin (Folic Acid), Water, Salt, Mait Flour (Barley), Yeast.	Carbohydrate (g) Sugars (g) Sodium (mg) Energy (kJ) Energy (Ca) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sugars (g) Sodium (mg)	34.6 11.3 179 179 179 200 Avg Qty / Serve 1350 323 14.9 10.7 6.7 39.8 2.6 674 Cheese & Toma Avg Qty / Serve	41.7 13.7 215 astie Avg Qty/100g 1170 280 12.9 9.3 5.8 34.5 2.2 585 50 Toastie Avg Qty/100g
*ruit used subject to change due to availability and seasonability of products. TOASTIES Cheesy Toastie SOURDOUCH: Wheat Rour (Vitamin (Folic Acid), Water, Salt, Malt Flour (Barley), Yeast.	Carbohydrate (g) Sugars (g) Sodium (mg) Energy (kJ) Energy (Ca) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sugars (g) Sodium (mg) Energy (kJ)	34.6 11.3 179 Cheesy To Avg Qty / Serve 1380 2.6 6.7 39.8 2.6 6.7 Cheese & Toma Avg Qty / Serve 1380	41.7 13.7 215 astie Avg Qty / 100g 1770 280 12.9 9.3 5.8 34.5 2.2 5.8 5.8 34.5 2.5 5.8 5.8 5.8 5.8 5.8 5.8 5.8 5.8 5.8 5
Fruit used subject to change due to availability and seasonability of products. TOASTIES SOURDOUGH: Wheat Flour (Vitamin (Folic Acid), Water, Salt, Malt Flour (Bardy), Yeast. OR: Wheat Flour (Vitamin (Folic Acid), Flour Treatment Agent (5%, 300, 920), Emulsifier (481, 472e), Wheat Malt Flour, Enzymes). AUSSIE JACK CHEESE: Pasteurised Milk, Salt, Starter Culture, Non-animal Rennet. Contains Glutem, Wheat, Milk, Sey, Sulphites. Contains Glutem, Wheat, Milk, Say, Starter Culture, Non-animal Rennet. CHEESY TOASTIE may be toasted on equipment that also produces products containing Egg, Milk, Seasme. CHEESY TOASTIE may be toasted on the same equipment as produces containing Egg, Soy. CHEESY TOASTIE may be toasted on the same equipment as produces containing Egg, Soy. CHEESY TOASTIE may be toasted for (Vitamin (Folic Acid), Hour Treatment Agent (5%, 300, 920), Emulsifier (481, 472e), Wheat Malt Flour, Enzymes). SURDOUGH: Wheat Flour (Wheat Flour (Vitamin, Folic Acid), Koter, Salt, Malt Flour (Bardy), Yeast. CHEESY TOASTIE may be toasted on the same equipment that also produces products containing Egg, Soy. CHEESY TOASTIE may be toasted on the same equipment that also produces products containing Egg, Soy. CHEESY TOASTIE may be toasted for (Wheat Flour (Vitamin, Folic Acid), Hour Treatment Agent (5%, 300, 920), Emulsifier (481, 472e), Wheat Malt Flour, Enzymes). SURDOUGH: Wheat Flour (Wheat Flour (Vitamin, Folic Acid), Flour Treatment Agent (5%, 300, 920), Emulsifier (481, 472e), Wheat Malt Flour, Enzymes). SURDOUGH: Wheat Flour (Vitamin, Folic Acid), Noter, Salt, Malt Flour (Bardy), Yeast. Cheese & Domato Cheese	Carbohydrate (g) Sugars (g) Sodium (mg) Energy (k.) Energy (ca) Protein (g) Protein (g) Protein (g) Saturated Fat (g) Saturated Fat (g) Sugars (g) Sodium (mg) Energy (k.) Energy (ca)	34.6 11.3 179 179 Cheesy To 1350 323 14.9 10.7 6.7 39.8 2.6 674 Cheese & Toma Avg Qty / Serve 1380 330	41.7 13.7 215 astie Avg Qty/100g 170 12.9 9.3 5.8 34.5 2.2 585 to Toastie Avg Qty/100g 867 207
Fruit used subject to change due to availability and seasonability of products.	Carbohydrate (g) Sugars (g) Sodium (mg) Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Sugars (g) Sodium (mg) Energy (kJ) Energy (kJ) Energy (Cal) Protein (g)	34.6 11.3 179 Cheesy To Avg Qty / Serve 1350 323 14.9 10.7 6.7 39.8 2.6 6.74 Cheese & Toma Avg Qty / Serve 1380 330 15.3	41.7 13.7 215 215 215 215 215 215 215 215
Fruit used subject to change due to availability of products.	Carbohydrate (g) Sugars (g) Sodium (mg) Energy (kJ) Energy (Ca) Protein (g) Saturated Fat (g) Carbohydrate (g) Sadurated Fat (g) Fat, total (g)	34.6 11.3 179 179 Cheesy To 1350 323 14.9 10.7 6.7 39.8 2.6 674 Cheese & Toma Avg Qty / Serve 1380 330 15.3 10.7	41.7 13.7 215 astie Avg Qty /100g 12.9 9.3 5.8 34.5 225 585 to Toastie Avg Qty /100g 867 207 9.6 6.8
"Fruit used subject to change due to availability and seasonability of products. TOASTIES SOURCOUGH: Wheat Flour (Wheat Flour, Vitamin (Folic Acid)), Water, Salt, Malt Flour (Barley), Yeast. OR Weat Flour (Vitamins (Thiamin, Folic Acid), Water, Salt, Malt Flour (Barley), Yeast. OR Weat Flour (Vitamins (Thiamin, Folic Acid), Water, Salt, Malt Flour (Barley), Yeast. Contains Gluten, Wheat, Milk, Say, Sulphites. SOURCOUGH: Wheat Flour (Wheat Flour, Vitamin (Folic Acid), Water, Salt, Malt Flour (Barley), Yeast. Contains Gluten, Wheat, Milk, Say, Sulphites. SOURCOUGH: Wheat Flour (Wheat Flour, Wheat flour, Vitamin (Folic Acid), Water, Salt, Malt Flour (Barley), Yeast. Contains Gluten, Wheat, Milk, Say, Sulphites. SOURCOUGH: Wheat Flour (Wheat Flour, Wheat flour, Vitamin Folic Acid), Water, Salt, Malt Flour (Barley), Yeast. Contains Gluten, Wheat Flour (Wheat Flour, Wheat, Milk, Say, Stater Gluture, Salt, Malt Flour (Barley), Yeast. Contains Gluten, Wheat Flour (Wheat Flour, Wheat flour, Gharley), Yeast. Contains Gluten, Wheat Flour (Wheat Flour, Wheat, Milk, Say, Stater Gluture, Salt, Malt Flour (Barley), Yeast. Contains Gluten, Wheat Flour (Wheat Flour, Wheat, Flaur, Vitamin Floic Acid), Water, Salt, Malt Flour (Barley), Yeast. Contains Gluten, Wheat Flour (Wheat Flour, Wheat, Flaur, Vitamin Floic Acid), Water, Salt, Malt Flour, Barley, Yeast. Contains Gluten, Wheat Flour (Wheat Flour, Wheat, Flaur, Vitamin Floic Acid), Water, Salt, Malt Flour, Barley, Yeast. Contains Gluten, Salt, Salt, Salt Flour, Whater, Malt, Salt, Salt Flour, Wheat, Malt, Salt, Salt Flour, Wheat, Flaur, Salt, Malt Flour, Barley), Yeast. Contains Gluten, Wheat Flour, Wheat Flour, Wheat, Flaur, Wheat, Flaur, Wheat, Malt, Salt, Salt Flour, Salt, Malt Flour, Enzymea). Success Contains Gluten, Salt, Salt, Salt Flour, Salt, Malt Flour, Enzymea). Success Contains Gluten, Salt, Salt, Salt Flour, Salt, Malt Flour, Enzymea). Success Contains Gluten, Salt, Salt, Salt Flour, Nater, Idead Salt, Sourdough Stater (Flore Flour, Water, Acidity Regulator	Carbohydrate (g) Sugars (g) Sodium (mg) Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sugars (g) Sodium (mg) Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g)	34.6 11.3 179 179 Cheesy To 1350 323 14.9 10.7 6.7 39.8 2.6 674 Cheese & Toma Avg Qty / Serve 1380 330 15.3 10.7 6.7	41.7 13.7 215 astic Avg Qty/100g 1170 280 12.9 9.3 5.8 34.5 2.2 585 585 585 585 585 585 585 58
*Fruit used subject to change due to availability and seasonability of products. TOASSTIES SUBJOUGH: Wheat Flour, Wheat, Miles, Addill, Water, Salt, Malt Flour (Barley), Yaszt. or Wheat Flour Wheat, Flour Mann, Folie Addill, Water, Salt, Malt Flour (Barley), Yaszt. Outpoild: Wheat Flour Wheat, Flour Value, Monn, Folie Addill, Water, Salt, Malt Flour (Barley), Yaszt. Outpoild: Wheat Flour Wheat, Flour Value, Monn, Folie Addill, Sour Tostement Agent (SDI), Water, Iodised Salt, Sourdough Starter (Rye Flour, Water, Mature Sour, Addilly Regulator (280)), Yeast, Canola Oli, Vinegar, Improver (Soy Flour, Mineral Salt (170), Flour Treatment Agent (SIB, 300, 920), Emulaifier (481, 472e), Wheat Malt Flour, Enzymes). SUBDOUGH: Wheat, Flour Wheat, Milk, Soy, Sulphites. Contains Outpoint, Wheat, Milk, Soy, Sulphites. Contains Outpoint, Wheat, Flour Wheat, Flour, Water, Matt Flour (Barley), Yeast. Contains Outpoint, Wheat, Flour, Wheat, Milk, Soy, Sulphites. Contains Outpoint, Wheat, Flour, Wheat, Milk, Soy, Sulphites. Contains Outpoint, Wheat, Flour, Wheat, Milk, Soy, Sulphites. Contains Outpoint, Wheat, Flour, Wheat, Milk, Sol, Sulphites. Contains Outpoint, Wheat, Flour, Wheat, Milk, Sol, Sulphites. Contains Outpoint, Wheat, Flour, Wheat, Milk, Sol, Sulphites. Contains Outpoint, Wheat, Milk, Sol, Sulphites. Contains Outpoint, Sulphites. Display Contains Outpoint, Sulphites. Display Contains Outpoint, Sulphites.	Carbohydrate (g) Sugars (g) Sodium (mg) Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sodium (mg) Energy (kJ) Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g)	34.6 11.3 179 179 Cheesy To 1360 323 14.9 10.7 6.7 39.8 2.6 674 Cheese & Tomas Avg Qty / Serve 1380 330 15.3 10.7 6.7 40.6	41.7 13.7 215 astie Avg Qty/100g 170 280 12.9 9.3 5.8 34.5 22 585 to Toastie Avg Qty/100g 867 207 966 6.8 4.2 25.5
*Fruit used subject to change due to availability and seasonability of products. TOASTIES ORDEOUGH: Wheat Flour, Vitamin (Folic Acid), Water, Salt, Malt Flour (Bardy), Yeast. OR: Wheat Flour (Vitamin (Folic Acid), Flour Treatment Agent (5%, 300, 920), Emulsifier (481, 472e), Wheat Malt Flour, Enzymes). AUSSIE: Jack CHEESE: Pasteurised Wilk, Salt, Starter Culture, Non-animal Rennet. Contains Glutam, Wheat, Flour (Wheat, Flour, Vitamin, Folic Acid), Flour Treatment Agent (5%, 300, 920), Emulsifier (481, 472e), Wheat Malt Flour, Enzymes). Contains Glutam, Wheat, Main, Soy, Subjetites. Contains Glutam, Wheat, Main, Soy, Subjetites. Contains Glutam, Wheat, Main, Soy, Subjetites. Source Containing Egg, Milk, Seasme. CHEESE' Dasteurised wilk, Salt, Starter Culture, Non-animal Rennet. Cheese & Containing Egg, Soy. Cheese & Containing Egg, Soy. Cheese & Containing Containing (File Acid), Hour Treatment Agent (5%, 300, 920), Emulsifier (481, 472e), Wheat Malt Flour, Enzymes). Source Containing (Thiamin, Folic Acid), Hour Treatment Agent (5%, 300, 920), Emulsifier (481, 472e), Wheat Malt Flour, Enzymes). Source Containing Containing Glutam, Wheat, Malt Flour (Marter), Source Containing Egg, Sourc	Carbohydrate (g) Sugars (g) Sodium (mg) Energy (k.J) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sodium (mg) Energy (k.J) Energy (k.J) Energy (k.J) Energy (k.J) Energy (k.J) Energy (k.J) Energy (Cal) Protein (g) Protein (g) Saturated Fat (g) Saturated Fat (g) Saturated Fat (g) Sugars (g)	34.6 11.3 179 179 Cheesy To 1350 1350 1350 1350 233 14.9 10.7 6.7 39.8 2.6 674 Cheese & Toma Avg Qty/Serve 1330 330 15.3 10.7 6.7 40.6 3.4	41.7 13.7 215 astie Avg Qty/100g 280 12.9 9.3 5.8 34.5 2.2 585 to Toastie Avg Qty/100g 867 207 9.6 6.8 4.2 25.5 207 9.6 6.8 4.2 25.5 2.1
Fruit used subject to change due to availability and seasonability of products.	Carbohydrate (g) Sugars (g) Sodium (mg) Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sodium (mg) Energy (kJ) Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g)	34.6 11.3 179 179 Cheesy To 1360 323 14.9 10.7 6.7 39.8 2.6 674 Cheese & Tomas Avg Qty / Serve 1380 330 15.3 10.7 6.7 40.6	41.7 13.7 215 astie Avg Qty/100g 170 280 12.9 9.3 5.8 34.5 22 585 to Toastie Avg Qty/100g 867 207 966 6.8 4.2 25.5
*Fruit used subject to change due to availability and seasonability of products. TOASSTIES SUBJOUGH: Wheat Flour, Wheat, Miles, Addill, Water, Salt, Malt Flour (Barley), Yaszt. or Wheat Flour Wheat, Flour Mann, Folie Addill, Water, Salt, Malt Flour (Barley), Yaszt. Outpoild: Wheat Flour Wheat, Flour Value, Monn, Folie Addill, Water, Salt, Malt Flour (Barley), Yaszt. Outpoild: Wheat Flour Wheat, Flour Value, Monn, Folie Addill, Sour Tostement Agent (SDI), Water, Iodised Salt, Sourdough Starter (Rye Flour, Water, Mature Sour, Addilly Regulator (280)), Yeast, Canola Oli, Vinegar, Improver (Soy Flour, Mineral Salt (170), Flour Treatment Agent (SIB, 300, 920), Emulaifier (481, 472e), Wheat Malt Flour, Enzymes). SUBDOUGH: Wheat, Flour Wheat, Milk, Soy, Sulphites. Contains Outpoint, Wheat, Milk, Soy, Sulphites. Contains Outpoint, Wheat, Flour Wheat, Flour, Water, Matt Flour (Barley), Yeast. Contains Outpoint, Wheat, Flour, Wheat, Milk, Soy, Sulphites. Contains Outpoint, Wheat, Flour, Wheat, Milk, Soy, Sulphites. Contains Outpoint, Wheat, Flour, Wheat, Milk, Soy, Sulphites. Contains Outpoint, Wheat, Flour, Wheat, Milk, Sol, Sulphites. Contains Outpoint, Wheat, Flour, Wheat, Milk, Sol, Sulphites. Contains Outpoint, Wheat, Flour, Wheat, Milk, Sol, Sulphites. Contains Outpoint, Wheat, Milk, Sol, Sulphites. Contains Outpoint, Sulphites. Display Contains Outpoint, Sulphites. Display Contains Outpoint, Sulphites.	Carbohydrate (g) Sugars (g) Sodium (mg) Energy (k.J) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sodium (mg) Energy (k.J) Energy (k.J) Energy (k.J) Energy (k.J) Energy (k.J) Energy (k.J) Energy (Cal) Protein (g) Protein (g) Saturated Fat (g) Saturated Fat (g) Saturated Fat (g) Sugars (g)	34.6 11.3 179 179 Cheesy To 1350 1350 1350 1350 233 14.9 10.7 6.7 39.8 2.6 674 Cheese & Toma Avg Qty/Serve 1330 330 15.3 10.7 6.7 40.6 3.4	41.7 13.7 215 215 215 215 215 215 220 220 220 220 220 220 220 22
The true and address to the analysis of the an	Carbohydrate (g) Sugars (g) Sodium (mg) Energy (k.J) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sodium (mg) Energy (k.J) Energy (k.J) Energy (k.J) Energy (k.J) Energy (k.J) Energy (k.J) Energy (Cal) Protein (g) Protein (g) Saturated Fat (g) Saturated Fat (g) Saturated Fat (g) Sugars (g)	34.6 11.3 179 179 Cheesy To 1350 323 14.9 10.7 6.7 39.8 2.6 674 Cheese & Toma Avg Qty / Serve 1380 330 15.3 10.7 6.7 40.6 3.4 677 Ham & Cheese	41.7 13.7 215 215 215 215 215 215 220 220 220 220 220 220 220 22
Fruit used subject to change due to availability of products. TOASSTEES Defines SourDool H: Meas Flour, Vitamin Floile Acid), Water, Salt, Mait Flour (Barley), Yeast. Re Water Flour Vitamin Floile Acid), Water, Salt, Mait Flour (Barley), Yeast. Re Water Flour Vitamin Floile Acid), Water, Salt, Mait Flour (Barley), Yeast. Re Water Flour Vitamin Floile Acid), Water, Salt, Mait Flour (Barley), Yeast. Re Water Flour Vitamin Floile Acid), Water, Salt, Mait Flour (Barley), Yeast. Re Water Flour Vitamin Floile Acid), Water, Salt, Mait Flour (Barley), Yeast. Re Water Flour Vitamin Floile Acid), Water, Salt, Mait Flour (Barley), Yeast. Re Water Kalt Salt, Sarter Culture, Non-animal Rennet. Re Water Kalt Salt Sarter Culture, Non-animal Rennet. Re Water Flour Vitamin Floile Acid), Water, Salt, Mait Flour (Barley), Yeast. Re Water Kalt Salt Sarter Culture, Non-animal Rennet. Re Water Flour Vitamin Floile Acid), Water, Salt, Mait Flour (Barley), Yeast. Re Water Flour Vitamin Floile Acid), Water Salt, Mait Flour (Barley), Yeast. Re Water Flour Vitamin Floile Acid), Water Salt, Mait Flour (Barley), Yeast. Re Water Flour Vitamin Floile Acid), Water Salt, Mait Flour (Barley), Yeast. Re Water Flour Vitamin Floile Acid), Water Salt, Mait Flour (Barley), Yeast. Re Water Flour Vitamin Floile Acid), Water Salt, Mait Flour (Barley), Yeast. Re Water Flour Vitamin Floile Acid), Water Salt, Mait Flour (Barley), Yeast. Re Water Flour Vitamin Floile Acid), Water Salt, Mait Flour (Barley), Yeast. Re Water Flour Vitamin Floile Acid), Water Salt, Mait Flour (Barley), Yeast. Re Water Flour Vitamin Floile Acid), Re Santer Culture, Non-animal Rennet. Re Water Flour Vitamin Floile Acid), Res Santer Culture, Non-animal Rennet. Re Water Flour Vitamin Floile Acid), Res Santer Culture, Non-animal Rennet. Re Water Flour Vitamin Floile Acid), Res Santer Culture, Non-animal Rennet. Re Water Flour Vitamin Floile Acid), Res Santer Culture, Non-animal Rennet. Re Water Santer Santer Water Santer Santer Santer Santer Santer Sante	Carbohydrate (g) Sigars (g) Sodium (mg) Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sodium (mg) Energy (kJ) Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Saturated Fat (g) Saturated Fat (g) Saturated Fat (g) Sugars (g) Sodium (mg)	34.6 11.3 179 179 Cheesy To 1350 323 14.9 10.7 6.7 39.8 2.6 674 1380 330 15.3 10.7 6.7 330 15.3 10.7 6.7 40.6 3.4 677 Ham & Cheese	41.7 13.7 215 215 215 215 215 215 225 22 280 12.9 9.3 34.5 2.2 585 2.2 585 2.2 585 2.2 585 2.2 585 2.2 585 2.7 207 9.3 34.5 867 207 207 207 207 207 207 207 20
Not used a day of to drame due to availability of products.	Carbohydrate (g) Sugars (g) Sodium (mg) Energy (kJ) Energy (Ca) Protein (g) Fat, total (g) Sugars (g) Sodium (mg) Energy (kJ) Energy (Ca) Protein (g) Fat, total (g) Sugars (g) Sugars (g) Sugars (g) Sodium (mg)	34.6 11.3 179 Cheesy To 1350 323 14.9 10.7 6.7 39.8 2.6 674 Cheese & Toma Avg Qty / Serve 1380 330 15.3 10.7 6.7 330 15.3 10.7 6.7 330 15.3 10.7 6.7 1380 330 15.3 10.7 6.7 340.6 3.4 677 Ham & Cheese Avg Qty / Serve 1510 360	41.7 13.7 215 astie Avg Qty /100g 12.9 9.3 5.8 34.5 22.5 885 to Toastie Avg Qty /100g 867 207 9.6 8.8 4.2 2.25 8.5 2.1 4.25 2.1 4.25 2.1 4.25 2.1 4.25 2.1 4.25 2.1 4.25 2.1 4.25 2.1 4.25 2.1 4.25 2.1 4.25 2.1 4.25 2.1 4.25 2.1 4.25 2.15 4.5 2.15 4.5 2.21 4.5 2.27 4.5 2.27 4.5 2.27 4.5 2.27 4.5 2.27 4.5 2.27 4.5 2.27 4.5 2.27 4.5 2.27 4.5 2.27 4.5 2.27 4.5 2.27 4.5 2.27 4.5 2.27 4.5 2.27 4.5 2.27 4.5 2.27 4.5 2.7 4.5 2.27 4.5 2.7 4.5 2.7 4.5 2.7 4.5 2.7 4.5 2.7 4.5 2.7 4.5 2.7 4.5 2.7 4.5 2.7 4.5 2.7 4.5 2.7 4.5 2.7 4.5 2.7 4.5 2.7 4.5 2.7 4.5 2.7 4.5 2.7 4.5 2.7 4.5 2.7 4.5 2.7 4.5 2.7 4.5 2.7 4.5 2.7 4.5 2.7 4.5 2.7 4.5 2.7 4.5 2.7 4.5 2.7 4.7 4.5 2.7 4.5 2.7 4.5 2.7 4.5 2.7 4.5 2.7 4.5 2.7 4.5 2.7 4.5 2.7 4.5 2.7 4.5 2.7 4.5 2.7 4.5 2.7 4.5 2.7 4.5 2.7 4.5 2.7 4.5 2.7 4.5 2.7 4.5 2.7 4.5 2.7 4.5 2.7 4.5 2.7 4.5 2.7 4.5 2.7 4.5 2.7 4.5 4.5 4.5 4.5 4.5 4.5 4.5 4.5
The used analysis of to drange due to availability of products. TOASSTESS	Carbohydrate (g) Sugars (g) Sodium (mg) Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Saturated Fat (g) Sodium (mg) Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Sugars (g) Sodium (mg) Energy (kJ) Energy (kJ) Energy (kJ) Energy (kJ) Energy (kJ) Energy (kJ) Energy (kJ)	34.6 11.3 179 Cheesy To 1350 223 34.6 179 1350 223 14.9 10.7 6.7 39.8 2.6 674 Cheese & Toma Avg Qty / Serve 15.3 10.7 6.7 40.6 3.4 677 Ham & Cheese Avg Qty / Serve 1510 360 20.8	41.7 13.7 215 astic Avg Qty/100g 170 280 12.9 9.3 5.8 34.5 2.2 585 to Toastic Avg Qty/100g 867 207 9.6 6.8 4.2 2.5.1 425 Toastic Toastic Avg Qty/100g 978 234 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 13.5 1
Net used we have have he have we have helder to every a few of the hard of thard of the ha	Carbohydrate (g) Sugars (g) Sodium (mg) Energy (k.) Energy (Ca) Protein (g) Fat, total (g) Sugars (g) Sodium (mg) Energy (k.) Energy (k.)	34.6 11.3 179 179 Cheesy To 1350 323 14.9 10.7 6.7 39.8 2.6 674 1380 330 15.3 10.7 6.7 380 330 15.3 10.7 6.7 40.6 3.4 677 40.6 3.4 677 40.6 3.4 677 1510 380 2.0.8 2.0.8	41.7 13.7 215 215 215 215 215 215 220 12.9 9.3 220 12.9 9.3 3.4.5 5.8 3.4.5 5.8 5.8 5.8 5.8 5.8 5.8 5.8 5
First used makes for the seminal billing of products. Toessee to a seminal billing of the seminal billing of products. Toessee to a seminal billing of the sem	Carbohydrate (g) Sugars (g) Sodium (mg) Energy (k.l) Energy (cai) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sodium (mg) Energy (k.l) Energy (cai) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sodium (mg) Energy (k.l) Energy (k.l) Energy (k.l) Energy (k.l) Energy (k.l) Energy (cai) Protein (g) Fat, total (g) Saturated Fat (g) Sodium (mg) Energy (cai) Protein (g) Fat, total (g) Saturated Fat (g) Saturated Fat (g) Saturated Fat (g) Saturated Fat (g) Saturated Fat (g)	34.6 11.3 179 179 Cheesy To 1350 1350 1350 1350 10.7 6.7 39.8 2.6 674 Cheese & Toma Avg Qty / Serve 15.3 15.3 10.7 6.7 3300 15.3 10.7 6.7 330 15.3 10.7 6.7 330 15.3 15.3 15.3 10.7 6.7 330 15.3 10.7 6.7 330 15.3 15.3 15.0 150 360 20.8 12.1 7.2	41.7 13.7 215 215 215 215 215 215 280 12.9 9.3 5.8 34.5 22.2 2585 207 9.6 6.8 4.2 207 9.6 6.8 4.2 207 9.6 6.8 4.2 215 207 9.6 6.8 4.2 215 207 9.6 6.8 4.2 215 207 9.6 6.8 4.2 215 207 9.6 6.8 4.2 215 207 9.6 6.8 4.2 215 207 9.6 6.8 4.2 215 207 9.6 6.8 4.2 215 207 9.6 6.8 4.2 215 207 9.6 6.8 4.2 2.5 2.5 2.5 2.5 2.5 2.5 2.5 2
The used and be the availability of products.	Carbohydrate (g) Sugars (g) Sodium (mg) Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Sugars (g) Sodium (mg) Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sugars (g) Sodium (mg) Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Sugars (g) Sodium (mg) Energy (kJ) Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Saturated Fat (g)	34.6 11.3 179 179 179 179 179 179 179 179 179 179 179 179 179 179 179 179 179 179 130 323 14.9 10.7 6.7 40.6 3.4 6.7 40.6 3.4 6.77 1510 380 20.8 12.1 7.2 40	41.7 13.7 215 astie Avg Qty/100g 170 280 12.9 9.3 5.8 34.5 85 5.8 34.5 85 5.8 34.5 85 2.2 585 5.8 34.5 85 2.2 585 4.2 2.7 585 4.2 2.7 585 4.2 2.7 585 4.2 2.7 585 4.2 2.7 585 4.2 2.7 585 4.2 2.7 585 4.2 2.7 585 4.2 2.7 585 4.2 2.7 585 4.2 2.7 585 4.2 2.7 585 4.2 2.7 585 4.2 2.7 585 4.2 2.7 585 4.2 2.7 585 4.2 2.7 585 4.2 2.7 585 4.2 2.7 585 4.2 2.7 585 4.2 2.7 585 4.2 2.7 585 4.2 2.7 585 4.2 2.7 585 4.2 2.7 585 4.2 2.7 585 4.2 2.7 585 4.2 2.7 585 4.2 2.7 585 4.2 2.7 585 4.2 2.7 585 585 4.2 2.7 585 4.2 2.7 585 4.2 2.7 585 4.2 2.5 5.2 2.1 4.2 5.5 7.7 7.7 7.7 7.7 7.7 7.7 7.7
The used subject to change due to availability and seasonability of products. To Destites Source of the state from the fro	Carbohydrate (g) Sugars (g) Sodium (mg) Energy (k.l) Energy (cai) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sodium (mg) Energy (k.l) Energy (cai) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sodium (mg) Energy (k.l) Energy (k.l) Energy (k.l) Energy (k.l) Energy (k.l) Energy (cai) Protein (g) Fat, total (g) Saturated Fat (g) Sodium (mg) Energy (cai) Protein (g) Fat, total (g) Saturated Fat (g) Saturated Fat (g) Saturated Fat (g) Saturated Fat (g) Saturated Fat (g)	34.6 11.3 179 179 Cheesy To 1350 1350 1350 1350 10.7 6.7 39.8 2.6 674 Cheese & Toma Avg Qty / Serve 15.3 15.3 10.7 6.7 3300 15.3 10.7 6.7 330 15.3 10.7 6.7 330 15.3 15.3 15.3 10.7 6.7 330 15.3 10.7 6.7 330 15.3 15.3 15.0 150 360 20.8 12.1 7.2	41.7 13.7 215 215 215 215 215 215 280 12.9 9.3 5.8 34.5 22.2 2585 207 9.6 6.8 4.2 207 9.6 6.8 4.2 207 9.6 6.8 4.2 215 207 9.6 6.8 4.2 215 207 9.6 6.8 4.2 215 207 9.6 6.8 4.2 215 207 9.6 6.8 4.2 215 207 9.6 6.8 4.2 215 207 9.6 6.8 4.2 215 207 9.6 6.8 4.2 215 207 9.6 6.8 4.2 215 207 9.6 6.8 4.2 2.5 2.5 2.5 2.5 2.5 2.5 2.5 2

TOASTIES			
Ham, Cheese & Tomato Toastie		Ham, Cheese &	Tomato Toastie
SOURDOUGH: Wheat Flour (Wheat Flour, Vitamin (Folic Acid)), Water, Salt, Malt Flour (Barley), Yeast.		Avg Qty / Serve	Avg Qty / 100g
OR: Wheat Flour (Vitamins (Thiamin, Folic Acid), Flour Treatment Agent (920)), Water, Iodised Salt, Sourdough Starter (Re Flour, Water, Mature Sour, Acidity Regulator (260)), Yeast, Canola Oil, Vinegar, Improver (Soy Flour, Mineral Salt (170), Flour Treatment Agent (516, 300, 920), Emulsifier (481, 472e), Wheat Malt Flour, Enzymes).	Energy (kJ)	1540	775
HAM: Pork, Water, Salt, Acidity Regulators (326, 262), Dextrose (Maize, Tapioca), Emulsifiers (450, 451, 508), Pork Protein (Herb Extract (392)), Sugar, Modified Tapioca Starch (1412), Thickeners (407a, 415), Antioxidant (316), Potato Fibre, Sodium Nitrite (250), Canola Oil, Citrus Fibre.	Energy (Cal)	367	185
TOMATO SLICE: Tomato.	Protein (g)	21.2	10.7
AUSSIE JACK CHEESE: Pasteurised Milk, Salt, Starter Culture, Non-animal Rennet.	Fat, total (g)	12.1	6.1
	Saturated Fat (g)	7.2	3.6
Contains Gluten, Wheat, Milk, Soy, Sulphites.	Carbohydrate (g)	40.9	20.6
SOURDOUGH BREAD is produced on equipment that also produces produces products containing Egg, Milk, Sesame.	Sugars (g)	3.6	1.8
HAM, CHEESE & TOMATO TOASTIE may be toasted on the same equipment as products containing Egg, Soy.	Sodium (mg)	1060	535
HAM, CHEESE & TOMATO TOASTIE may be toasted on the same equipment as products containing Egg, Soy. SWEETS			
			535
SWEETS		1060	535
SWEETS Chocolate Donut		1060 Chocola	535 te Donut
SWEETS Chocolate Donut CHOCOLATE DONUT: Donut Mix (Wheat Flour, Vegetable Oils (Soy, Emulsifiers (471, 477), Antioxidants (307, 322 (Soy))), Wheat Gluten, Emulsifiers (471, 481, 322 (Soy), 472e), Sugar, Soy Flour, Salt, Dextrose, Raising Agents (450, 500), Milk Solids, Thickener (412)), Choc Fondant (Sucrose, Glucose, Sugar, Icing	Sodium (mg)	1060 Chocolar Avg Qty / Serve	535 te Donut Avg Qty/100g
SWEETS Chocolate Donut CHOCOLATE DONUT: Donut Mix (Wheat Flour, Vegetable Oils (Soy, Emulsifiers (471, 477), Antioxidants (307, 322 (Soy))), Wheat Gluten, Emulsifiers (471, 481, 322 (Soy), 472e), Sugar, Soy Flour, Salt, Dextrose, Raising Agents (450, 500), Milk Solids, Thickener (412)), Choc Fondant (Sucrose, Glucose, Sugar, Icing Stabiliser (Thickeners (1422, 406, 410, 401), Soybean Oil, Salt), Coccoa Powder, Flavour (Colours (150d, 155, 133, 122), Coccoa Powder, Humectant (422), Flavour, Acidity Regulator (330), Preservatives (211, 202), Water)), Sprinkles (Sugar, Cocca Powder, Glucose, Vegetable Fat, Thickener (1401), Colours (102, 122, 133,	Sodium (mg)	1060 Chocola Avg Qty / Serve 1970	535 te Donut Avg Qty / 100g 1640
SWEETS Chocolate Donut CHOCOLATE DONUT: Donut Mix (Wheat Flour, Vegetable Oils (Soy, Emulsifiers (471, 477), Antioxidants (307, 322 (Soy))), Wheat Gluten, Emulsifiers (471, 481, 322 (Soy), 472e), Sugar, Soy Flour, Salt, Dextrose, Raising Agents (450, 500), Milk Solids, Thickener (412)), Choc Fondant (Sucrose, Glucose, Sugar, Icing Stabiliser (Thickeners (142, 20, 40, 40), Soybean Oil, Salt), Cocco Powder, Flavour (Colours (150d, 155, 133, 122), Cocco Powder, Humectant (422), Flavour, Acidity Regulator (330), Preservatives (211, 202), Water)), Sprinkles (Sugar, Cocco Powder, Glucose, Vegetable Fat, Thickener (1401), Colours (102, 122, 133, 155)), Vegetable Shortening, Water, Yeast, Canola Oil, Preservative (202). Contains: Gluten, Wheat, Milk, Soy.	Sodium (mg) Energy (kJ) Energy (Cal) Protein (g) Fat. total (g)	1060 Chocola Avg Qty / Serve 1970 471	535 te Donut Avg Qty / 100g 1640 393
SWEETS Chocolate Donut CHOCOLATE DONUT: Donut Mix (Wheat Flour, Vegetable Oils (Soy, Emulsifiers (471, 477), Antioxidants (307, 322 (Soy))), Wheat Gluten, Emulsifiers (471, 481, 322 (Soy), 472e), Sugar, Soy Flour, Salt, Dextrose, Raising Agents (450, 500), Milk Solids, Thickener (412)), Choc Fondant (Sucrose, Glucose, Sugar, Icing Stabiliser (Thickeners (1422, 406, 410, 401), Soybean Oil, Salt), Coccoa Powder, Flavour (Colours (150d, 155, 133, 122), Coccoa Powder, Humectant (422), Flavour, Acidity Regulator (330), Preservatives (211, 202), Water)), Sprinkles (Sugar, Coccoa Powder, Glucose, Vegetable Fat, Thickener (1401), Colours (102, 122, 133, 155)), Vegetable Shortening, Water, Yeast, Canola Oil, Preservative (202).	Sodium (mg) Energy (kJ) Energy (Cal) Protein (g)	1060 Chocola Avg Qty/Serve 1970 471 7.9	535 te Donut Avg Qty / 100g 1640 393 6.6
SWEETS Chocolate Donut CHOCOLATE DONUT: Donut Mix (Wheat Flour, Vegetable Oils (Soy, Emulsifiers (471, 477), Antioxidants (307, 322 (Soy))), Wheat Gluten, Emulsifiers (471, 481, 322 (Soy), 472e), Sugar, Soy Flour, Salt, Dextrose, Raising Agents (450, 500), Milk Solids, Thickener (412)), Choc Fondant (Sucrose, Glucose, Sugar, Icing Stabiliser (Thickeners (142, 20, 40, 40), Soybean Oil, Salt), Cocco Powder, Flavour (Colours (150d, 155, 133, 122), Cocco Powder, Humectant (422), Flavour, Acidity Regulator (330), Preservatives (211, 202), Water)), Sprinkles (Sugar, Cocco Powder, Glucose, Vegetable Fat, Thickener (1401), Colours (102, 122, 133, 155)), Vegetable Shortening, Water, Yeast, Canola Oil, Preservative (202). Contains: Gluten, Wheat, Milk, Soy.	Sodium (mg) Energy (kJ) Energy (Cal) Protein (g) Fat. total (g)	1060 Chocola Avg Qty/Serve 1970 471 7.9 20.0	535 te Donut Avg Qty / 100g 1640 393 6.6 16.7
SWEETS Chocolate Donut CHOCOLATE DONUT: Donut Mix (Wheat Flour, Vegetable Oils (Soy, Emulsifiers (471, 477), Antioxidants (307, 322 (Soy))), Wheat Gluten, Emulsifiers (471, 481, 322 (Soy), 472e), Sugar, Soy Flour, Salt, Dextrose, Raising Agents (450, 500), Milk Solids, Thickener (412)), Choc Fondant (Sucrose, Glucose, Sugar, Icing Stabiliser (Thickeners (142, 20, 40, 40), Soybean Oil, Salt), Cocco Powder, Flavour (Colours (150d, 155, 133, 122), Cocco Powder, Humectant (422), Flavour, Acidity Regulator (330), Preservatives (211, 202), Water)), Sprinkles (Sugar, Cocco Powder, Glucose, Vegetable Fat, Thickener (1401), Colours (102, 122, 133, 155)), Vegetable Shortening, Water, Yeast, Canola Oil, Preservative (202). Contains: Gluten, Wheat, Milk, Soy.	Sodium (mg) Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g)	1060 Chocolar Avg Qty/Serve 1970 471 7.9 20.0 10.6	535 te Donut Avg Qty/100g 1640 393 6.6 16.7 8.8

Apple Crumble Muffin

APPLE CRUMBLE MUFFIN: Muffin Mix (Wheat Flour, Sugar, Vegetable Shortening (RSPO Palm Oil, Coconut Oil, Emulsifiers (471, 477), Antioxidants (322 - Soy, 307)), Thickener (1422), Milk Solids, Raising Agents (450, 500), Potato Starch, Salt, Emulsifier (481), Natural Flavour), Apple (Apple, Antioxidants (300, 330)), Egg (Whole Egg, Reconstituted Egg owder), Margarine (RSPO Palm Fats and Oils, Water, Salt, Emulsifiers (322 - Soy, 471), Natural Butter Flavour, Acidity Regulator (330), Natural Colour (160a), Antioxidant (307b)), Wheat Flour, Unsalted Butter (Cream (From Milk)), Sugar, Milk Solids, Oats, Wheat Starch, Mixed Spice (Including Cinnamon), Natural Flavour, Vegetable Gum (412), Mineral Salts (452, 500), Acidity Regulator (330), Salt.

Contains: Gluten, Wheat, Egg, Milk, Soy. May be present: Sulphites

APPLE CRUMBLE MUFFIN is stored in the same display cabinet as products containing Tree Nut (Almond)

Double Choc Muffin

DOUBLE CHOC MUFFIN: Muffin Mix (Sugar, Wheat Flour, Maltodextrin, Vegetable Fats and Oils (Vegetable Oils and Fats, Emulsifiers (471, 477), Antioxidants (322 - Soy, 307)), Thickeners (1422, 412, 415 (Soy)), Cocoa Powder, Raising Agents (450, 500), Emulsifiers (471, 472), 472a, 481 (Milk), Milk Solids, Potato Starch, Dextrose, Salt, Natural Flavour), Dark Chocolate Chips (Sugar, Cocoa Solids, Emulsifiers (322 - Soy, 476), Natural Flavour), Canola Oil, Egg (Whole Egg, Reconstituted Egg Powder), Milk Chocolate Chips (Sugar, Cocoa Solids, Milk Solids, Emulsifier (322 - Soy, 476), Natural Flavour), Canola Oil, Egg (Whole Egg, Reconstituted Egg Powder), Milk Chocolate Chips (Sugar, Cocoa Solids, Emulsifier (322 - Soy, 476), Natural Flavour), Canola Oil, Egg (Whole Egg, Reconstituted Egg Powder), Milk Chocolate Chips (Sugar, Cocoa Solids, Emulsifier (322 - Soy, 476), Natural Flavour), Canola Oil, Egg (Whole Egg, Reconstituted Egg Powder), Milk Chocolate Chips (Sugar, Cocoa Solids, Emulsifier (322 - Soy, 476), Natural Flavour), Canola Oil Gum (412), Mineral Salts (452, 500), Acidity Regulator (330), Salt.

Contains Gluten, Wheat, Egg, Milk, Soy.

DOUBLE CHOC MUFFIN is stored in the same display cabinet as products containing Tree Nut (Almond).

Chocolate Macaron

CHOCOLATE MACARON: lcing Sugar (Sugar, Maize Starch), Egg White Mix (Egg White, Stabilisers (415, 412, 1505)), Ground Almonds, Milk Chocolate (Contains Cocoa Solids) (Sugar, Cocoa Butter, Whole Milk Powder, Cocoa Mass, Emulsifier (322 (Contains Soy)), Vanilla Extract)), Thickened Cream (Cream, Milk, Alineral Salts (450, 500), Stabiliser (400)), Cocoa Powder, Unsalted Butter (Cream) (Milk), Egg White Powder, Cocoa Powder, Emulsifier (322 (From Soy)), Modified Starch (1442 (From Maize)).

Contains: Egg, Milk, Soy, Almond.

CHOCOLATE MACARON is produced on equipment which also produces products containing Gluten.

(Cal)	367	185		
(g)	21.2	10.7		
al (g)	12.1	6.1		
ed Fat (g)	7.2	3.6		
ydrate (g)	40.9	20.6		

Sodium (mg)	653	382
	Double Ch	oc Muffin
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2830	1760
Energy (Cal)	677	421
Protein (g)	6.8	4.2
Fat, total (g)	29.9	18.6
Saturated Fat (g)	8.9	5.5
Carbohydrate (g)	93.7	58.2
Sugars (g)	48.3	30.0

2500

597

7.0

25.7

14.9

82.9

38.6

Energy (kJ)

Energy (Cal)

Protein (g)

Fat, total (g)

Sugars (g)

Sodium (mg)

Saturated Fat (g)

Carbohydrate (g)

Apple Crumble Muffin

Avg Qty / Serve Avg Qty / 100g

1460

349

41

15.0

8.7

48.5

22.6

230

Chocolate Macaron Avg Qty / Serve Avg Qty / 100g Energy (kJ) 471 1960 113 469 Energy (Cal) 2.1 8.9 Protein (g) 5.8 24.2 Fat. total (g) 3.1 12.9 Saturated Fat (g) Carbohydrate (g) 12.7 53.1 Sugars (g) 11.5 47.8 69 Sodium (mg) 17

370

SWEETS			
Salted Caramel Macaron		Salted Cara	mel Macaron
SALTED CARAMEL MACARON: Icing Sugar (Sugar, Maize Starch, Tapioca Starch), Ground Almonds, Egg White Mix (Egg White, Stabilisers (415, 1505, 412)), White Compound Chocolate (Sugar, Hydrogenated Vegetable Fat, Whey Powder (Milk), Skim Milk Powder, Stabiliser (492), Emulsifier (322 (From Soy)), Natural Vanilla Flavour),		Avg Qty / Serve	Avg Qty / 100g
Thickened Cream (Milk), Unsalted Butter (Cream (Milk)), Demerara Sugar, Caramel Compound (Milk), Egg White Powder, Burnt Sugar, Iodised Salt, Emulsifier (322 (Soy)), Colour (129), Modified Starch (1442), Yellow Gardenia Extract.	Energy (kJ)	432	1800
	Energy (Cal)	103	430
Contains: Egg, Milk, Soy, Almond.	Protein (g)	1.8	7.6
SALTED CARAMEL MACARON is produced on equipment which also produces products containing Gluten.	Fat, total (g)	4.4	18.5
	Saturated Fat (g)	2.1	8.6
	Carbohydrate (g)	13.7	57.1
	Sugars (g)	12.7	52.9
	Sodium (mg)	28	116
Biscoff McPop		Biscoff	МсРор
Wheat Flour, Biscoff Filling (Biscuit (Wheat Flour, Sugar, Palm Oil, Rapeseed Oil, Sugar Syrup, Raising Agent (500), Soy Flour, Salt, Cinnamon), Rapeseed Oil, Sugar, Emulsifier (322 Soy), Acidity Regulator (330)), Palm Oil, Egg, Dextrose, Sugar, Butter Concentrate (Milk), Rapeseed Oil, Yeast, Wheat Starch, Iodised Salt (Salt, Potassium		Avg Qty / Serve	Avg Qty / 100g
lodate), Emulsifier (471), Palm Kernel Fat, Natural Flavourings (Milk), Gluten, Antioxidant (307b), Flour Treatment Agent (300).	Energy (kJ)	543	2170
	Energy (Cal)	130	519
Contains: Gluten, Wheat, Egg, Milk, Soy.	Protein (g)	1.6	6.2
May be present: Almond, Cashew, Hazelnut, Pecan, Pistachio, Walnut, Sesame.	Fat, total (g)	8.3	33.0
	Saturated Fat (g)	3.3	13.0
	Carbohydrate (g)	12.3	49.0
	Sugars (g)	5.3	21.0
	Sodium (mg)	79	316
Berry McPop		Berry	МсРор
Wheat Flour, Red Fruits Filling (Sugar, Raspberry Puree, Slarc Kcurrant Puree, Water, Red Currant Puree, Strawberry Puree, Modified Starch, Preservatives (200, 202), Thickener (418), Natural Flavouring), Palm Oil, Egg. Dextrose, Sugar, Butter (Milk), Rapeseed Oil, Yeast, Pea Starch, Iodised Salt (Salt, Potassium		Avg Qty / Serve	Avg Qty / 100g
(addet), Pall Fat, Bestroot Concertrate, Emilisfine (47), Gutter Natural Favouring (Milk), Forecartrate, Radis Concentrate, Radis Concentrate, Radis Concentrate, Acidity Regulator (30), Apple Concentrate, Radis Concentrate, Anitoxidant (30), Apple Concentrate, Radis Concentrate, Apple Co	Energy (kJ)	440	1760
	Energy (Cal)	105	420
Contains: Gluten, Wheat, Egg, Milk.	Protein (a)	1.4	5.5
May be present Almond, Cashew, Hazelnut, Pecan, Pistachio, Walnut, Sesame, Soy.	Fat, total (g)	6.0	24.0
	Saturated Fat (g)	2.8	11.0
	Carbohydrate (g)	11.3	45
	Sugars (g)	5.3	21
	Sodium (mg)	17	66
Choc McPop		Choc	МсРор
Wheat Flour, Chooslate Filling (Sugar, Sunflower Oil, Olive Oil, Chocolate (Sugar, Fat Reduced Cocoa Powder, Cocoa Paste), Dextrose, Emulsifier (322 Soy), Natural Flavouring (Vanilla)), Palm Oil, Egg, Glucose, Sugar, Butter Concentrate (Milk), Rapeseed Oil, Yeast, Wheat Starch, Fat Reduced Cocoa Powder, Cocoa		Avg Qty / Serve	Avg Qty / 100g
Emulsifier (17), Jodised Salt (Salt, Patassium lodate), Coconut Oil, Gluten, Detroving (Milk), Forotein, Coconut Origin, Milk Protein, Coconut Oil, Gluten, Detroving (Milk), Forotein, Coconut Origin, Coconut Origin, Coconut Oil, Coconut Oi	Energy (kJ)	534	2140
······································	Energy (Cal)	128	511
Contains: Gluten, Wheat, Egg, Milk, Soy.	Protein (g)	1.6	6.5
May be present: Almond, Cashew, Hazelnut, Pecan, Pistachio, Walnut, Sesame.	Fat, total (g)	8.3	33.0
	Saturated Fat (g)	3.0	12.0
	Carbohydrate (g)	11.5	46.0
	Sugars (g)	6.0	24.0
	Sodium (mg)	16	65

MISCELLANEOUS			
Marshmallows		Marshmall	lows
MARSHMALLOW: Sugar, Glucose Syrup, Invert Sugar, Gelatine, Flavours, Colour (120), Cornstarch.	Avg C	Qty/Serve Avg	vg Qty / 100g
	Energy (kJ)	268	1490
May be present: Milk.	Energy (Cal)	64	356
	Protein (g)	0.5	2.6
	Fat, total (g)	0.2	1.0
	Saturated Fat (g)	0.2	1.0
	Carbohydrate (g)	14.8	82.3
	Sugars (g)	12.2	67.9
	Sodium (mg)	11	59

Change	Change Tracker:									
Date	Document Number	Document Title	Issued	Upload Date	Description					
12/03/2025	49	Aus McCafe Food Menu_March 2025	12/03/2025	13/03/2025	Updated ingredient list for banana bread					
27/05/2024	48	Aus McCafe Food Menu_May 2024	29/05/2024	29/05/2024	Updated to include McPops					
9/02/2024	47	Aus McCafe Food Menu_February 2024	20/02/2024	20/02/2024	Updated allergen information for PEAL legislative requirements					
		•								