

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

### Information correct as at February 2024

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 guarantee any food item sold is free from cross contact of allergens.								re unable to guarantee th													
	Gluten	Wheat	Egg	Milk	Soy	Sesame	Peanut	Almond Brazil Nut	Cashew	Hazelnut	Tree nu Wacadamia	t Becan	Pine Nut Pistachio	Walnut	Fish	Crustacea	Molluscs	Sulphites	Lupin	Artificial Preservative	Artificial Colour Artificial Flav
Loaves									1	1		<u> </u>	1	<u> </u>		1	1				
Banana Bread with Butter	Р	Р	Р	Р	м			м													
Sourdough Toast with Butter	Р	Р	м	Р	Р	м												Р			
Raisin Toast with Butter	Р	Р	м	Р	Р	м														Р	Р
Toasties																					
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							1														
Chocolate Donut	Р	Р	м	Р	Р	м		м		м				м						Р	P P
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							
Miscellaneous		I	I	I	<u> </u>													<u> </u>	<u> </u>		
Marshmallows				м																	Р

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 Brea	d with Butter
SANANA BEAD: Banana, Wheat Flour, Sugar, Light Sour Cream (Milk), Pectin, Milk Solids, Cultures), Canola Oil, 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), Natural Vanilla Flavour Paste, Wheat Starch,	-	Avg Qty / Serve	Avg Qty / 100g
legetable Gum (412), Iodised Salt, Acidity Regulator (330), Mineral Salt (452).	Energy (kJ)	2280	1450
UTTER PORTION: Pasteurised Cream (Milk), Water, Salt.	Energy (Cal)	546	345
Analysis of the West Face With	Protein (g)	7.0	4.4
Sontains: Gluten, Wheat, Egg, Milk. JANANA BREAD is produced on equipment that also produces products containing Soy.	Fat, total (g)	25.8 8.2	16.3 5.2
ANANAN BERKU is produce on equipment that also produces products containing soly. NANANA BERKU is stored in the same display cabinet as products containing Tree Nut (Amod).	Saturated Fat (g) Carbohydrate (g)	70.3	44.5
	Sugars (g)	39.0	24.8
	Sodium (mg)	320	203
Sourdough Toast with Butter		Sourdough To	ast 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), Hour 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 (920)), Water, Iodised Salt, Sourdough Starter (Re Flour, Mater, Mature Sour, Acidity Regulator (260)), Yeast, Canola Oil, Vinegar, Improver (Soy Flour, Mineral Salt (170), Flour Treatment Agent (920)), Water, Iodised Salt, Sourdough Starter (Re Flour, Mater, Mature Sour, Acidity Regulator (260)), Yeast, Canola Oil, Vinegar, Improver (Soy Flour, Mineral Salt (170), Flour Treatment Agent (920)), Water, Iodised Salt, Sourdough Starter (Re Flour, Mater, Mature Sour, Acidity Regulator (260)), Yeast, Canola Oil, Vinegar, Improver (Soy Flour, Mineral Salt (170), Flour Treatment Agent (920)), Water, Iodised Salt, Sourdough Starter (Re Flour, Mater, Mature Sour, Acidity Regulator (260)), Yeast, Canola Oil, Vinegar, Improver (Soy Flour, Mineral Salt (170), Flour Treatment Agent (920)), Water, Iodised Salt, Sourdough Starter (Re Flour, Mater, Mature Sour, Acidity Regulator (260)), Yeast, Canola Oil, Vinegar, Improver (Soy Flour, Mineral Salt (170), Flour Treatment Agent (920)), Water, Iodised Salt, Sourdough Starter (Re Flour, Mater, Mature Sourdough Starter (260)), Yeast, Canola Oil, Vinegar, Improver (Soy Flour, Mineral Salt (170), Flour Treatment Agent (920)), Water, Iodised Salt, Sourdough Starter (260), Yeast, Canola Oil, Vinegar, Improver (Soy Flour, Mineral Salt (170), Flour Treatment Agent (920), Water, Internet Salt (920), Water, Internet Salt (920), Water, Internet Salt (920), Water, Internet Salt (920), Water, Inter	Energy (kJ)	678	1360
Wheat Malt Flour, Enzymes).	Energy (Cal)	162	324
SUTTER PORTION: Pasteurised Cream (from Milk), Water, Salt.	Protein (g)	3.8	7.6
	Fat, total (g)	7.1	14.2
Contains (Gluten, Wheak, Noy, Sulphites.	Saturated Fat (g)	4.4	8.9 39.6
SOURDOUGH BREAD is produced on equipment that also produces products containing Egg, Milk, Sesame. SOURDOUGH TOAST may be toasted on the same equipment as products containing Egg, Soy.	Carbohydrate (g)	19.8 1.2	39.6 2.4
NUNDUUUN TUNDI may be tuasted on the same equipment as products containing Egg, say.	Sugars (g)	1.2	2.4
	Sodium (mg)	2/6	552
Raisin Toast with Butter	-		t with 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).	<b>F</b>	Avg Qty / Serve	
BUTTER PORTION: Pasteurised Cream (Milk), Water, Salt.	Energy (kJ) Energy (Cal)	1030 247	1240 297
Contains: Gluten, Wheat, Milk, Soy.	Protein (g)	6.9	8.3
Contrains Sources, minea, man, soy.	Fat, total (g)	7.9	9.6
A lish of ACM is produced in equipment winch produces produces containing sexante. Addition TOAST may be to asted on the same equipment as products containing Soy, Egg.	Saturated Fat (g)	5.0	6.1
	Carbohydrate (g)	34.6	41.7
*Fruit used subject to change due to availability and seasonability of products.	Sugars (g)		13.7
i fuit daou aubjour to unango duo to availability and acasol/ability of products.		TL3	
	Sodium (mg)	11.3 179	215
TOASTIES			
		179	
TOASTIES		179 Cheesy	215 Toastie
TOASTIES Cheesy Toastie SOURDOUGH: Wheat Flour, Vitamin (Folic Acid)), Water, Salt, Malt Flour (Barley), Yeast.	Sodium (mg)	179	215
TOASTIES Cheesy Toastie		179 Cheesy Avg Qty / Serve	215 <b>Toastie</b> Avg Qty / 100g
TOASTIES Cheesy Toastie SOURDOUGH: Wheat Flour, Vitamin (Folic Acid), Water, Salt, Malt Flour (Barley), Yeast. OR: Wheat Flour (Vitamins (Thiamin, Folic Acid), Flour 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.	Sodium (mg) Energy (kJ) Energy (Cal) Protein (g)	179 Cheesy Avg Qty / Serve 1350 323 14.9	215 Toastie Avg Qty / 100g 1170 280 12.9
TOASTIES Cheesy Toastie SOURDOUGH: Wheat Flour, Vitamin (Folic Acid), Water, Salt, Malt Flour (Barley), Yeast. OR: Mheat Flour (Wheat Flour, Vitamin (Folic Acid), Dour Treatment Agent (20)), Water, Iodised 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), Wheat Malt Flour, Enzymes). AUSSIE JACK CHEESE: Pasteurised Milk, Salt, Starter Culture, Non-animal Rennet. Contains Oluten, Wheat, Milk, Soy, Sulphites.	Sodium (mg) Energy (kJ) Energy (Ca) Protein (g) Fat, total (g)	179 Cheesy Avg Qty / Serve 1350 323 14.9 10.7	215 Toastie Avg Qty / 100g 1170 280 12.9 9.3
TOASTIES Cheesy Toastie SOURDOUGH: Wheat Flour, Vitamin (Folic Acid)), Water, Salt, Malt Flour (Barley), Yeast. OR: Wheat Flour (Wheat Flour, Vitamins (Folic Acid)), Water, Salt, Malt Flour (Barley), Yeast. OR: Wheat Flour (Wheat Flour, Vitamins (Folic Acid)), Water, Salt, Malt Flour (Barley), Yeast. OR: Wheat Flour (Wheat Flour, Vitamins (Folic Acid)), Water, Salt, Malt Flour (Barley), Yeast. OR: Wheat Flour (Wheat Flour, Vitamins (Folic Acid)), Water, Salt, Malt Flour (Barley), Yeast. OR: Wheat Flour (Wheat Flour, Wheat Malt, Salt, Starter Culture, Non-animal Rennet. Contains Gluten, Wheat, Wike, Say, Sulphites. SOURDOUGH BREAD is produced on equipment that also produces products containing Egg, Milk, Sesame.	Sodium (mg) Energy (kJ) Energy (Ca) Protein (g) Fat, total (g) Saturated Fat (g)	179 Cheesy Avg Qty / Serve 1350 323 14.9 10.7 6.7	215 <b>Toastie</b> Avg Qty / 100g 1170 280 12.9 9.3 5.8
TOASTIES Cheesy Toastie SOURDOUGH: Wheat Flour, Vitamin (Folic Acid), Water, Salt, Malt Flour (Barley), Yeast. OR: Mheat Flour (Wheat Flour, Vitamin (Folic Acid), Dour Treatment Agent (20)), Water, Iodised 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), Wheat Malt Flour, Enzymes). AUSSIE JACK CHEESE: Pasteurised Milk, Salt, Starter Culture, Non-animal Rennet. Contains Oluten, Wheat, Milk, Soy, Sulphites.	Sodium (mg) Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g)	179 Cheesy Avg Qty / Serve 1350 323 14.9 10.7 6.7 39.8	215 <b>Toastie</b> Avg Qty/100g 1170 280 12.9 9.3 5.8 3.4.5
TOASTIES Cheesy Toastie SOURDOUGH: Wheat Flour, Vitamin (Folic Acid)), Water, Salt, Malt Flour (Barley), Yeast. OR: Wheat Flour (Wheat Flour, Vitamins (Folic Acid)), Water, Salt, Malt Flour (Barley), Yeast. OR: Wheat Flour (Wheat Flour, Vitamins (Folic Acid)), Water, Salt, Malt Flour (Barley), Yeast. OR: Wheat Flour (Wheat Flour, Vitamins (Folic Acid)), Water, Salt, Malt Flour (Barley), Yeast. OR: Wheat Flour (Wheat Flour, Vitamins (Folic Acid)), Water, Salt, Malt Flour (Barley), Yeast. OR: Wheat Flour (Wheat Flour, Wheat Malt, Salt, Starter Culture, Non-animal Rennet. Contains Gluten, Wheat, Wike, Say, Sulphites. SOURDOUGH BREAD is produced on equipment that also produces products containing Egg, Milk, Sesame.	Sodium (mg) Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sugars (g)	179 Cheesy Avg Qty/Serve 1350 223 14.9 10.7 6.7 39.8 2.6	215 <b>Toastie</b> Avg Qty/100g 1170 280 12.9 9.3 5.8 34.5 2.2
TOASTIES Cheesy Toastie SoURDOUGH: Wheat Flour, Vitamin (Folic Acid), Water, Salt, Malt Flour (Barley), Yeast. OR Wheat Flour (Wheat Flour, Vitamins (Thiamin, Folic Acid), Water, Salt, Malt Flour (Barley), Yeast. OR Wheat Flour (Winnins (Thiamin, Folic Acid), Flour Treatment Agent (920)), Water, Jodised 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). WSBEL JACK CHEESE: Pasteurised Milk, Say, Sulphites. SOURDOUGH BRRAD is produced on equipment that also produces products containing Egg, Milk, Sesame. CHEESY TOASTIE may be toasted on the same equipment as products containing Egg, Soy.	Sodium (mg) Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g)	179 Cheesy 1350 323 14.9 0.7 6.7 39.8 2.6 674	215 <b>Toastie</b> Avg Qty / 100g 1170 280 12.9 9.3 5.8 3.4.5 3.4.5 5.85
TOASTIES         Cheesy Toastie         SOURDOUGH: Wheat Flour, Vitamin (Folic Acid)), Water, Salt, Malt Flour (Barley), Yeast.         OR: Wheat Flour (Wheat Flour, Vitamins (Folic Acid)), Water, Salt, Malt Flour (Barley), Yeast.         OR: Wheat Flour (Wheat Flour, Vitamins (Folic Acid)), Water, Salt, Malt Flour (Barley), Yeast.         OR: Wheat Flour (Witamins (Finiamin, 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 C HEESE: Pasteurised Milk, Salt, Starter Culture, Non-animal Rennet.         Contains Gluten, Wheat, Milk, Soy, Sulphites.         SOURDOUGH BREAD is produced on equipment that also produces products containing Egg, Milk, Sesame.         CHEESEY TOASTIE may be toasted on the same equipment as products containing Egg, Soy.	Sodium (mg) Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sugars (g)	179 Cheesy Avg Qty/Serve 1350 223 14.9 10.7 6.7 39.8 2.6	215 <b>Toastie</b> Avg Qty / 100g 1170 280 12.9 9.3 5.8 3.4.5 3.4.5 5.85
TOASTIES         Cheesy Toastie         SOURDOUGH: Wheat Flour (Wheat Flour (Wheat Flour (Wheat Flour (What Flour (Barley), Water, Salt, Malt Flour (Barley), Yeast.         OR: Wheat Flour (Wineat Flour (Wheat Flour (Barley), Water, Salt, Malt Flour (Barley), Yeast.         OR Wheat Flour (Wheat Flour (Wheat Flour (Barley), Water, Salt, Malt Flour (Barley), Yeast.         OR Wheat Flour (Wheat, Milk, Soy, Sulphites.         SOURDOUGH BREAD is produced on equipment that also produces products containing Egg, Milk, Sessme.         CHEESY TOASTIE may be toasted on the same equipment as products containing Egg, Soy.	Sodium (mg) Energy (kJ) Energy (Ca) Protein (g) Fat, tota (g) Saturated Fat (g) Carbohydrate (g) Sugars (g) Sodium (mg)	179 Cheesy 1350 223 14.9 10.7 6.7 39.8 2.6 674 Cheese & To Avg Qty / Serve	215 <b>Toastie</b> Avg Qty / 100g 1170 280 12.9 9.3 5.8 34.5 2.2 585 <b>mato Toastie</b> Avg Qty / 100g
TOASTIES         Cheesy Toastie         SOURDOUGH: Wheat Flour, Vitamins (Folic Acid), Water, Salt, Mait Flour (Barley), Yeast. OR: Wheat Flour (Vitamins (Thianins, Folic Acid), Flour Treatment Agent (\$20), 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 Mait Flour, Enzymes).         AUSSIE: JACK CHEESE: Pasteurised Milk, Salt, Starter Culture, Non-animal Rennet.         Contains Oluten, Wheat, Milk, Soy, Sulphites.         SOURDOUGH: Wheat Flour (Wheat Flour, Vitamin (Folic Acid), Flour Treatment agent (516, 300, 920), Emulsifier (481, 472e), Wheat Mait Flour, Enzymes).         CHEESE: Pasteurised on equipment that also produces products containing Egg, Milk, Sesame.         CHEESEY TOASTIE may be toasted on the same equipment as products containing Egg, Soy.         CHEESEY TOASTIE may be toasted on the flour, Vitamin (Folic Acid), Matr, Salt, Mait Flour (Barley), Yeast.         OURDOUGH: Wheat Flour (Wheat Flour, Vitamin (Folic Acid), Water, Salt, Mait Flour (Barley), Yeast.         OR Wheat Flour (Wheat Flour, Vitamin (Folic Acid), Water, Salt, Mait Flour, Enzymes).         OR Wheat Flour (Wheat Flour, Vitamin (Folic Acid), Water, Salt, Mait Flour, Salt, Mait Flour, Enzymes).         OR Wheat Flour (Wheat Flour, Wheat Flour, Vitamin (Folic Acid), Water, Salt, Mait Flour, Enzymes).	Sodium (mg) Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sugars (g) Sodium (mg) Energy (kJ)	179 Cheesy 1350 323 14.9 14.9 10.7 6.7 39.8 2.6 674 Cheese & To Avg Cty/Serve 1380	215 Toastie Avg Qty / 100g 1170 280 12.9 9.3 5.8 34.5 2.2 585 mato Toostie Avg Qty / 100g 867
TOASTIES         Cheesy Toastie         SOURDOUGH: Wheet Flour, Wheet Flour, Watmin (Folic Acid), Water, Salt, Malt Flour (Barley), Yeast.         O: Wheet Flour (Wheet Flour, Wittering Thiamin, Folic Acid), Flour Treatment Agent (\$16, 300, 920), Emulsifier (481, 472e), Wheat Malt Flour, Enzymes).         AUSSIE JACK CHEESE: Pasteurised Mik, Salt, Starter Culture, Non-animal Rennet.         Contains Gluten, Wheat, Milk, Soy, Sulphites.         SOURDOUGH: BREAD is produced on equipment that also produces products containing Egg, Milk, Sesame.         CHEESY TOASTIE may be toasted on the same equipment as products containing Egg, Milk, Sesame.         CHEESY TOASTIE may be toasted for the same equipment as products containing Egg, Soy.         SOURDOUGH: Wheat Flour, Wheat Flour, Water, Salt, Malt Flour (Barley), Yeast.         O: Wheat Flour (Water Flour, Witheat Flour, Water, Salt, Malt Flour (Barley), Yeast.         O: Wheat Flour (Witamin (Folic Acid), Flour Treatment Agent (920), Water, Iodised Salt, Sourdough Starter (Rye Flour, Water, Mature Sour, Acidity Regulator (200), Yeast, Canola Oil, Vinegar, Improver (Soy Flour, Mineral Salt (170), Flour Treatment Agent (516, 300, 920), Emulsifier (481, 472e), Wheat Malt Flour, Enzymes).	Sodium (mg) Energy (kJ) Energy (Ca) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sugars (g) Sodium (mg) Energy (kJ) Energy (Ca)	179 Cheesy 1350 223 14.9 10.7 6.7 39.8 2.6 674 Cheese & To Avg Qty / Serve 1380 330	215 <b>Toastie</b> Avg Qty / 100g 1170 280 12.9 9.3 5.8 34.5 2.2 5.85 <b>mato Toastie</b> Avg Qty / 100g 867 207
TOASTIES         Cheesy Toastie         SOURDOUGH: Wheat Flour, Vitamins (Folic Acid), Water, Salt, Mait Flour (Barley), Yeast. OR: Wheat Flour (Vitamins (Thianins, Folic Acid), Flour Treatment Agent (\$20), 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 Mait Flour, Enzymes).         AUSSIE: JACK CHEESE: Pasteurised Milk, Salt, Starter Culture, Non-animal Rennet.         Contains Oluten, Wheat, Milk, Soy, Sulphites.         SOURDOUGH: Wheat Flour (Wheat Flour, Vitamin (Folic Acid), Flour Treatment agent (516, 300, 920), Emulsifier (481, 472e), Wheat Mait Flour, Enzymes).         CHEESE: Pasteurised on equipment that also produces products containing Egg, Milk, Sesame.         CHEESEY TOASTIE may be toasted on the same equipment as products containing Egg, Soy.         CHEESEY TOASTIE may be toasted on the flour, Vitamin (Folic Acid), Matr, Salt, Mait Flour (Barley), Yeast.         OURDOUGH: Wheat Flour (Wheat Flour, Vitamin (Folic Acid), Water, Salt, Mait Flour (Barley), Yeast.         OR Wheat Flour (Wheat Flour, Vitamin (Folic Acid), Water, Salt, Mait Flour, Enzymes).         OR Wheat Flour (Wheat Flour, Vitamin (Folic Acid), Water, Salt, Mait Flour, Salt, Mait Flour, Enzymes).         OR Wheat Flour (Wheat Flour, Wheat Flour, Vitamin (Folic Acid), Water, Salt, Mait Flour, Enzymes).	Sodium (mg) Energy (kJ) Energy (Cal) Protein (g) Pat, total (g) Saturated Fat (g) Carbohydrate (g) Sugars (g) Sodium (mg) Energy (kJ) Energy (Cal) Protein (g)	179 Cheesy Avg Qty/Serve 1350 323 14.9 10.7 6.7 39.8 2.6 674 Cheese & To Avg Qty/Serve 1380 330 15.3	215 <b>Toastie</b> Avg Qty / 100g 12.9 9.3 5.8 34.5 2.2 585 <b>mato Toastie</b> Avg Qty / 100g 867 207 9.6
TOASTIES Cheesy Toastie SURDOUGH: Wheat Flour, Vitamin (Folio Acid), Water, Salt, Malt Flour (Barley), Yeast. OR: Wheat Flour (Vitaminin, Folio Acid), Flour Treatment Agent (520), Water, Iodised Salt, Sourdough Starter (Rye Flour, Water, Mature Sour, Acidity Regulator (260)), Yeast, Canola Oil, Vinegar, Improver (Sey Flour, Mineral Salt (170), Flour Treatment Agent (516, 300, 920), Emulsifier (481, 472e), Wheat Mait Flour, Enzymes). AUSSIE JACK CHEESE: Pasteurised Milk, Salt, Starter Culture, Non-animal Rennet. Cheesy ToosTIE may be tasted on the same equipment that also produces produces containing Egg, Milk, Seans. CHEESY TOASTIE may be tasted on the same equipment as produces containing Egg, Soy. Cheese & Domato Contains (Himmin, Folio Acid), Hour Treatment Agent (516, 300, 920), Emulsifier (481, 472e), Wheat Mait Flour, Enzymes). Cheese & Longton Contains (Himmin, Folio Acid), Nater, Salt, Malt Flour (Barley), Yeast. Contains (Hitmin, Folio Acid), Hour Treatment Agent (516, 300, 920), Emulsifier (481, 472e), Wheat Mait Flour, Enzymes). Cheese & Domato Contains (Hitmin, Folio Acid), Nater, Salt, Malt Flour (Barley), Yeast. Contains (Hitmin, Folio Acid), Nater, Salt, Malt Flour (Barley), Yeast. Contains (Hitmin, Folio Acid), Nater, Salt, Malt Flour (Barley), Yeast. Cheese & Domato Contains (Hitmin, Folio Acid), Nater, Salt, Malt Flour (Barley), Yeast. Contains (Hitmin, Folio Acid), Nater, Salt, Malt Flour (Barley), Yeast. Contains (Hitmin, Folio Acid), Nater, Salt, Malt Flour (Barley), Yeast. Contains (Hitmin, Folio Acid), Nater, Salt, Malt Flour (Barley), Yeast. Contains (Hitmin, Khimin, Folio Acid), Nater, Salt, Malt Flour, Mater, Mature Sour, Acidity Regulator (260), Yeast, Canola Oil, Vinegar, Improver (Sey Flour, Mineral Salt (170), Flour Treatment Agent (516, 300, 920), Emulsifier (481, 472e), Wheat Malt Flour, Enzymes). Contains (Hitmin, Folio Acid, Rour Treatment Agent (S20), Water, Iodiese Salt, Sourdough Starter (Rye Flour, Water Sour, Acidity Regulator (260), Yeast, Canola Oil, Vinegar, Improver (S	Sodium (mg) Energy (kJ) Energy (Cai) Protein (g) Saturated Fat (g) Carbohydrate (g) Sodium (mg) Energy (kJ) Energy (Cai) Protein (g) Protein (g) Fat, tota (g)	179 Cheesy 1350 323 14.9 10.7 6.7 39.8 2.6 674 Cheese & To Avg Qty / Serve 1380 330 15.3 10.7	215 <b>Toastie</b> Avg Qty / 100g 1170 280 12.9 9.3 5.6 3.4.5 3.6.6 8.67 3.6 3.6 3.6 3.6 3.6 3.6 3.6 3.6
TOASTIES Cheesy Toastie SouRoous: Wheat Rour, Vitamina (Folic Acid), Water, Salt, Mait Flour (Barley), Yeast. OR: Wheat Rour (Vitamina (Fhinan, Folic Acid), Rour Treatment Agent (B1B, 300, 920), Emulsifier (481, 472e), Wheat Mait Flour, Enzymes). XBSE UACC OFFECES: Exstensions down, Salt, Salt Control (Mixer Salt, Mait Flour, Enzymes), Augustar (Agent Barley), Yeast, Canola Oil, Vinegar, Improver (Boy Flour, Mineral Salt (170), Flour Treatment Agent (B1B, 300, 920), Emulsifier (481, 472e), Wheat Mait Flour, Enzymes), Augustar Lock Salt, Sourdough Starter (Rye Flour, Water, Mature Sour, Acidity Regulator (260)), Yeast, Canola Oil, Vinegar, Improver (Boy Flour, Mineral Salt (170), Flour Treatment Agent (B1B, 300, 920), Emulsifier (481, 472e), Wheat Mait Flour, Enzymes), Augustar Lock Salt, Sourdough Starter (Rye Flour, Water, Mature Sour, Acidity Regulator (260)), Yeast, Canola Oil, Vinegar, Improver (Boy Flour, Mineral Salt (170), Flour Treatment Agent (B1B, 300, 920), Emulsifier (481, 472e), Wheat Mait Flour, Enzymes), Augustar Lock Salt Sourdough Starter (Rye Flour, Water, Mature Sour, Acidity Regulator (260)), Yeast, Canola Oil, Vinegar, Improver (Boy Flour, Mineral Salt (170), Flour Treatment Agent (B1B, 300, 920), Emulsifier (481, 472e), Wheat Mait Flour, Enzymes), Augustar Lock Salt Sourdough Starter (Rye Flour, Water, Mature Sour, Acidity Regulator (260)), Yeast, Canola Oil, Vinegar, Improver (Boy Flour, Mineral Salt (170), Flour Treatment Agent (E1B, 300, 920), Emulsifier (481, 472e), Wheat Mait Flour, Enzymes), SUCED TOMATO: Tomato, Success Tomato Salt Sourdough Starter (Rye Flour, Water, Mature Sour, Acidity Regulator (260)), Yeast, Canola Oil, Vinegar, Improver (Boy Flour, Mineral Salt (170), Flour Treatment Agent (E1B, 300, 920), Emulsifier (481, 472e), Wheat Mait Flour, Enzymes), SUCED TOMATO: Tomato, Success Tomato Salter Sourdough Starter (Rye Flour, Water, Mature Sour, Acidity Regulator (260)), Yeast, Canola Oil, Vinegar, Improver (Soy Flour, Mineral Salt (170), Flour Treatment Agent (E1B, 300, 9	Sodium (mg) Energy (kJ) Energy (Ca) Protein (g) Fat, total (g) Saturated Fat (g) Sodium (mg) Energy (kJ) Energy (kJ) Energy (kJ) Energy (Ca) Protein (g) Fat, total (g) Saturated Fat (g)	179 Cheesy Avg Qty / Serve 1350 223 14.9 10.7 6.7 39.8 2.6 674 Cheese & To Avg Qty / Serve 1380 330 15.3 10.7 6.7	215 <b>Toastie</b> Avg Qty/100g 1170 280 12.9 9.3 5.8 34.5 2.2 585 <b>mato Toastie</b> Avg Qty/100g 867 207 9.6 6.8 4.2
TOASTIES  Cheesy Toastie SUUROUGH: Wheat Flour, Vitamin (Folic Acid), Water, Salt, Mait Flour (Barley), Yeast. OR: Wheat Flour, Vitamin (Folic Acid), Water, Salt, Mait Flour (Barley), Yeast. OR: Wheat Flour, Vitamin (Folic Acid), Flour Treatment Agent (5%, 300, 320), Emulsifier (481, 472e), Wheat Mait Flour, Enzymes). AUXSIE LACK CHEESE: Pasteurised Mik, Salt, Starter Culture, Non-animal Rennet. Contains Obtem, Wheat, Mik, Say, Subplities. SOURDOUGH: Wheat Flour (Wheat Flour (Wheat Flour, Vitamin (Folic Acid), Water, Salt, Mait Flour (Barley), Yeast. CHEESY TOASTIE may be toasted on the same equipment as products containing Egg, Mik, Seasme. CHEESY TOASTIE may be toasted on the same equipment as products containing Egg, Say. SOURDOUGH: Wheat Flour (Wheat Flour (	Sodium (mg) Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Sugars (g) Sodium (mg) Energy (kJ) Energy (k	179 Cheesy Avg Qty/Serve 1350 323 14.9 10.7 6.7 39.8 2.6 674 Cheese & To Avg Qty/Serve 1380 330 15.3 10.7 6.7 40.6	215 <b>Toastie</b> Avg Qty/100g 1170 280 12.9 9.3 5.8 34.5 2.2 585 <b>mato Toastie</b> Avg Qty/100g 867 207 9.6 8.8 4.2 25.5
TOASTIES Cheesy Toastie SouRoous: Wheat Rour, Vitamina (Folic Acid), Water, Salt, Mait Flour (Barley), Yeast. OR: Wheat Rour (Vitamina (Fhinan, Folic Acid), Rour Treatment Agent (B1B, 300, 920), Emulsifier (481, 472e), Wheat Mait Flour, Enzymes). XBSE UACC OFFECES: Exstensions down, Salt, Salt Control (Mixer Salt, Mait Flour, Enzymes), Augustar (Agent Barley), Yeast, Canola Oil, Vinegar, Improver (Boy Flour, Mineral Salt (170), Flour Treatment Agent (B1B, 300, 920), Emulsifier (481, 472e), Wheat Mait Flour, Enzymes), Augustar Lock Salt, Sourdough Starter (Rye Flour, Water, Mature Sour, Acidity Regulator (260)), Yeast, Canola Oil, Vinegar, Improver (Boy Flour, Mineral Salt (170), Flour Treatment Agent (B1B, 300, 920), Emulsifier (481, 472e), Wheat Mait Flour, Enzymes), Augustar Lock Salt, Sourdough Starter (Rye Flour, Water, Mature Sour, Acidity Regulator (260)), Yeast, Canola Oil, Vinegar, Improver (Boy Flour, Mineral Salt (170), Flour Treatment Agent (B1B, 300, 920), Emulsifier (481, 472e), Wheat Mait Flour, Enzymes), Augustar Lock Salt Sourdough Starter (Rye Flour, Water, Mature Sour, Acidity Regulator (260)), Yeast, Canola Oil, Vinegar, Improver (Boy Flour, Mineral Salt (170), Flour Treatment Agent (B1B, 300, 920), Emulsifier (481, 472e), Wheat Mait Flour, Enzymes), Augustar Lock Salt Sourdough Starter (Rye Flour, Water, Mature Sour, Acidity Regulator (260)), Yeast, Canola Oil, Vinegar, Improver (Boy Flour, Mineral Salt (170), Flour Treatment Agent (E1B, 300, 920), Emulsifier (481, 472e), Wheat Mait Flour, Enzymes), SUCED TOMATO: Tomato, Success Tomato Salt Sourdough Starter (Rye Flour, Water, Mature Sour, Acidity Regulator (260)), Yeast, Canola Oil, Vinegar, Improver (Boy Flour, Mineral Salt (170), Flour Treatment Agent (E1B, 300, 920), Emulsifier (481, 472e), Wheat Mait Flour, Enzymes), SUCED TOMATO: Tomato, Success Tomato Salter Sourdough Starter (Rye Flour, Water, Mature Sour, Acidity Regulator (260)), Yeast, Canola Oil, Vinegar, Improver (Soy Flour, Mineral Salt (170), Flour Treatment Agent (E1B, 300, 9	Sodium (mg) Energy (kJ) Energy (Ca) Protein (g) Fat, total (g) Saturated Fat (g) Sodium (mg) Energy (kJ) Energy (kJ) Energy (kJ) Energy (Ca) Protein (g) Fat, total (g) Saturated Fat (g)	179 Cheesy Avg Qty / Serve 1350 223 14.9 10.7 6.7 39.8 2.6 674 Cheese & To Avg Qty / Serve 1380 330 15.3 10.7 6.7	215 <b>Toastie</b> Avg Qty/100g 1170 280 12.9 9.3 5.8 34.5 2.2 585 <b>mato Toastie</b> Avg Qty/100g 867 207 9.6 6.8 4.2
TOASTIES         Structure       <	Sodium (mg) Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sodium (mg) Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sugars (g)	179 Cheesy Avg Qty/Serve 1350 323 14.9 10.7 6.7 39.8 2.6 674 Cheese & To 330 15.3 10.7 6.7 40.6 3.4 6.7 40.6 3.4 6.7 6.7	215 <b>Toastie</b> Avg Qty/100g 1170 280 12.9 9.3 5.8 34.5 2.2 585 <b>mato Toastie</b> Avg Qty/100g 867 207 9.6 6.8 4.2 25.5 2.1 425
TOASTIES         SWIDDOUGH Meast Flour, Vitamin Floide Acidi, Water, Sait, Mait Flour, (Bardy, Yeast.	Sodium (mg) Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sodium (mg) Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sugars (g)	179 Cheesy Avg Qty/Serve 1350 323 14.9 10.7 6.7 39.8 2.6 674 Cheese & To Avg Qty/Serve 1380 330 15.3 10.7 6.7 40.6 7 40.6 7 40.6 7 40.6 7 40.6 7 40.6 7 40.6 7 40.6 7 40.6 7 40.6 7 40.6 7 40.6 7 40.6 7 40.6 7 40.6 7 40.6 7 40.6 7 40.6 7 40.6 7 40.6 40.7 40.7 40.6 40.7 40.7 40.6 40.7 40.7 40.6 40.7 40.6 40.7 40.6 40.7 40.6 40.7 40.6 40.7 40.6 40.7 40.6 40.7 40.6 40.7 40.6 40.7 40.6 40.7 40.6 40.7 40.6 40.7 40.6 40.7 40.6 40.7 40.6 40.7 40.6 40.7 40.6 40.7 40.6 40.7 40.7 40.6 40.7 40.6 40.7 40.6 40.7 40.7 40.6 40.7 40.7 40.6 40.7 40.7 40.7 40.7 40.7 40.7 40.6 40.7 4	215 <b>Toastie</b> Avg Qty/100g 1170 280 12.9 9.3 5.8 34.5 2.2 585 <b>msto Toastie</b> Avg Qty/100g 867 207 9.6 6.8 4.2 2.5.5 2.1 4.2 5.5 2.1 4.2 5.5 2.1 4.2 5.5 2.5 2.1 4.2 5.5 2.5 2.5 2.5 2.5 2.5 2.5 2
TOASTIES         SWIPPOURD: What Flour, Vitamin Flois Acid, Ul, Water, Salt, Malt Flour (Bardey), Yeast.         OR What Flour What Flour, Vitamin Flois Acid, Ul, Water, Salt, Malt Flour (Bardey), Yeast.         OR What Flour What Flour, What Flour, Water, Malt Flour (Bardey), Yeast.         Water, Data Water, Salt, Salt Column, Non-animal Remet.         Water, Data Water, Salt, Salt Column, Non-animal Remet.         Water, Data Water, Salt, Salt Column, Non-animal Remet.         Water, Data Water, Salt, Salt, Salt, Salt, Salt Column, Non-animal Remet.         Water, Data Water, Salt, Malt Flour, Bardey, Yeast.         Water, Water, Matter, Salt, Kalt Flour, Mater, Salt, Malt Flour, Bardey, Yeast.         Water, Water, Matter, Salt, Kalt, Salt, Salt Column, Water, Salt, Malt Flour, Bardey, Yeast.         Water, Water, Matter, Salt, Kalt, Salt Satter Culture, Non-animal Remet.         Water, Water, Matter, Salt, Kalt, Salt, Satter Culture, Non-animal Remet.         Water, Water, Matter, Salt, Kalt, Satter Culture, Non-animal Remet.	Sodium (mg) Energy (kJ) Energy (Cai) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sodium (mg) Energy (Cai) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sugars (g) Sugars (g) Sodium (mg)	179 Cheesy Avg Qty / Serve 1350 323 14.9 14.9 10.7 6.7 39.8 2.6 674 Cheese & To Avg Qty / Serve 1380 330 15.3 10.7 6.7 40.6 3.4 6.7 40.6 3.4 6.7 Ham & Che Avg Qty / Serve	215 <b>Toastie</b> Avg Qty / 100g 1170 280 12.9 9.3 5.8 34.5 2.2 585 <b>mato Toastie</b> Avg Qty / 100g 867 207 9.6 6.8 4.2 25.5 2.1 425 <b>ese Toastie</b> Avg Qty / 100g
TOASTESS         SUBSOUCH: Whet Flow: Yitamin Floits Acid, Water, Salt, Malt Flour (Berley), Yeast.         One: Whet Flow: Flow: The Flow: Yitamin Floits Acid, Water, Salt, Malt Flour (Berley), Yeast.         One: Whet Flow: Flow: The Flow: Flo	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) Energy (kJ) Energy (kJ)	179 Avg Qty/Serve 1350 323 14.9 10.7 6.7 33.8 2.6 6.7 2.6 6.7 40.8 3.30 15.3 10.7 6.7 40.6 7.4 40.6 3.4 6.7 40.6 3.4 6.7 40.6 3.4 6.7 40.6 3.4 6.7 40.6 7.4 40.6 7.4 40.6 7.4 40.6 7.4 40.6 7.4 40.6 7.4 40.6 7.5 40.6 7.4 40.6 7.5 40.6 7.5 40.6 7.5 7.5 7.5 7.5 7.5 7.5 7.5 7.5	215 <b>Toastie</b> Avg Qty/100g 12.9 12.9 9.3 5.8 34.5 2.2 585 <b>mato Toastie</b> Avg Qty/100g 867 207 9.6 6.8 4.2 25.5 2.1 4.25 <b>ese Toastie</b> Avg Qty/100g 9.78
TOASTIES         SUBJOOD IN What Flow, What Flow, Water, Salt, Mait Flow (Badey), Yeast.         Or What Flow (What Flow, What Flow, Water, Salt, Mait Flow (Badey), Yeast.         Or What Flow (What Flow, What Flow, Water, Salt, Mait Flow (Badey), Yeast.         Outprime That Salt COULD IN State (Salt), Salt, State Collure, Non-animal Reneet.         State Collure, Non-animal Reneet. <td>Sodium (mg) Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sodium (mg) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Saturated Fat (g) Sodium (mg) Energy (Cal) Energy (kJ) Energy (Cal)</td> <td>179 Cheesy Avg Qty/Serve 1350 323 14.9 10.7 6.7 39.8 2.6 674 Cheese &amp; To Avg Qty/Serve 1380 330 10.7 6.7 40.6 7 40.6 7 40.6 7 40.6 3.4 6.7 40.6 3.4 6.7 40.6 3.4 6.7 40.6 3.4 6.7 40.6 3.4 6.7 40.6 3.4 6.7 40.6 3.4 6.7 40.6 3.4 6.7 40.6 40.6 7 40.6 10 40.6 10 40.6 10 40.6 10 40.6 10 40.6 10 40.6 10 40.6 10 40.6 10</td> <td>215 <b>Toastie</b> Avg Qty/100g 1170 280 12.9 9.3 5.8 34.5 2.2 585 mato Toastie Avg Qty/100g 867 207 9.6 6.8 4.2 25.5 2.1 4.5 2.5 2.1 <b>ese Toastie</b> Avg Qty/100g 978 234</td>	Sodium (mg) Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sodium (mg) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Saturated Fat (g) Sodium (mg) Energy (Cal) Energy (kJ) Energy (Cal)	179 Cheesy Avg Qty/Serve 1350 323 14.9 10.7 6.7 39.8 2.6 674 Cheese & To Avg Qty/Serve 1380 330 10.7 6.7 40.6 7 40.6 7 40.6 7 40.6 3.4 6.7 40.6 3.4 6.7 40.6 3.4 6.7 40.6 3.4 6.7 40.6 3.4 6.7 40.6 3.4 6.7 40.6 3.4 6.7 40.6 3.4 6.7 40.6 40.6 7 40.6 10 40.6 10 40.6 10 40.6 10 40.6 10 40.6 10 40.6 10 40.6 10 40.6 10	215 <b>Toastie</b> Avg Qty/100g 1170 280 12.9 9.3 5.8 34.5 2.2 585 mato Toastie Avg Qty/100g 867 207 9.6 6.8 4.2 25.5 2.1 4.5 2.5 2.1 <b>ese Toastie</b> Avg Qty/100g 978 234
TOASTESS         Strate Start       Strate Strate Strate       Strate Strate Strate Strate       Strate Strate Strate Strate       Strate Strate Strate Strate       Strate	Sodium (mg) Energy (kJ) Energy (Ca) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sodium (mg) Energy (kJ) Energy (kJ) Energy (Ca) Protein (g) Saturated Fat (g) Carbohydrate (g) Saturated Fat (g) Energy (kJ) Energy (kJ) Energy (kJ) Protein (g) Energy (kJ)	179 Cheesy Avg Qty/Serve 1350 223 14.9 10.7 6.7 39.8 2.6 674 Cheese & To Avg Qty/Serve 1380 330 15.3 10.7 6.7 40.6 3.4 677 Han & Che Serve 1510 360 20.8	215 <b>Toastie</b> Avg Qty / 100g 12.9 9.3 5.8 34.5 2.2 5.8 <b>mato Toastie</b> Avg Qty / 100g 867 207 9.6 6.8 4.2 25.5 2.1 425 2.1 425 <b>ese Toastie</b> Avg Qty / 100g 978 234 13.5
TOASTIES         DURDOUGN What Flour Warring Floir Addil, Water, Sold, Malt Flour (Badery), Yeast.         With Warring Floir Addit, Water, Sold, Malt Flour Teatment Agent (SSR, State Colume, You warring floor), Water, Kaded Salt, Soundough Stater (Bye Flour, Water, Addity Regulator (SSD), Yeast, Cando GA, Waegar, Improver (Say Flour, Mineral Salt (TP0), Flour Treatment Agent (SR, 300, 200, Emulation (481, 472a), What Malt Flour, Enzyment.         With Warring Floir Addit, Water, Sold, Water, Salt, Malt Flour (Badery), Yeast, Cando GA, Waegar, Improver (Say Flour, Mineral Salt (TP0), Flour Treatment Agent (SR, 300, 200, Emulation (481, 472a), What Malt Flour, Enzyment.         With Warr How, With Salt, Sult Salt Salt Salt Salt Salt Salt Salt Sa	Sodium (mg) Energy (k,l) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sodium (mg) Energy (k,l) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sodium (mg) Energy (k,l) E	179 Avg Qty/Serve 1350 323 14.9 10.7 6.7 39.8 2.6 6.7 40.6 1380 15.3 10.7 6.7 Avg Qty/Serve 1380 330 15.3 10.7 6.7 40.6 3.4 6.7 40.6 5.7 5.7 5.7 5.7 5.7 5.7 5.7 5.7	215 <b>Toastie</b> Avg Qty/100g 12.9 9.3 5.8 34.5 2.2 585 <b>mato Toastie</b> Avg Qty/100g 867 207 9.6 6.8 4.2 2.5.5 2.1 4.2 5.5 2.1 4.2 5.5 2.1 4.2 5.5 2.1 4.2 5.5 3.4 5.5 7.8 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5
TOASTIES         DDDC001 What Purphers Watch Statk Add Watch Statk Add Prov Manany Name         What Prov Manany Thamin, Faick Add, Nath Statk Add Watch Statk Add Prov Manany Statk (Pge Four, Water, Addater Stark, Addater S	Sodium (mg) Energy (kJ) Energy (Ca) Protein (g) Fat, total (g) Saturated Fat (g) Sodium (mg) Energy (KJ) Energy (KJ) Energy (KJ) Energy (Ca) Protein (g) Fat, total (g) Saturated Fat (g) Saturated Fat (g) Sadium (mg) Energy (kJ) Energy (LJ) Energy	179 Avg Qty/Serve 1350 323 149 10.7 6.7 39.8 2.6 674 Cheese & TO Avg Qty/Serve 1380 330 15.3 10.7 6.7 40.6 3.4 6.7 Ham & Che 40.6 3.4 6.7 Ham & Che 3.6 6.7 15.0 15.3 10.7 6.7 40.6 3.4 6.7 15.0 20.8 15.0 15.0 20.8 15.0	215 <b>Toastie</b> Avg Qty/100g 1170 280 12.9 9.3 5.8 34.5 2.2 585 <b>mato Toastie</b> Avg Qty/100g 867 207 9.6 6.8 4.2 25.5 2.1 425 <b>ese Toastie</b> Avg Qty/100g 9.7 867 2.7 9.6 6.8 4.2 2.5.5 2.1 425 <b>ese Toastie</b> Avg Qty/100g 9.7 8.6 4.2 2.5.5 2.1 4.5 7.8 4.7 8.6 7.8 4.7
TOASTIES         DURADUL Wash Flour, Warning Floir, Addill, Water, Sall, Malt Flour (Barley), Yaast.         DW Wash Flour, Warning Floir, Addill, Water, Sall, Malt Flour (Barley), Yaast.         DW Wash Flour, Warning Floir, Addill, Water, Sall, Malt Flour (Barley), Yaast.         DW Wash Flour, Warning Floir, Addill, Water, Sall, Malt Flour (Barley), Yaast.         DW Wash Flour, Warning Floir, Addill, Water, Sall, Malt Flour (Barley), Yaast.         DW Wash Flour, Warning Floir, Addill, Water, Sall, Malt Flour (Barley), Yaast.         DW Wash Flour, Warning Floir, Addill, Water, Sall, Malt Flour (Barley), Yaast.         DW Wash Flour, Warning Floir, Addill, Water, Sall, Malt Flour (Barley), Yaast.         DW Wash Flour, Warning Floir, Addill, Water, Sall, Malt Flour (Barley), Yaast.         DW Wash Flour, Warning Floir, Addill, Water, Sall, Malt Flour (Barley), Yaast.         DW Wash Flour, Warning Floir, Addill, Water, Sall, Malt Flour (Barley), Yaast.         DW Wash Flour, Warning Floir, Addill, Water, Sall, Malt Flour (Barley), Yaast.         DW Wash Flour, Warning Floir, Addill, Water, Sall, Malt Flour (Barley), Yaast.         DW Wash Flour, Water Flour, Hann, Floir, Addill, Nour, Sall, Malt Flour (Barley), Yaast.         DW Wash Flour, Water Flour, Hann, Floir, Addill, Nour, Foathment Agent (SS), Xoad, Sall Santer Curve, Malt Flour, Flour, Ploure)         DW Wash Flour, Water Flour, Hann, Floir, Addill, Water, Sall, Malt Flour, Hanne, Sall Curve, Malt Flour, Floure)         DW Wash Flour, Washang Floir, Washang Floir, Malt Kasanter	Sodium (mg) Energy (k,l) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sodium (mg) Energy (k,l) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sodium (mg) Energy (k,l) E	179 Avg Qty/Serve 1350 323 14.9 10.7 6.7 39.8 2.6 6.7 40.6 1380 15.3 10.7 6.7 Avg Qty/Serve 1380 330 15.3 10.7 6.7 40.6 3.4 6.7 40.6 5.7 5.7 5.7 5.7 5.7 5.7 5.7 5.7	215 <b>Toastie</b> Avg Qty/100g 12.9 9.3 5.8 34.5 2.2 585 <b>mato Toastie</b> Avg Qty/100g 867 207 9.6 6.8 4.2 2.5.5 2.1 4.2 5.5 2.1 4.2 5.5 2.1 4.2 5.5 2.1 4.2 5.5 3.4 5.5 7.8 5.5 5.5 5.5 5.5 5.5 5.5 5.5 5

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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, Mater, 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 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
SWEETS			
Chocolate Donut		Chocola	te 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, Sugar, Icing		Avg Qty / Serve	Avg Qty / 100g
Stabiliser (Thickeners (1422, 406, 410, 401), Soybean Oil, Salt), Cocoa Powder, Flavour (Colours (150d, 155, 133, 122), Cocoa Powder, Humectant (422), Flavour, Acidity Regulator (330), Preservatives (211, 202), Water)), Sprinkles (Sugar, Cocoa Powder, Glucose, Vegetable Fat, Thickener (1401), Colours (102, 122, 133,	Energy (kJ)	1970	1640
155)), Vegetable Shortening, Water, Yeast, Canola Oil, Preservative (202).	Energy (Cal)	471	393
	Protein (g)	7.9	6.6
Contains: Gluten, Wheat, Milk, Soy.	Fat, total (g)	20.0	16.7
CHOCOLATE DONUT is produced in the same facility as items containing Egg, Tree Nut (Almond, Hazelnut, Walnut), Sesame.	Saturated Fat (g)	10.6	8.8
	Carbohydrate (g) Sugars (g)	63.4 26.9	52.8 22.4

#### **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, tineral 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.

Apple Crumble Muffin

Avg Qty / Serve Avg Qty / 100g

1460

349

41

15.0

8.7

48.5

22.6

382

2500

597

7.0

25.7

14.9

82.9

38.6

653

#### **Chocolate Macaron** Avg Qty / Serve Avg Qty / 100g Energy (kJ) 471 1960 113 469 Energy (Cal) 2.1 Protein (g) 8.9 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

Protein (g)	21.2	10.7
Fat, total (g)	12.1	6.1
Saturated Fat (g)	7.2	3.6
Carbohydrate (g)	40.9	20.6
Sugars (g)	3.6	1.8
Sodium (mg)	1060	535
	Chocola	te Donut
Energy (k.)	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ) Energy (Cal)		
	Avg Qty / Serve 1970	Avg Qty / 100g 1640
Energy (Cal)	Avg Qty / Serve 1970 471	Avg Qty / 100g 1640 393
Energy (Cal) Protein (g)	Avg Qty / Serve 1970 471 7.9	Avg Qty / 100g 1640 393 6.6
Energy (Cal) Protein (g) Fat, total (g)	Avg Qty / Serve 1970 471 7.9 20.0	Avg Qty / 100g 1640 393 6.6 16.7
Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g)	Avg Qty / Serve 1970 471 7.9 20.0 10.6	Avg Qty / 100g 1640 393 6.6 16.7 8.8

Energy (kJ)

Energy (Cal)

Protein (g)

Fat, total (g)

Sugars (g)

Sodium (mg)

Saturated Fat (g)

Carbohydrate (g)

SWEETS			
Salted Caramel Macaron	I	Salted Carar	mel Macaron
ALTED 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),	ł	Avg Qty / Serve	Avg Qty / 100g
nickened 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
ontains: Egg, Milk, Soy, Almond.	Protein (g)	1.8	7.6
ALTED 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
Siscoff McPop		Biscoff	f McPop
heat 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	ł	Avg Qty / Serve	Avg Qty / 100g
date), Emulsifier (471), Palm Kernel Fat, Natural Flavourings (Milk), Gluten, Antioxidant (307b), Flour Treatment Agent (300).	Energy (kJ)	543	2170
	Energy (Cal)	130	519
ontains: Gluten, Wheat, Egg, Milk, Soy.	Protein (g)	1.6	6.2
ay 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
Serry McPop	T	Berry	МсРор
hear Flour, Red Fruits Filling (Sugar, Raspberry Puree, Sour Cherry Puree, Black Currant Puree, Water, Red Currant 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	I	Avg Qty / Serve	Avg Qty / 100g
date), Palm Fat, Beetroot Concentrate, Emulsifier (471), Gluten, Natural Flavouring (Milk), Flour Treatment Agent (300), Apple Concentrate, Radish Concentrate, Acidity Regulator (330), Antioxidant (300).	Energy (kJ)	440	1760
	Energy (Cal)	105	420
ontains: Gluten, Wheat, Egg, Milk.	Protein (g)	1.4	5.5
ay 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 í	МсРор
heat Flour, Chocolate 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 Powder,	ł	Avg Qty / Serve	Avg Qty / 100g
nulsifier (471), lodised Salt (Salt, Potassium lodate), Coconut Oil, Gluten, Dextrose, Natural Flavouring (Milk), Flour Treatment Agent (300), Glucose Syrup, Milk Protein.	Energy (kJ)	534	2140
	Energy (Cal)	128	511
ontains: Gluten, Wheat, Egg, Milk, Soy.	Protein (g)	1.6	6.5
ay 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
			010
	Sugars (g)	6.0	24.0

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 Tracker:							
Date	Document Number	Document Title	Issued	Upload Date	Description		
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		