

McCafe Allergen - Ingredients - Nutrition Information

Information correct as at November 2015

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 menu items. 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 local supplier, region of the country, and the season of the year. Further, product formulations may change periodically.

Food Sensitivities and Preferences

Select items sold in McCafé are sold as gluten free. They are produced under allergen control conditions and are specifically handled to prevent cross contamination. No other food items are sold as allergen free.

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 traces 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.

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BREAKFAST PRODUCTS Yoghurt, Berries and Muesli Yoghurt, Fruit and Muesli Avg Qty Avg Qty /Serve /100a 1260 572 YOGHURT: Skim Milk, Milk Solids, Liquid Sugar (Sugar, Water), Cream, Thickener (1442 from Tapioca and Maize), Live Yoghurt Culture. Energy (kJ) BERRY MIX: Blackberries, Blueberries, Raspberries. Energy (Cal) 301 137 10.4 4.7 MUESLI MIX: Frutex Cluster [Rolled Oats, Puffed Wheat, Raw Sugar, Golden Syrup, Pumpkin Seeds, Sunflower Oil, Corn Starch, Linseed, Oat Flour, Natural Flavour, Protein (g) 7.3 3.3 Antioxidant-Mixed Tocopherols (Sov)1: Raisins (Raisins: Sunflower Oil): Currants (Currants, Sunflower Oil): Apple Sliced Low Moisture No Skin (Apple, Citric Acid, Ascorbic Acid): Fat, total (q) 4.3 2.0 Coconut Chips (Coconut, Sodium Metabisulphite). Saturated Fat (g) Contains gluten & milk. 46.2 21.0 Carbohydrate (q) GRANOLA MUESLI MIX may contain TRACES of egg, soy, peanuts, tree nut, sesame seeds & sulphites. 36.4 16.5 Sugars (g) 135 61 Sodium (mg) Fish & Crustaea Tree Nuts Sesame Seeds Sulphites Colours Gluten Eggs Milk Sov Peanuts Preservative Flavour Υ Τ Υ Τ Т SWEET SNACKS Chocolate Brownie Slice Chocolate Brownie Slice Dark Compound Chocolate [Sugar, Vegetable Fat, Cocoa Powder, Milk Solids, Emulsifiers (322-Soy, 476, 492), Flavour], Butter, Sugar, Egg, Wheat Flour, Walnuts, Pecans, Avg Qty Avg Qty Dusting Sugar [Dextrose, Maize Starch, Vegetable Fats & Oils, Antioxidant (307)]. /Serve /100g Energy (kJ) 2140 1280 Contains gluten, eggs, milk, soy & tree nuts (walnuts & pecans). Energy (Cal) 307 512 May contain traces of peanuts and sesame seeds Protein (g) 3.7 6.2 21.7 36.2 Fat, total (g) Saturated Fat (q) 12.9 21.5 41.0 Carbohydrate (q) 24.6 Sulphites Colours 20.0 33.4 Gluten Milk Soy Fish & Crustaea Peanuts Tree Nuts Sesame Seeds Preservative Flavour Eggs Sugars (g) Sodium (mg) 30 50 Mini Caramel Slice Mini Caramel Slice MINI CARAMEL SLICE: Condensed Milk (Milk, Sugar), Compound Chocolate (Sugar, Vegetable Fat (Palm), Cocoa, Whey Powder, Skim Milk Powder, Emulsifiers (492, Soy Avg Qty Avg Qty Lecithin, 476), Flavour], Cake Margarine [Vegetable Oil (Palm, Canola, Coconut), Water, Salt, Milk Solids, Emulsifiers (471, Soy Lecithin), Flavour, Antioxidants (304, 306), /Serve /100a Colour (160a)], Brown Sugar, Egg, Wheat Flour, Butter, Thickened Cream (Cream, Milk, Mineral Salt (450, 500) Stabiliser (400)), Golden Syrup, Coconut (Preservative (223)), 1880 Energy (kJ) 808 Coconut Oil, Baking Powder (Mineral Salts (170, 450, 500), Wheat Starch). 194 451 Energy (Cal) Protein (q) 2.7 6.3 Contains gluten, eggs, milk, soy & sulphites.

May contain traces of peanuts, sesame seeds & tree nuts (almonds & hazelnuts).

Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours
Υ	Υ	Υ	Υ		T	T	Т	Υ	Υ	Υ	Υ

Fat, total (q) 10.7 24.9 Saturated Fat (q) 7.4 17.2 21.2 49.2 Carbohydrate (g) 44.7 Sugars (g) 19.2 160 Sodium (ma) 69

Observation Flamman I lead														01	In a second land	I.D t
Chocolate Flavoured Iced	Donut Mix [Wheat Flou	ır, Vegetab	le Oil (Palm	& Soybe	an, Antio	xidant (307)), Whea	t Gluten, E	mulsifiers (So	y Lecithin, 471,	481, 472e), \$	Sugar, Soy Flou	r, Salt, Dex	rtrose,	Chocolate F	lavoured Iced	
Donut	Raising Agents (450, 5	00), Milk S	olids, Thick	ener (412	2), Vitamin	s (Thiamin, Folate)]	, Fondant [Sugar, Glucos	e], Water, Shorter	ning [Animal	Fat, Antioxidant	(320)], Spr	inkles		Avg Qty /Serve	Avg Qty
	[Sugar, Cocoa, Vegeta													Energy (kJ)	2030	/100g 1690
	1422), Soybean Oil, S	alt], Yeast,	Cocoa Powo	der, Choo	Colour M	lix [Colours (150d, 1	155, 133, 12	22), Humectan	t (422), Acidity Re	egulator (330)), Preservative (202), Thick	ener	Energy (Cal)	482	402
	(1422)], Canola Oil, Co	lours (155,	133), Prese	rvative (2	02).									Protein (g)	7.6	6.3
	Contains gluten, milk &	201/												Fat, total (g)	22.6	18.8
	May contain traces of e		ite encamo	coode & t	troo nute									Saturated Fat (g)	10.6	8.8
	may contain traces or e	yys, peanu	its, sesame	seeus & i	iree riuts.									Carbohydrate (g)	61.4	51.2
		Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	Sugars (g)	32.2	26.8
		Y	Lyys T	Y	Y	Tisii & Ciustaea	T	T	T	Sulprilles	Y	Y	Y	Sodium (mg)	378	315
O('	·				<u> </u>	<u> </u>	l I			<u> </u>	'	(6)		
Strawberry Flavoured Iced Donut	Donut Mix [Wheat Flou	ır, Vegetab	le Oil [Palm	& Soybe	an Oil, Ar	ntioxidant (307)], W	heat Glutei	n, Emulsifiers	[322 (Soy), 471, 4	481, 472e], S	Sugar, Soy Flou i	r, Salt, Dex	trose,	Strawberry	lavoured Iced	
Donat	Raising Agents (450, 5	00), Milk S	olids, Thick	ener (412	2), Vitamin	s (Thiamin, Folate)]	, Fondant [Sugar, Glucos	e], Water, Shorter	ning [Animal	Fat, Antioxidant	(320)], Spr	inkles		Avg Qty /Serve	Avg Qty /100g
	[Sugar, Soybean Oil, 0	Glucose Syr	rup, Stabilise	er (1422),	Gelatine,	Emulsifier (Soy Le	cithin), Co	lours (122, 123	3, 124)], Caster S	ugar, Stabili	ser [Sugar, Thick	eners (401	, 406, 410,	Energy (kJ)	2030	1690
	1422), Soybean Oil], Y	'east, Cano	la Oil, Flavo	ur, Prese	ervative (2)	02), Colour (123).								Energy (Cal)	482	402
	Contains gluten, milk &	SOV												Protein (q)	7.6	6.3
	May contain traces of e		its tree nuts	and sesa	ame seed:	's								Fat, total (g)	22.6	18.8
	may contain traces or c	ggs, peana	no, troo riato	una sost	ume seed	o.								Saturated Fat (g)	10.6	8.8
														Carbohydrate (g)	61.4	51.2
		Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	Sugars (g)	32.2	26.8
		Y	<u></u>	Y	Y	Tion a Gradiada	T	T	T	Calprillo	Y	Y	Y	Sodium (mg)	378	315
Scones - Plain			•				1			1				\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	ones - Plain	
Scottes - Flatti	Wheat Flour [Vitamins	[Thiamine	Folic Acid]]	Water N	Margarine	[Animal Fat and Ve	egetable Oil	Water Salt	Total Milk Solids	Non Fat Fr	mulsifiers (471 S	ov Lecithi	in) Food	- 30	Avg Qty	Avg Qty
	Acid (330), Antioxidant	•			•	•	•						,,		/Serve	/100g
	(, ,	(//	,	(/1/	3 , .	5		,,,	/1/	,				Energy (kJ)	1420	1290
	Contains gluten, milk &	SOV												Energy (Cal)	340	309
	May contain traces of p		ee nuts.											Protein (g)	8.3	7.5
	,													Fat, total (g)	10.1	9.2
														Saturated Fat (g)	4.4	4.0
														Carbohydrate (g)	52.5	47.7
		Gluten	Eggs	Milk	Sov	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	Sugars (g)	10.9	9.9
		Y		Υ	Ϋ́		Т	Т				Υ	Y	Sodium (mg)	757	688
Scones with Jam & Cream														Scones	vith Jam & Cr	ream
Coonco wan cam a croam	SCONES: Wheat Flou	r [Vitamins	[Thiamine, F	olic Acid]], Water,	Margarine [Animal	Fat and Ve	getable Oil, W	ater, Salt, Total N	Milk Solids I	Non Fat, Emulsifi	ers (471, S	Soy		Avg Qty	Avg Qty
	Lecithin), Food Acid (3	-	•			• .		•				. ,	•		/Serve	/100g
	WHIPPED CREAM: Cr	,,	(//	,	,	/1/ 0 /	, .	,		,	,			Energy (kJ)	1920	1290
	STRAWBERRY JAM: S		,	, .		. ,.	•	, , - ,-						Energy (Cal)	458	307
				,	,,	, ,	` '							Protein (g)	8.8	5.9
														Fat, total (g)	18.0	12.1
	Contains gluten, milk &	soy.												Saturated Fat (g)	9.6	6.5
1	May contain traces of p	-	no nute											Carbohydrate (g)	64.1	43.0
		eanuis & ii	ee nuis.													
	may contain a doco or p	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	Sugars (g)	21.6	14.5

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PASTRIES																
Apricot Danish	ADDIOGE DANIOLE O	-tI DA/-1	O N	F		This I (4.400)	FI 0-	1 (400-		(000)\ H	M 4 Fl \A/-	to Dutte	. 0	Apri	ot & Custard Da	anish
	APRICOT DANISH: Cust Apricot [Apricots, Water	r, Sugar, A				. ,.		,		, ,,,					Avg Qty /Serve	Avg Qty /100g
	1104), Acidity Regulator GLAZE: Water, Glucose	` ,	om maize) S	Sugar St	ahiliser (4	40) Acidity Regulate	nr /330 331) Preservative	2 (202) Mineral S	alt (509)				Energy (kJ)	892	1010
		, , ,	om maize), c	iugai, Oi	abilisei (+	+o), Acidity Negulati	Ji (330, 331), i reservative	e (202), Milleral O	ait (505).				Energy (Cal)	213	242
	Contains gluten, milk &	•												Protein (g)	4.1	4.7
	May contain traces of e	iggs, peani	uts, sesame	seeds, s	ulphites &	tree nuts.								Fat, total (g)	8.5	9.6
														Saturated Fat		6.2
	1	01.1			1 0	T =: 1 0 0 1	I	T 11 1	lo o i l	0.1.11	l 5 "	l =:		Carbohydrate	(0)	33.1
		Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	Sugars (g)	9.3	10.5
		Υ	T	Y	Y		T	T	T	l	Y	Y	Υ	Sodium (mg)	200	227
Chocolate Croissant														C	ocolate Croissa	
	CHOCOLATE CROISS			•			,		,						Avg Qty	
	Milk Solids, Emulsifier	(Soy Leci	ithin, 492), F	lavour],	Water, Bu	tter, Sugar, Yeast,	Salt, Soy F l	our, Dextrose	, Flour Treatment	Agents (110	00, 1101, 1104),	Acidity Re	gulator	- a n	/Serve	/100g
	(300).			01										Energy (kJ)	1610	1580
	ICING SUGAR: Cane S	sugar, Tapi	ioca or Maize	Starch.										Energy (Cal)	385	377
	Cambaina alutan milli 0													Protein (g)	5.7 19.1	5.6 18.7
	Contains gluten, milk &					and a latter								Fat, total (g) Saturated Fat		13.3
	May contain traces of e	ggs, peant	uts, tree nuts	, sesam	e seeus a	suipriites.								Carbohydrate	(0)	45.5
	1	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	1	(g) 46.4 17.1	16.8
		Y	Eggs T	Y	Y	FISH & Clustaea	T	T T	T	T	rieservative	Y	Colours	Sugars (g) Sodium (mg)	300	294
Croissant with Jam & Butter		<u> </u>		•	<u> </u>		<u>'</u>			·		<u>'</u>		\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	ant with Jam &	
															Avg Qty	Avg Qty
	CROISSANT: Wheat FI	lour, Butte	.er, Yeast, Su	gar, Wa	ter, Improv	er (Soy Flour, Dext	rose, Enzyr	mes (1100, 11	01, 1104), Acidity	Regulator (3	300), Raising Ag	ent (920)),	Salt.		/Serve	/100g
	STRAWBERRY JAM: S		s, Sugar, Glı	ıcose (N	laize), Ped	tin, Acidity Regulato	or (330).							Energy (kJ)	1570	1620
	BUTTER: Cream, Wate	ər, Salt.												Energy (Cal)	376	387
														Protein (g)	4.6	4.7
	Contains gluten, milk &													Fat, total (g)	23.9	24.6
	May contain traces of e	iggs, peani	uts, tree nuts	& sesai	ne seeds.									Saturated Fat	(0)	15.9
	ı	01.1				I su a a c	1		Io o . 1		I =	T =:		Carbohydrate		36.3
		Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	Sugars (g)	11.1	11.4
		<u> </u>	T	Υ	Υ									Sodium (mg)	299	309
Croissant with Ham &														Croiss	ant with Ham & (Cheese
Cheese							_								Avg Qty	
	CROISSANT: Wheat FI	,		0 /	' '			, ,	. ,. ,.	•	, ,,	, , ,,,	Salt.		/Serve	/100g
	SLICED HAM: Pork, Wa				,.	:mulsifier (451), Sug	ar, Dextros	e (Maize), Ant	ioxidant (316), So	dium Nitrate	e (250), Colour (1	60b).		Energy (kJ)	1920	1700
	SLICED CHEESE: Milk	ι, Salt, Star	rter Cultures,	Rennet	, Lipase									Energy (Cal)	460	407
	0													Protein (g)	14.2	12.6
	Contains gluten, milk &		ode terrior t	0										Fat, total (g)	29.9	26.4
	May contain traces of e	ggs, peani	uts, tree nuts	& sesai	ne seeds.									Saturated Fat	(0)	15.9
	ı	Obstant	Г	F 4:11	0	Fish 0 Occupie	Deart	Tree Marie	0	College 11 -	Danage Co.	Г	0-1	Carbohydrate	(0)	29.3
		Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	Sugars (g)	5.1	4.5
	ļ	Y	1	Y	Υ	1		I	l l				Υ	Sodium (mg)	819	725

LOAVES / SANDWICHES																	
Banana Bread	Wheat Flour (Thiamir	ao Eolio Aoi	d\ Panana	Cugar Co	our Croon	. /Light Croom Cult	uro) Egg	Canala Oil Ba	nicina Agont (Min	oral Calta [4	0 5001 Wheat	Ctoroh) Do	kina Codo		Banana Bro	ead - Single	Slice
	Vanilla Flavour, Iodise		u), Dallalla,	Suyar, St	Jui Ciean	I (Light Cream, Cun	.ure), _y	Cariola Oli, Na	alsing Agent (Min	erai Saits [40	oo, 500], willeat	Staticity, Da	King Soua,			Avg Qty	Avg Qty
	variilla i lavour, louise	u Oait														/Serve	/100g
						OR									Energy (kJ)	2570	1350
	Wheat Flour, Banana		•	-			ır Cream C	ulture], Egg , C	Canola Oil, Whole	Egg Powde	r, Raising Agent	ts (500, 450	, 170),		Energy (Cal)	616	324
	Wheat Starch, Flavou	,	e, Salt, Colou	ur (150d, F	Preservati	ve (220)).									Protein (g)	10.1	5.3
	Contains gluten, eggs														Fat, total (g)	25.8	13.6
	May contain traces of	soy, peanut	ts, tree nuts ,	, sulphites	s & sesam	e seeds.									Saturated Fat (g)	4.8	2.5
														_	Carbohydrate (g)	83.8	44.1
		Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours		Sugars (g)	49.8	26.2
		Υ	Υ	Υ	Т		T	T	Т	T	T	Υ	Υ		Sodium (mg)	388	204
Raisin Toast	RAISIN BREAD: Whe	at Flour, W	ater, Fruits*	(Raisins a	and/or Sul	tanas), Yeast , Whe	at Gluten,	Sugar, Iodised	d Salt, Soya Flo u	ır, Emulsifie	s (471, 481),				Raisin Toast - S	ingle Slice w	vith butter
	Vegetable Oil (Canola), Flavour, F	Preservative	(282), Mir	neral Salt	(170), Dough Condi	tioner (300), Vitamins (Th	niamin, Folic Acid), Enzymes.	,					Avg Qty	Avg Qty
																/Serve	/100g
	BUTTER: Cream, Wa	ter, Salt.													Energy (kJ)	1030	1240
		*Fruit used	subject to cl	hange due	e to availa	bility and seasonab	ility of prod	ucts.							Energy (Cal)	247	297
															Protein (g)	6.9	8.3
	Contains gluten, milk a	& soy.													Fat, total (g)	7.9	9.6
	May contain traces of	sesame see	eds.												Saturated Fat (g)	5.0	6.1
														_	Carbohydrate (g)	34.6	41.6
		Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours		Sugars (g)	11.3	13.6
		Υ		Y	Υ		T	T	Т		Υ	Y			Sodium (mg)	179	215
Raspberry & Pear Loaf with	RASPBERRY & PEAF	R I OAF: Wh	neat Flour S	ugar Ras	oberries	Faa Vegetable Oil	[Canola S	ov Antioxidan	t (319 306 320)	Antifoam (9	00a)1 Pears				Raspberry and	Pear Loaf w	ith Butter
Butter	lodised Salt Raising A			-3,	,	_ 33 , 1	[- , ,	. (, , ,	(*						Avg Qty	Avg Qty
	g.	·9-··· (),														/Serve	/100g
	BUTTER: Cream, Wa	ter. Salt.													Energy (kJ)	2390	1540
		,													Energy (Cal)	573	369
															Protein (g)	8.1	5.2
	Contains gluten, egg,	milk & sov.													Fat, total (g)	25.4	16.4
	May contain traces of		ee nuts and s	S											Saturated Fat (g)	5.1	3.3
	.,	p		-											Carbohydrate (g)	75.6	48.8
		Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	1	Sugars (g)	41.4	26.7
1		V		V	ν		Т.	т	Т	. ,		Y		1	Sodium (mg)	540	348

SAVORY ITEMS													_					
Cheese & Tomato Toasted				e Tomato									Cheese & Tomato To		ch - WHITE	Cheese & Tomat		
Sandwiches				,	ter Cultures,								В	READ		WHOLE	MEAL BREA	
				,				alt, Vinegar, Vegeta	,	,,	,			Avg Qty	Avg Qty		Avg Qty	Avg Qt
								, Folic Acid). O						/Serve	/100g		/Serve	/100g
	,	•	,	,	,	,	inegar, Ve	egetable Oil (Canola	a or Palm),	Soy Flour, Em	ulsifiers (481, 47	1, 472e),	Energy (kJ)	1250		Energy (kJ)	1170	787
	Minera	Salt (1	70), Vita	min (Thia	min, Folic Aci	d).							Energy (Cal)	298	201	Energy (Cal)	280	188
													Protein (g)	13.8	9.3	Protein (g)	13.9	9.3
													Fat, total (g)	8.6	5.8	Fat, total (g)	8.4	5.6
	Both va	riations	s of sand	wiches co	ntain gluten,	milk, soy a	& sesame	seeds.					Saturated Fat (g)	5.4	3.6	Saturated Fat (g)	5.4	3.6
													Carbohydrate (g)	39.4	26.6	Carbohydrate (g)	34.4	23.2
													Sugars (g)	3.5	2.4	Sugars (g)	3.0	2.0
													Sodium (mg)	548	369	Sodium (mg)	523	352
	Gluten	Faas	Milk	Soy	Fish &	Peanuts	Tree	Sesame Seeds	Sulphites	Preservative	Flavour	Colours						
		L99 5			Crustaea	Canalo	Nuts		Odipriitos	Ticocivative	Tiavoai	COIOUIS						
	Υ		Υ	Υ		T	T	Y										
Ham & Cheese Toasted	SLICE) HAM:	Pork, W	ater, Salt,	Acidity Regu	lators (326	5, 262), Sa	alt, Emulsifier (451)	, Sugar, De	extrose (Maize)	Antioxidant		Ham & Cheese Toa	sted Sandwich	ı - WHITE	Ham & Cheese	Toasted Sa	ndwich -
Sandwiches	(316), 3	Sodium	Nitrate (250), Cold	ours (160b).	•	,	,		` ,			В	READ		WHOLE	MEAL BREA	ΝD
	CHEE	· F OLIC	` . M!!!.	O=It Ot==	٠	Danast								Avg Qty	Avg Qty		Avg Qty	Avg Qty
	CHEES	E SLIC	<u>E:</u> WIIIK,	Sait, Star	ter Cultures,	Rennet.								/Serve	/100g		/Serve	/100g
	WHITE	BREA	D: Whea	t Flour, W	ater, Rye Me	al, Yeast,	lodised Sa	alt, Vinegar, Vegeta	ble Oil (Ca	anola or Palm),	Wheat Gluten,		Energy (kJ)	1430	921	Energy (kJ)	1350	870
	Soy Flo	our, Em	ulsifiers	(481, 471	, 472e), Mine	ral Salt (17	70), Vitami	in (Thiamin, Folic A	cid). C	R WHOLEM	EAL BREAD:		Energy (Cal)	343	220	Energy (Cal)	324	208
	Wholer	neal W	heat Floo	ır, Water,	Rye Meal, Y	east, Whe	at Gluten	, lodised Salt, Vine	gar, Vegeta	able Oil (Canola	a or Palm), Soy		Protein (g)	22.4	14.4	Protein (g)	22.5	14.5
	Flour, E	Emulsifi	ers (481,	471, 472	e), Mineral S	alt (170), \	/itamin (Tl	hiamin, Folic Acid).					Fat, total (g)	9.8	6.3	Fat, total (g)	9.5	6.1
													Saturated Fat (g)	5.8	3.7	Saturated Fat (g)	5.8	3.7
	Both va	riations	s of sand	wiches co	ntain gluten,	milk, soy a	& sesame	seeds.					Carbohydrate (g)	39.3	25.2	Carbohydrate (g)	34.4	22.0
													Sugars (g)	3.3	2.1	Sugars (g)	2.8	1.8
													Sodium (mg)	1210	777	Sodium (mg)	1180	761
						1			1	1								
				_	Fish &		Tree											
	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours						

Ham, Cheese & Tomato Toasted Sandwiches	TOMAT	O: Slice	ed Whole	e Tomato.									Ham, Cheese & Toma WHITE	to Toasted S BREAD	andwich -	Ham, Cheese Sandwich - W		
	SLICED Nitrate (Acidity Reg	ulators (326	5, 262), Sa	alt, Emulsifier (451)	, Sugar, De	extrose (Maize)	, Antioxidant (31	6), Sodium		Avg Qty /Serve	Avg Qty /100g		Avg Qty /Serve	Avg Qty /100g
	CHEES	E SLICE	<u>:</u> Milk,	Salt, Start	er Cultures,	Rennet.							Energy (kJ)	1460	732	Energy (kJ)	1380	692
	WHITE	BREAD	: Wheat	t Flour, W	ater, Rye M	eal, Yeast,	lodised S	alt, Vinegar, Vegeta	ble Oil (Ca	nola or Palm),	Wheat Gluten,	Soy Flour,	Energy (Cal)	349	175	Energy (Cal)	330	166
	Emulsifi	ers (481	1, 471, 4	72e), Min	eral Salt (17	0), Vitamin	(Thiamin	, Folic Acid). O	R <u>WHOL</u>	EMEAL BREA	D: Wholemeal W	heat Flour,	Protein (g)	22.9	11.5	Protein (g)	23.0	11.5
		•					negar, Ve	getable Oil (Canola	a or Palm),	Soy Flour, Em	ulsifiers (481, 47	1, 472e),	Fat, total (g)	9.8	4.9	Fat, total (g)	9.5	4.8
	Mineral	Salt (17	'0), Vita	min (Thiar	nin, Folic Ad	id).							Saturated Fat (g)	5.8	2.9	Saturated Fat (g)	5.8	2.9
													Carbohydrate (g)	40.1	20.1	Carbohydrate (g)	35.1	17.6
	Both var	riations	of sand	wiches co	ntain gluten,	milk, soy 8	sesame	seeds.					Sugars (g)	4.1	2.1	Sugars (g)	3.6	1.8
													Sodium (mg)	1210	607	Sodium (mg)	1190	595
	Gluten	Eggs	Milk	Soy	Fish &	Peanuts	Tree	Sesame Seeds	Sulphites	Preservative	Flavour	Colours						
	Υ		Υ	Υ		T	T	Υ		Υ		Υ						

FRIANDS AND MUFFINS																
Chocolate Friand														Choc	olate Friand - Glu	iten Free
	Sugar, Egg White (Egg Vegetable Fat (Soybea		*		,,.		er, Rice Flo	our, Cocoa Pov	wder, Dusting Sug	gar (Dextrose	e, Maize Starch,				Avg Qty /Serve	
	Contains eggs, milk, so	oy & tree πι	uts (almonds).										Energy (kJ)	1500	1869
	May contain traces of p	peanuts and	d tree nuts.											Energy (Cal	358	447
														Protein (g)	7.9	9.6
														Fat, total (g)	20.3	25.4
														Saturated Fa	. (3)	10.8
														Carbohydrai		43.1
		Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	Sugars (g)	25.9	32.4
			Υ	Υ	Υ	T	T	Υ						Sodium (mg) 40	50
Raspberry Friand		*	-	•		•	*	2			•			Raspl	erry Friand - Glu	uten Free
' '	Sugar, Gound Almonds	s, Egg Whit	te (Egg Whit	e, Stabilis	ers (415,	, 412, 1505)), Butte	r, Rice Flou	ır, Raspberry.						-	Avg Qty	
	•				•										/Serve	
	Contains eggs, milk & t	tree nuts (a	almonds).											Energy (kJ)	1390	1740
	May contain traces of p	oeanutsand	tree nuts.											Energy (Cal	333	416
														Protein (g)	7.8	9.7
														Fat, total (g)	13.2	16.5
														Saturated Fa	at (g) 4.7	5.9
														Carbohydrat	e (g) 44.5	55.6
		Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	Sugars (g)	25.6	32.0
			Υ	Υ			Т	Υ						Sodium (mg) 25	31
Apple & Cinnamon Mini														Apple	& Cinnamon Mi	ni Muffin
Muffin	APPLE & CINNAMON					•••			• ,			• /•			Avg Qty	
	Thickener (1422), Salt,	Milk Solid	ds, Cinnamoi	n, Raising	Agents (450, 500), Potato S	tarch, Emul	sifiers (Soy Le	ecithin, 471, 477,	, 481), Flavo	urs, Acidity Regu	ılator (330)	, Colour		/Serve	
	(160a).			٠										Energy (kJ)	441	1630
	ICING SUGAR: Cane S			Starch.										Energy (Cal		390
	Contains gluten, eggs,													Protein (g)	1.2	4.5
	May contain traces of p	peanuts, tre	ee nuts, sesa	me seeds										Fat, total (g)		19.0
														Saturated Fa	(0)	10.1
		01.1	-		0	T =: 1 0 0 1	I	- N.		0.1.11		-	0.1	Carbohydrat	(0)	49.0
		Gluten	Eggs	Milk	Soy	Fish & Crustaea	_	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	Sugars (g)	7.9	29.2
		Υ	Υ	Υ	Υ		T	T	T			Y	Y	Sodium (mg) 131	486
Orange and Poppyseed														Orang	je and Poppysee	ed Muffin
Muffin	Wheat Flour, Water, S									, Poppy See	ds , Salt, Raising	Agents (5)	00, 541),		Avg Qty	
	Emulsifiers (340, 435, 4	471, 472e,	477), Milk S	olids, Veg	etable O	il (Palm, Canola), O	at Fibre, Fl	avour, Colours	(102, 110).						/Serve	
														Energy (kJ)	1400	1120
	Contains gluten, eggs													Energy (Cal		252
	Contains gluten, eggs May contain traces of s		ts, tree nuts,	sesame s	eeds.									Protein (g)	4.8	3.8
			ts, tree nuts,	sesame s	eeds.									Protein (g) Fat, total (g)	4.8 2.4	3.8 1.9
			ts, tree nuts,	sesame s	eeds.									Protein (g) Fat, total (g) Saturated Fa	4.8 2.4 at (g) 0.8	3.8 1.9 0.6
		soy, peanut					1	<u> </u>	Ia - '	Louis .	I =			Protein (g) Fat, total (g) Saturated Fa Carbohydra	4.8 2.4 at (g) 0.8 e (g) 69.6	3.8 1.9 0.6 55.7
			ts, tree nuts,	sesame s	eeds. Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	Protein (g) Fat, total (g) Saturated Fa	4.8 2.4 at (g) 0.8 e (g) 69.6 25.1	3.8 1.9 0.6

Blueberry Muffin	Muffin Premix (Sugar,	Wheat Flo	ur, Vegetable	Oil (Em	ulsifiers (4	71, 477), Antioxidar	nt (322), Th	ickener (1422), Milk Solids, Ra	ising Agents	(450, 500), Pota	to Starch,	Salt,		Blueberry Muffi	n
•	Flavour, Emulsifier (48	1)), Egg , N	/largarine (Ve	egetable	Oils, Wate	er, Salt, Milk Solids,	Emulsifier	(471), Blueber	ries (14.2%), Wa	ter.	,				Avg Qty	Avg Qty
															/Serve	/100g
														Energy (kJ)	2430	1470
	Contains gluten, eggs,	milk, & so	y											Energy (Cal)	579	351
	May contain traces of p	eanuts, tre	ee nuts, sesa	me seed	ls.									Protein (g)	8.1	4.9
														Fat, total (g)	31.2	18.9
														Saturated Fa	(g) 14.0	8.5
														Carbohydrate	(g) 65.5	39.7
		Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	Sugars (g)	41.6	25.2
		Y	Y	Υ	Y		Т	Т	Т			Υ		Sodium (mg)	652	395
Mud Muffin	Sugar, Wheat Flour,	/ogotoblo	Eata and Oila	(Capala	Polm C	account) Egg Wate	r Coooo	Maltadaytrin T	hickonore (412 /	115 1422\	Milk Colido Doto	to Ctoroh			Mud Muffin	
Muu Mullii	Salt, Raising Agents (5															Ava Otv
	(1520), Antioxidant (30	. ,.	,	•	, ,	17 1, 4720, 477, 401,	492), Dex	1056, Flavours	, Colouis (122, 1	33, 1306, 13	ou, 155), Humed	lani			Avg Qty /Serve	Avg Qty /100g
	(1320), Antioxidant (30	<i>i</i>), Fieseiv	/alives (202,	220, 22)).									Energy (kJ)	2900	1760
	Contains gluten, eggs,	milk & co	v											Energy (Cal)	696	422
	May contain traces of p				lo and aule	hitoo								Protein (g)	7.1	4.3
	may contain traces or p	eanuts, tre	ee nuis, sesa	me seed	s and suip	rines								Fat, total (g)	32.3	19.6
														, (0)		5.9
														Saturated Fa	(3)	
		01.1	-		1 0	T =: 1 0 0 1	I	T 11.	Io o .	10111	I 5 "	I =:		Carbohydrate	(0)	57.2
		Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	Sugars (g)	64.0	38.8
		Y	Y	Υ	Y		<u> </u>		<u> </u>		Y	Y	Y	Sodium (mg)	437	265
Malaud Camad 9 Day 15 C																
vvainut Carrot & Bran Muff	in Sugar, Wheat Flour, C	arrots, Wa	ter, Vegetabl	e Oil (Ca	nola, Soy	bean Oil, Antioxidar	nt (319, 306	5, 320), Antifoa	am (900a)), Egg ,	Coconut, Wa	alnuts, Wheat B	ran, Raisir	ng Agent	Walni	t Carrot & Bran	Muffin
wainut Carrot & Bran Muff	in Sugar, Wheat Flour, C [Mineral Salts (541, 50)						nt (319, 306	i, 320), Antifoa	am (900a)), Egg ,	Coconut, Wa	alnuts, Wheat B	ran, Raisir	ng Agent	Walni	t Carrot & Bran Avg Qty	
IVVAINUT CARROT & BRAN MUTT							nt (319, 306	i, 320), Antifoa	am (900a)), Egg ,	Coconut, Wa	alnuts, Wheat B	ran, Raisir	ng Agent	Walni		
IVVAINUT CARPOT & BRAN MUff							nt (319, 306	i, 320), Antifoa	am (900a)), Egg ,	Coconut, Wa	alnuts, Wheat B	ran , Raisir	ng Agent	Walnu Energy (kJ)	Avg Qty	Avg Qty
yvainut Carrot & Bran Muff		O, 170), Ma	aize Flour), C				nt (319, 306	i, 320), Antifoa	am (900a)), Egg ,	Coconut, Wa	alnuts, Wheat B	ran , Raisir	ng Agent		Avg Qty /Serve	Avg Qty /100g
IVVAINUT CATPOT & Bran Muff	[Mineral Salts (541, 50	o, 170), Massoy & tree	aize Flour), C	innamor	, Flavour,		nt (319, 306	i, 320), Antifoa	am (900a)), Egg ,	Coconut, Wa	alnuts, Wheat B	ran , Raisir	ng Agent	Energy (kJ)	Avg Qty /Serve 2320	Avg Qty /100g 1450
Wainut Carrot & Bran Muff	[Mineral Salts (541, 50)] Contains gluten, eggs,	o, 170), Massoy & tree	aize Flour), C	innamor	, Flavour,		nt (319, 306	i, 320), Antifoa	am (900a)), Egg ,	Coconut, Wa	alnuts, Wheat B	ran, Raisir	ng Agent	Energy (kJ) Energy (Cal)	Avg Qty /Serve 2320 554	Avg Qty /100g 1450 347
wainut Carrot & Bran Muff	[Mineral Salts (541, 50)] Contains gluten, eggs,	o, 170), Massoy & tree	aize Flour), C	innamor	, Flavour,		nt (319, 306	i, 320), Antifoa	nm (900a)), Egg ,	Coconut, Wa	alnuts, Wheat B	r an , Raisir	ng Agent	Energy (kJ) Energy (Cal) Protein (g)	Avg Qty /Serve 2320 554 8.3 28.2	Avg Qty /100g 1450 347 5.2
Wainut Carrot & Bran Muff	[Mineral Salts (541, 50)] Contains gluten, eggs,	o, 170), Massoy & tree	aize Flour), C	innamor	, Flavour,		nt (319, 306	i, 320), Antifoa	nm (900a)), Egg ,	Coconut, W	alnuts, Wheat B	r an , Raisir	ng Agent	Energy (kJ) Energy (Cal) Protein (g) Fat, total (g)	Avg Qty /Serve 2320 554 8.3 28.2 (g) 8.0	Avg Qty /100g 1450 347 5.2 17.6
vvainut Carrot & Bran Muff	[Mineral Salts (541, 50)] Contains gluten, eggs,	o, 170), Massoy & tree	aize Flour), C nuts. ee nuts, milk	innamor	, Flavour, e seeds.		nt (319, 306	; 320), Antifoa	nm (900a)), Egg,			ran, Raisir	ng Agent	Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fal	Avg Qty /Serve 2320 554 8.3 28.2 (g) 8.0	Avg Qty /100g 1450 347 5.2 17.6 5.0
vvainut Carrot & Bran Muff	[Mineral Salts (541, 50)] Contains gluten, eggs,	o, 170), Massoy & tree	aize Flour), C	innamor	, Flavour,	lodised Salt.								Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fai Carbohydrate Sugars (g)	Avg Qty /Serve 2320 554 8.3 28.2 (g) 8.0 (g) 63.4	Avg Qty /100g 1450 347 5.2 17.6 5.0 39.6
CAKES / CHEESECAKES	[Mineral Salts (541, 50)] Contains gluten, eggs,	o, 170), Massoy & tree peanuts, tree	nuts. ee nuts, milk Eggs	& sesam	e seeds.	lodised Salt.	Peanuts	Tree Nuts	Sesame Seeds		Preservative	Flavour		Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fal Carbohydrate	Avg Qty /Serve 2320 554 8.3 28.2 (g) 8.0 (g) 63.4 35.8	Avg Qty /100g 1450 347 5.2 17.6 5.0 39.6 22.4
	[Mineral Salts (541, 50) Contains gluten, eggs, May contain traces of p	Soy & tree seanuts, tree	nuts. ee nuts, milk Eggs	& sesam	e seeds.	lodised Salt. Fish & Crustaea	Peanuts T	Tree Nuts Y	Sesame Seeds	Sulphites	Preservative Y	Flavour Y	Colours	Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fai Carbohydrate Sugars (g)	Avg Qty /Serve 2320 554 8.3 28.2 (g) 8.0 (g) 63.4 35.8	Avg Qty /100g 1450 347 5.2 17.6 5.0 39.6 22.4
CAKES / CHEESECAKES	[Mineral Salts (541, 50) Contains gluten, eggs, May contain traces of p	Soy & tree eanuts, tree Gluten Y anola Oil,	nuts. ee nuts, milk Eggs Y Sugar, Butter	& sesam	e seeds. Soy Y	Fish & Crustaea	Peanuts T	Tree Nuts Y	Sesame Seeds T Salt, Vegetable G	Sulphites ums (410, 4	Preservative Y 12), Starter Cultu	Flavour Y	Colours	Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fai Carbohydrate Sugars (g)	Avg Qty /Serve 2320 554 8.3 28.2 (g) 8.0 (g) 63.4 35.8 474 Carrot Cake	Avg Qty /100g 1450 347 5.2 17.6 5.0 39.6 22.4 296
CAKES / CHEESECAKES	[Mineral Salts (541, 50) Contains gluten, eggs, May contain traces of p	Soy & tree peanuts, tree Gluten Y anola Oil, Golden Sy	nuts. ee nuts, milk Eggs Y Sugar, Butter	& sesam Milk T r [Cream Diced Dr	e seeds. Soy Y Nater], I, Water], I	Fish & Crustaea Figg, Walnut, Crean se, Dextrose (Prese	Peanuts T n Cheese [i	Tree Nuts Y Milk, Cream, S 0)), Baking Po	Sesame Seeds T Salt, Vegetable G wder [Mineral Sa	Sulphites ums (410, 4	Preservative Y 12), Starter Cultu	Flavour Y	Colours	Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fai Carbohydrate Sugars (g)	Avg Qty /Serve 2320 554 8.3 28.2 (g) 8.0 (g) 63.4 35.8 474 Carrot Cake Avg Qty	Avg Qty /100g 1450 347 5.2 17.6 5.0 39.6 22.4 296
CAKES / CHEESECAKES	[Mineral Salts (541, 50) Contains gluten, eggs, May contain traces of p	Soy & tree peanuts, tree Gluten Y anola Oil, Golden Sy	nuts. ee nuts, milk Eggs Y Sugar, Butter	& sesam Milk T r [Cream Diced Dr	e seeds. Soy Y Nater], I, Water], I	Fish & Crustaea Figg, Walnut, Creanse, Dextrose (Prese	Peanuts T n Cheese [i	Tree Nuts Y Milk, Cream, S 0)), Baking Po	Sesame Seeds T Salt, Vegetable G wder [Mineral Sa	Sulphites ums (410, 4	Preservative Y 12), Starter Cultu	Flavour Y	Colours	Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fai Carbohydrate Sugars (g)	Avg Qty /Serve 2320 554 8.3 28.2 (g) 8.0 (g) 63.4 35.8 474 Carrot Cake	Avg Qty /100g 1450 347 5.2 17.6 5.0 39.6 22.4 296
CAKES / CHEESECAKES	[Mineral Salts (541, 50) Contains gluten, eggs, May contain traces of p	Soy & tree peanuts, tree Gluten Y anola Oil, Golden Sy	nuts. ee nuts, milk Eggs Y Sugar, Butter	& sesam Milk T r [Cream Diced Dr	e seeds. Soy Y Nater], I, Water], I	Fish & Crustaea Figg, Walnut, Creanse, Dextrose (Prese	Peanuts T n Cheese [i	Tree Nuts Y Milk, Cream, S 0)), Baking Po	Sesame Seeds T Salt, Vegetable G wder [Mineral Sa	Sulphites ums (410, 4	Preservative Y 12), Starter Cultu	Flavour Y	Colours	Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fal Carbohydrate Sugars (g) Sodium (mg)	Avg Qty /Serve 2320 554 8.3 28.2 (g) 8.0 (g) 63.4 35.8 474 Carrot Cake Avg Qty /Serve	Avg Qty /100g 1450 347 5.2 17.6 5.0 39.6 22.4 296 Avg Qty /100g
CAKES / CHEESECAKES	[Mineral Salts (541, 50) Contains gluten, eggs, May contain traces of particles of	Soy & tree eeanuts, tree Gluten Y anola Oil, Golden Sy r, Cinnamo	nuts. ee nuts, milk Eggs Y Sugar, Butterrup, Apricot I	& sesam	e seeds. Soy Y , Water], I led, Gluco d Cloves],	Fish & Crustaea Figg, Walnut, Creanse, Dextrose (Prese	Peanuts T n Cheese [i	Tree Nuts Y Milk, Cream, S 0)), Baking Po	Sesame Seeds T Salt, Vegetable G wder [Mineral Sa	Sulphites ums (410, 4	Preservative Y 12), Starter Cultu	Flavour Y	Colours	Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fal Carbohydrate Sugars (g) Sodium (mg) Energy (kJ) Energy (Cal)	Avg Qty /Serve 2320 554 8.3 28.2 (g) 8.0 (g) 63.4 35.8 474 Carrot Cake Avg Qty /Serve 2030	Avg Qty /100g 1450 347 5.2 17.6 5.0 39.6 22.4 296 Avg Qty /100g 1840
CAKES / CHEESECAKES	[Mineral Salts (541, 50) Contains gluten, eggs, May contain traces of particles of	Soy & tree evanuts, tree Gluten Y anola Oil, Golden Sy r, Cinnamo	nuts. ee nuts, milk Eggs Y Sugar, Butterrup, Apricot I an, Cassia, G	& sesam Milk T r [Cream Diced Dr inger An	e seeds. Soy Y , Water], I led, Gluco d Cloves],	Fish & Crustaea Figg, Walnut, Creanse, Dextrose (Prese	Peanuts T n Cheese [i	Tree Nuts Y Milk, Cream, S 0)), Baking Po	Sesame Seeds T Salt, Vegetable G wder [Mineral Sa	Sulphites ums (410, 4	Preservative Y 12), Starter Cultu	Flavour Y	Colours	Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat Carbohydrate Sugars (g) Sodium (mg) Energy (kJ) Energy (Cal) Protein (g)	Avg Qty /Serve 2320 554 8.3 28.2 (g) 8.0 (g) 63.4 35.8 474 Carrot Cake Avg Qty /Serve 2030 485 4.4	Avg Qty /100g 1450 347 5.2 17.6 5.0 39.6 22.4 296 Avg Qty /100g 1840 441 4.0
CAKES / CHEESECAKES	[Mineral Salts (541, 50) Contains gluten, eggs, May contain traces of particles of	Soy & tree evanuts, tree Gluten Y anola Oil, Golden Sy r, Cinnamo	nuts. ee nuts, milk Eggs Y Sugar, Butterrup, Apricot I an, Cassia, G	& sesam Milk T r [Cream Diced Dr inger An	e seeds. Soy Y , Water], I led, Gluco d Cloves],	Fish & Crustaea Figg, Walnut, Creanse, Dextrose (Prese	Peanuts T n Cheese [i	Tree Nuts Y Milk, Cream, S 0)), Baking Po	Sesame Seeds T Salt, Vegetable G wder [Mineral Sa	Sulphites ums (410, 4	Preservative Y 12), Starter Cultu	Flavour Y	Colours	Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat Carbohydrate Sugars (g) Sodium (mg) Energy (kJ) Energy (Cal) Protein (g) Fat, total (g)	Avg Qty /Serve 2320 554 8.3 28.2 (g) 8.0 (g) 63.4 35.8 474 Carrot Cake Avg Qty /Serve 2030 485 4.4 30.0	Avg Qty /100g 1450 347 5.2 17.6 5.0 39.6 22.4 296 Avg Qty /100g 1840 441 4.0 27.3
CAKES / CHEESECAKES	[Mineral Salts (541, 50) Contains gluten, eggs, May contain traces of particles of	Soy & tree evanuts, tree Gluten Y anola Oil, Golden Sy r, Cinnamo	nuts. ee nuts, milk Eggs Y Sugar, Butterrup, Apricot I an, Cassia, G	& sesam Milk T r [Cream Diced Dr inger An	e seeds. Soy Y , Water], I led, Gluco d Cloves],	Fish & Crustaea Figg, Walnut, Creanse, Dextrose (Prese	Peanuts T n Cheese [i	Tree Nuts Y Milk, Cream, S 0)), Baking Po	Sesame Seeds T Salt, Vegetable G wder [Mineral Sa	Sulphites ums (410, 4	Preservative Y 12), Starter Cultu	Flavour Y	Colours	Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat Carbohydrate Sugars (g) Sodium (mg) Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat	Avg Qty //Serve 2320 554 8.3 28.2 (g) 8.0 (g) 63.4 35.8 474 Carrot Cake Avg Qty //Serve 2030 485 4.4 30.0 (g) 7.5	Avg Qty /100g 1450 347 5.2 17.6 5.0 39.6 22.4 296 Avg Qty /100g 1840 441 4.0 27.3 6.8
CAKES / CHEESECAKES	[Mineral Salts (541, 50) Contains gluten, eggs, May contain traces of particles of	Gluten Y anola Oil, Golden Syr, Cinnamor milk, sulphoy, sesam	nuts. ee nuts, milk Eggs Y Sugar, Butter rrup, Apricot I nn, Cassia, G	& sesam Milk T r [Cream Diced Dr inger An uts (waln peanuts	se seeds. Soy Y Note of the seeds of the s	Fish & Crustaea Figg, Walnut, Crean se, Dextrose (Prese Mineral Salt (500),	Peanuts T n Cheese [i rvative (22 Thickener (Tree Nuts Y Milk, Cream, S 0)), Baking Po 1442, 1422),	Sesame Seeds T Salt, Vegetable G wder [Mineral Sa Egg Powder.	Sulphites ums (410, 4') lts (170, 450)	Preservative Y 12), Starter Cultu, 500), Wheat Si	Flavour Y re], Icing S tarch], Cinr	Colours ugar amon,	Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat Carbohydrate Sugars (g) Sodium (mg) Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat Carbohydrate	Avg Qty /Serve 2320 554 8.3 28.2 (g) 8.0 (g) 63.4 35.8 474 Carrot Cake Avg Qty /Serve 2030 485 4.4 30.0 (g) 7.5 (g) 48.7	Avg Qty /100g 1450 347 5.2 17.6 5.0 39.6 22.4 296 Avg Qty /100g 1840 441 4.0 27.3 6.8 44.3
CAKES / CHEESECAKES	[Mineral Salts (541, 50) Contains gluten, eggs, May contain traces of particles of	Soy & tree evanuts, tree Gluten Y anola Oil, Golden Sy r, Cinnamo	nuts. ee nuts, milk Eggs Y Sugar, Butterrup, Apricot I an, Cassia, G	& sesam Milk T r [Cream Diced Dr inger An	e seeds. Soy Y , Water], I led, Gluco d Cloves],	Fish & Crustaea Figg, Walnut, Creanse, Dextrose (Prese	Peanuts T n Cheese [i	Tree Nuts Y Milk, Cream, S 0)), Baking Po	Sesame Seeds T Salt, Vegetable G wder [Mineral Sa	Sulphites ums (410, 4') lts (170, 450)	Preservative Y 12), Starter Cultu	Flavour Y	Colours	Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat Carbohydrate Sugars (g) Sodium (mg) Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat	Avg Qty //Serve 2320 554 8.3 28.2 (g) 8.0 (g) 63.4 35.8 474 Carrot Cake Avg Qty //Serve 2030 485 4.4 30.0 (g) 7.5	Avg Qty /100g 1450 347 5.2 17.6 5.0 39.6 22.4 296 Avg Qty /100g 1840 441 4.0 27.3 6.8

Individual Warm Double	Sugar, Wheat Flour, Th	nickened C	ream [Crean	n, Milk, N	Ineral Sa	alt (450, 500) Stabilis	ser (400)], (Canola Oil, Mil	k Compound Cho	colate [Suga	r, Vegetable Fat	(Palm), Co	ocoa	,	Warm Doubl	e Chocolate	Cake
Chocolate Cake	(Sulphites), Whey Po	wder, Skim	n Milk Powde	er, Emuls	ifiers (49	2, Soy Lecithin, 476	i), Vanillin],	Milk, White C	ompound Chocola	ate [Sugar, F	Palm Oil, Whey F	owder, Sk	im Milk			Avg Qty	Avg Qty
	Powder, Stabiliser (492), Soy Led	ithin, Flavou	r], Cocoa,	, Butter [Cream, Water], Egg	, Malt Extra	ct [Barley , Ma	alted Barley, Colo	ur (150c), S	oy Lecithin], Cre	am Cheese	e [Milk,			/Serve	/100g
	Cream, Salt, Vegetable	Gums (41	10, 412), Star	ter Cultur	re], Cocoi	nut Oil, Mineral Salt	(500), Suga	red Egg Yolk	, Flavour, Vegeta	ble Gum (41	5).			Energy	y (kJ)	1880	1710
														Energy	y (Cal)	450	409
														Protein	n (g)	3.9	3.5
	Contains gluten, eggs,													Fat, tot	otal (g)	26.3	23.9
	May contain traces of s	esame see	eds, peanuts	& tree nu	ıts (almor	nds & hazelnuts).								Satura	ated Fat (g)	13.2	12.0
														Carboh	hydrate (g)	48.6	44.2
		Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	Sugars	s (g)	37.3	33.9
		Υ	Y	Υ	Υ		T	T	Т	Υ	Υ	Υ	Υ	Sodiun	m (mg)	300	273
Individual Cookies & Cream															Cookies & C	ream Chees	ecake
Cheesecake	Lecithin, Corn Starch, F															Avg Qty	Avg Qty
	Fat Cream, Gelatine, C		hite Chocola	te Chips	[Sugar, N	lilk Solids, Cocoa B	utter, Milk	at, Soy Lecit	hin], Lemon Conc	entrate [Lem	on Juice, Lemor	Oil, Acidit	у			/Serve	/100g
	Regulators (330, 300)],	Flavours.												Energy	, , ,	2610	2010
														Energy	, ,	625	481
														Protein	(0)	5.3	4.1
	Contains gluten, milk &													Fat, tot	otal (g)	48.6	37.4
	May contain traces of e	gg, sulphit	es, sesame s	seeds, pe	anuts & t	ree nuts								Satura	ated Fat (g)	30.9	23.8
														Carboh	hydrate (g)	41.5	31.9
		Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	Sugars	, (0)	27.0	20.8
		Gluten Y	Eggs T	Milk Y	Soy	Fish & Crustaea	Peanuts T	Tree Nuts	Sesame Seeds T	Sulphites T	Preservative T	Flavour Y	Colours Y		s (g)	27.0 287	20.8
Individual Raspberry	Cream Cheese [Milk, C	Υ	T	Y	Y		Т	T	Т	T	T	Y	Υ	Sugars	m (mg)		221
Individual Raspberry Cheesecake	Cream Cheese [Milk, C	Y Cream, Sal	T t, Vegetable	Y Gums (4	Y 10, 412),	Starter Culture], Ras	T spberry Filli	T ng [Raspberry	T, Apple Juice, Sug	T gar, Thicken	T er (1422), Vegeta	Y able Gum (440), Food	Sugars	m (mg)	287	221
	•	Y Cream, Sal	t, Vegetable (202), Minera	Y Gums (4 ² al Salts (5	Y 10, 412), 609), Colo	Starter Culture], Ras our (122)], Thickened	T spberry Filli d Cream [C	T ng [Raspberry ream, Milk, M	T , Apple Juice, Sug lineral Salt (450, 5	T gar, Thicken 500) Stabilise	T er (1422), Vegeta er (400)], Sugar,	Y able Gum (Biscuit Cru	Y 440), Food Imb [Wheat	Sugars	m (mg)	287 y Cheeseca	221 ke
	Acid (330), Flavour, Pre	Y Cream, Sal eservative (Antioxidar	T t, Vegetable (202), Minera ts (307-Soy	Gums (4 ⁻ al Salts (5 , 322-Soy	Y 10, 412), 609), Colc y), Golder	Starter Culture], Ras our (122)], Thickened on Syrup, Coconut, N	T spberry Filli d Cream [C lilk Solids,	T ng [Raspberry ream, Milk, M Mineral Salts (T , Apple Juice, Sug lineral Salt (450, 5 500, 450, 503), Fl	T gar, Thickene 500) Stabilise lavours)], E ç	T er (1422), Vegeta er (400)], Sugar, gg, Sour Light Cr	Y able Gum (Biscuit Cru eam [Redu	Y 440), Food imb [Wheat uced Fat	Sugars	s (g) m (mg) Raspberr	287 Ty Cheeseca Avg Qty	221 ke Avg Qty
	Acid (330), Flavour, Pre Flour, Sugar, Palm Oil (Y Cream, Sal eservative (Antioxidar re], Butter	T t, Vegetable (202), Minera ts (307-Soy [Cream, Wa	Gums (4 ⁻ al Salts (5 , 322-Soy	Y 10, 412), 609), Colc y), Golder	Starter Culture], Ras our (122)], Thickened on Syrup, Coconut, N	T spberry Filli d Cream [C lilk Solids,	T ng [Raspberry ream, Milk, M Mineral Salts (T , Apple Juice, Sug lineral Salt (450, 5 500, 450, 503), Fl	T gar, Thickene 500) Stabilise lavours)], E ç	T er (1422), Vegeta er (400)], Sugar, gg, Sour Light Cr	Y able Gum (Biscuit Cru eam [Redu	Y 440), Food imb [Wheat uced Fat	Sugars Sodiun	s (g) m (mg) Raspberr	287 Ty Cheeseca Avg Qty /Serve	221 ke Avg Qty /100g
	Acid (330), Flavour, Pre Flour, Sugar, Palm Oil (Cream, Gelatine, Cultu (202)], Flavour, Vegeta	Y Cream, Sal eservative (Antioxidar re], Butter ble Gum (4)	t, Vegetable (202), Minera its (307-Soy [Cream, Wai	Gums (4 ⁻ al Salts (5 , 322-Soy	Y 10, 412), 609), Colc y), Golder	Starter Culture], Ras our (122)], Thickened on Syrup, Coconut, N	T spberry Filli d Cream [C lilk Solids,	T ng [Raspberry ream, Milk, M Mineral Salts (T , Apple Juice, Sug lineral Salt (450, 5 500, 450, 503), Fl	T gar, Thickene 500) Stabilise lavours)], E ç	T er (1422), Vegeta er (400)], Sugar, gg, Sour Light Cr	Y able Gum (Biscuit Cru eam [Redu	Y 440), Food imb [Wheat uced Fat	Sugars Sodiun Energy Energy	s (g) m (mg) Raspberr y (kJ) y (Cal)	y Cheeseca Avg Qty /Serve 2230 533	221 ke Avg Qty /100g 1440 344
	Acid (330), Flavour, Pre Flour, Sugar, Palm Oil (Cream, Gelatine, Cultu (202)], Flavour, Vegeta Contains gluten, eggs,	Y Cream, Saleservative (Antioxidar re), Butter ble Gum (4 milk & soy.)	t, Vegetable (202), Minera ats (307-Soy [Cream, Wat 115).	Y Gums (4' al Salts (5 , 322-Soy ter], Thick	Y 10, 412), 609), Colder y), Golder kener (14	Starter Culture], Ra: sur (122)], Thickened n Syrup, Coconut, N 22), Glaze [Sugar, V	T spberry Filli d Cream [C lilk Solids,	T ng [Raspberry ream, Milk, M Mineral Salts (T , Apple Juice, Sug lineral Salt (450, 5 500, 450, 503), Fl	T gar, Thickene 500) Stabilise lavours)], E ç	T er (1422), Vegeta er (400)], Sugar, gg, Sour Light Cr	Y able Gum (Biscuit Cru eam [Redu	Y 440), Food imb [Wheat uced Fat	Sugars Sodiun Energy Energy Protein	s (g) m (mg) Raspbern y (kJ) y (Cal) n (g)	287 y Cheeseca Avg Qty /Serve 2230 533 9.5	221 ke Avg Qty /100g 1440 344 6.1
	Acid (330), Flavour, Pre Flour, Sugar, Palm Oil (Cream, Gelatine, Cultu (202)], Flavour, Vegeta	Y Cream, Saleservative (Antioxidar re), Butter ble Gum (4 milk & soy.)	t, Vegetable (202), Minera ats (307-Soy [Cream, Wat 115).	Y Gums (4' al Salts (5 , 322-Soy ter], Thick	Y 10, 412), 609), Colder y), Golder kener (14	Starter Culture], Ra: sur (122)], Thickened n Syrup, Coconut, N 22), Glaze [Sugar, V	T spberry Filli d Cream [C lilk Solids,	T ng [Raspberry ream, Milk, M Mineral Salts (T , Apple Juice, Sug lineral Salt (450, 5 500, 450, 503), Fl	T gar, Thickene 500) Stabilise lavours)], E ç	T er (1422), Vegeta er (400)], Sugar, gg, Sour Light Cr	Y able Gum (Biscuit Cru eam [Redu	Y 440), Food imb [Wheat uced Fat	Sugars Sodiun Energy Energy Protein Fat, tot	s (g) m (mg) Raspberr y (kJ) y (Cal) n (g)	287 y Cheeseca Avg Qty /Serve 2230 533 9.5 36.9	221 ke Avg Qty /100g 1440 344 6.1 23.8
	Acid (330), Flavour, Pre Flour, Sugar, Palm Oil (Cream, Gelatine, Cultu (202)], Flavour, Vegeta Contains gluten, eggs,	Y Cream, Saleservative (Antioxidar re), Butter ble Gum (4 milk & soy.)	t, Vegetable (202), Minera ats (307-Soy [Cream, Wat 115).	Y Gums (4' al Salts (5 , 322-Soy ter], Thick	Y 10, 412), 609), Colder y), Golder kener (14	Starter Culture], Ra: sur (122)], Thickened n Syrup, Coconut, N 22), Glaze [Sugar, V	T spberry Filli d Cream [C lilk Solids,	T ng [Raspberry ream, Milk, M Mineral Salts (T , Apple Juice, Sug lineral Salt (450, 5 500, 450, 503), Fl	T gar, Thickene 500) Stabilise lavours)], E ç	T er (1422), Vegeta er (400)], Sugar, gg, Sour Light Cr	Y able Gum (Biscuit Cru eam [Redu	Y 440), Food imb [Wheat uced Fat	Energy Energy Protein Fat, tot Saturat	s (g) m (mg) Raspberr y (kJ) y (Cal) n (g) otal (g) ated Fat (g)	287 y Cheeseca Avg Qty /Serve 2230 533 9.5 36.9 24.3	221 ke Avg Qty /100g 1440 344 6.1 23.8 15.7
	Acid (330), Flavour, Pre Flour, Sugar, Palm Oil (Cream, Gelatine, Cultu (202)], Flavour, Vegeta Contains gluten, eggs,	Y Cream, Saleservative (Antioxidar re), Butter ble Gum (4 milk & soy. ulphites, se	T t, Vegetable (202), Minera (207-Soy) [Cream, Wai (115). eesame seeds	Y Gums (4' al Salts (5, , 322-Soy ter], Thick s, tree nut	Y 10, 412), 609), Colder y), Golder kener (14.	Starter Culture], Rai vur (122)], Thickened n Syrup, Coconut, N 22), Glaze [Sugar, V	T spberry Filli d Cream [C lilk Solids, Vater, Gellii	T ng [Raspberry ream, Milk, N Mineral Salts (ng Agents (40)	T , Apple Juice, Sug lineral Salt (450, 5 500, 450, 503), FI 7, 440), Acidifier (3	T gar, Thickenn 500) Stabilise lavours)], Eg 330), Acidity	T er (1422), Vegeta er (400)], Sugar, gg, Sour Light Cr Regulators (331	Y able Gum (Biscuit Cru eam [Redu , 341) Pres	Y 440), Food amb [Wheat aced Fat servative	Energy Energy Protein Fat, tot Satural Carboh	y (kJ) y (Cal) n (g) stat (g) hydrate (g)	287 y Cheeseca Avg Qty /Serve 2230 533 9.5 36.9 24.3 40.8	221 ke Avg Qty /100g 1440 344 6.1 23.8 15.7 26.3
	Acid (330), Flavour, Pre Flour, Sugar, Palm Oil (Cream, Gelatine, Cultu (202)], Flavour, Vegeta Contains gluten, eggs,	Y Cream, Saleservative (Antioxidar re), Butter ble Gum (4 milk & soy.)	t, Vegetable (202), Minera ats (307-Soy [Cream, Wat 115).	Y Gums (4' al Salts (5 , 322-Soy ter], Thick	Y 10, 412), 609), Colder y), Golder kener (14	Starter Culture], Ra: sur (122)], Thickened n Syrup, Coconut, N 22), Glaze [Sugar, V	T spberry Filli d Cream [C lilk Solids,	T ng [Raspberry ream, Milk, M Mineral Salts (T , Apple Juice, Sug lineral Salt (450, 5 500, 450, 503), Fl	T gar, Thickenn 500) Stabilise lavours)], Eg 330), Acidity	T er (1422), Vegeta er (400)], Sugar, gg, Sour Light Cr	Y able Gum (Biscuit Cru eam [Redu	Y 440), Food imb [Wheat uced Fat	Energy Energy Protein Fat, tot Saturat	s (g) m (mg) Raspberr y (kJ) y (Cal) n (g) otal (g) ated Fat (g) hydrate (g) s (g)	287 y Cheeseca Avg Qty /Serve 2230 533 9.5 36.9 24.3	221 ke Avg Qty /100g 1440 344 6.1 23.8 15.7
	Acid (330), Flavour, Pre Flour, Sugar, Palm Oil (Cream, Gelatine, Cultu (202)], Flavour, Vegeta Contains gluten, eggs, May contain traces of s	Y Cream, Sal sservative 'Antioxidar re], Butter ble Gum (4 milk & soy, ulphites, si Gluten Y	T t, Vegetable (202), Minera his (307-Soy [Cream, Wai 115). esame seeds Eggs Y	Y Gums (4' al Salts (5, 322-Soy ter], Thick s, tree nut Milk Y	Y 10, 412), 009), Colc v), Golder kener (14.	Starter Culture], Ra: ur (122)], Thickener n Syrup, Coconut, N 22), Glaze [Sugar, V uts Fish & Crustaea	T spberry Filli d Cream [C lilk Solids, Vater, Gellii Peanuts T	T ng [Raspberry ream, Milk, N Mineral Salts (ng Agents (40) Tree Nuts T	T , Apple Juice, Suglineral Salt (450, 5500, 450, 503), Fl 7, 440), Acidifier (5	T gar, Thickent 500) Stabilise lavours)], Eg 330), Acidity Sulphites T	T er (1422), Vegeta er (400)], Sugar, gg, Sour Light Cr Regulators (331) Preservative Y	Y able Gum (Biscuit Cru eam [Redu, , 341) Pres	Y 440), Food amb [Wheat aced Fat servative Colours Y	Energy Energy Protein Fat, tot Satural Carboh Sugars	s (g) m (mg) Raspbern y (kJ) y (Cal) n (g) otal (g) ated Fat (g) hydrate (g) s (g) m (mg)	287 y Cheeseca Avg Qty /Serve 2230 533 9.5 36.9 24.3 40.8 31.0	221 ke Avg Qty /100g 1440 344 6.1 23.8 15.7 26.3 20.0 208
Cheesecake	Acid (330), Flavour, Pre Flour, Sugar, Palm Oil (Cream, Gelatine, Cultu (202)], Flavour, Vegeta Contains gluten, eggs,	Y Cream, Sal servative Antioxidar re], Butter ble Gum (4 milk & soy, ulphites, so Gluten Y Drange Pa	T t, Vegetable (202), Minera his (307-Soy [Cream, Wai 115). esame seeds Eggs Y ste (Oranges	Y Gums (4' al Salts (5, 322-Soy ter], Thick s, tree nut Milk Y	Y 10, 412), 609), Color (I), Golder (I), G	Starter Culture], Ra: pur (122)], Thickener n Syrup, Coconut, N 22), Glaze [Sugar, V uts Fish & Crustaea gent (440), Preserv.	T spberry Filli d Cream [C lilk Solids, Vater, Gellii Peanuts T ative (202))	T ng [Raspberry ream, Milk, N Mineral Salts (ng Agents (40) Tree Nuts T Water, Thick	T , Apple Juice, Suglineral Salt (450, 5500, 450, 503), Fl 7, 440), Acidifier (3	T gar, Thickens 500) Stabilise lavours)], Eg 330), Acidity Sulphites T gge Colour &	T er (1422), Vegeta er (400)], Sugar, gg, Sour Light Cr Regulators (331) Preservative Y Flavour [Water,	Y Able Gum (Biscuit Cru eam [Redu, , 341) Pres Flavour Y Flavours, \(\)	Y 440), Food amb [Wheat aced Fat servative Colours Y	Energy Energy Protein Fat, tot Satural Carboh Sugars	s (g) m (mg) Raspbern y (kJ) y (Cal) n (g) otal (g) ated Fat (g) hydrate (g) s (g) m (mg)	287 ry Cheeseca Avg Qty /Serve 2230 533 9.5 36.9 24.3 40.8 31.0 322	221 ke Avg Qty /100g 1440 344 6.1 23.8 15.7 26.3 20.0 208
Cheesecake	Acid (330), Flavour, Pre Flour, Sugar, Palm Oil (Cream, Gelatine, Cultu (202)], Flavour, Vegeta Contains gluten, eggs, May contain traces of s	Y Cream, Sal eservative Antioxidar re], Butter legal Butter Antioxidar rel, Butter legal Butter Amilk & soy, ulphites, so Gluten Y Drange Pa: 12, 110), E	T t, Vegetable (202), Minera his (307-Soy [Cream, Wai 115). esame seeds Eggs Y ste (Oranges mulsifier (433	Y Gums (4'al Salts (5, 322-Soy ter], Thick s, tree nut Milk Y s, Sugar, 33, Food A	Y 10, 412), 109), Colc 109), Golder 114, Soy 115 115 115 115 115 115 115 115 115 11	Starter Culture], Ra: ur (122)], Thickener n Syrup, Coconut, N 22), Glaze [Sugar, V uts Fish & Crustaea gent (440), Preserv.), Preservatives (20)	T spberry Filli d Cream [C lilk Solids, Vater, Gellii Peanuts T ative (202)) 2, 211)], Ca	T ng [Raspberry ream, Milk, N Mineral Salts (ng Agents (40) Tree Nuts T , Water, Thick nola Oil, Dark	T , Apple Juice, Suglineral Salt (450, 5500, 450, 503), Fl 7, 440), Acidifier (3	T gar, Thickens 500) Stabilise lavours)], Eg 330), Acidity Sulphites T ge Colour & ation [Sugar,	T er (1422), Vegeta er (400)], Sugar, gg, Sour Light Cr Regulators (331) Preservative Y Flavour [Water, Cocoa Mass, Co	Y Able Gum (Biscuit Cru eam [Redu, , 341) Pres Flavour Y Flavours, \(\)	Y 440), Food amb [Wheat aced Fat servative Colours Y	Energy Energy Protein Fat, tot Satural Carboh Sugars	s (g) m (mg) Raspbern y (kJ) y (Cal) n (g) otal (g) ated Fat (g) hydrate (g) s (g) m (mg)	287 ry Cheeseca Avg Qty /Serve 2230 533 9.5 36.9 24.3 40.8 31.0 322 d Almond C	221 ke Avg Qty /100g 1440 344 6.1 23.8 15.7 26.3 20.0 208
Cheesecake	Acid (330), Flavour, Pre Flour, Sugar, Palm Oil (Cream, Gelatine, Cultu (202)], Flavour, Vegeta Contains gluten, eggs, May contain traces of s	Y Cream, Sal eservative Antioxidar re], Butter legal Butter Antioxidar rel, Butter legal Butter Amilk & soy, ulphites, so Gluten Y Drange Pa: 12, 110), E	T t, Vegetable (202), Minera his (307-Soy [Cream, Wai 115). esame seeds Eggs Y ste (Oranges mulsifier (433	Y Gums (4'al Salts (5, 322-Soy ter], Thick s, tree nut Milk Y s, Sugar, 33, Food A	Y 10, 412), 109), Colc 109), Golder 114, Soy 115 115 115 115 115 115 115 115 115 11	Starter Culture], Ra: ur (122)], Thickener n Syrup, Coconut, N 22), Glaze [Sugar, V uts Fish & Crustaea gent (440), Preserv.), Preservatives (20)	T spberry Filli d Cream [C lilk Solids, Vater, Gellii Peanuts T ative (202)) 2, 211)], Ca	T ng [Raspberry ream, Milk, N Mineral Salts (ng Agents (40) Tree Nuts T , Water, Thick nola Oil, Dark	T , Apple Juice, Suglineral Salt (450, 5500, 450, 503), Fl 7, 440), Acidifier (3	T gar, Thickens 500) Stabilise lavours)], Eg 330), Acidity Sulphites T ge Colour & ation [Sugar,	T er (1422), Vegeta er (400)], Sugar, gg, Sour Light Cr Regulators (331) Preservative Y Flavour [Water, Cocoa Mass, Co	Y Able Gum (Biscuit Cru eam [Redu, , 341) Pres Flavour Y Flavours, \(\)	Y 440), Food amb [Wheat aced Fat servative Colours Y	Energy Energy Protein Fat, tot Satural Carboh Sugars	s (g) m (mg) Raspbern y (kJ) y (Cal) n (g) otal (g) ated Fat (g) hydrate (g) s (g) m (mg) Orange an	287 ry Cheeseca Avg Qty /Serve 2230 533 9.5 36.9 24.3 40.8 31.0 322 d Almond C Avg Qty	221 ke Avg Qty /100g 1440 344 6.1 23.8 15.7 26.3 20.0 208 ake Avg Qty
Cheesecake	Acid (330), Flavour, Pre Flour, Sugar, Palm Oil (Cream, Gelatine, Cultu (202)], Flavour, Vegeta Contains gluten, eggs, May contain traces of s	Y Cream, Sal eservative Antioxidar re], Butter legal Butter Antioxidar rel, Butter legal Butter Amilk & soy, ulphites, so Gluten Y Drange Pa: 12, 110), E	T t, Vegetable (202), Minera his (307-Soy [Cream, Wai 115). esame seeds Eggs Y ste (Oranges mulsifier (433	Y Gums (4'al Salts (5, 322-Soy ter], Thick s, tree nut Milk Y s, Sugar, 33, Food A	Y 10, 412), 109), Colc 109), Golder 114, Soy 115 115 115 115 115 115 115 115 115 11	Starter Culture], Ra: ur (122)], Thickener n Syrup, Coconut, N 22), Glaze [Sugar, V uts Fish & Crustaea gent (440), Preserv.), Preservatives (20)	T spberry Filli d Cream [C lilk Solids, Vater, Gellii Peanuts T ative (202)) 2, 211)], Ca	T ng [Raspberry ream, Milk, N Mineral Salts (ng Agents (40) Tree Nuts T , Water, Thick nola Oil, Dark	T , Apple Juice, Suglineral Salt (450, 5500, 450, 503), Fl 7, 440), Acidifier (3	T gar, Thickens 500) Stabilise lavours)], Eg 330), Acidity Sulphites T ge Colour & ation [Sugar,	T er (1422), Vegeta er (400)], Sugar, gg, Sour Light Cr Regulators (331) Preservative Y Flavour [Water, Cocoa Mass, Co	Y Able Gum (Biscuit Cru eam [Redu, , 341) Pres Flavour Y Flavours, \(\)	Y 440), Food amb [Wheat aced Fat servative Colours Y	Energy Energy Protein Fat, tot Satural Carbor Sugars Sodiun	s (g) m (mg) Raspbern y (kJ) y (Cal) n (g) stal (g) ated Fat (g) hydrate (g) s (g) m (mg) Orange an	287 ry Cheeseca Avg Qty /Serve 2230 533 9.5 36.9 24.3 40.8 31.0 322 d Almond C Avg Qty /Serve	221 ke Avg Qty /100g 1440 344 6.1 23.8 15.7 26.3 20.0 208 ake Avg Qty /100g
Cheesecake	Acid (330), Flavour, Pre Flour, Sugar, Palm Oil (Cream, Gelatine, Cultu (202)], Flavour, Vegeta Contains gluten, eggs, May contain traces of s	Y Cream, Sal Seservative (Antioxidar re], Butter ble Gum (4 milk & soy, ulphites, so Gluten Y Drange Pa 12, 110), E ng Powder	T t, Vegetable (202), Minera his (307-Soy [Cream, Wat 115). esame seeds Eggs Y ste (Oranges mulsifier (433 [Rice Flour,	Y Gums (4'al Salts (5, 322-Soy ter], Thick s, tree nut Milk Y s, Sugar, 33, Food A	Y 10, 412), 109), Colc 109), Golder 114, Soy 115 115 115 115 115 115 115 115 115 11	Starter Culture], Ra: ur (122)], Thickener n Syrup, Coconut, N 22), Glaze [Sugar, V uts Fish & Crustaea gent (440), Preserv.), Preservatives (20)	T spberry Filli d Cream [C lilk Solids, Vater, Gellii Peanuts T ative (202)) 2, 211)], Ca	T ng [Raspberry ream, Milk, N Mineral Salts (ng Agents (40) Tree Nuts T , Water, Thick nola Oil, Dark	T , Apple Juice, Suglineral Salt (450, 5500, 450, 503), Fl 7, 440), Acidifier (3	T gar, Thickens 500) Stabilise lavours)], Eg 330), Acidity Sulphites T ge Colour & ation [Sugar,	T er (1422), Vegeta er (400)], Sugar, gg, Sour Light Cr Regulators (331) Preservative Y Flavour [Water, Cocoa Mass, Co	Y Able Gum (Biscuit Cru eam [Redu, , 341) Pres Flavour Y Flavours, \(\)	Y 440), Food amb [Wheat aced Fat servative Colours Y	Energy Energy Protein Fat, tot Satural Carbor Sugars Sodiun	s (g) m (mg) Raspbern y (kJ) y (Cal) n (g) otal (g) ated Fat (g) hydrate (g) s (g) m (mg) Orange an	287 ry Cheeseca Avg Qty /Serve 2230 533 9.5 36.9 24.3 40.8 31.0 322 d Almond C Avg Qty /Serve 1320	221 ke Avg Qty /100g 1440 344 6.1 23.8 15.7 26.3 20.0 208 ake Avg Qty /100g 1230
Cheesecake	Acid (330), Flavour, Pre Flour, Sugar, Palm Oil (Cream, Gelatine, Cultu (202)], Flavour, Vegeta Contains gluten, eggs, May contain traces of s Egg, Sugar, Almond, (Gum (415), Colours (10 Lecithin, Flavour], Bakin	Y Cream, Sal Seservative (Antioxidar re], Butter ble Gum (4 milk & soy, ulphites, so Gluten Y Orange Pa 12, 110), E 19 Powder	T t, Vegetable (202), Minera tts (307-Soy [Cream, Wai 115). Eggs Y ste (Oranges mulsifier (433 [Rice Flour,	Y Gums (4'al Salts (5, 322-Soy ter], Thick s, tree null Milk Y s, Sugar, 3), Food A Mineral S	Y 10, 412), 109), Color 1), Golder 1), Golder 1, Golder 14 15 & pean 15 Soy 17 16 Gelling A 16 Acid (330) 26 alts (500)	Starter Culture], Ra: ur (122)], Thickener n Syrup, Coconut, N 22), Glaze [Sugar, V uts Fish & Crustaea gent (440), Preserv.), Preservatives (20)	T spberry Filli d Cream [C lilk Solids, Vater, Gellii Peanuts T ative (202)) 2, 211)], Ca	T ng [Raspberry ream, Milk, N Mineral Salts (ng Agents (40) Tree Nuts T , Water, Thick nola Oil, Dark	T , Apple Juice, Suglineral Salt (450, 5500, 450, 503), Fl 7, 440), Acidifier (3	T gar, Thickens 500) Stabilise lavours)], Eg 330), Acidity Sulphites T ge Colour & ation [Sugar,	T er (1422), Vegeta er (400)], Sugar, gg, Sour Light Cr Regulators (331) Preservative Y Flavour [Water, Cocoa Mass, Co	Y Able Gum (Biscuit Cru eam [Redu, , 341) Pres Flavour Y Flavours, \(\)	Y 440), Food amb [Wheat aced Fat servative Colours Y	Energy Energy Protein Fat, tot Satural Carboh Sugars Sodiun Energy Energy Protein	s (g) m (mg) Raspberr y (kJ) y (Cal) n (g) stal (g) stal (g) sty (g) m (mg) Orange an y (kJ) y (Cal) n (g)	287 ry Cheeseca Avg Qty /Serve 2230 533 9.5 36.9 24.3 40.8 31.0 322 d Almond C Avg Qty /Serve 1320 316	221 ke Avg Qty /100g 1440 344 6.1 23.8 15.7 26.3 20.0 208 ake Avg Qty /100g 1230 293
Cheesecake	Acid (330), Flavour, Pre Flour, Sugar, Palm Oil (Cream, Gelatine, Cultu (202)], Flavour, Vegeta Contains gluten, eggs, May contain traces of s Egg, Sugar, Almond, Gum (415), Colours (10 Lecithin, Flavour], Bakin	Y Cream, Sal Seservative (Antioxidar re], Butter ble Gum (4 milk & soy, ulphites, so Gluten Y Orange Pa 12, 110), E 19 Powder	T t, Vegetable (202), Minera tts (307-Soy [Cream, Wai 115). Eggs Y ste (Oranges mulsifier (433 [Rice Flour,	Y Gums (4'al Salts (5, 322-Soy ter], Thick s, tree null Milk Y s, Sugar, 3), Food A Mineral S	Y 10, 412), 109), Color 1), Golder 1), Golder 1, Golder 14 15 & pean 15 Soy 17 16 Gelling A 16 Acid (330) 26 alts (500)	Starter Culture], Ra: ur (122)], Thickener n Syrup, Coconut, N 22), Glaze [Sugar, V uts Fish & Crustaea gent (440), Preserv.), Preservatives (20)	T spberry Filli d Cream [C lilk Solids, Vater, Gellii Peanuts T ative (202)) 2, 211)], Ca	T ng [Raspberry ream, Milk, N Mineral Salts (ng Agents (40) Tree Nuts T , Water, Thick nola Oil, Dark	T , Apple Juice, Suglineral Salt (450, 5500, 450, 503), Fl 7, 440), Acidifier (3	T gar, Thickens 500) Stabilise lavours)], Eg 330), Acidity Sulphites T ge Colour & ation [Sugar,	T er (1422), Vegeta er (400)], Sugar, gg, Sour Light Cr Regulators (331) Preservative Y Flavour [Water, Cocoa Mass, Co	Y Able Gum (Biscuit Cru eam [Redu, , 341) Pres Flavour Y Flavours, \(\)	Y 440), Food amb [Wheat aced Fat servative Colours Y	Energy Energy Protein Fat, tot Satural Carboh Sugars Sodiun Energy Protein Fat, tot	s (g) m (mg) Raspberr y (kJ) y (Cal) n (g) stal (g) stal (g) hydrate (g) s (g) m (mg) Orange an y (kJ) y (Cal) n (g)	287 y Cheeseca Avg Qty //Serve 2230 533 9.5 36.9 24.3 40.8 31.0 322 d Almond C Avg Qty //Serve 1320 316 9.4 13.9	221 ke Avg Qty /100g 1440 344 6.1 23.8 15.7 26.3 20.0 208 ake Avg Qty /100g 1230 293 8.7
Cheesecake	Acid (330), Flavour, Pre Flour, Sugar, Palm Oil (Cream, Gelatine, Cultu (202)], Flavour, Vegeta Contains gluten, eggs, May contain traces of s Egg, Sugar, Almond, Gum (415), Colours (10 Lecithin, Flavour], Bakin	Y Cream, Sal Seservative (Antioxidar re], Butter ble Gum (4 milk & soy, ulphites, so Gluten Y Orange Pa 12, 110), E 19 Powder	T t, Vegetable (202), Minera tts (307-Soy [Cream, Wai 115). Eggs Y ste (Oranges mulsifier (433 [Rice Flour,	Y Gums (4'al Salts (5, 322-Soy ter], Thick s, tree null Milk Y s, Sugar, 3), Food A Mineral S	Y 10, 412), 109), Color 1), Golder 1), Golder 1, Golder 14 15 & pean 15 Soy 17 16 Gelling A 16 Acid (330) 26 alts (500)	Starter Culture], Ra: ur (122)], Thickener n Syrup, Coconut, N 22), Glaze [Sugar, V uts Fish & Crustaea gent (440), Preserv.), Preservatives (20)	T spberry Filli d Cream [C lilk Solids, Vater, Gellii Peanuts T ative (202)) 2, 211)], Ca	T ng [Raspberry ream, Milk, N Mineral Salts (ng Agents (40) Tree Nuts T , Water, Thick nola Oil, Dark	T , Apple Juice, Suglineral Salt (450, 5500, 450, 503), Fl 7, 440), Acidifier (3	T gar, Thickens 500) Stabilise lavours)], Eg 330), Acidity Sulphites T ge Colour & ation [Sugar,	T er (1422), Vegeta er (400)], Sugar, gg, Sour Light Cr Regulators (331) Preservative Y Flavour [Water, Cocoa Mass, Co	Y Able Gum (Biscuit Cru eam [Redu, , 341) Pres Flavour Y Flavours, \(\)	Y 440), Food amb [Wheat aced Fat servative Colours Y	Energy Energy Protein Fat, tot Satural Carbor Sugars Sodiun Energy Protein Fat, tot Satural Carbor Sugars Sodiun	s (g) Raspbern y (kJ) y (Cal) n (g) stata (g) hydrate (g) s (g) m (mg) Orange an y (kJ) y (Cal) n (g) stata (g) stata (g) stata (g) stata (g) stata (g)	287 y Cheeseca Avg Qty //Serve 2230 533 9.5 36.9 24.3 40.8 31.0 322 d Almond C Avg Qty //Serve 1320 316 9.4 13.9 2.1	221 ke Avg Qty /100g 1440 344 6.1 23.8 15.7 26.3 20.0 208 ake Avg Qty /100g 1230 293 8.7 12.9 1.9
Cheesecake	Acid (330), Flavour, Pre Flour, Sugar, Palm Oil (Cream, Gelatine, Cultu (202)], Flavour, Vegeta Contains gluten, eggs, May contain traces of s Egg, Sugar, Almond, Gum (415), Colours (10 Lecithin, Flavour], Bakin	Y Cream, Sal Seservative (Antioxidar re], Butter ble Gum (4 milk & soy, ulphites, so Gluten Y Orange Pa 12, 110), E 19 Powder	T t, Vegetable (202), Minera tts (307-Soy [Cream, Wai 115). Eggs Y ste (Oranges mulsifier (433 [Rice Flour,	Y Gums (4'al Salts (5, 322-Soy ter], Thick s, tree null Milk Y s, Sugar, 3), Food A Mineral S	Y 10, 412), 109), Color 1), Golder 1), Golder 1, Golder 14 15 & pean 15 Soy 17 16 Gelling A 16 Acid (330) 26 alts (500)	Starter Culture], Ra: ur (122)], Thickener n Syrup, Coconut, N 22), Glaze [Sugar, V uts Fish & Crustaea gent (440), Preserv.), Preservatives (20)	T spberry Filli d Cream [C lilk Solids, Vater, Gellii Peanuts T ative (202)) 2, 211)], Ca	T ng [Raspberry ream, Milk, N Mineral Salts (ng Agents (40) Tree Nuts T , Water, Thick nola Oil, Dark	T , Apple Juice, Suglineral Salt (450, 5500, 450, 503), Fl 7, 440), Acidifier (3	T gar, Thickens 500) Stabilise lavours)], Eg 330), Acidity Sulphites T age Colour & ation [Sugar,	T er (1422), Vegeta er (400)], Sugar, gg, Sour Light Cr Regulators (331) Preservative Y Flavour [Water, Cocoa Mass, Co	Y Able Gum (Biscuit Cru eam [Redu, , 341) Pres Flavour Y Flavours, \(\)	Y 440), Food amb [Wheat aced Fat servative Colours Y	Energy Energy Protein Fat, tot Satural Carbor Sugars Sodiun Energy Protein Fat, tot Satural Carbor Sugars Sodiun	s (g) m (mg) Raspberr y (kJ) y (Cal) n (g) total (g) total (g) hydrate (g) s (g) m (mg) Orange an y (kJ) y (Cal) n (g) total (g) total (g) total (g) total (g) total (g) total (g)	287 y Cheeseca Avg Qty //Serve 2230 533 9.5 36.9 24.3 40.8 31.0 322 d Almond C Avg Qty //Serve 1320 316 9.4 13.9	221 ke Avg Qty /100g 1440 344 6.1 23.8 15.7 26.3 20.0 208 Avg Qty /100g 1230 293 8.7 12.9

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MACARONS																
Chocolate	Icing Sugar [Sugar, Markened C													Macaron- Avera	ge across Al	I Flavours
															Avg Qty	Avg Qty
															/Serve	/100g
	Contains eggs, milk, s		's & sulphites	S										Energy (kJ)	450	1870
	May contain traces of	-												Energy (Cal ¹)	108	449
Cappuccino	Icing Sugar [Sugar, Ma													Protein (g)	2.0	8.3
	Stabiliser (492), Soy L	_ecithin, Fla	vour], Thicke	ened Crea	am [Crea	m, Milk, Mineral Sal	It (450, 500)), Stabiliser (40	00)], Butter, Egg	Albumen P	Powder, Cocoa, (Coffee, Soy	Lecithin,	Fat, total (g)	4.8	20.0
	Thickener (1442).													Saturated Fat (g)	2.1	8.5
	Contains eggs, milk, s		S											Carbohydrate (g)	13.6	56.6
	May contain traces of	<u> </u>	1	1	1	1	1				,	1		Sugars (g)	12.8	53.2
Macarons - Chocolate & Cap	puccino	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative		Colours	Sodium (mg)	20	80
	•	Т	Y	Υ	Υ		Т	Υ	<u> </u>			Υ				
Choc Mint Macaron	Icing Sugar (Sugar, M		,		•		,,.	, ,			,	• ,,,				
	Cream (Cream Milk, N	Mineral Salt	(450,500) S	tabiliser (4	100)), B u	itter, Egg White Pov	wder, Cocoa	a, Emulsifier (3	22- Soy), Colours	s (102,133),	Thickener (1442), Pepperm	int Flavour.			
	Contains egg, milk, so	•														
	May contain traces of		•													
Salted Caramel Macaron	Icing Sugar (Sugar, M															
	(492), Emulsifier (322- Sweetened Condense	• , .	, .		•		,	,	.,.	,		Fructose S	yrup, Sugar,			
	Contains egg, milk, so	w & troo nut	to													
	May contain traces of															
	way contain traces or		<u> </u>	Milk	Cav	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Culphiton	Droopryotiyo	Flavour	Colours			
		Gluten	Eggs Y	IVIIIK	Soy	FISH & Crustaea	T	Y Y	Sesame Seeds	T	Preservative	Y	V			
Pineapple Coconut Macaron	Icina Sugar (Sugar M	aize Starch	\ Almond	Faa White		ore (/15 /12 1505)) White Co	omnound Chor	nlate (Sugar Pal	m ∩il When	y Powder Skim	Milk Powde	or Stahilisor			
i incappie occonat macaron	(492), Emulsifier (322-															
	Juice, Egg White Pow															
	(1442), Pineapple Flav			0 (20	00.00, 20				- Januaro (000, 00	30//, 00.00.	(102), 2	(022 00)	,,			
	(–),															
	Contains egg, milk, so	y, tree nuts	& sulphites.													
	May contain traces of	gluten														
Strawberry & Cream	Icing Sugar (Sugar, M	aize Starch)), Almond, I	Egg White	(Stabilis	ers (415, 412, 1505)), Butter, (Cream Chees	e (Milk, Cream, S	Salt, Vegetab	ole Gums (410, 4	12), Starte	r Culture),			
Macaron	Sugar, Egg White Pov	wder, Gluco	se, Thicken	er (1442),	Lemon (Concentrate (Lemon	Juice, Lem	on Juice Cond	entrate, Lemon C	Oil, Acidity R	egulators (330, 3	300)), Emul	sifier (322-			
	Soy), Strawberry Flav	our, Colour	(129).													
	Ocatelas con mill		0 - 1-1-2													
	Contains egg, milk, so	• 1	& suiphites.													
	May contain traces of	<u> </u>	-	1 5 4 111		Truno :	T	I = N :	Io o :		I 5 "	T e.				
Macaron - Pineapple and Coo	conut, Strawberries	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds		Preservative	Flavour	Colours			
and Cream		T	Y	Υ	Υ		Т	Υ		Y	Υ	Υ	Υ			

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Marshmallows	Glucose Syrup [from V	Vheat, cont	ains Presen	ative (220)], Sugar	, Water, Gelatine, D	extrose, Fla	avour, Colour (122), Stabiliser (4	152), Maize 3	Starch, Wheat				Mars	hmallows	
	Starch.													•		Avg Qty	Avg Qty
																/Serve	/100g
															Energy (kJ)	248	1380
	Contains gluten & sulp	hites													Energy (Cal)	330	59
															Protein (g)	0.7	3.8
															Fat, total (g)	<0.1	0.1
														•	Saturated Fat (g)	<0.1	0.1
															Carbohydrate (g)	13.9	77.0
		Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours		Sugars (g)	11.6	64.5
		Υ								Υ		Υ	Υ		Sodium (mg)	16	87
	Notes: Nutrition values	are based	on average	figures an	d standar	d product formulation	n. Actual s	erving size and	d nutrient values i	may vary. In	gredients are su	bject to sea	sonal variation	on. Nutrient va	alues and serve size	do not apply	y to special
	customer orders. Infor	mation is co	orrect as at N	Vovember	2015.												