

McCafe Allergen - Ingredients - Nutrition Information

Information correct as at June 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 /100g 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. 301 137 Energy (Cal) MUESLI MIX: Frutex Cluster [Rolled Oats, Puffed Wheat, Raw Sugar, Golden Syrup, Pumpkin Seeds, Sunflower Oil, Corn Starch, Linseed, Oat Flour, Natural Flavour, 10 4 47 Protein (g) Antioxidant-Mixed Tocopherols (Soy)]; Raisins (Raisins; Sunflower Oil); Currants (Currants, Sunflower Oil); Apple Sliced Low Moisture No Skin (Apple, Citric Acid, Ascorbic Acid); Fat, total (q) 7.3 3.3 4.3 2.0 Coconut Chips (Coconut, Sodium Metabisulphite). Saturated Fat (q) Contains aluten & milk. Carbohydrate (g) 46.2 21.0 GRANOLA MUESLI MIX may contain TRACES of egg, soy, peanuts, tree nut, sesame seeds & sulphites. Sugars (q) 36.4 16.5 Sodium (mg) 135 61 Gluten Eggs Milk Sov Fish & Crustaea Peanuts Tree Nuts Sesame Seeds Sulphites Preservative Flavour Colours Sourdough Toast with Jam Sourdough Toast with Jam Avg Qty Avg Qty SOURDOUGH BREAD: Wheat Flour, Water, Salt, Malt Flour (Barley). /Serve /100g MIXED BERRY JAM: Sugar, Mixed Berries (Blueberries, Raspberries, Blackberries, Red Currants, Balsamic Vinegar, Brown Sugar, Water, Vegetable Gum (440, Energy (kJ) 1650 1270 Energy (Cal) 395 304 410). Food Acid (331). BUTTER: Cream, Water, Salt. Protein (g) 7.1 5.5 14.4 Fat. total (g) 11.1 Contains gluten & milk. Saturated Fat (q) 9.0 7.0 May contain traces of sulphites, peanuts and tree nuts. Carbohydrate (q) 57.0 43.8 19.3 14.8 Sugars (g) Milk Soy Fish & Crustaea Peanuts Tree Nuts Sesame Seeds Sulphites Preservative Flavour Colours Sodium (mg) 469 361 Gluten Eggs Υ 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 /100a 2140 Energy (kJ) 1280 Contains gluten, eggs, milk, soy & tree nuts (walnuts & pecans). Energy (Cal) 307 512 Protein (g) May contain traces of peanuts and sesame seeds 3.7 6.2 21.7 36.2 Fat, total (g) Saturated Fat (g) 12.9 21.5 41.0 Carbohydrate (g) 24.6 20.0 33.4 Gluten Eggs Milk Soy Fish & Crustaea Peanuts Tree Nuts Sesame Seeds Sulphites Preservative Flavour Colours Sugars (g) 30 50 Sodium (ma) 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), Flavourl, Cake Margarine (Vegetable Oil (Palm, Canola, Coconut), Water, Salt, Milk Solids, Emulsifiers (471, Sov 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)), Energy (kJ) 808 1880 Coconut Oil, Baking Powder (Mineral Salts (170, 450, 500), Wheat Starch). Energy (Cal) 194 451 2.7 6.3 Protein (g) Fat, total (q) 10.7 24.9 Contains gluten, eggs, milk, soy & sulphites. May contain traces of peanuts, sesame seeds & tree nuts (almonds & hazelnuts). 7.4 17.2 Saturated Fat (g) 21.2 49.2 Carbohydrate (g) Fish & Crustaea Peanuts Tree Nuts Sesame Seeds Sulphites Preservative Flavour Colours 19.2 44.7 Gluten Eggs Milk Soy Sugars (g) Sodium (mg) 69 160

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Chocolate Flavoured Iced	David Mir DAM and Flori	\/1-1-	I. O'I (D.I	0.0	A - 1"	:	. 01. 1	· · · · · · · · · · · · · · · · · · ·		404 470-)	O O Fl	. O-II D-	4	Chocolate F	lavoured Iced	d Donut
Donut	Donut Mix [Wheat Flow Raising Agents (450, 5	, ,	,	•	,	\ ///	,	,	•	. , , , ,	•		,		Avg Qty	Avg Qty
		, .		,	, .	, ,		•	•	٠.		, ,			/Serve	/100g
	[Sugar, Cocoa, Vegeta 1422), Soybean Oil, S													Energy (kJ)	2030	1690
	(1422)], Canola Oil, Co	•				iix [Colours (150u,	100, 100, 1	22), Humecian	t (422), Acidity Re	egulator (33t), Fleseivalive (202), IIIICK	enen	Energy (Cal)	482	402
	(1422)], Cariola Oli, Co	10015 (100,	133), 11636	ivalive (2	02).									Protein (g)	7.6	6.3
	Contains gluten, milk &													Fat, total (g)	22.6	18.8
	May contain traces of e	eggs, peanu	ıts, sesame	seeds & t	ree nuts.									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
		Υ	T	Υ	Y		T	T	T		Y	Y	Υ	Sodium (mg)	378	315
Strawberry Flavoured Iced	Donut Mix [Wheat Flo	ır Venetah	le Oil [Palm	& Sovhe	an Oil Ar	ntioxidant (307)1 W	heat Glute	n Emulsifiers	322 (Sov) 471 4	481 472el 9	Sugar Sov Flour	r Salt Dev	trose	Strawberry	lavoured Ice	d Donut
Donut	Raising Agents (450, 5		•	•		, , <u>.</u> .					•				Avg Qty	Avg Qty
	[Sugar, Soybean Oil, (,,	,	,	,,	, ,		0 ,	2'	0.1	,	(/2/ 1			/Serve	/100g
	1422), Soybean Oil],						Citimi), Oc	10015 (122, 12	5, 124)], Odstoi O	ragar, Otabili	oci [ougui, imol	(401	, 400, 410,	Energy (kJ)	2030	1690
	,, ,		,.a o,a	· a.,	(2	02), 00:00: (120).								Energy (Cal)	482	402
	Contains gluten, milk &													Protein (g)	7.6	6.3
	May contain traces of e	eggs, peanu	its, tree nuts	and sesa	ame seed	S.								Fat, total (g)	22.6	18.8
														Saturated Fat (g)	10.6	8.8
		- I			T -	I =:	T .	I =	Io o .		T = "	r <u>-</u> .		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	- 1	Υ	Υ			ı			Y	Y	Y	Sodium (mg)	378	315
Scones - Plain																
														Sc	ones - Plain	
	Wheat Flour [Vitamins										mulsifiers (471, S	oy Lecithi	n), Food	Sc	Avg Qty	Avg Qty
	Wheat Flour [Vitamins Acid (330), Antioxidant										mulsifiers (471, \$	oy Lecithi	n), Food		Avg Qty /Serve	/100g
	Acid (330), Antioxidant	(320), Flav									mulsifiers (471, S	oy Lecithi	n), Food	Energy (kJ)	Avg Qty /Serve 1420	/100g 1290
	Acid (330), Antioxidant Contains gluten, milk &	(320), Flav	our, Colour								mulsifiers (471, S	oy Lecithi	n), Food	Energy (kJ) Energy (Cal)	Avg Qty /Serve 1420 340	/100g 1290 309
	Acid (330), Antioxidant	(320), Flav	our, Colour								mulsifiers (471, S	Soy Lecithi	n), Food	Energy (kJ) Energy (Cal) Protein (g)	Avg Qty /Serve 1420 340 8.3	/100g 1290 309 7.5
	Acid (330), Antioxidant Contains gluten, milk &	(320), Flav	our, Colour								mulsifiers (471, \$	Soy Lecithi	n), Food	Energy (kJ) Energy (Cal) Protein (g) Fat, total (g)	Avg Qty /Serve 1420 340 8.3 10.1	/100g 1290 309 7.5 9.2
	Acid (330), Antioxidant Contains gluten, milk &	(320), Flav	our, Colour								mulsifiers (471, \$	Soy Lecithi	in), Food	Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g)	Avg Qty /Serve 1420 340 8.3 10.1 4.4	/100g 1290 309 7.5 9.2 4.0
	Acid (330), Antioxidant Contains gluten, milk &	(320), Flav soy. peanuts & tr	our, Colour	(160a)], S	Sugar, Bak	king Powder [Minera	al Salts (170), 450, 500, 54	1)], Milk Powde	r, Salt.				Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g)	Avg Qty /Serve 1420 340 8.3 10.1 4.4 52.5	/100g 1290 309 7.5 9.2 4.0 47.7
	Acid (330), Antioxidant Contains gluten, milk &	(320), Flav	our, Colour							r, Salt.	mulsifiers (471, \$	Flavour	Colours	Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sugars (g)	Avg Qty /Serve 1420 340 8.3 10.1 4.4 52.5 10.9	/100q 1290 309 7.5 9.2 4.0 47.7 9.9
	Acid (330), Antioxidant Contains gluten, milk &	(320), Flav	our, Colour	(160a)], S	Sugar, Bak	king Powder [Minera	Peanuts	7, 450, 500, 54 Tree Nuts	1)], Milk Powde	r, Salt.		Flavour	Colours	Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sugars (g) Sodium (mg)	Avg Qty /Serve 1420 340 8.3 10.1 4.4 52.5 10.9 757	/100q 1290 309 7.5 9.2 4.0 47.7 9.9 688
Scones with Jam & Cream	Acid (330), Antioxidant Contains gluten, milk & May contain traces of p	Gluten	ree nuts. Eggs	(160a)], S Milk Y	Soy Y	king Powder [Minera	Peanuts	7 Tree Nuts	1)], Milk Powder Sesame Seeds	r, Salt.	Preservative	Flavour Y	Colours Y	Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sugars (g) Sodium (mg)	Avg Qty /Serve 1420 340 8.3 10.1 4.4 52.5 10.9 757	/100q 1290 309 7.5 9.2 4.0 47.7 9.9 688
Scones with Jam & Cream	Acid (330), Antioxidant Contains gluten, milk & May contain traces of p	Gluten Y	ree nuts. Eggs [Thiamine, I	(160a)], S Milk Y	Sugar, Bak	Fish & Crustaea Margarine [Animal	Peanuts T Fat and Ve	Tree Nuts T	1)], Milk Powder Sesame Seeds ater, Salt, Total M	r, Salt. Sulphites Milk Solids I	Preservative	Flavour Y	Colours Y	Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sugars (g) Sodium (mg)	Avg Qty /Serve 1420 340 8.3 10.1 4.4 52.5 10.9 757 vith Jam & Cr Avg Qty	/100g 1290 309 7.5 9.2 4.0 47.7 9.9 688
Scones with Jam & Cream	Acid (330), Antioxidant Contains gluten, milk 8 May contain traces of p SCONES: Wheat Flou Lecithin), Food Acid (3	Gluten Y r [Vitamins 330), Antiox	ree nuts. Eggs [Thiamine, I tidant (320),	(160a)], S Milk Y Folic Acid	Sugar, Bak	Fish & Crustaea Margarine [Animal 60a)], Sugar, Baking	Peanuts T Fat and Ve	Tree Nuts T getable Oil, W	1)], Milk Powder Sesame Seeds ater, Salt, Total M	r, Salt. Sulphites Milk Solids I	Preservative	Flavour Y	Colours Y	Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sugars (g) Sodium (mg)	Avg Qty /Serve 1420 340 8.3 10.1 4.4 52.5 10.9 757 vith Jam & Cr Avg Qty /Serve	/100q 1290 309 7.5 9.2 4.0 47.7 9.9 688 ream Avg Qty /100q
Scones with Jam & Cream	Acid (330), Antioxidant Contains gluten, milk 8 May contain traces of p SCONES: Wheat Flou Lecithin), Food Acid (3 WHIPPED CREAM: Cr	Gluten Y r [Vitamins 330), Antioxeam, Prope	Eggs [Thiamine, Icidant (320), ellant (Nitrou	Milk Y Folic Acid Flavour, (is Oxide),	Sugar, Bak Soy Y]], Water, Colour (16 Emulsifie	Fish & Crustaea Margarine [Animal 60a)], Sugar, Baking (471), Flavour, Ve	Peanuts T Fat and Ve	Tree Nuts T getable Oil, W	1)], Milk Powder Sesame Seeds ater, Salt, Total M	r, Salt. Sulphites Milk Solids I	Preservative	Flavour Y	Colours Y	Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sugars (g) Sodium (mg) Energy (kJ)	Avg Qty /Serve 1420 340 8.3 10.1 4.4 52.5 10.9 757 vith Jam & Cr Avg Qty /Serve 1920	/100g 1290 309 7.5 9.2 4.0 47.7 9.9 688 ream Avg Qty /100g 1290
Scones with Jam & Cream	Acid (330), Antioxidant Contains gluten, milk 8 May contain traces of p SCONES: Wheat Flou Lecithin), Food Acid (3	Gluten Y r [Vitamins 330), Antioxeam, Prope	Eggs [Thiamine, Icidant (320), ellant (Nitrou	Milk Y Folic Acid Flavour, (is Oxide),	Sugar, Bak Soy Y]], Water, Colour (16 Emulsifie	Fish & Crustaea Margarine [Animal 60a)], Sugar, Baking (471), Flavour, Ve	Peanuts T Fat and Ve	Tree Nuts T getable Oil, W	1)], Milk Powder Sesame Seeds ater, Salt, Total M	r, Salt. Sulphites Milk Solids I	Preservative	Flavour Y	Colours Y	Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sugars (g) Sodium (mg) Energy (kJ) Energy (Cal)	Avg Qty /Serve 1420 340 8.3 10.1 4.4 52.5 10.9 757 vith Jam & Cr Avg Qty /Serve 1920 458	/100q 1290 309 7.5 9.2 4.0 47.7 9.9 688 ream Avg Qty /100q 1290 307
Scones with Jam & Cream	Acid (330), Antioxidant Contains gluten, milk 8 May contain traces of p SCONES: Wheat Flou Lecithin), Food Acid (3 WHIPPED CREAM: Cr	Gluten Y r [Vitamins 330), Antioxeam, Prope	Eggs [Thiamine, Icidant (320), ellant (Nitrou	Milk Y Folic Acid Flavour, (is Oxide),	Sugar, Bak Soy Y]], Water, Colour (16 Emulsifie	Fish & Crustaea Margarine [Animal 60a)], Sugar, Baking (471), Flavour, Ve	Peanuts T Fat and Ve	Tree Nuts T getable Oil, W	1)], Milk Powder Sesame Seeds ater, Salt, Total M	r, Salt. Sulphites Milk Solids I	Preservative	Flavour Y	Colours Y	Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sugars (g) Sodium (mg) Scones (g) Energy (kJ) Energy (Cal) Protein (g)	Avg Qty //Serve 1420 340 8.3 10.1 4.4 52.5 10.9 757 vith Jam & Cr Avg Qty //Serve 1920 458 8.8	/100q 1290 309 7.5 9.2 4.0 47.7 9.9 688 ream Avg Qty /100q 1290 307 5.9
Scones with Jam & Cream	Acid (330), Antioxidant Contains gluten, milk & May contain traces of p SCONES: Wheat Flou Lecithin), Food Acid (3 WHIPPED CREAM: Cr STRAWBERRY JAM: S	Gluten Y r [Vitamins 330), Antiox eam, Prope	Eggs [Thiamine, Icidant (320), ellant (Nitrou	Milk Y Folic Acid Flavour, (is Oxide),	Sugar, Bak Soy Y]], Water, Colour (16 Emulsifie	Fish & Crustaea Margarine [Animal 60a)], Sugar, Baking (471), Flavour, Ve	Peanuts T Fat and Ve	Tree Nuts T getable Oil, W	1)], Milk Powder Sesame Seeds ater, Salt, Total M	r, Salt. Sulphites Milk Solids I	Preservative	Flavour Y	Colours Y	Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sugars (g) Sodium (mg) Scones (g) Energy (kJ) Energy (Cal) Protein (g) Fat, total (g)	Avg Qty /Serve 1420 340 8.3 10.1 4.4 52.5 10.9 757 vith Jam & Cr Avg Qty /Serve 1920 458 8.8 18.0	/100g 1290 309 7.5 9.2 4.0 47.7 9.9 688 ream Avg Qty /100g 1290 307 5.9
Scones with Jam & Cream	Acid (330), Antioxidant Contains gluten, milk & May contain traces of p SCONES: Wheat Flou Lecithin), Food Acid (WHIPPED CREAM: Cr STRAWBERRY JAM: S Contains gluten, milk &	Gluten Y r [Vitamins 330), Antiox eam, Prope Strawberries	Eggs [Thiamine, I cidant (320), ellant (Nitrous, Sugar, Gli	Milk Y Folic Acid Flavour, (is Oxide),	Sugar, Bak Soy Y]], Water, Colour (16 Emulsifie	Fish & Crustaea Margarine [Animal 60a)], Sugar, Baking (471), Flavour, Ve	Peanuts T Fat and Ve	Tree Nuts T getable Oil, W	1)], Milk Powder Sesame Seeds ater, Salt, Total M	r, Salt. Sulphites Milk Solids I	Preservative	Flavour Y	Colours Y	Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sugars (g) Sodium (mg) Scones (g) Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g)	Avg Qty /Serve 1420 340 8.3 10.1 4.4 52.5 10.9 757 vith Jam & Cr Avg Qty /Serve 1920 458 8.8 18.0 9.6	/100q 1290 309 7.5 9.2 4.0 47.7 9.9 688 ream Avg Qty /100q 1290 307 5.9 12.1 6.5
Scones with Jam & Cream	Acid (330), Antioxidant Contains gluten, milk & May contain traces of p SCONES: Wheat Flou Lecithin), Food Acid (3 WHIPPED CREAM: Cr STRAWBERRY JAM: S	Gluten Y r [Vitamins 330), Antiox eam, Prope Strawberries	Eggs [Thiamine, I cidant (320), ellant (Nitrous, Sugar, Gli	Milk Y Folic Acid Flavour, (is Oxide),	Sugar, Bak Soy Y]], Water, Colour (16 Emulsifie	Fish & Crustaea Margarine [Animal 60a)], Sugar, Baking (471), Flavour, Ve	Peanuts T Fat and Very Powder [Name of Powder [Name of Powder [Name of Powder (Name of Powder (Name of Name of	Tree Nuts T getable Oil, W	1)], Milk Powder Sesame Seeds ater, Salt, Total M	Sulphites Wilk Solids I 1)], Milk Po	Preservative	Flavour Y	Colours Y	Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sugars (g) Sodium (mg) Scones (g) Energy (kJ) Energy (Cal) Protein (g) Fat, total (g)	Avg Qty /Serve 1420 340 8.3 10.1 4.4 52.5 10.9 757 vith Jam & Cr Avg Qty /Serve 1920 458 8.8 18.0	/100g 1290 309 7.5 9.2 4.0 47.7 9.9 688 ream Avg Qty /100g 1290 307 5.9

PASTRIES																	
Apricot Danish	ADDICOT DANIGUE O1-	and DA/ata	Cuna N	n Fot Mill	Callala	Thickong = (4.400)	Flavour C	Nous (100-	ontoino Deceserati	vo (202\\ 1	Mhaat Classe Mr.	ton Death	Cuent		Apricot & C	ustard Dar	ish
•	APRICOT DANISH: Custal Apricot [Apricots, Water, S	Sugar, Acid														Avg Qty /Serve	Avg Qty /100g
	1104), Acidity Regulator (3	,	:\ 0	Otak	:1:///	(O) A sidit. De sudet	(220 224	() Danasa ati	- (202) Minaral C	-It (E00)				Energy (k	J)	892	1010
	GLAZE: Water, Glucose S	syrup (iron	n maize), S	ougar, Stab	iliser (44	o), Acidity Regulati	or (330, 331	i), Preservative	e (202), Minerai S	ait (509).				Energy (C	Cal)	213	242
	Contains gluten, milk & so	•												Protein (g)	4.1	4.7
	May contain traces of eggs	s, peanuts	s, sesame s	seeds, sulp	hites & t	tree nuts.								Fat, total	(0)	8.5	9.6
														Saturated	(0)	5.4	6.2
						T	1	ı	r		1			Carbohyd	(0)	29.1	33.1
	G	Gluten	Eggs	Milk	Soy	Fish & Crustaea		Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	Sugars (g	,	9.3	10.5
		Υ	T	Υ	Υ		T	<u> </u>	T	T	Y	Y	Υ	Sodium (r	ng)	200	227
Chocolate Croissant															Chocolat	e Croissan	ıt
	CHOCOLATE CROISSAN			•			,		,	. ,						Avg Qty	Avg Qty
	Milk Solids, Emulsifier (So	oy Lecithi	in, 492), F	lavour], Wa	ater, But	ter, Sugar, Yeast, S	Salt, Soy F l	lour, Dextrose	, Flour Treatment	Agents (110	00, 1101, 1104),	Acidity Reg	gulator			/Serve	/100g
	(300).													Energy (k		1610	1580
	ICING SUGAR: Cane Suga	jar, Tapioc	a or Maize	Starch.										Energy (C		385	377
														Protein (g	,	5.7	5.6
	Contains gluten, milk & so	•												Fat, total	(0)	19.1	18.7
	May contain traces of eggs	s, peanuts	s, tree nuts	, sesame s	eeds & s	sulphites.								Saturated	(0)	13.6	13.3
		N	F	NATIO.	0	Fish 0.0	December	Torre Marte	0	0.1.1.1.	D	FI	0.1	Carbohyd		46.4	45.5
	<u> </u>	Gluten	Eggs	Milk Y	Soy Y	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	Sugars (g Sodium (r		17.1 300	16.8 294
0 1 1 11 1 0 0 11		1	ı	1			<u>'</u>	!	'	<u>'</u>		ı		,	<u> </u>		
Croissant with Jam & Butt	er													Ci	oissant wit		
	CROISSANT: Wheat Flou	ır Butter	Yeast Su	nar Water	Improve	er (Sov Flour Dext	rose Enzvi	mes (1100 11)	01 1104) Acidity	Regulator (300) Raising Age	ent (920))	Salt			Avg Qty /Serve	Avg Qty /100g
	STRAWBERRY JAM: Stra			•	•			1100 (1100, 11	01, 1101), 7tolaity	r togulator (t	ooo), radonig riga	Siit (020)),	our.	Energy (k	.1)	1570	1620
	BUTTER: Cream, Water, S		ougui, oic	10000 (IVIGI2	20), 1 000	ari, riolally riogalate	n (000).							Energy (C		376	387
	DOTTER. Orcam, Water, C	ouit.												Protein (q		4.6	4.7
	Contains gluten, milk & so	IV.												Fat, total	,	23.9	24.6
	May contain traces of eggs	•	s, tree nuts	& sesame	seeds.									Saturated		15.5	15.9
	.,	-,	,											Carbohyd	(0)	35.3	36.3
	G	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	Sugars (g		11.1	11.4
		Υ	T	Υ	Ý		Т	Т	T	·				Sodium (r	ng)	299	309
Croissant with Ham &														Cro	oissant with	h Ham & Cl	neese
Cheese																Avg Qty	Avg Qty
	CROISSANT: Wheat Flou			•	•			,	. ,	•	, ,	. ,,.	Salt.			/Serve	/100g
	SLICED HAM: Pork, Water					mulsifier (451), Sug	ar, Dextros	e (Maize), Ant	ioxidant (316), So	dium Nitrate	e (250), Colour (1	60b).		Energy (k		1920	1700
	SLICED CHEESE: Milk, S	Salt, Starte	r Cultures,	Rennet, Li	pase									Energy (C	al)	460	407
														Protein (g	,	14.2	12.6
	Contains gluten, milk & so	•												Fat, total	(0)	29.9	26.4
	May contain traces of eggs	s, peanuts	s, tree nuts	& sesame	seeds.									Saturated	Ψ,	17.9	15.9
	_					1 .	1	1						Carbohyd	(0)	33.1	29.3
	G	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	Sugars (g		5.1	4.5
		Υ	T	Υ	Υ		T	T	T				Y	Sodium (r	ng)	819	725

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LOAVES / SANDWICHES																
Banana Bread	Wheat Flour (Thiamine	Folic Acid	1) Ranana S	lunar So	our Cream	. (Light Cream Cult	ture) Faa	Canola Oil Ra	sising Agent (Min	aral Salte [//	50 5001 Wheat	Starch) Ra	king Soda	Ban	ana Bread - Sin	le Slice
	Vanilla Flavour, Iodised		i), Dallalla, C	uyai, ot	oui Cicali	(Light Cream, Cur	uie), Lyy ,	Cariola Oli, IX	asing Agent (Min	erai Gails [40	oo, oooj, vviieat	Startin), Da	Kiriy Soua,		Avg Q	y Avg Qty
	variila i lavoar, loalocc	Ouit													/Serv	
						OR								Energy (kJ)		1350
	Wheat Flour, Banana,	0 /	U				ur Cream C	Culture], Egg , C	Canola Oil, Whole	Egg Powde	er, Raising Agent	s (500, 450	, 170),	Energy (Cal		324
	Wheat Starch, Flavours		, Salt, Colour	· (150d, I	Preservati	ve (220)).								Protein (g)	10.1	5.3
	Contains gluten, eggs 8													Fat, total (g)		13.6
	May contain traces of s	oy, peanuts	s, tree nuts ,	sulphites	s & sesam	e seeds.								Saturated F	(0)	2.5
		_												Carbohydra		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	T		Т	Т	T	T	T	Υ	Υ	Sodium (mg	388	204
Raisin Toast	RAISIN BREAD: Whea	t Flour, Wa	ater, Fruits* (Raisins a	and/or Sul	tanas), Yeast , Whe	at Gluten	Sugar, Iodise	d Salt, Soya Flo u	ur, Emulsifier	rs (471, 481),			Raisin To	oast - Single Slic	e with butter
	Vegetable Oil (Canola)	, Flavour, P	reservative (282), Mii	neral Salt	(170), Dough Condi	tioner (300), Vitamins (Th	iamin, Folic Acid), Enzymes.	,				Avg Q	y Avg Qty
															/Serv	/100g
	BUTTER: Cream, Water	er, Salt.												Energy (kJ)	1030	1240
	,	Fruit used	subject to ch	ange du	e to availa	bility and seasonab	ility of prod	ucts.						Energy (Cal) 247	297
														Protein (g)	6.9	8.3
	Contains gluten, milk &	soy.												Fat, total (g	7.9	9.6
	May contain traces of s	esame see	ds.											Saturated F	at (g) 5.0	6.1
														Carbohydra	te (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
<u>[</u>		Υ	-	Υ	Υ		T	T	Т	·	Y	Υ		Sodium (mg	j) 179	215
Raspberry & Pear Loaf with	RASPBERRY & PEAR	I OAF: Who	eat Flour Su	gar Ras	pherries	Faa Vegetable Oil	[Canola S	ov Antioxidan	t (319 306 320)	Antifoam (9	00a)1 Pears			Raspher	ry and Pear Loa	f with Butter
Butter	lodised Salt Raising A			90.,	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	-99 , 1090table on	[ounding	• y , , a• ,••	(0.0, 000, 020)	, , (0	000/], . 00.0,			1140000	Avg Q	
Duttoi	louised out Traising 7	gent (000),	i iavoui.												/Serv	
	BUTTER: Cream, Wate	er. Salt.												Energy (kJ)		1540
		.,												Energy (Cal		369
														Protein (a)	8.1	5.2
	Contains gluten, egg, n	nilk & cov												Fat, total (g)		16.4
	Contains diulen, edd, n													. at, total (9)	,	
			e nuts and s											Saturated F	at (g) 5.1	3.3
	May contain traces of p		e nuts and s											Saturated F Carbohydra	(0)	3.3 48.8
			e nuts and s	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	Saturated F Carbohydra Sugars (g)	(0)	3.3 48.8 26.7

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SAVORY ITEMS																			
Cheesy Chorizo Roll																	Cheesy	Chorizo Rol	ı .
•	Wheat	Flour, V	Vater, Ch	norizo [Be	ef, Water, Sa	It, Spices,	Mineral S	Salts (451, 500), Su	gar, Herbs	Antioxidant (3	16), Flavour Enha	ancer (635),	Preservative (250	0), Dehydra	ited		,	Avg Qty	Avg Qty
	Vegeta	ble (Ga	rlic, Onio	n), Casing	(Colours (10	0, 155))], (Cheddar	Cheese [Milk, Salt,	Starter Cu	Itures, Enzyme], Parmesan Che	ese [Milk, S	Salt, Anti-caking A	Agent(460),	Culture,			/Serve	/100g
	Enzvm	es (Ren	net. Lipa	se). Prese	ervative(200)	. Yeast. lo	dised Sa	t, Vegetable Oil [Ca	anola. Sov	. Antioxidants (319. 306. 320). A	Antifoam(900	Da)1. Improver [So	v Flour. W	heat Flour.		Energy (kJ)	991	1320
	,	,		,,	٠, ,,	,		aking Agent (170).		,	, , , , ,	(,1,	,	,		Energy (Cal)	237	316
																	Protein (g)	9.9	13.2
	Contail	ns glutei	n, milk, s	oy.													Fat, total (g)	10.1	13.5
	May co	ontain tra	aces of s	ulphites, p	eanuts and t	ree nuts.											Saturated Fat (g)	5.3	7.0
																•	Carbohydrate (g)	24.8	33.1
				Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours		Sugars (g)	1.8	2.4
				Υ		Υ	Υ		T	T		T	Y	Υ	Υ		Sodium (mg)	450	600
Cheese & Tomato Toasted	TOMA	TO: Slic	ed Whole	e Tomato.									Cheese & Ton	nato Toast	ed Sandwid	h - WHITE	Cheese & Tomat	o Toasted S	andwich -
Sandwiches	CHEES	SE SLIC	E: Milk.	Salt. Start	er Cultures, I	Rennet.								BREA	ΑD		WHOLE	MEAL BREA	.D
				,	,		odised S	alt, Vinegar, Vegeta	able Oil (Ca	nola or Palm).	Wheat Gluten.	Sov Flour.			Avg Qty	Avg Qty		Avg Qty	Avg Qty
					•				,	, .	D: Wholemeal W	•			/Serve	/100a		/Serve	/100a
								egetable Oil (Canoli					Energy (kJ)		1250	840	Energy (kJ)	1170	787
					nin, Folic Aci		,	9-1-1-1	, ,		(101,	., ==/,	Energy (Cal)		298	201	Energy (Cal)	280	188
			. 0), 1.10.	(,	۵,۰							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	ariations	of sand	wiches co	ntain gluten,	milk. sov &	sesame	seeds.					Saturated Fat (g	1)	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	Eggs	Milk	Soy	Fish &	Peanuts	Tree	Sesame Seeds	Sulphites	Preservative	Flavour	Colours		•		•			
		Lyys		,	Crustaea		Nuts		Oulphiles	Treservative	riavoui	Oolouis							
	Υ		Υ	Υ		T	T	Y											
Ham & Cheese Toasted	SLICE	D HAM:	Pork, Wa	ater, Salt,	Acidity Regu	lators (326	, 262), S	alt, Emulsifier (451)	, Sugar, De	extrose (Maize)	, Antioxidant		Ham & Chee	se Toaste	d Sandwich	ı - WHITE	Ham & Cheese	Toasted Sar	ndwich -
Sandwiches	(316),	Sodium	Nitrate (2	250), Colo	urs (160b).									BREA	AD		WHOLE	MEAL BREA	.D
	CHEE	SE SLIC	F· Milk	Salt Start	er Cultures, I	Rennet									Avg Qty	Avg Qty		Avg Qty	Avg Qty
				•	•										/Serve	/100g		/Serve	/100g
				,				alt, Vinegar, Vegeta	`	,,	,		Energy (kJ)		1430	921	Energy (kJ)	1350	870
	•		,	, , ,	,,	`	,,	in (Thiamin, Folic A	,				Energy (Cal)		343	220	Energy (Cal)	324	208
	Wholer	neal W h	neat Flou	ır, Water,	Rye Meal, Yo	east, Whea	t Gluten	, lodised Salt, Vine	gar, Veget	able Oil (Canola	a or Palm), Soy		Protein (g)		22.4	14.4	Protein (g)	22.5	14.5
	Flour, I	Emulsifie	ers (481,	471, 4726	e), Mineral Sa	alt (170), V	tamin (T	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	ariations	of sand	wiches co	ntain gluten,	milk, soy &	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
	Gluten	Eggs	Milk	Sov	Fish &	Peanuts	Tree	Sesame Seeds	Sulphites	Preservative	Flavour	Colours				_		_	
		Lyys		,	Crustaea	i cariuts	Nuts		Guipinies		i iavoui		_						
	Υ		Υ	Υ		T	T	Υ	ļ	Y		Υ							

Ham, Cheese & Tomato Toasted Sandwiches	TOMATO: Sliced	Whole Tom	ato.									Ham, Cheese & Ton WHIT	nato Toasted S	Sandwich -	Ham, Cheese Sandwich - W		
		rk, Water, S	Salt, Aci	idity Regul	ators (326,	262), S	alt, Emulsifier (451), Sugar, De	extrose (Maize)	Antioxidant (31	6), Sodium		Avg Qty /Serve	Avg Qty /100a		Avg Qty /Serve	Avg Qty /100a
	CHEESE SLICE:	(/		Cultures, R	Rennet.							Energy (kJ)	1460	732	Energy (kJ)	1380	692
	WHITE BREAD: V	Vheat Flour	, Water	r, Rye Mea	al, Yeast, lo	dised S	alt, Vinegar, Vege	able Oil (Ca	anola or Palm),	Wheat Gluten,	Soy Flour,	Energy (Cal)	349	175	Energy (Cal)	330	166
	Emulsifiers (481, 4	171, 472e),	Minera	I Salt (170), Vitamin (Thiamin	ı, Folic Acid).	OR <u>WHO</u>	EMEAL BREA	D: Wholemeal V	/heat Flour,	Protein (g)	22.9	11.5	Protein (g)	23.0	11.5
	Water, Rye Meal,	Yeast, Who	eat Glu	ten, lodise	ed Salt, Vin	egar, Ve	egetable Oil (Cano	la or Palm),	Soy Flour, Em	ulsifiers (481, 4	71, 472e),	Fat, total (g)	9.8	4.9	Fat, total (g)	9.5	4.8
	Mineral Salt (170)	, Vitamin (T	hiamin,	, Folic Acid	I).							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 variations of	sandwiches	s contai	in gluten, r	nilk, soy &	sesame	seeds.					Sugars (g)	4.1	2.1	Sugars (g)	3.6	1.8
												Sodium (mg)	1210	607	Sodium (mg)	1190	595
	- 00	Milk So	,	Fish &	Peanuts T	Tree	Sesame Seeds Y	Sulphites	Preservative Y	Flavour	Colours Y						
Ruben Sandwich	BREAD: Wheat F	lour, Water,	Salt, M	/lalt Flour (Barley).							•			Rube	n Sandwich	
	CORNED BEEF SLICE: Beef, Water, Soy Protein, Salt, Acidity Regulator (326, 262), Emulsifiers (451, 508, 450, 452), Thickeners (407a, 407), Sugar, Antioxidant														Avg Qty	Avg Qty	
	(316), Dextrose (Tapioca, Maize), Sodium Nitrite (250), Yeast Extract, Canola Oil, Vegetable Extract.														/Serve	/100g	
	SAUERKRAUT: F	ermented C	Cabbage	e, Water, S	Salt										Energy (kJ)	2420	913
	SWISS CHEESE:	Swiss Che	ese (Pa	asteurised	Skim Milk ,	Culture	s, Salt, Enzymes).								Energy (Cal)	579	218
	BIG MAC SAUCE	Soybean	Oil (Ant	tioxidant [3	30]), Wate	r, Relish	n [Pickles, Sugar, F	ligh Fructos	e Corn Syrup, I	Distilled Vinegar	, Corn Syrup	o, Salt, Thickener (415), F	Preservative		Protein (g)	31.3	11.8
	(202), Spice Extra	ct, Emulsifi	er (433))], Mustard	[Water, Vi	negar, N	Mustard Seed, Salt	, Sugar, Co	lours (100, 150	l), Spice], Salte	d Egg Yolks	s, (Egg Yolks, Salt), Distil	led Vinegar,		Fat, total (g)	30.6	11.6
	Onion, Thickener	(1442, 415,	405), 8	Spices, Su	gar, Salt, H	ydrolyze	ed Proteins (Corn,	Gluten, W	neat and Soy),	Colours (160c,	150d, 100), I	Preservative (211), Emuls	sifier (433),		Saturated Fat (g)	11.0	4.2
	Garlic, Antioxidant	` '													Carbohydrate (g)	42.3	16.0
			•			,	•			, , ,		Colours (150c, 160a), Herl			Sugars (g)	5.4	2.0
	Extracts], Water, S Gum (415), Emuls	0 ,		,	•	. ,,		0 (/1/	lator (575), Sal	, Flavour Er	nhancer (635), Oat Fibre,	Vegetable		Sodium (mg)	1510	571
	Contains gluten, e	gg, milk, so	y & sul	phites					,			7					
	Gluten Eggs M Y Y	Milk So Y Y	_	Fish &	Peanuts T	T	Sesame Seeds	Y	Preservative Y	Flavour Y	Colours Y						
Roast Beef & Cheddar	BREAD: Wheat F														Roast Beef &		
Sandwich											Protein, Colo	ours (150d, 100), Vegetab	ole Protein			Avg Qty	Avg Qty
	,		ehydrat	ted Vegeta	bles, Yeast	t Extrac	t, Flavours, Canola	Oil, Herb 8	Spice Extracts							/Serve	/100g
	TOMATO SLICES												200 0001		Energy (kJ)	2450	860
	-			-	•	• /	,		, .			nced Garlic [Food Acids (, , , , , ,		Energy (Cal)	586	206
												our Enhancer (635), Oat	t Fibre,		Protein (g)	30.1	10.6
	Flavourings (Milk)		` •		, .	, ,.	, , ,	•	, ,.	•	,				Fat, total (g)	29.6	10.4
												olk, Fructose, Spices, Be			Saturated Fat (g)	6.6	2.3
									1442), Flavour I	nnancer (635),	iviinerai Sal	t (508),Flavourings (Milk), Emulsitiers		Carbohydrate (g)	47.5	16.7
	(Soy Lecithin, 435							IOUC).							Sugars (g)	4.8 1530	1.7 537
	CHEDDAR CHEE				i Cultures,	rennet	, Lipase.								Sodium (mg)	1030	537
	BABY SPINACH: Contains gluten, e	gg, milk, so	y & sul	phites.													
	SMOKEY PEPPE				n TDACES	of sesa	ame seeds.										
	00	IN IVIA TOINI	VAISEI	iiay contai	II INACES	0. 0000											
		Milk So			Peanuts	Tree	Sesame Seeds	Sulphites	Preservative	Flavour	Colours						

Chicken Pesto Sandwich

BREAD: Wheat Flour, Water, Salt, Malt Flour (Barley).

ROAST CHICKEN PIECES: Chicken, Milk Solids, Salt, Thickeners (1442, 407), Mineral Salt (451), Flavours (Milk), Soy Lecithin, Water.

PESTO MAYONNAISE: Pesto [Canola Oil (Canola Oil, Antioxidant 320), Parsley, Parmesan Cheese (Milk, Starter Culture, Rennet, Tapioca), Basil, Vinegar, Garlic, Saltl, Mayonnaise [Soy Bean Oil, High-Fructose Corn Syrup, Whole Eggs, Distilled Vinegar, Water, Firming Agent (516), Lemon Juice, Salt, Spices, Anti-oxidants (385, 330)]. TOMATO SLICES: Tomato.

BABY SPINACH: Baby Leaf Spinach.

Contains gluten, egg, milk, soy & sulphites

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

Chicken Pesto Sandwich Avg Qty Avg Qty /Serve /100g 1620 Energy (kJ) 676 Energy (Cal) 388 162 Protein (g) 24.3 10.1 12.4 5.2 Fat, total (g) Saturated Fat (g) 2.1 0.9 42.1 17.5 Carbohydrate (g) Sugars (g) 6.0 2.5 928 386 Sodium (mg)

Veggie Frittata

VEGGIE FRITTATA: Potato, **Dairy** Cream [Thickener (401)], Cheddar Cheese [**Milk**, Salt, Starter Cultures, Enzyme], **Wheat** Flour, Pumpkin, Spinach, Onion, Whole **Egg**, **Egg** White, Water, Tomato, Margarine [Vegetable Oil (Palm, Rapeseed, Sunflower), Water, Salt, **Soy** Emulsifier (471), Acidity Regulators (330), Colour (160a), **Butter** Flavour], **Milk**, Salt, Ground Celery, Wheat Starch, Yeast, Garlic, Pepper, Colour(160a), Iodised Salt, Chilli Powder.

Contains gluten, eggs, milk & soy.

May be stored with products containing tree nuts and peanuts

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

Vegg	jie Frittata	
	Avg Qty	Avg Qty
	/Serve	/100g
nergy (kJ)	1250	864
nergy (Cal)	300	207
rotein (g)	10.2	7.0
at, total (g)	19.7	13.6
aturated Fat (g)	13.2	9.1
arbohydrate (g)	18.9	13.0
ugars (g)	5.1	3.5
odium (ma)	290	200

FRIANDS AND MUFFINS																	
Chocolate Friand															Chocolate Fr	iand - Gluter	n Free
	Sugar, Egg White (Egg	g White, Sta	abilisers (415	5, 412, 150	05)), Gro	und Almonds , Butt	er, Rice Flo	our, Cocoa Pov	wder, Dusting Sug	gar (Dextros	e, Maize					Avg Qty	Avg Qty
	Starch, Vegetable Fat (ulsifiers (332, 492))).										/Serve	/100g
	Contains eggs, milk, so).											nergy (kJ)	1500	1869
	May contain traces of p	peanuts and	d tree nuts.											Er	nergy (Cal)	358	447
														Pr	rotein (g)	7.9	9.6
															at, total (g)	20.3	25.4
															aturated Fat (g)	8.6	10.8
						1	1	ı		1	1		1	1	arbohydrate (g)	34.5	43.1
		Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours		ugars (g)	25.9	32.4
			Υ	Υ	Υ	<u> </u>	T	Y						Sc	odium (mg)	40	50
Raspberry Friand															Raspberry Fr	iand - Glute	n Free
	Sugar, Gound Almonds	s, Egg Whit	te (Egg Whit	t e, Stabilis	sers (415	, 412, 1505)), Butte	r , Rice Flou	ır, Raspberry.								Avg Qty	Avg Qty
																/Serve	/100g
	Contains eggs, milk & t	•													nergy (kJ)	1390	1740
	May contain traces of p	peanutsand	l tree nuts.												nergy (Cal)	333	416
															otein (g)	7.8	9.7
															at, total (g)	13.2	16.5
															aturated Fat (g)	4.7	5.9
		I	_			T=:	T	I =	Io o .	I a	I	r <u>-</u> .			arbohydrate (g)	44.5	55.6
		Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	l —	ıgars (g)	25.6	32.0
		ļ	Y	Υ			ļ	Y	ļ					50	odium (mg)	25	31
Apple & Cinnamon Mini						,									Apple & Cinn		
Muffin	APPLE & CINNAMON															Avg Qty	Avg Qty
	Thickener (1422), Salt,	Milk Solid	is, Cinnamor	n, Raising	Agents (450, 500), Potato S	tarch, Emul	sitiers (Soy Le	ecithin, 4/1, 4//,	, 481), Flavo	urs, Acidity Regu	llator (330)	, Colour	-	(L. I)	/Serve	/100g
	(160a).	· · · · · · · · · · · · · · · · · · ·		01											nergy (kJ)	441	1630
	ICING SUGAR: Cane S			e Starcn.											nergy (Cal)	105	390
	Contains gluten, eggs,														rotein (g)	1.2 5.1	4.5
	May contain traces of p	beanuts, tre	e nuts, sesa	me seeas	i.										at, total (g) aturated Fat (g)	2.7	19.0 10.1
														—	arbohydrate (g)	13.2	49.0
		Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Culphiton	Preservative	Flavour	Colours	1	ugars (g)	7.9	29.2
		Y	Y	Y	Y	TISH & Chustaea	T	T	T	Sulphiles	rieservative	Y	Y		odium (mg)	131	486
		<u> </u>	'	_ '	<u> </u>		'	'					'		(0/		
Orange and Poppyseed	Miles of Electric Meters O			(400 f		0 D. d	(445	100 1110 111	20) F Dl	D O	de Cell Delete	A	00 544)		Orange and I		
Muffin	Wheat Flour, Water, S									, Poppy See	ds , Salt, Raising	Agents (5	00, 541),			Avg Qty	Avg Qty
	Emulsifiers (340, 435, 4	4/1, 4/20,	4//), WIIK S	olias, veg	jetable O	ili (Palm, Canola), U	at Fibre, Fi	avour, Colours	(102, 110).					-	(L. I)	/Serve	/100g
	Contains alutan	0 mille													nergy (kJ)	1400	1120
	Contains gluten, eggs		to trop sut-	0000000	oods										nergy (Cal)	316 4.8	252 3.8
	May contain traces of s	soy, peanut	is, iree nuts,	sesame s	eeas.										rotein (g)	2.4	
															at, total (g)	0.8	1.9
															aturated Fat (g)	69.6	0.6 55.7
		Gluten	Eggs	Milk	Cov	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Culphitos	Preservative	Flavour	Colours	, ⊢	arbohydrate (g)	25.1	20.1
		Y	Eggs Y	IVIIIK	Soy	risii & Ciustaea	T	T Tree Nuts	T T	Sulprilles	rieservative	Y	Colours	l —	ugars (g) odium (mg)	469	375
														150			

	Muffin Premix (Sugar, V	Wheat Flou	ır, Vegetabl	e Oil (Emu	ulsifiers (4	71, 477), Antioxidan	nt (322), Th	ickener (1422)	, Milk Solids, Ra	ising Agents	(450, 500), Pota	to Starch,	Salt,	Blue	berry Muffin	
	Flavour, Emulsifier (48										(,,	,	,		Avg Qty	Avg Qty
	•	,,,	•	•				, ,-	, , , , , ,						/Serve	/100g
														Energy (kJ)	2430	1470
	Contains gluten, eggs,	milk, & soy	у											Energy (Cal)	579	351
	May contain traces of p	eanuts, tre	e nuts, sesa	ame seeds	S.									Protein (g)	8.1	4.9
														Fat, total (g)	31.2	18.9
														Saturated Fat (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
		Υ	Y	Υ	Y		Т	Т	T			Υ		Sodium (mg)	652	395
Mud Muffin	Sugar, Wheat Flour, \	/egetable F	ats and Oil	s (Canola,	Palm, Co	oconut), Egg , Wate	r, Cocoa, I	Maltodextrin, T	hickeners (412, 4	115, 1422), I	Wilk Solids, Pota	to Starch,		M	ud Muffin	
	Salt, Raising Agents (5														Avg Qty	Avg Qty
	(1520), Antioxidant (30	7). Preserva	atives (202.	220, 223).		,,	•	,		, ,,				/Serve	/100g
	(,,	,	-,	,									Energy (kJ)	2900	1760
	Contains gluten, eggs,	milk, & soy	,											Energy (Cal)	696	422
	May contain traces of p	eanuts, tre	e nuts, sesa	ame seeds	s and sulp	hites								Protein (g)	7.1	4.3
														Fat, total (g)	32.3	19.6
														Saturated Fat (g)	9.7	5.9
														Carbohydrate (g)	94.4	57.2
		Gluten	Eggs	Milk	Sov	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	Sugars (g)	64.0	38.8
		Υ	Y	Υ	Y		Т	Т	Т	T	Υ	Υ	Υ	Sodium (mg)	437	265
Walnut Carrot & Bran Muffir	n Sugar Wheat Flour Ca	arrots Wate	er Vegetah	le Oil (Car	nola Sov	hean Oil Antioxidar	nt (319 306	320) Antifoa	m (900a)) Fnn	Coconut W	alnuts Wheat R	ran Raisin	a Agent	Walnut Ca	rrot & Bran N	Auffin
Trainat Garrot & Brain mann	[Mineral Salts (541, 500						11 (013, 000	, 020), / 1111100	(300a)), Lyy ,	Occordiat, TT	umats, wincut b	iuii, rtaisii	g Agont	Trainat Ga	TOC G BIGIN	
					riavoui	lodised Salt									Ava Otv	Ava Otv
	. ,	, 11 0), IIIa	126 1 1001), C	Jiiiiaiiioii,	, riavoui,	lodised Salt.									Avg Qty /Serve	Avg Qty /100a
		, 11 0), Ma	ize i loui), c	ziririarriori,	, riavoui,	lodised Salt.								Energy (kJ)	Avg Qty /Serve 2320	Avg Qty /100g 1450
	Contains aluten, eags.	, ,,	,,	ziiiiaiiioii,	, riavoui,	lodised Salt.									/Serve	/100g 1450
	Contains gluten, eggs, May contain traces of p	soy & tree	nuts.		,	lodised Salt.								Energy (Cal)	/Serve 2320 554	/100g 1450 347
	Contains gluten, eggs, May contain traces of p	soy & tree	nuts.		,	lodised Salt.								Energy (Cal) Protein (g)	/Serve 2320	/100g 1450
		soy & tree	nuts.		,	lodised Salt.								Energy (Cal) Protein (g) Fat, total (g)	/Serve 2320 554 8.3 28.2	/100g 1450 347 5.2 17.6
		soy & tree	nuts.		,	lodised Salt.								Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g)	/Serve 2320 554 8.3 28.2 8.0	/100g 1450 347 5.2 17.6 5.0
		soy & tree in the seanuts, tree	nuts. e nuts, milk	& sesame	e seeds.		Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g)	/Serve 2320 554 8.3 28.2 8.0 63.4	/100g 1450 347 5.2 17.6 5.0 39.6
		soy & tree	nuts.		,	Fish & Crustaea	Peanuts T	Tree Nuts	Sesame Seeds	Sulphites	Preservative Y	Flavour Y	Colours	Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sugars (g)	/Serve 2320 554 8.3 28.2 8.0	/100g 1450 347 5.2 17.6 5.0
CAKES / CHEESECAKES		soy & tree anuts, tre	nuts. e nuts, milk Eggs	& sesame	e seeds.		Peanuts T	Tree Nuts Y	Sesame Seeds T	Sulphites	Preservative Y		Colours	Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g)	/Serve 2320 554 8.3 28.2 8.0 63.4 35.8	/100g 1450 347 5.2 17.6 5.0 39.6 22.4
CAKES / CHEESECAKES Individual Carrot Cake	May contain traces of p	soy & tree anuts, tree	nuts. e nuts, milk Eggs Y	& sesame	seeds. Soy	Fish & Crustaea	T	Υ	Т	'	Υ	Υ		Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sugars (g) Sodium (mg)	/Serve 2320 554 8.3 28.2 8.0 63.4 35.8	/100g 1450 347 5.2 17.6 5.0 39.6 22.4
		soy & tree seanuts, tre	nuts. e nuts, milk Eggs Y Sugar, Butte	& sesame	Soy Y Water], E	Fish & Crustaea	T Cheese [I	Y Milk, Cream, S	T Salt, Vegetable G	ums (410, 4	Y 12), Starter Cultu	Y re], Icing S	ugar	Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sugars (g) Sodium (mg)	/Serve 2320 554 8.3 28.2 8.0 63.4 35.8 474	/100q 1450 347 5.2 17.6 5.0 39.6 22.4 296
	May contain traces of p	Gluten Y anola Oil, S Golden Syr	nuts. e nuts, milk Eggs Y Sugar, Butterup, Apricot	& sesame Milk T or [Cream, Diced Dried	Soy Y Water], E	Fish & Crustaea Egg, Walnut, Creamse, Dextrose (Prese	T Cheese [I	Y Milk, Cream, S 0)), Baking Po	T Salt, Vegetable G wder [Mineral Sa	ums (410, 4	Y 12), Starter Cultu	Y re], Icing S	ugar	Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sugars (g) Sodium (mg)	/Serve 2320 554 8.3 28.2 8.0 63.4 35.8 474	/100g 1450 347 5.2 17.6 5.0 39.6 22.4
	May contain traces of p Carrot, Wheat Flour, C [Sugar, Maize Starch],	Gluten Y anola Oil, S Golden Syr	nuts. e nuts, milk Eggs Y Sugar, Butterup, Apricot	& sesame Milk T or [Cream, Diced Dried	Soy Y Water], E	Fish & Crustaea Egg, Walnut, Creamse, Dextrose (Prese	T Cheese [I	Y Milk, Cream, S 0)), Baking Po	T Salt, Vegetable G wder [Mineral Sa	ums (410, 4	Y 12), Starter Cultu	Y re], Icing S	ugar	Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sugars (g) Sodium (mg)	/Serve 2320 554 8.3 28.2 8.0 63.4 35.8 474 474	/100q 1450 347 5.2 17.6 5.0 39.6 22.4 296
	May contain traces of p Carrot, Wheat Flour, C [Sugar, Maize Starch],	Gluten Y anola Oil, S Golden Syr	nuts. e nuts, milk Eggs Y Sugar, Butterup, Apricot	& sesame Milk T or [Cream, Diced Dried	Soy Y Water], E	Fish & Crustaea Egg, Walnut, Creamse, Dextrose (Prese	T Cheese [I	Y Milk, Cream, S 0)), Baking Po	T Salt, Vegetable G wder [Mineral Sa	ums (410, 4	Y 12), Starter Cultu	Y re], Icing S	ugar	Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sugars (g) Sodium (mg)	/Serve 2320 554 8.3 28.2 8.0 63.4 35.8 474 rrot Cake Avg Qty /Serve	/100q 1450 347 5.2 17.6 5.0 39.6 22.4 296
	May contain traces of p Carrot, Wheat Flour, C [Sugar, Maize Starch],	Gluten Y anola Oil, S Golden Syr, Cinnamor	Eggs Y Sugar, Butte rup, Apricot n, Cassia, G	& sesame Milk T r [Cream, Diced Drie Ginger And	Soy Y Water], E	Fish & Crustaea Egg, Walnut, Creamse, Dextrose (Prese	T Cheese [I	Y Milk, Cream, S 0)), Baking Po	T Salt, Vegetable G wder [Mineral Sa	ums (410, 4	Y 12), Starter Cultu	Y re], Icing S	ugar	Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sugars (g) Sodium (mg) Catalon (mg)	/Serve 2320 554 8.3 28.2 8.0 63.4 35.8 474 474 474 Avg Qty /Serve 2030	/100q 1450 347 5.2 17.6 5.0 39.6 22.4 296 Avg Qty /100q 1840
	May contain traces of p Carrot, Wheat Flour, C [Sugar, Maize Starch], Mixed Spice [Coriander	Gluten Y anola Oil, S Golden Syr, Cinnamor	Eggs Y Sugar, Butte rup, Apricot n, Cassia, C	& sesame Milk T r [Cream, Diced Drie Binger Anc	Soy Y Water], E	Fish & Crustaea Egg, Walnut, Creamse, Dextrose (Prese	T Cheese [I	Y Milk, Cream, S 0)), Baking Po	T Salt, Vegetable G wder [Mineral Sa	ums (410, 4	Y 12), Starter Cultu	Y re], Icing S	ugar	Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sugars (g) Sodium (mg) Cal	/Serve 2320 554 8.3 28.2 8.0 63.4 35.8 474 474 Avg Qty /Serve 2030 485	/100q 1450 347 5.2 17.6 5.0 39.6 22.4 296 Avg Qty /100q 1840 441
	Carrot, Wheat Flour, C [Sugar, Maize Starch], Mixed Spice [Coriander	Gluten Y anola Oil, S Golden Syr, Cinnamor	Eggs Y Sugar, Butte rup, Apricot n, Cassia, C	& sesame Milk T r [Cream, Diced Drie Binger Anc	Soy Y Water], E	Fish & Crustaea Egg, Walnut, Creamse, Dextrose (Prese	T Cheese [I	Y Milk, Cream, S 0)), Baking Po	T Salt, Vegetable G wder [Mineral Sa	ums (410, 4	Y 12), Starter Cultu	Y re], Icing S	ugar	Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sugars (g) Sodium (mg) Cal Energy (kJ) Energy (Cal) Protein (g)	/Serve 2320 554 8.3 28.2 8.0 63.4 35.8 474 474 Avg Cty /Serve 2030 485 4.4	/100q 1450 347 5.2 17.6 5.0 39.6 22.4 296 Avg Qty /100q 1840 441 4.0
	Carrot, Wheat Flour, C [Sugar, Maize Starch], Mixed Spice [Coriander	Gluten Y anola Oil, S Golden Syr, Cinnamor	Eggs Y Sugar, Butte rup, Apricot n, Cassia, C	& sesame Milk T r [Cream, Diced Drie Binger Anc	Soy Y Water], E	Fish & Crustaea Egg, Walnut, Creamse, Dextrose (Prese	T Cheese [I	Y Milk, Cream, S 0)), Baking Po	T Salt, Vegetable G wder [Mineral Sa	ums (410, 4	Y 12), Starter Cultu	Y re], Icing S	ugar	Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sugars (g) Sodium (mg) Cal Energy (kJ) Energy (Cal) Protein (g) Fat, total (g)	/Serve 2320 554 8.3 28.2 8.0 63.4 35.8 474 474 Arrot Cake Avg Qty /Serve 2030 485 4.4 30.0	/100q 1450 347 5.2 17.6 5.0 39.6 22.4 296 Avg Qty /100q 1840 441 4.0 27.3
	Carrot, Wheat Flour, C [Sugar, Maize Starch], Mixed Spice [Coriander	Gluten Y anola Oil, S Golden Syr, Cinnamor	Eggs Y Sugar, Butte rup, Apricot n, Cassia, C	& sesame Milk T r [Cream, Diced Drie Binger Anc	Soy Y Water], E	Fish & Crustaea Egg, Walnut, Creamse, Dextrose (Prese	T Cheese [I	Y Milk, Cream, S 0)), Baking Po	T Salt, Vegetable G wder [Mineral Sa	ums (410, 4') lts (170, 450	Y 12), Starter Cultu	Y re], Icing S	ugar	Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g) Carbohydrate (g) Sugars (g) Sodium (mg) Energy (kJ) Energy (Cal) Protein (g) Fat, total (g) Saturated Fat (g)	/Serve 2320 554 8.3 28.2 8.0 63.4 35.8 474 474 Arrot Cake Avg Qty /Serve 2030 485 4.4 30.0 7.5	/100q 1450 347 5.2 17.6 5.0 39.6 22.4 296 Avg Qty /100q 1840 441 4.0 27.3 6.8

Individual Warm Double	Sugar, Wheat Flour, T	hickened C	ream [Crear	n, Milk, M	lineral Sa	alt (450, 500) Stabilis	ser (400)],	Canola Oil, Mil	k Compound Cho	colate [Suga	r, Vegetable Fat	(Palm), Co	соа		Warm Doubl	e Chocolate	Cake
Chocolate Cake	(Sulphites), Whey Po	wder, Skin	n Milk Powde	er, Emuls	ifiers (49	2, Soy Lecithin, 476), Vanillin],	Milk, White C	ompound Chocola	ate [Sugar, F	alm Oil, Whey F	Powder, Sk	im Milk			Avg Qty	Avg Qty
	Powder, Stabiliser (492	2), Soy Led	ithin, Flavou	r], Cocoa,	Butter [0	Cream, Water], Egg	, Malt Extra	act [Barley, Ma	alted Barley, Cold	our (150c), S	oy Lecithin], Cre	am Cheese	e [Milk,			/Serve	/100g
	Cream, Salt, Vegetable	e Gums (41	10, 412), Star	rter Cultur	e], Cocoi	nut Oil, Mineral Salt	(500), Sug	ared Egg Yolk	, Flavour, Vegeta	ble Gum (41	5).			Ene	ergy (kJ)	1880	1710
														Ene	ergy (Cal)	450	409
															otein (g)	3.9	3.5
	Contains gluten, eggs,														t, total (g)	26.3	23.9
	May contain traces of	sesame see	eds, peanuts	& tree nu	ts (almor	nds & hazelnuts).									turated Fat (g)	13.2	12.0
		01.1	_	1		T =: 1 0 0 1	I	T = 11.	Io o i	10112		T =:			rbohydrate (g)	48.6	44.2
		Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds		Preservative	Flavour	Colours		gars (g)	37.3	33.9
		Y	Y	Υ	Υ		T		<u> </u>	Y	Y	Y	Y	Sod	dium (mg)	300	273
Individual Cookies & Cream															Cookies & C	ream Chees	
Cheesecake	Lecithin, Corn Starch,															Avg Qty	Avg Qty
	Fat Cream, Gelatine,		hite Chocola	ite Chips [Sugar, N	filk Solids, Cocoa B	utter, Milk	Fat, Soy Lecit	hin], Lemon Conc	entrate [Lem	on Juice, Lemor	n Oil, Acidit	y	<u> </u>	(I- I)	/Serve	/100g
	Regulators (330, 300)]	, Flavours.													ergy (kJ)	2610	2010
															ergy (Cal)	625	481
	Contains alutan mills														otein (g) t, total (g)	5.3 48.6	4.1 37.4
	Contains gluten, milk & May contain traces of e		on nonamo	ooodo no	anuta 8 f	roo nuto									turated Fat (g)	30.9	23.8
	May Contain traces or c	ayy, suipriit	es, sesame s	seeus, pe	anuls & l	ree nuts									rbohydrate (g)	41.5	31.9
		Gluten	Гааа	Milk	0	Figh 0 0 (Descrite	Tree Nuts	Sesame Seeds	0.1.1.1.	Preservative	Flavour	0.1		, (0)	27.0	20.8
		Y	Eggs T	Y	Soy	Fish & Crustaea	Peanuts T	T T	T	Sulphites T	T	Y	Colours Y		gars (g) dium (mg)		
Individual Decelor	Over Observa INCH.	Υ	Ť	Υ	Ϋ́		Т	T	Т	T	T	Υ	Y		dium (mg)	287	221
Individual Raspberry	Cream Cheese [Milk, 9	Y Cream, Sal	T t, Vegetable	Y Gums (41	Y 0, 412),	Starter Culture], Ras	T spberry Fill	T ing [Raspberry	T, Apple Juice, Su	T gar, Thicken	T er (1422), Veget	Y able Gum (Y 440), Food		dium (mg)	287 ry Cheeseca	221 ke
Individual Raspberry Cheesecake	Acid (330), Flavour, Pr	Y Cream, Sal eservative	t, Vegetable (202), Minera	Y Gums (41 al Salts (5	Y 0, 412), 09), Colo	Starter Culture], Ras our (122)], Thickened	T spberry Fill d Cream [(T ing [Raspberry Cream, Milk, M	T, Apple Juice, Suglineral Salt (450, 8	T gar, Thicken 500) Stabilise	T er (1422), Vegeta er (400)], Sugar,	Y able Gum (Biscuit Cru	Y 440), Food mb [Wheat		dium (mg)	287 ry Cheeseca Avg Qty	221 ke Avg Qty
	Acid (330), Flavour, Pr Flour, Sugar, Palm Oil	Y Cream, Sal eservative (Antioxidar	T t, Vegetable (202), Minera nts (307-Soy	Y Gums (41 al Salts (5 r, 322-Soy	Y 10, 412), 09), Colder), Golder	Starter Culture], Ras our (122)], Thickened in Syrup, Coconut, M	T spberry Fill d Cream [(lilk Solids,	T ing [Raspberry Cream, Milk, M Mineral Salts (T , Apple Juice, Suglineral Salt (450, 500, 450, 503), F	T gar, Thicken 500) Stabilise lavours)], Eg	T er (1422), Veget er (400)], Sugar, gg, Sour Light Ci	Y able Gum (Biscuit Cru ream [Redu	Y 440), Food imb [Wheat iced Fat	Sod	dium (mg) Raspberi	287 ry Cheeseca Avg Qty /Serve	221 ke Avg Qty /100g
	Acid (330), Flavour, Pr Flour, Sugar, Palm Oil Cream, Gelatine, Cultu	Y Cream, Sal eservative (Antioxidar ure], Butter	t, Vegetable (202), Minera ats (307-Soy [Cream , Wa	Y Gums (41 al Salts (5 r, 322-Soy	Y 10, 412), 09), Colder), Golder	Starter Culture], Ras our (122)], Thickened in Syrup, Coconut, M	T spberry Fill d Cream [(lilk Solids,	T ing [Raspberry Cream, Milk, M Mineral Salts (T , Apple Juice, Suglineral Salt (450, 500, 450, 503), F	T gar, Thicken 500) Stabilise lavours)], Eg	T er (1422), Veget er (400)], Sugar, gg, Sour Light Ci	Y able Gum (Biscuit Cru ream [Redu	Y 440), Food imb [Wheat iced Fat	Sod	dium (mg) Raspberi ergy (kJ)	287 ry Cheeseca Avg Qty /Serve 2230	221 ke Avg Qty /100g 1440
	Acid (330), Flavour, Pr Flour, Sugar, Palm Oil Cream , Gelatine, Cultu (202)], Flavour, Vegeta	Y Cream, Saleservative (Antioxidar ure], Butter	t, Vegetable (202), Minera hts (307-Soy [Cream, Wa 115).	Y Gums (41 al Salts (5 r, 322-Soy	Y 10, 412), 09), Colder), Golder	Starter Culture], Ras our (122)], Thickened in Syrup, Coconut, M	T spberry Fill d Cream [(lilk Solids,	T ing [Raspberry Cream, Milk, M Mineral Salts (T , Apple Juice, Suglineral Salt (450, 500, 450, 503), F	T gar, Thicken 500) Stabilise lavours)], Eg	T er (1422), Veget er (400)], Sugar, gg, Sour Light Ci	Y able Gum (Biscuit Cru ream [Redu	Y 440), Food imb [Wheat iced Fat	Sod Ene Ene	dium (mg) Raspberi ergy (kJ) ergy (Cal)	287 ry Cheeseca Avg Qty /Serve 2230 533	221 ke Avg Qty /100g 1440 344
	Acid (330), Flavour, Pr Flour, Sugar, Palm Oil Cream, Gelatine, Cultu (202)], Flavour, Vegeta Contains gluten, eggs,	Y Cream, Sal eservative (Antioxidar ure], Butter able Gum (4 milk & soy	T t, Vegetable (202), Minera ts (307-Soy [Cream , Wa 115).	Y Gums (41 al Salts (5 , 322-Soy ter], Thick	Y 10, 412), 09), Colder r), Golder tener (14	Starter Culture], Ras our (122)], Thickened in Syrup, Coconut, M 22), Glaze [Sugar, V	T spberry Fill d Cream [(lilk Solids,	T ing [Raspberry Cream, Milk, M Mineral Salts (T , Apple Juice, Suglineral Salt (450, 500, 450, 503), F	T gar, Thicken 500) Stabilise lavours)], Eg	T er (1422), Veget er (400)], Sugar, gg, Sour Light Ci	Y able Gum (Biscuit Cru ream [Redu	Y 440), Food imb [Wheat iced Fat	Ene Ene Proi	dium (mg) Raspberi ergy (kJ) ergy (Cal) otein (g)	287 ry Cheeseca Avg Qty /Serve 2230 533 9.5	221 ke Avg Qty /100g 1440 344 6.1
	Acid (330), Flavour, Pr Flour, Sugar, Palm Oil Cream , Gelatine, Cultu (202)], Flavour, Vegeta	Y Cream, Sal eservative (Antioxidar ure], Butter able Gum (4 milk & soy	T t, Vegetable (202), Minera ts (307-Soy [Cream , Wa 115).	Y Gums (41 al Salts (5 , 322-Soy ter], Thick	Y 10, 412), 09), Colder r), Golder tener (14	Starter Culture], Ras our (122)], Thickened in Syrup, Coconut, M 22), Glaze [Sugar, V	T spberry Fill d Cream [(lilk Solids,	T ing [Raspberry Cream, Milk, M Mineral Salts (T , Apple Juice, Suglineral Salt (450, 500, 450, 503), F	T gar, Thicken 500) Stabilise lavours)], Eg	T er (1422), Veget er (400)], Sugar, gg, Sour Light Ci	Y able Gum (Biscuit Cru ream [Redu	Y 440), Food imb [Wheat iced Fat	Ene Ene Proi Fat,	dium (mg) Raspberi ergy (kJ) ergy (Cal) otein (g) t, total (g)	287 ry Cheeseca Avg Qty /Serve 2230 533 9.5 36.9	221 ke Avg Qty /100q 1440 344 6.1 23.8
	Acid (330), Flavour, Pr Flour, Sugar, Palm Oil Cream, Gelatine, Cultu (202)], Flavour, Vegeta Contains gluten, eggs,	Y Cream, Sal eservative (Antioxidar ure], Butter able Gum (4 milk & soy	T t, Vegetable (202), Minera ts (307-Soy [Cream , Wa 115).	Y Gums (41 al Salts (5 , 322-Soy ter], Thick	Y 10, 412), 09), Colder r), Golder tener (14	Starter Culture], Ras our (122)], Thickened in Syrup, Coconut, M 22), Glaze [Sugar, V	T spberry Fill d Cream [(lilk Solids,	T ing [Raspberry Cream, Milk, M Mineral Salts (T , Apple Juice, Suglineral Salt (450, 500, 450, 503), F	T gar, Thicken 500) Stabilise lavours)], Eg	T er (1422), Veget er (400)], Sugar, gg, Sour Light Ci	Y able Gum (Biscuit Cru ream [Redu	Y 440), Food imb [Wheat iced Fat	Ene Ene Proi Fat, Sati	ergy (kJ) ergy (Cal) otein (g) t, total (g) turated Fat (g)	287 ry 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, Pr Flour, Sugar, Palm Oil Cream, Gelatine, Cultu (202)], Flavour, Vegeta Contains gluten, eggs,	Y Cream, Sal eservative (Antioxidar ure], Butter able Gum (4 milk & soy sulphites, s	T t, Vegetable (202), Mineralts (307-Soy [Cream, Wa 415).	Y Gums (41 al Salts (5 7, 322-Soy ter], Thick s, tree nut	Y (0, 412), (09), Colder (1), Golder (14), (14), Sener (14), (14), Sener (14),	Starter Culture], Ras our (122)], Thickened in Syrup, Coconut, M 22), Glaze [Sugar, V	T spberry Fill d Cream [(lilk Solids, Vater, Gelli	T ing [Raspberry Fream, Milk, N Mineral Salts (ng Agents (40	T , Apple Juice, Suț lineral Salt (450, 5 500, 450, 503), F 7, 440), Acidifier (T gar, Thicken. 500) Stabilis lavours)], Eg 330), Acidity	T er (1422), Veget er (400)], Sugar, gg, Sour Light Cr Regulators (331	Y able Gum (Biscuit Cru ream [Redu , 341) Pres	Y 440), Food imb [Wheat iced Fat servative	Ene Ene Proi Fat, Sati	ergy (kJ) ergy (Cal) otein (g) t, total (g) turated Fat (g) rbohydrate (g)	287 ry Cheeseca Avg Qty /Serve 2230 533 9.5 36.9 24.3 40.8	221 ke Avg Qty /100q 1440 344 6.1 23.8 15.7 26.3
	Acid (330), Flavour, Pr Flour, Sugar, Palm Oil Cream, Gelatine, Cultu (202)], Flavour, Vegeta Contains gluten, eggs,	Y Cream, Sal eservative (Antioxidar ure], Butter able Gum (4 milk & soy	T t, Vegetable (202), Minera ts (307-Soy [Cream , Wa 115).	Y Gums (41 al Salts (5 , 322-Soy ter], Thick	Y 10, 412), 09), Colder r), Golder tener (14	Starter Culture], Ras our (122)], Thickened in Syrup, Coconut, M 22), Glaze [Sugar, V	T spberry Fill d Cream [(lilk Solids,	T ing [Raspberry Cream, Milk, M Mineral Salts (T , Apple Juice, Suglineral Salt (450, 500, 450, 503), F	T gar, Thicken. 500) Stabilis lavours)], Eg 330), Acidity	T er (1422), Veget er (400)], Sugar, gg, Sour Light Ci	Y able Gum (Biscuit Cru ream [Redu	Y 440), Food imb [Wheat iced Fat	Ene Ene Proi Fat, Sati Car	ergy (kJ) ergy (Cal) otein (g) t, total (g) turated Fat (g)	287 ry 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
Cheesecake	Acid (330), Flavour, Pr Flour, Sugar, Palm Oil Cream, Gelatine, Cultu (202)], Flavour, Vegeta Contains gluten, eggs, May contain traces of s	Y Cream, Sal eservative (Antioxidar ire], Butter ible Gum (4 milk & soy sulphites, s Gluten Y	T t, Vegetable (202), Minera hts (307-Soy [Cream, Wa 115). esame seeds Eggs Y	Y Gums (41 al Salts (5, 322-Soy ter], Thick s, tree nut Milk Y	Y 0, 412), 09), Coldo, O, Golder, ener (14.	Starter Culture], Ras our (122)], Thickened in Syrup, Coconut, M 22), Glaze [Sugar, V uts	T spberry Fill d Cream [(iiik Solids, Vater, Gelli Peanuts T	T ing [Raspberry Fream, Milk, N Mineral Salts (ng Agents (40) Tree Nuts T	T, Apple Juice, Sui lineral Salt (450, 500, 450, 503), F 7, 440), Acidifier (T gar, Thicken 500) Stabilisi lavours)], Eg 330), Acidity Sulphites T	T er (1422), Veget er (400)], Sugar, gg, Sour Light Cr Regulators (331	Y able Gum (Biscuit Cru ream [Redu , 341) Pres	Y 440), Food mb [Wheat iced Fat servative Colours	Ene Ene Proi Fat, Sati Car	ergy (kJ) ergy (Cal) betein (g) t, total (g) turated Fat (g) rbohydrate (g) gars (g) dium (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, Pr Flour, Sugar, Palm Oil Cream, Gelatine, Cultu (202)], Flavour, Vegeta Contains gluten, eggs, May contain traces of s	Y Cream, Sal eservative (Antioxidar ure], Butter uble Gum (4 milk & soy sulphites, s Gluten Y Orange Pa	T t, Vegetable (202), Minera hts (307-Soy [Cream, Wa 115). esame seeds Eggs Y ste (Oranges	Y Gums (41 al Salts (5 c, 322-Soy ter], Thick s, tree nut Milk Y s, Sugar,	Y 0, 412), 09), Colc), Golder ener (14. s & pean Soy Y Gelling A	Starter Culture], Ras our (122)], Thickened in Syrup, Coconut, M 22), Glaze [Sugar, V uuts	T spberry Fill d Cream [V iiik Solids, Vater, Gelli Peanuts T ative (202)	T ing [Raspberry Fream, Milk, N Mineral Salts (ng Agents (40) Tree Nuts T , Water, Thick	T, Apple Juice, Sui lineral Salt (450, 500, 450, 503), F 7, 440), Acidifier (Sesame Seeds T ener (1422), Orar	T gar, Thicken 500) Stabilisi lavours)], Eg 330), Acidity Sulphites T nge Colour &	T er (1422), Vegeter (400)], Sugar, gg, Sour Light Cr Regulators (331) Preservative Y Flavour [Water,	Y able Gum (Biscuit Cru ream (Redu , 341) Pres	Y 440), Food mb [Wheat iced Fat servative Colours Y	Ene Ene Proi Fat, Sati Car	ergy (kJ) ergy (Cal) betein (g) t, total (g) turated Fat (g) rbohydrate (g) gars (g) dium (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 ake
Cheesecake	Acid (330), Flavour, Pr Flour, Sugar, Palm Oil Cream, Gelatine, Cultu (202)], Flavour, Vegeta Contains gluten, eggs, May contain traces of s Egg, Sugar, Almond, Gum (415), Colours (1	Y Cream, Sal eservative (Antioxidar ure], Butter uble Gum (4 milk & soy sulphites, s Gluten Y Orange Pa 02, 110), E	T t, Vegetable (202), Minera tts (307-Soy [Cream, Wa 415). esame seeds Eggs Y ste (Oranges mulsifier (433	Gums (41 al Salts (5 , 322-Soy ter], Thick s, tree nut	Y 0, 412), 09), Colc), Golder ener (14. s & pean Soy Y Gelling A acid (330)	Starter Culture], Ras bur (122)], Thickened in Syrup, Coconut, M 22), Glaze [Sugar, V buts Fish & Crustaea gent (440), Preserva), Preservatives (202	T spberry Fill d Cream [0 lilk Solids, Vater, Gelli Peanuts T ative (202) 2, 211)], Ca	T ing [Raspberry Fream, Milk, N Mineral Salts (ng Agents (40) Tree Nuts T , Water, Thick anola Oil, Dark	T, Apple Juice, Sui lineral Salt (450, 5 500, 450, 503), F 7, 440), Acidifier (Sesame Seeds T ener (1422), Orar Chocolate Decor	T gar, Thicken 500) Stabilise lavours)], Eg 330), Acidity Sulphites T nge Colour & ation [Sugar,	T er (1422), Vegeter (400)], Sugar, gg, Sour Light Cr Regulators (331) Preservative Y Flavour [Water, Cocoa Mass, C	Y able Gum (Biscuit Cru ream (Redu , 341) Pres	Y 440), Food mb [Wheat iced Fat servative Colours Y	Ene Ene Proi Fat, Sati Car	ergy (kJ) ergy (Cal) betein (g) t, total (g) turated Fat (g) rbohydrate (g) gars (g) dium (mg)	287 ry Cheeseca Avg Qty //Serve 2230 533 9.5 36.9 24.3 40.8 31.0 322 dd 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, Pr Flour, Sugar, Palm Oil Cream, Gelatine, Cultu (202)], Flavour, Vegeta Contains gluten, eggs, May contain traces of s	Y Cream, Sal eservative (Antioxidar ure], Butter uble Gum (4 milk & soy sulphites, s Gluten Y Orange Pa 02, 110), E	T t, Vegetable (202), Minera tts (307-Soy [Cream, Wa 415). esame seeds Eggs Y ste (Oranges mulsifier (433	Gums (41 al Salts (5 , 322-Soy ter], Thick s, tree nut	Y 0, 412), 09), Colc), Golder ener (14. s & pean Soy Y Gelling A cid (330)	Starter Culture], Ras bur (122)], Thickened in Syrup, Coconut, M 22), Glaze [Sugar, V buts Fish & Crustaea gent (440), Preserva), Preservatives (202	T spberry Fill d Cream [0 lilk Solids, Vater, Gelli Peanuts T ative (202) 2, 211)], Ca	T ing [Raspberry Fream, Milk, N Mineral Salts (ng Agents (40) Tree Nuts T , Water, Thick anola Oil, Dark	T, Apple Juice, Sui lineral Salt (450, 5 500, 450, 503), F 7, 440), Acidifier (Sesame Seeds T ener (1422), Orar Chocolate Decor	T gar, Thicken 500) Stabilise lavours)], Eg 330), Acidity Sulphites T nge Colour & ation [Sugar,	T er (1422), Vegeter (400)], Sugar, gg, Sour Light Cr Regulators (331) Preservative Y Flavour [Water, Cocoa Mass, C	Y able Gum (Biscuit Cru ream (Redu , 341) Pres	Y 440), Food mb [Wheat iced Fat servative Colours Y	Ene Ene Proi Fat, Sati Car Sug Sod	ergy (kJ) ergy (Cal) otein (g) t, total (g) turated Fat (g) rbohydrate (g) gars (g) dium (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	221 ke Avg Qty /100g 1440 344 6.1 23.8 15.7 26.3 20.0 208 ake
Cheesecake	Acid (330), Flavour, Pr Flour, Sugar, Palm Oil Cream, Gelatine, Cultu (202)], Flavour, Vegeta Contains gluten, eggs, May contain traces of s Egg, Sugar, Almond, Gum (415), Colours (1	Y Cream, Sal eservative (Antioxidar ure], Butter uble Gum (4 milk & soy sulphites, s Gluten Y Orange Pa 02, 110), E	T t, Vegetable (202), Minera tts (307-Soy [Cream, Wa 415). esame seeds Eggs Y ste (Oranges mulsifier (433	Gums (41 al Salts (5 , 322-Soy ter], Thick s, tree nut	Y 0, 412), 09), Colc), Golder ener (14. s & pean Soy Y Gelling A cid (330)	Starter Culture], Ras bur (122)], Thickened in Syrup, Coconut, M 22), Glaze [Sugar, V buts Fish & Crustaea gent (440), Preserva), Preservatives (202	T spberry Fill d Cream [0 lilk Solids, Vater, Gelli Peanuts T ative (202) 2, 211)], Ca	T ing [Raspberry Fream, Milk, N Mineral Salts (ng Agents (40) Tree Nuts T , Water, Thick anola Oil, Dark	T, Apple Juice, Sui lineral Salt (450, 5 500, 450, 503), F 7, 440), Acidifier (Sesame Seeds T ener (1422), Orar Chocolate Decor	T gar, Thicken 500) Stabilise lavours)], Eg 330), Acidity Sulphites T nge Colour & ation [Sugar,	T er (1422), Vegeter (400)], Sugar, gg, Sour Light Cr Regulators (331) Preservative Y Flavour [Water, Cocoa Mass, C	Y able Gum (Biscuit Cru ream (Redu , 341) Pres	Y 440), Food mb [Wheat iced Fat servative Colours Y	Ene Ene Proi Fat, Sati Car Sug Sod	ergy (kJ) ergy (Cal) otein (g) t, total (g) turated Fat (g) rbohydrate (g) gars (g) dium (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 /100q 1440 344 6.1 23.8 15.7 26.3 20.0 208 ake Avg Qty /100q
Cheesecake	Acid (330), Flavour, Pr Flour, Sugar, Palm Oil Cream, Gelatine, Cultu (202)], Flavour, Vegeta Contains gluten, eggs, May contain traces of s Egg, Sugar, Almond, Gum (415), Colours (1	Y Cream, Sal eservative (Antioxidar ure], Butter tible Gum (milk & soy sulphites, s Gluten Y Orange Pa 02, 110), E ng Powder	T t, Vegetable (202), Minera tts (307-Soy [Cream, Wa 115). esame seeds Eggs Y ste (Oranges mulsifier (43: [Rice Flour,	Gums (41 al Salts (5 , 322-Soy ter], Thick s, tree nut	Y 0, 412), 09), Colc), Golder ener (14. s & pean Soy Y Gelling A cid (330)	Starter Culture], Ras bur (122)], Thickened in Syrup, Coconut, M 22), Glaze [Sugar, V buts Fish & Crustaea gent (440), Preserva), Preservatives (202	T spberry Fill d Cream [0 lilk Solids, Vater, Gelli Peanuts T ative (202) 2, 211)], Ca	T ing [Raspberry Fream, Milk, N Mineral Salts (ng Agents (40) Tree Nuts T , Water, Thick anola Oil, Dark	T, Apple Juice, Sui lineral Salt (450, 5 500, 450, 503), F 7, 440), Acidifier (Sesame Seeds T ener (1422), Orar Chocolate Decor	T gar, Thicken 500) Stabilise lavours)], Eg 330), Acidity Sulphites T nge Colour & ation [Sugar,	T er (1422), Vegeter (400)], Sugar, gg, Sour Light Cr Regulators (331) Preservative Y Flavour [Water, Cocoa Mass, C	Y able Gum (Biscuit Cru ream (Redu , 341) Pres	Y 440), Food mb [Wheat iced Fat servative Colours Y	Ene Ene Prot Fat, Sati Car Sug Sod	ergy (kJ) ergy (Cal) otein (g) t, total (g) turated Fat (g) rbohydrate (g) gars (g) dium (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 /100q 1440 344 6.1 23.8 15.7 26.3 20.0 208 ake Avg Qty /100q 1230
Cheesecake	Acid (330), Flavour, Pr Flour, Sugar, Palm Oil Cream, Gelatine, Cultu (202)], Flavour, Vegeta Contains gluten, eggs, May contain traces of s Egg, Sugar, Almond, Gum (415), Colours (1 Lecithin, Flavour], Baki	Y Cream, Sal eservative (Antioxidar ure], Butter tible Gum (4 milk & soy sulphites, s Gluten Y Orange Pa 02, 110), E ng Powder	T t, Vegetable (202), Minera tts (307-Soy [Cream, Wa 415). Eggs Y ste (Oranges mulsifier (433 [Rice Flour,	Gums (41 al Salts (5 , 322-Soy ter], Thick s, tree nut	Y 10, 412), 09), Colc), Golder ener (14. S & pean Soy Y Gelling A cid (330) alts (500)	Starter Culture], Ras bur (122)], Thickened in Syrup, Coconut, M 22), Glaze [Sugar, V buts Fish & Crustaea gent (440), Preserva), Preservatives (202	T spberry Fill d Cream [0 lilk Solids, Vater, Gelli Peanuts T ative (202) 2, 211)], Ca	T ing [Raspberry Fream, Milk, N Mineral Salts (ng Agents (40) Tree Nuts T , Water, Thick anola Oil, Dark	T, Apple Juice, Sui lineral Salt (450, 5 500, 450, 503), F 7, 440), Acidifier (Sesame Seeds T ener (1422), Orar Chocolate Decor	T gar, Thicken 500) Stabilise lavours)], Eg 330), Acidity Sulphites T nge Colour & ation [Sugar,	T er (1422), Vegeter (400)], Sugar, gg, Sour Light Cr Regulators (331) Preservative Y Flavour [Water, Cocoa Mass, C	Y able Gum (Biscuit Cru ream (Redu , 341) Pres	Y 440), Food mb [Wheat iced Fat servative Colours Y	Ene Ene Prot Fat, Sati Car Sug Sod	ergy (kJ) ergy (Cal) otein (g) turated Fat (g) rbohydrate (g) gars (g) dium (mg) Orange an ergy (kJ) ergy (Cal)	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 /100q 1440 344 6.1 23.8 15.7 26.3 20.0 208 ake Avg Qty /100q 1230 293
Cheesecake	Acid (330), Flavour, Pr Flour, Sugar, Palm Oil Cream, Gelatine, Cultu (202)], Flavour, Vegeta Contains gluten, eggs, May contain traces of s Egg, Sugar, Almond, Gum (415), Colours (1 Lecithin, Flavour], Bak	Y Cream, Sal eservative (Antioxidar ure], Butter tible Gum (4 milk & soy sulphites, s Gluten Y Orange Pa 02, 110), E ng Powder	T t, Vegetable (202), Minera tts (307-Soy [Cream, Wa 415). Eggs Y ste (Oranges mulsifier (433 [Rice Flour,	Gums (41 al Salts (5 , 322-Soy ter], Thick s, tree nut	Y 10, 412), 09), Colc), Golder ener (14. S & pean Soy Y Gelling A cid (330) alts (500)	Starter Culture], Ras bur (122)], Thickened in Syrup, Coconut, M 22), Glaze [Sugar, V buts Fish & Crustaea gent (440), Preserva), Preservatives (202	T spberry Fill d Cream [0 lilk Solids, Vater, Gelli Peanuts T ative (202) 2, 211)], Ca	T ing [Raspberry Fream, Milk, N Mineral Salts (ng Agents (40) Tree Nuts T , Water, Thick anola Oil, Dark	T, Apple Juice, Sui lineral Salt (450, 5 500, 450, 503), F 7, 440), Acidifier (Sesame Seeds T ener (1422), Orar Chocolate Decor	T gar, Thicken 500) Stabilise lavours)], Eg 330), Acidity Sulphites T nge Colour & ation [Sugar,	T er (1422), Vegeter (400)], Sugar, gg, Sour Light Cr Regulators (331) Preservative Y Flavour [Water, Cocoa Mass, C	Y able Gum (Biscuit Cru ream (Redu , 341) Pres	Y 440), Food mb [Wheat iced Fat servative Colours Y	Ene Ene Prot Fat, Sati Car Sug Sod	ergy (kJ) ergy (Cal) otein (g) turated Fat (g) gars (g) dium (mg) Orange an ergy (kJ) ergy (Cal) otein (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 9.4	221 ke Avg Qty /100q 1440 344 6.1 23.8 15.7 26.3 20.0 208 ake Avg Qty /100q 1230 293 8.7
Cheesecake	Acid (330), Flavour, Pr Flour, Sugar, Palm Oil Cream, Gelatine, Cultu (202)], Flavour, Vegeta Contains gluten, eggs, May contain traces of s Egg, Sugar, Almond, Gum (415), Colours (1 Lecithin, Flavour], Bak	Y Cream, Sal eservative (Antioxidar ure], Butter tible Gum (4 milk & soy sulphites, s Gluten Y Orange Pa 02, 110), E ng Powder	T t, Vegetable (202), Minera tts (307-Soy [Cream, Wa 415). Eggs Y ste (Oranges mulsifier (433 [Rice Flour,	Gums (41 al Salts (5 , 322-Soy ter], Thick s, tree nut	Y 10, 412), 09), Colc), Golder ener (14. S & pean Soy Y Gelling A cid (330) alts (500)	Starter Culture], Ras bur (122)], Thickened in Syrup, Coconut, M 22), Glaze [Sugar, V buts Fish & Crustaea gent (440), Preserva), Preservatives (202	T spberry Fill d Cream [0 lilk Solids, Vater, Gelli Peanuts T ative (202) 2, 211)], Ca	T ing [Raspberry Fream, Milk, N Mineral Salts (ng Agents (40) Tree Nuts T , Water, Thick anola Oil, Dark	T, Apple Juice, Sui lineral Salt (450, 5 500, 450, 503), F 7, 440), Acidifier (Sesame Seeds T ener (1422), Orar Chocolate Decor	T gar, Thicken 500) Stabilise lavours)], Eg 330), Acidity Sulphites T nge Colour & ation [Sugar,	T er (1422), Vegeter (400)], Sugar, gg, Sour Light Cr Regulators (331) Preservative Y Flavour [Water, Cocoa Mass, C	Y able Gum (Biscuit Cru ream (Redu , 341) Pres	Y 440), Food mb [Wheat iced Fat servative Colours Y	Ene Ene Prot Fat, Sati Car Sug Sod	ergy (kJ) ergy (Cal) otein (g) turated Fat (g) gars (g) dium (mg) Orange an ergy (kJ) ergy (Cal) turated Fat (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 9.4 13.9	221 ke Avg Qty /100q 1440 344 6.1 23.8 15.7 26.3 20.0 208 ake Avg Qty /100q 1230 293 8.7 12.9
Cheesecake	Acid (330), Flavour, Pr Flour, Sugar, Palm Oil Cream, Gelatine, Cultu (202)], Flavour, Vegeta Contains gluten, eggs, May contain traces of s Egg, Sugar, Almond, Gum (415), Colours (1 Lecithin, Flavour], Bak	Y Cream, Sal eservative (Antioxidar ure], Butter tible Gum (4 milk & soy sulphites, s Gluten Y Orange Pa 02, 110), E ng Powder	T t, Vegetable (202), Minera tts (307-Soy [Cream, Wa 415). Eggs Y ste (Oranges mulsifier (433 [Rice Flour,	Gums (41 al Salts (5 , 322-Soy ter], Thick s, tree nut	Y 10, 412), 09), Colc), Golder ener (14. S & pean Soy Y Gelling A cid (330) alts (500)	Starter Culture], Raspur (122)], Thickened on Syrup, Coconut, M (22), Glaze [Sugar, V (22), Glaze [Sugar, V (22), Glaze [Sugar, V (22), Glaze [Sugar, V (24), Fish & Crustaea (26), Preservatives (20), 541, 341)], Mineral	T spberry Fill d Cream [0 lilk Solids, Vater, Gelli Peanuts T ative (202) 2, 211)], Ca	T ing [Raspberry Fream, Milk, N Mineral Salts (ng Agents (40) Tree Nuts T , Water, Thick anola Oil, Dark	T, Apple Juice, Sui lineral Salt (450, 5 500, 450, 503), F 7, 440), Acidifier (Sesame Seeds T ener (1422), Orar Chocolate Decor	T gar, Thicken 500) Stabilise Ilavours)], Eg 330), Acidity Sulphites T nge Colour & ation [Sugar,	T er (1422), Vegeter (400)], Sugar, gg, Sour Light Cr Regulators (331) Preservative Y Flavour [Water, Cocoa Mass, C	Y able Gum (Biscuit Cru ream (Redu , 341) Pres	Y 440), Food mb [Wheat iced Fat servative Colours Y	Ene Ene Prot Fat, Sati Car Sug Sod	ergy (kJ) ergy (Cal) otein (g) turated Fat (g) gars (g) dium (mg) Orange an ergy (kJ) ergy (Cal) turated Fat (g)	287 ry Cheeseca Avg Qty /Serve 2230 533 9.5 36.9 24.3 40.8 31.0 322 dd 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

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MACARONS																
Chocolate	Icing Sugar [Sugar, Markened C													Macaron- Averaç		
															Avg Qty	Avg Qty
	0 ()													E (1.1)	/Serve	/100g
	Contains eggs, milk, s	**	ts & sulphites	S										Energy (kJ)	450	1870
Cammusaina	May contain traces of		1. Al	A II	(01-	L'II (445-440-45	-05// /4//-:/	. 0	NI-1- [O	Deles Of M	# D OI	MIII. D.		Energy (Cal ¹)	108	449
Cappuccino	Icing Sugar [Sugar, Ma													Protein (g)	2.0 4.8	8.3
	Stabiliser (492), Soy L	ecitnin, Fia	ivourj, i nicke	ened Crea	ım [Crea	m, wilk, Mineral Sal	t (450, 500), Stabiliser (4)	JO)], Butter, Egg	Albumen P	owder, Cocoa, C	опее, зоу	Lecitnin,	Fat, total (g) Saturated Fat (g)	2.1	20.0 8.5
	Thickener (1442).	ou troo nut	to.												13.6	56.6
	Contains eggs, milk, s	•	18											Carbohydrate (g)	12.8	53.2
	May contain traces of	Gluten	Гааз	Milk	Cov	Fish & Crustaea	Dognuto	Tree Nuts	Sesame Seeds	Culphiton	Preservative	Flavour	Colours	Sugars (g)	20	80
Macarons - Chocolate & Cap	puccino	Gluten	Eggs Y	IVIIIK	Soy	FISH & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	Sodium (mg)	20	80
Choc Mint Macaron	Jaine Corner (Corner M	-i Ctb				(445 440 4505)) Deal Ob	T	Coord Mass C	D.:#	F	Carry This	lean and			
Choc Mint Macaron	Icing Sugar (Sugar, M															
	Cream (Cream Milk, N	/lineral Salt	t (450,500) S	Stabiliser (4	l00)), Bu	tter, Egg White Pov	vder, Coco	a, Emulsifier (3	322- Soy), Colours	s (102,133),	Thickener (1442)), Pepperm	int Flavour.			
	Contains egg, milk, so	v & tree nu	te													
	May contain traces of	•														
Salted Caramel Macaron	Icing Sugar (Sugar, M			Egg White	(Stabilie	ore (415, 412, 1505)	\\\\\hito Ca	ompound Cho	colato (Sugar Dal	lm ∩il Who	y Dowdor Skim	Milk Dowde	or Stabilison			
Saiteu Caraillei Macaroli	(492), Emulsifier (322-															
	, ,,	• / -	,.		•		,	,	,,.	,		FIUCIUSE S	yrup, Sugar,			
	Sweetened Condense	u wiik), su	igai, Egg vvi	nile Powde	er, Durrit	Sugar, Mailouexiiii,	Colours (1	60a, 129), Sai	i, Emuismei (322-	- 30y), THICK	terier (1442).					
	Contains egg, milk, so	v & tree nu	ts													
	May contain traces of	•														
	May contain traces or	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours			
		T	Y	Y	Y	Tisii & Olustaea	T	V	Oesame occus	T	V	V	V			
Pineapple Coconut Macaron	Joing Cugar (Cugar M	oizo Ctorob	·			ore (415, 412, 1505)) White C	ompound Char	olata (Sugar Bal	lm Oil Whe	y Douglar Ckim	Milk Doude	or Stabilizar			
Filleapple Cocollut Macaroli	(492), Emulsifier (322-															
	Juice, Egg White Pow															
	(1442), Pineapple Flav			e (Lemon	Juice, Le	mon Juice Concenti	ate, Lemoi	1 Oil, Acidity R	egulators (550, 5	ooj), Coloui	(102), Emulsiner	(322- 30y), Thickener			
	(1442), Pineappie Flav	vour, Cocor	iut riavour.													
	Contains egg, milk, so	v tree nuts	& sulnhites													
	May contain traces of	• 1	a carpinico.													
Strawberry & Cream	Icing Sugar (Sugar, M) Almond	Faa White	(Stahilis	ers (415 412 1505)) Butter	Cream Chees	e (Milk Cream S	Salt Vegetal	ole Gums (410 4	12) Starte	r Culture)			+
Macaron	Sugar, Egg White Pov															+
	Soy), Strawberry Flav		,	· · · · · · · · · · · · · · · · · · ·	LOMON	Joneonitate (Leinon	Jaiou, Luii	ion duide duli	Zonitato, Edition (on, morally IX	ogalators (000, c	,, Linui	001 (022			+
	ooy), ollawberry riav	our, ooloui	(123).												<u> </u>	-
	Contains and mills	u troo ni ta	0 aulahit													
	Contains egg, milk, so		s & suipnites.													1
B	May contain traces of	<u> </u>	-	1		F: 1 0 0 /	I	I = 11 ·	lo o :	10.11%	I 5 "	T =:				
Macaron - Pineapple and Co	conut, Strawberries	Gluten	Eggs	Milk	Soy	Fish & Crustaea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Preservative	Flavour	Colours	ı	l	
and Cream		T											1			
			Υ	Y	Υ		T	Υ		Υ	Y	Υ	Υ			

Marshmallows	Glucose Syrup [from Wheat, contains Preservative (220)], Sugar, Water, Gelatine, Dextrose, Flavour, Colour (122), Stabiliser (452), Maize Starch, Wheat															Marshmallows		
	Starch.															Avg Qty	Avg Qty	
																	/100g	
															Energy (kJ)	248	1380	
	Contains gluten & sulphites														Energy (Cal)	330	59	
															Protein (g)	0.7	3.8	
	, in the second sec													Fat, total (g)	<0.1	0.1		
														[Saturated Fat (g)	<0.1	0.1	
														[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								Y		Υ	Υ	1 5	Sodium (mg)	16	87	
	Notes: Nutrition values	are based	d on averag	e figures ar	d standa	rd product formulation	n. Actual s	erving size an	d nutrient values	may vary. In	gredients are su	bject to sea	sonal variati	on. Nutrient va	alues and serve size	do not apply	to special	
	customer orders. Information is correct as at June 2015.																·	
	Please be aware that there is always a risk that traces of allergens may be transferred to items on our menu during processing, storage or preparation in our kitchens. McDonald's														Restaurants are the	erefore unab	le to	
	guarantee that any item sold is free from traces of allergens.																	