

Michel's

# NUTRITION & ALLERGEN INFORMATION

Our stores strive to achieve the highest quality in cleanliness and food safety. However, we cannot guarantee our products be completely free from food allergens and potential cross-contamination due to the nature of the preparation and serving areas. These allergens include **gluten, wheat, oats, rye, barley, fish, crustacean, mollusc, egg, milk, lupin, peanut, soy, sesame, sulphites**, and tree nuts including **almond, Brazil nut, cashew, hazelnut, macadamia, pecan, pistachio, pine nut** and **walnut**.

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

## BABYCINO

SERVINGS PER PACKAGE: 1

SERVING SIZE: 26 mL

	Average QTY per Serving	Average QTY Per 100mL
Energy	80 kJ (19 Cal)	309 kJ (74 Cal)
Protein	less than 1 g	3.4 g
Fat, total	less than 1 g	3.3 g
-saturated	less than 1 g	2.1 g
Carbohydrate	2.0 g	7.5 g
-sugars	1.8 g	6.9 g
Sodium	12 mg	48 mg

### INGREDIENTS:

Milk, Drinking Chocolate (Sugar, Cocoa, Maltodextrin, Tapioca Starch, Salt).

**Contains Milk.**

**May Contain Soy.**

## BANANA & HONEY SMOOTHIE - LGE

SERVINGS PER PACKAGE: 1

SERVING SIZE: 555 mL

	Average QTY per Serving	Average QTY Per 100mL
Energy	2350 kJ (561 Cal)	423 kJ (101 Cal)
Protein	13.5 g	2.4 g
Fat, total	13.9 g	2.5 g
-saturated	9.0 g	1.6 g
Carbohydrate	92.1 g	16.6 g
-sugars	71.8 g	12.9 g
Sodium	141 mg	25 mg

### INGREDIENTS:

Banana (Banana, Processing Aids (Citric Acid & Ascorbic Acid)), **Milk**, Vanilla Ice Cream (Fresh **Milk**, Liquid Sugar (Sugar, Water), Fresh Cream (**Milk**), Glucose (Maize), **Milk** Solids, Maltodextrin (Maize), Emulsifiers (477, 471), Thickeners (412, 407a), Flavour, Colours (160a, 100)), Honey.

**Contains Milk.**

**May Contain Egg, Peanut, Tree Nuts.**

## BANANA & HONEY SMOOTHIE - REG

SERVINGS PER PACKAGE: 1

SERVING SIZE: 460 mL

	Average QTY per Serving	Average QTY Per 100mL
Energy	1790 kJ (427 Cal)	389 kJ (93 Cal)
Protein	11.0 g	2.4 g
Fat, total	10.2 g	2.2 g
-saturated	6.4 g	1.4 g
Carbohydrate	69.9 g	15.2 g
-sugars	53.7 g	11.7 g
Sodium	106 mg	23 mg

### INGREDIENTS:

Banana (Banana, Processing Aids (Citric Acid & Ascorbic Acid)), **Milk**, Vanilla Ice Cream (Fresh **Milk**, Liquid Sugar (Sugar, Water), Fresh Cream (**Milk**), Glucose (Maize), **Milk** Solids, Maltodextrin (Maize), Emulsifiers (477, 471), Thickeners (412, 407a), Flavour, Colours (160a, 100)), Honey.

**Contains Milk.**

**May Contain Egg, Peanut, Tree Nuts.**

## BANANA BREAD SLICE

SERVINGS PER PACKAGE: 1

SERVING SIZE: 146 g

	Average QTY per Serving	Average QTY Per 100g
Energy	1620 kJ (387 Cal)	1110 kJ (265 Cal)
Protein	7.2 g	4.9 g
Fat, total	7.3 g	5.0 g
-saturated	1.2 g	less than 1 g
Carbohydrate	71.4 g	48.9 g
-sugars	40.7 g	27.9 g
Sodium	456 mg	312 mg

### INGREDIENTS:

Banana Bread (Banana Puree (28%) (Banana, Citric Acid (330), Ascorbic Acid (300)), **Wheat** Flour, Sugar, Water, **Egg** Powder, Canola Oil, Raising Agent (500), Baking Powder (Contains Raising Agents (450, 500)), Emulsifier (Contains Humectant (420, 1520), Emulsifiers (471, 475), Acidity Regulator (570)), Salt, Vanilla Essence).

**Contains Gluten, Wheat, Egg.**

**May Contain Soy, Tree Nuts, Sesame, Lupin.**

## BEEF PIE

SERVINGS PER PACKAGE: 1

SERVING SIZE: 210 g

	Average QTY per Serving	Average QTY Per 100g
Energy	2230 kJ (532 Cal)	1060 kJ (253 Cal)
Protein	18.9 g	9.0 g
Fat, total	26.9 g	12.8 g
-saturated	13.9 g	6.6 g
Carbohydrate	50.4 g	24.0 g
-sugars	3.6 g	1.7 g
Sodium	932 mg	444 mg

### INGREDIENTS:

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

**Contains Gluten, Wheat, Milk, Soy.**

**May Contain Egg.**

## BREAKFAST WRAP

SERVINGS PER PACKAGE: 1

SERVING SIZE: 274 g

	Average QTY per Serving	Average QTY Per 100g
Energy	2400 kJ (573 Cal)	876 kJ (209 Cal)
Protein	28.2 g	10.3 g
Fat, total	34.0 g	12.4 g
-saturated	17.6 g	6.4 g
Carbohydrate	37.5 g	13.7 g
-sugars	8.7 g	3.2 g
Sodium	1740 mg	636 mg

### INGREDIENTS:

**Egg** (31%), Tortilla (**Wheat** Flour (Thiamine, Folic Acid), Water, Vegetable Shortening (Antioxidant (307b)), Sugar, Baking Powder (Mineral Salts (450, 500, 341)), Acidity Regulator (297), Iodised Salt, Mineral Salt (500), Preservative (282), Yeast), Tomato, Bacon (11%) (Pork, Water, Salt, Emulsifiers (451, 450, 452), Sugar, Antioxidant (316), Sodium Nitrite (250), Smoked), Thickened Cream (Cream (**Milk**), Gelatin, Stabiliser (407a), Emulsifier (471)), Tasty Cheese (Cheddar Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non-animal Rennet)), Anti-caking Agent (460), preservative (200)), Barbecue Sauce (Tomatoes (From Paste), Sugar, Water, Thickeners (Cornflour (From Wheat), Pectin), Food Acids (Acetic, Citric), Salt, Glucose Syrup, Colour (Caramel 150c), Tamarind Paste, Yeast Extract, Clove, Nutmeg, Onion, Pepper), Salt, Black Pepper.

**Contains Gluten, Wheat, Egg, Milk.**

**May Contain Peanut, Soy.**

## BREKKIE PESTO TURKISH MELT

SERVINGS PER PACKAGE: 1

SERVING SIZE: 271 g

	Average QTY per Serving	Average QTY Per 100g
Energy	2460 kJ (588 Cal)	908 kJ (217 Cal)
Protein	32.5 g	12.0 g
Fat, total	27.5 g	10.2 g
-saturated	9.8 g	3.6 g
Carbohydrate	52.2 g	19.3 g
-sugars	4.5 g	1.7 g
Sodium	1520 mg	560 mg

### INGREDIENTS:

Turkish Bread (**Wheat** Flour (**Wheat**, Thiamin, Folic Acid), Water, **Sesame** Seeds, Yeast, Canola Oil, Iodised Salt, vinegar, **Wheat** Gluten, Malt **Wheat** Flour, Bread improver (**Wheat**), Preservative (202)), Bacon (22%) (Pork, Water, Salt, Emulsifiers (451, 450, 452), Sugar, Antioxidant (316), Sodium Nitrite (250), Smoked), **Egg** (18%), Cheese (Tasty Cheese (**Milk**, Salt, Cultures, Enzyme (Non-animal Rennet))), Basil Pesto (7%) (**Soy**, **Soy**) (Fresh Basil, Canola Oil, Olive Oil, Sugar, Salt, **Cashews**, Parmesan Cheese (**Milk**), Salt, Acidity Regulator (Citric Acid, Lactic Acid), Preservative (Potassium Sorbate), Thickener (Guar Gum)), Tomato Relish (Tomato, Sugar, Vinegar, Onion, Thickener (1422), Tomato Paste, Salt, Spices, Garlic, Acidity Regulator (330), Firming Agent (509)).

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



## CAFE LATTE LGE

SERVINGS PER PACKAGE: 1

SERVING SIZE: 405 mL

	Average QTY per Serving	Average QTY Per 100mL
Energy	854 kJ (204 Cal)	211 kJ (50 Cal)
Protein	10.9 g	2.7 g
Fat, total	10.9 g	2.7 g
-saturated	7.1 g	1.7 g
Carbohydrate	15.5 g	3.8 g
-sugars	15.5 g	3.8 g
Sodium	128 mg	32 mg

### INGREDIENTS:

Milk, Water, Coffee, Drinking Chocolate (Sugar, Cocoa, Maltodextrin, Tapioca Starch, Salt).

**Contains Milk.**

**May Contain Soy.**

## CAFE LATTE REG

SERVINGS PER PACKAGE: 1

SERVING SIZE: 290 mL

	Average QTY per Serving	Average QTY Per 100mL
Energy	620 kJ (148 Cal)	214 kJ (51 Cal)
Protein	7.9 g	2.7 g
Fat, total	7.9 g	2.7 g
-saturated	5.1 g	1.8 g
Carbohydrate	11.2 g	3.9 g
-sugars	11.2 g	3.9 g
Sodium	93 mg	32 mg

### INGREDIENTS:

Milk, Water, Coffee.

Contains Milk.

## CAFE LATTE SML

SERVINGS PER PACKAGE: 1

SERVING SIZE: 250 mL

	Average QTY per Serving	Average QTY Per 100mL
Energy	568 kJ (136 Cal)	227 kJ (54 Cal)
Protein	7.3 g	2.9 g
Fat, total	7.3 g	2.9 g
-saturated	4.7 g	1.9 g
Carbohydrate	10.3 g	4.1 g
-sugars	10.3 g	4.1 g
Sodium	85 mg	34 mg

### INGREDIENTS:

Milk, Water, Coffee.

Contains Milk.

## CAPPUCCINO LGE

SERVINGS PER PACKAGE: 1

SERVING SIZE: 385 mL

	Average QTY per Serving	Average QTY Per 100mL
Energy	802 kJ (192 Cal)	208 kJ (50 Cal)
Protein	10.3 g	2.7 g
Fat, total	10.3 g	2.7 g
-saturated	6.7 g	1.7 g
Carbohydrate	14.6 g	3.8 g
-sugars	14.5 g	3.8 g
Sodium	121 mg	31 mg

### INGREDIENTS:

Milk, Water, Coffee, Drinking Chocolate (Sugar, Cocoa, Maltodextrin, Tapioca Starch, Salt).

**Contains Milk.**

**May Contain Soy.**

## CAPPUCCINO REG

SERVINGS PER PACKAGE: 1

SERVING SIZE: 280 mL

	Average QTY per Serving	Average QTY Per 100mL
Energy	596 kJ (142 Cal)	213 kJ (51 Cal)
Protein	7.6 g	2.7 g
Fat, total	7.6 g	2.7 g
-saturated	4.9 g	1.8 g
Carbohydrate	10.8 g	3.9 g
-sugars	10.8 g	3.9 g
Sodium	90 mg	32 mg

### INGREDIENTS:

Milk, Water, Coffee, Drinking Chocolate (Sugar, Cocoa, Maltodextrin, Tapioca Starch, Salt).

**Contains Milk.**

**May Contain Soy.**

## CAPPUCCINO SML

SERVINGS PER PACKAGE: 1

SERVING SIZE: 230 mL

	Average QTY per Serving	Average QTY Per 100mL
Energy	518 kJ (124 Cal)	225 kJ (54 Cal)
Protein	6.6 g	2.9 g
Fat, total	6.6 g	2.9 g
-saturated	4.3 g	1.9 g
Carbohydrate	9.4 g	4.1 g
-sugars	9.4 g	4.1 g
Sodium	78 mg	34 mg

### INGREDIENTS:

Milk, Water, Coffee, Drinking Chocolate (Sugar, Cocoa, Maltodextrin, Tapioca Starch, Salt).

**Contains Milk.**

**May Contain Soy.**

## CARROT CAKE SLICE

SERVINGS PER PACKAGE: 1

SERVING SIZE: 112 g

	Average QTY per Serving	Average QTY Per 100g
Energy	1830 kJ (436 Cal)	1630 kJ (390 Cal)
Protein	4.7 g	4.2 g
Fat, total	29.0 g	25.9 g
-saturated	8.0 g	7.1 g
Carbohydrate	38.6 g	34.5 g
-sugars	25.5 g	22.8 g
Sodium	186 mg	166 mg

### INGREDIENTS:

Carrot Cake Slice (Carrot (18%), **Wheat** Flour, Canola Oil, Sugar, **Egg**, Butter (Cream, Water), Cream Cheese (**Milk**, Cream, Salt, Stabilisers (410, 412, 415), Starter Culture), **Walnuts**, Golden Syrup, Icing Sugar, Vegetable Shortening (Contains **Soy**, Emulsifier (435), Antioxidant (307b), Natural Colour (160a)), Dextrose monohydrate, Glycerine, Baking Powder (Contains Raising Agents (450, 500)), Stabiliser (Contains Emulsifier (471)), Cinnamon, Raising Agent (500), Mixed Spice, Stabiliser (410, 460, 412), Lemon Juice).

**Contains Gluten, Wheat, Egg, Milk, Soy, Walnut.**

**May Contain Lupin.**

## CHEESE & SPINACH ROLL

SERVINGS PER PACKAGE: 1

SERVING SIZE: 180 g

	Average QTY per Serving	Average QTY Per 100g
Energy	1980 kJ (473 Cal)	1100 kJ (263 Cal)
Protein	13.9 g	7.7 g
Fat, total	27.4 g	15.2 g
-saturated	14.9 g	8.3 g
Carbohydrate	42.8 g	23.8 g
-sugars	2.9 g	1.6 g
Sodium	1980 mg	1100 mg

### INGREDIENTS:

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

**Contains Gluten, Wheat, Egg, Milk.**

**May Contain Soy, Sesame.**



## CHICKEN & SALAD WRAP

SERVINGS PER PACKAGE: 1

SERVING SIZE: 239 g

	Average QTY per Serving	Average QTY Per 100g
Energy	1520 kJ (363 Cal)	636 kJ (152 Cal)
Protein	13.4 g	5.6 g
Fat, total	17.4 g	7.3 g
-saturated	4.5 g	1.9 g
Carbohydrate	36.1 g	15.1 g
-sugars	5.5 g	2.3 g
Sodium	943 mg	394 mg

### INGREDIENTS:

Tortilla (**Wheat** Flour (Thiamine, Folic Acid), Water, Vegetable Shortening (Antioxidant (307b)), Sugar, Baking Powder (Mineral Salts (450, 500, 341)), Acidity Regulator (297), Iodised Salt, Mineral Salt (500), Preservative (282), Yeast), Chicken Breast (21%) (Chicken, Water, Thickener (1414), Mineral Salts (450, 451), **Soy** Protein, Dextrose, Vegetable Gums (407a, 415), Salt, Food Acid (331), Natural Flavouring (Roast Chicken), Vegetable Oil, Maltodextrin, Yeast Extract), Tomato, Lettuce, Carrot, Cucumber, Mayonnaise (Canola Oil, Pasteurised Free Range **Egg** Yolks, Water, Vinegar, Sugar, Salt, Lemon Juice Concentrate, Natural Mustard Flavour, Antioxidant (385)), Onion, Salt, Black Pepper.

**Contains Gluten, Wheat, Egg, Soy.**

**May Contain Sesame.**

## CHICKEN CAESAR WRAP

SERVINGS PER PACKAGE: 1

SERVING SIZE: 234 g

	Average QTY per Serving	Average QTY Per 100g
Energy	2020 kJ (482 Cal)	862 kJ (206 Cal)
Protein	29.8 g	12.7 g
Fat, total	23.9 g	10.2 g
-saturated	9.4 g	4.0 g
Carbohydrate	35.2 g	15.0 g
-sugars	3.9 g	1.7 g
Sodium	2000 mg	856 mg

### INGREDIENTS:

Tortilla (**Wheat** Flour (Thiamine, Folic Acid), Water, Vegetable Shortening (Antioxidant (307b)), Sugar, Baking Powder (Mineral Salts (450, 500, 341)), Acidity Regulator (297), Iodised Salt, Mineral Salt (500), Preservative (282), Yeast), Chicken Breast (21%) (Chicken, Water, Thickener (1414), Mineral Salts (450, 451), **Soy** Protein, Dextrose, Vegetable Gums (407a, 415), Salt, Food Acid (331), Natural Flavouring (Roast Chicken), Vegetable Oil, Maltodextrin, Yeast Extract), Bacon (Pork, Water, Salt, Emulsifiers (451, 450, 452), Sugar, Antioxidant (316), Sodium Nitrite (250), Smoked), Lettuce, **Egg**, Parmesan Cheese (Cheese (Pasteurised **Milk**, Salt, Mineral Salt (509), Starter Cultures, Enzymes (Animal Lipase), Preservatives (1105 (**Egg**), 235) Enzymes, Preservative (1105)) Anticaking Agent (460)), Caesar Salad Dressing (Contains **Fish, Milk, Soy**), Salt, Black Pepper.

**Contains Gluten, Wheat, Egg, Fish, Milk, Soy.**

**May Contain Peanut, Sesame.**

## CHICKEN CHEESE & AVO TURKISH MELT

SERVINGS PER PACKAGE: 1

SERVING SIZE: 231 g

	Average QTY per Serving	Average QTY Per 100g
Energy	2790 kJ (667 Cal)	1210 kJ (289 Cal)
Protein	22.6 g	9.8 g
Fat, total	41.0 g	17.8 g
-saturated	9.4 g	4.1 g
Carbohydrate	49.8 g	21.6 g
-sugars	less than 1 g	less than 1 g
Sodium	1080 mg	467 mg

### INGREDIENTS:

Turkish Bread (**Wheat** Flour (**Wheat**, Thiamin, Folic Acid), Water, **Sesame** Seeds, Yeast, Canola Oil, Iodised Salt, vinegar, **Wheat** Gluten, Malt **Wheat** Flour, Bread improver (**Wheat**), Preservative (202)), Chicken Breast (Chicken, Water, Thickener (1414), Mineral Salts (450, 451), **Soy** Protein, Dextrose, Vegetable Gums (407a, 415), Salt, Food Acid (331), Natural Flavouring (Roast Chicken), Vegetable Oil, Maltodextrin, Yeast Extract), Avocado (13%), Mayonnaise (Canola Oil, Pasteurised Free Range **Egg** Yolks, Water, Vinegar, Sugar, Salt, Lemon Juice Concentrate, Natural Mustard Flavour, Antioxidant (385)), Cheese (9%) (Tasty Cheese (**Milk**, Salt, Cultures, Enzyme (Non-animal Rennet))).

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

## CHIPOTLE CHICKEN TURKISH MELT

SERVINGS PER PACKAGE: 1

SERVING SIZE: 246 g

	Average QTY per Serving	Average QTY Per 100g
Energy	2890 kJ (691 Cal)	1180 kJ (281 Cal)
Protein	26.2 g	10.6 g
Fat, total	42.5 g	17.3 g
-saturated	10.3 g	4.2 g
Carbohydrate	48.8 g	19.8 g
-sugars	1.0 g	less than 1 g
Sodium	1420 mg	576 mg

### INGREDIENTS:

Turkish Bread (**Wheat** Flour (**Wheat**, Thiamin, Folic Acid), Water, **Sesame** Seeds, Yeast, Canola Oil, Iodised Salt, vinegar, **Wheat** Gluten, Malt **Wheat** Flour, Bread improver (**Wheat**), Preservative (202)), Chipotle Mayonnaise (Canola Oil, Whole **Egg** (Pasteurised), Yoghurt (**Milk**, Skim **Milk** Powder, Live Cultures), Chipotle Peppers (Chipotle Peppers, Water, Tomato Paste, Vinegar, Salt, Sugar, Vegetable Oil (**Soybean**), Corn Starch, Herbs & Spices (Bay Leaf, Cumin, Black Pepper, Cinnamon, Clove), Garlic, Onion), Water, White Vinegar, **Milk** Powder, Lemon Juice, Liquid Sugar, Salt, Mustard, Dijon Mustard, Natural Flavour, Spice Extract, Food Acid (Citric), Colour (Lutein)), Avocado, Bacon (Pork, Water, Salt, Emulsifiers (451, 450, 452), Sugar, Antioxidant (316), Sodium Nitrite (250), Smoked), Chicken Breast (11%) (Chicken, Water, Thickener (1414), Mineral Salts (450, 451), **Soy** Protein, Dextrose, Vegetable Gums (407a, 415), Salt, Food Acid (331), Natural Flavouring (Roast Chicken), Vegetable Oil, Maltodextrin, Yeast Extract), Cheese (Tasty Cheese (**Milk**, Salt, Cultures, Enzyme (Non-animal Rennet))), Baby Spinach.

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

## CITRUS TART

SERVINGS PER PACKAGE: 1

SERVING SIZE: 130 g

	Average QTY per Serving	Average QTY Per 100g
Energy	2040 kJ (488 Cal)	1570 kJ (375 Cal)
Protein	6.1 g	4.7 g
Fat, total	21.8 g	16.8 g
-saturated	13.7 g	10.5 g
Carbohydrate	65.4 g	50.3 g
-sugars	31.2 g	24.0 g
Sodium	211 mg	162 mg

### INGREDIENTS:

Lemon Tart (**Soy**) (Butter Shortbread Shell (**Wheat** Flour, Butter (From **Milk**), Sugar (Sucrose 100%), Water, Whole **Egg** Powder, Whole **Milk** Powder, Salt, Natural Vanilla Flavour, Methyl Cellulose (461)), Condensed **Milk** (**Milk**, Sugar), Cream (Pasteurised Cream, Mineral Salts (450, 500), Thickener (400)), Neutral Glaze (Fructose, Water, Sugar, Glucose Syrup, Vegetable Gum (440), Food Acid (330), Preservative (202), Mineral Salt (509)), Water, Lemon Juice ((99.9%, Acidity Regulators (330, 300)), Flavouring Paste (Water, Propylene Glycol (1520), Lemon Oil, Vegetable Gums (413, 415), Colour (102), Preservative (202)), Citric Acid (Food Additive 330), Yellow Colour (Water, Food Colours (102,122), Acidity Regulator (330), Preservatives (211, 202))).

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

**May Contain Peanut, Tree Nuts, Almond, Brazil Nut, Cashew, Hazelnut, Macadamia, Sesame, Pecan, Pine Nut, Pistachio, Walnut.**

## CROISSANT PLAIN

SERVINGS PER PACKAGE: 1

SERVING SIZE: 95 g

	Average QTY per Serving	Average QTY Per 100g
Energy	1630 kJ (391 Cal)	1720 kJ (411 Cal)
Protein	7.4 g	7.8 g
Fat, total	21.6 g	22.7 g
-saturated	12.4 g	13.1 g
Carbohydrate	41.1 g	43.3 g
-sugars	5.7 g	6.0 g
Sodium	372 mg	392 mg

### INGREDIENTS:

Croissant (**Milk, Soy**) (**Wheat** Flour [Contains Vitamins (Thiamine, Folic Acid)], Water, Butter (22%), Sugar, Baker's Yeast, **Wheat** Gluten, Iodised Salt, **Egg**, Soya flour, Vegetable Emulsifiers (472e), Flour Treatment Agent (300), Plant-based Enzymes.).

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

**May Contain Almond, Hazelnut, Sesame, Lupin.**

## ESPRESSO

SERVINGS PER PACKAGE: 1

SERVING SIZE: 30 mL

	Average QTY per Serving	Average QTY Per 100mL
Energy	less than 40 kJ	less than 40 kJ
Protein	less than 1 g	less than 1 g
Fat, total	less than 1 g	less than 1 g
-saturated	less than 1 g	less than 1 g
Carbohydrate	less than 1 g	less than 1 g
-sugars	less than 1 g	less than 1 g
Sodium	less than 5 mg	less than 5 mg

### INGREDIENTS:

Water, Coffee.

## HAM & SALAD WRAP

SERVINGS PER PACKAGE: 1

SERVING SIZE: 239 g

	Average QTY per Serving	Average QTY Per 100g
Energy	1410 kJ (338 Cal)	591 kJ (141 Cal)
Protein	13.6 g	5.7 g
Fat, total	14.8 g	6.2 g
-saturated	3.6 g	1.5 g
Carbohydrate	35.2 g	14.7 g
-sugars	6.4 g	2.7 g
Sodium	1230 mg	516 mg

### INGREDIENTS:

Tortilla (**Wheat** Flour (Thiamine, Folic Acid), Water, Vegetable Shortening (Antioxidant (307b)), Sugar, Baking Powder (Mineral Salts (450, 500, 341)), Acidity Regulator (297), Iodised Salt, Mineral Salt (500), Preservative (282), Yeast), Ham (21%) (Pork, Water, Cure (Salt, Acidity Regulators (326, 325, 262), Mineral Salts (450, 451), Dextrose (Maize Or Tapioca), Antioxidant (316), Preservative (250), Modified Maize Starch (1442, 1450), Vegetable Gum (407), Maltodextrin (Maize Or Tapioca), Natural Flavour)), Tomato, Lettuce, Carrot, Cucumber, Mayonnaise (Canola Oil, Pasteurised Free Range **Egg** Yolks, Water, Vinegar, Sugar, Salt, Lemon Juice Concentrate, Natural Mustard Flavour, Antioxidant (385)), Onion, Salt, Black Pepper.

**Contains Gluten, Wheat, Egg.**

**May Contain Soy.**



## HAM CHEESE & TOMATO TOASTIE

SERVINGS PER PACKAGE: 1

SERVING SIZE: 192 g

	Average QTY per Serving	Average QTY Per 100g
Energy	1400 kJ (334 Cal)	727 kJ (174 Cal)
Protein	17.6 g	9.1 g
Fat, total	10.4 g	5.4 g
-saturated	4.4 g	2.3 g
Carbohydrate	39.8 g	20.7 g
-sugars	4.5 g	2.4 g
Sodium	1040 mg	539 mg

### INGREDIENTS:

White Loaf (**Wheat** Flour, Water, Yeast, Light **Rye** Flour, Vinegar, Iodised Salt, Canola Oil, **Wheat** Semolina, **Wheat** Gluten, Cultured **Wheat** Flour, **Soy** Flour, Vegetable Emulsifiers (471, 472e, 481), Vitamins (Thiamin, Folic Acid), Processing Aids (**Wheat**)), Ham (26%) (Pork, Water, Cure (Salt, Acidity Regulators (326, 325, 262), Mineral Salts (450, 451), Dextrose (Maize Or Tapioca), Antioxidant (316), Preservative (250), Modified Maize Starch (1442, 1450), Vegetable Gum (407), Maltodextrin (Maize Or Tapioca), Natural Flavour)), Tomato (21%), Cheese (7%) (Tasty Cheese (**Milk**, Salt, Cultures, Enzyme (Non-animal Rennet))), Margarine (**Milk**) (Vegetable Oil, Water, Salt, Emulsifiers (E471, E322 (**Soy**)), Preservative (E202), Citric Acid, Vitamins A And D, Natural Colour (Carotenes), Natural Flavour).

**Contains Gluten, Wheat, Milk, Soy.**

**May Contain Sesame.**

## HAM CHEESE & TOMATO TURKISH MELT

SERVINGS PER PACKAGE: 1

SERVING SIZE: 241 g

	Average QTY per Serving	Average QTY Per 100g
Energy	2340 kJ (560 Cal)	972 kJ (232 Cal)
Protein	23.5 g	9.7 g
Fat, total	28.7 g	11.9 g
-saturated	7.3 g	3.0 g
Carbohydrate	50.1 g	20.8 g
-sugars	2.9 g	1.2 g
Sodium	1430 mg	595 mg

### INGREDIENTS:

Turkish Bread (**Wheat** Flour (**Wheat**, Thiamin, Folic Acid), Water, **Sesame** Seeds, Yeast, Canola Oil, Iodised Salt, vinegar, **Wheat** Gluten, Malt **Wheat** Flour, Bread improver (**Wheat**), Preservative (202)), Ham (25%) (Pork, Water, Cure (Salt, Acidity Regulators (326, 325, 262), Mineral Salts (450, 451), Dextrose (Maize Or Tapioca), Antioxidant (316), Preservative (250), Modified Maize Starch (1442, 1450), Vegetable Gum (407), Maltodextrin (Maize Or Tapioca), Natural Flavour)), Tomato, Cheese (Tasty Cheese (**Milk**, Salt, Cultures, Enzyme (Non-animal Rennet))), Mayonnaise (Canola Oil, Pasteurised Free Range **Egg** Yolks, Water, Vinegar, Sugar, Salt, Lemon Juice Concentrate, Natural Mustard Flavour, Antioxidant (385)).

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

## HOT CHOCOLATE LGE

SERVINGS PER PACKAGE: 1

SERVING SIZE: 584 mL

	Average QTY per Serving	Average QTY Per 100mL
Energy	2470 kJ (589 Cal)	422 kJ (101 Cal)
Protein	20.0 g	3.4 g
Fat, total	18.3 g	3.1 g
-saturated	11.8 g	2.0 g
Carbohydrate	82.6 g	14.1 g
-sugars	70.6 g	12.1 g
Sodium	371 mg	64 mg

### INGREDIENTS:

Milk, Drinking Chocolate (Sugar, Cocoa, Maltodextrin, Tapioca Starch, Salt), Marshmallows (Sugar, Glucose Syrup (**Wheat**), Invert Sugar, Gelatine, Flavours).

**Contains Gluten, Wheat, Milk.**

**May Contain Soy.**

## HOT CHOCOLATE REG

SERVINGS PER PACKAGE: 1

SERVING SIZE: 358 mL

	Average QTY per Serving	Average QTY Per 100mL
Energy	1620 kJ (386 Cal)	451 kJ (108 Cal)
Protein	12.3 g	3.4 g
Fat, total	11.0 g	3.1 g
-saturated	7.1 g	2.0 g
Carbohydrate	57.1 g	15.9 g
-sugars	48.4 g	13.5 g
Sodium	236 mg	66 mg

### INGREDIENTS:

**Milk**, Drinking Chocolate (Sugar, Cocoa, Maltodextrin, Tapioca Starch, Salt), Marshmallows (Sugar, Glucose Syrup (**Wheat**), Invert Sugar, Gelatine, Flavours).

**Contains Gluten, Wheat, Milk.**

**May Contain Soy.**

## HOT CHOCOLATE SML

SERVINGS PER PACKAGE: 1

SERVING SIZE: 312 mL

	Average QTY per Serving	Average QTY Per 100mL
Energy	1230 kJ (294 Cal)	394 kJ (94 Cal)
Protein	10.5 g	3.4 g
Fat, total	9.7 g	3.1 g
-saturated	6.2 g	2.0 g
Carbohydrate	39.9 g	12.8 g
-sugars	34.5 g	11.1 g
Sodium	170 mg	54 mg

### INGREDIENTS:

**Milk**, Drinking Chocolate (Sugar, Cocoa, Maltodextrin, Tapioca Starch, Salt), Marshmallows (Sugar, Glucose Syrup (**Wheat**), Invert Sugar, Gelatine, Flavours).

**Contains Gluten, Wheat, Milk.**

**May Contain Soy.**

## ICED COFFEE LGE

SERVINGS PER PACKAGE: 1

SERVING SIZE: 558 mL

	Average QTY per Serving	Average QTY Per 100mL
Energy	1960 kJ (469 Cal)	352 kJ (84 Cal)
Protein	15.2 g	2.7 g
Fat, total	23.1 g	4.1 g
-saturated	15.3 g	2.7 g
Carbohydrate	49.8 g	8.9 g
-sugars	47.0 g	8.4 g
Sodium	197 mg	35 mg

### INGREDIENTS:

**Milk**, Vanilla Ice Cream (Fresh **Milk**, Liquid Sugar (Sugar, Water), Fresh Cream (**Milk**), Glucose (Maize), **Milk** Solids, Maltodextrin (Maize), Emulsifiers (477, 471), Thickeners (412, 407a), Flavour, Colours (160a, 100)), Water, Vanilla Syrup (Sugar, Water, Vanilla Flavour, Vegetable Gum (466), Preservative (202), Food Acid (330), Colours (150d (**Wheat**), 150c)), Coffee, Dairy Whip (**Milk**) (Cream, Emulsifier (471), Flavour, Vegetable Gums (401, 407)), Drinking Chocolate (Sugar, Cocoa, Maltodextrin, Tapioca Starch, Salt).

**Contains Gluten, Wheat, Milk.**

**May Contain Egg, Peanut, Soy, Tree Nuts.**

## ICED COFFEE REG

SERVINGS PER PACKAGE: 1

SERVING SIZE: 448 mL

	Average QTY per Serving	Average QTY Per 100mL
Energy	1700 kJ (407 Cal)	381 kJ (91 Cal)
Protein	11.9 g	2.7 g
Fat, total	19.8 g	4.4 g
-saturated	13.1 g	2.9 g
Carbohydrate	45.2 g	10.1 g
-sugars	42.4 g	9.5 g
Sodium	158 mg	35 mg

### INGREDIENTS:

**Milk**, Vanilla Ice Cream (Fresh **Milk**, Liquid Sugar (Sugar, Water), Fresh Cream (**Milk**), Glucose (Maize), **Milk** Solids, Maltodextrin (Maize), Emulsifiers (477, 471), Thickeners (412, 407a), Flavour, Colours (160a, 100)), Water, Vanilla Syrup (Sugar, Water, Vanilla Flavour, Vegetable Gum (466), Preservative (202), Food Acid (330), Colours (150d (**Wheat**), 150c)), Dairy Whip (**Milk**) (Cream, Emulsifier (471), Flavour, Vegetable Gums (401, 407)), Coffee, Drinking Chocolate (Sugar, Cocoa, Maltodextrin, Tapioca Starch, Salt).

**Contains Gluten, Wheat, Milk.**

**May Contain Egg, Peanut, Soy, Tree Nuts.**

## LONG BLACK LGE

SERVINGS PER PACKAGE: 1

SERVING SIZE: 475 mL

	Average QTY per Serving	Average QTY Per 100mL
Energy	less than 40 kJ	less than 40 kJ
Protein	less than 1 g	less than 1 g
Fat, total	less than 1 g	less than 1 g
-saturated	less than 1 g	less than 1 g
Carbohydrate	less than 1 g	less than 1 g
-sugars	less than 1 g	less than 1 g
Sodium	less than 5 mg	less than 5 mg

### INGREDIENTS:

Water, Coffee.



## LONG BLACK REG

SERVINGS PER PACKAGE: 1

SERVING SIZE: 270 mL

	Average QTY per Serving	Average QTY Per 100mL
Energy	less than 40 kJ	less than 40 kJ
Protein	less than 1 g	less than 1 g
Fat, total	less than 1 g	less than 1 g
-saturated	less than 1 g	less than 1 g
Carbohydrate	less than 1 g	less than 1 g
-sugars	less than 1 g	less than 1 g
Sodium	less than 5 mg	less than 5 mg

### INGREDIENTS:

Water, Coffee.

## LONG BLACK SML

SERVINGS PER PACKAGE: 1

SERVING SIZE: 230 mL

	Average QTY per Serving	Average QTY Per 100mL
Energy	less than 40 kJ	less than 40 kJ
Protein	less than 1 g	less than 1 g
Fat, total	less than 1 g	less than 1 g
-saturated	less than 1 g	less than 1 g
Carbohydrate	less than 1 g	less than 1 g
-sugars	less than 1 g	less than 1 g
Sodium	less than 5 mg	less than 5 mg

### INGREDIENTS:

Water, Coffee.

## MANGO & COCONUT SMOOTHIE LGE

SERVINGS PER PACKAGE: 1

SERVING SIZE: 561 mL

	Average QTY per Serving	Average QTY Per 100mL
Energy	2300 kJ (550 Cal)	411 kJ (98 Cal)
Protein	11.6 g	2.1 g
Fat, total	13.9 g	2.5 g
-saturated	9.6 g	1.7 g
Carbohydrate	94.6 g	16.9 g
-sugars	82.5 g	14.7 g
Sodium	140 mg	25 mg

### INGREDIENTS:

Milk, Mango, Vanilla Ice Cream (Fresh Milk, Liquid Sugar (Sugar, Water), Fresh Cream (Milk), Glucose (Maize), Milk Solids, Maltodextrin (Maize), Emulsifiers (477, 471), Thickeners (412, 407a), Flavour, Colours (160a, 100)), Mango Sauce (Mango, Water, Sugar, Food Acid (330), Vegetable Gum (415), Flavour, Preservative (202)), Coconut Syrup (Pure Cane Sugar, Water, Natural Flavors, Citric Acid).

**Contains Milk.**

**May Contain Gluten, Wheat, Egg, Peanut, Soy, Tree Nuts.**

## MANGO & COCONUT SMOOTHIE REG

SERVINGS PER PACKAGE: 1

SERVING SIZE: 466 mL

	Average QTY per Serving	Average QTY Per 100mL
Energy	1790 kJ (427 Cal)	384 kJ (92 Cal)
Protein	9.2 g	2.0 g
Fat, total	10.0 g	2.1 g
-saturated	6.8 g	1.5 g
Carbohydrate	74.5 g	16.0 g
-sugars	67.1 g	14.4 g
Sodium	105 mg	23 mg

### INGREDIENTS:

Milk, Mango, Vanilla Ice Cream (Fresh Milk, Liquid Sugar (Sugar, Water), Fresh Cream (Milk), Glucose (Maize), Milk Solids, Maltodextrin (Maize), Emulsifiers (477, 471), Thickeners (412, 407a), Flavour, Colours (160a, 100)), Mango Sauce (Mango, Water, Sugar, Food Acid (330), Vegetable Gum (415), Flavour, Preservative (202)), Coconut Syrup (Pure Cane Sugar, Water, Natural Flavors, Citric Acid).

**Contains Milk.**

**May Contain Gluten, Wheat, Egg, Peanut, Soy, Tree Nuts.**

## MOCHA LGE

SERVINGS PER PACKAGE: 1

SERVING SIZE: 604 mL

	Average QTY per Serving	Average QTY Per 100mL
Energy	2160 kJ (517 Cal)	359 kJ (86 Cal)
Protein	18.3 g	3.0 g
Fat, total	16.9 g	2.8 g
-saturated	10.9 g	1.8 g
Carbohydrate	69.7 g	11.5 g
-sugars	59.8 g	9.9 g
Sodium	349 mg	58 mg

### INGREDIENTS:

Milk, Drinking Chocolate (Sugar, Cocoa, Maltodextrin, Tapioca Starch, Salt), Water, Coffee.

**Contains Milk.**

**May Contain Soy.**

## MOCHA REG

SERVINGS PER PACKAGE: 1

SERVING SIZE: 389 mL

	Average QTY per Serving	Average QTY Per 100mL
Energy	1410 kJ (336 Cal)	362 kJ (87 Cal)
Protein	11.8 g	3.0 g
Fat, total	10.8 g	2.8 g
-saturated	7.0 g	1.8 g
Carbohydrate	45.8 g	11.8 g
-sugars	39.2 g	10.1 g
Sodium	228 mg	59 mg

### INGREDIENTS:

Milk, Drinking Chocolate (Sugar, Cocoa, Maltodextrin, Tapioca Starch, Salt), Water, Coffee.

**Contains Milk.**

**May Contain Soy.**

## MOCHA SML

SERVINGS PER PACKAGE: 1

SERVING SIZE: 320 mL

	Average QTY per Serving	Average QTY Per 100mL
Energy	1020 kJ (243 Cal)	317 kJ (76 Cal)
Protein	9.9 g	3.1 g
Fat, total	9.4 g	2.9 g
-saturated	6.1 g	1.9 g
Carbohydrate	28.5 g	8.9 g
-sugars	25.2 g	7.9 g
Sodium	161 mg	50 mg

### INGREDIENTS:

Milk, Drinking Chocolate (Sugar, Cocoa, Maltodextrin, Tapioca Starch, Salt), Water, Coffee.

**Contains Milk.**

**May Contain Soy.**

## NEW YORK FLOURLESS CHEESECAKE

SERVINGS PER PACKAGE: 1

SERVING SIZE: 165 g

	Average QTY per Serving	Average QTY Per 100g
Energy	2450 kJ (585 Cal)	1530 kJ (366 Cal)
Protein	8.6 g	5.4 g
Fat, total	34.2 g	21.4 g
-saturated	21.0 g	13.1 g
Carbohydrate	60.8 g	38.0 g
-sugars	50.6 g	31.6 g
Sodium	443 mg	277 mg

### INGREDIENTS:

Flourless New York Cheesecake (Neufchatel Cheese (32%) (**Milk**, Cream (From **Milk**), Salt, Stabiliser, Starter Culture), Gluten Free Biscuit Crumbs (Gluten Free Flour (Rice Flour, Corn Starch, Tapioca Starch, Modified Starch (From Tapioca), Dextrose Monohydrate, Thickeners (412, 464)), Margarine Mix (Veg Oils/fats (From Palm), Water, Salt, Emulsifier (471, 472c), Natural Butter Flavour, Antioxidant (304), Natural Colour (Carotene 160a)), Water, Gluten Free Bread Crumbs (Corn Starch, Thickeners (1442, 461, 415, 412), Water, Potato Starch, Vegetable Oil (Canola, Palm), Tapioca Starch, Sugar, Yeast Psyllium Husk, Humectant (220), Raising Agents (450, 500), Acidity Regulator (575, 330), Invert Sugar, Iodised Salt)), Icing Sugar (Sugar, Maize Starch), **Egg** Pulp, Cake Max (Vegetable Oils And Fats (Contains **Soybean** Oil), Water, Salt, Emulsifiers (322 (Soy-derived), 435, 475, 471, 476), Permitted Flavouring, Preservative (202), Acidity Regulator (330), Natural Colouring (160a), Antioxidant (307b))).

**Contains Egg, Milk, Soy, Sulphites.**

**May Contain Gluten, Wheat, Peanut, Tree Nuts, Almond, Brazil Nut, Cashew, Hazelnut, Macadamia, Sesame, Pecan, Pine Nut, Pistachio, Walnut.**



## QUICHE LORRAINE

SERVINGS PER PACKAGE: 1

SERVING SIZE: 207 g

	Average QTY per Serving	Average QTY Per 100g
Energy	2000 kJ (478 Cal)	1110 kJ (265 Cal)
Protein	15.1 g	8.4 g
Fat, total	31.5 g	17.5 g
-saturated	16.9 g	9.4 g
Carbohydrate	33.8 g	18.8 g
-sugars	3.8 g	2.1 g
Sodium	700 mg	389 mg

### INGREDIENTS:

Quiche Lorraine (**Barley**) (**Wheat** Flour, **Egg** (20%), Cream (16%) (Contains **Milk**), **Milk**, Bacon (8%) (Meat (Including Pork) 80%, water, Tapioca Starch, Salt, Acidity Regulators (325, 262), Mineral Salts (451, 450), Sugar, Antioxidant (316), Dextrose, Preservative (250), Natural Wood Smoke), Shortening (Animal Fat), Cheese (**Milk**, cultures, Rennet, Salt, Anticaking Agent (Tapioca Starch), Preservative (200)), Onion, Thickener (1422), spring Onion, **Milk** Solids, Baking Powder (Contains Mineral Salts 450, 500, **Wheat** Flour (Thiamine)), Salt, pepper, Canola Oil (Lecithin - **Soy**)).

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

**May Contain Sesame.**

## RAISIN TOAST 2 SLICES

SERVINGS PER PACKAGE: 1

SERVING SIZE: 130 g

	Average QTY per Serving	Average QTY Per 100g
Energy	1570 kJ (376 Cal)	1210 kJ (289 Cal)
Protein	10.9 g	8.4 g
Fat, total	3.9 g	3.0 g
-saturated	less than 1 g	less than 1 g
Carbohydrate	71.4 g	54.9 g
-sugars	31.9 g	24.5 g
Sodium	352 mg	271 mg

### INGREDIENTS:

Raisin Bread (**Wheat** Flour, Mixed Fruit (30%) (Raisins, Sultanas), Water, Baker's Yeast, Vegetable Oil, **Wheat** Gluten, Sugar, Mixed Spice, Iodised Salt, Vinegar, **Soy** Flour, Fermented **Wheat** Flour, Emulsifier (481), Vitamins (Thiamin, Folic Acid), Processing Aid (**Wheat**)).

**Contains Gluten, Wheat, Soy.**

**May Contain Fish, Milk, Sesame.**

## RISTRETTO

SERVINGS PER PACKAGE: 1

SERVING SIZE: 30 mL

	Average QTY per Serving	Average QTY Per 100mL
Energy	less than 40 kJ	less than 40 kJ
Protein	less than 1 g	less than 1 g
Fat, total	less than 1 g	less than 1 g
-saturated	less than 1 g	less than 1 g
Carbohydrate	less than 1 g	less than 1 g
-sugars	less than 1 g	less than 1 g
Sodium	less than 5 mg	less than 5 mg

### INGREDIENTS:

Water, Coffee.

## SAUSAGE ROLL

SERVINGS PER PACKAGE: 1

SERVING SIZE: 180 g

	Average QTY per Serving	Average QTY Per 100g
Energy	2090 kJ (499 Cal)	1160 kJ (277 Cal)
Protein	12.2 g	6.8 g
Fat, total	26.5 g	14.7 g
-saturated	14.4 g	8.0 g
Carbohydrate	48.4 g	26.9 g
-sugars	2.5 g	1.4 g
Sodium	1150 mg	640 mg

### INGREDIENTS:

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

**Contains Gluten, Wheat, Soy.**

**May Contain Egg, Milk, Sesame.**

## SOUTHERN PULLED BEEF TURKISH MELT

SERVINGS PER PACKAGE: 1

SERVING SIZE: 246 g

	Average QTY per Serving	Average QTY Per 100g
Energy	2490 kJ (596 Cal)	1010 kJ (242 Cal)
Protein	29.6 g	12.0 g
Fat, total	26.7 g	10.9 g
-saturated	8.2 g	3.3 g
Carbohydrate	57.5 g	23.4 g
-sugars	8.9 g	3.6 g
Sodium	1510 mg	612 mg

### INGREDIENTS:

Turkish Bread (**Wheat** Flour (**Wheat**, Thiamin, Folic Acid), Water, **Sesame** Seeds, Yeast, Canola Oil, Iodised Salt, vinegar, **Wheat** Gluten, Malt **Wheat** Flour, Bread improver (**Wheat**), Preservative (202)), Pulled Beef (24%) (Beef, Water, Cure (Salt, Maltodextrin (Maize), Vegetable Gum (407), Mineral Salts (451, 450), Natural Flavour, Sugar, Dried Vegetables (Including Garlic, Onion), Spice Extract, Dextrose (Maize)), Acidity Regulators (325, 326, 262)), Cheese (Tasty Cheese (**Milk**, Salt, Cultures, Enzyme (Non-animal Rennet))), Caramelised Onion Relish (Water, Onion, Sugar, Roast Onion Puree, Brown Sugar, Thichener (Modified Cornstarch), Salt, Food Acid (Acetic), Balsamic Vinegar, Brown Vinegar (From **Barley** And **Wheat**), Sherry, Mustard Seed), Chipotle Mayonnaise (Canola Oil, Whole **Egg** (Pasteurised), Yoghurt (**Milk**, Skim **Milk** Powder, Live Cultures), Chipotle Peppers (Chipotle Peppers, Water, Tomato Paste, Vinegar, Salt, Sugar, Vegetable Oil (**Soybean**), Corn Starch, Herbs & Spices (Bay Leaf, Cumin, Black Pepper, Cinnamon, Clove), Garlic, Onion), Water, White Vinegar, **Milk** Powder, Lemon Juice, Liquid Sugar, Salt, Mustard, Dijon Mustard, Natural Flavour, Spice Extract, Food Acid (Citric), Colour (Lutein)), Roasted Red Peppers (Peppers, Water, Vinegar, Salt, Sugar, Spices), Baby Spinach.

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

**May Contain Peanut.**

## SPINACH & CHEESE QUICHE

SERVINGS PER PACKAGE: 1

SERVING SIZE: 180 g

	Average QTY per Serving	Average QTY Per 100g
Energy	2070 kJ (495 Cal)	1150 kJ (275 Cal)
Protein	13.0 g	7.2 g
Fat, total	33.7 g	18.7 g
-saturated	16.0 g	8.9 g
Carbohydrate	34.7 g	19.3 g
-sugars	4.1 g	2.3 g
Sodium	470 mg	261 mg

### INGREDIENTS:

Quiche (**Wheat** Flour, **Egg**, Cream (Contains **Milk**), **Milk**, Spinach (10%), Vegetable Shortening (Contains Emulsifiers (471, **Soybean** Lecithin), Antioxidant (320)), Feta Cheese (5%) (**Milk**, Salt, Rennet (Non-animal), Cultures), Sundried Tomatoes (5%) (Contains Preservative (220), Acidity Regulator (330)), thickener (1422), **Milk** Solids, Baking Powder (Contains Mineral Salts 450, 500, **Wheat** Flour (Thiamine)), salt, Pepper, Canola Oil (Lecithin - **Soy**)).

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

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

## SPINACH COCKTAIL ROLL

SERVINGS PER PACKAGE: 1

SERVING SIZE: 80 g

	Average QTY per Serving	Average QTY Per 100g
Energy	808 kJ (193 Cal)	1010 kJ (241 Cal)
Protein	7.9 g	9.9 g
Fat, total	10.6 g	13.2 g
-saturated	5.8 g	7.2 g
Carbohydrate	15.6 g	19.5 g
-sugars	1.5 g	1.9 g
Sodium	383 mg	479 mg

### INGREDIENTS:

Cocktail Spinach Roll (**Wheat** Flour, Cheese (Ricotta, Cheddar, Parmesan) (Contains **Milk**), Spinach (21%), Margarine [Palm Oil, sunflower Oil, Emulsifiers (471, 322 - **Soy**), Acidity Regulator (331), Antioxidants (306 - **Soy**, 320, 310), Flavours], Water, Onion, Salt, **Egg** Powder, Sugar, Vegetable Powders, Thickeners (1422 - Maize, 461), Herbs And Spices, Hydrolysed Vegetable Proteins, Yeast, Flavour Enhancers (621, 631), **Milk** Powder, Mineral Salts (500, 451), Colours (160a, 101, 160b), maltodextrin, Vegetable Gum (415)).

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

## STRAWBERRY & PASSIONFRUIT SMOOTHIE LGE

SERVINGS PER PACKAGE: 1

SERVING SIZE: 593 mL

	Average QTY per Serving	Average QTY Per 100mL
Energy	2220 kJ (531 Cal)	374 kJ (89 Cal)
Protein	11.6 g	2.0 g
Fat, total	13.6 g	2.3 g
-saturated	9.0 g	1.5 g
Carbohydrate	86.8 g	14.6 g
-sugars	81.0 g	13.6 g
Sodium	159 mg	27 mg

### INGREDIENTS:

**Milk**, Strawberries, Vanilla Ice Cream (Fresh **Milk**, Liquid Sugar (Sugar, Water), Fresh Cream (**Milk**), Glucose (Maize), **Milk** Solids, Maltodextrin (Maize), Emulsifiers (477, 471), Thickeners (412, 407a), Flavour, Colours (160a, 100)), Vanilla Syrup (Sugar, Water, Vanilla Flavour, Vegetable Gum (466), Preservative (202), Food Acid (330), Colours (150d (**Wheat**), 150c)), Passionfruit Coulis (Passionfruit Pulp, Water, Sugar, Passionfruit Concentrate, Vegetable Gum (415), Preservative (202)).

**Contains Gluten, Wheat, Milk.**

**May Contain Egg, Peanut, Tree Nuts.**



## STRAWBERRY & PASSIONFRUIT SMOOTHIE REG

SERVINGS PER PACKAGE: 1

SERVING SIZE: 403 mL

	Average QTY per Serving	Average QTY Per 100mL
Energy	1590 kJ (380 Cal)	395 kJ (94 Cal)
Protein	7.0 g	1.7 g
Fat, total	7.9 g	1.9 g
-saturated	5.1 g	1.3 g
Carbohydrate	67.6 g	16.8 g
-sugars	64.5 g	16.0 g
Sodium	102 mg	25 mg

### INGREDIENTS:

**Milk**, Strawberries, Vanilla Syrup (Sugar, Water, Vanilla Flavour, Vegetable Gum (466), Preservative (202), Food Acid (330), Colours (150d (**Wheat**), 150c)), Vanilla Ice Cream (Fresh **Milk**, Liquid Sugar (Sugar, Water), Fresh Cream (**Milk**), Glucose (Maize), **Milk** Solids, Maltodextrin (Maize), Emulsifiers (477, 471), Thickeners (412, 407a), Flavour, Colours (160a, 100)), Passionfruit Coulis (Passionfruit Pulp, Water, Sugar, Passionfruit Concentrate, Vegetable Gum (415), Preservative (202)).

**Contains Gluten, Wheat, Milk.**

**May Contain Egg, Peanut, Tree Nuts.**

## TEA LGE

SERVINGS PER PACKAGE: 1

SERVING SIZE: 545 mL

	Average QTY per Serving	Average QTY Per 100mL
Energy	133 kJ (32 Cal)	less than 40 kJ
Protein	1.7 g	less than 1 g
Fat, total	1.7 g	less than 1 g
-saturated	1.1 g	less than 1 g
Carbohydrate	2.4 g	less than 1 g
-sugars	2.4 g	less than 1 g
Sodium	20 mg	less than 5 mg

### INGREDIENTS:

Water, **Milk**, English Breakfast Tea (Ceylon Leaf Tea).

**Contains Milk.**

## TEA REG

SERVINGS PER PACKAGE: 1

SERVING SIZE: 420 mL

	Average QTY per Serving	Average QTY Per 100mL
Energy	133 kJ (32 Cal)	less than 40 kJ
Protein	1.7 g	less than 1 g
Fat, total	1.7 g	less than 1 g
-saturated	1.1 g	less than 1 g
Carbohydrate	2.4 g	less than 1 g
-sugars	2.4 g	less than 1 g
Sodium	20 mg	less than 5 mg

### INGREDIENTS:

Water, **Milk**, English Breakfast Tea (Ceylon Leaf Tea).

**Contains Milk.**

## TEA SML

SERVINGS PER PACKAGE: 1

SERVING SIZE: 345 mL

	Average QTY per Serving	Average QTY Per 100mL
Energy	133 kJ (32 Cal)	less than 40 kJ
Protein	1.7 g	less than 1 g
Fat, total	1.7 g	less than 1 g
-saturated	1.1 g	less than 1 g
Carbohydrate	2.4 g	less than 1 g
-sugars	2.4 g	less than 1 g
Sodium	20 mg	6 mg

### INGREDIENTS:

Water, **Milk**, English Breakfast Tea (Ceylon Leaf Tea).

**Contains Milk.**

## TURKEY BRIE & CRANBERRY TURKISH MELT

SERVINGS PER PACKAGE: 1

SERVING SIZE: 230 g

	Average QTY per Serving	Average QTY Per 100g
Energy	2050 kJ (490 Cal)	892 kJ (213 Cal)
Protein	23.8 g	10.4 g
Fat, total	17.0 g	7.4 g
-saturated	7.5 g	3.3 g
Carbohydrate	58.0 g	25.2 g
-sugars	8.0 g	3.5 g
Sodium	1370 mg	596 mg

### INGREDIENTS:

Turkish Bread (**Wheat** Flour (**Wheat**, Thiamin, Folic Acid), Water, **Sesame** Seeds, Yeast, Canola Oil, Iodised Salt, vinegar, **Wheat** Gluten, Malt **Wheat** Flour, Bread improver (**Wheat**), Preservative (202)), Turkey Breast (26%) (Turkey, Water, Thickener (1442), Salt, Dextrose, Vegetable Gum (407), Mineral Salts (451, 452), Preservative (223), Glycerine (422)), Brie (13%) (**Milk**, Salt, Mineral Salt (509), Cultures, Non Animal Rennet), Cranberry Sauce (9%) (Cranberries, High Fructose Corn Syrup, Corn Syrup, Water), Dijon Mustard (Water, Mustard Seed, Salt, Sugar, Food Acid (Acetic), Turmeric), Baby Spinach.

**Contains Gluten, Wheat, Milk, Sesame.**

**May Contain Peanut.**

## VIENNA WHITE LGE

SERVINGS PER PACKAGE: 1

SERVING SIZE: 379 mL

	Average QTY per Serving	Average QTY Per 100mL
Energy	301 kJ (72 Cal)	79 kJ (19 Cal)
Protein	less than 1 g	less than 1 g
Fat, total	7.2 g	1.9 g
-saturated	4.7 g	1.2 g
Carbohydrate	1.5 g	less than 1 g
-sugars	1.4 g	less than 1 g
Sodium	11 mg	less than 5 mg

### INGREDIENTS:

Water, Coffee, Thickened Cream (Cream (**Milk**), Gelatin, Stabiliser (407a), Emulsifier (471)), Drinking Chocolate (Sugar, Cocoa, Maltodextrin, Tapioca Starch, Salt), **Milk**.

**Contains Milk.**

**May Contain Soy.**

## VIENNA WHITE REG

SERVINGS PER PACKAGE: 1

SERVING SIZE: 231 mL

	Average QTY per Serving	Average QTY Per 100mL
Energy	300 kJ (72 Cal)	130 kJ (31 Cal)
Protein	less than 1 g	less than 1 g
Fat, total	7.2 g	3.1 g
-saturated	4.7 g	2.0 g
Carbohydrate	1.5 g	less than 1 g
-sugars	1.4 g	less than 1 g
Sodium	11 mg	less than 5 mg

### INGREDIENTS:

Water, Thickened Cream (Cream (**Milk**), Gelatin, Stabiliser (407a), Emulsifier (471)), Coffee, Drinking Chocolate (Sugar, Cocoa, Maltodextrin, Tapioca Starch, Salt), **Milk**.

**Contains Milk.**

**May Contain Soy.**

## VIENNA WHITE SML

SERVINGS PER PACKAGE: 1

SERVING SIZE: 166 mL

	Average QTY per Serving	Average QTY Per 100mL
Energy	300 kJ (72 Cal)	181 kJ (43 Cal)
Protein	less than 1 g	less than 1 g
Fat, total	7.2 g	4.3 g
-saturated	4.6 g	2.8 g
Carbohydrate	1.5 g	less than 1 g
-sugars	1.3 g	less than 1 g
Sodium	11 mg	7 mg

### INGREDIENTS:

Water, Thickened Cream (Cream (**Milk**), Gelatin, Stabiliser (407a), Emulsifier (471)), Coffee, Drinking Chocolate (Sugar, Cocoa, Maltodextrin, Tapioca Starch, Salt), **Milk**.

**Contains Milk.**

**May Contain Soy.**