

Aussie Burger																																																						
Serve size	483 g		Country of Origin 58%																																																			
	Per serve	Per 100g																																																				
ENERGY (kJ)	4020	830																																																				
CALORIES (cal)	960	200																																																				
PROTEIN (g)	46.4	9.6																																																				
FAT TOTAL (g)	51.2	10.6																																																				
FAT SATURATED	14.3	3.0																																																				
CARBOHYDRATES (g)	75.9	15.7																																																				
SUGAR (g)	14.1	2.9																																																				
SODIUM (mg)	1695	350																																																				
Allergen information <table><tr><td>Gluten</td><td>Wheat</td><td>Egg</td><td>Milk</td><td>Peanuts</td><td>Almond</td><td>Brazil nut</td><td>Cashew</td></tr><tr><td>Y</td><td>Y</td><td>Y</td><td>Y</td><td>T</td><td>T</td><td>T</td><td>T</td></tr><tr><td>Hazelnut</td><td>Macadamia</td><td>Pecan</td><td>Pine nut</td><td>Pistachio</td><td>Walnut</td><td>Sesame</td><td>Soy</td></tr><tr><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>Y</td></tr><tr><td>Shellfish</td><td>Fish</td><td>Crustacean</td><td>Molluscs</td><td>Added Sulphites</td><td>Royal Jelly</td><td>Lupin</td><td rowspan="2"></td></tr><tr><td>-</td><td>T</td><td>T</td><td>-</td><td>T</td><td>-</td><td>-</td></tr></table>								Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew	Y	Y	Y	Y	T	T	T	T	Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy	T	T	T	T	T	T	T	Y	Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin		-	T	T	-	T	-	-
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew																																															
Y	Y	Y	Y	T	T	T	T																																															
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T	T	T	T	T	T	T	Y																																															
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin																																																
-	T	T	-	T	-	-																																																
Ingredients																																																						
AUSSIE BURGER																																																						
Beef Patty: Beef. Burger Bun: Wheat Flour, Water, Yeast, Sugar, Canola, Gelling Agent (440 407, 415), Acidity Regulator (330, 331, 341), Salt, Soy Flour (0.5%), Vitamins (Folic Acid, Thiamin). Bacon: Selected Pork Meat (88%), Water, Salt, Sugar, Mineral Salt (451), Food Acid (330,270,325), Dextrose, Antioxidant (316), Natural Colour(163), Preservative (250), Natural Identical. Fried Egg: Egg. Shredded Lettuce: Cos Lettuce. Sliced Tomato: Tomato. Beetroot Sliced: Beetroot. Burger Marinade: Canola Oil, Water, Gherkins (Cucumbers, Water, Vinegar, Sugar, Salt, Spices), Pasteurised Whole Egg, Dijon Mustard. (Water, Mustard Seeds, Salt, Vinegar, Sugar, Acetic Acid, Turmeric), Sugar, White Vinegar, Onions, Tomato Paste, Salt, Lemon Juice, Garlic, Onion Powder, Corn Starch, Red Capsicum, Yeast Extract, Herbs & Spices, Vegetable Gum (415, 412), Flavours. Sliced Cheese: Cheese (Pasteurised Milk, Salt, Starter Cultures, Enzyme (Non-Animal Rennet). Onion: Brown Onion.																																																						

Charlie Chomper Beef																																																						
Serve size	480 g	Country of Origin 58%																																																				
	Per serve							Per 100g																																														
ENERGY (kJ)	4680							980																																														
CALORIES (cal)	1120							230																																														
PROTEIN (g)	58.0							12.1																																														
FAT TOTAL (g)	62.4							13.0																																														
FAT SATURATED	21.9							4.6																																														
CARBOHYDRATES (g)	79.7							16.6																																														
SUGAR (g)	17.9							3.7																																														
SODIUM (mg)	1570							325																																														
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Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew																																															
Y	Y	Y	Y	T	T	T	T																																															
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Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin																																																
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Ingredients																																																						
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Charlie Chomper Chicken																																																						
Serve size	478 g		Country of Origin 91%																																																			
	Per serve	Per 100g																																																				
ENERGY (kJ)	4010	840																																																				
CALORIES (cal)	960	200																																																				
PROTEIN (g)	51.0	10.7																																																				
FAT TOTAL (g)	47.1	9.9																																																				
FAT SATURATED	10.7	2.2																																																				
CARBOHYDRATES (g)	81.2	17.0																																																				
SUGAR (g)	17.6	3.7																																																				
SODIUM (mg)	1410	295																																																				
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Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew																																															
Y	Y	Y	Y	T	T	T	T																																															
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T	T	T	T	T	T	-	Y																																															
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin																																																
-	-	-	-	T	-	-																																																
Ingredients																																																						
CHARLIE CHOMPER CHICKEN																																																						
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Beef Cheeseburger																																																						
Serve size	402 g		Country of Origin 83%																																																			
	Per serve	Per 100g																																																				
ENERGY (kJ)	4140	1030																																																				
CALORIES (cal)	990	250																																																				
PROTEIN (g)	53.0	13.2																																																				
FAT TOTAL (g)	53.0	13.2																																																				
FAT SATURATED	18.3	4.6																																																				
CARBOHYDRATES (g)	73.3	18.2																																																				
SUGAR (g)	11.5	2.9																																																				
SODIUM (mg)	1170	290																																																				
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Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew																																															
Y	Y	Y	Y	T	T	T	T																																															
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T	T	T	T	T	T	-	Y																																															
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-	-	-	-	T	-	-																																																
Ingredients																																																						
Beef Cheeseburger																																																						
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Chicken Cheeseburger																																																						
Serve size	400 g		Country of Origin 92%																																																			
	Per serve	Per 100g																																																				
ENERGY (kJ)	3300	820																																																				
CALORIES (cal)	790	200																																																				
PROTEIN (g)	45.9	11.5																																																				
FAT TOTAL (g)	0	0.0																																																				
FAT SATURATED	6.8	1.7																																																				
CARBOHYDRATES (g)	0	19.1																																																				
SUGAR (g)	0	3.2																																																				
SODIUM (mg)	1035	260																																																				
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Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew																																															
Y	Y	Y	Y	T	T	T	T																																															
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy																																															
T	T	T	T	T	T	-	Y																																															
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin																																																
-	-	-	-	Y	-	-																																																
Ingredients Chicken Cheeseburger Burger Bun: Wheat Flour, Water, Yeast, Sugar, Canola, Gelling Agent (440 407, 415), Acidity Regulator (330, 331, 341), Salt, Soy Flour (0.5%), Vitamins (Folic Acid, Thiamin). Chicken: Chicken (100%). Lettuce: Cos Lettuce. Tomato: Roma Tomato. Chilli Mayonnaise: Canola Oil, Pasteurized Egg Yolk, Pasteurized Egg White, Corn Syrup, Food Acid (Acetic), Salt, Sugar, Mustard Powder, Lemon Juice, Herbs, Rosemary Extract, Water, Red Cayenne Chilli (19%), Garlic, White Vinegar, Paprika, Fresh Chilli, Fresh Garlic, Cornflour, Potassium Sorbate (E220), Thickeners (1442, 415), Acidity Regulator (260), Preservatives (211, 202), Natural Colour (160c). Cheese: Cheese (Pasteurised Milk, Salt, Starter Cultures, Enzyme (Non-Animal Rennet). Onion: Brown Onion.																																																						

Double Decker Beef Burger																																																						
Serve size	547 g		Country of Origin 96%																																																			
	Per serve	Per 100g																																																				
ENERGY (kJ)	5800	1060																																																				
CALORIES (cal)	1390	250																																																				
PROTEIN (g)	89.5	16.4																																																				
FAT TOTAL (g)	80.4	14.7																																																				
FAT SATURATED	30.9	5.7																																																				
CARBOHYDRATES (g)	74.2	13.6																																																				
SUGAR (g)	11.8	2.1																																																				
SODIUM (mg)	1305	240																																																				
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Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew																																															
Y	Y	Y	Y	T	T	T	T																																															
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T	T	T	T	T	T	-	Y																																															
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-	-	-	-	T	-	-																																																
Ingredients																																																						
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Double Decker Chicken Burger																																																						
Serve size	522 g		Country of Origin 97%																																																			
	Per serve	Per 100g																																																				
ENERGY (kJ)	3850	740																																																				
CALORIES (cal)	920	180																																																				
PROTEIN (g)	75.4	14.4																																																				
FAT TOTAL (g)	33.7	6.5																																																				
FAT SATURATED	7.3	1.4																																																				
CARBOHYDRATES (g)	76.7	14.7																																																				
SUGAR (g)	12.8	2.5																																																				
SODIUM (mg)	1075	205																																																				
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Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew																																															
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T	T	T	T	T	T	-	Y																																															
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin																																																
-	-	-	-	Y	-	-																																																
Ingredients																																																						
Double Decker Chicken Burger																																																						
Chicken Breast: Chicken (100%). Burger Bun: Wheat Flour, Water, Yeast, Sugar, Canola, Gelling Agent (440 407, 415), Acidity Regulator (330, 331, 341), Salt, Soy Flour (0.5%), Vitamins (Folic Acid, Thiamin). Shredded Lettuce: Cos Lettuce. Chilli Mayonnaise: Canola Oil, Pasteurized Egg Yolk, Pasteurized Egg White, Corn Syrup, Food Acid (Acetic), Salt, Sugar, Mustard Powder, Lemon Juice, Herbs, Rosemary Extract, Water, Red Cayenne Chilli (19%), Garlic, White Vinegar, Paprika, Fresh Chilli, Fresh Garlic, Corn flour, Potassium Sorbate (E220), Thickeners (1442, 415), Acidity Regulator (260), Preservatives (211, 202), Natural Colour (160c). Tomato: Roma Tomato. Burger Marinade: Lemon Juice, Canola oil, Vinegar White, Lemon Juice, Paprika Sweet, Oregano. Sliced Cheese: Cheese (Pasteurised Milk, Salt, Starter Cultures, Enzyme (Non-Animal Rennet). Onion: Brown Onion.																																																						

Original Beef Burger		
Serve size	385 g	
	Per serve	Per 100g
ENERGY (kJ)	3850	1000
CALORIES (cal)	920	240
PROTEIN (g)	48.9	12.7
FAT TOTAL (g)	47.0	12.2
FAT SATURATED	14.3	3.7
CARBOHYDRATES (g)	73.3	19.0
SUGAR (g)	11.5	3.0
SODIUM (mg)	1065	275

Country of Origin

99%

Allergen information							
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
Y	Y	Y	T	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	-	Y
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	-	-	-	T	-	-	

Ingredients

Original Beef Burger

Beef Patty: Beef.
Burger Bun: **Wheat** Flour, Water, Yeast, Sugar, Canola, Gelling Agent (440 407, 415), Acidity Regulator (330, 331, 341), Salt, **Soy** Flour (0.5%), Vitamins (Folic Acid, Thiamin).
Lettuce: Cos Lettuce.
Burger Sauce: Canola Oil, Water, Gherkins (Cucumbers, Water, Vinegar, Sugar, Salt, Spices), Pasteurised Whole **Egg**, Dijon Mustard (Water, Mustard Seeds, Salt, Vinegar, Sugar, Acetic Acid, Turmeric), Sugar, White Vinegar, Onions, Tomato Paste, Salt, Lemon Juice, Garlic, Onion Powder, Corn Starch, Red Capsicum, Yeast Extract, Herbs & Spices, Vegetable Gum (415, 412), Flavours.
Tomato: Roma Tomato.
Onion: Brown Onion.

Original Chicken Burger																																																						
Serve size	383 g		Country of Origin 89%																																																			
	Per serve	Per 100g																																																				
ENERGY (kJ)	3170	830																																																				
CALORIES (cal)	760	200																																																				
PROTEIN (g)	41.8	10.9																																																				
FAT TOTAL (g)	31.8	8.3																																																				
FAT SATURATED	3.1	0.8																																																				
CARBOHYDRATES (g)	74.8	19.5																																																				
SUGAR (g)	11.2	2.9																																																				
SODIUM (mg)	905	235																																																				
Allergen information <table><tr><td>Gluten</td><td>Wheat</td><td>Egg</td><td>Milk</td><td>Peanuts</td><td>Almond</td><td>Brazil nut</td><td>Cashew</td></tr><tr><td>Y</td><td>Y</td><td>Y</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td></tr><tr><td>Hazelnut</td><td>Macadamia</td><td>Pecan</td><td>Pine nut</td><td>Pistachio</td><td>Walnut</td><td>Sesame</td><td>Soy</td></tr><tr><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>-</td><td>Y</td></tr><tr><td>Shellfish</td><td>Fish</td><td>Crustacean</td><td>Molluscs</td><td>Added Sulphites</td><td>Royal Jelly</td><td>Lupin</td><td rowspan="2"></td></tr><tr><td>-</td><td>-</td><td>-</td><td>-</td><td>T</td><td>-</td><td>-</td></tr></table>								Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew	Y	Y	Y	T	T	T	T	T	Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy	T	T	T	T	T	T	-	Y	Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin		-	-	-	-	T	-	-
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew																																															
Y	Y	Y	T	T	T	T	T																																															
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy																																															
T	T	T	T	T	T	-	Y																																															
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin																																																
-	-	-	-	T	-	-																																																
Ingredients																																																						
Original Chicken Burger																																																						
Burger Bun: Wheat Flour, Water, Yeast, Sugar, Canola, Gelling Agent (440 407, 415), Acidity Regulator (330, 331, 341), Salt, Soy Flour (0.5%), Vitamins (Folic Acid, Thiamin). Chicken Breast: Chicken (100%). Lettuce: Cos Lettuce. Charlie's Mayonnaise: Canola Oil, pasteurized egg yolk, pasteurized egg white, Corn Syrup, Food Acid, (Acetic), Salt, Sugar, Mustard Powder, Lemon Juice, Potassium Sorbate (e220), Herbs, Rosemary Extract. Tomato: Roma Tomato. Burger Marinade: Lemon Juice, Canola oil, Vinegar White, Lemon Juice, Paprika Sweet, Oregano. Onion: Brown Onion.																																																						

Portuguese Chilli Burger								
Serve size	396 g	Country of Origin 63%						
	Per serve							Per 100g
ENERGY (kJ)	3120							790
CALORIES (cal)	750							190
PROTEIN (g)	41.9							10.6
FAT TOTAL (g)	26.7							6.7
FAT SATURATED	2.8							0.7
CARBOHYDRATES (g)	83.3							21.1
SUGAR (g)	19.3							4.9
SODIUM (mg)	1105							280
Allergen information								
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew	
Y	Y	Y	T	T	T	T	T	
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy	
T	T	T	T	T	T	T	Y	
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin		
-	-	-	-	Y	-	-		
Ingredients								
Portuguese Chilli Burger								
Burger Bun: Wheat Flour, Water, Yeast, Sugar, Canola, Gelling Agent (440 407, 415), Acidity Regulator (330, 331, 341), Salt, Soy Flour (0.5%), Vitamins (Folic Acid, Thiamin).								
Chicken Breast: Chicken (100%).								
Lettuce: Cos Lettuce								
Chilli Mayonnaise: Canola Oil, Pasteurized Egg Yolk, Pasteurized Egg White, Corn Syrup, Food Acid (Acetic), Salt, Sugar, Mustard Powder, Lemon Juice, Herbs, Rosemary Extract, Water, Red Cayenne Chilli (19%), Garlic, White Vinegar, Paprika, Fresh Chilli, Fresh Garlic, Cornflour , Potassium Sorbate (E220), Thickeners (1442, 415), Acidity Regulator (260), Preservatives (211, 202), Natural Colour (160c).								
Tomato: Roma Tomato								
Onion: Brown Onion								

Schnitzel Burger

Serve size	425 g	
	Per serve	Per 100g
ENERGY (kJ)	4480	1050
CALORIES (cal)	1070	250
PROTEIN (g)	59.7	14.1
FAT TOTAL (g)	51.9	12.2
FAT SATURATED	7.5	1.8
CARBOHYDRATES (g)	88.0	20.7
SUGAR (g)	11.6	2.7
SODIUM (mg)	1595	375

Country of Origin	88%
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Country of Origin	88%
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Allergen information	
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Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
Y	Y	Y	T	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	-	Y
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	-	-	-	T	-	-	

Ingredients	
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SCHNITZEL BURGER	
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Chicken Schnitzel: Chicken, **Wheat** Flour, Wholemeal **Wheat** Flour, Yeast, Iodised Sea Salt, Rye Flour, **Wheat** Fibre, **Egg**, Water, Vinegar, Canola Oil, Malt, Barley Flour, Antioxidant (300), Enzymes, Preservatives (282), Colour (E160a), Vitamin (Thiamine, Folate), Salt, Chicken Booster, Pepper White Ground, Parsley, Ginger Ground, Garlic Salt.

Burger Bun: **Wheat** Flour, Water, Yeast, Sugar, Canola, Gelling Agent (440 407, 415), Acidity Regulator (330, 331, 341), Salt, **Soy** Flour (0.5%), Vitamins (Folic Acid, Thiamin).

Lettuce: Cos Lettuce.

Charlie's Mayonnaise: Canola Oil, pasteurized **egg** yolk, pasteurized **egg** white, Corn Syrup, Food Acid, (Acetic), Salt, Sugar, Mustard Powder, Lemon Juice, Potassium Sorbate (e220), Herbs, Rosemary Extract.

Tomato: Roma Tomato.

Onion: Brown Onion.

Veggie Burger																																																														
Serve size	523 g		Country of Origin 89%																																																											
	Per serve	Per 100g																																																												
ENERGY (kJ)	4130	790																																																												
CALORIES (cal)	990	190																																																												
PROTEIN (g)	19.3	3.7																																																												
FAT TOTAL (g)	33.3	6.4																																																												
FAT SATURATED	3.7	0.7																																																												
CARBOHYDRATES (g)	148.2	28.3																																																												
SUGAR (g)	37.8	7.2																																																												
SODIUM (mg)	2070	395																																																												
<table><tr><th colspan="8">Allergen information</th></tr><tr><th>Gluten</th><th>Wheat</th><th>Egg</th><th>Milk</th><th>Peanuts</th><th>Almond</th><th>Brazil nut</th><th>Cashew</th></tr><tr><td>Y</td><td>Y</td><td>Y</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td></tr><tr><th>Hazelnut</th><th>Macadamia</th><th>Pecan</th><th>Pine nut</th><th>Pistachio</th><th>Walnut</th><th>Sesame</th><th>Soy</th></tr><tr><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>-</td><td>Y</td></tr><tr><th>Shellfish</th><th>Fish</th><th>Crustacean</th><th>Molluscs</th><th>Added Sulphites</th><th>Royal Jelly</th><th>Lupin</th><td rowspan="2"></td></tr><tr><td>-</td><td>-</td><td>-</td><td>-</td><td>T</td><td>-</td><td>-</td></tr></table>								Allergen information								Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew	Y	Y	Y	T	T	T	T	T	Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy	T	T	T	T	T	T	-	Y	Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin		-	-	-	-	T	-	-
Allergen information																																																														
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew																																																							
Y	Y	Y	T	T	T	T	T																																																							
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy																																																							
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-	-	-	-	T	-	-																																																								
Ingredients																																																														
Veggie Burger																																																														
Veggie Burger Patty: Carrots, sweet potato, corn flour, white potato, zucchini, corn kernels, brown onion, red lentils, spinach, vegetable stock powder, baking powder, salt, cumin. Burger Bun: Wheat Flour, Water, Yeast, Sugar, Canola, Gelling Agent (440 407, 415), Acidity Regulator (330, 331, 341), Salt, Soy Flour (0.5%), Vitamins (Folic Acid, Thiamin) Lettuce: Cos Lettuce. Charlie's Mayonnaise: Canola Oil, pasteurized egg yolk, pasteurized egg white, Corn Syrup, Food Acid, (Acetic), Salt, Sugar, Mustard Powder, Lemon Juice, Potassium Sorbate (e220), Herbs, Rosemary Extract. Tomato: Roma Tomato. Sweet Chilli Sauce: Sugar, Water, Red Cayenne Chilli (19%), Salt, Thickeners (1442, 415), Garlic, Acidity Regulator (260), Preservatives (211, 202), Natural Colour (160c). Onion: Brown Onion.																																																														

Bacon & Egg Roll																																																						
Serve size	205 g		Country of Origin 63%																																																			
	Per serve	Per 100g																																																				
ENERGY (kJ)	1810	880																																																				
CALORIES (cal)	430	210																																																				
PROTEIN (g)	19.0	9.2																																																				
FAT TOTAL (g)	14.3	7.0																																																				
FAT SATURATED	4.7	2.3																																																				
CARBOHYDRATES (g)	55.0	26.8																																																				
SUGAR (g)	14.0	6.8																																																				
SODIUM (mg)	1185	580																																																				
Allergen information <table><tr><td>Gluten</td><td>Wheat</td><td>Egg</td><td>Milk</td><td>Peanuts</td><td>Almond</td><td>Brazil nut</td><td>Cashew</td></tr><tr><td>Y</td><td>Y</td><td>Y</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td></tr><tr><td>Hazelnut</td><td>Macadamia</td><td>Pecan</td><td>Pine nut</td><td>Pistachio</td><td>Walnut</td><td>Sesame</td><td>Soy</td></tr><tr><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td></tr><tr><td>Shellfish</td><td>Fish</td><td>Crustacean</td><td>Molluscs</td><td>Added Sulphites</td><td>Royal Jelly</td><td>Lupin</td><td rowspan="2"></td></tr><tr><td>-</td><td>T</td><td>T</td><td>-</td><td>T</td><td>-</td><td>-</td></tr></table>								Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew	Y	Y	Y	T	T	T	T	T	Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy	T	T	T	T	T	T	T	T	Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin		-	T	T	-	T	-	-
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew																																															
Y	Y	Y	T	T	T	T	T																																															
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy																																															
T	T	T	T	T	T	T	T																																															
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin																																																
-	T	T	-	T	-	-																																																
Ingredients BACON & EGG ROLL Bacon: Selected Pork Meat (88%), Water, Salt, Sugar, Mineral Salt (451), Food Acid (330,270,325), Dextrose, Antioxidant (316), Natural Colour(163), Preservative (250), Natural Identical. Bread Roll: Wheat Flour, Water, Wheat Semolina, Iodised Salt, Yeast, Vitamins (Thiamin, Folic Acid), Malt Flour (Wheat), Malt Extract (Wheat). Fried Egg: Egg. BBQ Sauce: Tomatoes 42% (from Paste, Food Acid, (Citric)), Sugar, Water, Wheat Starch, Food, Acids (Acetic Citric), Salt, Glucose Syrup,po Colour (Caramel (150c)), Thickener (Pectin), Tamarind Paste, Yeast Extract, Clove, Nutmeg, Onion 0.5%, Pepper.																																																						

Portuguese Roll																																																						
Serve size	387 g		Country of Origin 43%																																																			
	Per serve	Per 100g																																																				
ENERGY (kJ)	3230	830																																																				
CALORIES (cal)	770	200																																																				
PROTEIN (g)	59.3	15.3																																																				
FAT TOTAL (g)	37.9	9.8																																																				
FAT SATURATED	7.5	1.9																																																				
CARBOHYDRATES (g)	48.6	12.6																																																				
SUGAR (g)	6.5	1.7																																																				
SODIUM (mg)	1330	345																																																				
Allergen information <table><tr><td>Gluten</td><td>Wheat</td><td>Egg</td><td>Milk</td><td>Peanuts</td><td>Almond</td><td>Brazil nut</td><td>Cashew</td></tr><tr><td>Y</td><td>Y</td><td>Y</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td></tr><tr><td>Hazelnut</td><td>Macadamia</td><td>Pecan</td><td>Pine nut</td><td>Pistachio</td><td>Walnut</td><td>Sesame</td><td>Soy</td></tr><tr><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td></tr><tr><td>Shellfish</td><td>Fish</td><td>Crustacean</td><td>Molluscs</td><td>Added Sulphites</td><td>Royal Jelly</td><td>Lupin</td><td rowspan="2"></td></tr><tr><td>T</td><td>T</td><td>-</td><td>T</td><td>Y</td><td>-</td><td>-</td></tr></table>								Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew	Y	Y	Y	T	T	T	T	T	Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy	T	T	T	T	T	T	T	T	Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin		T	T	-	T	Y	-	-
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew																																															
Y	Y	Y	T	T	T	T	T																																															
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T	T	T	T	T	T	T	T																																															
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin																																																
T	T	-	T	Y	-	-																																																
Ingredients																																																						
Portuguese Roll																																																						
Portuguese Chicken: Chicken (100%), Table Salt, White Vinegar, Garlic Salt, MSG (621), Mustard Ground yellow, Onion Salt, Curry Powder, Salt Fine, Paprika.																																																						
Bread Roll: Wheat Flour, Water, Wheat Semolina, Iodised Salt, Yeast, Vitamins (Thiamin, Folic Acid), Malt Flour Wheat), Malt Extract (Wheat).																																																						
Tomato: Roma Tomato.																																																						
Lettuce: Cos Lettuce.																																																						
Chilli Mayonnaise: Canola Oil, Pasteurized Egg Yolk, Pasteurized Egg White, Corn Syrup, Food Acid (Acetic), Salt, Sugar, Mustard Powder, Lemon Juice, Herbs, Rosemary Extract, Water, Red Cayenne Chilli (19%), Garlic, White Vinegar, Paprika, Fresh Chilli, Fresh Garlic, Cornflour (Added Sulphites), Potassium Sorbate (E220), Thickeners (1442, 415), Acidity Regulator (260), Preservatives (211, 202), Natural Colour (160c).																																																						
Piri Piri Sauce: Canola Oil, White Vinegar, Salt, Lemon Juice, Paprika, Fresh Chill, Fresh Garlic, Water, Cornflour (Added Sulphites).																																																						
Onion: Brown Onion																																																						

Chicken Roll																																																						
Serve size	520 g		Country of Origin 32%																																																			
	Per serve	Per 100g																																																				
ENERGY (kJ)	3840	740																																																				
CALORIES (cal)	920	180																																																				
PROTEIN (g)	94.0	18.1																																																				
FAT TOTAL (g)	38.2	7.4																																																				
FAT SATURATED	5.9	1.1																																																				
CARBOHYDRATES (g)	46.7	9.0																																																				
SUGAR (g)	5.4	1.0																																																				
SODIUM (mg)	1300	250																																																				
Allergen information <table><tr><td>Gluten</td><td>Wheat</td><td>Egg</td><td>Milk</td><td>Peanuts</td><td>Almond</td><td>Brazil nut</td><td>Cashew</td></tr><tr><td>Y</td><td>Y</td><td>Y</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td></tr><tr><td>Hazelnut</td><td>Macadamia</td><td>Pecan</td><td>Pine nut</td><td>Pistachio</td><td>Walnut</td><td>Sesame</td><td>Soy</td></tr><tr><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>Y</td></tr><tr><td>Shellfish</td><td>Fish</td><td>Crustacean</td><td>Molluscs</td><td>Added Sulphites</td><td>Royal Jelly</td><td>Lupin</td><td rowspan="2"></td></tr><tr><td>-</td><td>T</td><td>T</td><td>-</td><td>T</td><td>-</td><td>-</td></tr></table>								Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew	Y	Y	Y	T	T	T	T	T	Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy	T	T	T	T	T	T	T	Y	Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin		-	T	T	-	T	-	-
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew																																															
Y	Y	Y	T	T	T	T	T																																															
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy																																															
T	T	T	T	T	T	T	Y																																															
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin																																																
-	T	T	-	T	-	-																																																
Ingredients																																																						
CHICKEN ROLL																																																						
Rotisserie Chicken: Chicken, vegetable oil, Water, Beef HVP (Soy), Rice Flour, Salt, Cayenne Pepper, Ginger Ground, Pimento , Cloves, Nutmeg , Pepper, Wheat Flour, Wholemeal Wheat Flour, Yeast, Iodised Sea Salt, Rye Flour, Wheat Fibre, Water, Vinegar, Canola Oil, Malt, Barley Flour, Antioxidant (300), Enzymes, Preservatives (282), Colour (E160a), Vitamin (Thiamine, Folate), Garlic Salt, Robert Mix (Soy), Mustard Ground Yellow, Onion Salt, Paprika, Curry Powder Mild.																																																						
Bread Roll: Wheat Flour, Water, Wheat Semolina, Iodised Salt, Yeast, Vitamins (Thiamin, Folic Acid), Malt Flour (Wheat), Malt Extract (Wheat).																																																						
Lettuce: Cos Lettuce.																																																						
Tomato: Roma Tomato.																																																						
Charlie's Mayonnaise: Canola Oil, pasteurized egg yolk, pasteurized egg white, Corn Syrup, Food Acid, (Acetic), Salt, Sugar, Mustard Powder, Lemon Juice, Potassium Sorbate (e220), Herbs, Rosemary Extract.																																																						
Onion: Brown Onion.																																																						

Lamb Roll																																																						
Serve size	445 g		Country of Origin 78%																																																			
	Per serve	Per 100g																																																				
ENERGY (kJ)	3640	820																																																				
CALORIES (cal)	870	200																																																				
PROTEIN (g)	51.9	11.7																																																				
FAT TOTAL (g)	0	0.0																																																				
FAT SATURATED	16.0	3.6																																																				
CARBOHYDRATES (g)	0	16.5																																																				
SUGAR (g)	0	6.5																																																				
SODIUM (mg)	2435	545																																																				
Allergen information <table><tr><td>Gluten</td><td>Wheat</td><td>Egg</td><td>Milk</td><td>Peanuts</td><td>Almond</td><td>Brazil nut</td><td>Cashew</td></tr><tr><td>Y</td><td>Y</td><td>T</td><td>Y</td><td>T</td><td>T</td><td>T</td><td>T</td></tr><tr><td>Hazelnut</td><td>Macadamia</td><td>Pecan</td><td>Pine nut</td><td>Pistachio</td><td>Walnut</td><td>Sesame</td><td>Soy</td></tr><tr><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>Y</td><td>Y</td></tr><tr><td>Shellfish</td><td>Fish</td><td>Crustacean</td><td>Molluscs</td><td>Added Sulphites</td><td>Royal Jelly</td><td>Lupin</td><td rowspan="2"></td></tr><tr><td>-</td><td>T</td><td>T</td><td>-</td><td>Y</td><td>-</td><td>-</td></tr></table>								Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew	Y	Y	T	Y	T	T	T	T	Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy	T	T	T	T	T	T	Y	Y	Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin		-	T	T	-	Y	-	-
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew																																															
Y	Y	T	Y	T	T	T	T																																															
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy																																															
T	T	T	T	T	T	Y	Y																																															
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin																																																
-	T	T	-	Y	-	-																																																
Ingredients																																																						
Lamb Roll																																																						
Lamb: Lamb.																																																						
Mint Gravy: Water, Malt Vinegar, Sugar Syrup, Rehydrated Mint (9%), Colour (Caramel IV), Natural Flavour, Modified starch (1422), Maize Starch, Salt, Maize Flour, Maltodextrin , Dehydrated Vegetables Powders (Tomato and Onion), Sugar, Colour(150d) (Sulphites), Hydrolysed Vegetable Protein (Soy), Flavour Enhancer (635), Sesame Oil, Food Acid (330), Vegetable Gum (415), Spice, Spice Extract, Cane Sugar, Cornflour , Salt, Rice Flour, Sugar, Dextrose, Cornflour, HVP (6250), Onion Powder, Turmeric, Vegetable Oil, Celery Oil, Mint, Salt, anticaking agent (554), Salt, Spices, Dehydrated vegetables, Rice flour, Filler Crumb { Wheat flour, Salt, Sugar, Whey powder, Emulsifier (471)}, Food acid (330), Sugar, HVP (Maize), Flavour enhancer (621), Herbs, Anti-caking agent (551), Lemon oil, Bay Leaf.																																																						
Bread Roll: Wheat Flour, Water, Wheat Semolina, Iodised Salt, Yeast, Vitamins (Thiamin, Folic Acid), Malt Flour (Wheat), Malt Extract (Wheat).																																																						
Lettuce: Cos Lettuce																																																						
Tomato: Roma Tomato																																																						
Onion: Brown Onion																																																						

Old Fashioned Roll																																																						
Serve size	505 g	Country of Origin 16%																																																				
	Per serve							Per 100g																																														
ENERGY (kJ)	4130							820																																														
CALORIES (cal)	990							200																																														
PROTEIN (g)	95.5							18.9																																														
FAT TOTAL (g)	15.6							3.1																																														
FAT SATURATED	4.5							0.9																																														
CARBOHYDRATES (g)	42.6							8.4																																														
SUGAR (g)	1.4							0.3																																														
SODIUM (mg)	1210							240																																														
Allergen information <table><tr><td>Gluten</td><td>Wheat</td><td>Egg</td><td>Milk</td><td>Peanuts</td><td>Almond</td><td>Brazil nut</td><td>Cashew</td></tr><tr><td>Y</td><td>Y</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td></tr><tr><td>Hazelnut</td><td>Macadamia</td><td>Pecan</td><td>Pine nut</td><td>Pistachio</td><td>Walnut</td><td>Sesame</td><td>Soy</td></tr><tr><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>Y</td><td>Y</td></tr><tr><td>Shellfish</td><td>Fish</td><td>Crustacean</td><td>Molluscs</td><td>Added Sulphites</td><td>Royal Jelly</td><td>Lupin</td><td rowspan="2"></td></tr><tr><td>-</td><td>T</td><td>T</td><td>-</td><td>Y</td><td>-</td><td>-</td></tr></table>								Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew	Y	Y	T	T	T	T	T	T	Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy	T	T	T	T	T	T	Y	Y	Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin		-	T	T	-	Y	-	-
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew																																															
Y	Y	T	T	T	T	T	T																																															
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy																																															
T	T	T	T	T	T	Y	Y																																															
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin																																																
-	T	T	-	Y	-	-																																																
Ingredients OLD FASHIONED ROLL Roasted Chicken: Chicken, vegetable oil, water, Beef HVP, Rice Flour, Salt, Cayenne Pepper, Ginger Ground, Pimento , Cloves, Nutmeg , Pepper, Wheat Flour, Wholemeal Wheat Flour, Yeast, Iodised Sea Salt, Rye Flour, Wheat Fibre, Water, Vinegar, Canola Oil, Malt, Barley Flour, Antioxidant (300), Enzymes, Preservatives (282), Colour (E160a), Vitamin (Thiamine, Folate), Garlic Salt, Robert Mix (Soy), Mustard Ground Yellow, Onion Salt, Paprika, Curry Powder Mild. Gravy: Modified starch (1422), Maize Starch, Salt, Maize Flour, Maltodextrin, Dehydrated Vegetables Powders (Tomato and Onion), Sugar, Colour(150d) (Sulphites), Hydrolysed Vegetable Protein (Soy), Flavour Enhancer (635), Sesame Oil, Food Acid (330), Vegetable Gum (415), Spice, Spice Extract. Bread Roll: Wheat Flour, Water, Wheat Semolina, Iodised Salt, Yeast, Vitamins (Thiamin, Folic Acid), Malt Flour (Wheat), Malt Extract (Wheat).																																																						

Schnitzel Roll																																																						
Serve size	380 g		Country of Origin 43%																																																			
	Per serve	Per 100g																																																				
ENERGY (kJ)	3740	980																																																				
CALORIES (cal)	890	230																																																				
PROTEIN (g)	56.1	14.8																																																				
FAT TOTAL (g)	46.7	12.3																																																				
FAT SATURATED	7.0	1.8																																																				
CARBOHYDRATES (g)	60.6	15.9																																																				
SUGAR (g)	5.8	1.5																																																				
SODIUM (mg)	1335	350																																																				
Allergen information <table><tr><td>Gluten</td><td>Wheat</td><td>Egg</td><td>Milk</td><td>Peanuts</td><td>Almond</td><td>Brazil nut</td><td>Cashew</td></tr><tr><td>Y</td><td>Y</td><td>Y</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td></tr><tr><td>Hazelnut</td><td>Macadamia</td><td>Pecan</td><td>Pine nut</td><td>Pistachio</td><td>Walnut</td><td>Sesame</td><td>Soy</td></tr><tr><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>Y</td></tr><tr><td>Shellfish</td><td>Fish</td><td>Crustacean</td><td>Molluscs</td><td>Added Sulphites</td><td>Royal Jelly</td><td>Lupin</td><td rowspan="2"></td></tr><tr><td>-</td><td>T</td><td>T</td><td>-</td><td>T</td><td>-</td><td>-</td></tr></table>								Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew	Y	Y	Y	T	T	T	T	T	Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy	T	T	T	T	T	T	T	Y	Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin		-	T	T	-	T	-	-
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew																																															
Y	Y	Y	T	T	T	T	T																																															
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy																																															
T	T	T	T	T	T	T	Y																																															
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin																																																
-	T	T	-	T	-	-																																																
Ingredients																																																						
Schnitzel Roll																																																						
Chicken Schnitzel: Chicken, Wheat Flour, Wholemeal Wheat Flour, Yeast, Iodised Sea Salt, Rye Flour, Wheat Fibre, Egg , Water, Vinegar, Canola Oil, Malt, Barley Flour, Antioxidant (300), Enzymes, Preservatives (282), Colour (E160a), Vitamin (Thiamine, Folate), Salt, Chicken Booster (Soy), Pepper White Ground, Parsley, Ginger Ground, Garlic Salt																																																						
Bread Roll: Wheat Flour, Water, Wheat Semolina, Iodised Salt, Yeast, Vitamins (Thiamin, Folic Acid), Malt Flour (Wheat), Malt Extract (Wheat).																																																						
Lettuce: Cos Lettuce																																																						
Mayonnaise: Canola Oil, pasteurized egg yolk, pasteurized egg white, Corn Syrup, Food Acid, (Acetic), Salt, Sugar, Mustard Powder, Lemon Juice, Potassium Sorbate (e220), Herbs, Rosemary Extract																																																						
Tomato: Roma Tomato																																																						
Onion: Brown Onion																																																						

Apple Crumble Milkshake																																																			
Serve size	380 g		Country of Origin 33%																																																
	Per serve	Per 100g																																																	
ENERGY (kJ)	1660	440																																																	
CALORIES (cal)	390	100																																																	
PROTEIN (g)	7.9	2.1																																																	
FAT TOTAL (g)	12.1	3.2																																																	
FAT SATURATED	7.7	2.0																																																	
CARBOHYDRATES (g)	56.7	14.9																																																	
SUGAR (g)	46.1	12.1																																																	
SODIUM (mg)	1380	365																																																	
Allergen information <table><tr><td>Gluten</td><td>Wheat</td><td>Egg</td><td>Milk</td><td>Peanuts</td><td>Almond</td><td>Brazil nut</td><td>Cashew</td></tr><tr><td>Y</td><td>Y</td><td>Y</td><td>Y</td><td>T</td><td>T</td><td>T</td><td>T</td></tr><tr><td>Hazelnut</td><td>Macadamia</td><td>Pecan</td><td>Pine nut</td><td>Pistachio</td><td>Walnut</td><td>Sesame</td><td>Soy</td></tr><tr><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>-</td><td>Y</td></tr><tr><td>Shellfish</td><td>Fish</td><td>Crustacean</td><td>Molluscs</td><td>Added Sulphites</td><td>Royal Jelly</td><td>Lupin</td><td></td></tr><tr><td>-</td><td>-</td><td>-</td><td>-</td><td>-</td><td>-</td><td>-</td><td></td></tr></table>				Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew	Y	Y	Y	Y	T	T	T	T	Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy	T	T	T	T	T	T	-	Y	Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin		-	-	-	-	-	-	-	
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew																																												
Y	Y	Y	Y	T	T	T	T																																												
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy																																												
T	T	T	T	T	T	-	Y																																												
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin																																													
-	-	-	-	-	-	-																																													
Ingredients																																																			
Apple Crumble Milkshake																																																			
Ice Cream: Sugars, Milk Solids (Whole Milk Powder, Whey Powder), Maltodextrin, Glucose Syrup Solids, Vegetable Fat, Stabilisers (466, 340, 415, 407), Flavours, Emulsifiers (471, 322 Soy), Salt, Food Acid (330), Anti-caking Agent (551). Milk: Pasteurised Homogenised Milk . Apple Pie Mix: Apple, Wheat Flour, Raising Agents (E339, E341, E450, E500), Sugar, Pasteurised Cream , Water, Sugar, Salt, anticaking agent (554), Water, Alcohol, Nature Identical flavour, Colour (E150d), Egg , Cinnamon.																																																			

Chocolate Milkshake																																																							
Serve size	300 g		Country of Origin 33%																																																				
	Per serve	Per 100g																																																					
ENERGY (kJ)	1750	580																																																					
CALORIES (cal)	420	140																																																					
PROTEIN (g)	7.7	2.6																																																					
FAT TOTAL (g)	14.4	4.8																																																					
FAT SATURATED	8.3	2.8																																																					
CARBOHYDRATES (g)	63.7	21.2																																																					
SUGAR (g)	48.4	16.1																																																					
SODIUM (mg)	200	65																																																					
Allergen information <table><tr><td>Gluten</td><td>Wheat</td><td>Egg</td><td>Milk</td><td>Peanuts</td><td>Almond</td><td>Brazil nut</td><td>Cashew</td></tr><tr><td>Y</td><td>Y</td><td>Y</td><td>Y</td><td>T</td><td>T</td><td>T</td><td>T</td></tr><tr><td>Hazelnut</td><td>Macadamia</td><td>Pecan</td><td>Pine nut</td><td>Pistachio</td><td>Walnut</td><td>Sesame</td><td>Soy</td></tr><tr><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>-</td><td>Y</td></tr><tr><td>Shellfish</td><td>Fish</td><td>Crustacean</td><td>Molluscs</td><td>Added Sulphites</td><td>Royal Jelly</td><td>Lupin</td><td></td></tr><tr><td>-</td><td>-</td><td>-</td><td>-</td><td>-</td><td>-</td><td>-</td><td></td></tr></table>								Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew	Y	Y	Y	Y	T	T	T	T	Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy	T	T	T	T	T	T	-	Y	Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin		-	-	-	-	-	-	-	
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew																																																
Y	Y	Y	Y	T	T	T	T																																																
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy																																																
T	T	T	T	T	T	-	Y																																																
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin																																																	
-	-	-	-	-	-	-																																																	
Ingredients																																																							
Chocolate Milkshake																																																							
Ice Cream: Sugars, Milk Solids (Whole Milk Powder, Whey Powder), Maltodextrin, Glucose Syrup Solids, Vegetable Fat, Stabilisers (466, 340, 415, 407), Flavours, Emulsifiers (471, 322 Soy), Salt, Food Acid (330), Anti-caking Agent (551). Milk: Pasteurised Homogenised Milk . Chocolate Sauce: Sugar, Glucose Syrup (Sources Include Wheat), Milk Solids, Vegetable Fat, Cocoa Butter, Cocoa Mass, Barley Malt Extract, Cocoa Powder, Emulsifier (Soy Lecithin), Salt, Egg White, Natural Flavours (Vanilla Extract), Pasteurised Homogenised Milk , Cocoa mass, sugar, cocoa butter, emulsifier Soya lecithin, natural vanilla flavouring.																																																							

Cookies and Cream Milkshake																																																						
Serve size	277 g		Country of Origin 33%																																																			
	Per serve	Per 100g																																																				
ENERGY (kJ)	1550	560																																																				
CALORIES (cal)	370	130																																																				
PROTEIN (g)	7.1	2.6																																																				
FAT TOTAL (g)	12.5	4.5																																																				
FAT SATURATED	7.1	2.6																																																				
CARBOHYDRATES (g)	56.5	20.4																																																				
SUGAR (g)	39.1	14.1																																																				
SODIUM (mg)	285	105																																																				
Allergen information <table><tr><td>Gluten</td><td>Wheat</td><td>Egg</td><td>Milk</td><td>Peanuts</td><td>Almond</td><td>Brazil nut</td><td>Cashew</td></tr><tr><td>Y</td><td>Y</td><td>T</td><td>Y</td><td>T</td><td>T</td><td>T</td><td>T</td></tr><tr><td>Hazelnut</td><td>Macadamia</td><td>Pecan</td><td>Pine nut</td><td>Pistachio</td><td>Walnut</td><td>Sesame</td><td>Soy</td></tr><tr><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>-</td><td>Y</td></tr><tr><td>Shellfish</td><td>Fish</td><td>Crustacean</td><td>Molluscs</td><td>Added Sulphites</td><td>Royal Jelly</td><td>Lupin</td><td rowspan="2"></td></tr><tr><td>-</td><td>-</td><td>-</td><td>-</td><td>-</td><td>-</td><td>-</td></tr></table>								Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew	Y	Y	T	Y	T	T	T	T	Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy	T	T	T	T	T	T	-	Y	Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin		-	-	-	-	-	-	-
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew																																															
Y	Y	T	Y	T	T	T	T																																															
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy																																															
T	T	T	T	T	T	-	Y																																															
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin																																																
-	-	-	-	-	-	-																																																
Ingredients																																																						
Cookies and Cream Milkshake																																																						
Ice Cream: Sugars, Milk Solids (Whole Milk Powder, Whey Powder), Maltodextrin, Glucose Syrup Solids, Vegetable Fat, Stabilisers (466, 340, 415, 407), Flavours, Emulsifiers (471, 322 Soy), Salt, Food Acid (330), Anti-caking Agent (551). Milk: Pasteurised Homogenised Milk . Cookie Mix: Wheat Flour, Sugar, Vegetable oil, Cocoa Powder, Fructose syrup, cornstarch, Iodised Salt, Raising Agents (500, 503), Emulsifier (soy Lecithin), Flavour, Antioxidant (319).																																																						

Choc Hazelnut Milkshake		
Serve size	425 g	
	Per serve	Per 100g
ENERGY (kJ)	2790	660
CALORIES (cal)	660	160
PROTEIN (g)	10.8	2.5
FAT TOTAL (g)	24.7	5.8
FAT SATURATED	11.1	2.6
CARBOHYDRATES (g)	99.0	23.3
SUGAR (g)	79.7	18.7
SODIUM (mg)	240	55

Country of Origin

24%

Allergen information							
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
T	T	T	Y	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
Y	T	T	T	T	T	-	Y
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	-	-	-	-	-	-	

Ingredients

Choc Hazelnut Milkshake

Ice Cream: Sugars, **Milk** Solids (Whole **Milk** Powder, **Whey** Powder), Maltodextrin, Glucose Syrup Solids, Vegetable Fat, Stabilisers (466, 340, 415, 407), Flavours, Emulsifiers (471, **322 Soy**), Salt, Food Acid (330), Anti-caking Agent (551).

Milk: Pasteurised Homogenised **Milk**.

Hazelnut Spread: Sugar, Vegetable Oil (Palm), **Hazelnuts** (13%), **Skim Milk Powder** (8.7%), Fat-reduced Cocoa Powder (7.4%), **Emulsifier** (Lecithin) (**Soy**), Flavouring (Vanillin). Total **Milk** Solids: 8.7%. Total Cocoa Solids: 7.4%.

Peppermint Milkshake		
Serve size	285 g	
	Per serve	Per 100g
ENERGY (kJ)	1250	440
CALORIES (cal)	300	100
PROTEIN (g)	6.3	2.2
FAT TOTAL (g)	0	0.0
FAT SATURATED	6.0	2.1
CARBOHYDRATES (g)	0	16.6
SUGAR (g)	0	13.0
SODIUM (mg)	155	55

Country of Origin

33%

Allergen information							
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
T	T	T	Y	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	-	Y
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	-	-	-	-	-	-	

Ingredients

Peppermint Milkshake

Ice Cream: Sugars, **Milk** Solids (Whole **Milk** Powder, **Whey** Powder), Maltodextrin, Glucose Syrup Solids, Vegetable Fat, Stabilisers (466, 340, 415, 407), Flavours, Emulsifiers (471, **322 Soy**), Salt, Food Acid (330), Anti-caking Agent (551).
Milk: Pasteurised Homogenised **Milk**.
Peppermint Mix: Sugar, **Milk** solids, Vegetable fat [Emulsifier (**Soy** lecithin)], Glucose syrup, Cocoa mass^, Cocoa^, Emulsifier (**Soy** lecithin, 476), Flavour, Colour (141), Salt.

Salted Caramel Milkshake																																																		
Serve size	300 g		Country of Origin 33%																																															
	Per serve	Per 100g																																																
ENERGY (kJ)	1570	520																																																
CALORIES (cal)	370	120																																																
PROTEIN (g)	6.2	2.1																																																
FAT TOTAL (g)	15.1	5.0																																																
FAT SATURATED	10.1	3.4																																																
CARBOHYDRATES (g)	38.7	12.9																																																
SUGAR (g)	44.2	14.7																																																
SODIUM (mg)	240	80																																																
Allergen information <table><tr><th>Gluten</th><th>Wheat</th><th>Egg</th><th>Milk</th><th>Peanuts</th><th>Almond</th><th>Brazil nut</th><th>Cashew</th></tr><tr><td>T</td><td>T</td><td>T</td><td>Y</td><td>T</td><td>T</td><td>T</td><td>T</td></tr><tr><th>Hazelnut</th><th>Macadamia</th><th>Pecan</th><th>Pine nut</th><th>Pistachio</th><th>Walnut</th><th>Sesame</th><th>Soy</th></tr><tr><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>-</td><td>Y</td></tr><tr><th>Shellfish</th><th>Fish</th><th>Crustacean</th><th>Molluscs</th><th>Added Sulphites</th><th>Royal Jelly</th><th>Lupin</th><td rowspan="2"></td></tr><tr><td>-</td><td>-</td><td>-</td><td>-</td><td>-</td><td>-</td><td>-</td></tr></table>				Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew	T	T	T	Y	T	T	T	T	Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy	T	T	T	T	T	T	-	Y	Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin		-	-	-	-	-	-	-
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew																																											
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T	T	T	T	T	T	-	Y																																											
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin																																												
-	-	-	-	-	-	-																																												
Ingredients																																																		
Salted Caramel Milkshake																																																		
Ice Cream: Sugars, Milk Solids (Whole Milk Powder, Whey Powder), Maltodextrin, Glucose Syrup Solids, Vegetable Fat, Stabilisers (466, 340, 415, 407), Flavours, Emulsifiers (471, 322 Soy), Salt, Food Acid (330), Anti-caking Agent (551). Milk: Pasteurised Homogenised Milk . Caramel Sauce: Cream , Sugar, Water, Alcohol, Water, Nature Identical flavour, Colour (E150d), Sugar, Salt, anticaking agent (554).																																																		

Strawberry Milkshake																																																							
Serve size	300 g																																																						
	Per serve	Per 100g																																																					
ENERGY (kJ)	1510	500																																																					
CALORIES (cal)	360	120																																																					
PROTEIN (g)	6.4	2.1																																																					
FAT TOTAL (g)	7.4	2.5																																																					
FAT SATURATED	4.9	1.6																																																					
CARBOHYDRATES (g)	66.9	22.3																																																					
SUGAR (g)	55.4	18.5																																																					
SODIUM (mg)	160	55																																																					
Country of Origin 0%																																																							
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Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew																																																
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-	-	-	-	-	-	-																																																	
Ingredients																																																							
Strawberry Milkshake																																																							
Ice Cream: Sugars, Milk Solids (Whole Milk Powder, Whey Powder), Maltodextrin, Glucose Syrup Solids, Vegetable Fat, Stabilisers (466, 340, 415, 407), Flavours, Emulsifiers (471, 322 Soy), Salt, Food Acid (330), Anti-caking Agent (551). Milk: Pasteurised Homogenised Milk . Strawberry Sauce: water, sugar, thickener (1422, 415), strawberries (1%), Flavour, Acidity Regulator (339), Preservative (211), Colours (124, 122).																																																							

Vanilla Milkshake

Serve size	275 g	
	Per serve	Per 100g
ENERGY (kJ)	1030	380
CALORIES (cal)	240	90
PROTEIN (g)	5.9	2.1
FAT TOTAL (g)	6.9	2.5
FAT SATURATED	4.4	1.6
CARBOHYDRATES (g)	40.2	14.6
SUGAR (g)	30.8	11.2
SODIUM (mg)	150	55

Country of Origin

33%

Allergen information

Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
T	T	T	Y	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	-	Y
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	-	-	-	-	-	-	

Ingredients

Vanilla Milkshake

Ice Cream: Sugars, **Milk Solids** (Whole **Milk Powder**, **Whey Powder**), Maltodextrin, Glucose Syrup Solids, Vegetable Fat, Stabilisers (466, 340, 415, 407), Flavours, Emulsifiers (471, **322 Soy**), Salt, Food Acid (330), Anti-caking Agent (551).

Milk: Pasteurised Homogenised **Milk.**

Vanilla Essence: Alcohol, Water, Nature Identical flavour, Colour (E150d), Sugar.

Apple Pie

Serving sizes	
100 g	3.5 oz
100 ml	3.3 fl oz

Country of Origin
NA

Allergen information

Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
Y	Y	Y	Y	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	T
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	T	T	T	-	-	

Ingredients	
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Apple Pie

Baked Pie Filling: Apple, Sugar, Cinnamon Ground. Pastry Topping: Self Raising Flour, Sugar, Butter, Egg, Water, Vanilla Essence, Salt. Baked Pie Base: Self Raising Flour, Sugar, Butter, Water, Egg, Vanilla Essence, Salt. Apricot Jam: Sugar, Apricot (40%), Food Acid (Citric Acid), Gelling Agent (Pectin).

Banoffee Pie							
Serving sizes						Country of Origin 74%	
	Per 100g	Per Serve 340g					
ENERGY (kJ)	880	3010					
CALORIES (cal)	210	720					
PROTEIN (g)	2.6	8.8					
FAT TOTAL (g)	13.7	46.6					
FAT SATURATED	9.2	31.2					
CARBOHYDRATES (g)	23.5	80.0					
SUGAR (g)	15.4	52.5					
SODIUM (mg)	85	290					
Allergen information							
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
Y	Y	Y	Y	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	-	Y
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	-	-	-	-	-	-	
Ingredients							
Banoffee Pie							
Cream: Cream (35% milk fat).							
Banana: Banana.							
Condensed Milk: Milk, Sugar, Milk Solids.							
Water: Water.							
Biscuits: Wheat flour, sugar, eggs (27%), raising agents: ammonium hydrogen carbonate – sodium hydrogen carbonate - disodium diphosphate, flavourings.							
Biscuit: Wheat Flour, Sugar, Vegetable Oil (Emulsifier (Soy Lecithin), Antioxidant (E307b From Soy)), Golden Syrup, Baking Powder, Salt, Wheat Starch, Natural Vanilla Flavour.							
Custard: Wheat Starch, Salt, Flavour (Milk), Colours (102, 110).							
Lemon Juice: Reconstituted lemon juice, preservative (202).							
Salt: Salt, anticaking agent (554).							
Cinnamon: Cinnamon.							
Vanilla Essence: Alcohol, Water, Nature Identical flavour, Colour (E150d), Sugar.							

Whipped Vanilla Cheesecake

Serving sizes	
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	Per 100g	Per Serve 440g			
ENERGY (kJ)	1480	6510			
CALORIES (cal)	350	1560			
PROTEIN (g)	3.7	16.3			
FAT TOTAL (g)	26.8	117.9			
FAT SATURATED	17.6	77.4			
CARBOHYDRATES (g)	22.5	99.0			
SUGAR (g)	15.9	70.0			
SODIUM (mg)	180	785			

Country of Origin	89%
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89%

Allergen information

Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
-	-	-	Y	-	-	-	-
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
-	-	-	-	-	-	-	-
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	-	-	-	-	-	-	

Ingredients	
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Whipped Vanilla Cheesecake

Whipped Vanilla Cheesecake: Cheesecake mix [Cream cheese (34%) (milk, cream, milk solids, salt, vegetable gum (410), starter culture)], thickened cream (cream, mineral salts (450,500), thickener (400)), sour cream (14%) (cream, culture), icing sugar, vanilla bean extract (1.6%), lemon juice, vanilla beans (0.09%)], biscuit (15%) [gluten-free flours (tapioca, chickpea, arrowroot), sugar, vegetable oil, golden syrup, raising agent (sodium bicarbonate), natural flavours, vegetable gum (xanthan gum), salt. May contain traces of tree nuts and sesame seeds]

Chocolate Mousse	
Ingredients:	1 cup heavy cream, 1/2 cup dark chocolate, 1/4 cup sugar, 1/4 cup cocoa powder, 1/4 cup milk.
Instructions:	1. Melt chocolate in a double boiler. 2. Whisk cream and sugar until stiff peaks form. 3. Fold chocolate into cream. 4. Add cocoa powder and milk. 5. Chill for 2 hours.

Serving sizes

	Per 100g	Per Serve 440g			
ENERGY (kJ)	1510	6640			
CALORIES (cal)	360	1590			
PROTEIN (g)	7.6	33.4			
FAT TOTAL (g)	27.6	121.4			
FAT SATURATED	16.6	73.0			
CARBOHYDRATES (g)	18.3	80.5			
SUGAR (g)	18.1	79.6			
SODIUM (mg)	70	300			

Country of Origin
56%

56%

Allergen information

Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
-	-	Y	Y	T	T	-	-
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	-	-	-	-	-	-	Y
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	-	-	-	-	-	-	

Ingredients	
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Chocolate Mousse

Chocolate Mousse: Dark chocolate (38%) [sugar, cocoa mass, cocoa butter, cocoa powder, milk solids, emulsifiers (soy lecithin), natural flavour. May contain traces of peanuts and tree nuts], egg white mix [egg white, vegetable gums (xanthan, guar gum), whipping agent (1505)], thickened cream [cream, mineral salts (450, 500), vegetable gum (400)], egg yolk [egg yolk, sugar], butter [cream].

Rhubarb Custard

Serving sizes	
100 g	3.5 oz
100 ml	3.3 fl oz

	Per 100g	Per Serve 260g			
ENERGY (kJ)	440	1150			
CALORIES (cal)	100	270			
PROTEIN (g)	2.3	6.1			
FAT TOTAL (g)	4.3	11.1			
FAT SATURATED	2.7	7.1			
CARBOHYDRATES (g)	7.1	18.4			
SUGAR (g)	12.0	31.2			
SODIUM (mg)	55	150			

Country of Origin	93%
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93%

Allergen information

Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
Y	Y	Y	Y	-	-	-	-
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
-	-	-	-	-	-	-	-
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	-	-	-	-	-	-	

Ingredients	
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Rhubarb Custard

Milk: Milk.
Apple: Apple.
Water: Water.
Sugar: Sugar.
Rhubarb: Rhubarb.
Egg: Egg.
Custard Powder: Wheat Starch, Salt, Flavour (Milk), Colours (102, 110).
Cream: Cream (35% milk fat).
Butter: Butter (Pasteurised Cream, Water).
Vanilla Essence: Alcohol, Water, Nature Identical flavour, Colour (E150d), Sugar.

Rice Pudding

Serving sizes

	Per 100g	Per Serve 260g			
ENERGY (kJ)	630	1650			
CALORIES (cal)	150	390			
PROTEIN (g)	2.2	5.7			
FAT TOTAL (g)	6.5	16.8			
FAT SATURATED	4.5	11.7			
CARBOHYDRATES (g)	13.7	35.7			
SUGAR (g)	10.2	26.5			
SODIUM (mg)	175	460			

Country of Origin

84%

Allergen information

Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
Y	Y	T	Y	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	T
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	T	T	Y	T	-	

Ingredients

Rice Pudding

Milk, Water, Cream (35% milk fat), Sugar, Wheat Starch, Salt, Flavour (Milk), Colours (102, 110)., Jasmine Rice, Cornflour (Sulphites), Butter (Pasteurised Cream, Water), Salt, anticaking agent (554), Cinnamon.

Sago Pudding

Serving sizes	
1	100 g
2	200 g
3	300 g
4	400 g
5	500 g
6	600 g
7	700 g
8	800 g
9	900 g
10	1000 g
11	1100 g
12	1200 g
13	1300 g
14	1400 g
15	1500 g
16	1600 g
17	1700 g
18	1800 g
19	1900 g
20	2000 g
21	2100 g
22	2200 g
23	2300 g
24	2400 g
25	2500 g
26	2600 g
27	2700 g
28	2800 g
29	2900 g
30	3000 g
31	3100 g
32	3200 g
33	3300 g
34	3400 g
35	3500 g
36	3600 g
37	3700 g
38	3800 g
39	3900 g
40	4000 g
41	4100 g
42	4200 g
43	4300 g
44	4400 g
45	4500 g
46	4600 g
47	4700 g
48	4800 g
49	4900 g
50	5000 g
51	5100 g
52	5200 g
53	5300 g
54	5400 g
55	5500 g
56	5600 g
57	5700 g
58	5800 g
59	5900 g
60	6000 g
61	6100 g
62	6200 g
63	6300 g
64	6400 g
65	6500 g
66	6600 g
67	6700 g
68	6800 g
69	6900 g
70	7000 g
71	7100 g
72	7200 g
73	7300 g
74	7400 g
75	7500 g
76	7600 g
77	7700 g
78	7800 g
79	7900 g
80	8000 g
81	8100 g
82	8200 g
83	8300 g
84	8400 g
85	8500 g
86	8600 g
87	8700 g
88	8800 g
89	8900 g
90	9000 g
91	9100 g
92	9200 g
93	9300 g
94	9400 g
95	9500 g
96	9600 g
97	9700 g
98	9800 g
99	9900 g
100	10000 g

	Per 100g	Per Serve 300g			
ENERGY (kJ)	600	1800			
CALORIES (cal)	140	430			
PROTEIN (g)	2.1	6.4			
FAT TOTAL (g)	2.8	8.5			
FAT SATURATED	1.9	5.6			
CARBOHYDRATES (g)	18.3	54.8			
SUGAR (g)	15.4	46.1			
SODIUM (mg)	65	195			

Country of Origin	56%
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56%

Allergen information

Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
Y	Y	Y	Y	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	T
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	-	T	T	T	-	

Ingredients	
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Sago Pudding

Milk, Apricot, Reconstituted Pear Juice, Tapioca Starch., Sugar, Wheat Starch, Salt, Flavour (Milk), Colours (102, 110), Water, Egg, Butter (Pasteurised Cream, Water).

Tiramisu																																																						
Serving sizes						Country of Origin 56%																																																
	Per 100g	Per Serve 370g																																																				
ENERGY (kJ)	900	3340																																																				
CALORIES (cal)	220	800																																																				
PROTEIN (g)	3.4	12.7																																																				
FAT TOTAL (g)	18.3	67.6																																																				
FAT SATURATED	11.8	43.8																																																				
CARBOHYDRATES (g)	14.2	52.5																																																				
SUGAR (g)	17.5	64.8																																																				
SODIUM (mg)	50	195																																																				
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Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew																																															
Y	Y	Y	Y	T	T	T	T																																															
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy																																															
T	T	T	T	T	T	T	T																																															
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin																																																
-	T	T	T	T	T	-																																																
Ingredients																																																						
Tiramisu																																																						
Cream: Cream (35% milk fat). Mascarpone Cheese: Cream, Thickener (1442), Food acid: (330), Stabiliser: (407). Biscuits: Wheat flour, sugar, eggs (27%), raising agents: ammonium hydrogen carbonate – sodium hydrogen carbonate - disodium diphosphate, flavourings. Water: Water. Sugar: Sugar. Egg: Egg. Coffee: Natural Coffee Beans. Malibu: White rum (molasses/sugarcane distillate), water, sugar, flavouring (with coconut extract). Cocoa Powder: Cocoa Powder.																																																						

Soft Serve Ice Cream																																																						
Serving sizes						Country of Origin NA																																																
	Per 100g	Per Serve 130g																																																				
ENERGY (kJ)	560	730																																																				
CALORIES (cal)	130	180																																																				
PROTEIN (g)	1.6	2.1																																																				
FAT TOTAL (g)	2.0	2.6																																																				
FAT SATURATED	1.2	1.5																																																				
CARBOHYDRATES (g)	27.2	35.3																																																				
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SODIUM (mg)	80	105																																																				
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Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew																																															
Y	Y	T	Y	T	T	T	T																																															
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy																																															
T	T	T	T	T	T	-	Y																																															
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-	-	-	-	-	-	-																																																
Ingredients																																																						
Soft Serve Ice Cream																																																						
Ice Cream: Wheat Flour, Wheaten Cornflour, Vegetable Oil (Coconut), Sugar, Emulsifier (Soy Lecithin, (322)), Salt, Mineral Salt (500).																																																						
Ice Cream Cone: Sugars, Milk Solids (Whole Milk Powder, Whey Powder), Maltodextrin, Glucose Syrup Solids, Vegetable Fat, Stabilisers (466, 340, 415, 407), Flavours, Emulsifiers (471, 322 Soy), Salt, Food Acid (330), Anti-caking Agent (551).																																																						

Chips

Serving sizes	
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	Per 100g	Small	Medium	Large	Family
ENERGY (kJ)	1020	1940	3070	4600	8710
CALORIES (cal)	240	460	730	1100	2080
PROTEIN (g)	2.9	5.6	8.8	13.2	25.0
FAT TOTAL (g)	18.3	34.7	55.0	82.4	155.8
FAT SATURATED	4.0	7.7	12.1	18.2	34.4
CARBOHYDRATES (g)	16.4	31.2	49.4	73.9	139.8
SUGAR (g)	0.9	1.7	2.7	4.1	7.8
SODIUM (mg)	205	390	615	920	1740

Country of Origin
83%

83%

Allergen information

Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
T	T	T	T	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	-	T
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	T	T	T	-	-	

Ingredients	
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Chips

Chips: Potato (95%), canola oil, dextrose (maize).

Frier Oil: Refined, Bleached & Deodorised Cottonseed Oil, Antioxidant (319) and Antifoaming Agent (900a).

Chip Salt: Chicken Booster (Salt, Rice Flour, Sugar, Dextrose, Cornflour, HVP (CF30), Onion, Paprika, Salt Fine).

Devil Wings																																																						
Serving sizes						Country of Origin 78%																																																
	Per 100g	Per Serve / Each																																																				
ENERGY (kJ)	1470	1760																																																				
CALORIES (cal)	350	420																																																				
PROTEIN (g)	13.1	15.7																																																				
FAT TOTAL (g)	28.7	34.4																																																				
FAT SATURATED	7.1	8.5																																																				
CARBOHYDRATES (g)	10.8	12.9																																																				
SUGAR (g)	0.4	0.5																																																				
SODIUM (mg)	490	585																																																				
Allergen information <table><tr><th>Gluten</th><th>Wheat</th><th>Egg</th><th>Milk</th><th>Peanuts</th><th>Almond</th><th>Brazil nut</th><th>Cashew</th></tr><tr><td>Y</td><td>Y</td><td>Y</td><td>Y</td><td>T</td><td>T</td><td>T</td><td>T</td></tr><tr><th>Hazelnut</th><th>Macadamia</th><th>Pecan</th><th>Pine nut</th><th>Pistachio</th><th>Walnut</th><th>Sesame</th><th>Soy</th></tr><tr><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>Y</td></tr><tr><th>Shellfish</th><th>Fish</th><th>Crustacean</th><th>Molluscs</th><th>Added Sulphites</th><th>Royal Jelly</th><th>Lupin</th><td rowspan="2"></td></tr><tr><td>-</td><td>T</td><td>T</td><td>T</td><td>T</td><td>-</td><td>-</td></tr></table>								Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew	Y	Y	Y	Y	T	T	T	T	Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy	T	T	T	T	T	T	T	Y	Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin		-	T	T	T	T	-	-
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew																																															
Y	Y	Y	Y	T	T	T	T																																															
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy																																															
T	T	T	T	T	T	T	Y																																															
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin																																																
-	T	T	T	T	-	-																																																
Ingredients																																																						
Devil Wings																																																						
Devil Wings: Chicken (81%), Water, Vegetable Oil (Cottonseed, Canola), Wheat Flour, Manufactured Crumbs [Wheat Flour, Rice Flour, Salt, Soy Flour, Milk Solids, Dextrose, Raising Agents (450, 500, 341), Vegetable Oil, Emulsifier (481), Natural Colours (160c, 160b, 100)], Wheat Starch, Salt, Milk Solids, Mineral Salt (500, 450, 451, 508), Raising Agent (541), Spice Extract (160c), Thickener (1404, 1442), Vegetable Gums (412, 415), Wheat Gluten, Egg Powder, Vegetable Powders, Maltodextrin, Hydrolysed Vegetable Protein (Maize, Soy), Yeast Extract, Natural Flavouring, Anti-caking Agent (341), Humectant (1520), Sugar, Yeast.																																																						
Deep Frier Oil Pickup: Refined, Bleached & Deodorised Cottonseed Oil, Antioxidant (319) and Antifoaming Agent (900a).																																																						

Drumsticks	
Serving sizes	

	Per 100g	Per Serve / Each			
ENERGY (kJ)	720	930			
CALORIES (cal)	170	220			
PROTEIN (g)	12.3	15.9			
FAT TOTAL (g)	8.2	10.6			
FAT SATURATED	2.5	3.3			
CARBOHYDRATES (g)	8.3	10.9			
SUGAR (g)	9.9	12.9			
SODIUM (mg)	315	410			

Country of Origin
78%

Allergen information							
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
Y	Y	T	T	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	Y
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	Y	T	T	T	-	-	

Ingredients

Devil Wings

Chicken Drumsticks: Chicken (100%).

Leg Sauce: Sugar, Water, Vinegar, Tomato, Spices, Corn Syrup, Food Acid (Acetic), Salt, Onion, Spice Extract, Tamarind, Flavour, Anchovy Powder, Colour(Caramel[150c]), Licorice Powder, Mustard Flour, Emulsifier (E430). **Soybean**, Defatted Soybean, Wheat Flour, Monosodium Glutamate, Preservative (E211), Flavour Enhancer (E635), Artificial Sweetener (E950), Lemon Juice. Carbonated Water, High Fructose Corn Syrup, Phosphoric Acid, Natural Flavours, Caffeine, Fruit 42% (Pears (from Paste), Apple, Sultanas, Citrus Peel (contains **Wheat**)), Sugar, Water, Onion, Thickeners (Modified Cornstarch, Xanthan Gum (contains Soy)), Salt, Food Acids (Ascorbic, Citric), Coconut, Spices (Ginger, Turmeric, Cumin), Colour (Caramel (150c)), Chilli, Spice Extract. Garlic.

Lemon & Herb Sauce: Water, Lemon Juice (Potassium Sorbate E211), Canola Oil, Oregano, Salt, Rice Flour, Sugar, HVP, Corn Starch, Dextrose, Onion Powder, Turmeric, Vegetable Oil, Celery Oil, Garlic Fresh, Spices Xanthan Gum.

Gravy																																																						
Serving sizes						Country of Origin 89%																																																
	Per 100g	Small	Medium	Large	Family																																																	
ENERGY (kJ)	130	320	510	770	1200																																																	
CALORIES (cal)	30	80	120	180	290																																																	
PROTEIN (g)	0.3	0.7	1.2	1.8	2.8																																																	
FAT TOTAL (g)	0.0	0.1	0.2	0.3	0.4																																																	
FAT SATURATED	0.0	0.1	0.2	0.3	0.4																																																	
CARBOHYDRATES (g)	0.0	0.0	0.0	0.0	0.0																																																	
SUGAR (g)	0.0	0.0	0.0	0.0	0.0																																																	
SODIUM (mg)	10	20	30	45	70																																																	
Allergen information <table><tr><th>Gluten</th><th>Wheat</th><th>Egg</th><th>Milk</th><th>Peanuts</th><th>Almond</th><th>Brazil nut</th><th>Cashew</th></tr><tr><td>-</td><td>-</td><td>T</td><td>-</td><td>T</td><td>T</td><td>T</td><td>T</td></tr><tr><td>Hazelnut</td><td>Macadamia</td><td>Pecan</td><td>Pine nut</td><td>Pistachio</td><td>Walnut</td><td>Sesame</td><td>Soy</td></tr><tr><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>Y</td><td>Y</td></tr><tr><td>Shellfish</td><td>Fish</td><td>Crustacean</td><td>Molluscs</td><td>Added Sulphites</td><td>Royal Jelly</td><td>Lupin</td><td rowspan="2"></td></tr><tr><td>-</td><td>-</td><td>-</td><td>-</td><td>Y</td><td>-</td><td>-</td></tr></table>								Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew	-	-	T	-	T	T	T	T	Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy	T	T	T	T	T	T	Y	Y	Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin		-	-	-	-	Y	-	-
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew																																															
-	-	T	-	T	T	T	T																																															
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy																																															
T	T	T	T	T	T	Y	Y																																															
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin																																																
-	-	-	-	Y	-	-																																																
Ingredients																																																						
Gravy Water: Water Gravy Powder: Modified starch (1422), Maize Starch, Salt, Maize Flour, Maltodextrin, Dehydrated Vegetables Powders (Tomato and Onion), Sugar, Colour(150d) (Sulphites), Hydrolysed Vegetable Protein (Soy), Flavour Enhancer (635), Sesame Oil, Food Acid (330), Vegetable Gum (415), Spice, Spice Extract.																																																						

Rotisserie Chicken					
Serving sizes					
	Per 100g	Quarter Chicken	Half Chicken	Whole Chicken	
ENERGY (kJ)	620	1,170	2,340	4680	
CALORIES (cal)	150	280	560	1120	
PROTEIN (g)	26.3	49.3	98.65	197.3	
FAT TOTAL (g)	4.4	8.25	16.5	33.0	
FAT SATURATED	1.2	2.25	4.5	9.0	
CARBOHYDRATES (g)	0.8	1.5	3	6.0	
SUGAR (g)	0.1	0.2	0.4	0.8	
SODIUM (mg)	215	400	800	1600	

Country of Origin
95%

Allergen information							
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
Y	Y	-	T	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	T
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	-	-	T	-	-	

Ingredients	
Rotisserie Chicken	
Chicken: Chicken (100%). Stuffing: Wheat Flour, Wholemeal Wheat Flour, Yeast, Iodised Sea Salt, Rye Flour, Wheat Fibre, Water, Vinegar, Canola Oil, Malt, Barley Flour, Antioxidant (300), Enzymes, Preservatives (282), Colour (E160a), Vitamin (Thiamine, Folate), Beef HVP (Gluten, Wheat, Soy), Rice Flour, Salt, Cayenne Pepper, Ginger Ground, Pimento, Cloves, Nutmeg, Pepper, Salt, anticaking agent (554). Chicken Baste: Refined, Bleached & Deodorised Soya Bean Oil, Antioxidant (319) and Antifoaming Agent (900a), Garlic Salt, Robert Mix (Gluten, Wheat, Soy), Mustard Ground Yellow, Onion Salt, Paprika, Curry Powder Mild.	

Portuguese Chicken

Serving sizes

	Per 100g	Quarter Chicken	Half Chicken	Whole Chicken	
ENERGY (kJ)	856	1,776	3,552	7,105	
CALORIES (cal)	204	424	849	1698	
PROTEIN (g)	27.3	56.5	113	226	
FAT TOTAL (g)	10.6	22	44	88.0	
FAT SATURATED	3.2	6.65	13.3	26.6	
CARBOHYDRATES (g)	0.5	1.05	2.1	4.2	
SUGAR (g)	0.1	0.2	0.4	0.8	
SODIUM (mg)	353	732.5	1,465	2930	

Country of Origin
98%

Allergen information

Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
T	T	-	T	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	Y
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	-	-	T	-	-	

Ingredients

Portuguese Chicken

Chicken, Salt, (Salt, anticaking agent (554)), Spice Mix, Garlic Salt, MSG (621), Mustard Ground yellow, Onion Salt, Curry Powder, Salt Fine, Paprika, Vinegar, (Water, Food Acid (260)).

Potato Wedges

Serving sizes

	Per 100g	Small	Medium	Large	Family
ENERGY (kJ)	730	2210	2940	3670	7340
CALORIES (cal)	180	530	700	880	1760
PROTEIN (g)	1.7	5.1	6.7	8.4	16.9
FAT TOTAL (g)	14.3	43.0	57.3	71.5	143.1
FAT SATURATED	3.7	11.1	14.8	18.5	37.1
CARBOHYDRATES (g)	9.8	29.3	39.0	48.7	97.5
SUGAR (g)	0.9	2.7	3.7	4.6	9.1
SODIUM (mg)	150	445	595	745	1490

Country of Origin	84%
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84%

Allergen information

Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
T	T	T	T	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	T
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	T	T	T	-	-	

Ingredients	
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Potato Wedges

Potato: Potato

Oil: Refined, Bleached & Deodorised Cottonseed Oil, Antioxidant (319) and Antifoaming Agent (900a).

Chip Salt: Chicken Booster (Salt, Rice Flour, Sugar, Dextrose, Cornflour, HVP (CF30), Onion, Paprika, Salt Fine.)

Roast Lamb

Serving sizes	
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	Per 100g	Per 1kg			
ENERGY (kJ)	880	8770			
CALORIES (cal)	210	2100			
PROTEIN (g)	14.7	147.4			
FAT TOTAL (g)	5.2	51.7			
FAT SATURATED	1.9	19.2			
CARBOHYDRATES (g)	9.5	95.1			
SUGAR (g)	6.2	62.2			
SODIUM (mg)	1380	13815			

Country of Origin	70%
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Allergen information

Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
Y	Y	T	Y	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	Y	Y
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	T	T	Y	-	-	

Ingredients

Roast Lamb

Lamb: Lamb.

Mint Gravy: Water, Malt Vinegar, Sugar Syrup, Rehydrated Mint (9%), Colour (Caramel IV), Natural Flavour, Modified starch (1422), Maize Starch, Salt, Maize Flour, Maltodextrin, Dehydrated Vegetables Powders (Tomato and Onion), Sugar, Colour(150d) (**Sulphites**), Hydrolysed Vegetable Protein (**Soy**), Flavour Enhancer (635), **Sesame** Oil, Food Acid (330), Vegetable Gum (415), Spice, Spice Extract, Cane Sugar, Cornflour, Salt, Rice Flour, Sugar, Dextrose, Cornflour, HVP (6250), Onion Powder, Turmeric, Vegetable Oil, Celery Oil, Mint, Salt, anticaking agent (554), Salt, Spices, Dehydrated vegetables, Rice flour, Filler Crumb (**Wheat flour**, Salt, Sugar, Whey powder (**Soy**), Emulsifier (471)), Food acid (330), Sugar, HVP (Maize), Flavour enhancer (621), Herbs, Anti-caking agent (551), Lemon oil, Bay Leaf.

Paprika: Paprika.

Salt: Salt, anticaking agent (554).

Pepper Black: Pepper Black Whole.

Pepper White: Pepper White Ground.

Lemon Pepper: Salt, Spices, Dehydrated vegetables, Rice flour, Filler Crumb **Wheat** flour, Salt, Sugar, Whey powder (**Milk**), Emulsifier (471)}, Food acid (330), Sugar, HVP (Maize), Flavour enhancer (621), Herbs, Anti-caking agent (551), Lemon oil.

Chicken Schnitzel

Serving sizes	
1	100 g
2	200 g
3	300 g
4	400 g
5	500 g
6	600 g
7	700 g
8	800 g
9	900 g
10	1000 g
11	1100 g
12	1200 g
13	1300 g
14	1400 g
15	1500 g
16	1600 g
17	1700 g
18	1800 g
19	1900 g
20	2000 g
21	2100 g
22	2200 g
23	2300 g
24	2400 g
25	2500 g
26	2600 g
27	2700 g
28	2800 g
29	2900 g
30	3000 g
31	3100 g
32	3200 g
33	3300 g
34	3400 g
35	3500 g
36	3600 g
37	3700 g
38	3800 g
39	3900 g
40	4000 g
41	4100 g
42	4200 g
43	4300 g
44	4400 g
45	4500 g
46	4600 g
47	4700 g
48	4800 g
49	4900 g
50	5000 g
51	5100 g
52	5200 g
53	5300 g
54	5400 g
55	5500 g
56	5600 g
57	5700 g
58	5800 g
59	5900 g
60	6000 g
61	6100 g
62	6200 g
63	6300 g
64	6400 g
65	6500 g
66	6600 g
67	6700 g
68	6800 g
69	6900 g
70	7000 g
71	7100 g
72	7200 g
73	7300 g
74	7400 g
75	7500 g
76	7600 g
77	7700 g
78	7800 g
79	7900 g
80	8000 g
81	8100 g
82	8200 g
83	8300 g
84	8400 g
85	8500 g
86	8600 g
87	8700 g
88	8800 g
89	8900 g
90	9000 g
91	9100 g
92	9200 g
93	9300 g
94	9400 g
95	9500 g
96	9600 g
97	9700 g
98	9800 g
99	9900 g
100	10000 g

	Per 100g	Per Serve / Each			
ENERGY (kJ)	970	2450			
CALORIES (cal)	230	590			
PROTEIN (g)	19.4	49.0			
FAT TOTAL (g)	12.1	30.6			
FAT SATURATED	3.2	8.2			
CARBOHYDRATES (g)	11.3	28.5			
SUGAR (g)	0.5	1.3			
SODIUM (mg)	185	470			

Country of Origin	73%
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Allergen information

Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
Y	Y	Y	T	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	Y
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	T	T	T	-	-	

Ingredients	
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Chicken Schnitzel

Chicken: Chicken (100%).

Bread Crumb: **Wheat** Flour, Wholemeal **Wheat** Flour, Yeast, Iodised Sea Salt, Rye Flour, **Wheat** Fibre, Water, Vinegar, Canola Oil, Malt, **Barley** Flour, Antioxidant (300), Enzymes, Preservatives (282), Colour (E160a), Vitamin (Thiamine, Folate).

Oil Pickup: Refined, Bleached & Deodorised Cottonseed Oil, Antioxidant (319) and Antifoaming Agent (900a).

Egg: Egg.

Spice mix: Salt, Chicken Booster (**Soybean**), Pepper White Ground, Parsley, Ginger Ground, Garlic Salt.

Rotisserie Chicken					
Serving sizes					
	Per 100g	Quarter Chicken	Half Chicken	Whole Chicken	
ENERGY (kJ)	620	1,170	2,340	4680	
CALORIES (cal)	150	280	560	1120	
PROTEIN (g)	26.3	49.3	98.65	197.3	
FAT TOTAL (g)	4.4	8.25	16.5	33.0	
FAT SATURATED	1.2	2.25	4.5	9.0	
CARBOHYDRATES (g)	0.8	1.5	3	6.0	
SUGAR (g)	0.1	0.2	0.4	0.8	
SODIUM (mg)	215	400	800	1600	

Country of Origin
95%

Allergen information							
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
Y	Y	-	T	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	T
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	-	-	T	-	-	

Ingredients	
Rotisserie Chicken	
Chicken: Chicken (100%). Stuffing: Wheat Flour, Wholemeal Wheat Flour, Yeast, Iodised Sea Salt, Rye Flour, Wheat Fibre, Water, Vinegar, Canola Oil, Malt, Barley Flour, Antioxidant (300), Enzymes, Preservatives (282), Colour (E160a), Vitamin (Thiamine, Folate), Beef HVP (Gluten, Wheat, Soy), Rice Flour, Salt, Cayenne Pepper, Ginger Ground, Pimento, Cloves, Nutmeg, Pepper, Salt, anticaking agent (554). Chicken Baste: Refined, Bleached & Deodorised Soya Bean Oil, Antioxidant (319) and Antifoaming Agent (900a), Garlic Salt, Robert Mix (Gluten, Wheat, Soy), Mustard Ground Yellow, Onion Salt, Paprika, Curry Powder Mild.	

Build	Serve size	Kilojoules per serve	Kilojoules per 100g
Sweet Potato Wedges Small	151 g	912	600
Sweet Potato Wedges Large	400 g	2420	610

Sweet Potato Wedges Small		
Serve size	151 g	
	Per serve	Per 100g
ENERGY (kJ)	912	600
CALORIES (cal)	220	140
PROTEIN (g)	1.4	0.9
FAT TOTAL (g)	9.6	6.4
FAT SATURATED	0.8	0.5
CARBOHYDRATES (g)	29.6	19.6
SUGAR (g)	13.9	9.2
SODIUM (mg)	420	280

Sweet Potato Wedges Large		
Serve size	400 g	
	Per serve	Per 100g
ENERGY (kJ)	2420	610
CALORIES (cal)	580	140
PROTEIN (g)	3.6	0.9
FAT TOTAL (g)	25.5	6.4
FAT SATURATED	2.0	0.5
CARBOHYDRATES (g)	78.4	19.6
SUGAR (g)	36.8	9.2
SODIUM (mg)	845	210

Sweet Potato Wedges Small		
Serve size	151 g	
	Per serve	Per 100g
ENERGY (kJ)	912	600
CALORIES (cal)	220	140
PROTEIN (g)	1.4	0.9
FAT TOTAL (g)	9.6	6.4
FAT SATURATED	0.8	0.5
CARBOHYDRATES (g)	29.6	19.6
SUGAR (g)	13.9	9.2
SODIUM (mg)	420	280

Country of Origin

34%

Allergen information							
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
T	T	T	T	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	T
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	T	T	T	-	-	

Ingredients
SWEET POTATO WEDGES SMALL
Sweet Potato: Sweet Potato Wedges (Sweet Potato (85%), canola oil, thickeners (1412, 1400, 1414, 1404, xanthan gum), corn starch, sugar, rice flour, salt, acidity regulators (450, sodium bicarbonate), colour (paprika oleoresin), dextrose, natural sweetener (stevia), garlic powder, onion powder, yeast extract.
Seasoning Salt: Chicken Booster (Salt, Rice Flour, Sugar, Dextrose, Cornflour, HVP (CF30), Onion,Paprika, Salt Fine.)

Sweet Potato Wedges Large		
Serve size	400 g	
	Per serve	Per 100g
ENERGY (kJ)	2420	610
CALORIES (cal)	580	140
PROTEIN (g)	3.6	0.9
FAT TOTAL (g)	25.5	6.4
FAT SATURATED	2.0	0.5
CARBOHYDRATES (g)	78.4	19.6
SUGAR (g)	36.8	9.2
SODIUM (mg)	845	210

Country of Origin

90%

Allergen information							
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
T	T	T	T	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	T
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	T	T	T	-	-	

Ingredients
SWEET POTATO WEDGES LARGE
Sweet Potato: Sweet Potato Wedges (Sweet Potato (85%), canola oil, thickeners (1412, 1400, 1414, 1404, xanthan gum), corn starch, sugar, rice flour, salt, acidity regulators (450, sodium bicarbonate), colour (paprika oleoresin), dectrose, natural sweetener (stevia), garlic powder, onion powder, yeast extract. Seasoning Salt: Chicken Booster (Salt, Rice Flour, Sugar, Dextrose, Cornflour, HVP (CF30), Onion,Paprika, Salt Fine.)

Avocado and Rocket Salad
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Serving sizes	
1	100 g
2	200 g
3	300 g
4	400 g
5	500 g
6	600 g
7	700 g
8	800 g
9	900 g
10	1000 g
11	1100 g
12	1200 g
13	1300 g
14	1400 g
15	1500 g
16	1600 g
17	1700 g
18	1800 g
19	1900 g
20	2000 g
21	2100 g
22	2200 g
23	2300 g
24	2400 g
25	2500 g
26	2600 g
27	2700 g
28	2800 g
29	2900 g
30	3000 g
31	3100 g
32	3200 g
33	3300 g
34	3400 g
35	3500 g
36	3600 g
37	3700 g
38	3800 g
39	3900 g
40	4000 g
41	4100 g
42	4200 g
43	4300 g
44	4400 g
45	4500 g
46	4600 g
47	4700 g
48	4800 g
49	4900 g
50	5000 g
51	5100 g
52	5200 g
53	5300 g
54	5400 g
55	5500 g
56	5600 g
57	5700 g
58	5800 g
59	5900 g
60	6000 g
61	6100 g
62	6200 g
63	6300 g
64	6400 g
65	6500 g
66	6600 g
67	6700 g
68	6800 g
69	6900 g
70	7000 g
71	7100 g
72	7200 g
73	7300 g
74	7400 g
75	7500 g
76	7600 g
77	7700 g
78	7800 g
79	7900 g
80	8000 g
81	8100 g
82	8200 g
83	8300 g
84	8400 g
85	8500 g
86	8600 g
87	8700 g
88	8800 g
89	8900 g
90	9000 g
91	9100 g
92	9200 g
93	9300 g
94	9400 g
95	9500 g
96	9600 g
97	9700 g
98	9800 g
99	9900 g
100	10000 g

	Per 100g	Small	Medium	Large	Family
ENERGY (kJ)	620	1120	1810	2390	4560
CALORIES (cal)	150	270	430	570	1090
PROTEIN (g)	3.4	6.1	9.8	12.9	24.6
FAT TOTAL (g)	12.1	21.8	35.2	46.7	89.1
FAT SATURATED	2.1	3.8	6.1	8.1	15.4
CARBOHYDRATES (g)	4.6	8.3	13.4	17.6	33.7
SUGAR (g)	1.9	3.5	5.7	7.5	14.3
SODIUM (mg)	355	640	1035	1360	2595

Country of Origin	60%
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Allergen information

Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
T	T	T	Y	T	Y	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	T
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	-	T	Y	T	-	

Ingredients	
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Avocado and Rocket Salad
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Avocado: Avocado.
Rocket: Rocket.

Olive: Olives, water, salt, vinegar, oil (Vegetable).

Sun Dried Tomato: Sun-dried Tomatoes (50%), sunflower oil, spices, salt, glucose syrup, sodium **metabisulfite**, citric acid, potassium

Fetta: Pasteurised Cow's **Milk** (97.18%), Salt (2.6%), Lactic Cultures (0.1%), Non-Animal Rennet (<0.01%).

Almond: **Almond.**

Red Wine Vinaigrette: Olive Oil, Red Wine Vinegar, Water, Mustard Seed, Salt, Sugar, Food Acid (Acetic), Turmeric, 100% Pure Australian

Honey, White Pepper, Rosemary Extract.

Avocado Queen Salad

Serving sizes	
100 g	3.5 oz
100 ml	3.4 fl oz

	Per 100g	Small	Medium	Large	Family
ENERGY (kJ)	350	730	850	890	2160
CALORIES (cal)	80	170	200	210	520
PROTEIN (g)	1.4	2.9	3.4	3.5	8.6
FAT TOTAL (g)	7.3	15.4	17.9	18.9	45.7
FAT SATURATED	1.1	2.2	2.6	2.7	6.6
CARBOHYDRATES (g)	0.7	1.5	1.8	2.0	4.6
SUGAR (g)	0.5	0.9	1.2	1.3	3.0
SODIUM (mg)	10	25	35	40	85

Country of Origin	100%
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Allergen information

Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
T	T	T	T	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	T
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	-	T	T	T	-	

Ingredients	
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Avocado Queen Salad

Avocado, Cos Lettuce, Mint, Dressing: Olive oil, sugar, Lemon Juice, Potassium Sorbate (E220), Salt, Water, Mustard Seed, Food Acid (acetic), Turmeric, Marjoram, thyme, Garlic Extract, Spice Extract, Paprika, Mustard Flavour, Spice Extract, Garlic Extract, 100% pure Australian Honey.

Avocado and Bean Salad

Serving sizes

	Per 100g	Small	Medium	Large	Family
ENERGY (kJ)	250	760	1000	1660	2770
CALORIES (cal)	60	180	240	400	660
PROTEIN (g)	1.5	4.6	6.1	10.0	16.8
FAT TOTAL (g)	4.3	13.0	17.3	28.6	47.7
FAT SATURATED	0.6	1.9	2.6	4.2	7.1
CARBOHYDRATES (g)	2.1	6.3	8.3	13.7	23.0
SUGAR (g)	1.6	4.9	6.5	10.7	17.9
SODIUM (mg)	10	30	50	85	135

Country of Origin

93%

Allergen information

Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
T	T	T	T	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	T
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	T	T	T	T	-	

Ingredients

Avocado and Bean Salad

Green Bean, Avocado, Gourmet Tomato, Onion, Capsicum, Parsley, Poppy Seed, Apple, Sugar, Cinnamon Ground.

Big Broccoli Salad	
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Serving sizes

	Per 100g	Small	Medium	Large	Family
ENERGY (kJ)	260	520	730	1170	2020
CALORIES (cal)	60	120	170	280	480
PROTEIN (g)	2.1	4.2	5.8	9.3	16.0
FAT TOTAL (g)	4.4	8.8	12.4	19.9	34.2
FAT SATURATED	1.1	2.3	3.2	5.1	8.8
CARBOHYDRATES (g)	2.4	4.8	6.7	10.7	18.4
SUGAR (g)	1.7	3.4	4.7	7.6	13.1
SODIUM (mg)	285	575	805	1290	2220

Country of Origin	86%
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Allergen information

Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
T	T	T	T	T	Y	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	T
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	T	T	T	T	-	

Ingredients	
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Big Broccoli Salad

Zucchini: Zucchini.

Olives: Green Pitted Olives, Water, Salt, Acidity Regulator: Citric Acid.

Snow Pea: Snow Pea.

Broccoli: Broccoli.

Cucumber: Cucumber.
Radish: Radish.

Spring Onion: Shallot.

Almond: **Almond.**

Pickled Onion: Apple cider vinegar, onion, sugar, salt.

Pomegranate: Pomegranate.

Dressing: Olive Oil, Reconstituted lemon juice, preservative (202), Honey, WATER, MUSTARD SEED 18%, SALT, SUGAR,

FOOD ACID (ACETIC), TURMERIC 0.1%, Salt, anticaking agent (554).

Buddha Bowl																																																						
Serving sizes						Country of Origin 71%																																																
	Per 100g	Small	Medium	Large	Family																																																	
ENERGY (kJ)	380	960	1430	1940	3700																																																	
CALORIES (cal)	90	230	340	460	880																																																	
PROTEIN (g)	5.3	13.2	19.5	26.3	50.4																																																	
FAT TOTAL (g)	1.6	4.1	6.2	8.5	16.0																																																	
FAT SATURATED	0.2	0.5	0.8	1.0	1.9																																																	
CARBOHYDRATES (g)	12.1	30.2	44.7	60.5	115.7																																																	
SUGAR (g)	2.7	6.9	10.2	13.8	26.4																																																	
SODIUM (mg)	70	175	265	365	690																																																	
Allergen information <table><tr><th>Gluten</th><th>Wheat</th><th>Egg</th><th>Milk</th><th>Peanuts</th><th>Almond</th><th>Brazil nut</th><th>Cashew</th></tr><tr><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td></tr><tr><th>Hazelnut</th><th>Macadamia</th><th>Pecan</th><th>Pine nut</th><th>Pistachio</th><th>Walnut</th><th>Sesame</th><th>Soy</th></tr><tr><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td></tr><tr><th>Shellfish</th><th>Fish</th><th>Crustacean</th><th>Molluscs</th><th>Added Sulphites</th><th>Royal Jelly</th><th>Lupin</th><td rowspan="2"></td></tr><tr><td>-</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>-</td></tr></table>								Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew	T	T	T	T	T	T	T	T	Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy	T	T	T	T	T	T	T	T	Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin		-	T	T	T	T	T	-
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew																																															
T	T	T	T	T	T	T	T																																															
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy																																															
T	T	T	T	T	T	T	T																																															
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin																																																
-	T	T	T	T	T	-																																																
Ingredients																																																						
Buddha Bowl																																																						
Sweet Potato, Brussel Sprouts, Whole Green Lentils, Beetroot, Avocado, Kale, Chickpeas (water, salt, ascorbic acid), Broccoli, Cabbage.																																																						
Maple Balsamic Dressing: Wine Vinegar, Concentrated Grape Must, Caramel (E150d), Olive Oil, WATER, MUSTARD SEED 18%, SALT, SUGAR, FOOD ACID (ACETIC), TURMERIC 0.1%, Glucose, Sugar, Water, Flavour, Preservative (202), Acidity Regulator, (330), Colour (150d), Salt, anticaking agent (554), Pepper Black Whole.																																																						

Charlie's Chop Salad	
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Serving sizes

	Per 100g	Small	Medium	Large	Family
ENERGY (kJ)	390	980	1790	2610	4060
CALORIES (cal)	90	230	430	620	970
PROTEIN (g)	8.0	20.0	36.5	53.1	82.6
FAT TOTAL (g)	5.1	12.6	23.1	33.7	52.5
FAT SATURATED	2.1	5.3	9.6	14.0	21.8
CARBOHYDRATES (g)	3.5	8.8	16.1	23.3	36.4
SUGAR (g)	1.3	3.3	6.0	8.7	13.5
SODIUM (mg)	275	685	1250	1820	2835

Country of Origin	78%
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78%

Allergen information

Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
T	T	Y	Y	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	Y
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	T	T	T	T	-	

Ingredients	
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Charlie's Chop Salad

Lettuce: Cos Lettuce

Chicken: Chicken (100%).

Tomato: Gourmet Tomato.

Egg: Egg.

Avocado: Avocado.
Corn: Corn kernels.

Fetta: Pasteurised Cow's **Milk** (97.18%), Salt (2.6%), Lactic Cultures (0.1%), Non-Animal Bennet ($\leq 0.01\%$).

Marinade: Chicken Booster (Salt, Rice Flour, Sugar, Dextrose, Corn Maize, Chicken HVP (**Soy**), Onion, Turmeric, Vegetable

Dressing: **Milk**, **Milk Solids**, Cream (**Milk**), Live Yoghurt Cultures (**Milk**), S. Thermophilus & L. Bulgaricus, Canola Oil

Dressing: **Wink**, **Wink** Solids, Cream (**Wink**), Live Yogurt Cultures (**Wink**), S. Thermophilus & L. Bulgaricus, Canola Oil, pasteurized **egg** yolk, pasteurized **egg** white, Corn Syrup, Food Acid, (Acetic), Salt, Sugar, Mustard Powder, Lemon Juice, Potassium Sorbate (e220), Herbs, Rosemary Extract, Olive Oil, Sugar, Salt, anticaking agent (554), Distilled Vinegar, Red Pepper (19%), Salt, Pepper Black Whole.

Charlie's Shredded Waldorf Salad

Serving sizes

	Per 100g	Small	Medium	Large	Family
ENERGY (kJ)	300	450	740	1060	2000
CALORIES (cal)	70	110	180	250	480
PROTEIN (g)	1.6	2.4	3.9	5.5	10.5
FAT TOTAL (g)	2.6	3.9	6.4	9.3	17.5
FAT SATURATED	0.2	0.2	0.4	0.6	1.1
CARBOHYDRATES (g)	10.0	15.0	24.4	34.8	66.1
SUGAR (g)	9.4	14.0	22.7	32.5	61.7
SODIUM (mg)	20	35	55	80	150

Country of Origin

76%

Allergen information

Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
T	T	Y	Y	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
Y	T	T	T	T	T	T	Y
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	T	T	T	T	-	

Ingredients

Charlie's Shredded Waldorf Salad

Apple, Cabbage, Celery, Currants, Vegetable Oil., Cranberries, Sugar, Sunflower Oil, Dill, **Hazelnuts.**

Dressing: Canola Oil, pasteurized **egg yolk**, pasteurized **egg white**, Corn Syrup, Food Acid, (Acetic), Salt, Sugar, Mustard Powder, Lemon Juice, Potassium Sorbate (e220), Herbs, Rosemary Extract, Water, **Soybeans**, Rice, Salt, **Milk**, **Milk Solids**, Cream (**Milk**), Live Yoghurt Cultures (**Milk**): S, Thermophilus & L.Bulgaricus, Apple Cider Vinegar, Honey, Reconstituted lemon juice, preservative (202), Water, Mustard Seed 28%, Salt, Sugar, Food Acid (Acetic), Turmeric, Marjoram, Thyme, Garlic Extract, Spice Extract, Cane Sugar.

Chicken Caesar Salad

Serving sizes	
100 g	3.5 oz
100 ml	3.4 fl oz

	Per 100g	Small	Medium	Large	Family
ENERGY (kJ)	520	1460	1600	1810	3660
CALORIES (cal)	120	350	380	430	880
PROTEIN (g)	15.3	42.7	46.9	52.6	106.8
FAT TOTAL (g)	6.7	18.9	20.8	23.5	47.6
FAT SATURATED	2.4	6.8	7.5	8.4	17.1
CARBOHYDRATES (g)	2.0	5.5	6.2	7.1	14.2
SUGAR (g)	0.7	2.0	2.3	2.7	5.3
SODIUM (mg)	365	1020	1125	1265	2565

Country of Origin	76%
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76%

Allergen information

Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
Y	Y	Y	Y	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	Y
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	Y	T	T	T	T	-	

Ingredients	
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Chicken Caesar Salad

Chicken: Chicken, vegetable oil, water, Beef HVP, **(Gluten, Wheat, Soy)**, Rice Flour, Salt, Cayenne Pepper, Ginger Ground, Pimento , Cloves, Nutmeg , Pepper, **Wheat** Flour, Wholemeal **Wheat** Flour, Yeast, Iodised Sea Salt, Rye Flour, **Wheat** Fibre, Water, Vinegar, Canola Oil, Malt, **Barley** Flour, Antioxidant (300), Enzymes, Preservatives (282), Colour (E160a), Vitamin (Thiamine, Folate), Garlic Salt, Robert Mix **(Gluten, Wheat, Soy)**, Mustard Ground Yellow, Onion Salt, Paprika, Curry Powder Mild.

Lettuce: Cos Lettuce.

Egg: Egg

Bacon: Bacon.

Parmesan Cheese: Cheese (**Milk**, Salt, Started Cultures, Enzymes).

Crouton: **Wheat** Flour, Water, **Wheat** Semolina, Iodised Salt, Yeast, Vitamins (Thiamin, Folic Acid), Malt Flour (**Wheat**), Malt Extract (**Wheat**).

Dressing: Water, Vegetable Oil (contains Antioxidant (Butylated Hydroxy anisole)), Glucose Syrup, Thickeners (Modified Cornstarch, Xanthan Gum (contains **Soy**)), Parmesan **Cheese**, Salt, Food Acids (Acetic, Citric), Garlic Powder, Whey Protein (Contains **Milk**), Mustard Seed, **Cream** Powder, **Cheese** powder, Pepper, **Fish** Sauce, Colour (Caramel (150c), Tumeric.

Chopped Kale and Cabbage Salad	
1	1/2 cup
2	1/2 cup
3	1/2 cup
4	1/2 cup
5	1/2 cup
6	1/2 cup
7	1/2 cup
8	1/2 cup
9	1/2 cup
10	1/2 cup
11	1/2 cup
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89	1/2 cup
90	1/2 cup
91	1/2 cup
92	1/2 cup
93	1/2 cup
94	1/2 cup
95	1/2 cup
96	1/2 cup
97	1/2 cup
98	1/2 cup
99	1/2 cup
100	1/2 cup

Serving sizes	
1/2 cup	1/2 cup
1/4 cup	1/4 cup
1/8 cup	1/8 cup
1/16 cup	1/16 cup
1/32 cup	1/32 cup
1/64 cup	1/64 cup
1/128 cup	1/128 cup
1/256 cup	1/256 cup
1/512 cup	1/512 cup
1/1024 cup	1/1024 cup
1/2048 cup	1/2048 cup
1/4096 cup	1/4096 cup
1/8192 cup	1/8192 cup
1/16384 cup	1/16384 cup
1/32768 cup	1/32768 cup
1/65536 cup	1/65536 cup
1/131072 cup	1/131072 cup
1/262144 cup	1/262144 cup
1/524288 cup	1/524288 cup
1/1048576 cup	1/1048576 cup
1/2097152 cup	1/2097152 cup
1/4194304 cup	1/4194304 cup
1/8388608 cup	1/8388608 cup
1/16777216 cup	1/16777216 cup
1/33554432 cup	1/33554432 cup
1/67108864 cup	1/67108864 cup
1/134217728 cup	1/134217728 cup
1/268435456 cup	1/268435456 cup
1/536870912 cup	1/536870912 cup
1/1073741824 cup	1/1073741824 cup
1/2147483648 cup	1/2147483648 cup
1/4294967296 cup	1/4294967296 cup
1/8589934592 cup	1/8589934592 cup
1/17179869184 cup	1/17179869184 cup
1/34359738368 cup	1/34359738368 cup
1/68719476736 cup	1/68719476736 cup
1/137438953472 cup	1/137438953472 cup
1/274877906944 cup	1/274877906944 cup
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1/1099511627776 cup	1/1099511627776 cup
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1/140737488355328 cup	1/140737488355328 cup
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1/562949953421312 cup	1/562949953421312 cup
1/1125899906842624 cup	1/1125899906842624 cup
1/2251799813685248 cup	1/2251799813685248 cup
1/4503599627370496 cup	1/4503599627370496 cup
1/9007199254740992 cup	1/9007199254740992 cup
1/18014398509481984 cup	1/18014398509481984 cup
1/36028797018963968 cup	1/36028797018963968 cup
1/72057594037927936 cup	1/72057594037927936 cup
1/144115188075855872 cup	1/144115188075855872 cup
1/288230376151711744 cup	1/288230376151711744 cup
1/576460752303423488 cup	1/576460752303423488 cup
1/1152921504606846976 cup	1/1152921504606846976 cup
1/2305843009213693952 cup	1/2305843009213693952 cup
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1/295147905179352825856 cup	1/295147905179352825856 cup
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1/1180591620717411303424 cup	1/1180591620717411303424 cup
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1/1208925819614629174706176 cup	1/1208925819614629174706176 cup
1/2417851639229258349412	

	Per 100g	Small	Medium	Large	Family
ENERGY (kJ)	570	1000	1200	1560	3470
CALORIES (cal)	140	240	290	370	830
PROTEIN (g)	3.4	6.0	7.2	9.3	20.7
FAT TOTAL (g)	11.8	20.7	24.9	32.3	71.7
FAT SATURATED	1.2	2.1	2.6	3.3	7.4
CARBOHYDRATES (g)	2.3	4.0	4.8	6.3	14.0
SUGAR (g)	2.2	3.9	4.7	6.1	13.5
SODIUM (mg)	40	70	85	110	240

Country of Origin	93%
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93%

Allergen information

Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
T	T	T	T	T	Y	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	T
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	-	T	T	T	-	

Ingredients

Chopped Kale and Cabbage Salad	
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Cabbage, Kale, **Almond**, Olive Oil, (85% Refined olive pomace oil - 15% Extra Virgin Olive Oil),

Dressing: Olive Oil, Reconstituted lemon juice, preservative (202), Water, Mustard Seed 28%, wonton

Salt, Sugar, Food Acid (Acetic), Turmeric, Marjoram, Thyme, Garlic Extract, Spice Extract, Honey, Lime, Pepper, Salt, anticaking agent (554).

Coleslaw Salad																																																						
Serving sizes						Country of Origin 88%																																																
	Per 100g	Small	Medium	Large	Family																																																	
ENERGY (kJ)	480	1110	2130	3380	6480																																																	
CALORIES (cal)	120	270	510	810	1550																																																	
PROTEIN (g)	1.2	2.8	5.3	8.4	16.0																																																	
FAT TOTAL (g)	9.6	22.0	42.2	67.1	128.4																																																	
FAT SATURATED	0.7	1.6	3.1	5.0	9.5																																																	
CARBOHYDRATES (g)	4.8	10.9	20.9	33.3	63.7																																																	
SUGAR (g)	5.0	11.6	22.1	35.2	67.4																																																	
SODIUM (mg)	340	780	1490	2370	4535																																																	
Allergen information <table><tr><th>Gluten</th><th>Wheat</th><th>Egg</th><th>Milk</th><th>Peanuts</th><th>Almond</th><th>Brazil nut</th><th>Cashew</th></tr><tr><td>T</td><td>T</td><td>Y</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td></tr><tr><th>Hazelnut</th><th>Macadamia</th><th>Pecan</th><th>Pine nut</th><th>Pistachio</th><th>Walnut</th><th>Sesame</th><th>Soy</th></tr><tr><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>Y</td></tr><tr><th>Shellfish</th><th>Fish</th><th>Crustacean</th><th>Molluscs</th><th>Added Sulphites</th><th>Royal Jelly</th><th>Lupin</th><td rowspan="2"></td></tr><tr><td>-</td><td>T</td><td>-</td><td>T</td><td>T</td><td>T</td><td>-</td></tr></table>								Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew	T	T	Y	T	T	T	T	T	Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy	T	T	T	T	T	T	T	Y	Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin		-	T	-	T	T	T	-
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew																																															
T	T	Y	T	T	T	T	T																																															
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy																																															
T	T	T	T	T	T	T	Y																																															
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin																																																
-	T	-	T	T	T	-																																																
Ingredients																																																						
Coleslaw Salad																																																						
Cabbage: Cabbage. Coleslaw Mayonnaise: Water, Sugar, Vegetable Oil, Thickener (Modified Cornstarch), Salt, Food Acids(Acetic, Citric), Egg Yolk, Vegetable Gum [Xanthan(contains Soy)], Butter Flavour, Mustard Extract. Mayonnaise: Canola Oil, Pasteurised Whole Egg, Water, White Vinegar, Dijon Mustard, Salt, Sugar, Natural Flavours (Egg), Lemon Juice, Spice Extract, Acidity Regulator (Citric Acid), Colour (Lutein). Carrot: Carrot. Celery: Celery. Parsley: Parsley. Sugar: Sugar. Salt: Salt, anticaking agent (554).																																																						

Couscous Salad																																																						
Serving sizes						Country of Origin 59%																																																
	Per 100g	Small	Medium	Large	Family																																																	
ENERGY (kJ)	700	1830	2820	4010	6620																																																	
CALORIES (cal)	170	440	670	960	1580																																																	
PROTEIN (g)	4.5	11.8	18.2	25.9	42.7																																																	
FAT TOTAL (g)	6.4	16.6	25.5	36.4	60.0																																																	
FAT SATURATED	0.8	2.1	3.2	4.6	7.5																																																	
CARBOHYDRATES (g)	22.7	58.9	90.6	129.2	213.0																																																	
SUGAR (g)	3.8	9.8	15.0	21.4	35.3																																																	
SODIUM (mg)	40	110	170	240	395																																																	
Allergen information <table><tr><th>Gluten</th><th>Wheat</th><th>Egg</th><th>Milk</th><th>Peanuts</th><th>Almond</th><th>Brazil nut</th><th>Cashew</th></tr><tr><td>Y</td><td>Y</td><td>T</td><td>T</td><td>T</td><td>Y</td><td>T</td><td>T</td></tr><tr><th>Hazelnut</th><th>Macadamia</th><th>Pecan</th><th>Pine nut</th><th>Pistachio</th><th>Walnut</th><th>Sesame</th><th>Soy</th></tr><tr><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>Y</td><td>T</td></tr><tr><th>Shellfish</th><th>Fish</th><th>Crustacean</th><th>Molluscs</th><th>Added Sulphites</th><th>Royal Jelly</th><th>Lupin</th><td rowspan="2"></td></tr><tr><td>-</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>-</td></tr></table>								Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew	Y	Y	T	T	T	Y	T	T	Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy	T	T	T	T	T	T	Y	T	Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin		-	T	T	T	T	T	-
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew																																															
Y	Y	T	T	T	Y	T	T																																															
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy																																															
T	T	T	T	T	T	Y	T																																															
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin																																																
-	T	T	T	T	T	-																																																
Ingredients																																																						
Couscous Salad																																																						
Couscous: Wheat Durum Semolina. Water: Water. Sweet Potato: Sweet Potato. Chickpea: Chickpeas (60%), water, salt, ascorbic acid. Carrot: Carrot. Eggplant: Eggplant. Olive Oil: 85% Refined olive pomace oil - 15% Extra Virgin Olive Oil. Kale: Kale. Currants: Currants, Vegetable Oil. Almond: Almond. Parsley: Parsley. Couscous Dressing: Reconstituted lemon juice, preservative (202), Olive Oil (85% Refined olive pomace oil - 15% Extra Virgin Olive Oil), Honey, Water, Mustard Seed 18%, Salt, Sugar, Food Acid (Acetic), Turmeric 0.1%, Sesame, White salt flakes.																																																						

Cypriot Grain Salad	
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Serving sizes

	Per 100g	Small	Medium	Large	Family
ENERGY (kJ)	660	1640	2460	3350	6170
CALORIES (cal)	160	390	590	800	1470
PROTEIN (g)	7.8	19.6	29.4	39.9	73.6
FAT TOTAL (g)	3.9	9.7	14.5	19.7	36.4
FAT SATURATED	0.4	1.1	1.7	2.3	4.2
CARBOHYDRATES (g)	20.1	50.3	75.4	102.5	189.0
SUGAR (g)	2.0	5.0	7.4	10.1	18.6
SODIUM (mg)	75	180	270	370	685

Country of Origin	59%
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59%

Allergen information	
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Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
T	Y	T	Y	T	Y	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	Y	T	T	T	T
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	T	T	T	Y	-	

Ingredients	
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Cypriot Grain Salad

Freekeh: Freekeh (**Wheat**).
Lentils: Whole Green Lentils.
Currants: Currants, Vegetable Oil.
Coriander: Coriander.
Parsley: Parsley.
Capers: Capers (64%), Water, Salt, Vinegar.
Pepita: Pepitas.
Almond: **Almond**.
Pinenut: **Pine Kernels**.
Cypriot Grain Dressing: **MILK, MILK SOLIDS, CREAM (MILK), LIVE YOGURT CULTURES (MILK): S. THERMOPHILUS & L. BULGARICUS, Pomegranate, Extra Virgin Olive Oil, RED WINE VINEGAR, PRESERVATIVE (E224 (Royal Jelly)). ACIDITY (6%), salt flakes, Cumin Seeds, Honey.**

Fattoush Salad

Serving sizes

	Per 100g	Small	Medium	Large	Family
ENERGY (kJ)	210	430	570	870	1650
CALORIES (cal)	50	100	140	210	400
PROTEIN (g)	1.9	4.0	5.3	8.1	15.4
FAT TOTAL (g)	0.5	1.1	1.5	2.3	4.3
FAT SATURATED	0.1	0.2	0.3	0.5	0.8
CARBOHYDRATES (g)	8.4	17.6	23.2	35.3	66.9
SUGAR (g)	2.5	5.3	7.0	10.6	20.1
SODIUM (mg)	90	185	255	395	735

Country of Origin
N/A

Allergen information

Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
Y	Y	T	T	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	T
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	T	T	T	T	-	

Ingredients

Fattoush Salad

Cucumber, Gourmet Tomato, Flat Bread (Flour (Vitamins [Thiamin, Folic Acid]), Water, Sugar, Yeast, and Iodised Salt), Cos Lettuce, Capsicum, Capsicum, Cabbage, Pomegranate, Mint, Parsley, Shallot.

Fattoush Dressing: Reconstituted lemon juice, preservative (202), Pomegranate Concentrated Juice, Sugar, Olive Oil, Salt, anticaking agent (554), Sugar, Pepper.

Garden Salad

Serving sizes

	Per 100g	Small	Medium	Large	Family
ENERGY (kJ)	130	280	340	540	1040
CALORIES (cal)	30	70	80	130	250
PROTEIN (g)	1.3	2.8	3.3	5.1	10.0
FAT TOTAL (g)	1.5	3.3	4.1	6.5	12.3
FAT SATURATED	0.4	0.8	1.0	1.6	3.1
CARBOHYDRATES (g)	2.2	4.6	5.5	8.6	16.7
SUGAR (g)	1.9	4.2	4.9	7.8	15.1
SODIUM (mg)	15	35	45	70	130

Country of Origin
N/A

Allergen information

Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
T	T	T	T	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	T
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	-	T	T	T	-	

Ingredients

Garden Salad

Gourmet Tomato, Cucumber, Cos Lettuce, Avocado, Capsicum, Broccoli, Cherry Tomato, Celery, Carrot, Radish, Snow Pea, Pea Shoots.

Garden Salad Dressing: Olive Oil, Red Wine Vinegar, Water, Mustard Seed, Salt, Sugar, Food Acid (Acetic), Turmeric, 100% Pure Australian Honey, White Pepper, Rosemary Extract.

Golden Quinoa Salad

Serving sizes	
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	Per 100g	Small	Medium	Large	Family
ENERGY (kJ)	490	1550	2180	3040	5810
CALORIES (cal)	120	370	520	730	1390
PROTEIN (g)	4.5	14.5	20.2	28.2	54.0
FAT TOTAL (g)	2.9	9.4	13.3	18.7	35.5
FAT SATURATED	0.1	0.4	0.5	0.7	1.4
CARBOHYDRATES (g)	18.3	58.7	82.2	114.4	219.1
SUGAR (g)	2.4	7.8	10.9	15.2	29.1
SODIUM (mg)	50	165	230	325	620

Country of Origin	73%
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73%

Allergen information

Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
T	T	T	T	T	Y	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	T
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	T	T	T	T	-	

Ingredients	
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Golden Quinoa Salad

Water, Quinoa (White Quinoa (50%), Red Quinoa (25%), Black Quinoa (25%)), (Chick Peas, Chick peas (60%), water, salt, ascorbic acid), Capsicum, **Almond**, (Cranberries, Cranberries, Sugar, Sunflower Oil.), Onion, Parsley , Mint, Dill, Cumin Seeds, Tumeric.

Golden Quinoa Dressing: Apple Cider Vinegar, Olive Oil, Southern Ocean Sea Salt, Maize Maltodextrin, Cane Sugar, Dehydrated Vegetables (Cabbage, Onion, Garlic, Celery, Spinach), Yeast Extract, Rice Flour, Natural Vegetable Flavours, Disodium Guanylate & Inosinate, Canola Oil, Chilli, salt flakes, Pepper.

Greek Salad																																																						
Serving sizes						Country of Origin 80%																																																
	Per 100g	Small 295g	Medium 425g	Large 535g	Family 1070g																																																	
ENERGY (kJ)	270	780	1160	1420	2920																																																	
CALORIES (cal)	60	190	280	340	700																																																	
PROTEIN (g)	3.1	9.1	13.5	16.5	33.9																																																	
FAT TOTAL (g)	4.4	12.9	19.2	23.6	48.3																																																	
FAT SATURATED	2.3	6.9	10.1	12.4	25.5																																																	
CARBOHYDRATES (g)	2.4	7.2	10.6	13.0	26.8																																																	
SUGAR (g)	2.0	5.8	8.5	10.4	21.4																																																	
SODIUM (mg)	230	670	990	1210	2495																																																	
Allergen information <table><tr><th>Gluten</th><th>Wheat</th><th>Egg</th><th>Milk</th><th>Peanuts</th><th>Almond</th><th>Brazil nut</th><th>Cashew</th></tr><tr><td>T</td><td>T</td><td>T</td><td>Y</td><td>T</td><td>T</td><td>T</td><td>T</td></tr><tr><th>Hazelnut</th><th>Macadamia</th><th>Pecan</th><th>Pine nut</th><th>Pistachio</th><th>Walnut</th><th>Sesame</th><th>Soy</th></tr><tr><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td></tr><tr><th>Shellfish</th><th>Fish</th><th>Crustacean</th><th>Molluscs</th><th>Added Sulphites</th><th>Royal Jelly</th><th>Lupin</th><td rowspan="2"></td></tr><tr><td>-</td><td>T</td><td>-</td><td>T</td><td>T</td><td>T</td><td>-</td></tr></table>								Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew	T	T	T	Y	T	T	T	T	Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy	T	T	T	T	T	T	T	T	Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin		-	T	-	T	T	T	-
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew																																															
T	T	T	Y	T	T	T	T																																															
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy																																															
T	T	T	T	T	T	T	T																																															
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin																																																
-	T	-	T	T	T	-																																																
Ingredients																																																						
Greek Salad																																																						
Tomato: Gourmet Tomato. Cucumber: Cucumber. Fetta: Pasteurised Cow’s Milk (97.18%), Salt (2.6%), Lactic Cultures (0.1%), Non-Animal Rennet (<0.01%). Lettuce: Cos Lettuce. Tomato: Cherry Tomato. Capsicum: Capsicum. Olives: Olives, water, salt, vinegar, oil (Vegetable). Onion: Onion. Oregano Leaves: Oregano. Greek Dressing: Canola oil, sugar, Vinegar, salt, Mustard seed, Garlic powder, Oregano, Pepper Black, Chilli. Olive Oil.																																																						

Green Goddess Salad

Serving sizes

	Per 100g	Small	Medium	Large	Family
ENERGY (kJ)	190	500	610	930	1580
CALORIES (cal)	50	120	150	220	380
PROTEIN (g)	1.0	2.5	3.1	4.6	7.9
FAT TOTAL (g)	3.5	9.1	11.0	16.8	28.6
FAT SATURATED	0.5	1.3	1.6	2.4	4.1
CARBOHYDRATES (g)	1.4	3.7	4.6	7.0	11.9
SUGAR (g)	1.2	3.2	3.9	6.0	10.2
SODIUM (mg)	15	40	50	75	130

Country of Origin

92%

Allergen information

Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
T	T	T	T	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	T
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	T	T	T	T	-	

Ingredients

Green Goddess Salad

Cos Lettuce, Cucumber, Avocado, Cos Lettuce, Green Bean, Celery, Chive.

Green Goddess Dressing: Olive oil, sugar, Lemon Juice, Potassium Sorbate (E220), Salt, Water, Mustard Seed, Food Acid (acetic), Turmeric, Marjoram, thyme, Garlic Extract, Spice Extract, Paprika, Mustard Flavour, Spice Extract, Garlic Extract, 100% pure Australian Honey.

Japanese Coleslaw Salad	
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Serving sizes

	Per 100g	Small	Medium	Large	Family
ENERGY (kJ)	170	430	700	800	1510
CALORIES (cal)	40	100	170	190	360
PROTEIN (g)	2.3	5.8	9.3	10.5	20.1
FAT TOTAL (g)	1.2	3.0	4.9	5.7	10.7
FAT SATURATED	0.2	0.6	1.0	1.1	2.2
CARBOHYDRATES (g)	2.3	5.8	9.4	10.8	20.4
SUGAR (g)	2.5	6.2	10.0	11.5	21.8
SODIUM (mg)	220	545	880	1005	1915

Country of Origin
96%

96%

Allergen information

Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
T	Y	T	T	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	Y	Y
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	-	T	T	T	-	

Ingredients	
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Japanese Coleslaw Salad

Cabbage: Cabbage.

Seaweed: Seaweed(81%), **Sesame** Oil, Sugar, Vinegar, Salt, Roasted **sesame** seed, Red Pepper, Sweetener(420), Flavour Enhancer(621), Color (102, 133).

Snow Pea Sprouts: Pea Shoots.

Bean Sprouts: Bean Sprouts.

Soy Beans: **Soybean.**

Salt: Salt, anticaking agent (554).

Japanese Dressing: Canola Oil, Sugar, Vinegar, Salt, Food Acid (Acetic), Soy Sauce (Water, **Soybeans**, **Wheat** (No Gluten), Salt), **Sesame** Oil, **Sesame** Seeds. Fresh Onion, Rice Wine Vinegar (Glucose Syrup, Water, Alcohol, Glutinous Rice, Rice).

Mango Pear and Avocado Salad	
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Serving sizes	
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	Per 100g	Small	Medium	Large	Family
ENERGY (kJ)	280	780	1000	1270	2570
CALORIES (cal)	70	190	240	300	610
PROTEIN (g)	0.7	2.1	2.6	3.3	6.8
FAT TOTAL (g)	2.8	7.8	10.1	13.0	26.1
FAT SATURATED	0.4	1.1	1.5	1.9	3.8
CARBOHYDRATES (g)	7.7	21.6	27.5	35.0	70.8
SUGAR (g)	7.5	21.0	26.7	34.0	68.8
SODIUM (mg)	10	30	40	50	100

Country of Origin	92%
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Allergen information

Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
T	T	T	T	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	T
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	-	T	T	T	-	

Ingredients	
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Mango Pear and Avocado Salad

Mango, Pear, Avocado, Cos Lettuce, Celery, Spinach.

Salad Dressing: Reconstituted lemon juice, preservative (202), Olive Oil, Sugar.

Middle Eastern Love Salad	
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Serving sizes	
100 g	3.5 oz
100 ml	3.38 fl oz

	Per 100g	Small	Medium	Large	Family
ENERGY (kJ)	350	790	990	1460	2820
CALORIES (cal)	80	190	240	350	670
PROTEIN (g)	3.2	7.4	9.3	13.6	26.3
FAT TOTAL (g)	0.6	1.4	2.0	3.1	5.7
FAT SATURATED	0.1	0.2	0.2	0.4	0.7
CARBOHYDRATES (g)	14.4	33.1	41.0	59.9	116.6
SUGAR (g)	3.3	7.7	9.5	13.9	27.0
SODIUM (mg)	15	30	40	55	110

Country of Origin
78%

Allergen information

Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
Y	Y	T	T	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	Y	T
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	-	T	T	T	-	

Ingredients	
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Middle Eastern Love Salad	
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Corn, Gourmet Tomato, Cucumber, **Wheat** Durum Semolina, Cos Lettuce, Pomegranate, Beetroot, Radish, Parsley, Mint, Dill.

Tahini Dressing: **Sesame**, Reconstituted lemon juice, preservative (202), Olive Oil, Parsley.

Pesto Pasta Salad	
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Serving sizes

	Per 100g	Small	Medium	Large	Family
ENERGY (kJ)	1200	3300	4800	6300	13200
CALORIES (cal)	290	790	1150	1510	3160
PROTEIN (g)	5.6	15.4	22.4	29.4	61.5
FAT TOTAL (g)	18.8	51.7	75.3	98.8	207.0
FAT SATURATED	2.7	7.6	11.0	14.4	30.2
CARBOHYDRATES (g)	22.9	63.1	91.7	120.5	252.4
SUGAR (g)	3.0	8.3	12.1	15.8	33.2
SODIUM (mg)	785	2155	3135	4115	8625

Country of Origin	43%
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Allergen information	
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Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
Y	Y	T	Y	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	Y	T	T	T	T
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	T	T	Y	T	-	

Ingredients	
-------------	--

Pesto Pasta Salad

Rigatoni: Durum wheat semolina, water.
Olive Oil: (85% Refined olive pomace oil - 15% Extra Virgin Olive Oil)
Tomato: Cherry Tomato
Capsicum: Capsicum
Green Beans: Green Bean
Sun Dried Tomato: Sun-dried Tomatoes (50%), sunflower oil, spices, salt, glucose syrup, sodium metabisulfite, citric acid, potassium sorbate, ascorbic acid.
Olives: Olives, water, salt, vinegar, oil (Vegetable)
Parsley: Parsley
Pine Nut: **Pine Kernels.**
Basil: Basil
Parmesan: Cheese [Pasteurised **Milk**, Salt, Cultures, Enzyme (Non- Animal Rennet)]
Salt: Salt, anticaking agent (554).
Garlic: Garlic
Pepper: Pepper White Ground

Poke Salad

Serving sizes

	Per 100g	Small	Medium	Large	Family
ENERGY (kJ)	380	750	930	1520	2490
CALORIES (cal)	90	180	220	360	590
PROTEIN (g)	2.9	5.8	7.1	11.6	19.1
FAT TOTAL (g)	2.6	5.3	6.5	10.7	17.5
FAT SATURATED	0.5	1.1	1.3	2.1	3.5
CARBOHYDRATES (g)	11.5	22.9	28.1	46.0	75.4
SUGAR (g)	1.9	3.8	4.7	7.8	12.7
SODIUM (mg)	120	235	290	475	780

Country of Origin
80%

Allergen information

Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
T	Y	T	T	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	Y	Y
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	-	T	T	T	-	

Ingredients

Poke Salad

Seaweed (Water, Seaweed 81%), **Sesame** Oil, Sugar, Vinegar, Salt, Roasted **sesame** seed, Red Pepper, Sweetener(420), Flavour Enhancer(621), Color (102, 133)), Rice, **Soybean**, Avocado, Cucumber, Carrot, Cabbage, Pea Shoots
Dressing: Canola Oil, Sugar, Vinegar, Salt, Food Acid (Acetic), Soy Sauce (Water, **Soybeans**, **Wheat** (No Gluten), Salt), **Sesame** Oil, **Sesame** Seeds. Fresh Onion, Rice Wine Vinegar (Glucose Syrup, Water, Alcohol, Glutinous Rice, Rice).

Potato Salad																																																						
Serving sizes						Country of Origin NA																																																
	Per 100g	Small	Medium	Large	Family																																																	
ENERGY (kJ)	540	1990	2530	3920	7340																																																	
CALORIES (cal)	130	480	600	940	1750																																																	
PROTEIN (g)	2.1	7.6	9.6	15.0	28.0																																																	
FAT TOTAL (g)	8.0	29.6	37.6	58.4	109.3																																																	
FAT SATURATED	0.7	2.4	3.1	4.8	9.0																																																	
CARBOHYDRATES (g)	10.9	40.4	51.3	79.7	149.0																																																	
SUGAR (g)	2.9	10.7	13.5	21.0	39.3																																																	
SODIUM (mg)	150	560	710	1100	2060																																																	
Allergen information <table><tr><th>Gluten</th><th>Wheat</th><th>Egg</th><th>Milk</th><th>Peanuts</th><th>Almond</th><th>Brazil nut</th><th>Cashew</th></tr><tr><td>T</td><td>T</td><td>Y</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td></tr><tr><th>Hazelnut</th><th>Macadamia</th><th>Pecan</th><th>Pine nut</th><th>Pistachio</th><th>Walnut</th><th>Sesame</th><th>Soy</th></tr><tr><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>Y</td></tr><tr><th>Shellfish</th><th>Fish</th><th>Crustacean</th><th>Molluscs</th><th>Added Sulphites</th><th>Royal Jelly</th><th>Lupin</th><td rowspan="2"></td></tr><tr><td>-</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>-</td></tr></table>								Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew	T	T	Y	T	T	T	T	T	Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy	T	T	T	T	T	T	T	Y	Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin		-	T	T	T	T	T	-
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew																																															
T	T	Y	T	T	T	T	T																																															
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy																																															
T	T	T	T	T	T	T	Y																																															
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin																																																
-	T	T	T	T	T	-																																																
Ingredients																																																						
Potato Salad																																																						
Potato: Potato. Egg: Egg . Mayonnaise #1: Canola Oil, Pasteurised Whole Egg , Water, White Vinegar, Dijon Mustard, Salt, Sugar, Natural Flavours (Egg), Lemon Juice, Spice Extract, Acidity Regulator (Citric Acid), Colour (Lutein). Mayonnaise #2: Water, Sugar, Vegetable Oil, Thickener(Modified Cornstarch), Salt, Food Acids(Acetic, Citric), Egg Yolk, Vegetable Gum[Xanthan(contains Soy)], Butter Flavour, Mustard Extract. Pickles: cucumber, water, salt, sugar, dill seed, peppercorn, dill weed. Sugar: Sugar. Vegetable Stock Powder: Southern Ocean Sea Salt, Maize Maltodextrin, Cane Sugar, Dehydrated Vegetables (Cabbage, Onion, Garlic, Celery, Spinach), Yeast Extract, Rice Flour, Natural Vegetable Flavours, Disodium Guanylate & Inosinate, Canola Oil, Chilli.																																																						

Roasted Cauliflower Salad	
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Serving sizes

	Per 100g	Small	Medium	Large	Family
ENERGY (kJ)	410	900	1580	1860	3390
CALORIES (cal)	100	210	380	440	810
PROTEIN (g)	3.5	7.6	13.3	15.6	28.6
FAT TOTAL (g)	2.8	6.2	10.9	12.9	23.5
FAT SATURATED	0.2	0.4	0.8	0.9	1.7
CARBOHYDRATES (g)	14.0	30.7	53.8	63.0	115.3
SUGAR (g)	6.8	14.9	26.2	30.7	56.2
SODIUM (mg)	85	190	345	435	770

Country of Origin	84%
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Allergen information

Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
T	T	T	T	T	Y	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	T
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	T	T	Y	T	-	

Ingredients	
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Roasted Cauliflower Salad

Cauliflower: Cauliflower

Kale: Kale.

Quinoa: White Quinoa, Red Quinoa, Black Quinoa.

Spinach: Spinach.

Currant: Currants, Vegetable Oil.

Cranberries: Cranberries, Sugar, Sunflower Oil.

Almond: **Almond.**

Mint: Mint.

Parsley: Parsley.

Dressing: Olive Oil, RED WINE VINEGAR, PRESERVATIVE ((E224) **Sulphites**)). ACIDITY (6%), Salt, anticaking agent (554), WATER, MUSTARD SEED 18%, SALT, SUGAR, FOOD ACID (ACETIC), TURMERIC 0.1%, Honey, Pepper White Whole.

Rocket Man Salad

Serving sizes

	Per 100g	Small	Medium	Large	Family
ENERGY (kJ)	220	410	570	830	1610
CALORIES (cal)	50	100	140	200	380
PROTEIN (g)	2.7	5.2	7.2	10.4	20.2
FAT TOTAL (g)	3.3	6.3	8.9	13.0	24.9
FAT SATURATED	0.2	0.4	0.6	0.9	1.8
CARBOHYDRATES (g)	1.8	3.4	4.7	6.8	13.2
SUGAR (g)	1.1	2.2	3.0	4.3	8.4
SODIUM (mg)	45	85	135	215	380

Country of Origin

65%

Allergen information

Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
T	T	T	T	T	Y	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	T
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	T	T	Y	T	-	

Ingredients

Rocket Man Salad

Asparagus, Cucumber, Rocket, Cos Lettuce, Pickled Onions (Apple cider vinegar, onion, sugar, salt.), **Almond.**

Rocket Man Dressing: RED WINE VINEGAR, PRESERVATIVE (E224). ACIDITY (6%), Olive Oil, Salt, anticaking agent (554).

Rock-it Salad																																																						
Serving sizes						Country of Origin 77%																																																
	Per 100g	Small	Medium	Large	Family																																																	
ENERGY (kJ)	470	900	1250	1810	3510																																																	
CALORIES (cal)	110	210	300	430	840																																																	
PROTEIN (g)	3.2	6.2	8.5	12.4	24.0																																																	
FAT TOTAL (g)	7.2	13.7	19.1	27.7	53.6																																																	
FAT SATURATED	1.1	2.1	3.0	4.3	8.3																																																	
CARBOHYDRATES (g)	7.1	13.5	18.8	27.3	52.8																																																	
SUGAR (g)	6.3	12.0	16.6	24.1	46.6																																																	
SODIUM (mg)	45	85	120	180	340																																																	
Allergen information <table><tr><th>Gluten</th><th>Wheat</th><th>Egg</th><th>Milk</th><th>Peanuts</th><th>Almond</th><th>Brazil nut</th><th>Cashew</th></tr><tr><td>T</td><td>T</td><td>T</td><td>Y</td><td>T</td><td>T</td><td>T</td><td>T</td></tr><tr><th>Hazelnut</th><th>Macadamia</th><th>Pecan</th><th>Pine nut</th><th>Pistachio</th><th>Walnut</th><th>Sesame</th><th>Soy</th></tr><tr><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>Y</td><td>T</td><td>T</td></tr><tr><th>Shellfish</th><th>Fish</th><th>Crustacean</th><th>Molluscs</th><th>Added Sulphites</th><th>Royal Jelly</th><th>Lupin</th><td rowspan="2"></td></tr><tr><td>-</td><td>T</td><td>-</td><td>T</td><td>T</td><td>T</td><td>-</td></tr></table>								Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew	T	T	T	Y	T	T	T	T	Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy	T	T	T	T	T	Y	T	T	Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin		-	T	-	T	T	T	-
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew																																															
T	T	T	Y	T	T	T	T																																															
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T	T	T	T	T	Y	T	T																																															
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-	T	-	T	T	T	-																																																
Ingredients																																																						
Rock-it Salad																																																						
Pear: Pear																																																						
Rocket: Rocket																																																						
Fennel: Fennel																																																						
Walnut: Walnut																																																						
Parmesan Cheese: Cheese (Milk , Salt, Started Cultures, Enzymes).																																																						
Maple Balsamic Dressing: Wine Vinegar, Concentrated Grape Must, Caramel (E150d), Olive Oil, WATER, MUSTARD SEED 18%, SALT, SUGAR, FOOD ACID (ACETIC), TURMERIC 0.1%, Glucose, Sugar, Water, Flavour, Preservative (202), Acidity Regulator, (330), Colour (150d), Salt, anticaking agent (554), Pepper Black Whole.																																																						

Salmon Salad

Serving sizes

	Per 100g	Small	Medium	Large	Family
ENERGY (kJ)	400	920	1140	1570	2710
CALORIES (cal)	100	220	270	380	650
PROTEIN (g)	11.0	25.2	31.3	43.3	74.4
FAT TOTAL (g)	4.8	11.1	13.7	19.0	32.7
FAT SATURATED	1.2	2.7	3.4	4.7	8.0
CARBOHYDRATES (g)	1.4	3.2	4.1	5.6	9.7
SUGAR (g)	1.0	2.2	2.8	3.9	6.7
SODIUM (mg)	320	735	910	1260	2160

Country of Origin

50%

Allergen information

Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
T	T	T	Y	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	T
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	Y	-	T	T	T	-	

Ingredients

Salmon Salad

Smoked Salmon: **Salmon**, Salt, Sugar, Natural Wood Smoke.

Mixed Lettuce: Lettuce.

Cucumber: Cucumber.

Tomato: Gourmet Tomato.

Olives: Olives, water, salt, vinegar, oil (Vegetable).

Capsicum: Capsicum.

Salmon Salad Dressing: **MILK, MILK SOLIDS, CREAM (MILK)**, LIVE YOGURT CULTURES (**MILK**): S. THERMOPHILUS & L. BULGARICUS, Reconstituted lemon juice, preservative (202), Dill, Cane Sugar.

Sesame Chicken Salad

Serving sizes	
1	100 g
2	200 g
3	300 g
4	400 g
5	500 g
6	600 g
7	700 g
8	800 g
9	900 g
10	1000 g
11	1100 g
12	1200 g
13	1300 g
14	1400 g
15	1500 g
16	1600 g
17	1700 g
18	1800 g
19	1900 g
20	2000 g
21	2100 g
22	2200 g
23	2300 g
24	2400 g
25	2500 g
26	2600 g
27	2700 g
28	2800 g
29	2900 g
30	3000 g
31	3100 g
32	3200 g
33	3300 g
34	3400 g
35	3500 g
36	3600 g
37	3700 g
38	3800 g
39	3900 g
40	4000 g
41	4100 g
42	4200 g
43	4300 g
44	4400 g
45	4500 g
46	4600 g
47	4700 g
48	4800 g
49	4900 g
50	5000 g
51	5100 g
52	5200 g
53	5300 g
54	5400 g
55	5500 g
56	5600 g
57	5700 g
58	5800 g
59	5900 g
60	6000 g
61	6100 g
62	6200 g
63	6300 g
64	6400 g
65	6500 g
66	6600 g
67	6700 g
68	6800 g
69	6900 g
70	7000 g
71	7100 g
72	7200 g
73	7300 g
74	7400 g
75	7500 g
76	7600 g
77	7700 g
78	7800 g
79	7900 g
80	8000 g
81	8100 g
82	8200 g
83	8300 g
84	8400 g
85	8500 g
86	8600 g
87	8700 g
88	8800 g
89	8900 g
90	9000 g
91	9100 g
92	9200 g
93	9300 g
94	9400 g
95	9500 g
96	9600 g
97	9700 g
98	9800 g
99	9900 g
100	10000 g

	Per 100g	Small	Medium	Large	Family
ENERGY (kJ)	680	1640	2150	3420	5300
CALORIES (cal)	160	390	510	820	1270
PROTEIN (g)	11.9	28.6	37.6	59.7	92.5
FAT TOTAL (g)	7.6	18.2	23.9	37.9	58.8
FAT SATURATED	1.4	3.4	4.5	7.1	11.1
CARBOHYDRATES (g)	11.5	27.6	36.3	57.6	89.3
SUGAR (g)	8.7	20.8	27.4	43.5	67.4
SODIUM (mg)	300	720	950	1505	2335

Country of Origin	81%
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Allergen information

Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
Y	Y	T	T	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	WalnuT	Sesame	Soy
T	T	T	T	T	T	Y	Y
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	-	T	Y	T	-	

Ingredients	
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Sesame Chicken Salad

Roasted Chicken: Chicken, vegetable oil, water, Beef HVP, (**Gluten, Wheat, Soy**), Rice Flour, Salt, Cayenne Pepper, Ginger Ground, Pimento, Cloves, Nutmeg, Pepper, **Wheat** Flour, Wholemeal **Wheat** Flour, Yeast, Iodised Sea Salt, Rye Flour, **Wheat** Fibre, Water, Vinegar, Canola Oil, Malt, Barley Flour (**Wheat**), Antioxidant (300), Enzymes, Preservatives (282), Colour (E160a), Vitamin (Thiamine, Folate), Garlic Salt, Robert Mix (**Gluten, Wheat, Soy**), Mustard Ground Yellow, Onion Salt, Paprika, Curry Powder Mild.

Lettuce: Iceberg Lettuce.

sweet soy: Coconut sugar, Sugar, **Soy** Extract (11%) (Water, Salt, **Soybean, Wheat**), Water, Colour (150a), Salt, Preservatives [211, 223 (**Sulphites**)], Acidity Regulator (330), Stabiliser (415).

Bean Sprouts: Bean Sprouts.

Sesame Oil: **Sesame** seed oil.

Sweet Chilli Sauce: Sugar, Water, Red Cayenne Chilli (19%), Salt, Thickeners (1442, 415), Garlic, Acidity Regulator (260), Preservatives (211, 202), Natural Colour (160c).

Carrot: Carrot.

Spring Onion: Shallot.

Honey: Honey.

Vinegar: Water, Food Acid (260).

Shredded Chicken Salad																																																						
Serving sizes						Country of Origin 75%																																																
	Per 100g	Small 180g	Medium 240g	Large 340g	Family 550g																																																	
ENERGY (kJ)	380	660	870	1240	2070																																																	
CALORIES (cal)	90	160	210	300	490																																																	
PROTEIN (g)	7.7	13.6	17.9	25.6	42.6																																																	
FAT TOTAL (g)	2.1	3.7	4.8	6.9	11.5																																																	
FAT SATURATED	0.5	0.9	1.1	1.6	2.7																																																	
CARBOHYDRATES (g)	8.7	15.2	20.0	28.6	47.6																																																	
SUGAR (g)	1.9	3.1	4.3	6.2	10.3																																																	
SODIUM (mg)	145	250	335	490	810																																																	
Allergen information <table><tr><th>Gluten</th><th>Wheat</th><th>Egg</th><th>Milk</th><th>Peanuts</th><th>Almond</th><th>Brazil nut</th><th>Cashew</th></tr><tr><td>Y</td><td>Y</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td></tr><tr><th>Hazelnut</th><th>Macadamia</th><th>Pecan</th><th>Pine nut</th><th>Pistachio</th><th>Walnut</th><th>Sesame</th><th>Soy</th></tr><tr><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>Y</td><td>Y</td></tr><tr><th>Shellfish</th><th>Fish</th><th>Crustacean</th><th>Molluscs</th><th>Added Sulphites</th><th>Royal Jelly</th><th>Lupin</th><td rowspan="2"></td></tr><tr><td>-</td><td>Y</td><td>-</td><td>T</td><td>T</td><td>T</td><td>-</td></tr></table>								Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew	Y	Y	T	T	T	T	T	T	Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy	T	T	T	T	T	T	Y	Y	Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin		-	Y	-	T	T	T	-
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew																																															
Y	Y	T	T	T	T	T	T																																															
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy																																															
T	T	T	T	T	T	Y	Y																																															
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin																																																
-	Y	-	T	T	T	-																																																
Ingredients																																																						
Shredded Chicken Salad																																																						
Cabbage: Cabbage Roasted Chicken: Chicken, vegetable oil, water, Beef HVP, (Gluten, Wheat, Soy), Rice Flour, Salt, Cayenne Pepper, Ginger Ground, Pimento, Cloves, Nutmeg, Pepper, Wheat Flour, Wholemeal Wheat Flour, Yeast, Iodised Sea Salt, Rye Flour, Wheat Fibre, Water, Vinegar, Canola Oil, Malt, Barley Flour, Antioxidant (300), Enzymes, Preservatives (282), Colour (E160a), Vitamin (Thiamine, Folate), Garlic Salt, Robert Mix (Gluten, Wheat, Soy), Mustard Ground Yellow, Onion Salt, Paprika, Curry Powder Mild. Lettuce: Cos Lettuce. Wonton Wrapper: Wheat flour, water, salt, Gluten, baking powder (170, 450, 500), preservative (202). Bean Sprout: Bean Sprouts. Carrot: Carrot. Coriander: Coriander. Sesame Seed: Black Sesame Seeds. Mint: Mint. Shredded Chicken Salad Dressing: Water, Food Acid (260), Sugar, Anchovy (Fish) (Encrasicholina spp.) 77%, salt 20%, sugar 3%.																																																						

Summer Peach Salad	
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Serving sizes

	Per 100g	Small 240g	Medium 315g	Large 500g	Family 775g
ENERGY (kJ)	650	1560	2030	3280	5170
CALORIES (cal)	160	370	480	780	1230
PROTEIN (g)	5.1	12.3	15.9	25.7	40.5
FAT TOTAL (g)	7.4	17.7	23.0	37.2	58.7
FAT SATURATED	0.6	1.5	2.0	3.2	5.0
CARBOHYDRATES (g)	17.8	42.6	55.3	89.4	140.8
SUGAR (g)	6.8	16.3	21.2	34.3	54.0
SODIUM (mg)	25	55	75	125	200

Country of Origin	73%
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Allergen information	
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Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
T	T	T	T	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	Y	T	T
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	-	T	T	T	-	

Ingredients	
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Summer Peach Salad	
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Rocket: Rocket.

Radicchio: Radicchio.

Quinoa: White Qunioa (50%), Red Qunioa (25%), Black Quinoa (25%).

Peaches: Peach.	
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Walnut: **Walnut.**

Currant: Currants, Vegetable Oil.

Summer Peach Dressing: Pomegranate Concentrated Juice, Sugar, Olive Oil, Wine Vinegar, Concentrated Grape Must, Caramel (E150d), White salt flakes, Pepper Black Whole.

Superfood Salad																																																						
Serving sizes						Country of Origin NA																																																
	Per 100g	Small 355g	Medium 470g	Large 600g	Family 1400g																																																	
ENERGY (kJ)	540	1930	2540	3250	7810																																																	
CALORIES (cal)	130	460	610	780	1870																																																	
PROTEIN (g)	3.9	13.8	18.1	23.1	55.6																																																	
FAT TOTAL (g)	6.4	22.7	30.1	38.5	92.2																																																	
FAT SATURATED	1.0	3.4	4.5	5.8	13.8																																																	
CARBOHYDRATES (g)	14.2	50.4	66.2	84.3	203.3																																																	
SUGAR (g)	1.1	3.9	5.2	6.6	15.9																																																	
SODIUM (mg)	225	800	1055	1340	3230																																																	
Allergen information <table><tr><th>Gluten</th><th>Wheat</th><th>Egg</th><th>Milk</th><th>Peanuts</th><th>Almond</th><th>Brazil nut</th><th>Cashew</th></tr><tr><td>T</td><td>T</td><td>T</td><td>Y</td><td>T</td><td>Y</td><td>T</td><td>Y</td></tr><tr><th>Hazelnut</th><th>Macadamia</th><th>Pecan</th><th>Pine nut</th><th>Pistachio</th><th>Walnut</th><th>Sesame</th><th>Soy</th></tr><tr><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>Y</td><td>T</td><td>T</td></tr><tr><th>Shellfish</th><th>Fish</th><th>Crustacean</th><th>Molluscs</th><th>Added Sulphites</th><th>Royal Jelly</th><th>Lupin</th><td rowspan="2"></td></tr><tr><td>-</td><td>T</td><td>-</td><td>T</td><td>T</td><td>T</td><td>-</td></tr></table>								Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew	T	T	T	Y	T	Y	T	Y	Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy	T	T	T	T	T	Y	T	T	Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin		-	T	-	T	T	T	-
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew																																															
T	T	T	Y	T	Y	T	Y																																															
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy																																															
T	T	T	T	T	Y	T	T																																															
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin																																																
-	T	-	T	T	T	-																																																
Ingredients																																																						
Superfood Salad																																																						
Quinoa: White Quinoa (50%), Red Quinoa (25%), Black Quinoa (25%). Sweet Potato: Sweet Potato. Broccoli: Broccoli. Watercress: Watercress. Olive Oil: (85% Refined olive pomace oil - 15% Extra Virgin Olive Oil). Bean Sprouts: Bean Sprouts. Radicchio: Radicchio. Feta Cheese: Pasteurised Cow's Milk (97.18%), Salt (2.6%), Lactic Cultures (0.1%), Non-Animal Rennet (<0.01%). Mixed Nuts: Cashew, Walnut, Almond Pomegranate: Pomegranate. Coriander: Coriander. Salt: Salt, anticaking agent (554). Superfood Dressing: Coriander, Pepper, Olive Oil, Lime, Reconstituted lemon juice, preservative (202), Salt, anticaking agent (554), Cane Sugar. Coriander ground: Coriander Seeds. Pepper: Pepper.																																																						

Tabouli Salad							
Serving sizes						Country of Origin NA	
	Per 100g	Small 385g	Medium 550g	Large 580g	Family 1535g		
ENERGY (kJ)	250	970	1390	1450	3970		
CALORIES (cal)	60	230	330	350	950		
PROTEIN (g)	1.6	6.0	8.5	8.9	24.4		
FAT TOTAL (g)	4.5	17.2	24.7	25.8	70.4		
FAT SATURATED	0.6	2.5	3.5	3.7	10.1		
CARBOHYDRATES (g)	2.6	9.8	14.0	14.6	40.0		
SUGAR (g)	1.6	6.3	9.0	9.4	25.7		
SODIUM (mg)	140	530	760	795	2165		
Allergen information							
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
Y	Y	T	T	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	T
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	-	T	T	T	-	
Ingredients							
Tabouli Salad							
Parsley: Parsley. Tomato: Tomato. Cucumber: Cucumber. olive Oil: (85% Refined olive pomace oil - 15% Extra Virgin Olive Oil). Lemon Juice: Reconstituted lemon juice, preservative (202). Bulgur: Bulgur Wheat . Tabouli Dressing: Reconstituted lemon juice, preservative (202), Olive Oil, Wine Vinegar, Concentrated Grape Must, Caramel (E150d), Salt, anticaking agent (554). Salt: Salt, anticaking agent (554). Balsamic Vinegar: Wine Vinegar, Concentrated Grape Must, Caramel (E150d).							

Tandoori Roasted Chicken Salad																																																							
Serving sizes						Country of Origin 85%																																																	
	Per 100g	Small 230g	Medium 290g	Large 400g	Family 675g																																																		
ENERGY (kJ)	340	780	960	1340	2320																																																		
CALORIES (cal)	80	190	240	330	570																																																		
PROTEIN (g)	6.9	15.9	19.7	27.2	47.3																																																		
FAT TOTAL (g)	4.3	9.9	12.2	17.0	29.4																																																		
FAT SATURATED	1.3	3.0	3.7	5.1	8.9																																																		
CARBOHYDRATES (g)	3.6	8.2	10.2	14.2	24.6																																																		
SUGAR (g)	2.0	4.6	5.7	8.0	13.8																																																		
SODIUM (mg)	60	135	170	230	405																																																		
Allergen information <table><tr><th>Gluten</th><th>Wheat</th><th>Egg</th><th>Milk</th><th>Peanuts</th><th>Almond</th><th>Brazil nut</th><th>Cashew</th></tr><tr><td>Y</td><td>Y</td><td>T</td><td>Y</td><td>T</td><td>T</td><td>T</td><td>T</td></tr><tr><th>Hazelnut</th><th>Macadamia</th><th>Pecan</th><th>Pine nut</th><th>Pistachio</th><th>Walnut</th><th>Sesame</th><th>Soy</th></tr><tr><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td></tr><tr><th>Shellfish</th><th>Fish</th><th>Crustacean</th><th>Molluscs</th><th>Added Sulphites</th><th>Royal Jelly</th><th>Lupin</th><td></td></tr><tr><td>-</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>-</td><td></td></tr></table>								Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew	Y	Y	T	Y	T	T	T	T	Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy	T	T	T	T	T	T	T	T	Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin		-	T	T	T	T	T	-	
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew																																																
Y	Y	T	Y	T	T	T	T																																																
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy																																																
T	T	T	T	T	T	T	T																																																
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin																																																	
-	T	T	T	T	T	-																																																	
Ingredients																																																							
Tandoori Roasted Chicken Salad																																																							
Chicken: Chicken. Sweet Potato: Sweet Potato. Tomato: Roma Tomato. Eggplant: Eggplant. Lettuce: Cos Lettuce. Tandoori Paste: water, rapeseed oil, durum wheat semolina, salt, sugar, acid (acetic acid), colour (paprika extract), ginger puree, cumin, chilli powder, ground mustard, ground ginger, coriander, cinnamon, paprika, garlic powder, spices, acid (citric acid), onion powder, ground celery, stabilisers (guar gum, xanthan gum). Spinach: Spinach. Mint: Mint. Tandoori Salad Dressing: MILK , MILK SOLIDS , CREAM (MILK), LIVE YOGURT CULTURES (MILK): S. THERMOPHILUS & L. BULGARICUS, Cucumber, Reconstituted lemon juice, preservative (202), Southern Ocean Sea Salt, Maize Maltodextrin, Cane Sugar, Dehydrated Vegetables (Cabbage, Onion, Garlic, Celery, Spinach), Yeast Extract, Rice Flour, Natural Vegetable Flavours, Disodium Guanylate & Inosinate, Canola Oil, Chilli.																																																							

Thai Chicken Lemongrass Salad

Serving sizes

	Per 100g	Small 350g	Medium 435g	Large 535g	Family 1355g
ENERGY (kJ)	610	2130	2660	3260	8270
CALORIES (cal)	150	510	640	780	1980
PROTEIN (g)	9.9	34.6	43.1	53.0	134.3
FAT TOTAL (g)	3.7	12.8	16.0	19.6	49.8
FAT SATURATED	0.6	2.0	2.5	3.1	7.8
CARBOHYDRATES (g)	18.4	64.5	80.3	98.6	249.9
SUGAR (g)	15.1	52.8	65.7	80.7	204.6
SODIUM (mg)	390	1355	1690	2070	5255

Country of Origin
NA

Allergen information

Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
Y	Y	T	T	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	Y
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	T	T	T	T	-	

Ingredients

Thai Chicken Lemongrass Salad

Roasted Chicken: Chicken, vegetable oil, water, Beef HVP, (**Gluten, Wheat, Soy**), Rice Flour, Salt, Cayenne Pepper, Ginger Ground, Pimento, Cloves, Nutmeg, Pepper, **Wheat** Flour, Wholemeal **Wheat** Flour, Yeast, Iodised Sea Salt, Rye Flour, **Wheat** Fibre, Water, Vinegar, Canola Oil, Malt, **Barley** Flour, Antioxidant (300), Enzymes, Preservatives (282), Colour (E160a), Vitamin (Thiamine, Folate), Garlic Salt, Robert Mix (**Gluten, Wheat, Soy**), Mustard Ground Yellow, Onion Salt, Paprika, Curry Powder Mild.

Thai Sauce: Canola Oil, Lemon Juice, Fresh Ginger, Fresh Crushed Garlic, Lemongrass, Coriander, Salt, Sugar, Water, Chilli Red, Thickener (1422), Acidic Regulator (260, 330), Palm Sugar, **Soybean, Wheat**, Colour (150a), Preservatives (211, 223), Stabiliser (415)

Cabbage: Cabbage.

Capsicum: Capsicum.

Carrot: Carrot.

Bean Sprouts: Bean Sprouts.

Coriander Ground: Coriander Seeds.

Spring Onion: Shallot.

Wonton Salad																																																						
Serving sizes						Country of Origin 61%																																																
	Per 100g	Small 255g	Medium 330g	Large 450g	Family 1kg																																																	
ENERGY (kJ)	540	1380	1770	2420	5600																																																	
CALORIES (cal)	130	330	420	580	1340																																																	
PROTEIN (g)	7.1	18.0	23.0	31.5	72.8																																																	
FAT TOTAL (g)	3.1	7.9	10.1	13.8	31.9																																																	
FAT SATURATED	1.1	2.7	3.5	4.8	11.0																																																	
CARBOHYDRATES (g)	17.7	45.2	57.9	79.4	183.1																																																	
SUGAR (g)	1.8	4.7	6.2	8.6	19.3																																																	
SODIUM (mg)	285	725	935	1280	2945																																																	
Allergen information <table><tr><th>Gluten</th><th>Wheat</th><th>Egg</th><th>Milk</th><th>Peanuts</th><th>Almond</th><th>Brazil nut</th><th>Cashew</th></tr><tr><td>Y</td><td>Y</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td></tr><tr><td>Hazelnut</td><td>Macadamia</td><td>Pecan</td><td>Pine nut</td><td>Pistachio</td><td>Walnut</td><td>Sesame</td><td>Soy</td></tr><tr><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>Y</td><td>Y</td></tr><tr><td>Shellfish</td><td>Fish</td><td>Crustacean</td><td>Molluscs</td><td>Added Sulphites</td><td>Royal Jelly</td><td>Lupin</td><td rowspan="2"></td></tr><tr><td>-</td><td>T</td><td>T</td><td>Y</td><td>Y</td><td>T</td><td>-</td></tr></table>								Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew	Y	Y	T	T	T	T	T	T	Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy	T	T	T	T	T	T	Y	Y	Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin		-	T	T	Y	Y	T	-
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew																																															
Y	Y	T	T	T	T	T	T																																															
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy																																															
T	T	T	T	T	T	Y	Y																																															
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin																																																
-	T	T	Y	Y	T	-																																																
Ingredients																																																						
Wonton Salad																																																						
Wonton Wrapper: Wheat flour, water, salt, Gluten, baking powder (170, 450, 500), preservative (202). Chicken Mince: Chicken (100%). Lettuce: Cos Lettuce. Bean Sprouts: Bean Sprouts. Carrot: Carrot. Coriander: Coriander. Oyster Sauce: water, sugar, salt, oyster extractives (11%) (oyster, water, salt), flavour enhancer (621), modified corn starch (1442), wheat flour, colour (150a). Wonton Sauce: Sugar, Water, Red Cayenne Chilli (19%), Salt, Thickeners (1442, 415), Garlic, Acidity Regulator (260), Preservatives (211, 202), Natural Colour (160c), Coconut sugar, Sugar, Soy Extract (11%) (Water, Salt, Soybean, Wheat), Water, Colour (150a), Salt, Preservatives [211, 223 (Sulphites)], Acidity Regulator (330), Stabiliser (415), Water, Food Acid (260), Sesame seed oil, Coriander, Shallot, Pepper White Whole.																																																						

Baked Pumpkin	
1	100g
2	200g
3	300g
4	400g
5	500g
6	600g
7	700g
8	800g
9	900g
10	1000g

Serving sizes

	Per 100g	Small	Medium	Large	Family
ENERGY (kJ)	270	680	1010	1510	2130
CALORIES (cal)	70	160	240	360	510
PROTEIN (g)	1.2	2.9	4.4	6.5	9.2
FAT TOTAL (g)	2.4	6.1	9.0	13.5	19.1
FAT SATURATED	1.7	4.1	6.1	9.1	13.0
CARBOHYDRATES (g)	9.0	22.5	33.4	49.6	70.3
SUGAR (g)	8.3	20.7	30.6	45.5	64.6
SODIUM (mg)	0	0	5	5	5

Country of Origin	94%
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94%

Allergen information

Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
T	T	T	Y	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	T
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	T	T	T	-	-	

Ingredients	
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Baked Pumpkin

Pumpkin, **Butter**, Brown Sugar, Cinnamon Powder.

Beef & Guinness Empanada	
1	100g Beef
2	100g Guinness
3	100g Empanada Dough
4	100g Cheese
5	100g Onions
6	100g Potatoes
7	100g Carrots
8	100g Celery
9	100g Parsley
10	100g Salt
11	100g Pepper
12	100g Oil
13	100g Butter
14	100g Flour
15	100g Eggs
16	100g Milk
17	100g Sugar
18	100g Yeast
19	100g Baking Powder
20	100g Baking Soda
21	100g Vanilla
22	100g Lemon Juice
23	100g Lime Juice
24	100g Orange Juice
25	100g Apple Juice
26	100g Grape Juice
27	100g Pineapple Juice
28	100g Mango Juice
29	100g Peach Juice
30	100g Strawberry Juice
31	100g Blueberry Juice
32	100g Raspberry Juice
33	100g Blackberry Juice
34	100g Elderberry Juice
35	100g Pomegranate Juice
36	100g Cranberry Juice
37	100g Lemon-Lime Juice
38	100g Orange-Lime Juice
39	100g Apple-Cinnamon Juice
40	100g Peach-Cinnamon Juice
41	100g Strawberry-Cinnamon Juice
42	100g Blueberry-Cinnamon Juice
43	100g Raspberry-Cinnamon Juice
44	100g Blackberry-Cinnamon Juice
45	100g Elderberry-Cinnamon Juice
46	100g Pomegranate-Cinnamon Juice
47	100g Cranberry-Cinnamon Juice
48	100g Lemon-Lime-Cinnamon Juice
49	100g Orange-Lime-Cinnamon Juice
50	100g Apple-Cinnamon-Cinnamon Juice
51	100g Peach-Cinnamon-Cinnamon Juice
52	100g Strawberry-Cinnamon-Cinnamon Juice
53	100g Blueberry-Cinnamon-Cinnamon Juice
54	100g Raspberry-Cinnamon-Cinnamon Juice
55	100g Blackberry-Cinnamon-Cinnamon Juice
56	100g Elderberry-Cinnamon-Cinnamon Juice
57	100g Pomegranate-Cinnamon-Cinnamon Juice
58	100g Cranberry-Cinnamon-Cinnamon Juice
59	100g Lemon-Lime-Cinnamon-Cinnamon Juice
60	100g Orange-Lime-Cinnamon-Cinnamon Juice
61	100g Apple-Cinnamon-Cinnamon-Cinnamon Juice
62	100g Peach-Cinnamon-Cinnamon-Cinnamon Juice
63	100g Strawberry-Cinnamon-Cinnamon-Cinnamon Juice
64	100g Blueberry-Cinnamon-Cinnamon-Cinnamon Juice
65	100g Raspberry-Cinnamon-Cinnamon-Cinnamon Juice
66	100g Blackberry-Cinnamon-Cinnamon-Cinnamon Juice
67	100g Elderberry-Cinnamon-Cinnamon-Cinnamon Juice
68	100g Pomegranate-Cinnamon-Cinnamon-Cinnamon Juice
69	100g Cranberry-Cinnamon-Cinnamon-Cinnamon Juice
70	100g Lemon-Lime-Cinnamon-Cinnamon-Cinnamon Juice
71	100g Orange-Lime-Cinnamon-Cinnamon-Cinnamon Juice
72	100g Apple-Cinnamon-Cinnamon-Cinnamon-Cinnamon Juice
73	100g Peach-Cinnamon-Cinnamon-Cinnamon-Cinnamon Juice
74	100g Strawberry-Cinnamon-Cinnamon-Cinnamon-Cinnamon Juice
75	100g Blueberry-Cinnamon-Cinnamon-Cinnamon-Cinnamon Juice
76	100g Raspberry-Cinnamon-Cinnamon-Cinnamon-Cinnamon Juice
77	100g Blackberry-Cinnamon-Cinnamon-Cinnamon-Cinnamon Juice
78	100g Elderberry-Cinnamon-Cinnamon-Cinnamon-Cinnamon Juice
79	100g Pomegranate-Cinnamon-Cinnamon-Cinnamon-Cinnamon Juice
80	100g Cranberry-Cinnamon-Cinnamon-Cinnamon-Cinnamon Juice
81	100g Lemon-Lime-Cinnamon-Cinnamon-Cinnamon-Cinnamon Juice
82	100g Orange-Lime-Cinnamon-Cinnamon-Cinnamon-Cinnamon Juice
83	100g Apple-Cinnamon-Cinnamon-Cinnamon-Cinnamon-Cinnamon Juice
84	100g Peach-Cinnamon-Cinnamon-Cinnamon-Cinnamon-Cinnamon Juice
85	100g Strawberry-Cinnamon-Cinnamon-Cinnamon-Cinnamon-Cinnamon Juice
86	100g Blueberry-Cinnamon-Cinnamon-Cinnamon-Cinnamon-Cinnamon Juice
87	100g Raspberry-Cinnamon-Cinnamon-Cinnamon-Cinnamon-Cinnamon Juice
88	100g Blackberry-Cinnamon-Cinnamon-Cinnamon-Cinnamon-Cinnamon Juice
89	100g Elderberry-Cinnamon-Cinnamon-Cinnamon-Cinnamon-Cinnamon Juice
90	100g Pomegranate-Cinnamon-Cinnamon-Cinnamon-Cinnamon-Cinnamon Juice
91	100g Cranberry-Cinnamon-Cinnamon-Cinnamon-Cinnamon-Cinnamon Juice
92	100g Lemon-Lime-Cinnamon-Cinnamon-Cinnamon-Cinnamon-Cinnamon Juice
93	100g Orange-Lime-Cinnamon-Cinnamon-Cinnamon-Cinnamon-Cinnamon Juice
94	100g Apple-Cinnamon-Cinnamon-Cinnamon-Cinnamon-Cinnamon-Cinnamon Juice
95	100g Peach-Cinnamon-Cinnamon-Cinnamon-Cinnamon-Cinnamon-Cinnamon Juice
96	100g Strawberry-Cinnamon-Cinnamon-Cinnamon-Cinnamon-Cinnamon-Cinnamon Juice
97	100g Blueberry-Cinnamon-Cinnamon-Cinnamon-Cinnamon-Cinnamon-Cinnamon Juice
98	100g Raspberry-Cinnamon-Cinnamon-Cinnamon-Cinnamon-Cinnamon-Cinnamon Juice
99	100g Blackberry-Cinnamon-Cinnamon-Cinnamon-Cinnamon-Cinnamon-Cinnamon Juice
100	100g Elderberry-Cinnamon-Cinnamon-Cinnamon-Cinnamon-Cinnamon-Cinnamon Juice

Serving sizes

	Per 100g	Per serve			
ENERGY (kJ)	1030	1750			
CALORIES (cal)	250	420			
PROTEIN (g)	13.3	22.6			
FAT TOTAL (g)	11.2	19.0			
FAT SATURATED	6.5	11.1			
CARBOHYDRATES (g)	23.4	39.8			
SUGAR (g)	2.7	4.6			
SODIUM (mg)	430	730			

Country of Origin	NA
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Allergen information	
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Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
Y	Y	T	T	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	Y
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	T	T	Y	-	-	

Ingredients	
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Beef & Guinness Empanada

Pie Mixture: Beef, Tomatoes (60%), Tomato Juice (39.90%), Citric acid (E330), Concentrated tomato (98%), salt, food acid (citric), Brown Onion , Cornflour (**Sulphites**), Carrot, Celery, Water, Malted **Barley**, **Barley**, roasted **Barley**, Hops, Yeast, Potato, Southern Ocean Sea Salt, Maize Maltodextrin, Cane Sugar, Dehydrated Vegetables (Cabbage, Onion, Garlic, Celery, Spinach), Yeast Extract, Rice Flour, Natural Vegetable Flavours, Disodium Guanylate & Inosinate, Canola Oil, Chilli , Refined, Bleached & Deodorised Soya Bean Oil, Antioxidant (319) and Antifoaming Agent (900a), Pepper, Oregano, Thyme, Rosemary , Salt, anticaking agent (554).

Pastry: **Wheat** Flour, Water, Margarine [Vegetable Oils, Water, Salt, Emulsifiers (471, **soy** lecithin), Food Acid (330), Flavour, Antioxidant (e307b), Colour (160a)], Salt, Preservatives (202,281), Food Acid (330).

Broccoli Cheese

Serving sizes

	Per 100g	Small	Medium	Large	Family
ENERGY (kJ)	480	1760	2400	3600	4800
CALORIES (cal)	110	420	570	860	1140
PROTEIN (g)	5.2	19.1	26.2	39.3	52.4
FAT TOTAL (g)	8.4	30.8	42.1	63.2	84.3
FAT SATURATED	5.6	20.6	28.2	42.4	56.5
CARBOHYDRATES (g)	4.1	15.0	20.5	30.7	40.9
SUGAR (g)	2.7	9.7	13.3	19.9	26.6
SODIUM (mg)	115	420	575	860	1150

Country of Origin

86%

Allergen information

Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
T	T	T	Y	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	T
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	T	T	Y	-	-	

Ingredients

Broccoli Cheese

Cauliflower, Pasteurised Homogenised **Milk**, Pasteurised **Cream** (35% **milk fat**)., Cheese (**milk**, salt, starter cultures (**milk**), enzyme), anticaking agent (460), preservative (200), Broccoli, Cheese (**Milk**, Salt, Started Cultures, Enzymes), Water, Cornflour (**Sulphites**).

Brown Rice

Serving sizes

	Per 100g	Small	Medium	Large	Family
ENERGY (kJ)	520	1240	1880	2920	3430
CALORIES (cal)	120	300	450	700	820
PROTEIN (g)	2.7	6.4	9.7	15.1	17.7
FAT TOTAL (g)	0.0	0	3.6	5.7	6.7
FAT SATURATED	0.3	0.8	1.2	1.9	2.2
CARBOHYDRATES (g)	26.3	0	96.0	148.9	175.2
SUGAR (g)	0.3	0	1.2	1.9	2.2
SODIUM (mg)	0	5	5	10	15

Country of Origin
67%

Allergen information	
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Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
T	T	T	T	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	T
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	T	T	T	-	-	

Ingredients	
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Brown Rice

Rice, Water.	
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Cauliflower Cheese

Serving sizes

	Per 100g	Small	Medium	Large	Family
ENERGY (kJ)	390	1350	2030	3010	4300
CALORIES (cal)	90	320	480	720	1020
PROTEIN (g)	4.3	14.9	22.5	33.3	47.6
FAT TOTAL (g)	6.5	22.5	33.8	50.2	71.7
FAT SATURATED	4.3	15.0	22.5	33.4	47.7
CARBOHYDRATES (g)	4.1	14.0	21.0	31.2	44.6
SUGAR (g)	2.8	9.8	2030	21.8	31.1
SODIUM (mg)	100	340	480	760	1085

Country of Origin
89%

Allergen information

Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
T	T	T	Y	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	T
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	T	T	Y	-	-	

Ingredients

Cauliflower Cheese

Cauliflower, Pasteurised Homogenised **Milk**, Pasteurised Cream (35% **milk** fat), Mozzarella Cheese (**milk**, salt, starter cultures (**milk**), enzyme), anticaking agent (460), preservative (200), Cheese (**Milk**, Salt, Started Cultures, Enzymes), Water, Cornflour (**Sulphites**).

Chicken Macaroni & Cheese

Serving sizes					
	Per 100g	Small	Medium	Large	Family
ENERGY (kJ)	850	2630	3600	5690	8480
CALORIES (cal)	200	630	860	1350	2020
PROTEIN (g)	9.7	30.0	41.1	64.9	96.7
FAT TOTAL (g)	0.0	0	42.9	67.8	101.0
FAT SATURATED	6.6	20.3	27.8	43.9	65.5
CARBOHYDRATES (g)	2.5	0	10.7	16.9	25.2
SUGAR (g)	17.2	0	73.3	115.6	172.4
SODIUM (mg)	150	470	640	1015	1510

Country of Origin
72%

Allergen information	
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Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
Y	Y	T	Y	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	Y
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	T	T	T	-	-	

st

Ingredients

Chicken Macaroni & Cheese

Milk: Pasteurised Homogenised Milk.

Macaroni: Durum **wheat** semolina, water.

Roasted Chicken: Chicken, vegetable oil, water, Beef HVP, (**Gluten, Wheat, Soy**), Rice Flour, Salt, Cayenne Pepper, Ginger Ground, Pimento , Cloves, Nutmeg , Pepper, **Wheat** Flour, whole meal **Wheat** Flour, Yeast, Iodised Sea Salt, **Rye** Flour, **Wheat** Fibre, Water, Vinegar, Canola Oil, Malt, **Barley** Flour, Antioxidant (300), Enzymes, Preservatives (282), Colour (E160a), Vitamin (Thiamine, Folate), Garlic Salt, Robert Mix (**Gluten, Wheat, Soy**), Mustard Ground Yellow, Onion Salt, Paprika, Curry Powder Mild.

Cream: Pasteurised Cream (35% **milk** fat).

Mozzarella Cheese: Cheese (**milk**, salt, starter cultures (**milk**), enzyme), anticaking agent (460), preservative (200).

Mushroom: Mushroom.

Onion: Brown Onion.

Butter: Pasteurised **Cream**, Water.

Chicken Stock Powder: Southern Ocean Sea Salt, Maize Maltodextrin, Cane Sugar, Natural Vegetable Flavours, Yeast Extract, Dehydrated Vegetables (Onion, Celery), Disodium Guanylate & Inosinate, Canola Oil.

Salt: Salt, anticaking agent (554).

Pepper: Pepper White Ground.

Corn on the Cob

Serving sizes

	Per 100g	Per serve			
ENERGY (kJ)	600	1150			
CALORIES (cal)	140	270			
PROTEIN (g)	3.7	7.1			
FAT TOTAL (g)	7.9	15.1			
FAT SATURATED	1.2	2.3			
CARBOHYDRATES (g)	12.7	24.1			
SUGAR (g)	3.8	7.2			
SODIUM (mg)	320	610			

Country of Origin
82%

Allergen information	
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Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
T	T	T	T	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	T
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	T	T	T	-	-	

Ingredients	
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Corn on the Cob

Corn, Lemon Juice (Reconstituted lemon juice, preservative (202)), Olive Oil (85% Refined olive pomace oil - 15% Extra Virgin Olive Oil), Salt, Paprika, Pepper, anticaking agent (554).

Creamy Potato

Serving sizes

	Per 100g	Small	Medium	Large	Family
ENERGY (kJ)	310	940	1410	2030	2810
CALORIES (cal)	70	220	330	480	670
PROTEIN (g)	2.2	6.7	10.1	14.6	20.2
FAT TOTAL (g)	2.9	8.7	13.0	18.8	26.0
FAT SATURATED	2.0	5.9	8.9	12.9	17.8
CARBOHYDRATES (g)	9.2	27.7	41.6	60.1	83.2
SUGAR (g)	2.1	6.2	9.3	13.5	18.7
SODIUM (mg)	160	480	720	1040	1440

Country of Origin
100%

Allergen information

Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
T	T	T	Y	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	T
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	T	T	T	-	-	

Ingredients

Creamy Potato

Potato, Milk, Brown Onion, Cream (35% **milk** fat), Shallot, Butter (Pasteurised **Cream**, Water), Salt, anticaking agent (554), Pepper White Ground.

Curry Puff

Serving sizes	
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	Per 100g	Per Serve			
ENERGY (kJ)	580	760			
CALORIES (cal)	140	180			
PROTEIN (g)	7.4	9.6			
FAT TOTAL (g)	6.4	8.4			
FAT SATURATED	1.1	1.4			
CARBOHYDRATES (g)	8.3	10.8			
SUGAR (g)	5.4	7.0			
SODIUM (mg)	620	810			

Country of Origin	84%
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Allergen information	
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Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
Y	Y	T	T	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	Y
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	T	T	T	-	-	

Ingredients	
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Curry Puff

Potato: Potato.

Roasted Chicken: Chicken, vegetable oil, water, Beef HVP, (**Gluten, Wheat, Soy**), Rice Flour, Salt, Cayenne Pepper, Ginger Ground, Pimento , Cloves, Nutmeg , Pepper, **Wheat** Flour, Wholemeal **Wheat** Flour, Yeast, Iodised Sea Salt, Rye Flour, **Wheat** Fibre, Water, Vinegar, Canola Oil, Malt, **Barley** Flour, Antioxidant (300), Enzymes, Preservatives (282), Colour (E160a), Vitamin B (Thiamine, Folate), Garlic Salt, Robert Mix (**Gluten, Wheat, Soy**), Mustard Ground Yellow, Onion Salt, Paprika, Curry Powder Mild.

Oil: Refined, Bleached & Deodorised Soya Bean Oil, Antioxidant (319) and Antifoaming Agent (900a).

Soy Sauce: Water, Soybeans, Rice, Salt.

Onion: Brown Onion.

Sugar: Sugar.

Puff Pastry: Wheat Flour, Water, Margarine [Vegetable Oils, Water, Salt, Emulsifiers (471, soy lecithin), Food Acid (330), Flavour, Antioxidant (e307b), Colour (160a)], Salt, Preservatives (202,281), Food Acid (330).

Colouring: Water, Colours (102,110), Food Acid (330), Preservative (211).

Curry Powder: Coriander, Turmeric, Fennel, Pepper, Cumin, Chilli, Fenugreek, Garlic, Ginger, Salt.

Salt: Salt, anticaking agent (554).

Fried Rice																																																						
Serving sizes						Country of Origin 56%																																																
	Per 100g	Small	Medium	Large	Family																																																	
ENERGY (kJ)	690	1690	2570	3590	5410																																																	
CALORIES (cal)	160	410	620	860	1290																																																	
PROTEIN (g)	3.7	10.5	16.0	22.3	33.7																																																	
FAT TOTAL (g)	5.8	15.1	22.9	31.9	48.1																																																	
FAT SATURATED	0.9	2.4	3.7	5.2	7.8																																																	
CARBOHYDRATES (g)	23.0	54.1	82.1	114.4	172.6																																																	
SUGAR (g)	2.6	6.2	9.4	13.2	19.9																																																	
SODIUM (mg)	460	1100	1665	2325	3505																																																	
Allergen information <table><tr><th>Gluten</th><th>Wheat</th><th>Egg</th><th>Milk</th><th>Peanuts</th><th>Almond</th><th>Brazil nut</th><th>Cashew</th></tr><tr><td>Y</td><td>Y</td><td>Y</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td></tr><tr><th>Hazelnut</th><th>Macadamia</th><th>Pecan</th><th>Pine nut</th><th>Pistachio</th><th>Walnut</th><th>Sesame</th><th>Soy</th></tr><tr><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>Y</td></tr><tr><th>Shellfish</th><th>Fish</th><th>Crustacean</th><th>Molluscs</th><th>Added Sulphites</th><th>Royal Jelly</th><th>Lupin</th><td rowspan="2"></td></tr><tr><td>-</td><td>T</td><td>T</td><td>T</td><td>T</td><td>-</td><td>-</td></tr></table>								Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew	Y	Y	Y	T	T	T	T	T	Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy	T	T	T	T	T	T	T	Y	Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin		-	T	T	T	T	-	-
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew																																															
Y	Y	Y	T	T	T	T	T																																															
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy																																															
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Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin																																																
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Ingredients																																																						
Fried Rice																																																						
Water, Jasmine Rice, Peas, Corn kernels, Egg , Vegetable Oil (Refined, Bleached & Deodorised Soya Bean Oil, Antioxidant (319) and Antifoaming Agent (900a)), Carrot, Liquid Seasoning (Water, Salt, Wheat (Wheat Gluten, Wheat, Wheat Bran) , Sugar, Colour (150c), Food Acid (260), Flavour Enhancer (627, 631), Flavour, Dextrose), Soy Sauce (Water, Soybeans , Rice, Salt), Sugar.																																																						

Health Bread							
Serving sizes						Country of Origin N/A	
	Per 100g	Per Serve	Per Loaf				
ENERGY (kJ)	970	970	8090				
CALORIES (cal)	230	230	1930				
PROTEIN (g)	7.0	7.0	58.6				
FAT TOTAL (g)	6.5	6.5	54.2				
FAT SATURATED	0.7	0.7	5.6				
CARBOHYDRATES (g)	33.6	33.6	281.8				
SUGAR (g)	0.8	0.8	7.1				
SODIUM (mg)	365	365	3075				
Allergen information							
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
Y	Y	T	T	T	Y	T	Y
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	Y	T	Y
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	T	T	T	-	-	
Ingredients							
Health Bread							
Bread Mix 1 (Whole and Kibbled Wheat), Water, Bread Mix 2 (Wholemeal Flour (Wheat), Protein Flour, Sunflower Seeds, Linseeds, Salt, Poppy Seeds Blue, Sesame Seeds White), Sunflower Seed Oil, Honey, Yeast, Cashew, Walnut, Almond .							

Honey Mustard Veg

Serving sizes

	Per 100g	Small	Medium	Large	Family
ENERGY (kJ)	290	730	1120	1560	2350
CALORIES (cal)	70	180	270	370	560
PROTEIN (g)	1.4	3.6	5.4	7.5	11.4
FAT TOTAL (g)	3.0	7.4	11.3	15.8	23.8
FAT SATURATED	0.4	1.0	1.5	2.1	3.2
CARBOHYDRATES (g)	9.1	22.8	34.6	48.3	72.9
SUGAR (g)	4.5	11.4	17.3	24.1	36.4
SODIUM (mg)	65	165	255	350	530

Country of Origin	90%
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Allergen information	
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Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
T	T	T	T	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	T
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	T	T	T	-	-	

Ingredients

	Honey Mustard Veg
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Zucchini, Carrot, Sweet Potato, Potato, Olive Oil, Water, Mustard Seed, Salt, Sugar, Food Acid (Acetic), Turmeric, Marjoram, Thyme, Garlic Extract, Spice Extract, Wine Vinegar, Concentrated Grape Must, Caramel (E150d), Honey Reconstituted lemon juice, preservative (202), Cane Sugar, Salt, anticaking gent (554).

Mac & Cheese

Serving sizes

	Per 100g	Small	Medium	Large	Family
ENERGY (kJ)	900	2890	4340	6320	9940
CALORIES (cal)	210	690	1030	1500	2360
PROTEIN (g)	6.8	21.7	32.6	47.5	74.7
FAT TOTAL (g)	11.3	36.3	54.5	79.4	124.8
FAT SATURATED	7.7	24.5	36.8	53.6	84.2
CARBOHYDRATES (g)	2.7	8.8	13.2	19.2	30.2
SUGAR (g)	20.7	66.2	99.4	144.9	227.8
SODIUM (mg)	70	230	345	505	790

Country of Origin	NA
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Allergen information	
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100	100

Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
Y	Y	T	Y	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	T
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	T	T	T	-	-	

Ingredients	
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Mac & Cheese

Milk: **Milk.**

Macaroni: Durum **wheat** semolina, water.

Cream: Cream (35% **milk fat**).

Mozzarella Cheese: Cheese (**milk**, salt, starter cultures (**milk**), enzyme), anticaking agent (460), preservative (200).

Mushroom: Mushroom.

Onion: Brown Onion.

Butter: Butter (Pasteurised **Cream**, Water).

Vegetable Stock Powder: Southern Ocean Sea Salt, Maize Maltodextrin, Cane Sugar, Dehydrated Vegetables (Cabbage, Onion, Garlic, Celery, Spinach), Yeast Extract, Rice Flour, Natural Vegetable Flavours, Disodium Guanylate & Inosinate, Canola Oil, Chilli.

Market Medley Veg

Serving sizes

	Per 100g	Small	Medium	Large	Family
ENERGY (kJ)	290	800	1150	1660	2290
CALORIES (cal)	70	190	270	400	550
PROTEIN (g)	2.7	7.6	10.8	15.7	21.7
FAT TOTAL (g)	4.6	12.8	18.3	26.5	36.5
FAT SATURATED	0.6	1.8	2.5	3.7	5.1
CARBOHYDRATES (g)	1.9	5.4	7.8	11.3	15.5
SUGAR (g)	1.5	4.3	6.2	9.0	12.4
SODIUM (mg)	100	275	395	570	790

Country of Origin
98%

Allergen information

Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
T	T	T	T	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	T
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	T	T	T	-	-	

Ingredients

Market Medley Veg

Brussel Sprouts, Green Bean, Avocado, Broccolini, Oil (85% Refined olive pomace oil - 15% Extra Virgin Olive Oil), Salt, anticaking agent (554), Pepper.

Mediterranean Roasted Vege

Serving sizes

	Per 100g	Small	Medium	Large	Family
ENERGY (kJ)	210	490	780	1130	1650
CALORIES (cal)	50	120	190	270	390
PROTEIN (g)	1.1	2.6	4.2	6.0	8.8
FAT TOTAL (g)	3.2	7.6	12.0	17.4	25.3
FAT SATURATED	0.4	1.0	1.6	2.4	3.4
CARBOHYDRATES (g)	3.5	8.3	13.2	19.0	27.7
SUGAR (g)	2.8	6.8	10.8	15.6	22.7
SODIUM (mg)	165	395	625	905	1320

Country of Origin	94%
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94%

Allergen information	
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Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
T	T	T	T	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	T
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	T	T	Y	-	-	

Ingredients	
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Mediterranean Roasted Vege

Roma Tomato, Eggplant, Capsicum, Sweet Potato, Green Bean, Sesame Seeds., Zucchini, Onion, Oil (85% Refined olive pomace oil - 15% Extra Virgin Olive Oil,) Vinegar (Red Wine Vinegar, Preservative (E224)), Oregano, Salt, anticaking agent (554).

Nasi Goreng																																																						
Serving sizes						Country of Origin 51%																																																
	Per 100g	Small	Medium	Large	Family																																																	
ENERGY (kJ)	650	1950	2280	3580	5530																																																	
CALORIES (cal)	160	470	540	860	1320																																																	
PROTEIN (g)	8.7	26.2	30.6	48.0	74.2																																																	
FAT TOTAL (g)	3.3	9.9	11.5	18.1	28.0																																																	
FAT SATURATED	0.8	2.4	2.8	4.4	6.8																																																	
CARBOHYDRATES (g)	22.1	66.3	77.3	121.5	187.7																																																	
SUGAR (g)	1.4	4.3	5.0	7.8	12.1																																																	
SODIUM (mg)	235	705	825	1295	2000																																																	
Allergen information <table><tr><th>Gluten</th><th>Wheat</th><th>Egg</th><th>Milk</th><th>Peanuts</th><th>Almond</th><th>Brazil nut</th><th>Cashew</th></tr><tr><td>Y</td><td>Y</td><td>Y</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td></tr><tr><th>Hazelnut</th><th>Macadamia</th><th>Pecan</th><th>Pine nut</th><th>Pistachio</th><th>Walnut</th><th>Sesame</th><th>Soy</th></tr><tr><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>Y</td></tr><tr><th>Shellfish</th><th>Fish</th><th>Crustacean</th><th>Molluscs</th><th>Added Sulphites</th><th>Royal Jelly</th><th>Lupin</th><td rowspan="2"></td></tr><tr><td>-</td><td>Y</td><td>Y</td><td>Y</td><td>T</td><td>-</td><td>-</td></tr></table>								Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew	Y	Y	Y	T	T	T	T	T	Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy	T	T	T	T	T	T	T	Y	Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin		-	Y	Y	Y	T	-	-
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew																																															
Y	Y	Y	T	T	T	T	T																																															
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy																																															
T	T	T	T	T	T	T	Y																																															
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin																																																
-	Y	Y	Y	T	-	-																																																
Ingredients																																																						
Nasi Goreng																																																						
Broccoli: Broccoli. Rice: Jasmine Rice. Schnitzel: Chicken, Wheat Flour, Wholemeal Wheat Flour, Yeast, Iodised Sea Salt, Rye Flour, Wheat Fibre, Egg, Water, Vinegar, Canola Oil, Malt, Barley Flour, Antioxidant (300), Enzymes, Preservatives (282), Colour (E160a), Vitamin (Thiamine, Folate), Salt, Chicken Booster (Soy), Pepper White Ground, Parsley, Ginger Ground, Garlic Salt. Chinese Broccoli: Chinese Broccoli. Capsicum: Capsicum. Egg: Egg. Corn: Corn kernels. Soy: (Water, Soybeans , Rice, Salt). Chilli Jam: Sugar, sunflower oil, fish sauce, shallot (8%), garlic (8%), water, tamarind, shrimp (5%), chilli (3.3%), modified tapioca starch. (1442), salt, natural colour (caramel I), flavour enhancer (621), citric acid. Oyster Sauce: water, sugar, salt, oyster extractives (11%) (oyster , water, salt), flavour enhancer (621), modified corn starch (1442), wheat flour, colour (150a).																																																						

Noodle Goreng																																																						
Serving sizes						Country of Origin 81%																																																
	Per 100g	Small	Medium	Large	Family																																																	
ENERGY (kJ)	510	1430	2150	3070	4190																																																	
CALORIES (cal)	120	340	510	730	1000																																																	
PROTEIN (g)	7.7	21.6	32.3	46.2	63.1																																																	
FAT TOTAL (g)	2.8	7.9	11.8	16.9	23.1																																																	
FAT SATURATED	0.6	1.6	2.4	3.5	4.8																																																	
CARBOHYDRATES (g)	15.6	43.7	65.6	93.7	128.1																																																	
SUGAR (g)	1.3	3.5	5.3	7.5	10.3																																																	
SODIUM (mg)	240	675	1010	1445	1975																																																	
Allergen information <table><tr><th>Gluten</th><th>Wheat</th><th>Egg</th><th>Milk</th><th>Peanuts</th><th>Almond</th><th>Brazil nut</th><th>Cashew</th></tr><tr><td>Y</td><td>Y</td><td>Y</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td></tr><tr><th>Hazelnut</th><th>Macadamia</th><th>Pecan</th><th>Pine nut</th><th>Pistachio</th><th>Walnut</th><th>Sesame</th><th>Soy</th></tr><tr><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>Y</td></tr><tr><th>Shellfish</th><th>Fish</th><th>Crustacean</th><th>Molluscs</th><th>Added Sulphites</th><th>Royal Jelly</th><th>Lupin</th><td rowspan="2"></td></tr><tr><td>-</td><td>Y</td><td>Y</td><td>Y</td><td>T</td><td>-</td><td>-</td></tr></table>								Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew	Y	Y	Y	T	T	T	T	T	Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy	T	T	T	T	T	T	T	Y	Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin		-	Y	Y	Y	T	-	-
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew																																															
Y	Y	Y	T	T	T	T	T																																															
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy																																															
T	T	T	T	T	T	T	Y																																															
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin																																																
-	Y	Y	Y	T	-	-																																																
Ingredients																																																						
Noodle Goreng																																																						
Noodles: Wheat Flour (70%), Water, Vegetable Oil, Wheat Gluten, Salt, Emulsifying Salt (451, 450), Potato Starch, Lye Water, Thickeners (415), Preservative (202), Natural Colour (Annatto Norbixin, Turmeric, Plant Carotenoids), Raising Agent (500, 450, 341). Broccoli: Broccoli. Chicken Schnitzel: Chicken, Wheat Flour, Wholemeal Wheat Flour, Yeast, Iodised Sea Salt, Rye Flour, Wheat Fibre, Egg, Water, Vinegar, Canola Oil, Malt, Barley Flour, Antioxidant (300), Enzymes, Preservatives (282), Colour (E160a), Vitamin (Thiamine, Folate), Salt, Chicken Booster (Soy), Pepper White Ground, Parsley, Ginger Ground, Garlic Salt. Chinese Broccoli: Chinese Broccoli. Capsicum: Capsicum. Egg: Egg. Corn: Corn kernels. Soy: (Water, Soybeans, Rice, Salt). Chilli Jam: Sugar, sunflower oil, fish sauce, shallot (8%), garlic (8%), water, tamarind, shrimp (5%), chilli (3.3%), modified tapioca starch. (1442), salt, natural colour (caramel I), flavour enhancer (621), citric acid. Oyster Sauce: water, sugar, salt, oyster extractives (11%) (oyster, water, salt), flavour enhancer (621), modified corn starch (1442), wheat flour, colour (150a).																																																						

Our Family Roast Veg	
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Serving sizes	
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	Per 100g	Small	Medium	Large	Family
ENERGY (kJ)	310	940	1250	1750	2590
CALORIES (cal)	70	220	300	420	620
PROTEIN (g)	2.1	6.2	8.3	11.6	17.2
FAT TOTAL (g)	3.5	10.4	13.8	19.3	28.6
FAT SATURATED	0.5	1.5	2.0	2.9	4.2
CARBOHYDRATES (g)	8.2	24.6	32.7	45.8	67.9
SUGAR (g)	2.9	8.7	11.6	16.3	24.1
SODIUM (mg)	85	250	335	465	690

Country of Origin	96%
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96%

Allergen information	
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Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
T	T	T	T	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	T
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	T	T	T	-	-	

Ingredients	
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Our Family Roast Veg

Roma Tomato, Sweet Potato, Corn, Asparagus, Potato, Olive Oil (85% Refined olive pomace oil - 15% Extra Virgin Olive Oil), Garlic, Basil, Thyme, Rosemary, Pepper, Salt, Dressing (Olive Oil, Balsamic Vinegar, Red Wine Vinegar, Concentrated Grape Must, Caramel (E150d), Capers (64%), Water, Salt, Vinegar, Dijon Mustard, Water, Mustard Seed 18%, Salt, Sugar, Food Acid (Acetic), Turmeric 0.1%, Pepper, Salt, anticaking agent (554)).
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Pad Thai																																																						
Serving sizes						Country of Origin 40%																																																
	Per 100g	Small	Medium	Large	Family																																																	
ENERGY (kJ)	1020	2650	4900	6940	8980																																																	
CALORIES (cal)	240	630	1170	1660	2150																																																	
PROTEIN (g)	8.5	22.1	40.9	57.9	74.9																																																	
FAT TOTAL (g)	8.4	21.9	40.4	57.3	74.1																																																	
FAT SATURATED	1.6	4.1	7.5	10.6	13.8																																																	
CARBOHYDRATES (g)	30.1	78.3	144.6	204.8	265.1																																																	
SUGAR (g)	6.5	16.8	31.0	43.9	56.9																																																	
SODIUM (mg)	705	1835	3385	4795	6205																																																	
Allergen information <table><tr><th>Gluten</th><th>Wheat</th><th>Egg</th><th>Milk</th><th>Peanuts</th><th>Almond</th><th>Brazil nut</th><th>Cashew</th></tr><tr><td>Y</td><td>Y</td><td>Y</td><td>T</td><td>Y</td><td>T</td><td>T</td><td>T</td></tr><tr><th>Hazelnut</th><th>Macadamia</th><th>Pecan</th><th>Pine nut</th><th>Pistachio</th><th>Walnut</th><th>Sesame</th><th>Soy</th></tr><tr><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>Y</td></tr><tr><th>Shellfish</th><th>Fish</th><th>Crustacean</th><th>Molluscs</th><th>Added Sulphites</th><th>Royal Jelly</th><th>Lupin</th><td rowspan="2"></td></tr><tr><td>-</td><td>T</td><td>T</td><td>Y</td><td>T</td><td>-</td><td>-</td></tr></table>								Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew	Y	Y	Y	T	Y	T	T	T	Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy	T	T	T	T	T	T	T	Y	Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin		-	T	T	Y	T	-	-
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew																																															
Y	Y	Y	T	Y	T	T	T																																															
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy																																															
T	T	T	T	T	T	T	Y																																															
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin																																																
-	T	T	Y	T	-	-																																																
Ingredients																																																						
Pad Thai																																																						
Noodles (Rice Flour , Water), Sauce (water, sugar, salt, oyster extractives (11%) (oyster , water, salt), flavour enhancer (621), modified corn starch (1442), wheat flour, colour (150a), Sugar, Water, Food Acid (260), Water, Soybeans , Rice, Salt, Crushed Chilies), BBQ Chicken (Chicken, vegetable oil, water, Beef HVP, (Gluten , Wheat , Soy), Rice Flour, Salt, Cayenne Pepper, Ginger Ground, Pimento, Cloves, Nutmeg, Pepper, Wheat Flour, Wholemeal Wheat Flour, Yeast, Iodised Sea Salt, Rye Flour, Wheat Fibre, Water, Vinegar, Canola Oil, Malt, Barley Flour , Antioxidant (300), Enzymes, Preservatives (282), Colour (E160a), Vitamin (Thiamine, Folate), Garlic Salt, Robert Mix (Gluten , Wheat , Soy), Mustard Ground Yellow, Onion Salt, Paprika, Curry Powder Mild)), Bean Sprouts, Egg , Oil (Olive Oil), Bean Sprouts, Shallot, Coriander, Peanuts .																																																						

Peas

Serving sizes

	Per 100g	Small	Medium	Large	Family
ENERGY (kJ)	270	680	1030	1500	2180
CALORIES (cal)	70	160	250	360	520
PROTEIN (g)	5.9	14.7	22.4	32.4	47.1
FAT TOTAL (g)	1.0	2.5	3.8	5.5	8.0
FAT SATURATED	1.0	2.5	3.8	5.5	8.0
CARBOHYDRATES (g)	9.8	24.4	37.1	53.8	78.2
SUGAR (g)	4.2	10.5	15.9	23.0	33.5
SODIUM (mg)	75	185	280	405	585

Country of Origin
100%

Allergen information

Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
T	T	T	T	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	T
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	T	T	T	-	-	

Ingredients

Peas

Peas, Bicarbonate Soda.

Rigatoni Bolognese

Serving sizes

	Per 100g	Small	Medium	Large	Family
ENERGY (kJ)	670	2330	3330	4990	6980
CALORIES (cal)	160	560	790	1190	1670
PROTEIN (g)	10.8	37.8	53.9	80.9	113.3
FAT TOTAL (g)	4.8	16.8	24.0	36.0	50.4
FAT SATURATED	2.1	7.4	10.5	15.8	22.1
CARBOHYDRATES (g)	17.7	62.1	88.7	133.1	186.3
SUGAR (g)	4.7	16.4	23.4	35.0	49.1
SODIUM (mg)	485	1695	2420	3635	5085

Country of Origin NA

Allergen information	
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Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
Y	Y	T	Y	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	T
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	T	T	T	-	-	

Ingredients	
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Rigatoni Bolognese

Tomato Paste (Concentrated tomato (98%), salt, food acid (citric)), Beef, Pasta (Durum **wheat** semolina, water), Carrot, Brown Onion, Celery, Cheese (**milk**, salt, starter cultures (**milk**), enzyme), anticaking agent (460), preservative (200)), Garlic, Salt (Salt, anticaking agent (554)), Cane Sugar, Oregano, Pepper, Bay Leaf.

Roasted Dutch Carrots

Serving sizes

	Per 100g	Medium	Large	Family	
ENERGY (kJ)	300	880	1220	1680	
CALORIES (cal)	70	210	290	400	
PROTEIN (g)	2.0	5.9	8.2	11.2	
FAT TOTAL (g)	2.3	6.8	9.3	12.8	
FAT SATURATED	0.2	0.6	0.8	1.1	
CARBOHYDRATES (g)	9.4	27.4	37.7	51.9	
SUGAR (g)	9.2	26.6	36.7	50.5	
SODIUM (mg)	110	315	435	600	

Country of Origin
NA

Allergen information

Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
T	T	T	T	T	Y	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	T
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	T	T	T	-	-	

Ingredients

Roasted Dutch Carrots

Beetroot, Carrot, **Almond**, Pomegranate, Thyme, Pomegranate Molasses (Pomegranate Concentrated Juice, Sugar), Cane Sugar, Lemon Juice (Reconstituted lemon juice, preservative (202)), White salt flakes, Olive Oil (85% Refined olive pomace oil - 15% Extra Virgin Olive Oil), Garlic.

Sauteed Asparagus & Beans

Serving sizes

	Per 100g	Medium	Large	Family	
ENERGY (kJ)	220	580	690	920	
CALORIES (cal)	50	140	160	220	
PROTEIN (g)	2.0	5.3	6.2	8.4	
FAT TOTAL (g)	3.2	8.7	10.3	13.9	
FAT SATURATED	0.5	1.3	1.5	2.1	
CARBOHYDRATES (g)	2.9	7.9	9.4	12.7	
SUGAR (g)	1.8	4.9	5.8	7.8	
SODIUM (mg)	170	460	545	735	

Country of Origin	NA
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Allergen information

Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
T	T	T	T	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	T
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	T	T	T	-	-	

Ingredients	
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Sauteed Asparagus & Beans

Green Bean, Asparagus, Olive Oil (85% Refined olive pomace oil - 15% Extra Virgin Olive Oil), Pepper, Salt, anticaking agent (554).

Sauteed Broccolini & Toasted Almonds

Serving sizes

	Per 100g	Medium	Large	Family	
ENERGY (kJ)	340	920	1020	1630	
CALORIES (cal)	80	220	240	390	
PROTEIN (g)	3.6	9.6	10.7	17.1	
FAT TOTAL (g)	4.3	11.6	12.9	20.6	
FAT SATURATED	0.5	1.4	1.6	2.5	
CARBOHYDRATES (g)	4.7	12.7	14.1	22.6	
SUGAR (g)	1.2	3.2	3.5	5.6	
SODIUM (mg)	125	345	380	610	

Country of Origin
97%

Allergen information

Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
T	T	T	T	T	Y	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	T
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	T	T	T	-	-	

Ingredients

Sauteed Broccolini & Toasted Almonds

Broccolini, Olive Oil (85% Refined olive pomace oil - 15% Extra Virgin Olive Oil), **Almond**, Salt, anticaking agent (554).

Steamed Rice

Serving sizes

	Per 100g	Small	Medium	Large	Family
ENERGY (kJ)	490	1170	1700	2750	3240
CALORIES (cal)	120	280	410	660	770
PROTEIN (g)	2.7	6.5	9.4	15.3	18.0
FAT TOTAL (g)	0.3	0.7	1.0	1.7	2.0
FAT SATURATED	0.1	0.3	0.4	0.7	0.8
CARBOHYDRATES (g)	25.5	61.2	89.2	144.1	169.6
SUGAR (g)	0.0	0.0	0.0	0.0	0.0
SODIUM (mg)	0	0	0	0	0

Country of Origin

33%

Allergen information

Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
T	T	T	T	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	T
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	T	T	T	-	-	

Ingredients

Steamed Rice

Water, Jasmine Rice.

Steamed Vegetables	
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Serving sizes

	Per 100g	Small	Medium	Large	Family
ENERGY (kJ)	170	290	390	620	800
CALORIES (cal)	40	70	90	150	190
PROTEIN (g)	2.0	3.5	4.6	7.4	9.7
FAT TOTAL (g)	1.7	3.0	3.9	6.3	8.2
FAT SATURATED	0.2	0.4	0.5	0.8	1.1
CARBOHYDRATES (g)	2.6	4.5	6.0	9.6	12.5
SUGAR (g)	2.5	4.3	5.7	9.2	11.9
SODIUM (mg)	290	505	665	1070	1385

Country of Origin	88%
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Allergen information	
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Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
Y	Y	T	T	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	Y	Y
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	Y	Y	Y	Y	-	-	

Ingredients	
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Steamed Vegetables

Chinese Broccoli, Zucchini, Steamed Vegetable Sauce (water, sugar, salt, **oyster** extractives (11%) (**oyster**, water, salt), flavour enhancer (621), modified corn starch (1442), **wheat** flour, colour (150a), Salt, anticaking agent (554), Refined, Bleached & Deodorised Soya Bean Oil, Antioxidant (319) and Antifoaming Agent (900a), Garlic, Salt, Sugar, Ginger, Sugar, sunflower oil, **fish** sauce, shallot (8%), garlic (8%), water, tamarind, **shrimp** (5%), chilli (3.3%), modified tapioca starch (1442), salt, natural colour (caramel I), flavour enhancer (621), citric acid, Cornflour (**Sulphites**), Salt, Rice Flour, Sugar, Dextrose, **Cornflour**, HVP (6250 (**Soy**)), Onion Powder, Turmeric, Vegetable Oil, Celery Oil), Broccoli, Bok Choy, Sesame Seeds.

Thai Spring Roll

Serving sizes

	Per 100g	Each			
ENERGY (kJ)	1190	2620			
CALORIES (cal)	290	630			
PROTEIN (g)	3.5	7.7			
FAT TOTAL (g)	19.2	42.1			
FAT SATURATED	5.0	10.9			
CARBOHYDRATES (g)	25.7	56.4			
SUGAR (g)	6.7	14.7			
SODIUM (mg)	790	1735			

Country of Origin	NA
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Allergen information	
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Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
Y	Y	Y	Y	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	Y
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	T	T	Y	-	-	

Ingredients	
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Thai Spring Roll

Spring Roll Filling (Cabbage, Carrot, Rice Flour, Water, **Soybeans**, Rice, Salt, Coconut sugar, Sugar, **Soy** Extract (11%) (Water, Salt, **Soybean**, **Wheat**), Water, Colour (150a), Salt, Preservatives [211, 223 (**Sulphites**)], Acidity Regulator (330), Stabiliser (415), Refined, Bleached & Deodorised Soya Bean Oil, Antioxidant (319) and Antifoaming Agent (900a), Dehydrated Black Fungus, Sugar, Southern Ocean Sea Salt, Maize Maltodextrin, Cane Sugar, Dehydrated Vegetables (Cabbage, Onion, Garlic, Celery, Spinach), Yeast Extract, Rice Flour, Natural Vegetable Flavours, Disodium Guanylate & Inosinate, Canola Oil, Chilli Salt, anticaking agent (554)), Spring Roll Pastry (**Wheat** flour (48%), Water, Coconut Oil, Salt, Sodium Caseinate (**Milk**), **Wheat** Starch, Maltodextrin Flour Treatment Agent: Ascorbic Acid) , Frier Oil (Refined, Bleached & Deodorised Cottonseed Oil, Antioxidant (319) and Antifoaming Agent (900a)), **Egg**.

Veggie Fritter

Serving sizes	
100 g	3.5 oz
100 ml	3.3 fl oz

	Per 100g	Per Serve			
ENERGY (kJ)	410	1100			
CALORIES (cal)	100	260			
PROTEIN (g)	2.5	6.8			
FAT TOTAL (g)	0.4	1.2			
FAT SATURATED	0.2	0.7			
CARBOHYDRATES (g)	20.4	55.1			
SUGAR (g)	3.0	8.1			
SODIUM (mg)	1440	3890			

Country of Origin	NA
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Allergen information	
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Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
T	T	T	T	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	T
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	T	T	Y	-	-	

Ingredients	
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Veggie Fritter

Carrot, Sweet Potato, Cornflour (**Sulphites**), Zucchini, Potato, Corn kernels., Brown Onion , Split Lentils (Red Split Lentils, Vegetable Oil), Spinach, Binder (Mineral Salts (451, 452), Maize Starch, Colour (102)), Vegetable Stock Powder (Southern Ocean Sea Salt, Maize Maltodextrin, Cane Sugar, Dehydrated Vegetables (Cabbage, Onion, Garlic, Celery, Spinach), Yeast Extract, Rice Flour, Natural Vegetable Flavours, Disodium Guanylate & Inosinate, Canola Oil, Chilli), Raising Agents (Raising Agents (**450 Sulphites**), 500), Maize Starch), Cumin Seeds, Salt, anticaking agent (554).

Rice Paper Roll - Vegetarian

Serving sizes

	Per 100g	Per Roll			
ENERGY (kJ)	650	650			
CALORIES (cal)	150	150			
PROTEIN (g)	3.2	3.2			
FAT TOTAL (g)	3.5	3.5			
FAT SATURATED	1.0	1.0			
CARBOHYDRATES (g)	26.3	26.3			
SUGAR (g)	1.0	1.0			
SODIUM (mg)	10	10			

Country of Origin NA

Allergen information	
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Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
Y	Y	T	Y	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	T
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	-	T	T	-	-	

Ingredients	
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Rice Paper Roll - Vegetarian

Iceberg Lettuce, Rice Flour, Water, Avocado, Rice Paper Roll (Wheat flour (48%), Water, Coconut Oil, Salt, Sodium Caseinate (Milk), Wheat Starch, Maltodextrin Flour Treatment Agent: Ascorbic Acid), Carrot, Cucumber.

Baked Salmon - Cream Potato	
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Serving sizes	
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	Per 100g	Per Serve			
ENERGY (kJ)	670	2520			
CALORIES (cal)	160	600			
PROTEIN (g)	9.1	34.0			
FAT TOTAL (g)	10.9	41.0			
FAT SATURATED	3.1	11.8			
CARBOHYDRATES (g)	6.4	24.0			
SUGAR (g)	1.9	7.1			
SODIUM (mg)	765	2875			

Country of Origin NA

Allergen information

Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
T	T	T	Y	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	T
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	Y	T	T	T	-	-	

Ingredients	
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Baked Salmon - Cream Potato	
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Creamy Potato: (Potato, Pasteurised Homogenised **Milk**, Pasteurised **Cream**, Onion, Shallot, Water, Salt, anticaking agent (554), Pepper White Whole), **Salmon**, Water, Mustard Seed 28%, Salt, Sugar, Food Acid (Acetic), Turmeric, Marjoram, Thyme, Garlic Extract, Spice Extract, Reconstituted lemon juice, preservative (202), Olive Oil (85% Refined olive pomace oil - 15% Extra Virgin Olive Oil), Cream (35% **milk fat**), Salt, anticaking agent (554), Water, Colours (102,110), Food Acid (330), Preservative (211).

Baked Salmon - Miso	
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Serving sizes

	Per 100g	Per Serve			
ENERGY (kJ)	610	1650			
CALORIES (cal)	150	390			
PROTEIN (g)	11.9	32.1			
FAT TOTAL (g)	7.3	19.6			
FAT SATURATED	1.6	4.2			
CARBOHYDRATES (g)	7.0	19.0			
SUGAR (g)	6.5	17.5			
SODIUM (mg)	100	275			

Country of Origin	40%
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Allergen information	
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Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
Y	Y	T	T	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	Y	Y
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	Y	T	T	T	-	-	

Ingredients	
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Baked Salmon - Miso

Salmon, Bok Choy, Broccolini, Miso Paste (Water (34.90%), **Soybean** (29.80%), Rice (23.80%), Salt (11.50%)), Honey, Leek, Lime, Cane Sugar, Beetroot, Soy Sauce (Water, **Soybeans**, Rice, Salt), Mirin Sauce ((Glucose Syrup (Glucose Syrup, Dextrose), Mirin [Glutinous Rice, Water, alcohol])), Koji (Rice Yeast)], Water, Alcohol, White Wine, Salt, Preservative (220), Olive Oil (85% Refined olive pomace oil - 15% Extra Virgin Olive Oil), Sesame seed oil, **Sesame** Seeds, Pea Shoots.

Baked Salmon - Soy Glazed	
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Serving sizes	
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	Per 100g	Per Serve			
ENERGY (kJ)	420	1660			
CALORIES (cal)	100	400			
PROTEIN (g)	8.9	35.6			
FAT TOTAL (g)	5.8	23.3			
FAT SATURATED	1.2	4.8			
CARBOHYDRATES (g)	1.7	6.7			
SUGAR (g)	1.5	5.8			
SODIUM (mg)	185	730			

Country of Origin
65%

65%

Allergen information

Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
Y	Y	T	T	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	Y	Y
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	Y	T	T	Y	-	-	

Ingredients	
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Baked Salmon - Soy Glazed	
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Salmon, Bok Choy, Broccolini, Chinese Broccoli, Capsicum, Carrot, (85% Refined olive pomace oil - 15% Extra Virgin Olive Oil), Soy Sauce (Water 25.4%, Defatted Soybean 25.0%, **Wheat** 25.0%, Salt 18.0%, Sugar 6.3%, Flavour Enhancer (E621, E631, E627) 0.2%, Preservative (E211) 0.1%, Colour (E150c), Artificial Soy Sauce Flavour), Thin Soy Sauce (Water, **Soybeans**, Rice, Salt), Shallot, Coriander, Sweet Soy Sauce (Coconut sugar, Sugar, Soy Extract (11%) (Water, Salt, **Soybean**, **Wheat**), Water, Colour (150a), Salt, Preservatives [211, 223 (**Sulphites**)], Acidity Regulator (330), Stabiliser (415)), Sugar, **Sesame** seed oil, Pepper White Ground.

Baked Salmon - Teriyaki

Serving sizes	
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Country of Origin
44%

Allergen information

Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
Y	Y	T	T	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	Y	Y
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	Y	T	T	Y	-	-	

Ingredients	
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Baked Salmon - Teriyaki

Salmon, Broccoli, Bok Choy, Chinese Broccoli, Soy Sauce (Water, **Soybeans**, Rice, Salt), Liquid Seasoning (Water, Salt, **Wheat (Wheat Gluten, Wheat, Wheat Bran)**, Sugar, Colour (150c), Food Acid (260), Flavour Enhancer (627, 631), Flavour, Dextrose), Honey, Sweet Soy (Coconut sugar, Sugar, Soy Extract (11%) (Water, Salt, **Soybean, Wheat**), Water, Colour (150a), Salt, Preservatives [211, 223 (**Sulphites**)], Acidity Regulator (330), Stabiliser (415)), **Sesame** seed oil, Cane Sugar, Cabbage, Carrot, Bean Sprouts, **Sesame** Seeds, Water, Cornflour (**Sulphites**), Black **Sesame** Seeds.

Beef Bourguignon					
Serving sizes					
	Per 100g	Medium	Large	Family	
ENERGY (kJ)	330	2040	2650	3650	
CALORIES (cal)	80	490	630	870	
PROTEIN (g)	10.1	62.1	80.7	111.0	
FAT TOTAL (g)	2.8	17.0	22.1	30.3	
FAT SATURATED	0.6	4.0	5.1	7.1	
CARBOHYDRATES (g)	1.7	10.7	13.9	19.1	
SUGAR (g)	1.0	6.1	8.0	11.0	
SODIUM (mg)	250	1530	1990	2740	

Country of Origin
87%

Allergen information							
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
T	T	T	T	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	T
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	T	T	Y	-	-	

Ingredients	
Beef Bourguignon	
Beef, Water, Mushroom, Red Wine, Salt, Preservative (220), Brown Onion, Tomato Paste (Concentrated tomato (98%), salt, food acid (citric)), Vegetable Oil (Refined, Bleached & Deodorised Soya Bean Oil, Antioxidant (319) and Antifoaming Agent (900a)), Cornflour (Sulphites), Salt (Salt, anticaking agent (554)), Vegetable Stock Powder (Southern Ocean Sea Salt, Maize Maltodextrin, Cane Sugar, Dehydrated Vegetables (Cabbage, Onion, Garlic, Celery, Spinach), Yeast Extract, Rice Flour, Natural Vegetable Flavours, Disodium Guanylate & Inosinate, Canola Oil, Chilli), Sugar , Pepper White Ground.	

Beef Brisket																																																						
Serving sizes						Country of Origin 93%																																																
	Per 100g	Per Serve																																																				
ENERGY (kJ)	790	7920																																																				
CALORIES (cal)	190	1890																																																				
PROTEIN (g)	13.5	135.3																																																				
FAT TOTAL (g)	8.8	88.1																																																				
FAT SATURATED	3.6	36.5																																																				
CARBOHYDRATES (g)	9.1	90.9																																																				
SUGAR (g)	10.4	104.2																																																				
SODIUM (mg)	180	1780																																																				
Allergen information <table><tr><th>Gluten</th><th>Wheat</th><th>Egg</th><th>Milk</th><th>Peanuts</th><th>Almond</th><th>Brazil nut</th><th>Cashew</th></tr><tr><td>Y</td><td>Y</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td></tr><tr><th>Hazelnut</th><th>Macadamia</th><th>Pecan</th><th>Pine nut</th><th>Pistachio</th><th>Walnut</th><th>Sesame</th><th>Soy</th></tr><tr><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>Y</td><td>Y</td></tr><tr><th>Shellfish</th><th>Fish</th><th>Crustacean</th><th>Molluscs</th><th>Added Sulphites</th><th>Royal Jelly</th><th>Lupin</th><td rowspan="2"></td></tr><tr><td>-</td><td>Y</td><td>T</td><td>T</td><td>Y</td><td>-</td><td>-</td></tr></table>								Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew	Y	Y	T	T	T	T	T	T	Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy	T	T	T	T	T	T	Y	Y	Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin		-	Y	T	T	Y	-	-
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew																																															
Y	Y	T	T	T	T	T	T																																															
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy																																															
T	T	T	T	T	T	Y	Y																																															
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin																																																
-	Y	T	T	Y	-	-																																																
Ingredients																																																						
Beef Brisket																																																						
Beef, Steak Sauce (Sugar, Water, Vinegar, Tomato, Spices, Corn Syrup, Food Acid (Acetic), Salt, Onion, Spice Extract, Tamarind, Flavour, Anchovy Powder (Fish), Colour (Caramel[150c]), Licorice Powder, Mustard Flour, Emulsifier (E430), Soy Bean, Defatted Soybean , Wheat Flour, Monosodium Glutamate, Preservative (E211), Flavour Enhancer (E635), Artificial Sweetener (E950), Lemon Juice), Cane Sugar , Water, Mushroom, Carrot, Fried Onion (Onion, Cottonseed Oil), Lemon Juice (Reconstituted lemon juice, preservative (202)), Gravy Powder (Modified starch (1422), Maize Starch, Salt, Maize Flour, Maltodextrin, Dehydrated Vegetables Powders (Tomato and Onion), Sugar, Colour(150d) (Sulphites), Hydrolysed Vegetable Protein (Soy), Flavour Enhancer (635), Sesame Oil, Food Acid (330), Vegetable Gum (415), Spice, Spice Extract), Sugar, Parsley.																																																						

Beef Massaman Curry					
Serving sizes					
	Per 100g	Medium	Large	Family	
ENERGY (kJ)	630	3820	5000	6760	
CALORIES (cal)	150	910	1200	1620	
PROTEIN (g)	14.3	87.2	114.4	154.5	
FAT TOTAL (g)	7.8	47.3	62.0	83.7	
FAT SATURATED	0.8	4.6	6.1	8.2	
CARBOHYDRATES (g)	5.2	31.6	41.5	56.0	
SUGAR (g)	1.8	10.7	14.1	19.0	
SODIUM (mg)	595	3615	4740	6405	

Country of Origin
67%

Allergen information							
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
T	T	T	T	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	T
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	Y	T	Y	-	-	

Ingredients	
Beef Massaman Curry	
Beef, Coconut cream (Xanthan gum (415), Guar gum (412)), Curry Paste (Lemongrass, garlic, dried red chilli, shallot, salt, galangal, shrimp paste (shrimp , salt), coriander seed, cumin, kaffir lime peel, cardamom, cinnamon, nutmeg), Brown Onion , Cornflour (Sulphites), Water, Salt (Salt, anticaking agent (554)), Vegetable Stock Powder (Southern Ocean Sea Salt, Maize Maltodextrin, Cane Sugar, Dehydrated Vegetables (Cabbage, Onion, Garlic, Celery, Spinach), Yeast Extract, Rice Flour, Natural Vegetable Flavours, Disodium Guanylate & Inosinate, Canola Oil, Chilli), Cane Sugar, Tamarind (water, acidity regulator (330)), Cinnamon, Bay Leaf.	

Beef Ribs with Bone																																																						
Serving sizes						Country of Origin 91%																																																
	Per 100g	Per 1kg																																																				
ENERGY (kJ)	790	7900																																																				
CALORIES (cal)	190	1900																																																				
PROTEIN (g)	15.7	157																																																				
FAT TOTAL (g)	7.5	75																																																				
FAT SATURATED	2.8	28																																																				
CARBOHYDRATES (g)	10.6	106																																																				
SUGAR (g)	10.4	104																																																				
SODIUM (mg)	245	2450																																																				
Allergen information <table><tr><th>Gluten</th><th>Wheat</th><th>Egg</th><th>Milk</th><th>Peanuts</th><th>Almond</th><th>Brazil nut</th><th>Cashew</th></tr><tr><td>Y</td><td>Y</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td></tr><tr><th>Hazelnut</th><th>Macadamia</th><th>Pecan</th><th>Pine nut</th><th>Pistachio</th><th>Walnut</th><th>Sesame</th><th>Soy</th></tr><tr><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>Y</td></tr><tr><th>Shellfish</th><th>Fish</th><th>Crustacean</th><th>Molluscs</th><th>Added Sulphites</th><th>Royal Jelly</th><th>Lupin</th><td rowspan="2"></td></tr><tr><td>-</td><td>Y</td><td>T</td><td>T</td><td>Y</td><td>-</td><td>-</td></tr></table>								Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew	Y	Y	T	T	T	T	T	T	Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy	T	T	T	T	T	T	T	Y	Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin		-	Y	T	T	Y	-	-
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew																																															
Y	Y	T	T	T	T	T	T																																															
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy																																															
T	T	T	T	T	T	T	Y																																															
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin																																																
-	Y	T	T	Y	-	-																																																
Ingredients																																																						
Beef Ribs with Bone																																																						
Beef, Steak Sauce (Sugar, Water, Vinegar, Tomato, Spices, Corn Syrup, Food Acid (Acetic), Salt, Onion, Spice Extract, Tamarind, Flavour, Anchovy Powder, Colour (Caramel[150c]), Licorice Powder, Mustard Flour, Emulsifier (E430), Soy Bean, Defatted Soybean , Wheat Flour, Monosodium Glutamate, Preservative (E211), Flavour Enhancer (E635), Artificial Sweetener (E950), Lemon Juice), Fruit Chutney (Fruit 42% (Pears (from Paste), Apple, Sultanas, Citrus Peel (contains wheat))), Sugar, Water, Onion, Thickeners (Modified Cornstarch, Xanthan Gum (contains Soy)), Salt, Food Acids (Acetic, Ascorbic, Citric), Coconut, Spices (Ginger, Turmeric, Cumin), Colour (Caramel (150c)), Chilli, Spice Extract), Golden Syrup (Sugar, Water), Sweet Soy (Coconut sugar, Sugar, Soy Extract (11%) (Water, Salt, Soybean , Wheat), Water, Colour (150a), Salt, Preservatives [211, 223 (Sulphites)], Acidity Regulator (330), Stabiliser (415)), Pineapple (Pineapple (58.5%), water, sugar, citric acid), Cane Sugar, Vegetable Stock Powder (Southern Ocean Sea Salt, Maize Maltodextrin, Cane Sugar, Dehydrated Vegetables (Cabbage, Onion, Garlic, Celery, Spinach), Yeast Extract, Rice Flour, Natural Vegetable Flavours, Disodium Guanylate & Inosinate, Canola Oil, Chilli), Lemon Juice (Reconstituted lemon juice, preservative (202)), Ginger.																																																						

Butter Chicken					
Serving sizes					
	Per 100g	Medium	Large	Family	
ENERGY (kJ)	720	3450	4880	7180	
CALORIES (cal)	170	820	1170	1710	
PROTEIN (g)	8.5	40.6	57.5	84.5	
FAT TOTAL (g)	13.3	64.1	90.7	133.4	
FAT SATURATED	7.3	35.2	49.9	73.4	
CARBOHYDRATES (g)	3.6	17.5	24.8	36.4	
SUGAR (g)	3.9	18.9	26.8	39.4	
SODIUM (mg)	155	745	1055	1555	

Country of Origin
75%

Allergen information							
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
T	T	T	Y	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	T
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	T	T	T	-	-	

Ingredients	
Butter Chicken	
Chicken (100%), Cream (35% milk fat), Crushed Tomatoes (Tomatoes (60%), Tomato Juice (39.90%), Citric acid (E330)), Brown Onion , Tomato Paste (Concentrated tomato (98%), salt, food acid (citric)), Capsicum, Yoghurt (Milk, Milk Solids, Cream (Milk), Live Yoghurt Cultures (Milk): S. Thermophilus & L. Bulgaricus), Butter (Pasteurised Cream, Water), Capsicum, Sugar, Green Bean, Ginger, Vegetable Stock Powder (Southern Ocean Sea Salt, Maize Maltodextrin, Cane Sugar, Dehydrated Vegetables (Cabbage, Onion, Garlic, Celery, Spinach), Yeast Extract, Rice Flour, Natural Vegetable Flavours, Disodium Guanylate & Inosinate, Canola Oil, Chilli), Minced Garlic (Garlic, Salt), Curry Powder (Coriander, Turmeric, Fennel, Pepper, Cumin, Chilli, Fenugreek, Garlic, Ginger, Salt), Coriander Seeds, Cumin Seeds, Garlic, Salt (Salt, anticaking agent (554)), Fenugreek, Tumeric, Spice Mix (Coriander Ground, Cumin Ground, Mixed Spice, Nutmeg Ground, Cinnamon Ground, Pimento Ground, Cloves Ground, Cardamom Ground, Ginger Ground, Fennel Ground, Pepper Black Ground), Colouring (Sunset Yellow (110 CI15985), Carmoisine (122,CI14720), Sodium Chloride (Salt)).	

Charlie's Fried Chicken

Serving sizes

	Per 100g	Each			
ENERGY (kJ)	780	1020			
CALORIES (cal)	190	240			
PROTEIN (g)	14.9	19.3			
FAT TOTAL (g)	8.5	11.1			
FAT SATURATED	2.6	3.4			
CARBOHYDRATES (g)	23.0	29.8			
SUGAR (g)	0.9	1.1			
SODIUM (mg)	125	165			

Country of Origin

66%

Allergen information

Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
Y	Y	Y	T	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T		T
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	T	T	Y	-	-	

Ingredients

Charlie's Fried Chicken

Chicken (100%), Tempura Flour (Wheat Flour, Tapioca Starch, Baking Powder, monosodium glutamate (621)), Custom Spice Blend (Garlic Salt, MSG (621), Mustard Ground yellow, Robert Mix (**Wheat, Gluten, Soy**), Onion Salt, Curry Powder, Salt Fine, Paprika), Cornflour (Sulphites), **Egg**, White Wine Vinegar (Water, Food Acid (260)), Salt (Salt, anticaking agent (554)), Vegetable Stock Powder (Southern Ocean Sea Salt, Maize Maltodextrin, Cane Sugar, Dehydrated Vegetables (Cabbage, Onion, Garlic, Celery, Spinach), Yeast Extract, Rice Flour, Natural Vegetable Flavours, Disodium Guanylate & Inosinate, Canola Oil, Chilli), Pepper White Ground, Pepper, Chilli, Crushed Chilies.

Chicken Pie

Serving sizes

	Per 100g	Per Serve Mini	Per Serve Large		
ENERGY (kJ)	730	1100	3630		
CALORIES (cal)	180	260	870		
PROTEIN (g)	6.7	10.0	32.9		
FAT TOTAL (g)	14.9	22.3	73.5		
FAT SATURATED	8.9	13.3	43.9		
CARBOHYDRATES (g)	3.8	5.7	18.9		
SUGAR (g)	1.7	2.5	8.2		
SODIUM (mg)	110	170	555		

Country of Origin
84%

Allergen information

Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
Y	Y	T	Y	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	Y
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	T	T	Y	-	-	

Ingredients

Chicken Pie

Pie Mix: Chicken (100%), Cream (35% **milk fat**), Carrot, Celery, Cornflour (**Sulphites**), Butter (Pasteurised **Cream**, Water), **Milk**, **Soy** Sauce (Water, **Soybeans**, Rice, Salt), Vegetable Stock Powder (Southern Ocean Sea Salt, Maize Maltodextrin, Cane Sugar, Dehydrated Vegetables (Cabbage, Onion, Garlic, Celery, Spinach), Yeast Extract, Rice Flour, Natural Vegetable Flavours, Disodium Guanylate & Inosinate, Canola Oil, Chilli), Pepper White Ground.

Puff Pastry: **Wheat** Flour, Water, Margarine [Vegetable Oils, Water, Salt, Emulsifiers (471, **soy** lecithin), Food Acid (330), Flavour, Antioxidant (e307b), Colour (160a)], Salt, Preservatives (202,281), Food Acid (330).

Comeback Chicken					
Serving sizes					
	Per 100g	Medium	Large	Family	
ENERGY (kJ)	740	2210	3570	7370	
CALORIES (cal)	180	530	850	1760	
PROTEIN (g)	15.3	45.9	74.1	152.9	
FAT TOTAL (g)	10.1	30.4	49.1	101.4	
FAT SATURATED	3.2	9.5	15.4	31.7	
CARBOHYDRATES (g)	3.7	11.2	18.1	37.3	
SUGAR (g)	4.1	12.2	19.7	40.6	
SODIUM (mg)	180	535	865	1790	

Country of Origin
91%

Allergen information							
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
Y	Y	T	T	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	Y
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	Y	-	-	Y	-	-	

Ingredients	
Comeback Chicken	
Chicken (100%), Steak Sauce (Sugar, Water, Vinegar, Tomato, Spices, Corn Syrup, Food Acid (Acetic), Salt, Onion, Spice Extract, Tamarind, Flavour, Anchovy Powder (Fish), Colour (Caramel[150c]), Licorice Powder, Mustard Flour, Emulsifier (E430). Soybean, Defatted Soybean, Wheat Flour, Monosodium Glutamate, Preservative (E211), Flavour Enhancer (E635), Artificial Sweetener (E950), Lemon Juice). Sweet Soy (Coconut sugar, Sugar, Soy Extract (11%) (Water, Salt, Soybean, Wheat), Water, Colour (150a), Salt, Preservatives [211, 223 (Sulphites)], Acidity Regulator (330), Stabiliser (415)). Comeback Sauce: (Apricot, Reconstituted Pear Juice, Sugar, Water, Vinegar, Tomato, Spices, Corn Syrup, Food Acid (Acetic), Salt, Onion, Spice Extract, Tamarind, Flavour, Anchovy Powder (Fish), Colour (Caramel[150c]), Licorice Powder, Mustard Flour, Emulsifier (E430). Soybean, Defatted Soybean, Wheat Flour, Monosodium Glutamate, Preservative (E211), Flavour Enhancer (E635), Artificial Sweetener (E950), Lemon Juice, Pepper).	

Comeback Chicken Kebab

Serving sizes

	Per 100g	Each			
ENERGY (kJ)	690	970			
CALORIES (cal)	160	230			
PROTEIN (g)	9.3	13.2			
FAT TOTAL (g)	6.1	8.6			
FAT SATURATED	2.0	2.9			
CARBOHYDRATES (g)	9.4	13.3			
SUGAR (g)	10.6	15.1			
SODIUM (mg)	355	505			

Country of Origin
91%

Allergen information

Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
Y	Y	T	T	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	Y
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	Y	T	T	T	-	-	

Ingredients

Comeback Chicken Kebab

Chicken (100%).

Comeback Sauce: (Apricot, Reconstituted Pear Juice, Sugar, Water, Vinegar, Tomato, Spices, Corn Syrup, Food Acid (Acetic), Salt, Onion, Spice Extract, Tamarind, Flavour, Anchovy Powder (**Fish**), Colour (Caramel[150c]), Licorice Powder, Mustard Flour, Emulsifier (E430). **Soybean**, Defatted **Soybean**, **Wheat** Flour, Monosodium Glutamate, Preservative (E211), Flavour Enhancer (E635), Artificial Sweetener (E950), Lemon Juice, Pepper).

Coq Au Vin																																																						
Serving sizes						Country of Origin 80%																																																
	Per 100g	Medium	Large	Family																																																		
ENERGY (kJ)	610	1870	3020	6220																																																		
CALORIES (cal)	150	450	720	1490																																																		
PROTEIN (g)	10.1	31.0	50.1	103.4																																																		
FAT TOTAL (g)	8.6	26.5	42.9	88.3																																																		
FAT SATURATED	2.3	7.0	11.3	23.4																																																		
CARBOHYDRATES (g)	4.9	15.1	24.5	50.5																																																		
SUGAR (g)	1.7	5.1	8.2	16.9																																																		
SODIUM (mg)	510	1560	2520	5195																																																		
Allergen information <table><tr><th>Gluten</th><th>Wheat</th><th>Egg</th><th>Milk</th><th>Peanuts</th><th>Almond</th><th>Brazil nut</th><th>Cashew</th></tr><tr><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td></tr><tr><th>Hazelnut</th><th>Macadamia</th><th>Pecan</th><th>Pine nut</th><th>Pistachio</th><th>Walnut</th><th>Sesame</th><th>Soy</th></tr><tr><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td></tr><tr><th>Shellfish</th><th>Fish</th><th>Crustacean</th><th>Molluscs</th><th>Added Sulphites</th><th>Royal Jelly</th><th>Lupin</th><td rowspan="2"></td></tr><tr><td>-</td><td>T</td><td>T</td><td>T</td><td>Y</td><td>-</td><td>-</td></tr></table>								Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew	T	T	T	T	T	T	T	T	Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy	T	T	T	T	T	T	T	T	Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin		-	T	T	T	Y	-	-
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew																																															
T	T	T	T	T	T	T	T																																															
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T	T	T	T	T	T	T	T																																															
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-	T	T	T	Y	-	-																																																
Ingredients																																																						
Coq Au Vin																																																						
Chicken, Red Wine (Red Wine, Salt, Preservative (220)), Water, Brown Onion, Mushroom, Cornflour (Sulphites), Vegetable Oil (Refined, Bleached & Deodorised Soya Bean Oil, Antioxidant (319) and Antifoaming Agent (900a)), Tomato Paste (Concentrated tomato (98%), salt, food acid (citric)), Salt (Salt, anticaking agent (554)), Vegetable Stock Powder (Southern Ocean Sea Salt, Maize Maltodextrin, Cane Sugar, Dehydrated Vegetables (Cabbage, Onion, Garlic, Celery, Spinach), Yeast Extract, Rice Flour, Natural Vegetable Flavours, Disodium Guanylate & Inosinate, Canola Oil, Chilli), Sugar, Pepper.																																																						

Cottage Pie																																																						
Serving sizes						Country of Origin %																																																
	Per 100g	Small	Large																																																			
ENERGY (kJ)	490	780	2190																																																			
CALORIES (cal)	120	190	520																																																			
PROTEIN (g)	8.6	13.7	38.6																																																			
FAT TOTAL (g)	6.6	10.6	29.7																																																			
FAT SATURATED	2.7	4.4	12.3																																																			
CARBOHYDRATES (g)	4.8	7.7	21.8																																																			
SUGAR (g)	2.7	4.4	12.3																																																			
SODIUM (mg)	270	430	1210																																																			
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Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew																																															
T	T	T	Y	T	T	T	T																																															
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T	T	T	T	T	T	T	T																																															
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin																																																
-	T	T	T	T	-	-																																																
Ingredients																																																						
Cottage Pie																																																						
Beef, Mashed Potatoes (Potato, Milk , Cream (35% milk fat), Butter (Pasteurised Cream , Water), Vegetable Stock Powder (Southern Ocean Sea Salt, Maize Maltodextrin, Cane Sugar, Dehydrated Vegetables (Cabbage, Onion, Garlic, Celery, Spinach), Yeast Extract, Rice Flour, Natural Vegetable Flavours, Disodium Guanylate & Inosinate, Canola Oil, Chilli), Pepper, Salt, anticaking agent (554)), Crushed Tomatoes (Tomatoes (60%), Tomato Juice (39.90%), Citric acid (E330)), Carrot, Celery, Peas, Tomato Paste (Concentrated tomato (98%), salt, food acid (citric)), Brown Onion, Vegetable Oil (Refined, Bleached & Deodorised Soya Bean Oil, Antioxidant (319) and Antifoaming Agent (900a)), Sugar, Vegetable Stock Powder (Southern Ocean Sea Salt, Maize Maltodextrin, Cane Sugar, Dehydrated Vegetables (Cabbage, Onion, Garlic, Celery, Spinach), Yeast Extract, Rice Flour, Natural Vegetable Flavours, Disodium Guanylate & Inosinate, Canola Oil, Chilli), Salt (Salt, anticaking agent (554))).																																																						

Country Style Lamb Shanks

Serving sizes	
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	Per 100g	Per Serve			
ENERGY (kJ)	420	3230			
CALORIES (cal)	100	770			
PROTEIN (g)	4.1	31.4			
FAT TOTAL (g)	5.1	39.5			
FAT SATURATED	2.8	21.7			
CARBOHYDRATES (g)	8.8	68.0			
SUGAR (g)	2.7	20.9			
SODIUM (mg)	285	2190			

Country of Origin	82%
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82%

Allergen information

Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
T	T	T	Y	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	T
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	T	T	Y	-	-	

Ingredients	
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Country Style Lamb Shanks

Lamb Shanks: Lamb, Potato, Celery, Water, Brown Onion, Carrot, Dates (Dates, Rice flour), Butter Beans (Butter Beans, Water, Salt, Antioxidant: Ascorbic Acid), Olive Oil Blend (85% Refined olive pomace oil - 15% Extra Virgin Olive Oil), Balsamic Vinegar (Wine Vinegar, Concentrated Grape Must, Caramel (E150d)), Cornflour (**Sulphites**), Rosemary, Salt (Salt, anticaking agent (554)), Vegetable Stock Powder (Southern Ocean Sea Salt, Maize Maltodextrin, Cane Sugar, Dehydrated Vegetables (Cabbage, Onion, Garlic, Celery, Spinach), Yeast Extract, Rice Flour, Natural Vegetable Flavours, Disodium Guanylate & Inosinate, Canola Oil, Chili), Pepper Black Whole.

Mashed Potatoes: Potato, **Milk**, Cream (35% **milk** fat), Butter (Pasturised **Cream**, Water), Salt (Salt, anticaking agent (554)), Pepper Black Whole, Vegetable Stock Powder (Southern Ocean Sea Salt, Maize Maltodextrin, Cane Sugar, Dehydrated Vegetables (Cabbage, Onion, Garlic, Celery, Spinach, Yeast Extract, Rice Flour, Natural Vegetable Flavours Disodium Guanylate & Inosinate, Canola Oil, Chilli)).

Thai Red Curry					
Serving sizes					
	Per 100g	Medium	Large	Family	
ENERGY (kJ)	790	3930	5510	7870	
CALORIES (cal)	190	940	1320	1880	
PROTEIN (g)	16.5	82.2	115.2	164.6	
FAT TOTAL (g)	10.9	54.5	76.3	109.1	
FAT SATURATED	1.9	9.3	13.0	18.6	
CARBOHYDRATES (g)	3.6	18.0	25.3	36.1	
SUGAR (g)	5.3	26.3	36.8	52.5	
SODIUM (mg)	545	2710	3795	5425	

Country of Origin
69%

Allergen information							
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
Y	Y	T	T	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	Y
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	Y	Y	Y	T	-	-	

Ingredients	
Thai Red Curry	
Chicken (100%), Table Salt, White Vinegar, Garlic Salt, MSG (621), Mustard Ground yellow, Robert Mix (Wheat, Gluten, Soy), Onion Salt, Curry Powder, Salt Fine, Paprika, Coconut cream (Xanthan gum (415), Guar gum (412)), Red Curry Paste (Red chilli 40%, garlic, shallot, salt, lemongrass, sugar, kaffir lime, galangal, spices (coriander, cumin, cardamom), citric acid), Water, Sugar, Chilli Jam (Sugar, sunflower oil, fish sauce, shallot (8%), garlic (8%), water, tamarind, shrimp (5%), chilli (3.3%), modified tapioca starch(1442), salt, natural colour (caramel I), flavour enhancer (621), citric acid), Oyster Sauce (water, sugar, salt, oyster extractives (11%) (oyster , water, salt), flavour enhancer (621), modified corn starch (1442), wheat flour, colour (150a)), Kaffie Lime Leaf.	

Farmhouse Rotisserie Chicken					
Serving sizes					
	Per 100g	¼ Chicken	½ Chicken	Whole Chicken	
ENERGY (kJ)	1440	4310	6970	14370	
CALORIES (cal)	340	1030	1660	3430	
PROTEIN (g)	17.8	53.4	86.4	178.1	
FAT TOTAL (g)	29.9	89.6	144.8	298.7	
FAT SATURATED	5.1	15.4	25.0	51.5	
CARBOHYDRATES (g)	1.6	4.8	7.8	16.1	
SUGAR (g)	0.6	1.9	3.1	6.4	
SODIUM (mg)	660	1975	3195	6590	

Country of Origin
67%

Allergen information							
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
Y	Y	T	Y	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	Y
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	-	-	T	-	-	

Ingredients	
Farmhouse Rotisserie Chicken	
Chicken (100%), Table Salt, White Vinegar, Garlic Salt, MSG (621), Mustard Ground yellow, Robert Mix (Wheat, Gluten, Soy), Onion Salt, Curry Powder, Salt Fine, Paprika, Olive Oil Blend (85% Refined olive pomace oil - 15% Extra Virgin Olive Oil), Vegetable Oil (Refined, Bleached & Deodorised Soya Bean Oil, Antioxidant (319) and Antifoaming Agent (900a)), Lemon Juice (Reconstituted lemon juice, preservative (202)), Chicken Stock Powder (Southern Ocean Sea Salt, Maize Maltodextrin, Cane Sugar, Natural Vegetable Flavours, Yeast Extract, Dehydrated Vegetables (Onion, Celery), Disodium Guanylate & Inosinate, Canola Oil), Portuguese Spice (Salt, dried radurised garlic, fumaric acid, radurised maize flour (contains genetically modified materials), dried radurised chillies (7.3%), mustard, monosodium glutamate (flavour enhancer), dried radurised spices (5.5%) (paprika, black pepper, ginger, cloves), dried radurised herbs (3%) (oregano, bay leaves, basil), flavouring, garlic powder, anticaking agent (E551), vegetable oil (palm fruit) (contains antioxidant TBHQ), flavour enhancers (E631, E627)), BBQ Spice (Salt, Wheat Bran (Gluten), paprika, coriander, black pepper, flavouring, celery, pimento, sugar, chilli, cloves, nutmeg, garlic, flavour enhancers, oregano, sage, thyme), Rosemary, Lemon Pepper (Salt, Spices, Dehydrated vegetables, Rice flour, Filler Crumb Wheat flour, Salt, Sugar, Whey powder (Milk), Emulsifier (471)), Food acid (330), Sugar, HVP (Maize), Flavour enhancer (621), Herbs, Anti-caking agent (551), Lemon oil), Oregano, Salt, Garlic.	

General Charlie's Chicken					
Serving sizes					
	Per 100g	Medium	Large	Family	
ENERGY (kJ)	730	2190	3550	7310	
CALORIES (cal)	170	520	850	1750	
PROTEIN (g)	9.2	27.7	44.8	92.3	
FAT TOTAL (g)	7.4	22.2	35.9	74.1	
FAT SATURATED	2.0	5.9	9.6	19.8	
CARBOHYDRATES (g)	17.3	51.8	83.8	172.9	
SUGAR (g)	6.2	18.5	29.9	61.6	
SODIUM (mg)	415	1245	2015	4160	

Country of Origin
65%

Allergen information							
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
Y	Y	Y	T	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	Y	Y
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	T	T	Y	-	-	

Ingredients	
General Charlie's Chicken	
Chicken, Tempura Flour (Wheat Flour, Tapioca Starch, Baking Powder, monosodium glutamate (E-621)), Sweet Soy (Coconut sugar, Sugar, Soy Extract (11%) (Water, Salt, Soybean, Wheat), Water, Colour (150a), Salt, Preservatives [211, 223 (Sulphites)], Acidity Regulator (330), Stabiliser (415)), Rice Wine Vinegar (Water, Glutinous Rice, Salt), Water, Egg, Broccolini, Cornflour (Sulphites), Minced Garlic (Garlic, Salt), Ginger, Vegetable Oil (Refined, Bleached & Deodorised Soya Bean Oil, Antioxidant (319) and Antifoaming Agent (900a)), Vegetable Stock Powder (Southern Ocean Sea Salt, Maize Maltodextrin, Cane Sugar, Dehydrated Vegetables (Cabbage, Onion, Garlic, Celery, Spinach), Yeast Extract, Rice Flour, Natural Vegetable Flavours, Disodium Guanylate & Inosinate, Canola Oil, Chilli), Chilli, Shallot, Crushed Chillies , Salt (Salt, anticaking agent (554)), Pepper, Sesame Seeds.	

Good o'l Beef and Guinness Pie					
Serving sizes					
	Per 100g	Mini	Large		
ENERGY (kJ)	880	1190	3590		
CALORIES (cal)	210	280	860		
PROTEIN (g)	15.6	21.1	76.0		
FAT TOTAL (g)	8.6	11.6	32.4		
FAT SATURATED	4.3	5.8	14.1		
CARBOHYDRATES (g)	17.8	24.0	66.7		
SUGAR (g)	3.0	4.0	13.9		
SODIUM (mg)	535	720	2650		

Country of Origin
%

Allergen information							
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
Y	Y	T	T	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	Y
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	Y	T	T	T	-	-	

Ingredients	
Good o'l Beef and Guinness Pie	
Beef and Guinness Pie Mixture: Beef, Tomatoes (60%), Tomato Juice (39.90%), Citric acid (E330), Concentrated tomato (98%), salt, food acid (citric), Brown Onion, Cornflour (Sulphites), Carrot, Celery, Water, Malted Barley, Barley, roasted Barley, Hops, Yeast, Potato, Southern Ocean Sea Salt, Maize Maltodextrin, Cane Sugar, Dehydrated Vegetables (Cabbage, Onion, Garlic, Celery, Spinach), Yeast Extract, Rice Flour, Natural Vegetable Flavours, Disodium Guanylate & Inosinate, Canola Oil, Chilli, Refined, Bleached & Deodorised Soya Bean Oil, Antioxidant (319) and Antifoaming Agent (900a), Pepper, Oregano, Thyme, Rosemary , Salt, anticaking agent (554). Puff Pastry: Puff Pastry (Wheat Flour, Water, Margarine [Vegetable Oils, Water, Salt, Emulsifiers (471, soy lecithin), Food Acid (330), Flavour, Antioxidant (e307b), Colour (160a)], Salt, Preservatives (202,281), Food Acid (330).	

Green Thai Curry					
Serving sizes					
	Per 100g	Medium	Large	Family	
ENERGY (kJ)	760	3640	5300	7580	
CALORIES (cal)	180	870	1270	1810	
PROTEIN (g)	10.0	48.0	70.0	100.0	
FAT TOTAL (g)	13.8	66.1	96.4	137.8	
FAT SATURATED	2.2	10.8	15.7	22.4	
CARBOHYDRATES (g)	2.2	10.7	15.6	22.3	
SUGAR (g)	4.3	20.9	30.4	43.4	
SODIUM (mg)	670	3230	4705	6725	

Country of Origin

72%

Allergen information							
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
T	T	T	T	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	T
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	Y	Y	T	T	-	-	

Ingredients	
Green Thai Curry	
Chicken (100%), Coconut cream (Xanthan gum (415), Guar gum (412)), Vegetable Oil (Refined, Bleached & Deodorised Soya Bean Oil, Antioxidant (319) and Antifoaming Agent (900a)), Brown Onion, Fish Sauce (Anchovy (Fish) (<i>Engrasicholina</i> spp.) 77%, salt 20%, sugar 3%), Green Bean, Capsicum, Capsicum, Green Curry Paste (Green chilli, lemon grass, garlic, salt, galangal, shrimp paste (shrimp , salt), kaffir lime peel, coriander seed, pepper, cumin, turmeric), Sugar, Coriander, Basil.	

Homemade Beef Stew					
Serving sizes					
	Per 100g	Medium	Large	Family	
ENERGY (kJ)	290	1460	2050	2920	
CALORIES (cal)	70	350	490	700	
PROTEIN (g)	7.8	39.2	54.9	78.5	
FAT TOTAL (g)	2.3	11.5	16.0	22.9	
FAT SATURATED	0.8	3.8	5.3	7.6	
CARBOHYDRATES (g)	3.3	16.5	23.0	32.9	
SUGAR (g)	2.4	12.0	16.9	24.1	
SODIUM (mg)	100	495	690	990	

Country of Origin
66%

Allergen information							
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
T	T	T	T	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	Y	Y
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	T	T	Y	-	-	

Ingredients	
Homemade Beef Stew	
Beef, Crushed Tomatoes (Tomatoes (60%), Tomato Juice (39.90%), Citric acid (E330)), Carrot, Potato, Brown Onion, Mushroom, Water, Butter Beans (Butter Beans, Water, Salt, Antioxidant: Ascorbic Acid), Gravy Powder (Modified starch (1422), Maize Starch, Salt, Maize Flour, Maltodextrin, Dehydrated Vegetables Powders (Tomato and Onion), Sugar, Colour(150d) (Sulphites), Hydrolysed Vegetable Protein (Soy), Flavour Enhancer (635), Sesame Oil, Food Acid (330), Vegetable Gum (415), Spice, Spice Extract), Vegetable Oil (Refined, Bleached & Deodorised Soya Bean Oil, Antioxidant (319) and Antifoaming Agent (900a)), Red Wine (Red Wine, Salt, Preservative (220)), Sugar, Vegetable Stock Powder (Southern Ocean Sea Salt, Maize Maltodextrin, Cane Sugar, Dehydrated Vegetables (Cabbage, Onion, Garlic, Celery, Spinach), Yeast Extract, Rice Flour, Natural Vegetable Flavours, Disodium Guanylate & Inosinate, Canola Oil, Chilli), Salt (Salt, anticaking agent (554)), Pepper White Ground, Bay Leaf.	

Homemade Beef and Mushroom Lasagna

Serving sizes

	Per 100g	Per Serve			
ENERGY (kJ)	1110	7350			
CALORIES (cal)	270	1750			
PROTEIN (g)	6.6	43.3			
FAT TOTAL (g)	23.4	154.7			
FAT SATURATED	6.0	39.7			
CARBOHYDRATES (g)	8.0	52.6			
SUGAR (g)	2.4	15.7			
SODIUM (mg)	255	1690			

Country of Origin
%

Allergen information

Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
Y	Y	T	Y	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	T
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	T	T	Y	-	-	

Ingredients

Homemade Beef and Mushroom Lasagna

Pasteurised Homogenised **Milk**, Pasteurised **Cream**, Cornflour (**Sulphites**), Water, Sugar, Pepper White Whole, Beef, Crushed Tomatoes (Tomatoes (60%), Tomato Juice (39.90%), Citric acid (E330)), Vegetable Oil (Refined, Bleached & Deodorised Soya Bean Oil, Antioxidant (319) and Antifoaming Agent (900a)), Durum **Wheat** Semolina, Brown Onion, Mushroom, Tomato Paste (Concentrated tomato (98%), salt, food acid (citric)), Cheese [Pasteurised **Milk**, Salt, Cultures, Enzyme (Non- Animal Rennet)] , Cheese (**milk**, salt, starter cultures (**milk**), enzyme), anticaking agent (460), preservative (200), Pepper White Ground, Vegetable Stock Powder (Southern Ocean Sea Salt, Maize Maltodextrin, Cane Sugar, Dehydrated Vegetables (Cabbage, Onion, Garlic, Celery, Spinach), Yeast Extract, Rice Flour, Natural Vegetable Flavours, Disodium Guanylate & Inosinate, Canola Oil, Chilli), Salt (Salt, anticaking agent (554)).

Homemade Chicken Lasagna

Serving sizes	
100 g	3.5 oz
100 ml	3.38 fl oz

	Per 100g	Per Serve			
ENERGY (kJ)	680	4480			
CALORIES (cal)	150	1000			
PROTEIN (g)	8.5	55.9			
FAT TOTAL (g)	9.4	61.8			
FAT SATURATED	5.2	34.1			
CARBOHYDRATES (g)	8.6	56.5			
SUGAR (g)	3.4	22.7			
SODIUM (mg)	350	2305			

Country of Origin	%
USA	35
Canada	15
UK	10
France	8
Germany	7
Italy	5
Spain	4
Japan	3
China	2
India	1
Other	10

Allergen information

Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
Y	Y	T	Y	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	T
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	T	T	Y	-	-	

Ingredients	
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Homemade Chicken Lasagna

Chicken, Pasteurised Homogenised **Milk**, Pasteurised Cream, Cornflour (**Sulphites**), Water, Sugar, Pepper White Whole, Crushed Tomatoes (Tomatoes (60%), Tomato Juice (39.90%), Citric acid (E330)), Durum **Wheat** Semolina, Brown Onion, Concentrated Tomatoes, Sugar, Salt, Food Acids (Acetic Acid, Citric Acid), Natural Flavours, Contains 79% Concentrated Tomatoes, Mushroom, Cheese [Pasteurised **Milk**, Salt, Cultures, Enzyme (Non- Animal Rennet)] , Cheese (**milk**, salt, starter cultures (**milk**), enzyme), anticaking agent (460), preservative (200), Tomato Paste (Concentrated tomato (98%), salt, food acid (citric)), Vegetable Oil (Refined, Bleached & Deodorised Soya Bean Oil, Antioxidant (319) and Antifoaming Agent (900a)), Vegetable Stock Powder (Southern Ocean Sea Salt, Maize Maltodextrin, Cane Sugar, Dehydrated Vegetables (Cabbage, Onion, Garlic, Celery, Spinach), Yeast Extract, Rice Flour, Natural Vegetable Flavours, Disodium Guanylate & Inosinate, Canola Oil, Chilli), Pepper White Ground, Salt (Salt, anticaking agent (554)).

Homemade Vegetarian Lasagna					
Serving sizes					
	Per 100g	Per Serve			
ENERGY (kJ)	660	4370			
CALORIES (cal)	160	1040			
PROTEIN (g)	3.5	22.9			
FAT TOTAL (g)	10.6	70.2			
FAT SATURATED	5.4	35.4			
CARBOHYDRATES (g)	11.6	76.7			
SUGAR (g)	4.6	30.4			
SODIUM (mg)	570	3765			

Country of Origin
%

Allergen information							
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
Y	Y	T	Y	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	T
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	T	T	Y	-	-	

Ingredients	
Homemade Vegetarian Lasagna	
Pasteurised Homogenised Milk , Pasteurised Cream , Cornflour (Sulphites), Water, Sugar, Pepper White Whole, Crushed Tomatoes (Tomatoes (60%), Tomato Juice (39.90%), Citric acid (E330)), Durum Wheat Semolina, Eggplant, Sweet Potato, Pumpkin, Vegetable Oil (Refined, Bleached & Deodorised Soya Bean Oil, Antioxidant (319) and Antifoaming Agent (900a)), Concentrated Tomatoes, Sugar, Salt, Food Acids (Acetic Acid, Citric Acid), Natural Flavours, Contains 79% Concentrated Tomatoes, Brown Onion, Cheese [Pasteurised Milk , Salt, Cultures, Enzyme (Non- Animal Rennet)] , Cheese (milk , salt, starter cultures (milk), enzyme), anticaking agent (460), preservative (200), Salt (Salt, anticaking agent (554)), Sugar , Vegetable Stock Powder (Southern Ocean Sea Salt, Maize Maltodextrin, Cane Sugar, Dehydrated Vegetables (Cabbage, Onion, Garlic, Celery, Spinach), Yeast Extract, Rice Flour, Natural Vegetable Flavours, Disodium Guanylate & Inosinate, Canola Oil, Chilli), Pepper White Ground.	

Jack Pumpkin Stack	
1	100%
2	100%
3	100%
4	100%
5	100%
6	100%
7	100%
8	100%
9	100%
10	100%
11	100%
12	100%
13	100%
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85	100%
86	100%
87	100%
88	100%
89	100%
90	100%
91	100%
92	100%
93	100%
94	100%
95	100%
96	100%
97	100%
98	100%
99	100%
100	100%

Serving sizes

	Per 100g	Per Serve			
ENERGY (kJ)	360	1610			
CALORIES (cal)	90	380			
PROTEIN (g)	1.8	8.1			
FAT TOTAL (g)	4.4	19.9			
FAT SATURATED	1.2	5.3			
CARBOHYDRATES (g)	9.1	41.1			
SUGAR (g)	8.0	36.2			
SODIUM (mg)	210	955			

Country of Origin
89%

Allergen information	
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Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
T	T	T	Y	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	T
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	T	T	T	-	-	

Ingredients	
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Jack Pumpkin Stack

Pumpkin, Onion, Fetta (Pasteurised Cow's Milk (97.18%), Salt (2.6%), Lactic Cultures (0.1%), Non-Animal Rennet (<0.01%)), Olive Oil Blend (85% Refined olive pomace oil - 15% Extra Virgin Olive Oil), Cane Sugar, Olives (Olives, water, salt, vinegar, oil vegetable), Rosemary, Parsley, Salt (Salt, anticaking agent (554)), Pepper.

Jerk Chicken					
Serving sizes					
	Per 100g	¼ Chicken	½ Chicken	Whole Chicken	
ENERGY (kJ)	690	2080	3360	8320	
CALORIES (cal)	170	500	800	1990	
PROTEIN (g)	14.9	44.6	72.1	178.5	
FAT TOTAL (g)	10.7	32.1	51.9	128.5	
FAT SATURATED	3.2	9.7	15.7	38.9	
CARBOHYDRATES (g)	3.1	9.2	15.0	37.0	
SUGAR (g)	1.7	5.2	8.4	20.9	
SODIUM (mg)	270	805	1300	3215	

Country of Origin
84%

Allergen information							
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
Y	Y	T	T	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	Y
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	T	T	Y	-	-	

Ingredients	
Jerk Chicken	
Chicken, Orange juice 99.9% (reconstituted & squeezed orange juice), preservative (202), vitamin C (300), Reconstituted lemon juice, preservative (202), Ginger, Shallot, Coriander, Lime, Olive Oil, Cane Sugar, Salt, anticaking agent (554), Chilli, Thyme, Garlic Salt, MSG (621), Mustard Ground yellow, Robert Mix (Gluten, Wheat, Soy), Onion Salt, Curry Powder, Salt Fine, Paprika, Garlic, Cornflour (Cornflour), Allspice, Cloves, Cinnamon, Crushed Chillies, Nutmeg, Pepper, Thyme.	

Jerk Chicken Kebab

Serving sizes

	Per 100g	Each			
ENERGY (kJ)	600	1180			
CALORIES (cal)	140	280			
PROTEIN (g)	9.4	18.3			
FAT TOTAL (g)	8.8	17.1			
FAT SATURATED	2.5	4.8			
CARBOHYDRATES (g)	7.6	14.8			
SUGAR (g)	3.3	6.5			
SODIUM (mg)	665	1295			

Country of Origin

84%

Allergen information

Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
Y	Y	T	T	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	Y
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	T	T	Y	-	-	

Ingredients

Jerk Chicken Kebab

Chicken, Orange juice 99.9% (reconstituted & squeezed orange juice), preservative (202), vitamin C (300), Reconstituted lemon juice, preservative (202), Ginger, Shallot, Coriander, Lime, Olive Oil, Cane Sugar, Salt, anticaking agent (554), Chilli, Thyme, Garlic Salt, MSG (621), Mustard Ground yellow, Robert Mix (**Gluten, Wheat, Soy**), Onion Salt, Curry Powder, Salt Fine, Paprika, Garlic, Cornflour (**Cornflour**), Allspice, Cloves, Cinnamon, Crushed Chillies, Nutmeg, Pepper, Thyme.

Jerk Chicken Wings

Serving sizes	
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	Per 100g	Each			
ENERGY (kJ)	560	250			
CALORIES (cal)	130	60			
PROTEIN (g)	10.9	4.9			
FAT TOTAL (g)	7.6	3.4			
FAT SATURATED	2.0	0.9			
CARBOHYDRATES (g)	6.0	2.7			
SUGAR (g)	2.6	1.2			
SODIUM (mg)	535	240			

Country of Origin	84%
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Allergen information

Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
Y	Y	T	T	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	Y
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	T	T	Y	-	-	

Ingredients	
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Jerk Chicken Wings

Chicken, Orange juice 99.9% (reconstituted & squeezed orange juice), preservative (202), vitamin C (300), Reconstituted lemon juice, preservative (202), Ginger, Shallot, Coriander, Lime, Olive Oil, Cane Sugar, Salt, anticaking agent (554), Chilli, Thyme, Garlic Salt, MSG (621), Mustard Ground yellow, Robert Mix (**Gluten, Wheat, Soy**), Onion Salt, Curry Powder, Salt Fine, Paprika, Garlic, Cornflour (**Cornflour**), Allspice, Cloves, Cinnamon, Crushed Chillies, Nutmeg, Pepper, Thyme.

Lamb Shank Rigatoni																																																							
Serving sizes						Country of Origin %																																																	
	Per 100g	Small	Medium	Large	Family																																																		
ENERGY (kJ)	530	1410	2120	2710	4040																																																		
CALORIES (cal)	130	340	510	650	970																																																		
PROTEIN (g)	5.3	14.2	21.4	27.3	40.7																																																		
FAT TOTAL (g)	4.6	12.2	18.4	23.5	35.0																																																		
FAT SATURATED	2.0	5.2	7.8	10.0	14.8																																																		
CARBOHYDRATES (g)	15.7	41.6	62.8	80.1	119.4																																																		
SUGAR (g)	3.2	8.4	12.7	16.3	24.2																																																		
SODIUM (mg)	265	705	1060	1355	2015																																																		
Allergen information <table><tr><th>Gluten</th><th>Wheat</th><th>Egg</th><th>Milk</th><th>Peanuts</th><th>Almond</th><th>Brazil nut</th><th>Cashew</th></tr><tr><td>Y</td><td>Y</td><td>T</td><td>Y</td><td>T</td><td>T</td><td>T</td><td>T</td></tr><tr><th>Hazelnut</th><th>Macadamia</th><th>Pecan</th><th>Pine nut</th><th>Pistachio</th><th>Walnut</th><th>Sesame</th><th>Soy</th></tr><tr><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td></tr><tr><th>Shellfish</th><th>Fish</th><th>Crustacean</th><th>Molluscs</th><th>Added Sulphites</th><th>Royal Jelly</th><th>Lupin</th><td></td></tr><tr><td>-</td><td>T</td><td>T</td><td>T</td><td>Y</td><td>-</td><td>-</td><td></td></tr></table>								Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew	Y	Y	T	Y	T	T	T	T	Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy	T	T	T	T	T	T	T	T	Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin		-	T	T	T	Y	-	-	
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew																																																
Y	Y	T	Y	T	T	T	T																																																
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy																																																
T	T	T	T	T	T	T	T																																																
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin																																																	
-	T	T	T	Y	-	-																																																	
Ingredients																																																							
Lamb Shank Rigatoni																																																							
Crushed Tomatoes (Tomatoes (60%), Tomato Juice (39.90%), Citric acid (E330)), Lamb, Potato, Garlic, Pasteurised Homogenised Milk , Water, Butter Beans (60%), Water, Salt, Antioxidant: Ascorbic Acid, Celery, Carrot, Onion, Dates, Rice flour, 85% Refined olive pomace oil - 15% Extra Virgin Olive Oil, Cornflour (Sulphites), Wine Vinegar, Concentrated Grape Must, Caramel (E150d), Southern Ocean Sea Salt, Maize Maltodextrin, Cane Sugar, Dehydrated Vegetables (Cabbage, Onion, Garlic, Celery, Spinach), Yeast Extract, Rice Flour, Natural Vegetable Flavours, Disodium Guanylate & Inosinate, Canola Oil, Chilli, Rosemary, Salt, anticaking agent (554), Pepper White Whole, Pasta (Durum wheat semolina, water), Carrot, Brown Onion, Celery, Cheese (milk, salt, starter cultures (milk), enzyme), anticaking agent (460), preservative (200), Vegetable Oil (Refined, Bleached & Deodorised Soya Bean Oil, Antioxidant (319) and Antifoaming Agent (900a)), Garlic, Salt (Salt, anticaking agent (554)), Oregano, Cane Sugar, Pepper, Bay Leaf.																																																							

Lentil Curry																																																						
Serving sizes						Country of Origin %																																																
	Per 100g	Small	Medium	Large	Family																																																	
ENERGY (kJ)	450	1450	2850	3730	4520																																																	
CALORIES (cal)	110	350	680	890	1080																																																	
PROTEIN (g)	5.5	17.5	34.5	45.2	54.8																																																	
FAT TOTAL (g)	1.1	3.6	7.2	9.4	11.4																																																	
FAT SATURATED	0.2	0.5	0.9	1.2	1.5																																																	
CARBOHYDRATES (g)	17.5	55.9	110.0	144.1	174.7																																																	
SUGAR (g)	7.3	23.4	46.1	60.4	73.2																																																	
SODIUM (mg)	265	855	1680	2200	2665																																																	
Allergen information <table><tr><th>Gluten</th><th>Wheat</th><th>Egg</th><th>Milk</th><th>Peanuts</th><th>Almond</th><th>Brazil nut</th><th>Cashew</th></tr><tr><td>Y</td><td>Y</td><td>T</td><td>Y</td><td>T</td><td>T</td><td>T</td><td>T</td></tr><tr><th>Hazelnut</th><th>Macadamia</th><th>Pecan</th><th>Pine nut</th><th>Pistachio</th><th>Walnut</th><th>Sesame</th><th>Soy</th></tr><tr><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>Y</td></tr><tr><th>Shellfish</th><th>Fish</th><th>Crustacean</th><th>Molluscs</th><th>Added Sulphites</th><th>Royal Jelly</th><th>Lupin</th><td rowspan="2"></td></tr><tr><td>-</td><td>T</td><td>T</td><td>T</td><td>T</td><td>-</td><td>-</td></tr></table>								Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew	Y	Y	T	Y	T	T	T	T	Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy	T	T	T	T	T	T	T	Y	Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin		-	T	T	T	T	-	-
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew																																															
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T	T	T	T	T	T	T	Y																																															
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-	T	T	T	T	-	-																																																
Ingredients																																																						
Lentil Curry																																																						
Tomato Soup (Concentrated Tomatoes (89%), Sugar, Tapioca Starch, Salt, Acidity Regulator (Sodium Bicarbonate), Natural Colour (Paprika Extract), Natural Flavours, Spice), Whole Green Lentils, Brown Onion, Chick peas (60%), water, salt, ascorbic acid, Tomato Paste (Concentrated tomato (98%), salt, food acid (citric)), Fruit Chutney (Fruit 42% (Pears (from Paste), Apple, Sultanas, Citrus Peel (WHEAT)), Sugar, Water, Onion, Thickeners (Modified Cornstarch, Xanthan Gum (SOY)), Salt, Food Acids (Acetic, Ascorbic, Citric), Coconut, Spices (Ginger, Turmeric, Cumin), Colour (Caramel (150c)), Chilli, Spice Extract), Capsicum, Carrot, Curry Powder (Coriander, Turmeric, Fennel, Pepper, Cumin, Chilli, Fenugreek, Garlic, Ginger, Salt), Paprika, Garlic, Vegetable Stock Powder (Southern Ocean Sea Salt, Maize Maltodextrin, Cane Sugar, Dehydrated Vegetables (Cabbage, Onion, Garlic, Celery, Spinach), Yeast Extract, Rice Flour, Natural Vegetable Flavours, Disodium Guanylate & Inosinate, Canola Oil, Chilli).																																																						

Mint Lamb Shanks							
Serving sizes						Country of Origin 69%	
	Per 100g	Per Serve					
ENERGY (kJ)	470	3010					
CALORIES (cal)	110	720					
PROTEIN (g)	9.7	58.4					
FAT TOTAL (g)	5.2	33.7					
FAT SATURATED	2.4	16.4					
CARBOHYDRATES (g)	6.7	44.9					
SUGAR (g)	3.7	23.0					
SODIUM (mg)	185	1270					
Allergen information							
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
Y	Y	T	Y	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	T
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	T	T	Y	-	-	
Ingredients							
Mint Lamb Shanks							
Mint Lamb Shanks: Lamb, Chicken Stock Powder (Southern Ocean Sea Salt, Maize Maltodextrin, Cane Sugar, Natural Vegetable Flavours, Yeast Extract, Dehydrated Vegetables (Onion, Celery), Disodium Guanylate & Inosinate, Canola Oil), Onion, Guinness (Water, Malted Barley, Barley, roasted Barley, Hops, Yeast), Brown Onion, Dates (Sultanas, Vegetable Oil), Concentrated Tomatoes, Sugar, Salt, Food Acids (Acetic Acid, Citric Acid), Natural Flavours, Concentrated Tomatoes, Marmalade (Sugar, Water, Orange (14%) [Juice & Peel (Contains Preservative (223))], Gelling Agent (Pectin), Food Acid (Citric Acid), Orange Oil, Acidity Regulator (Calcium Carbonate)), Water, Vinegar, Molasses, Rehydrated Vegetables, Salt, Spices, Colour (150d), Flavours, Pepper, Vegetable Oil (Refined, Bleached & Deodorised Soya Bean Oil, Antioxidant (319) and Antifoaming Agent (900a)), Mint, Salt (Salt, anticaking agent (554)), Pepper White Ground. Mashed Potato: Potato, Milk, Cream (35% milk fat), Butter (Pasteurised Cream, Water), Salt (Salt, anticaking agent (554)), Pepper Black Whole, Vegetable Stock Powder (Southern Ocean Sea Salt, Maize Maltodextrin, Cane Sugar, Dehydrated Vegetables (Cabbage, Onion, Garlic, Celery, Spinach), Yeast Extract, Rice Flour, Natural Vegetable Flavours, Disodium Guanylate & Inosinate, Canola Oil, Chilli).							

Moroccan Meatballs					
Serving sizes					
	Per 100g	Medium	Large	Family	
ENERGY (kJ)	340	2070	2580	3890	
CALORIES (cal)	80	490	620	930	
PROTEIN (g)	7.3	44.0	55.0	82.8	
FAT TOTAL (g)	4.7	28.3	35.4	53.3	
FAT SATURATED	1.8	10.8	13.5	20.3	
CARBOHYDRATES (g)	2.5	15.1	18.9	28.4	
SUGAR (g)	2.9	17.4	21.8	32.8	
SODIUM (mg)	100	600	745	1125	

Country of Origin
44%

Allergen information							
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
T	T	T	T	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	Y
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	T	T	T	-	-	

Ingredients	
Moroccan MeatBalls	
Crushed Tomatoes (Tomatoes (60%), Tomato Juice (39.90%), Citric acid (E330)), Beef, Water, Brown Onion , Tomato Paste (Concentrated tomato (98%), salt, food acid (citric)), Vegetable Oil (Refined, Bleached & Deodorised Soya Bean Oil, Antioxidant (319) and Antifoaming Agent (900a)), Balsamic Vinegar (Wine Vinegar, Concentrated Grape Must, Caramel (E150d)), Sugar, Vegetable Stock Powder (Southern Ocean Sea Salt, Maize Maltodextrin, Cane Sugar, Dehydrated Vegetables (Cabbage, Onion, Garlic, Celery, Spinach), Yeast Extract, Rice Flour, Natural Vegetable Flavours, Disodium Guanylate & Inosinate, Canola Oil, Chilli), Chicken Booster (Salt, Rice Flour, Sugar, Dextrose, Cornflour, HVP (6250 (Soy)), Onion Powder, Turmeric, Vegetable Oil, Celery Oil), Cumin Seeds, Oregano, Salt (Salt, anticaking agent (554)), Pepper White Ground.	

Nonna's Italian Beef Meatballs					
Serving sizes					
	Per 100g	Medium	Large	Family	
ENERGY (kJ)	470	2830	3540	5330	
CALORIES (cal)	110	680	850	1270	
PROTEIN (g)	9.2	55.0	68.8	103.6	
FAT TOTAL (g)	6.8	40.6	50.8	76.5	
FAT SATURATED	2.4	14.3	17.9	26.9	
CARBOHYDRATES (g)	4.0	24.0	30.0	45.2	
SUGAR (g)	2.9	17.7	22.1	33.3	
SODIUM (mg)	285	1710	2135	3220	

Country of Origin
55%

Allergen information							
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
Y	Y	T	Y	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	T
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	T	T	T	-	-	

Ingredients	
Nonna's Italian Beef Meatballs	
Crushed Tomatoes (Tomatoes (60%), Tomato Juice (39.90%), Citric acid (E330)), Beef, Brown Onion, Carrot, Celery, Brown Onion, Olive Oil Blend (85% Refined olive pomace oil - 15% Extra Virgin Olive Oil), Cheese [Pasteurised Milk , Salt, Cultures, Enzyme (Non- Animal Rennet)], Breadcrumb (Wheat Flour, Wholemeal Wheat Flour, Yeast, Iodised Sea Salt, Rye Flour, Wheat Fibre, Water, Vinegar, Canola Oil, Malt, Barley Flour, Antioxidant (300), Enzymes, Preservatives (282), Colour (E160a), Vitamin (Thiamine, Folate)), Basil, Oregano, Cane Sugar, Water, Garlic, Salt (Salt, anticaking agent (554)), Pepper White Ground.	

Pulled Beef							
Serving sizes						Country of Origin 43%	
	Per 100g	Per kg					
ENERGY (kJ)	700	7000					
CALORIES (cal)	170	1700					
PROTEIN (g)	9.9	99					
FAT TOTAL (g)	1.6	16					
FAT SATURATED	0.6	6.2					
CARBOHYDRATES (g)	20.6	260					
SUGAR (g)	19.9	199					
SODIUM (mg)	410	4100					
Allergen information							
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
Y	Y	T	T	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	Y
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	Y	T	T	Y	-	-	
Ingredients							
Pulled Beef							
Beef, Steak Sauce (Sugar, Water, Vinegar, Tomato, Spices, Corn Syrup, Food Acid (Acetic), Salt, Onion, Spice Extract, Tamarind, Flavour, Anchovy Powder (Fish), Colour (Caramel[150c]), Licorice Powder, Mustard Flour, Emulsifier (E430), Soy Bean, Defatted Soybean , Wheat Flour, Monosodium Glutamate, Preservative (E211), Flavour Enhancer (E635), Artificial Sweetener (E950), Lemon Juice), Fruit Chutney (Fruit 42% (Pears (from Paste), Apple, Sultanas, Citrus Peel (WHEAT))), Sugar, Water, Onion, Thickeners (Modified Cornstarch, Xanthan Gum (SOY))), Salt, Food Acids (Acetic, Ascorbic, Citric), Coconut, Spices (Ginger, Turmeric, Cumin), Colour (Caramel (150c)), Chilli, Spice Extract), Golden Syrup (Sugar, Water), Sweet Soy (Coconut sugar, Sugar, Soy Extract (11%) (Water, Salt, Soybean , Wheat), Water, Colour (150a), Salt, Preservatives [211, 223 (Sulphites)], Acidity Regulator (330), Stabiliser (415)), Ginger, Pineapple (Pineapple (58.5%), water, sugar, citric acid), Cane Sugar, Lemon Juice (Reconstituted lemon juice, preservative (202))).							

Pulled Beef Ribs																																																						
Serving sizes						Country of Origin 92%																																																
	Per 100g	Per kg																																																				
ENERGY (kJ)	770	7700																																																				
CALORIES (cal)	180	1800																																																				
PROTEIN (g)	15.4	154																																																				
FAT TOTAL (g)	7.4	74.1																																																				
FAT SATURATED	2.8	28																																																				
CARBOHYDRATES (g)	10.5	105.2																																																				
SUGAR (g)	10.2	102																																																				
SODIUM (mg)	235	2350																																																				
Allergen information <table><tr><th>Gluten</th><th>Wheat</th><th>Egg</th><th>Milk</th><th>Peanuts</th><th>Almond</th><th>Brazil nut</th><th>Cashew</th></tr><tr><td>Y</td><td>Y</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td></tr><tr><th>Hazelnut</th><th>Macadamia</th><th>Pecan</th><th>Pine nut</th><th>Pistachio</th><th>Walnut</th><th>Sesame</th><th>Soy</th></tr><tr><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>Y</td></tr><tr><th>Shellfish</th><th>Fish</th><th>Crustacean</th><th>Molluscs</th><th>Added Sulphites</th><th>Royal Jelly</th><th>Lupin</th><td rowspan="2"></td></tr><tr><td>-</td><td>Y</td><td>T</td><td>T</td><td>Y</td><td>-</td><td>-</td></tr></table>								Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew	Y	Y	T	T	T	T	T	T	Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy	T	T	T	T	T	T	T	Y	Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin		-	Y	T	T	Y	-	-
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew																																															
Y	Y	T	T	T	T	T	T																																															
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T	T	T	T	T	T	T	Y																																															
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-	Y	T	T	Y	-	-																																																
Ingredients																																																						
Pulled Beef Ribs																																																						
Beef, Steak Sauce (Sugar, Water, Vinegar, Tomato, Spices, Corn Syrup, Food Acid (Acetic), Salt, Onion, Spice Extract, Tamarind, Flavour, Anchovy Powder (Fish), Colour (Caramel[150c]), Licorice Powder, Mustard Flour, Emulsifier (E430). Soy Bean, Defatted Soybean , Wheat Flour, Monosodium Glutamate, Preservative (E211), Flavour Enhancer (E635), Artificial Sweetener (E950), Lemon Juice), Fruit Chutney (Fruit 42% (Pears (from Paste), Apple, Sultanas, Citrus Peel (WHEAT))), Sugar, Water, Onion, Thickeners (Modified Cornstarch, Xanthan Gum (SOY))), Salt, Food Acids (Acetic, Ascorbic, Citric), Coconut, Spices (Ginger, Turmeric, Cumin), Colour (Caramel (150c)), Chilli, Spice Extract), Golden Syrup (Sugar, Water), Sweet Soy (Coconut sugar, Sugar, Soy Extract (11%) (Water, Salt, Soybean , Wheat), Water, Colour (150a), Salt, Preservatives [211, 223 (Sulphites)], Acidity Regulator (330), Stabiliser (415)), Ginger, Pineapple (Pineapple (58.5%), water, sugar, citric acid), Cane Sugar , Lemon Juice (Reconstituted lemon juice, preservative (202)), Vegetable Stock Powder (Southern Ocean Sea Salt, Maize Maltodextrin, Cane Sugar, Dehydrated Vegetables (Cabbage, Onion, Garlic, Celery, Spinach), Yeast Extract, Rice Flour, Natural Vegetable Flavours, Disodium Guanylate & Inosinate, Canola Oil, Chilli).																																																						

Rogan Josh					
Serving sizes					
	Per 100g	Medium	Large	Family	
ENERGY (kJ)	680	4200	4200	7480	
CALORIES (cal)	160	1000	1000	1790	
PROTEIN (g)	9.4	57.7	57.7	102.7	
FAT TOTAL (g)	12.4	76.3	76.3	135.9	
FAT SATURATED	3.1	19.3	19.3	34.3	
CARBOHYDRATES (g)	3.3	20.5	20.5	36.5	
SUGAR (g)	2.9	17.7	17.7	31.6	
SODIUM (mg)	100	625	625	1115	

Country of Origin
62%

Allergen information							
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
T	T	T	Y	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	T
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	T	T	T	-	-	

Ingredients	
Rogan Josh	
Lamb, Crushed Tomatoes (Tomatoes (60%), Tomato Juice (39.90%), Citric acid (E330)), Brown Onion, Vegetable Oil (Refined, Bleached & Deodorised Soya Bean Oil, Antioxidant (319) and Antifoaming Agent (900a)), Yoghurt (Milk , Milk Solids, Cream (Milk), Live Yoghurt Cultures (Milk): S. Thermophilus& L. Bulgaricus), Cloves, Sugar, Cassia, Curry Powder (Coriander, Turmeric, Fennel, Pepper, Cumin, Chilli, Fenugreek, Garlic, Ginger, Salt), Cumin Seeds, Aniseed Star, Coriander Seeds, Spice Mix (Coriander Ground, Cumin Ground, Mixed Spice, Nutmeg Ground, Cinnamon Ground, Pimento Ground, Cloves Ground, Cardamom Ground, Ginger Ground, Fennel Ground, Pepper Black Ground), Salt (Salt, anticaking agent (554)), Cardamom, Cinnamon, Tumeric , Chilli.	

Slow Cooked Lamb Shoulder

Serving sizes	
1	100 g
2	200 g
3	300 g
4	400 g
5	500 g
6	600 g
7	700 g
8	800 g
9	900 g
10	1000 g
11	1100 g
12	1200 g
13	1300 g
14	1400 g
15	1500 g
16	1600 g
17	1700 g
18	1800 g
19	1900 g
20	2000 g
21	2100 g
22	2200 g
23	2300 g
24	2400 g
25	2500 g
26	2600 g
27	2700 g
28	2800 g
29	2900 g
30	3000 g
31	3100 g
32	3200 g
33	3300 g
34	3400 g
35	3500 g
36	3600 g
37	3700 g
38	3800 g
39	3900 g
40	4000 g
41	4100 g
42	4200 g
43	4300 g
44	4400 g
45	4500 g
46	4600 g
47	4700 g
48	4800 g
49	4900 g
50	5000 g
51	5100 g
52	5200 g
53	5300 g
54	5400 g
55	5500 g
56	5600 g
57	5700 g
58	5800 g
59	5900 g
60	6000 g
61	6100 g
62	6200 g
63	6300 g
64	6400 g
65	6500 g
66	6600 g
67	6700 g
68	6800 g
69	6900 g
70	7000 g
71	7100 g
72	7200 g
73	7300 g
74	7400 g
75	7500 g
76	7600 g
77	7700 g
78	7800 g
79	7900 g
80	8000 g
81	8100 g
82	8200 g
83	8300 g
84	8400 g
85	8500 g
86	8600 g
87	8700 g
88	8800 g
89	8900 g
90	9000 g
91	9100 g
92	9200 g
93	9300 g
94	9400 g
95	9500 g
96	9600 g
97	9700 g
98	9800 g
99	9900 g
100	10000 g

	Per 100g	Per kg			
ENERGY (kJ)	750	7500			
CALORIES (cal)	180	1800			
PROTEIN (g)	15.5	155			
FAT TOTAL (g)	12.3	123			
FAT SATURATED	3.8	38			
CARBOHYDRATES (g)	2.1	21.3			
SUGAR (g)	0.9	9.3			
SODIUM (mg)	315	3150			

Country of Origin	81%
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Allergen information

Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
T	T	T	T	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	T
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	T	T	T	-	-	

Ingredients	
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Slow Cooked Lamb Shoulder

Lamb, Lemon Juice (Reconstituted lemon juice, preservative (202)), Tomato Paste (Concentrated tomato (98%), salt, food acid (citric)), Mustard (Water, Mustard Seed 28%, Salt, Sugar, Food Acid (Acetic), Turmeric, Marjoram, Thyme, Garlic Extract, Spice Extract), Olive Oil Blend (85% Refined olive pomace oil - 15% Extra Virgin Olive Oil), Thyme, Salt (Salt, anticaking agent (554)), Pepper, Garlic, Oregano.
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South African Chicken Curry																																																							
Serving sizes						Country of Origin 79%																																																	
	Per 100g	Medium	Large	Family																																																			
ENERGY (kJ)	590	3570	4550	5940																																																			
CALORIES (cal)	140	850	1090	1420																																																			
PROTEIN (g)	6.8	40.6	51.7	67.6																																																			
FAT TOTAL (g)	4.9	29.6	37.8	49.4																																																			
FAT SATURATED	1.5	8.9	11.4	14.8																																																			
CARBOHYDRATES (g)	18.1	108.9	138.8	181.5																																																			
SUGAR (g)	13.9	83.1	106.0	138.5																																																			
SODIUM (mg)	145	855	1095	1430																																																			
Allergen information <table><tr><th>Gluten</th><th>Wheat</th><th>Egg</th><th>Milk</th><th>Peanuts</th><th>Almond</th><th>Brazil nut</th><th>Cashew</th></tr><tr><td>Y</td><td>Y</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td></tr><tr><th>Hazelnut</th><th>Macadamia</th><th>Pecan</th><th>Pine nut</th><th>Pistachio</th><th>Walnut</th><th>Sesame</th><th>Soy</th></tr><tr><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>Y</td></tr><tr><th>Shellfish</th><th>Fish</th><th>Crustacean</th><th>Molluscs</th><th>Added Sulphites</th><th>Royal Jelly</th><th>Lupin</th><td></td></tr><tr><td>-</td><td>T</td><td>T</td><td>T</td><td>Y</td><td>-</td><td>-</td><td></td></tr></table>								Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew	Y	Y	T	T	T	T	T	T	Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy	T	T	T	T	T	T	T	Y	Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin		-	T	T	T	Y	-	-	
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew																																																
Y	Y	T	T	T	T	T	T																																																
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy																																																
T	T	T	T	T	T	T	Y																																																
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin																																																	
-	T	T	T	Y	-	-																																																	
Ingredients																																																							
South African Chicken Curry																																																							
Chicken, Crushed Tomatoes (Tomatoes (60%), Tomato Juice (39.90%), Citric acid (E330)), Fruit Chutney (Fruit 42% (Pears (from Paste), Apple, Sultanas, Citrus Peel (contains WHEAT)), Sugar, Water, Onion, Thickeners (Modified Cornstarch, Xanthan Gum (contains SOY)), Salt, Food Acids (Acetic, Ascorbic, Citric), Coconut, Spices (Ginger, Turmeric, Cumin), Colour (Caramel (150c)), Chilli, Spice Extract), Water, Cane Sugar, Potato, Brown Onion, Banana, Sweet Potato, Chicken Stock Powder (Southern Ocean Sea Salt, Maize Maltodextrin, Cane Sugar, Natural Vegetable Flavours, Yeast Extract, Dehydrated Vegetables (Onion, Celery), Disodium Guanylate & Inosinate, Canola Oil), Cornflour (Sulphites), Apple, Tomato Paste (Concentrated tomato (98%), salt, food acid (citric)), Apricot Jam (Sugar, Apricot (40%)), Food Acid (Citric Acid), Gelling Agent (Pectin)), Curry Powder (Coriander, Turmeric, Fennel, Pepper, Cumin, Chilli, Fenugreek, Garlic, Ginger, Salt), Salt (Salt, anticaking agent (554)), Vegetable Oil (Refined, Bleached & Deodorised Soya Bean Oil, Antioxidant (319) and Antifoaming Agent (900a)), Pepper White Ground, Parsley, Cinnamon, Cloves, Bay Leaf.																																																							

South African Style Chicken Kebab

Serving sizes

Country of Origin
NA

	Per 100g	Per Serve			
ENERGY (kJ)	700	1370			
CALORIES (cal)	170	330			
PROTEIN (g)	10.4	20.3			
FAT TOTAL (g)	11.0	21.4			
FAT SATURATED	2.7	5.3			
CARBOHYDRATES (g)	7.0	13.6			
SUGAR (g)	6.0	11.7			
SODIUM (mg)	135	265			

Allergen information

Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
T	T	T	T	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	Y
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	T	T	Y	-	-	

Ingredients

South African Style Chicken Kebab

Chicken, Thyme, Capsicum, Apricot Jam (Sugar, Apricot (40%), Food Acid (Citric Acid), Gelling Agent (Pectin)), Onion, Olive Oil Blend (85% Refined olive pomace oil - 15% Extra Virgin Olive Oil), Apricots (Apricot, Reconstituted Pear Juice), Coriander, Chicken Booster (Salt, Rice Flour, Sugar, Dextrose, Cornflour, HVP (6250 **Soy**)), Onion Powder, Turmeric, Vegetable Oil, Celery Oil), Cornflour (**Sulphites**), Curry Powder (Coriander, Turmeric, Fennel, Pepper, Cumin, Chilli, Fenugreek, Garlic, Ginger, Salt), Minced Garlic (Garlic, Salt), Ginger, Water, Cinnamon, Aniseed Star, Bay Leaf, Tumeric.

SPANISH CHICKEN CASSEROLE					
Serving sizes					
	Per 100g	Medium	Large	Family	
ENERGY (kJ)	540	3250	4110	5900	
CALORIES (cal)	130	780	980	1410	
PROTEIN (g)	7.9	47.2	59.8	85.7	
FAT TOTAL (g)	7.4	44.4	56.2	80.6	
FAT SATURATED	1.8	10.9	13.8	19.7	
CARBOHYDRATES (g)	7.4	44.4	56.2	80.6	
SUGAR (g)	6.9	41.6	52.8	75.7	
SODIUM (mg)	290	1730	2195	3145	

Country of Origin
%

Allergen information							
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
Y	Y	T	T	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	Y
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	T	T	T	-	-	

Ingredients	
SPANISH CHICKEN CASSEROLE	
Chicken, Fruit Chutney (Fruit 42% (Pears (from Paste), Apple, Sultanas, Citrus Peel (WHEAT)), Sugar, Water, Onion, Thickeners (Modified Cornstarch, Xanthan Gum (SOY)), Salt, Food Acids (Acetic, Ascorbic, Citric), Coconut, Spices (Ginger, Turmeric, Cumin), Colour (Caramel (150c)), Chilli, Spice Extract), Mushroom, Water, Onion, Tomato Soup (Concentrated Tomatoes (89%), Sugar, Tapioca Starch, Salt, Acidity Regulator (Sodium Bicarbonate), Natural Colour (Paprika Extract), Natural Flavours, Spice), Capsicum, Capsicum, Vegetable Oil (Refined, Bleached & Deodorised Soya Bean Oil, Antioxidant (319) and Antifoaming Agent (900a)), Vegetable Stock Powder (Southern Ocean Sea Salt, Maize Maltodextrin, Cane Sugar, Dehydrated Vegetables (Cabbage, Onion, Garlic, Celery, Spinach), Yeast Extract, Rice Flour, Natural Vegetable Flavours, Disodium Guanylate & Inosinate, Canola Oil, Chilli), Sugar, Curry Powder (Coriander, Turmeric, Fennel, Pepper, Cumin, Chilli, Fenugreek, Garlic, Ginger, Salt), Salt (Salt, anticaking agent (554)), Garlic, Chilli.	

Tandoori Chicken					
Serving sizes					
	Per 100g	¼ Chicken	½ Chicken	Whole Chicken	
ENERGY (kJ)	670	2020	3260	6730	
CALORIES (cal)	160	480	780	1610	
PROTEIN (g)	13.4	40.0	64.7	133.5	
FAT TOTAL (g)	10.9	32.5	52.6	108.5	
FAT SATURATED	3.8	11.5	18.5	38.2	
CARBOHYDRATES (g)	2.8	8.4	13.6	28.0	
SUGAR (g)	2.4	7.2	11.7	24.1	
SODIUM (mg)	215	650	1050	2170	

Country of Origin
92%

Allergen information							
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
Y	Y	T	Y	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	T
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	T	T	T	-	-	

Ingredients	
Tandoori Chicken	
Chicken Tandoori Sauce: Yoghurt (Milk, Milk Solids, Cream (Milk), Live Yoghurt Cultures (Milk: S.Thermophilus& L.Bulgaricus), Mint, Salt (Salt, anticaking agent (554)), Sugar. Tandoori Marinade: Milk, Milk Solids, Cream (Milk), Live Yoghurt Cultures (Milk): S. Thermophilus & L. Bulgaricus, water, rapeseed oil, durum wheat semolina, salt, sugar, acid (acetic acid), colour (paprika extract), ginger puree, cumin, chilli powder, ground mustard, ground ginger, coriander, cinnamon, paprika, garlic powder, spices, acid (citric acid), onion powder, ground celery, stabilisers (guar gum, xanthan gum), Garlic, Ginger, 85% Refined olive pomace oil - 15% Extra Virgin Olive Oil, Salt, anticaking agent (554), Water, Colours (102,110), Food Acid (330), Preservative (211), Cumin Seeds, Tumeric, Coriander Seeds, Chilli, Reconstituted lemon juice, preservative (202).	

Tandoori Chicken Kebab	
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Serving sizes

	Per 100g	Each / Per Serve			
ENERGY (kJ)	600	1170			
CALORIES (cal)	140	280			
PROTEIN (g)	10.3	20.0			
FAT TOTAL (g)	10.1	19.6			
FAT SATURATED	3.7	7.2			
CARBOHYDRATES (g)	3.5	6.9			
SUGAR (g)	2.2	4.2			
SODIUM (mg)	330	645			

Country of Origin	97%
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Allergen information	
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Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
Y	Y	T	Y	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	T
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	T	T	T	-	-	

Ingredients	
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Tandoori Chicken Kebab	
1	1.00
2	2.00
3	3.00
4	4.00
5	5.00
6	6.00
7	7.00
8	8.00
9	9.00
10	10.00
11	11.00
12	12.00
13	13.00
14	14.00
15	15.00
16	16.00
17	17.00
18	18.00
19	19.00
20	20.00
21	21.00
22	22.00
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29	29.00
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31	31.00
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36	36.00
37	37.00
38	38.00
39	39.00
40	40.00
41	41.00
42	42.00
43	43.00
44	44.00
45	45.00
46	46.00
47	47.00
48	48.00
49	49.00
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67	67.00
68	68.00
69	69.00
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77	77.00
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81	81.00
82	82.00
83	83.00
84	84.00
85	85.00
86	86.00
87	87.00
88	88.00
89	89.00
90	90.00
91	91.00
92	92.00
93	93.00
94	94.00
95	95.00
96	96.00
97	97.00
98	98.00
99	99.00
100	100.00

Chicken	
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Tandoori Marinade: **Milk**, **Milk** Solids, Cream (**Milk**), Live Yoghurt Cultures (**Milk**): S. Thermophilus & L. Bulgaricus, water, rapeseed oil, durum **wheat** semolina, salt, sugar, acid (acetic acid), colour (paprika extract), ginger puree, cumin, chilli powder, ground mustard, ground ginger, coriander, cinnamon, paprika, garlic powder, spices, acid (citric acid), onion powder, ground celery, stabilisers (guar gum, xanthan gum), Garlic, Ginger, 85% Refined olive pomace oil - 15% Extra Virgin Olive Oil, Salt, anticaking agent (554), Water, Colours (102,110), Food Acid (330), Preservative (211), Cumin Seeds, Turmeric, Coriander Seeds, Chilli, Reconstituted lemon juice, preservative (202).

Tandoori Sauce: Sugar, Salt (Salt, anticaking agent (554)), Yoghurt (**Milk**, **Milk Solids**, Cream (**Milk**), Live Yoghurt Cultures (**Milk**): *S.Thermophilus* & *L. Bulgaricus*), Mint.

Teriyaki Chicken					
Serving sizes					
	Per 100g	Medium	Large	Family	
ENERGY (kJ)	790	4720	5980	8580	
CALORIES (cal)	190	1130	1430	2050	
PROTEIN (g)	13.9	83.6	105.9	151.9	
FAT TOTAL (g)	13.3	80.0	101.4	145.4	
FAT SATURATED	3.3	20.0	25.4	36.4	
CARBOHYDRATES (g)	3.5	21.0	26.6	38.2	
SUGAR (g)	1.7	10.3	13.1	18.8	
SODIUM (mg)	95	560	710	1020	

Country of Origin
92%

Allergen information							
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
Y	Y	T	T	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	Y	Y
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	T	T	Y	-	-	

Ingredients	
Teriyaki Chicken	
Chicken, Green Bean, Brown Onion, Vegetable Oil (Refined, Bleached & Deodorised Soya Bean Oil, Antioxidant (319) and Antifoaming Agent (900a)), Cornflour (Sulphites), Sesame seed oil, Sesame Seeds. Teriyaki Chicken Marinade: Cane Sugar, Water, Soybeans, Rice, Salt, Defatted Soybean 25.0%, Wheat 25.0%, Salt 18.0%, Sugar 6.3%, Flavour Enhancer (E621, E631, E627) 0.2%, Preservative (E211) 0.1%, Colour (E150c), Artificial Soy Sauce Flavour, Honey, Coconut sugar, Sugar, Soy Extract (11%) (Water, Salt, Soybean, Wheat), Water, Colour (150a), Salt, Preservatives [211, 223 (Sulphites)], Acidity Regulator (330), Stabiliser (415), Sesame seed oil, Sesame Seeds.	

Teriyaki Chicken Kebab	
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Serving sizes	
100 g	3.5 oz
100 ml	3.38 fl oz

	Per 100g	Per Serve			
ENERGY (kJ)	600	1170			
CALORIES (cal)	140	280			
PROTEIN (g)	10.3	20.0			
FAT TOTAL (g)	10.1	19.6			
FAT SATURATED	3.7	7.2			
CARBOHYDRATES (g)	3.5	6.9			
SUGAR (g)	2.2	4.2			
SODIUM (mg)	330	645			

Country of Origin
97%

97%

Allergen information

Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
Y	Y	T	T	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	Y	Y
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	T	T	T	Y	-	-	

Ingredients	
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Teriyaki Chicken Kebab

Chicken.

Teriyaki Chicken Marinade: Cane Sugar, Water, **Soybeans**, Rice, Salt, Defatted **Soybean** 25.0%, Wheat 25.0%, Salt 18.0%, Sugar 6.3%, Flavour Enhancer (E621, E631, E627) 0.2%, Preservative (E211) 0.1%, Colour (E150c), Artificial **Soy** Sauce Flavour, Honey, Coconut sugar, Sugar, **Soy** Extract (11%) (Water, Salt, **Soybean**, **Wheat**), Water, Colour (150a), Salt, Preservatives [211, 223 (**Sulphites**)], Acidity Regulator (330), Stabiliser (415), **Sesame** seed oil, **Sesame** Seeds, **Sesame** Seeds.

Thai Yellow Curry					
Serving sizes					
	Per 100g	Medium	Large	Family	
ENERGY (kJ)	880	4390	5980	8580	
CALORIES (cal)	210	1050	1430	2050	
PROTEIN (g)	10.4	51.7	105.9	151.9	
FAT TOTAL (g)	17.4	87.1	101.4	145.4	
FAT SATURATED	2.9	14.6	25.4	36.4	
CARBOHYDRATES (g)	2.7	13.7	26.6	38.2	
SUGAR (g)	2.7	13.5	13.1	18.8	
SODIUM (mg)	505	2515	710	1020	

Country of Origin
73%

Allergen information							
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
T	T	T	T	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	T
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	Y	Y	T	T	-	-	

Ingredients	
Thai Yellow Curry	
Chicken, Vegetable Oil (Refined, Bleached & Deodorised Soya Bean Oil, Antioxidant (319) and Antifoaming Agent (900a)), Coconut cream (Xanthan gum (415), Guar gum (412)), Water, Yellow Curry Paste (garlic, lemon grass, salt, shallot, galangal, dried red chili, coriander seed, kaffir lime peel, curry powder (coriander, turmeric, cumin, fennel, galangal, ginger), cumin, cinnamon, turmeric, cardamom, nutmeg), Zucchini, Brown Onion, Carrot, Chilli Jam (Sugar, sunflower oil, fish sauce, shallot (8%), garlic (8%), water, tamarind, shrimp (5%), chilli (3.3%), modified tapioca starch(1442), salt, natural colour (caramel I), flavour enhancer (621), citric acid), Sugar, Vegetable Stock Powder (Southern Ocean Sea Salt, Maize Maltodextrin, Cane Sugar, Dehydrated Vegetables (Cabbage, Onion, Garlic, Celery, Spinach), Yeast Extract, Rice Flour, Natural Vegetable Flavours, Disodium Guanylate & Inosinate, Canola Oil, Chilli), Curry Powder (Coriander, Turmeric, Fennel, Pepper, Cumin, Chilli, Fenugreek, Garlic, Ginger, Salt), Colouring (Water, Colours (102,110), Food Acid (330), Preservative (211)), Salt (Salt, anticaking agent (554)).	

Slow Cooked Lamb Shanks	
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Serving sizes	
100 g	3.5 oz
100 ml	3.3 fl oz

	Per 100g	Per Serve			
ENERGY (kJ)	390	3010			
CALORIES (cal)	90	720			
PROTEIN (g)	7.8	60.7			
FAT TOTAL (g)	4.4	33.9			
FAT SATURATED	2.3	18.0			
CARBOHYDRATES (g)	5.3	40.8			
SUGAR (g)	1.7	13.3			
SODIUM (mg)	185	1430			

Country of Origin
69%

69%

Allergen information

Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
T	T	T	T	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	T	T
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	Y	T	T	Y	-	-	

Ingredients	
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Slow Cooked Lamb Shanks

Lamb, Crushed Tomatoes (Tomatoes (60%), Tomato Juice (39.90%), Citric acid (E330)), Brown Onion, Water, Carrot, Celery, White Wine (White Wine, Salt, Preservative (220)), Tomato Paste (Concentrated tomato (98%), salt, food acid (citric)), Cornflour (**Sulphites**), Rosemary, Fish Sauce (Anchovy (**Fish**) (Encrasicholina spp.) 77%, salt 20%, sugar 3%), Salt (Salt, anticaking agent (554)), Pepper, Crushed Chillies.

Apple Crumble Thick shake		
Serve size	380 g	
	Per serve	Per 100g
ENERGY (kJ)	1990	520
CALORIES (cal)	470	120
PROTEIN (g)	5.5	1.4
FAT TOTAL (g)	9.9	2.6
FAT SATURATED	6.0	1.6
CARBOHYDRATES (g)	82.8	21.8
SUGAR (g)	62.9	16.6
SODIUM (mg)	1420	375

Country of Origin

N/A

Allergen information							
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
Y	Y	Y	Y	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	-	Y
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	-	-	-	-	-	-	

Ingredients

Apple Crumble Thick shake

Ice Cream: Sugars, **Milk** Solids (Whole **Milk** Powder, **Whey** Powder), Maltodextrin, Glucose Syrup Solids, Vegetable Fat, Stabilisers (466, 340, 415, 407), Flavours, Emulsifiers (471, 322 **Soy**), Salt, Food Acid (330), Anti-caking Agent (551).
Apple Pie Mix: Apple, **Wheat** Flour, Raising Agents (E339, E341, E450, E500), Sugar, Pasteurised **Cream**, Water, Sugar, Salt, anticaking agent (554), Water, Alcohol, Nature Identical flavour, Colour (E150d), **Egg**, Cinnamon

Chocolate Thick shake																																																						
Serve size	300 g		Country of Origin N/A																																																			
	Per serve	Per 100g																																																				
ENERGY (kJ)	2080	690																																																				
CALORIES (cal)	500	170																																																				
PROTEIN (g)	5.3	1.8																																																				
FAT TOTAL (g)	12.2	4.1																																																				
FAT SATURATED	6.6	2.2																																																				
CARBOHYDRATES (g)	89.8	29.9																																																				
SUGAR (g)	65.2	21.7																																																				
SODIUM (mg)	240	80																																																				
Allergen information <table><tr><th>Gluten</th><th>Wheat</th><th>Egg</th><th>Milk</th><th>Peanuts</th><th>Almond</th><th>Brazil nut</th><th>Cashew</th></tr><tr><td>Y</td><td>Y</td><td>Y</td><td>Y</td><td>T</td><td>T</td><td>T</td><td>T</td></tr><tr><th>Hazelnut</th><th>Macadamia</th><th>Pecan</th><th>Pine nut</th><th>Pistachio</th><th>Walnut</th><th>Sesame</th><th>Soy</th></tr><tr><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>-</td><td>Y</td></tr><tr><th>Shellfish</th><th>Fish</th><th>Crustacean</th><th>Molluscs</th><th>Added Sulphites</th><th>Royal Jelly</th><th>Lupin</th><td rowspan="2"></td></tr><tr><td>-</td><td>-</td><td>-</td><td>-</td><td>-</td><td>-</td><td>-</td></tr></table>								Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew	Y	Y	Y	Y	T	T	T	T	Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy	T	T	T	T	T	T	-	Y	Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin		-	-	-	-	-	-	-
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew																																															
Y	Y	Y	Y	T	T	T	T																																															
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy																																															
T	T	T	T	T	T	-	Y																																															
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin																																																
-	-	-	-	-	-	-																																																
Ingredients																																																						
Chocolate Thick shake																																																						
Ice Cream: Sugars, Milk Solids (Whole Milk Powder, Whey Powder), Maltodextrin, Glucose Syrup Solids, Vegetable Fat, Stabilisers (466, 340, 415, 407), Flavours, Emulsifiers (471, 322 Soy), Salt, Food Acid (330), Anti-caking Agent (551). Chocolate Sauce: Sugar, Glucose Syrup (Sources Include Wheat), Milk Solids, Vegetable Fat, Cocoa Butter, Cocoa Mass, Barley Malt Extract, Cocoa Powder, Emulsifier (Soy Lecithin), Salt, Egg White, Natural Flavours (Vanilla Extract), Pasteurised Homogenised Milk , Cocoa mass, sugar, cocoa butter, emulsifier Soya lecithin, natural vanilla flavouring.																																																						

Cookies and Cream Thick shake

Serve size	300 g	
	Per serve	Per 100g
ENERGY (kJ)	2350	780
CALORIES (cal)	560	190
PROTEIN (g)	5.9	2.0
FAT TOTAL (g)	15.3	5.1
FAT SATURATED	7.8	2.6
CARBOHYDRATES (g)	98.4	32.8
SUGAR (g)	64.7	21.6
SODIUM (mg)	440	145

Country of Origin	N/A
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N/A

Allergen information	
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Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
Y	Y	T	Y	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	-	Y
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	-	-	-	-	-	-	

Ingredients	
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	Cookies and Cream Thick shake
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Ice Cream: Sugars, **Milk Solids** (Whole **Milk Powder**, **Whey Powder**), Maltodextrin, Glucose Syrup Solids, Vegetable Fat, Stabilisers (466, 340, 415, 407), Flavours, Emulsifiers (471, 322 **Soy**), Salt, Food Acid (330), Anti-caking Agent (551).

Cookie Mix: **Wheat** Flour, Sugar, Vegetable oil, Cocoa Powder, Fructose syrup, cornstarch, Iodised Salt, Raising Agents (500, 503), Emulsifier (**soy** Lecithin), Flavour, Antioxidant (319).

Choc Hazelnut Thick shake																																																						
Serve size	300 g		Country of Origin NA																																																			
	Per serve	Per 100g																																																				
ENERGY (kJ)	2450	820																																																				
CALORIES (cal)	590	200																																																				
PROTEIN (g)	6.7	2.2																																																				
FAT TOTAL (g)	20.2	6.7																																																				
FAT SATURATED	8.1	2.7																																																				
CARBOHYDRATES (g)	93.0	31.0																																																				
SUGAR (g)	73.7	24.6																																																				
SODIUM (mg)	190	65																																																				
Allergen information <table><tr><td>Gluten</td><td>Wheat</td><td>Egg</td><td>Milk</td><td>Peanuts</td><td>Almond</td><td>Brazil nut</td><td>Cashew</td></tr><tr><td>T</td><td>T</td><td>T</td><td>Y</td><td>T</td><td>T</td><td>T</td><td>T</td></tr><tr><td>Hazelnut</td><td>Macadamia</td><td>Pecan</td><td>Pine nut</td><td>Pistachio</td><td>Walnut</td><td>Sesame</td><td>Soy</td></tr><tr><td>Y</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>-</td><td>Y</td></tr><tr><td>Shellfish</td><td>Fish</td><td>Crustacean</td><td>Molluscs</td><td>Added Sulphites</td><td>Royal Jelly</td><td>Lupin</td><td rowspan="2"></td></tr><tr><td>-</td><td>-</td><td>-</td><td>-</td><td>-</td><td>-</td><td>-</td></tr></table>								Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew	T	T	T	Y	T	T	T	T	Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy	Y	T	T	T	T	T	-	Y	Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin		-	-	-	-	-	-	-
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew																																															
T	T	T	Y	T	T	T	T																																															
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Y	T	T	T	T	T	-	Y																																															
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-	-	-	-	-	-	-																																																
Ingredients																																																						
Choc Hazelnut Thick shake																																																						
Ice Cream: Sugars, Milk Solids (Whole Milk Powder, Whey Powder), Maltodextrin, Glucose Syrup Solids, Vegetable Fat, Stabilisers (466, 340, 415, 407), Flavours, Emulsifiers (471, 322 Soy), Salt, Food Acid (330), Anti-caking Agent (551). Peppermint Mix: Sugar, Vegetable Oil (Palm*), Hazelnuts (13%), Skim Milk Powder (8.7%), Fat-reduced Cocoa Powder (7.4%), Emulsifier (Lecithins) (Soy), Flavouring (Vanillin). Total Milk Solids: 8.7%. Total Cocoa Solids: 7.4%. *Sustainable And Segregated Certified Palm Oil.																																																						

Peppermint Crisp Thick shake		
Serve size	285 g	
	Per serve	Per 100g
ENERGY (kJ)	1580	550
CALORIES (cal)	380	130
PROTEIN (g)	3.9	1.4
FAT TOTAL (g)	0	0.0
FAT SATURATED	4.4	1.5
CARBOHYDRATES (g)	0	25.7
SUGAR (g)	0	18.9
SODIUM (mg)	195	70

Country of Origin

N/A

Allergen information							
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
T	T	T	Y	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	-	Y
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	-	-	-	-	-	-	

Ingredients
Peppermint Crisp Thick shake
Ice Cream: Sugars, Milk Solids (Whole Milk Powder, Whey Powder), Maltodextrin, Glucose Syrup Solids, Vegetable Fat, Stabilisers (466, 340, 415, 407), Flavours, Emulsifiers (471, 322 Soy), Salt, Food Acid (330), Anti-caking Agent (551). Peppermint Mix: Sugar, Milk solids, Vegetable fat [Emulsifier (Soy lecithin)], Glucose syrup, Cocoa mass^, Cocoa^, Emulsifier (Soy lecithin, 476), Flavour, Colour (141), Salt.

Salted Caramel Thick shake																																																						
Serve size	300 g		Country of Origin N/A																																																			
	Per serve	Per 100g																																																				
ENERGY (kJ)	1890	630																																																				
CALORIES (cal)	450	150																																																				
PROTEIN (g)	3.8	1.3																																																				
FAT TOTAL (g)	13.0	4.3																																																				
FAT SATURATED	8.5	2.8																																																				
CARBOHYDRATES (g)	64.8	21.6																																																				
SUGAR (g)	60.9	20.3																																																				
SODIUM (mg)	280	95																																																				
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Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew																																															
T	T	T	Y	T	T	T	T																																															
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy																																															
T	T	T	T	T	T	-	Y																																															
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-	-	-	-	-	-	-																																																
Ingredients																																																						
Salted Caramel Thick shake																																																						
Ice Cream: Sugars, Milk Solids (Whole Milk Powder, Whey Powder), Maltodextrin, Glucose Syrup Solids, Vegetable Fat, Stabilisers (466, 340, 415, 407), Flavours, Emulsifiers (471, 322 Soy), Salt, Food Acid (330), Anti-caking Agent (551). Caramel Sauce: Cream , Sugar, Water, Alcohol, Water, Nature Identical flavour, Colour (E150d), Sugar, Salt, anticaking agent (554).																																																						

Strawberry Thick shake							
Serve size	300 g		Country of Origin N/A				
	Per serve	Per 100g					
ENERGY (kJ)	1840	610					
CALORIES (cal)	440	150					
PROTEIN (g)	4.0	1.3					
FAT TOTAL (g)	5.3	1.8					
FAT SATURATED	3.3	1.1					
CARBOHYDRATES (g)	93.0	31.0					
SUGAR (g)	72.2	24.1					
SODIUM (mg)	200	65					

Allergen information							
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
T	T	T	Y	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	-	Y
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	-	-	-	-	-	-	

Ingredients
Strawberry Thick shake
Ice Cream: Sugars, Milk Solids (Whole Milk Powder, Whey Powder), Maltodextrin, Glucose Syrup Solids, Vegetable Fat, Stabilisers (466, 340, 415, 407), Flavours, Emulsifiers (471, 322 Soy), Salt, Food Acid (330), Anti-caking Agent (551). Strawberry Sauce: water, sugar, thickener (1422, 415), strawberries (1%), Flavour, Acidity Regulator (339), Preservative (211), Colours (124, 122).

Vanilla Thick Shake		
Serve size	275 g	
	Per serve	Per 100g
ENERGY (kJ)	1360	490
CALORIES (cal)	330	120
PROTEIN (g)	3.5	1.3
FAT TOTAL (g)	4.8	1.7
FAT SATURATED	2.8	1.0
CARBOHYDRATES (g)	66.3	24.1
SUGAR (g)	47.5	17.3
SODIUM (mg)	190	70

Country of Origin
N/A

Allergen information							
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew
T	T	T	Y	T	T	T	T
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy
T	T	T	T	T	T	-	Y
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin	
-	-	-	-	-	-	-	

Ingredients		
Vanilla Thick Shake		
Ice Cream: Sugars, **Milk** Solids (Whole **Milk** Powder, **Whey** Powder), Maltodextrin, Glucose Syrup Solids, Vegetable Fat, Stabilisers (466, 340, 415, 407), Flavours, Emulsifiers (471, 322 **Soy**), Salt, Food Acid (330), Anti-caking Agent (551). Vanilla Essence: Alcohol, Water, Nature Identical flavour, Colour (E150d), Sugar.		

Club Wrap																																																							
Serve size	506 g	Country of Origin 85%																																																					
	Per serve							Per 100g																																															
ENERGY (kJ)	4082							810																																															
CALORIES (cal)	980							190																																															
PROTEIN (g)	58.7							11.6																																															
FAT TOTAL (g)	64.9							12.8																																															
FAT SATURATED	15.3							3.0																																															
CARBOHYDRATES (g)	45.3							9.0																																															
SUGAR (g)	4.8							0.9																																															
SODIUM (mg)	1245							245																																															
Allergen information <table><tr><th>Gluten</th><th>Wheat</th><th>Egg</th><th>Milk</th><th>Peanuts</th><th>Almond</th><th>Brazil nut</th><th>Cashew</th></tr><tr><td>Y</td><td>Y</td><td>Y</td><td>Y</td><td>-</td><td>-</td><td>-</td><td>-</td></tr><tr><td>Hazelnut</td><td>Macadamia</td><td>Pecan</td><td>Pine nut</td><td>Pistachio</td><td>Walnut</td><td>Sesame</td><td>Soy</td></tr><tr><td>-</td><td>-</td><td>-</td><td>-</td><td>-</td><td>-</td><td>-</td><td>T</td></tr><tr><td>Shellfish</td><td>Fish</td><td>Crustacean</td><td>Molluscs</td><td>Added Sulphites</td><td>Royal Jelly</td><td>Lupin</td><td></td></tr><tr><td>-</td><td>-</td><td>-</td><td>-</td><td>-</td><td>-</td><td>-</td><td></td></tr></table>								Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew	Y	Y	Y	Y	-	-	-	-	Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy	-	-	-	-	-	-	-	T	Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin		-	-	-	-	-	-	-	
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew																																																
Y	Y	Y	Y	-	-	-	-																																																
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-	-	-	-	-	-	-																																																	
Ingredients																																																							
CLUB WRAP																																																							
Burger Marinade: Lemon Juice , Canola oil, Vinegar White, Lemon Juice, Paprika Sweet, Oregano Rocket: Rocket Chicken: Chicken Tomato: Gourmet Tomato Iceberg Lettuce: Iceberg Lettuce Wrap: Wheat flour [(64%), thiamine, folic acid], water, vegetable shortening, sugar, mineral salts (500, 450, 341)], acidity regulator (297), iodised salt, preservative (282), yeast.Avocado: AvocadoBacon: Selected Pork Meat (88%), Water, Salt, Sugar, Mineral Salt(451), Food Acid(330,270,325), Dextrose, Antioxidant(316), Natural Colour(163), Preservative(250), Natural IdenticalCheese Slice: Cheese (Pasteurised Milk, Salt, Starter Cultures, Enzyme (Non-Animal Rennet)Charlies Mayo: Canola Oil, Pasteurised Whole Egg, Water, White Vinegar, Dijon Mustard, Salt, Sugar, Natural Flavours (Egg), Lemon Juice, Spice Extract, Acidity Regulator (Citric Acid), Colour (Lutein).																																																							

Club Wrap		
Serve size	506 g	
	Per serve	Per 100g
ENERGY (kJ)	4082	810
CALORIES (cal)	980	190
PROTEIN (g)	58.7	11.6
FAT TOTAL (g)	64.9	12.8
FAT SATURATED	15.3	3.0
CARBOHYDRATES (g)	45.3	9.0
SUGAR (g)	4.8	0.9
SODIUM (mg)	1245	245

Chicken Schnitzel Wrap																																																						
Serve size	409 g	Country of Origin 84%																																																				
	Per serve							Per 100g																																														
ENERGY (kJ)	4081							1000																																														
CALORIES (cal)	980							240																																														
PROTEIN (g)	30.0							7.3																																														
FAT TOTAL (g)	57.0							13.9																																														
FAT SATURATED	10.9							2.7																																														
CARBOHYDRATES (g)	58.1							14.2																																														
SUGAR (g)	5.0							1.2																																														
SODIUM (mg)	1375							335																																														
Allergen information <table><tr><th>Gluten</th><th>Wheat</th><th>Egg</th><th>Milk</th><th>Peanuts</th><th>Almond</th><th>Brazil nut</th><th>Cashew</th></tr><tr><td>Y</td><td>Y</td><td>Y</td><td>-</td><td>-</td><td>-</td><td>-</td><td>-</td></tr><tr><th>Hazelnut</th><th>Macadamia</th><th>Pecan</th><th>Pine nut</th><th>Pistachio</th><th>Walnut</th><th>Sesame</th><th>Soy</th></tr><tr><td>-</td><td>-</td><td>-</td><td>-</td><td>-</td><td>-</td><td>-</td><td>Y</td></tr><tr><th>Shellfish</th><th>Fish</th><th>Crustacean</th><th>Molluscs</th><th>Added Sulphites</th><th>Royal Jelly</th><th>Lupin</th><td rowspan="2"></td></tr><tr><td>-</td><td>-</td><td>-</td><td>-</td><td>-</td><td>-</td><td>-</td></tr></table>								Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew	Y	Y	Y	-	-	-	-	-	Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy	-	-	-	-	-	-	-	Y	Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin		-	-	-	-	-	-	-
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew																																															
Y	Y	Y	-	-	-	-	-																																															
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-	-	-	-	-	-	-	Y																																															
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin																																																
-	-	-	-	-	-	-																																																
Ingredients																																																						
CHICKEN SCHNITZEL WRAP																																																						
Chicken Schnitzel: Chicken, Wheat Flour, Wholemeal Wheat Flour, Yeast, Iodised Sea Salt, Rye Flour, Wheat Fibre, Egg, Water, Vinegar, Canola Oil, Malt, Barley Flour, Antioxidant (300), Enzymes, Preservatives (282), Colour (E160a), Vitamin (Thiamine, Folate), Salt, Chicken Booster (Soy), Pepper White Ground, Parsley, Ginger Ground, Garlic Salt																																																						
Iceberg Lettuce: Iceberg Lettuce																																																						
Onion: Onion																																																						
Tomato: Gourmet Tomato																																																						
Aoili: Canola Oil, Free-Range Pasteurised Whole Egg, Water, Garlic, White Vinegar, Dijon Mustard [Acidity Regulator (Acetic Acid)], Salt, Sugar, Natural Flavours, Vegetable Fibre, Lemon Juice Concentrate, Acidity Regulator (Citric Acid), Natural Antioxidant (307b), Spice Extracts, Natural Colour (Lutein)																																																						
Wrap: Wheat flour [(64%), thiamine, folic acid], water, vegetable shortening, sugar, mineral salts (500, 450, 341)], acidity regulator (297), iodised salt, preservative (282), yeast.																																																						

Chicken Tender Wrap																																																															
Serve size	342 g																																																														
	Per serve	Per 100g																																																													
ENERGY (kJ)	3720	1090																																																													
CALORIES (cal)	890	260																																																													
PROTEIN (g)	20.5	6.0																																																													
FAT TOTAL (g)	37.2	10.9																																																													
FAT SATURATED	6.5	1.9																																																													
CARBOHYDRATES (g)	105.8	30.9																																																													
SUGAR (g)	8.6	2.5																																																													
SODIUM (mg)	3485	1020																																																													
Country of Origin 61%																																																															
<table><tr><th colspan="8">Allergen information</th></tr><tr><td>Gluten</td><td>Wheat</td><td>Egg</td><td>Milk</td><td>Peanuts</td><td>Almond</td><td>Brazil nut</td><td>Cashew</td></tr><tr><td>Y</td><td>Y</td><td>Y</td><td>T</td><td>-</td><td>T</td><td>-</td><td>-</td></tr><tr><td>Hazelnut</td><td>Macadamia</td><td>Pecan</td><td>Pine nut</td><td>Pistachio</td><td>Walnut</td><td>Sesame</td><td>Soy</td></tr><tr><td>-</td><td>-</td><td>-</td><td>T</td><td>-</td><td>T</td><td>T</td><td>T</td></tr><tr><td>Shellfish</td><td>Fish</td><td>Crustacean</td><td>Molluscs</td><td>Added Sulphites</td><td>Royal Jelly</td><td>Lupin</td><td></td></tr><tr><td>-</td><td>-</td><td>-</td><td>-</td><td>T</td><td>-</td><td>-</td><td></td></tr></table>								Allergen information								Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew	Y	Y	Y	T	-	T	-	-	Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy	-	-	-	T	-	T	T	T	Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin		-	-	-	-	T	-	-	
Allergen information																																																															
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew																																																								
Y	Y	Y	T	-	T	-	-																																																								
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy																																																								
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Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin																																																									
-	-	-	-	T	-	-																																																									
Ingredients																																																															
CHICKEN TENDER WRAP																																																															
Chicken Tender: Maize Starch, Wheat Flour, Vital Wheat Gluten, Salt, Dextrose, Whole Egg Powder, Vegetable Gum (412), Spice Extract., Maize Starch, Wheat Flour, Vital Wheat Gluten, Salt, Dextrose, Whole Egg Powder, Spice Extract, Barley, Rice Paper Roll (RSPCA Chicken (86%), Water, Salt, Flavour Enhancer (621), Mineral Salts (451, 450), Natural Flavour, Vegetable Powder, Spice.), , Water, Chicken, Brown Onion , Barley, Celery, Carrot, Salt (Salt, anticaking agent (554)), Vegetable Stock Powder (Southern Ocean Sea Salt, Maize Maltodextrin, Cane Sugar, Dehydrated Vegetables (Cabbage, Onion, Garlic, Celery, Spinach), Yeast Extract, Rice Flour, Natural Vegetable Flavours, Disodium Guanylate & Inosinate, Canola Oil, Chilli), Pepper White Ground																																																															
Iceberg Lettuce: Iceberg Lettuce																																																															
Onion: Onion																																																															
Tomato: Gourmet Tomato																																																															
Aoili: Canola Oil, Free-Range Pasteurised Whole Egg, Water, Garlic, White Vinegar, Dijon Mustard [Acidity Regulator (Acetic Acid)], Salt, Sugar, Natural Flavours, Vegetable Fibre, Lemon Juice Concentrate, Acidity Regulator (Citric Acid), Natural Antioxidant (307b), Spice Extracts, Natural Colour (Lutein)																																																															
Wrap: Wheat flour [(64%), thiamine, folic acid], water, vegetable shortening, sugar, mineral salts (500, 450, 341)], acidity regulator (297), iodised salt, preservative (282), yeast.																																																															

Crunchy Caesar Wrap																																																						
Serve size	401 g	Country of Origin 75%																																																				
	Per serve							Per 100g																																														
ENERGY (kJ)	3810							950																																														
CALORIES (cal)	910							230																																														
PROTEIN (g)	41.7							10.4																																														
FAT TOTAL (g)	46.0							11.5																																														
FAT SATURATED	14.3							3.6																																														
CARBOHYDRATES (g)	60.5							15.1																																														
SUGAR (g)	5.6							1.4																																														
SODIUM (mg)	1795							450																																														
Allergen information <table><tr><th>Gluten</th><th>Wheat</th><th>Egg</th><th>Milk</th><th>Peanuts</th><th>Almond</th><th>Brazil nut</th><th>Cashew</th></tr><tr><td>Y</td><td>Y</td><td>Y</td><td>Y</td><td>-</td><td>-</td><td>-</td><td>-</td></tr><tr><td>Hazelnut</td><td>Macadamia</td><td>Pecan</td><td>Pine nut</td><td>Pistachio</td><td>Walnut</td><td>Sesame</td><td>Soy</td></tr><tr><td>-</td><td>-</td><td>-</td><td>-</td><td>-</td><td>-</td><td>-</td><td>Y</td></tr><tr><td>Shellfish</td><td>Fish</td><td>Crustacean</td><td>Molluscs</td><td>Added Sulphites</td><td>Royal Jelly</td><td>Lupin</td><td rowspan="2"></td></tr><tr><td>-</td><td>Y</td><td>-</td><td>-</td><td>-</td><td>-</td><td>-</td></tr></table>								Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew	Y	Y	Y	Y	-	-	-	-	Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy	-	-	-	-	-	-	-	Y	Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin		-	Y	-	-	-	-	-
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew																																															
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Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin																																																
-	Y	-	-	-	-	-																																																
Ingredients																																																						
CRUNCHY CAESAR WRAP																																																						
Chicken Schnitzel: Chicken, Wheat Flour, Wholemeal Wheat Flour, Yeast, Iodised Sea Salt, Rye Flour, Wheat Fibre, Egg, Water, Vinegar, Canola Oil, Malt, Barley Flour, Antioxidant (300), Enzymes, Preservatives (282), Colour (E160a), Vitamin (Thiamine, Folate), Salt, Chicken Booster (Soy), Pepper White Ground, Parsley, Ginger Ground, Garlic Salt																																																						
Iceberg Lettuce: Iceberg Lettuce																																																						
Bacon: Selected Pork Meat (88%), Water, Salt, Sugar, Mineral Salt(451), Food Acid(330,270,325), Dextrose, Antioxidant(316), Natural Colour(163), Preservative(250), Natural Identical																																																						
Parmesan Cheese: Cheese (Milk, Salt, Started Cultures, Enzymes).																																																						
Caesar Dressing: Water, Vegetable Oil (contains Antioxidant (Butylated Hydroxyanisole)), Glucose Syrup, Thickeners (Modified Cornstarch, Xanthan Gum (contains Soy)), Parmesan Cheese, Salt, Food Acids (Acetic, Citric), Garlic Powder, Whey Protein (Contains Milk), Mustard Seed, Cream Powder, Cheese powder, Pepper, Fish Sauce, Colour (Caramel (150c), Tumeric.																																																						
Wrap: Wheat flour [(64%), thiamine, folic acid], water, vegetable shortening, sugar, mineral salts (500, 450, 341)], acidity regulator (297), iodised salt, preservative (282), yeast.																																																						

Fully Loaded Wrap																																																						
Serve size	503 g	Country of Origin 66%																																																				
	Per serve							Per 100g																																														
ENERGY (kJ)	4090							810																																														
CALORIES (cal)	980							190																																														
PROTEIN (g)	65.4							13.0																																														
FAT TOTAL (g)	44.0							8.7																																														
FAT SATURATED	9.8							1.9																																														
CARBOHYDRATES (g)	83.4							16.6																																														
SUGAR (g)	11.4							2.3																																														
SODIUM (mg)	1870							370																																														
Allergen information <table><tr><th>Gluten</th><th>Wheat</th><th>Egg</th><th>Milk</th><th>Peanuts</th><th>Almond</th><th>Brazil nut</th><th>Cashew</th></tr><tr><td>Y</td><td>Y</td><td>Y</td><td>T</td><td>T</td><td>-</td><td>-</td><td>-</td></tr><tr><td>Hazelnut</td><td>Macadamia</td><td>Pecan</td><td>Pine nut</td><td>Pistachio</td><td>Walnut</td><td>Sesame</td><td>Soy</td></tr><tr><td>-</td><td>-</td><td>-</td><td>-</td><td>-</td><td>-</td><td>T</td><td>Y</td></tr><tr><td>Shellfish</td><td>Fish</td><td>Crustacean</td><td>Molluscs</td><td>Added Sulphites</td><td>Royal Jelly</td><td>Lupin</td><td rowspan="2"></td></tr><tr><td>-</td><td>-</td><td>-</td><td>-</td><td>-</td><td>-</td><td>-</td></tr></table>								Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew	Y	Y	Y	T	T	-	-	-	Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy	-	-	-	-	-	-	T	Y	Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin		-	-	-	-	-	-	-
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-	-	-	-	-	-	T	Y																																															
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-	-	-	-	-	-	-																																																
Ingredients																																																						
FULLY LOADED WRAP																																																						
Chicken Schnitzel: Chicken, Wheat Flour, Wholemeal Wheat Flour, Yeast, Iodised Sea Salt, Rye Flour, Wheat Fibre, Egg, Water, Vinegar, Canola Oil, Malt, Barley Flour, Antioxidant (300), Enzymes, Preservatives (282), Colour (E160a), Vitamin (Thiamine, Folate), Salt, Chicken Booster (Soy), Pepper White Ground, Parsley, Ginger Ground, Garlic Salt																																																						
Coleslaw: Cabbage: Cabbage																																																						
Coleslaw Mayonnaise: Water, Sugar, Vegetable Oil, Thickener(Modified Cornstarch), Salt, Food Acids(Acetic, Citric), Egg Yolk, Vegetable Gum[Xanthan(contains Soy)], Butter Flavour, Mustard Extract																																																						
Mayonnaise: Canola Oil, Pasteurised Whole Egg, Water, White Vinegar, Dijon Mustard, Salt, Sugar, Natural Flavours (Egg), Lemon Juice, Spice Extract, Acidity Regulator (Citric Acid), Colour (Lutein).																																																						
Carrot: Carrot																																																						
Celery: Celery																																																						
Parsley: Parsley																																																						
Sugar: Sugar																																																						
Salt: Salt (Salt, anticaking agent (554))																																																						
Pickles: Pickles (cucumber, water, salt, sugar, dill seed, peppercorn, dill weed)																																																						
Shoestring Fries: Potato (95%), Canola Oil, Dextrose																																																						
Chipotle BBQ Sauce: Tomato puree (53%) (from paste), vinegar, sugar, treacle, flavours, salt, thickener (1422), red jalapeno peppers (0.8%), onion powder, colour (150d).																																																						
Wrap: Wheat flour [(64%), thiamine, folic acid], water, vegetable shortening, sugar, mineral salts (500, 450, 341)], acidity regulator (297), iodised salt, preservative (282), yeast.																																																						

Love Me Tender Wrap								
Serve size	384 g	Country of Origin 48%						
	Per serve							Per 100g
ENERGY (kJ)	3950							1030
CALORIES (cal)	940							250
PROTEIN (g)	34.9							9.1
FAT TOTAL (g)	42.2							11.0
FAT SATURATED	7.3							1.9
CARBOHYDRATES (g)	106.6							27.8
SUGAR (g)	8.8							2.3
SODIUM (mg)	3630							945
Allergen information								
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew	
Y	Y	Y	T	-	T	-	-	
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy	
-	-	-	T	-	T	T	T	
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin		
-	-	-	-	T	-	-		
Ingredients								
LOVE ME TENDER WRAP								
Iceberg Lettuce: Iceberg Lettuce								
Chicken Tender: Maize Starch, Wheat Flour, Vital Wheat Gluten, Salt, Dextrose, Whole Egg Powder, Vegetable Gum (412), Spice Extract., Maize Starch, Wheat Flour, Vital Wheat Gluten, Salt, Dextrose, Whole Egg Powder, Spice Extract, Barley, Rice Paper Roll (RSPCA Chicken (86%), Water, Salt, Flavour Enhancer (621), Mineral Salts (451, 450), Natural Flavour, Vegetable Powder, Spice.), , Water, Chicken, Brown Onion , Barley, Celery, Carrot, Salt (Salt, anticaking agent (554)), Vegetable Stock Powder (Southern Ocean Sea Salt, Maize Maltodextrin, Cane Sugar, Dehydrated Vegetables (Cabbage, Onion, Garlic, Celery, Spinach), Yeast Extract, Rice Flour, Natural Vegetable Flavours, Disodium Guanylate & Inosinate, Canola Oil, Chilli), Pepper White Ground								
Tabouli: Parsley: Parsley								
Tomato: Gourmet Tomato								
Cucumber: Cucumber								
olive Oil: Olive Oil Blend (85% Refined olive pomace oil - 15% Extra Virgin Olive Oil)								
Lemon Juice: Lemon Juice (Reconstituted lemon juice, preservative (202))								
Water: Water								
Bulgur: Bulgur Wheat								
Tabouli Dressing: Reconstituted lemon juice, preservative (202), Olive Oil, Wine Vinegar, Concentrated Grape Must, Caramel (E150d), Salt, anticaking agent (554).								
Salt: Salt (Salt, anticaking agent (554))								
Balsamic Vinegar: Balsamic Vinegar (Wine Vinegar, Concentrated Grape Must, Caramel (E150d))								
Aioli: Canola Oil, Free-Range Pasteurised Whole Egg, Water, Garlic, White Vinegar, Dijon Mustard [Acidity Regulator (Acetic Acid)], Salt, Sugar, Natural Flavours, Vegetable Fibre, Lemon Juice Concentrate, Acidity Regulator (Citric Acid), Natural Antioxidant (307b), Spice Extracts, Natural Colour (Lutein)								
Wrap: Wheat flour [(64%), thiamine, folic acid], water, vegetable shortening, sugar, mineral salts (500, 450, 341)], acidity regulator (297), iodised salt, preservative (282), yeast.								

Pulled Chicken Wrap								
Serve size	404 g	Country of Origin 77%						
	Per serve							Per 100g
ENERGY (kJ)	3000							740
CALORIES (cal)	720							180
PROTEIN (g)	46.9							11.6
FAT TOTAL (g)	39.9							9.9
FAT SATURATED	7.5							1.9
CARBOHYDRATES (g)	44.2							10.9
SUGAR (g)	5.6							1.4
SODIUM (mg)	920							230
Allergen information								
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew	
Y	Y	Y	-	-	-	-	-	
Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy	
-	-	-	-	-	-	-	Y	
Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin		
-	-	-	-	-	-	-		
Ingredients								
PULLED CHICKEN WRAP								
Pulled Chicken: Chicken, vegetable oil, water, Beef HVP, (Gluten, Wheat, Soy), Rice Flour, Salt, Cayenne Pepper, Ginger Ground, Pimento , Cloves, Nutmeg , Pepper, Wheat Flour, Wholemeal Wheat Flour, Yeast, Iodised Sea Salt, Rye Flour, Wheat Fibre, Water, Vinegar, Canola Oil, Malt, Barley Flour, Antioxidant (300), Enzymes, Preservatives (282), Colour (E160a), Vitamin (Thiamine, Folate), Garlic Salt, Robert Mix (Gluten, Wheat, Soy), Mustard Ground Yellow, Onion Salt, Paprika, Curry Powder Mild. Iceberg Lettuce: Iceberg Lettuce Onion: Onion Tomato: Gourmet Tomato Aioli: Canola Oil, Free-Range Pasteurised Whole Egg, Water, Garlic, White Vinegar, Dijon Mustard [Acidity Regulator (Acetic Acid)], Salt, Sugar, Natural Flavours, Vegetable Fibre, Lemon Juice Concentrate, Acidity Regulator (Citric Acid), Natural Antioxidant (307b), Spice Extracts, Natural Colour (Lutein) Wrap: Wheat flour [(64%), thiamine, folic acid], water, vegetable shortening, sugar, mineral salts (500, 450, 341)], acidity regulator (297), iodised salt, preservative (282), yeast.								

Chicken Schnitzel Wrap Regular Combo																																																														
Serve size	599 g	Country of Origin 58%																																																												
	Per serve							Per 100g																																																						
ENERGY (kJ)	5221							870																																																						
CALORIES (cal)	1250							210																																																						
PROTEIN (g)	35.3							5.9																																																						
FAT TOTAL (g)	65.5							10.9																																																						
FAT SATURATED	11.5							1.9																																																						
CARBOHYDRATES (g)	99.2							16.6																																																						
SUGAR (g)	5.6							0.9																																																						
SODIUM (mg)	1445							240																																																						
<table><tr><th colspan="8">Allergen information</th></tr><tr><th>Gluten</th><th>Wheat</th><th>Egg</th><th>Milk</th><th>Peanuts</th><th>Almond</th><th>Brazil nut</th><th>Cashew</th></tr><tr><td>Y</td><td>Y</td><td>Y</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td></tr><tr><th>Hazelnut</th><th>Macadamia</th><th>Pecan</th><th>Pine nut</th><th>Pistachio</th><th>Walnut</th><th>Sesame</th><th>Soy</th></tr><tr><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>-</td><td>Y</td></tr><tr><th>Shellfish</th><th>Fish</th><th>Crustacean</th><th>Molluscs</th><th>Added Sulphites</th><th>Royal Jelly</th><th>Lupin</th><td rowspan="2"></td></tr><tr><td>-</td><td>T</td><td>T</td><td>T</td><td>T</td><td>-</td><td>-</td></tr></table>								Allergen information								Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew	Y	Y	Y	T	T	T	T	T	Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy	T	T	T	T	T	T	-	Y	Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin		-	T	T	T	T	-	-
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Chicken Schnitzel: Chicken, Wheat Flour, Wholemeal Wheat Flour, Yeast, Iodised Sea Salt, Rye Flour, Wheat Fibre, Egg, Water, Vinegar, Canola Oil, Malt, Barley Flour, Antioxidant (300), Enzymes, Preservatives (282), Colour (E160a), Vitamin (Thiamine, Folate), Salt, Chicken Booster (Soy), Pepper White Ground, Parsley, Ginger Ground, Garlic Salt Iceberg Lettuce: Iceberg Lettuce Onion: Onion Tomato: Gourmet Tomato Aoili: Canola Oil, Free-Range Pasteurised Whole Egg, Water, Garlic, White Vinegar, Dijon Mustard [Acidity Regulator (Acetic Acid)], Salt, Sugar, Natural Flavours, Vegetable Fibre, Lemon Juice Concentrate, Acidity Regulator (Citric Acid), Natural Antioxidant (307b), Spice Extracts, Natural Colour (Lutein) Wrap: Wheat flour [(64%), thiamine, folic acid], water, vegetable shortening, sugar, mineral salts (500, 450, 341)], acidity regulator (297), iodised salt, preservative (282), yeast.																																																														
CHIPS																																																														
Chips: Potato (95%), Canola Oil, Dextrose																																																														

Chicken Tender Wrap Regular Combo																																																														
Serve size	532 g	Country of Origin 39%																																																												
	Per serve							Per 100g																																																						
ENERGY (kJ)	4860							910																																																						
CALORIES (cal)	1160							220																																																						
PROTEIN (g)	25.8							4.9																																																						
FAT TOTAL (g)	45.7							8.6																																																						
FAT SATURATED	7.1							1.3																																																						
CARBOHYDRATES (g)	146.8							27.6																																																						
SUGAR (g)	9.1							1.7																																																						
SODIUM (mg)	3560							670																																																						
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Allergen information																																																														
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-	T	T	T	T	-	-																																																								
Ingredients																																																														
CHICKEN TENDER WRAP																																																														
Chicken Tender: Maize Starch, Wheat Flour, Vital Wheat Gluten, Salt, Dextrose, Whole Egg Powder, Vegetable Gum (412), Spice Extract., Maize Starch, Wheat Flour, Vital Wheat Gluten, Salt, Dextrose, Whole Egg Powder, Spice Extract, Barley, Rice Paper Roll (RSPCA Chicken (86%), Water, Salt, Flavour Enhancer (621), Mineral Salts (451, 450), Natural Flavour, Vegetable Powder, Spice.), , Water, Chicken, Brown Onion , Barley, Celery, Carrot, Salt (Salt, anticaking agent (554)), Vegetable Stock Powder (Southern Ocean Sea Salt, Maize Maltodextrin, Cane Sugar, Dehydrated Vegetables (Cabbage, Onion, Garlic, Celery, Spinach), Yeast Extract, Rice Flour, Natural Vegetable Flavours, Disodium Guanylate & Inosinate, Canola Oil, Chilli), Pepper White Ground																																																														
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Wrap: Wheat flour [(64%), thiamine, folic acid], water, vegetable shortening, sugar, mineral salts (500, 450, 341)], acidity regulator (297), iodised salt, preservative (282), yeast.																																																														
CHIPS																																																														
Chips: Potato (95%), Canola Oil, Dextrose																																																														

Crunchy Caesar Wrap Regular Combo																																																														
Serve size	591 g	Country of Origin 51%																																																												
	Per serve							Per 100g																																																						
ENERGY (kJ)	4950							840																																																						
CALORIES (cal)	1180							200																																																						
PROTEIN (g)	47.0							8.0																																																						
FAT TOTAL (g)	54.5							9.2																																																						
FAT SATURATED	14.9							2.5																																																						
CARBOHYDRATES (g)	101.5							17.2																																																						
SUGAR (g)	6.2							1.1																																																						
SODIUM (mg)	1870							315																																																						
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Allergen information																																																														
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CHIPS																																																														
Chips: Potato (95%), Canola Oil, Dextrose																																																														

Fully Loaded Wrap Regular Combo																																																														
Serve size	693 g	Country of Origin 48%																																																												
	Per serve							Per 100g																																																						
ENERGY (kJ)	5230							760																																																						
CALORIES (cal)	1250							180																																																						
PROTEIN (g)	70.7							10.2																																																						
FAT TOTAL (g)	52.5							7.6																																																						
FAT SATURATED	10.4							1.5																																																						
CARBOHYDRATES (g)	124.4							18.0																																																						
SUGAR (g)	12.0							1.7																																																						
SODIUM (mg)	1945							280																																																						
<table><tr><th colspan="8">Allergen information</th></tr><tr><th>Gluten</th><th>Wheat</th><th>Egg</th><th>Milk</th><th>Peanuts</th><th>Almond</th><th>Brazil nut</th><th>Cashew</th></tr><tr><td>Y</td><td>Y</td><td>Y</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td></tr><tr><td>Hazelnut</td><td>Macadamia</td><td>Pecan</td><td>Pine nut</td><td>Pistachio</td><td>Walnut</td><td>Sesame</td><td>Soy</td></tr><tr><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>Y</td></tr><tr><td>Shellfish</td><td>Fish</td><td>Crustacean</td><td>Molluscs</td><td>Added Sulphites</td><td>Royal Jelly</td><td>Lupin</td><td rowspan="2"></td></tr><tr><td>-</td><td>T</td><td>T</td><td>T</td><td>T</td><td>-</td><td>-</td></tr></table>								Allergen information								Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew	Y	Y	Y	T	T	T	T	T	Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy	T	T	T	T	T	T	T	Y	Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin		-	T	T	T	T	-	-
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-	T	T	T	T	-	-																																																								
Ingredients																																																														
FULLY LOADED WRAP																																																														
Chicken Schnitzel: Chicken, Wheat Flour, Wholemeal Wheat Flour, Yeast, Iodised Sea Salt, Rye Flour, Wheat Fibre, Egg, Water, Vinegar, Canola Oil, Malt, Barley Flour, Antioxidant (300), Enzymes, Preservatives (282), Colour (E160a), Vitamin (Thiamine, Folate), Salt, Chicken Booster (Soy), Pepper White Ground, Parsley, Ginger Ground, Garlic Salt																																																														
Coleslaw: Cabbage: Cabbage																																																														
Coleslaw Mayonnaise: Water, Sugar, Vegetable Oil, Thickener(Modified Cornstarch), Salt, Food Acids(Acetic, Citric), Egg Yolk, Vegetable Gum[Xanthan(contains Soy)], Butter Flavour, Mustard Extract																																																														
Mayonnaise: Canola Oil, Pasteurised Whole Egg, Water, White Vinegar, Dijon Mustard, Salt, Sugar, Natural Flavours (Egg), Lemon Juice, Spice Extract, Acidity Regulator (Citric Acid), Colour (Lutein).																																																														
Carrot: Carrot																																																														
Celery: Celery																																																														
Parsley: Parsley																																																														
Sugar: Sugar																																																														
Salt: Salt (Salt, anticaking agent (554))																																																														
Pickles: Pickles (cucumber, water, salt, sugar, dill seed, peppercorn, dill weed)																																																														
Shoestring Fries: Potato (95%), Canola Oil, Dextrose																																																														
Chipotle BBQ Sauce: Tomato puree (53%) (from paste), vinegar, sugar, treacle, flavours, salt, thickener (1422), red jalapeno peppers (0.8%), onion powder, colour (150d).																																																														
Wrap: Wheat flour [(64%), thiamine, folic acid], water, vegetable shortening, sugar, mineral salts (500, 450, 341)], acidity regulator (297), iodised salt, preservative (282), yeast.																																																														
CHIPS																																																														
Chips: Potato (95%), Canola Oil, Dextrose																																																														

Love Me Tender Wrap Regular Combo																																																						
Serve size	574 g	Country of Origin 35%																																																				
	Per serve							Per 100g																																														
ENERGY (kJ)	5090							890																																														
CALORIES (cal)	1220							210																																														
PROTEIN (g)	40.3							7.0																																														
FAT TOTAL (g)	50.7							8.8																																														
FAT SATURATED	7.8							1.4																																														
CARBOHYDRATES (g)	147.6							25.7																																														
SUGAR (g)	9.3							1.6																																														
SODIUM (mg)	3700							645																																														
Allergen information <table><tr><th>Gluten</th><th>Wheat</th><th>Egg</th><th>Milk</th><th>Peanuts</th><th>Almond</th><th>Brazil nut</th><th>Cashew</th></tr><tr><td>Y</td><td>Y</td><td>Y</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td></tr><tr><td>Hazelnut</td><td>Macadamia</td><td>Pecan</td><td>Pine nut</td><td>Pistachio</td><td>Walnut</td><td>Sesame</td><td>Soy</td></tr><tr><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td><td>T</td></tr><tr><td>Shellfish</td><td>Fish</td><td>Crustacean</td><td>Molluscs</td><td>Added Sulphites</td><td>Royal Jelly</td><td>Lupin</td><td rowspan="2"></td></tr><tr><td>-</td><td>T</td><td>T</td><td>T</td><td>T</td><td>-</td><td>-</td></tr></table>								Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew	Y	Y	Y	T	T	T	T	T	Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Sesame	Soy	T	T	T	T	T	T	T	T	Shellfish	Fish	Crustacean	Molluscs	Added Sulphites	Royal Jelly	Lupin		-	T	T	T	T	-	-
Gluten	Wheat	Egg	Milk	Peanuts	Almond	Brazil nut	Cashew																																															
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-	T	T	T	T	-	-																																																
Ingredients LOVE ME TENDER WRAP Iceberg Lettuce: Iceberg Lettuce Chicken Tender: Maize Starch, Wheat Flour, Vital Wheat Gluten, Salt, Dextrose, Whole Egg Powder, Vegetable Gum (412), Spice Extract., Maize Starch, Wheat Flour, Vital Wheat Gluten, Salt, Dextrose, Whole Egg Powder, Spice Extract, Barley, Rice Paper Roll (RSPCA Chicken (86%), Water, Salt, Flavour Enhancer (621), Mineral Salts (451, 450), Natural Flavour, Vegetable Powder, Spice.), , Water, Chicken, Brown Onion , Barley, Celery, Carrot, Salt (Salt, anticaking agent (554)), Vegetable Stock Powder (Southern Ocean Sea Salt, Maize Maltodextrin, Cane Sugar, Dehydrated Vegetables (Cabbage, Onion, Garlic, Celery, Spinach), Yeast Extract, Rice Flour, Natural Vegetable Flavours, Disodium Guanylate & Inosinate, Canola Oil, Chilli), Pepper White Ground Tabouli: Parsley: Parsley Tomato: Gourmet Tomato Cucumber: Cucumber olive Oil: Olive Oil Blend (85% Refined olive pomace oil - 15% Extra Virgin Olive Oil) Lemon Juice: Lemon Juice (Reconstituted lemon juice, preservative (202)) Water: Water Bulgur: Bulgur Wheat Tabouli Dressing: Reconstituted lemon juice, preservative (202), Olive Oil, Wine Vinegar, Concentrated Grape Must, Caramel (E150d), Salt, anticaking agent (554). Salt: Salt (Salt, anticaking agent (554)) Balsamic Vinegar: Balsamic Vinegar (Wine Vinegar, Concentrated Grape Must, Caramel (E150d)) Aioli: Canola Oil, Free-Range Pasteurised Whole Egg, Water, Garlic, White Vinegar, Dijon Mustard [Acidity Regulator (Acetic Acid)], Salt, Sugar, Natural Flavours, Vegetable Fibre, Lemon Juice Concentrate, Acidity Regulator (Citric Acid), Natural Antioxidant (307b), Spice Extracts, Natural Colour (Lutein) Wrap: Wheat flour [(64%), thiamine, folic acid], water, vegetable shortening, sugar, mineral salts (500, 450, 341)], acidity regulator (297), iodised salt, preservative (282), yeast.																																																						
CHIPS Chips: Potato (95%), Canola Oil, Dextrose																																																						

Pulled Chicken Wrap Regular Combo																																																														
Serve size	594 g	Country of Origin 56%																																																												
	Per serve							Per 100g																																																						
ENERGY (kJ)	4140							700																																																						
CALORIES (cal)	990							170																																																						
PROTEIN (g)	52.2							8.8																																																						
FAT TOTAL (g)	48.5							8.2																																																						
FAT SATURATED	8.1							1.4																																																						
CARBOHYDRATES (g)	85.2							14.3																																																						
SUGAR (g)	6.2							1.0																																																						
SODIUM (mg)	995							170																																																						
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Ingredients																																																														
PULLED CHICKEN WRAP																																																														
Pulled Chicken: Chicken, vegetable oil, water, Beef HVP, (Gluten, Wheat, Soy), Rice Flour, Salt, Cayenne Pepper, Ginger Ground, Pimento , Cloves, Nutmeg , Pepper, Wheat Flour, Wholemeal Wheat Flour, Yeast, Iodised Sea Salt, Rye Flour, Wheat Fibre, Water, Vinegar, Canola Oil, Malt, Barley Flour, Antioxidant (300), Enzymes, Preservatives (282), Colour (E160a), Vitamin (Thiamine, Folate), Garlic Salt, Robert Mix (Gluten, Wheat, Soy), Mustard Ground Yellow, Onion Salt, Paprika, Curry Powder Mild. Iceberg Lettuce: Iceberg Lettuce Onion: Onion Tomato: Gourmet Tomato Aioli: Canola Oil, Free-Range Pasteurised Whole Egg, Water, Garlic, White Vinegar, Dijon Mustard [Acidity Regulator (Acetic Acid)], Salt, Sugar, Natural Flavours, Vegetable Fibre, Lemon Juice Concentrate, Acidity Regulator (Citric Acid), Natural Antioxidant (307b), Spice Extracts, Natural Colour (Lutein) Wrap: Wheat flour [(64%), thiamine, folic acid], water, vegetable shortening, sugar, mineral salts (500, 450, 341)], acidity regulator (297), iodised salt, preservative (282), yeast.																																																														
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