






PRODUCT INFORMATION BOOK




All products are made, packaged or handled in facilities/stores that also process milk, egg, fish, tree nuts, peanuts, soy, lupin, sesame and gluten from cereals.

Product Name	Allergen Statement	Ingredients	Wt (g)	Kj (per serve)
HOT FOOD				
Memphis bite 	<p>CONTAINS: Gluten (Wheat) & Soy.</p> <p>MAY CONTAIN: Milk, Egg, Crustacea & Fish Products.</p>	Chicken (66.4%), Coating (Wheat Flour , Herbs & Spices, Yeast, Salt, Colours (150a, 160c, 160b, 100), Wheat Gluten , Sugar, Canola Oil, Dehydrated Vegetables, Acidity Regulators (262, 330), Fructose, Worcestershire Sauce, Flavours, Yeast Extract), Batter(Wheat Flour , Modified Starch (1404), Maize Starch, Salt, Thickener (412), Dehydrated Onion, Hydrolysed Vegetable Protein (Wheat), Spice, Herb), Vegetable Oil, Seasonings, Soy Protein , Emulsifiers (451, 450), Flavour Enhancer (635, 920), Onion Powder, Pepper.	45	420
Southern Style Chicken Bite 	<p>CONTAINS: Gluten (Wheat) and Milk.</p> <p>MAY CONTAIN: Soy, Egg, Crustacea and Fish Products.</p>	Chicken (60%), Crumb (Wheat Flour , Yeast, Maize Starch, Salt, Spices and Herbs, Emulsifiers (471, 481), Milk Solids , Raising Agent (500), Acidity Regulator (263)), Batter (Water, Thickeners (1404, 412), Wheat Flour , Hydrolysed Vegetable Protein (Wheat)), Vegetable Oil, Seasonings (Salt, Pepper, Spice Extract), Emulsifiers (451, 450), Flavour Enhancer (635).	45	350
Mac & Cheese Bite 	<p>CONTAINS: Gluten (Wheat) and Milk.</p> <p>MAY CONTAIN: Egg, Soy, Crustacea and Fish products</p>	Pasta (37%) (Wheat Flour , Water), Water, Cheese Sauce (11%) (Milk Solids , Thickeners (1442, 412), Maltodextrin, Beverage Whitener (Tapioca Syrup, Vegetable Oil, Emulsifier (340)), Cheese Powder (Milk), Salt, Onion Powder, Mineral Salts (451, 452), Yeast Extract, Sugar, Flavour Enhancer (635), Colours (100, 160a), Spice Extracts), Bacon (Beef, Water, Salt, Sugar, Thickener (407), Mineral Salts (451, 452, 500), Antioxidant (316), Preservative (250)), Cheese (5%) (Milk , Preservative (200), Salt, Emulsifier (450, 452), Acidity Regulator (330)), Cheese Powder (Milk Solids , Cheese Solids), Breadcrumbs (Wheat , Colour (160b)), Onions, Batter (Wheat Flour, Thickener (412), Modified Starch (1404)), Vegetable Oil, Chives, Pepper.	45	410






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Lasagna Topper 	<p>CONTAINS: Gluten (Wheat), Soy and Milk.</p> <p>MAY CONTAIN: Egg, Crustacea and Fish products</p>	Beef (25%), Breadcrumbs (Wheat Flour, Salt, Yeast, Flour Conditioners (516, 300), Enzymes, Acidity Regulator (263), Colour (160b)), Pasta (13%) (Wheat Flour, Water), Batter (Water, Wheat Flour, Maize Starch, Salt, Thickeners (1404, 401, 464), Raising Agent (500)), Cheese (7%) (Milk , Rennet, Culture, Salt, Water, Emulsifiers (450, 452)), Onions, Vegetable Oil, Tomato Paste (2%), Seasonings (Sugar, Salt, Thickener (1422), Herbs & Spices, Flavours, Hydrolysed Vegetable Proteins (Soy)), Soy Protein, Capsicum, Mineral Salt (451), Flavour Enhancer (635).	143	1500
SLICES & TARTS				
Brookie 	<p>CONTAINS: Gluten, Egg, Milk, Soy</p> <p>MAY CONTAIN: Treenuts, Sesame, Peanuts</p>	Dark chocolate[sugar, vegetable fat(acidity regulator(330)), cocoa, milk solids , emulsifier(492, 322soy), flavour], condensed milk (milk solids , sugar), wheat flour , butter [cream, water, salt], dark chocolate[sugar, cocoa mass, cocoa butter, milk solids , emulsifiers (322soy, 476)], brown sugar, sugar, egg, dark chocolate(322soy, 492), raising agent (500), flavour, iodised salt	80	1570
Sticky Caramel Slice 	<p>CONTAINS: Gluten (wheat), Milk, Sulphites, Soy</p> <p>MAY CONTAIN: Eggs, Treenuts, Peanuts, Sesame</p>	Caramel(25%) (milk solids , sugar), butter [cream , water, salt], sugar, wheat flour , dark chocolate [sugar, vegetable fat, cocoa powder, emulsifiers (492, 322soy), salt, natural flavour], coconut(223), dairy cream (thickener(401)), raising agent[500, 541, 170, maize flour].	100	2020




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<p>Lemon Slice</p> 	<p>CONTAINS: Gluten (wheat), Milk, Soy</p> <p>MAY CONTAIN: Eggs, Treenuts, Peanuts, Sesame</p>	<p>Wheat flour, sugar, condensed milk (milk solids, sugar), butter [cream, water, salt], sugar icing (sucrose, glucose), margarine [palm oil, water, salt, emulsifier (471(palm based), 322), antioxidant(307), colour(160a), natural flavour], lemon(4%), glucose syrup (223), milk solids (emulsifier(322soy)), raising agent [500,541,170, maize flour], iodised salt, flavour.</p>	115	2070
<p>Vanilla Custard Slice</p> 	<p>CONTAINS: Gluten (wheat), Milk, Soy</p> <p>MAY CONTAIN: Eggs, Treenuts, Peanuts, Sesame</p>	<p>Water, custard mix(16%) [sugar, thickeners(1414, 401), milk solids, wheat starch, color(102, 110), acidity regulator(331), flavouring, salt], dairy cream (thickener (401)), wheat flour, sugar, butter [cream, water, salt], sugar icing (sucrose, glucose), margarine [palm oil, water, salt, emulsifier (471(palm based), 322), antioxidant(307), colour(160a), natural flavour], vanilla flavour(0.3%), dark chocolate [sugar, vegetable fat, cocoa powder, milk solids, emulsifiers (492, 322b), salt, natural flavour], iodised salt, emulsifier [wheat flour, improver(920)].</p>	105	1250
<p>Custard Tart</p> 	<p>CONTAINS: Gluten (wheat), Milk, Egg</p> <p>MAY CONTAIN: Treenuts, Peanuts, Soy, Sesame</p>	<p>Water, wheat flour, custard mix(15%) [sugar, thickeners(1414, 401), milk solids, wheat starch, color(102, 110), acidity regulator(331), flavouring, salt], butter [cream, water, salt], sugar, dairy cream (thickener(401)), egg, nutmeg, flavour, raising agent [500,541,170, maize flour]</p>		



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SWEET BREAD & MUFFINS				
Banana Bread 	CONTAINS: Gluten (wheat), Milk, Egg, Soy MAY CONTAIN: Tree nuts, Peanuts, Sesame	Wheat flour, sugar, banana (27%) [acidity regulators(300)], egg , vegetable oil [canola, soy , antioxidant (319, 307b, 320), antifoam(900a)], butter , iodised salt, flavour, raising agent (500).	145	2140
Raisin Toast 	CONTAINS: Gluten (wheat), Soy MAY CONTAIN: Sesame	Wheat Flour, Mixed Fruit (30%) (Raisins [22%], Sultanas, Currants), Water, Baker's Yeast, Wheat Gluten, Vegetable Oil, Sugar, Mixed Spice, Iodised Salt, Soy Flour, Vinegar, Emulsifiers (481, 472e), Vitamins (Thiamin, Folate) Please note: Ingredients does not include butter (if requested by customer).	65	980
Lemon Delicious Muffin 	CONTAINS: Gluten (wheat), Milk, Egg, Soy MAY CONTAIN: Tree nuts, Peanuts, Sesame	Premix [wheat flour, sugar, milk solids, maize starch, vege oil (antioxidant 320), raising agent(541,500), salt, stabiliser(415), emulsifier(477, soy 471)], egg , water, canola oil, lemon curd(9%) [lemon juice, glucose, thickener(1442), butter , flavour, acid regulator(330), preservative(202), colour (160a, 171)], lemon paste(1%) [thickener(413), colour, raising agent(170)].	150	2190



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Product Name	Allergen Statement	Ingredients	Wt (g)	Kj (per serve)
Raspberry White Choc Muffin 	<p>CONTAINS: Gluten (wheat), Egg, Milk, Soy</p> <p>MAY CONTAIN: Tree nuts, Sesame seeds, Peanuts</p>	Premix [wheat flour, sugar, milk solids, maize starch, vege oil (antioxidant 320), raising agent(541,500), salt, stabiliser(415), emulsifier(477, soy 471)], egg, canola oil, raspberries(11%), water, white choc(8%) [sugar, vegetable fat (emulsifier (492,322 soy), food acid (330)), milk powder, emulsifier (322 soy), natural flavour], wheat flour, white chocolate (322 soy , 476)(1%), flavour, raising agent(500,541,170).	150	2340
Blueberry Muffin 	<p>CONTAINS: Gluten, Milk, Egg, and Soybean.</p> <p>MAY CONTAIN: Tree nuts, Sesame and Peanuts.</p>	Premix [wheat flour, sugar, milk solids, maize starch, vege oil (antioxidant 320), raising agent(541,500), salt, stabiliser(415), emulsifier(477, soy 471)], egg , canola oil, water, blueberries(10%), wheat flour, sugar, butter , vinegar, oats, flavour, raising agent(500,541,170).	150	2190
Double Chocolate Muffin 	<p>CONTAINS: Gluten (wheat), Egg, Milk, Soybeans</p> <p>MAY CONTAIN: Tree nuts, Sesame seeds, Peanuts</p>	Wheat flour, sugar, water, dark chocolate(9%) [sugar, cocoa mass, cocoa butter, milk solids , emulsifiers (322 soy , 476)], canola oil, egg , banana(300, 330), dark choc(492,322 soy ,330)(3%), cocoa(3%), milk solids (322 soy), maize starch, raising agent(170, 500, 541), vinegar, iodised salt, flavour.	150	2050



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Product Name	Allergen Statement	Ingredients	Wt (g)	Kj (per serve)
PASTRIES				
Blueberry Crown 	CONTAINS: Wheat , Egg, Dairy and Almond MAY CONTAIN: Tree nuts	Wheat flour, vegetable margarine [palm oil, rapeseed oil, water, coconut oil, salt, emulsifier (monoand diglycerides of fatty acids), acidity regulator (citric acid), natural flavouring], water, 12% Canadian wild blueberries, sugar, egg yolk (contains salt), yeast, lemon juice, glucose powder, custard powder [sugar, modified potato starch, whey powder (milk), skimmed milk powder , coconut oil, stabilizer (sodium alginate, calcium sulphate, diphosphates), glucose syrup, milk protein, coloring (carotenes)], stabiliser (sodium alginate, pectins), chicory fibre, emulsifier (mono- and diacetyl tartaric acid ester of mono- and diglycerides of fatty acids), dextrose, almond flour , acidity regulator (calcium lactate), rapeseed oil, flour treatment agent (ascorbic acid).	100	1420
Butter Croissant 	CONTAINS: Wheat or Wheat products, Milk or Milk Products, Egg. MAY CONTAIN: Peanuts, Tree nuts & Soy	WHEAT Flour, BUTTER (30%) [cream], Water, EGG , Yeast, Sugar, Salt, MILK Solids, WHEAT Gluten, Barley Malt Flour, Dextrose, Enzymes, Flour Improver (300).	60	980
Pain Chocolat 	CONTAINS: Gluten, Milk, Soy, Egg MAY CONTAIN: Peanuts, Tree nuts & Sesame	Wheat flour, Butter 22%, chocolate 16% (sugar, cocoa mass, cocoa butter, emulsifier (322 (soy)), natural vanilla flavor), water, yeast, sugar, egg , salt, wheat gluten, enzymes (amylases, hemicelluloses), flour treatment agent (300), egg wash (egg, water).	90	1840



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Maple Pecan Plait 	<p>CONTAINS: Gluten (wheat), Egg, Tree nuts</p> <p>MAY CONTAIN: Milk, Peanuts, Soy & Sesame</p>	<p>Wheat Flour, Margarine [Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier (Mono and Diglycerides of Fatty Acids), Acidity Regulator (Citric Acid), Flavouring, Vitamin A], Water, Sugar, Pecan Nuts (4.2%), Brown Sugar, Egg Yolk [Pasteurised Egg Yolk, Salt], Yeast, Maple Syrup (1.2%), Glucose Powder, Inulin, Gelling Agent (Pectin), Baking Blend [Gelling Agent (Pectin), Stabiliser (Sodium Alginate), Sugar], Emulsifier (Mono and Diacetyl Tartaric Acid Esters of Mono and Diglycerides of Fatty Acids), Dextrose, Flavouring, Rapeseed Oil, Antioxidant (Ascorbic Acid).</p>	95	1630
COOKIES				
Double Choc Chunk Cookie 	<p>CONTAINS: Gluten (Wheat), Milk, Egg & Soy</p> <p>MAY CONTAIN: Peanuts, Tree nuts & Sesame</p>	<p>WHEAT FLOUR, Sugar, White Confectionery Choc Chunks (20%) (Sugar, Non Hydrogenated Palm Kernel, Skimmed MILK Powder, Emulsifier (322(from Soy)), Natural Flavour, Margarine (Non Hydrogenated Palm Fat, Water, Non Hydrogenated Rapeseed Oil, Emulsifier (471), Acid (330), Colour (160a)), Chocolate Chips (8.5%), (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (322(from SOY)) Natural Flavour), Pasteurised WHOLE EGG, Low Fat Cocoa Powder (3%), Water, Invert Sugar Syrup, Modified Maize Starch, Flavours, Raising Agent (500).</p>	56	1060
White Choc and Cranberry Cookie 	<p>CONTAINS: Gluten (Wheat), Milk, Egg & Soy</p> <p>MAY CONTAIN: Peanuts, Tree nuts & Sesame</p>	<p>WHEAT Flour, Sugar, White Compound Chocolate Chunks (18%) [Sugar, Palm and Palm Kernel Oils, MILK Powder, Vegetable Emulsifier (SOY Lecithin (322)), Vanilla Flavour], Margarine [Palm Oil, Water, Salt, Emulsifier (471 from SOY or Palm), Acidity Regulator (330), Vitamin A, Colour (160e)], Cranberries (10%) [Cranberries, Sugar, Sunflower Oil], Whole EGG, Molasses, Thickener (1422 from Maize), Raising Agent (500), Salt, Flavour.</p>	56	1020



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Chunky Choc Cookie 	CONTAINS: Gluten (Wheat), Milk, Egg & Soy MAY CONTAIN: Peanuts, Tree nuts & Sesame	WHEAT Flour, Dark Chocolate Chunks (26%) [Sugar, Unsweetened Chocolate, Cocoa Butter, Dextrose (from Corn), Emulsifier (SOY lecithin (322)), Vanilla Flavour, Salt], Sugar, Margarine [Palm Oil, Water, Salt, Emulsifier (471 from SOY or Palm), Acid (330), Vitamin A, Colour (160e)], Whole EGG , Invert Sugar, Molasses, BUTTER , Flavour (Vanilla from MILK), Thickener (1422 from Maize), Raising Agent (500), Salt.	56	1060
DONUTS				
Chocolate Iced Donut 	CONTAINS: Gluten, Milk, Soy MAY CONTAIN: Treenuts, Eggs, Peanuts, Sesame seeds	Donut [Wheat Flour (Vitamins (Thiamin, Folic Acid)), Water, Vegetable Oil (Palm), Caster Sugar, Yeast, Canola Oil, Wheat Gluten, Skim Milk Powder, Improver (Soy Flour, Wheat Flour, Antioxidant (300), Enzymes), Salt (Iodised), Emulsifier (322 from Soy), Mineral Salt (500), Vegetable Gum (415)], Icing [Sugar, Glucose, Water, Emulsifier (472c), Natural Chocolate Flavour, Cocoa, Natural Colour (150a, 120, 153)]	80	1210
Strawberry Iced Donut 	CONTAINS: Gluten, Milk, Soy MAY CONTAIN: Treenuts, Eggs, Peanuts, Sesame seeds	Donut [Wheat Flour (Vitamins (Thiamin, Folic Acid)), Water, Vegetable Oil (Palm), Caster Sugar, Yeast, Canola Oil, Wheat Gluten, Skim Milk Powder, Improver (Soy Flour, Wheat Flour, Antioxidant (300), Enzymes), Salt (Iodised), Emulsifier (322 from Soy), Mineral Salt (500), Vegetable Gum (415)], Icing [Sugar, Glucose, Water, Emulsifier (472c), Natural Strawberry Flavour, Natural Colour (120)]	80	1250



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<p>Jam Ball Donut</p> 	<p>CONTAINS: Gluten, Milk, Soy MAY CONTAIN: Treenuts, Eggs, Peanuts, Sesame seeds</p>	<p>Donut [Wheat Flour (Vitamins (Thiamin, Folic Acid)), Water, Vegetable Oil (Palm), Caster Sugar, Yeast, Canola Oil, Wheat Gluten, Skim Milk Powder, Improver (Soy Flour, Wheat Flour, Antioxidant (300), Enzymes), Salt (Iodised), Emulsifier (322 from Soy), Mineral Salt (500), Vegetable Gum (415)], Fruit Filling (10%) (Sugar, Apples, Gelling Agent (440), Acidity Regulator (330), Preservative (202), Natural Raspberry Flavour, Natural Colour (120), Sugar.</p>	<p>100</p>	<p>1510</p>
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