

PRODUCT INFO BOOK

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All food prepared or packed on the premises may contain allergens including milk, egg, fish, tree nuts, peanuts, soy, sesame, lupins & gluten from cereals. Please be mindful when in store.



Carc	Lat Speaking						
	Hot Snacking						
Memphis		Weight	kJ (Per Serve)	Allergen Statement			
Chicken Bite	MARKET TO SERVICE	45 g	383 kJ	Contains: Wheat, Gluten, Soy			
Official Diffe	WAS THE A			May Contain: Egg, Milk, Fish Products, Crustacean, Sulphites			
A smoky Memphis style chicken bite encased in a crunchy golden crumb.		INGREDIENTS: Chicken (53%), Batter (20%) (Water, Wheat Flour, Thickeners (1404, 412) Maize Starch, Salt, Dehydrated Onion, Hydrolysed Vegetable Protein (Wheat), Spices, Herb, Seasoning (Sugar, Dehydrated Vegetables, Salt, Acidity Regulators (262, 330), Fructose, Worcestershire Sauce Powder (Maltodextrin (Maize), Vegetable Protein Extract (Maize), Vinegar, Sugar, Salt, Molasses, Garlic, Acidity Regulator (330), Spices, Rice Bran Oil), Flavours, Colour, (150a) Yeast Extract), Breadcrumb (12%) (Wheat Flour, Herbs, Spices (Black Pepper), Yeast, Salt, Colours (150a, 160c, 160b, 100), Wheat Gluten, Sugar, Canola Oil, Dehydrated Vegetables, Acidity Regulator (262, 330), Fructose, Worcestershire Sauce, Flavours, Yeast Extract, Emulsifier (471)), Water, Vegetable Oil, Soy Protein Isolate, Textured Soy Protein, Seasoning (Emulsifier (451), Hydrolysed Vegetable Protein (Soy), Flavour Enhancer (920)), Dehydrated Onion, Emulsifiers (450, 451), Salt, Ground White Pepper.					
Southern Style		Weight	kJ (Per Serve)	Allergen Statement			
Chicken Bite		45 g	367 kJ	Contains: Wheat, Gluten, Milk, Soy			
Chicken bite			307 K3	May Contain: Egg, Fish Products, Crustacean, Sulphites			
Southern style chicken bite encased in a golden crumb.		(Milk), Dextrose, Vegetable Po Vinegar, Spices, Herbs, Minera	owder, Hydrolysed Veget al Salts (450, 500), Whey ng (Emulsifier (451), Hydr er.	ckeners (404, 412), Maize Starch, Salt, Spices, Herbs, Mineral Salts (450, 500), Whey Powder table Protein (Wheat) Flavour Enhancer (635)), Breadcrumb (12%) (Wheat Flour, Salt, Yeast, Powder (Milk), Dextrose, Flavour Enhancer (635)), Water, Vegetable Oil, Soy Protein Isolate, rolysed Vegetable Protein (Soy), Flavour Enhancer (920)), Dehydrated Onion, Emulsifiers (450,			
Mac & Cheese		Weight	kJ (Per Serve)	Allergen Statement			
Bite		45 g	316 kJ	Contains: Wheat, Gluten, Milk May Contain: Egg, Crustacea, Fish Products, Soy			
Bite sized mac and creamy cheese with VEAL bacon encased in a crunchy golden crumb. (CONTAINS PORK)		Syrup, Vegetable Oil, Emulsifie (635), Colours (Turmeric, Carot Preservative (250)), Cheese (5 Cheese Solids), Breadcrumbs Pepper.	er (340)), Cheese Powder ene), Spice Extracts), Bac %) (Milk , Preservative (2 (Wheat , Colour (160b)), (e (11%) (Milk Solids, Thickeners (1442, 412), Maltodextrin (Maize), Beverage Whitener (Tapioca r (Milk), Salt, Onion Powder, Mineral Salts (451, 452), Yeast Extract, Sugar, Flavour Enhancer con (Beef, Water, Salt, Sugar, Thickener (407), Mineral Salts (451, 452, 500), Antioxidant (316), 200), Salt, Emulsifier (450, 452), Acidity Regulator (330)), Cheese Powder (3%) (Milk Solids, Onions, Batter (Wheat Flour, Thickener (412), Modified Starch (1404)), Vegetable Oil, Chives,			
Cheeseburger		Weight	kJ (Per Serve)	Allergen Statement			
Bite		45 g	437 kJ	Contains: Wheat, Gluten, Milk, Soy			
Dile			±07 N0	May Contain: Egg, Fish Products, Crustacea, Sulphites			
Minced.		Enzymes, Anti Caking Agent (4 Preservative (200)), Onion (8% Edible Glucose, Salt, Palm Oil, (100), Emulsifier (471)), Pickle	60), Preservative (200)), 6), Ciabatta Crumb (7%) Corn Starch, Sugar, Vitam Binder (Wheat Flour, El	h, Salt, Thickeners (401), Stabiliser (464)), Cheese Blend (9%) (Milk, Salt, Starter Cultures, Mozzarella (9%) (Milk, Salt, Cultures, Enzymes (Non-Animal Rennet), Anti-Caking Agent (460), (Wheat Flour, Corn Starch, Rice Flour, Maltodextrin, Soybean Flour, Potato Powder, Yeast, nin C, Colour (120)), Breadcrumb (6%) (Wheat Flour, Edible Glucose, Salt, Yeast, Natural Colour mulsifier (451), Acidity Regulator (262)), Gherkins (3.5%) (Firming Agent (509), Preservative ste, Maize Starch, Modified Tapioca Starch (1412), Stabiliser (461).			



Hot Spacking Continued

591 kJ

kJ (Per Serve)

579 kJ

Lasagne Toppa

Tasty beef sauce topped with pasta and cheese, encased in a golden crumb.



riot originity continuou				
Weight kJ (Per Serve)		Allergen Statement		
1.40	1500 1.1	Contains: Wheat, Gluten, Milk, Soy		
143 g	1500 kJ	May Contain: Egg, Crustacea, Fish Products, Sulphites		

INGREDIENTS:

Beef (22%), Batter (Water, **Wheat** Flour, Maize Starch, Salt, Thickeners (401, 464)), Breadcrumbs (14%) (**Wheat** Flour, Glucose, Salt, Yeast, Natural Colour (100), Emulsifier (451)), Pasta (13%) (Water, Durum **Wheat** Semolina), Water, Cheese (6%) (**Milk, Milk** Solids, Cultures, Enzymes (Non-Animal Rennet), Anticaking Agent (460), Preservative (200), Thickener (1422), Stabilisers (415, 466), Emulsifying Salts (331, 451), Food Acid (270), Yeast Extract, Colours (100, 160a)), Tomato Paste, Textured **Soy** Protein, Onion, Seasoning (**Wheat, Soy** Protein, Hydrolysed Vegetable Protein (**Soy**), Acidity Regulator (330), Anti-caking Agent (551), Spice Extracts (160c, 100), Flavour Enhancer (635), Emulsifiers (451, 433), Antioxidant (Vitamin E)), Vegetable Oil, Capsicum, Maize Starch.

Contains: Wheat, Gluten, Egg, Soy

kJ (Per Serve) | Allergen Statement

May Contain:

Sweet	t Chilli
Chicken	Tenders

Juicy chicken tenders crumbed with a crunchy sweet chilli coating.



Serving suggestion

INGREDIENTS:

Weight

55 g

Weight

63 a

Chicken (47%), Sweet Chilli Coating (29%) (Breadcrumbs (**Wheat** Flour, Maize Flour, Salt, Vegetable Oils, Yeast, Sucrose, Spice Extracts (160c, 100), Mineral Salts (450, 500), Emulsifier (481), Colours (102, 110)), Rice Confection (Rice Flour, Sugar, Maize Flour, Vegetable Oil, Salt), Dehydrated Vegetables (Red Pepper), Desiccated Coconut (Preservative (223)), Herb (Parsley), Water, Sugar, **Wheat** Flour, **Egg** Powder, Chilli, Vegetable Powder (Garlic), Hydrolysed Vegetable Protein, Food Acid (262), Anti-Caking Agent (551), Flavour Enhancer (635), Natural Flavouring, Spices Extracts (Chilli, Ginger, 160c), **Wheat** Starch, Thickener (1404), Maize Flour, Salt, Vegetable Gums (415, 461), Spices (Paprika, Pepper)), Water, Vegetable Oil, **Soy** Protein Isolate, Mineral Salts (451, 450).

Contains: Wheat, Gluten, Soy, Sulphites

Allergen Statement

May Contain: Egg, Milk

Crumbed Chicken Tenders

Tasty chicken tenders coated with a crispy, golden potato crumb.

Purchase with \$1 Aioli to

get that beautiful tangy and

spicy balance.



Serving suggestion

INGREDIENTS:

Chicken (47%), Coating (33%) (Water, Potato Flakes (Potato, Emulsifier (471), Mineral Salts (450, 500), Preservative (223) (**Sulphites**), Food Acid (330)), **Wheat** Flour, Rice Flour, Salt, Emulsifier (481), Dextrose, Spice Extracts (160c, 100), Yeast, Sugar, Natural Colours (100,160b), Thickener (1404), Vegetable Gums (412, 415), **Wheat Gluten**, **Wheat** Starch, Vegetable Oil, Water, Vegetable Oil, **Soy** Protein Isolate, Mineral Salts (451, 450).

Devil Tenders	
A crumbed chicken strip that has a spicy kick to it.	

Weight	kJ (Per Serve)	Allergen Statement
50 m 467 kd		Contains: Wheat, Gluten, Milk, Soy
50 g	467 kJ	May Contain: Egg, Tree Nuts, Sesame

INGREDIENTS:

Chicken (45%), Flour (Wheat, Maize), Water, Vegetable Oils, Thickeners (1404, 464, 412), Soy Protein, Salt, Dehydrated Vegetables (Garlic, Onion), Wheat Semolina, Wheat Gluten, Hydrolysed Vegetable Protein (Maize), Mineral Salts (450, 500, 451, 508), Herbs And Spices (Chilli), Sugar, Lactose (Milk), Yeast, Yeast Extract, Maltodextrin, Emulsifier (473), Colours (160c, 160b, 150a, 100, 124), Flavour Enhancer (635), Flavours, Smoke Flavour, Food Acid (270), Spice Extract.



Chunky Dioc

kJ (Per Serve)

2420 kJ

Chunky Angus Beef Pie

Hearty pie with large and in charge chunks of delicious Angus beef, this pie hits the spot.



	Churky Fles	
Weight	kJ (Per Serve)	Allergen Statement
240 ~	2280 kJ	Contains: Wheat, Gluten, Milk, Soy, Sulphites
240 g		May Contain: Egg, Sesame

INGREDIENTS:

Australian Angus Beef (30%), Water, Wheat Flour, Vegetable Shortening (Vegetable Oil, Emulsifiers (471, Soy Lecithin), Antioxidant (320)), Gravy Mix (Thickener (1412), Salt, Flavour (Milk), Colour (150d), Soy Sauce Powder (Sulphites), Flavour Enhancer (621), Hydrolysed Vegetable Protein, Ground Black Pepper, Nutmeg, Onion Powder, Sugar), Vegetable Shortening (Vegetable Oil, Water, Salt, Emulsifiers (471, 472c, Soy Lecithin), Antioxidant (304), Natural Flavour), Parsley, Milk Solids, Baking Powder (Raising Agents (450, 341, 339, 500), Wheaten Cornflour), Salt, Modified Corn Starch (1422), Glaze (Milk Solids, Dried Glucose Syrup (Wheat), Colour (160b)).

Contains: Wheat, Gluten, Milk, Soy, Sulphites

Allergen Statement

May Contain: Egg, Sesame

Chunky Beef & Pepper Pie

This chunky pie is pleasing to the pallet having been peppered to perfection and is the picture of a hearty eat.



INGREDIENTS:

Weight

240 g

Weight

Australian Beef (30%), Water, **Wheat** Flour, Vegetable Shortening (Vegetable Oil, Emulsifiers (471, **Soy** Lecithin), Antioxidant (320)), Gravy Mix (Thickener (1412), Salt, Flavour (**Milk**), Colour (150d), **Soy** Sauce Powder (**Sulphites**), Flavour Enhancer (621), Hydrolysed Vegetable Protein, Ground Black Pepper, Nutmeg, Onion Powder, Sugar), Vegetable Shortening (Vegetable Oil, Water, Salt, Emulsifiers (471, 472C, **Soy** Lecithin), Antioxidant (304), Natural Flavour), Pepper (1.4%), **Milk** Solids, Baking Powder (Raising Agents (450, 341, 339, 500), **Wheaten** Cornflour), Salt, Modified Corn Starch (1422), Glaze (**Milk** Solids, Dried Glucose Syrup (**Wheat**), Colour (160b)).

Chunky Beef, Bacon & Cheese Pie

Look no further for one of the heartiest cheese and bacon pies out there. Tasty cheese, bacon & beef filling is so fulfilling!



110.9	110 (1 0 0 0 1 0 0)	, mergeri etaterrierit
240 -	0400 1-1	Contains: Wheat, Gluten, Milk, Soy, Sulphites
240 g	2420 kJ	May Contain: Fog. Sesame

k.l (Per Serve) Allergen Statement

INGREDIENTS:

Australian Beef (28%), Water, Wheat Flour, Vegetable Shortening (Vegetable Oil, Emulsifiers (471, Soy Lecithin), Antioxidant (320)), Cheese (3.4%) (Milk), Vegetable Shortening (Vegetable Oil, Water, Salt, Emulsifiers (471, 472c, Soy Lecithin), Antioxidant (304), Natural Flavour), Gravy Mix (Thickener (1412), Salt, Flavour (Milk), Colour (150d), Soy Sauce Powder (Sulphites), Flavour Enhancer (621), Hydrolysed Vegetable Protein, Ground Black Pepper, Nutmeg, Onion Powder, Sugar), Bacon (2%), Milk Solids, Baking Powder (Raising Agents (450, 341, 339, 500), Wheaten Cornflour), Salt, Modified Corn Starch (1422), Glaze (Milk Solids, Dried Glucose Syrup (Wheat), Colour (160b)).



crunchy pastry

Product Info Book

Fried Snacking				
		Weight	kJ (Per Serve)	Allergen Statement
Hot Chips		250 g	2650 kJ	Contains: - May Contain: Wheat, Gluten, Milk, Soy, Egg, Sesame, Fish
Deliciously crunchy chips				4, 1404, 415), Canola Oil, Corn Starch, Rice Flour, Salt, Sugar, Raising Agents Extract, Garlic Powder, Onion Powder, Natural Colour (Carotene).
		Weight	kJ (Per Serve)	Allergen Statement
Chicken Goujons		200 g	2560 kJ	Contains: Wheat, Gluten, Soy, Sulphites May Contain: Egg, Milk
Strips of chicken breaded in a crunchy golden crumb		(Sulphites), Food Acid (3: Oil, Wheat Flour, Wheat	30)), Wheat Flour, F Gluten , Salt, Whea	tato Flakes (Potato, Emulsifier (471), Mineral Salt (450), Preservative (223) lice Flour, Salt, Emulsifier (481), Dextrose, Spice Extracts (160c, 100)), Vegetable t Starch, Thickener (1404), Mineral Salts (450, 500, 451), Vegetable Gums (412, drated Vegetables (Onion, Garlic), Yeast Extract.
		Weight	kJ (Per Serve)	Allergen Statement
Potato Cake		95 g	1070 kJ	Contains: Wheat, Gluten, Sulphites May Contain: Egg, Milk, Soy, Sesame, Fish
The classic crunch of a sliver of potato coated in delicious fried batter.				1%), Emulsifier (471), Raising Agent (450), Preservative (223), Acidity Regulator h, Salt), Water, Wheat Flour, Vegetable Oil, Salt, Yeast, Sugar, Raising Agents
		Weight	kJ (Per Serve)	Allergen Statement
Dim Sim	Dim Sim	100 g	815 kJ	Contains: Wheat, Gluten May Contain: Egg, Milk, Soy, Sesame, Fish
Cabbage and minced meat wrapped in pastry	reat wrapped in		Beef and/or Mutton)	, Wheat Flour, Wheat Starch, Water, Salt, Onion, Sugar, Onion Powder, Spices,
	MANA TO A	Weight	kJ (Per Serve)	Allergen Statement
Chiko Roll	Chiko Roll	170 g	1530 kJ	Contains: Wheat, Barley, Gluten, Soy May Contain: Egg, Milk, Sesame, Fish
Cabbage, Carrot, Celery, Onion, Green Beans, and minced meat in a		_	•	Onion, Green Beans), Wheat Flour, Water, Cooked Barley (Water, Barley), Beef by Protein, Salt, Sugar, Acidity Regulators (450, Sodium Bicarbonate), Hydrolysed

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Vegetable Protein (Soy), Spice (Chilli), Emulsifier (471), Flavour Enhancer (635), Colours (102, 110).



	Fried Snacking – Continued				
Smokey Chilli		Weight	kJ (Per Serve)	Allergen Statement	
		105 -	455011	Contains: Wheat, Gluten, Milk, Soy	
Cheese Kransky		135 g	1550 kJ	May Contain: -	
This is a chili flavoured sausage with pockets of cheese.		Mineral Salt (451), Pre Vegetable Protein, Can Yeast Extract, Antioxid Vegetable, Hydrolysed	eservative (221), F nola Oil, Flavours (lant (392)), Cabana Vegetable Protein,	se (Milk), Sausage Premix (Rice Flour, Potato Starch, Salt, Gluten , Dextrose, lavour Enhancers (621, 635), Herbs & Spices, Dried Vegetable, Hydrolysed Soy), Sugar, Colours (160c, 100, 150d), Maltodextrin, Acidity Regulator (330), Premix (Salt, Soy Protein, Mineral Salt (451), Rice Flour, Sugar, Spices, Dried Flavour Enhancer (621), Preservatives (221, 250), Antioxidants (316, 392), Spice Flavour, Canola Oil, Fermented Red Rice), Chilli, Smoke Flavour, Pepper, Salt	
Smokey Cheese		Weight	kJ (Per Serve)	Allergen Statement	
•		135 g	1100 kJ	Contains: Wheat, Gluten, Milk, Soy	
Kransky		135 g	1100 K3	May Contain: -	
Sausage with smokey flavour and cheese inside.		INGREDIENTS: Beef, Mutton, Pork (72%), Water, Cheese, Sausage Premix (Rice Flour, Potato Starch, Salt, Gluten, Dex Flour, Mineral Salt (451), Preservative (221), Flavour Enhancers (621, 635), Spices, Dried Vegetable, Spices, Dried Vegetable Protein, Canola Oil, Sugar), Cabana Premix (Salt, Soy Protein, Mineral Salt (451), Rice Spices, Dried Vegetable, Hydrolysed Vegetable Protein, Flavour Enhancer (621), Preservatives (221, 250 (316), Spice Extracts, Acidity Regulator (331), Smoke Flavour), Smoke Flavour, Pepper, Salt			
Chicken & Cheese		Weight	kJ (Per Serve)	Allergen Statement	
Crumbed Sausage		150 g	1380 kJ	Contains: Wheat, Gluten, Milk, Soy May Contain: -	
Chicken sausage with pockets of cheese coated in crunchy golden crumbs.		Maize), Colour (102)), V Gluten, Canola Oil, Soy 472e), Vitamins (Thiam	White Bread Crum Flour, Rye Flour, V nine, Folic Acid), C	bw Crunch Crumbs (Wheat Flour, Soy Flour, Salt, Canola Oil, Dextrose, (Tapioca bs (Wheat Flour (White And Wholemeal), Water, Baker's Yeast, Iodised Salt, Vheat Fibre, Soy Fibre, Vinegar, Malted Barley, Vegetable Emulsifiers (471, 481, hicken Premix (Salt, Rice Flour, Flavour Enhancers (621, 635), Sugar, Spices, Spice Extracts, Anti-Caking Agent (554)), Water, Tapioca Starch, Soy Protein,	



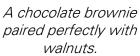
Slices Weight kJ (Per Serve) Allergen Statement **Brookie** Contains: Wheat, Gluten, Egg, Milk, Soy 1580 kJ 80 g May Contain: Peanuts, Walnuts, Sesame **INGREDIENTS:** Dark Choc (Sugar, Vegetable Fat (Palm), Cocoa, Milk Solids, Emulsifiers (492, 322 Soy), Natural Flavours), Fortified Brownie meets choc chip cookie in this Wheat Flour (Wheat Flour, Vitamin (Folic Acid)), Condensed Milk (Milk Solids, Sugar), Butter (Cream (Milk), Salt), Dark Chocolate (Sugar, Cocoa Solids, Milk Solids, Emulsifier), Brown Sugar, Sugar, Egg, Dark Choc (492, 322 Soy), Flavour, hybrid snack. lodised Salt, Raising Agent (500, 450, 170). Weight kJ (Per Serve) | Allergen Statement Contains: Wheat, Gluten, Milk, Sulphites Lemon Slice 119 g 2260 kJ May Contain: Egg, Soy, Peanuts, Tree Nuts, Sesame, Lupin

Deliciously tangy and citrusy, this lemon slice is delectable.

INGREDIENTS:

Biscuit Crumbs (30.8%) (Wheat Flour, Sugar, Vegetable Shortening (RSPO Palm Oil), Vanilla Powder, Golden Syrup), Condensed Milk (Milk, Sugar, Lactose), Icing Sugar (Sugar, Corn Starch (Sulphites)), Butter (Cream (Milk)), Coconut (223)), Lemon (6.17%), Citric Acid (330), Natural Flavour.

Walnut Brownie



This product contains walnuts and pecans.



Weight	kJ (Per Serve)	Allergen Statement
100 ~	01E0 k l	Contains: Walnuts, Pecans, Egg, Milk, Soy, Sulphites
108 g	2150 kJ	May Contain: Wheat, Gluten, Peanuts, Sesame, Lupin

INGREDIENTS:

Chocolate (29.7%) (Sugar, Cocoa Mass, Cocoa Butter, Vegetable Fat (322, 492, Palm Oil), Cocoa Powder, Milk Solids, Emulsifier (322 (Soy), 476), Flavour), Butter (Cream (Milk)), Egg, Sugar, Walnuts (5.55%), Cream (Cream (Milk), Halal Gelatine, Thickener (407a), Emulsifier (471)), Cocoa Powder (3.93%), Pecans (3.33%), Gluten Free Flour (Thickeners (466, 464), Emulsifier (471), Vegetable Gum (415)), Flavour (Caramel Colour (150d)), Stabiliser (Humectants (420, 1520), Emulsifiers (471 (Soy), 475), Acidity Regulator (570)), Glucose, Salt.



Banana Bread

A classic banana bread that pairs perfectly with any coffee.



Bana	na Bread &	Muffins - Rangiora
Weight	kJ (Per Serve)	Allergen Statement

kJ (Per Serve)

1830 kJ

kJ (Per Serve)

2160 kJ

145 g

2170 kJ

Contains: Wheat, Gluten, Egg, Milk

May Contain: Soy, Peanuts, Walnuts, Sesame

Allergen Statement

Allergen Statement

Contains: Wheat, Gluten, Egg, Milk, Soy

Contains: Wheat, Gluten, Egg, Milk, Soy

May Contain: Peanuts, Tree Nuts, Sesame

INGREDIENTS:

Weight

140 g

Banana (26%) (Acidity Regulators (300)), Fortified **Wheat** Flour (**Wheat** Flour, Vitamin (Folic Acid)), Sugar, Water, Canola Oil, Butter (Cream (**Milk**), Salt), **Egg**, Flavour, Raising Agent (500), Iodised Salt.

Blueberry Crumble Muffin

Classic blueberry muffin with an oat crumble crust.



INGREDIENTS:

Fortified Wheat Flour (Wheat Flour, Vitamin (Folic Acid)), Sugar, Water, Blueberries (14%), Canola Oil, Eggs, Milk Solids (322 Soy), Vinegar, Raising Agent (500, 450, 170), Wholegrain Oats, Margarine (Vegetable Oil (Palm), Water, Salt, Emulsifiers (471, 472c, 322 Soy, 476), Natural Flavour, Acidity Regulator (330), Natural Colour (160a), Antioxidant (304, 307b)), Butter (Cream (Milk), Salt), Emulsifier (475, Rice Starch), Iodised Salt.

Double Chocolate Muffin

Rich and chocolatey muffin, perfect to satisfy any sweet tooth.



INGREDIENTS:

Weight

140 g

Fortified Wheat Flour (Wheat Flour, Vitamin (Folic Acid)), Sugar, Dark Chocolate (10%) (Sugar, Cocoa Mass, Dextrose, Milk Fat, Cocoa Butter, Emulsifiers (322 Soy, 476), Flavour), Canola Oil, Banana Pulp (Acidity Regulators (300, 330)), Dark Choc (3%) (Sugar, Vegetable (Palm), Cocoa, Milk Solids, Emulsifiers (492, 322 Soy), Flavour), Cocoa (3%), Eggs, Maize Starch, Vinegar, Raising Agent (500, 450, 170), Iodised Salt, Flavour, Colour (153).

May Contain: Peanuts, Walnuts, Almonds, Cashew, Pistachios, Pecan, Sesame

Apple, Raspberry & White Choc Muffin

Apple sweetens the deal in this raspberry and white choc muffin. Give it a try today!



Weight	kJ (Per Serve)	Allergen Statement
140 ~	005011	Contains: Wheat, Gluten, Egg, Milk, Soy
140 g	2050 kJ	May Contain: Peanuts, Tree Nuts (Walnuts, Almonds, Cashews, Pecan, Pistachio nuts), Sesame

INGREDIENTS:

Fortified **Wheat** Flour (**Wheat** Flour, Vitamin (Folic Acid)), Water, Sugar, Canola Oil, Raspberries (7%), Apple (4%) (Antioxidant (300), Firming Agent (509)), White Choc (4%) (Sugar, Vegetable Fat (Palm), **Milk** Solids, Emulsifiers (322 **Soy**), Natural Flavour), **Egg**, Banana Pulp, **Milk** Solids, Raising Agent (500, 450, 170), Vinegar, Emulsifier, Iodised Salt, Natural Flavour.



	Banana Bread & Muffins – Mama Kaz							
Banana Bread	Reco	Weight	kJ (Per Serve)	Allergen Statement				
A classic banana bread	To a part of the second of the	140 g	2110 kJ	Contains: Wheat, Gluten, Egg, Soy May Contain: Almond, Walnut, Sesame, Pecan, Pistachio, Macadamia, Sulphites				
that pairs perfectly with any coffee.		INGREDIENTS: Banana (27%) (Banana, Antioxidant (300)), Wheat Flour (Wheat, Thiamine, Folic Acid), Sugar, Canola Oil, Water, Egg Powder, Baking Powder (Raising Agents (500, 450, 575), Anti-Caking Agent (170), Starch, Acidity Regulator (330)), Lemon Juice, Vanilla Flavouring, Preservative (202), Thickener (415), Processing Aid (Soy).						
		Weight	kJ (Per Serve)	Allergen Statement				
Blueberry Muffin	The same of the sa	150 g	2520 kJ	Contains: Wheat, Gluten, Egg, Milk, Soy May Contain: Almond, Walnut, Sulphites, Pistachio, Sesame, Pecan, Macadamia				
Classic blueberry muffin with an oat crumble crust.	wildbean care	Raising Agents	gar, Wheat Flour, \ s (500, 541), Vege	Vegetable Fat (Vegetable Oil, Emulsifiers (471, 477), Antioxidant (307)), Milk Solids, Thickener (1422), etable Gum (415), Preservative (202), Emulsifier (481), Acidity Regulator (330), Natural Flavour, Salt), acludes Vitamins (Thiamin, Folic Acid)), Sugar, Water, Blueberries (8%), Processing Aid (Soy).				
Double Choc		Weight	kJ (Per Serve)	Allergen Statement				
Muffin		150 g	2510 kJ	Contains: Wheat, Gluten, Egg, Milk, Soy May Contain: Almond, Walnut, Sulphites, Pistachio, Sesame, Pecan, Macadamia				
Rich and chocolatey muffin, perfect to satisfy any sweet tooth.	wildbean	INGREDIENTS: Cake Mix (Wheat Flour (Contains Vitamins (Thiamine, Folate)), Sugar, Vegetable Fat (Vegetable Oil, Emulsifiers (471, 477), Antioxidant (307)), Cocoa Powder (8%), Raising Agents (450, 500), Thickener (1422), Salt, Vegetable Gum (415), Natural Flavour), Egg, Sugar, Canola Oil, Water, Wheat Flour (Includes Vitamins (Thiamin, Folic Acid)), Dark Choc Chips (8%) (Sugar, Vegetable Fat, Cocoa Powder (min 10%), Whey Powder (Milk), Emulsifiers (322 (Soy), 322, 492, 476), Salt, Natural Flavouring), Processing Aid (Soy).						
Raspberry & White		Weight	kJ (Per Serve)	Allergen Statement				
Choc Muffin	000	150 g	2350 kJ	Contains: Wheat, Gluten, Egg, Milk, Soy May Contain: Almond, Walnut, Sulphites, Pistachio, Sesame, Pecan, Macadamia				
This is a delicious raspberry and white choc muffin.	wildbean care	INGREDIENTS: Cake Mix (Sugar, Wheat Flour, Vegetable Fat (Vegetable Oil, Emulsifiers (471, 477), Antioxidant (307)), Milk Solids, Thickener (1422), Raising Agents (500, 541), Vegetable Gum (415), Preservative (202), Emulsifier (481), Acidity Regulator (330), Natural Flavour, Salt), Egg, Canola Oil, Wheat Flour (Includes Vitamins (Thiamin, Folic Acid)), Sugar, Water, White Choc Chips (7%) (Sugar, Milk Solids, Vegetable Fat, Emulsifier (322 (Soy), Natural Flavour), Raspberries (5%), Icing Mixture (Sugar, Wheaten Corn Flour (Wheat)), Pasteurised Cream (Milk), Processing Aid (Soy).						



Pastries

Butter Croissant

A golden, flaky, buttery crescent croissant.



	aotiloo	
Weight	kJ (Per Serve)	Allergen Statement
90 g	1290 kJ	Contains: Wheat, Gluten, Egg, Milk.
		May Contain: Soy, Hazelnuts, Almonds

INGREDIENTS:

\\/aiabt

Wheat Flour (Wheat Gluten, Flour Treatment Agent (300)), Butter (Milk) (20.7%), Water, Yeast, Sugar, Salt, Baking Improver (Wheat Flour, Wheat Gluten, Flour Treatment Agent (300)), Egg Wash.

Pain au chocolat

A tasty flaky pastry with two streams of chocolate running through the centre.



vveignt	KJ (Per Serve)	Allergen Statement
00 ~	1340 kJ	Contains: Wheat, Gluten, Egg, Milk.
80 g		May Contain: Soy, Hazelnuts, Almonds

L. L. (Der Cerre) Allergen Statement

INGREDIENTS:

Wheat Flour (Wheat Gluten, Flour Treatment Agent (300)), Butter (Milk) (17.9%), Water, Yeast, Sugar, Salt, Baking Improver (Wheat Gluten, Wheat Flour, Flour Treatment Agent (300)), Egg, Chocolate Filling (15.6%) (Min. 41% Cocoa Solids) (Sugar, Cocoa Mass, Cocoa Butter, Whole Milk Powder, Whey Powder (Milk), Skimmed Milk Powder, Emulsifier (Soya Lecithin 322)), Egg Wash, Icing Sugar.

Apple Danish

Gear up for the flavour medley in this pastry! Sweet, tart and buttery are all waiting for you in this delish Danish.



Weight	kJ (Per Serve)	Allergen Statement
00	1390 k l	Contains: Wheat, Gluten, Almond, Egg, Sulphites.
80 g		May Contain: Soy, Hazelnut, Pecan, Milk.

INGREDIENTS:

Pastry (Wheat Flour (Wheat Flour, Vitamins (Thiamin, Folic Acid)), Pastry Margarine (Sustainable Palm Oil, Rapeseed Oil, Water, Emulsifier (471), Salt), Water, Egg, Sugar, Wheat Gluten, Yeast (Yeast, Emulsifier (491), Acidity Regulator (300)), Improver (Wheat Flour, Wheat Gluten, Vitamin (Thiamin, Folic Acid), Acidity Regulator (300), Processing Aid (Enzyme)), Pectin (Stabiliser (440), Emulsifier (444)), Salt (Salt, Processing Aid (Potassium Iodide))), Apple Filling (22%) (Apple (70%), Sugar, Water, Thickener (1422), Acidity Regulators (330, 300), Natural Flavouring, Preservative (Potassium Sorbate), Processing Aid (223 (Sulphites))), Almond Filling (Sugar, Cake Margarine (Palm Oil, Rapeseed Oil, Water, Coconut Oil, Emulsifier (471), Salt, Natural Flavouring, Acidity Regulator (330), Vitamin A, Natural Colour (Carotene)), Water, Wheat Flour, Almond Meal, Natural Flavouring), White Icing (Sugar, Water, Glucose Syrup), Glaze (Water, Stabiliser (953), Sugar, Glucose Syrup, Gelling Agent (406), Preservative (Potassium Sorbate), Acidity Regulator (330)).

Cinnamon Scrolls - selected sites only

Cinnamon Scroll

Cinnamon is all scrolled up in this scrumptious doughy delight.



Weight	kJ (Per Serve)	Allergen Statement
115 ~	1000 1.1	Contains: Wheat, Gluten, Milk, Soy
115 g	1620 kJ	May Contain: Egg

INGREDIENTS:

Wheat Flour, Water, Brown Sugar, Vegetable Margarine (Vegetable Oils And Fats, Anhydrous Milk Fat, Salt, Natural Flavour, Preservative (202), Food Acid (330), Emulsifiers (435, 322, 471, 492, 475), Colours (160a, 100), Antioxidant (307b), Yeast, Sugar, Canola Oil, Cinnamon (1%), Iodised Salt, Bread Improver (Soy Flour, Wheat Flour, Mineral Salt (170), Flour Treatment Agent (300)), Emulsifier (481), Thiamin, Folic Acid), Glaze (Sugar Syrup, Acidity Regulators (332, 330), Natural Flavouring, Thickeners (406, 410), Preservative (200), Mineral Salt (516), Raising Agent (339)).

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cafe								
	Cookies							
		Weight	kJ (Per Serve)	Allergen Statement				
M&M® Cookie		45 g	941 kJ	Contains: Wheat, Gluten, Egg, Milk, Soy, Sesame May Contain: Peanuts, Tree Nuts				
A very bright cookie thanks to M&M's® MINIS®.		(322 (Soy)), Salt, Flavour), Sugar, Co Shortening Blend (Palm, Canola), Mar	orn Starch, Glucose garine Blend (Veget	hocolate (18%) ((Sugar, Milk Solids, Cocoa Mass, Cocoa Butter, Vegetable Fat (Shea, Palm), Emulsifier Syrup (Wheat), Thickeners (414, 1400), Colours (171, 110, 102, 129, 133), Glazing Agent (903)), able Oil, Water, Butter (Milk) (Butter Oil, Water, Salt), Salt, Buttermilk Powder (Milk), Emulsifiers (471, ur (160a)), Egg , Salt, Raising Agents (500, 450), Flavour, Wheat Starch, Mineral Salt (170).				
Choc Chip		Weight	kJ (Per Serve)	Allergen Statement				
Cookie	100	45 g	959 kJ	Contains: Wheat, Gluten, Egg, Milk May Contain: Tree Nuts, Soy, Sesame				
Mini choc chips rule this classic sweet treat.		Flavouring), Shortening Blend (Palm,	Canola), Margarine I	Chips (16%) (Sugar, Cocoa Solids (Minimum 43.0%), Vegetable Emulsifier (322 From Sunflower), Blend (Vegetable Oil, Water, Butter (Milk), Salt, Milk Solids, Emulsifiers (471, 472c), Acidity Regulator ()), Water, Egg , Salt, Raising Agents (500, 450), Flavouring, Wheat Starch, Mineral Salt (170).				
Mini Choc		Weight	kJ (Per Serve)	Allergen Statement				
Chip Cookie		180 g	3970 kJ	Contains: Wheat, Gluten, Milk, Soy, Sulphites May Contain: Egg, Tree Nuts				
Delicious and treat sized choc chip cookie		Milk), Sugar, Vegetable Margarine (Ve	egetable Oil (Contain	ork (20%) (Sugar, Vegetable Fat (From Palm), Cocoa Powder, Emulsifier (322 Soy), Natural Flavour, ons Palm), Water, Salt, Emulsifiers (471, 472c), Antioxidant (304), Natural Flavour, Natural Colour atural Flavour, Milk Solids, Raising Agent (500), Salt.				
Mini Funfetti		Weight	kJ (Per Serve)	Allergen Statement				
Cookie		180 g	4000 kJ	Contains: Wheat, Gluten, Milk, Soy, Sulphites May Contain: Egg, Tree Nuts				
treat sized white choc chip and sprinkle cookie.	2	Colour (160a)), Sugar, White Compou Rainbow Sprinkles (7%) (Sugar, Vege	nd Chocolate (13% table Fat, Glucose,	getable Oil (Palm), Water, Salt, Emulsifiers (471, 472c), Antioxidant (304), Natural Flavour, Natural (Sugar, Vegetable Fat (From Palm), Milk Solids, Emulsifiers (322 Soy , 492), Natural Flavour)), Thickener (Tapioca Starch, 1422), Natural Colours (163, 160a, 160c, 100), Emulsifier (322 Soy), Plant latural Flavour, Milk Solids, Raising Agent (500), Salt.				
Choc loaded		Weight	kJ (Per Serve)	Allergen Statement				
Cookie		210 g (For 3 pack)	4200 kJ	Contains: Wheat, Gluten, Milk, Soy, Sulphites May Contain: Egg, Tree Nuts				
Yummy choc loaded cookie			ers (471, 472c), Anti	Solids, Sugar, Emulsifiers (322 Soy , 476), Natural Flavour), Wheat Flour, Sugar, Vegetable Margarine oxidant (304), Natural Flavour, Natural Colour (160a)), Glucose (Preservative 220 (Sulphites)), Water,				
White choc		Weight	kJ (Per Serve)	Allergen Statement				
macadamia Cookie		180 g (For 3 pack)	3150 kJ	Contains: Wheat, Gluten, Milk, Soy, Sulphites, Macadamia May Contain: Egg, Tree Nuts				
Cookie with white choc and macadamias		Vegetable Margarine (Vegetable Oil, V	Nater, Salt, Emulsifi	d Chocolate (12%) (Sugar, Vegetable Fat, Milk Solids, Emulsifiers (322 Soy , 492), Natural Flavour), ers (471, 472c), Antioxidant (304), Natural Flavour, Natural Colour (160a)), Glucose (Preservative (220), Natural Flavour, Milk Solids, Raising Agent (500), Emulsifier (322 Soy), Salt.				



	Chilled Drinks							
Strawberry Shake		Regular mL	Regular kJ	Large mL	Large kJ		Allergen Statement	
Strawberry Shake	Strawberry Shake	400 mL	1280 kJ	570 mL	1680 kJ	Contains: Milk, Soy	May Contain: Wheat, Gluten, Peanut	
Creamy strawberry milkshake made with ice cream.		INGREDIENTS: Whole Milk, Ice Cream (Reconstituted Low-Fat Milk (63%), Glucose Syrup, Sugar, Milk Solids, Water, Butter (Milk), Cream (Milk), Maltodextrin, Vegetable Origin Emulsifiers (477, 471 (Soy)), Vegetable Gum (412), Flavours, Colour (160b)), Strawberry Syrup (Sugar, Water, Strawberry Puree (11%), Natural Flavour, Natural Colour (162), Preservative (202)).						
Vanilla Shake		Regular mL	Regular kJ	Large mL	Large kJ		Allergen Statement	
varilla Stiake		400 mL	1360 kJ	570 mL	1840 kJ	Contains: Milk, Soy	May Contain: Wheat, Gluten, Peanut	
Creamy vanilla milkshake made with ice cream.		INGREDIENTS: Whole Milk, Ice Cream (Reconstituted Low-Fat Milk (63%), Glucose Syrup, Sugar, Milk Solids, Water, Butter (Milk), Cream (Milk), Maltodextrin, Vegetable Origin Emulsifiers (477, 471 (Soy)), Vegetable Gum (412), Flavours, Colour (160b)), Vanilla Syrup (Sugar, Water, Flavour, Food Acid (330), Preservative (202), Caramel (Caramelized Sugars, Water)).						
Chanalata Chaka		Regular mL	Regular kJ	Large mL	Large kJ		Allergen Statement	
Chocolate Shake		400 mL	1610 kJ	570 mL	2300 kJ	Contains: Milk, Soy	May Contain: Wheat, Gluten, Peanut	
Creamy chocolate milkshake made with ice cream.		INGREDIENTS: Whole Milk, Ice Cream (Reconstituted Low-Fat Milk (63%), Glucose Syrup, Sugar, Milk Solids, Water, Butter (Milk), Cream (Milk), Maltodextrin, Vegetable Origin Emulsifiers (477, 471 (Soy)), Vegetable Gum (412), Flavours, Colour (160b)), Chocolate Sauce, (Cane Sugar, Filtered Water, Dutch Cocoa Powder (15%), Corn Syrup, Food Acid (E575), Preservatives (202, 223), Vegetable Gum (Carrageenan)).						
Coffee Shake	Supplementary .	Regular mL	Regular kJ	Large mL	Large kJ		Allergen Statement	
Corree Shake		400 mL	1270 kJ	570 mL	1380 kJ	Contains: Milk, Soy	May Contain: Wheat, Gluten, Peanut	
Decedent coffee milkshake with espresso & ice cream.		Maltodextrin, Vege	table Origin Emul	sifiers (477, 47	1 (Soy)), Vegeta		k Solids, Water, Butter (Milk), Cream (Milk), s, Colour (160b)), Espresso Shot, Vanilla Syrup Water)).	
Iced Mocha		Regular mL	Regular kJ	Large mL	Large kJ		Allergen Statement	
iceu iviociia		400 mL	956 kJ	570 mL	1730 kJ	Contains: Milk		
Perfect balance with the coffee hit and thick chocolate drizzle.	INGREDIENTS: Whole Milk, Ice, Espresso Shot, Chocolate Sauce, (Cane Sugar, Filtered Water, Dutch Cocoa Powder (15%), Corn Syrup, Food Acid (575), Preservatives (202, 223), Vegetable Gum (Carrageenan)).						oa Powder (15%), Corn Syrup, Food Acid	
Iced Chocolate		Regular mL	Regular kJ	Large mL	Large kJ		Allergen Statement	
	Tillian	400 mL	934 kJ	570 mL	1710 kJ	Contains: Milk		
A decedent iced chocolate with thick chocolate sauce drizzle.		INGREDIENTS: Whole Milk, Ice, Ch (202, 223), Vegetab			ered Water, Du	utch Cocoa Powder (15%	6), Corn Syrup, Food Acid (575), Preservative	



Iced Latte

A classic iced latte with barista made espresso poured over ice



Large mL

570 mL

Large mL

570 mL

Weight

570 ml

Weight

570 ml

Regular mL	Regular kJ	Large mL	Large kJ (Per Serve)	Allergen Statement
400 mL	500 kJ	570 mL	847 kJ	Contains: Milk

INGREDIENTS:

Full Cream Milk, Ice, Espresso Shot

Regular kJ

550 kJ

Regular kJ

802 kJ

Regular kJ

792 kJ

Regular kJ

22 kJ

Flavoured Iced Latte

A classic iced latte with your choice of hazelnut, caramel or vanilla syrup.



400 mL

Regular mL

Full Cream **Milk**, Espresso Shot, Ice, Syrup (Sugar, Water, Flavour (Vanilla, Caramel, Hazelnut), Food Acid (330), Preservative (202), Caramel (Caramelized Sugars, Water)

Large kJ (Per Serve)

1260 kJ

Large kJ (Per Serve)

920 kJ

Allergen Statement

Allergen Statement

Allergen Statement

Allergen Statement

Contains: Milk

Contains: Milk

Contains: Milk

N/A

Iced Dirty Chai

A refreshing iced chai with a shot of barista made espresso.



400 mL INGREDIENTS:

Regular mL

Whole **Milk**, Ice, Espresso Shot, Chai Spiced Notes (Filtered Water, Cane Sugar, Natural Flavour, Sea Salt, Natural Colour (150a), Vegetable Gum (Acacia), Preservative (202), Spice Extract (0.1%), Citric Acid (330)).

Large kJ (Per Serve)

1240 kJ

Large kJ (Per Serve)

44 kJ

Iced Chai

A refreshing iced chai with delicious, spiced notes.



400 mL INGREDIENTS:

Regular mL

Whole **Milk**, Ice, Chai Spiced Notes (Filtered Water, Cane Sugar, Natural Flavour, Sea Salt, Natural Colour (150a), Vegetable Gum (Acacia), Preservative (202), Spice Extract (0.1%), Citric Acid (330)).

Iced Long Black

A refreshing coffee for long black drinkers.



400 mL

Regular mL

Water, Ice, Espresso Shot

Limited Time Offer - Monster Ruby Red Infusion: Wild Ruby

Wild Ruby

Introducing our brand-new energy infusion where bp exclusive Monster Ruby Red is poured over ice with drizzled strawberry puree.



Regular mL Regular kJ Weight Large kJ (Per Serve) Allergen Statement 400 mL 318 kJ 570 mL 619 kJ N/A

INGREDIENTS:

Monster Ruby Red (Carbonated Water, Acidity Regulators (330, 331), Sweeteners (968, 955), Taurine, Flavours, Panax Ginseng Root Extract, Preservatives (202, 211), Caffeine, Vitamins (B3, B5, B6, B12), Stabiliser (445), D-Glucuronolactone, Guarana Seed Extract, Inositol, Colours (129, 110)), Ice, Strawberry Puree (Sugar, Strawberry Puree (50%), Flavour, Food Acid (330), Stabiliser (440), Preservative (202), Colour (129)).

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COFFEE Size: 430 mL (Regular)	Full Cream Milk kJ *Contains milk	Lite Milk kJ *Contains milk	Soy Milk kJ *Contains soy	Ingredients
Latte	912	646	581	Espresso shot and milk.
Cappuccino	700	506	459	Espresso shot, milk and choc powder.
Espresso/short black	5	5	5	Espresso shot.
Flat white	958	678	610	Espresso shot and milk
Hazelnut mocha May contain: Wheat (gluten), peanut, tree nut, soy	1490	1250	1200	Choc powder, hazelnut syrup, espresso and milk
Long black	5	5	5	Espresso shot and water
Macchiato	42	31	29	Espresso shot and foam
Piccolo	805	571	514	Espresso shot and milk
Mocha	1480	1250	1190	Choc powder, espresso shot and milk
Extra shot	5	5	5	Espresso shot
Dirty chai	1360	1110	1050	Chai powder, espresso shot and milk
Chai Latte	1670	1190	1120	Chai Powder and milk
Hot chocolate	1410	1340	1280	Milk and choc powder
Babyccino (70 mL)	189	133	120	Milk and choc powder
Iced latte	823	583	525	Espresso shot and milk

^{*}Full cream and lite milk contain milk.

Alternate milks also available: Oat and Almond.

^{*}Soy milk contains soy.

^{**}Almond milk contains tree nuts. May contain milk.

^{**}Oat milk contains oat. May contain milk & soy.