







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.

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Hot Snacking				
Memphis Chicken Bite		Weight	kJ (Per Serve)	Allergen Statement
		45 g	383 kJ	Contains: Wheat, Gluten, Soy May Contain: Egg, Milk, Fish Products, Crustacean, Sulphites
<i>A smoky Memphis style chicken bite encased in a crunchy golden crumb.</i>		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 Chicken Bite		Weight	kJ (Per Serve)	Allergen Statement
		45 g	367 kJ	Contains: Wheat, Gluten, Milk, Soy May Contain: Egg, Fish Products, Crustacean, Sulphites
<i>Southern style chicken bite encased in a golden crumb.</i>		INGREDIENTS: Chicken (53%), Batter (21%) (Water, Wheat Flour, Thickeners (404, 412), Maize Starch, Salt, Spices, Herbs, Mineral Salts (450, 500), Whey Powder (Milk), Dextrose, Vegetable Powder, Hydrolysed Vegetable Protein (Wheat) Flavour Enhancer (635)), Breadcrumb (12%) (Wheat Flour, Salt, Yeast, Vinegar, Spices, Herbs, Mineral Salts (450, 500), Whey Powder (Milk), Dextrose, Flavour Enhancer (635)), 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.		
Mac & Cheese Bite		Weight	kJ (Per Serve)	Allergen Statement
		45 g	316 kJ	Contains: Wheat, Gluten, Milk May Contain: Egg, Crustacea, Fish Products, Soy
<i>Bite sized mac and creamy cheese with VEAL bacon encased in a crunchy golden crumb. <u>(CONTAINS PORK)</u></i>		INGREDIENTS: Pasta (37%) (Wheat Flour, Water), Water, Cheese Sauce (11%) (Milk Solids, Thickeners (1442, 412), Maltodextrin (Maize), 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 (Turmeric, Carotene), 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 (3%) (Milk Solids, Cheese Solids), Breadcrumbs (Wheat , Colour (160b)), Onions, Batter (Wheat Flour, Thickener (412), Modified Starch (1404)), Vegetable Oil, Chives, Pepper.		
Nacho, Beef & Cheese Bite		Weight	kJ (Per Serve)	Allergen Statement
		45 g	399 kJ	Contains: Wheat, Gluten, Milk, Soy May Contain: Egg, Fish Products, Crustacea, Sulphites
<i>Minced beef with beans and cheese, rolled into a bite and baked until golden & crunchy.</i>		INGREDIENTS: Beef (23%), Batter (18%) (Water, Wheat Flour, Maize Starch, Salt, Thickeners (401), Stabiliser (464)), Red Kidney Beans (11%) (Red Kidney Beans, Water, Salt, Sugar, Firming Agent (509)), Nacho Chip Crumb (9%) (Wheat Flour, Corn Chips (Maize Flour, Canola Oil, Salt), Maize Flour, Rice Flour, Spices, Herb, Salt, Yeast, Sugar, Acidity Regulator (330), Canola Oil, Rice Bran, Colours (160c, 160b, 100), Wheat Gluten , Processing Aid (Wheat , Edible Glucose), Onion (7%), Mozzarella (7%) (Milk , Salt, Cultures, Enzymes (Non-Animal Rennet), Anti-Caking Agent (460), Preservative (200)), Breadcrumbs (7%) (Wheat Flour, Edible Glucose, Salt, Yeast, Natural Colour (100), Emulsifier (471), Water, Textured Soy Protein, Tomato Paste, Cheese Blend (Milk , Anti Caking Agent (460), Preservative (200)), Vegetable Oil, Nacho Seasoning (Spices, Hydrolysed Vegetable Protein (Soy), Colour (150c), Thickener (415), Anticaking Agent (551), Acidity Regulator (330), Flavour Enhancer (635)), Modified Tapioca Starch (1412), Stabiliser (461).		

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Hot Snacking Continued

		Weight	kJ (Per Serve)	Allergen Statement
Lasagne Toppa		143 g	1500 kJ	Contains: Wheat, Gluten, Milk, Soy May Contain: Egg, Crustacea, Fish Products, Sulphites
<i>Tasty beef sauce topped with pasta and cheese, encased in a golden crumb.</i>		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.		
		Weight	kJ (Per Serve)	Allergen Statement
Sweet Chilli Chicken Tenders		55 g	591 kJ	Contains: Wheat, Gluten, Egg, Soy May Contain:
<i>Juicy chicken tenders crumbed with a crunchy sweet chilli coating.</i>	Serving suggestion	INGREDIENTS: 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).		
		Weight	kJ (Per Serve)	Allergen Statement
Crumbed Chicken Tenders		63 g	579 kJ	Contains: Wheat, Gluten, Soy, Sulphites May Contain: Egg, Milk
<i>Tasty chicken tenders coated with a crispy, golden potato crumb.</i>	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).		
		Weight	kJ (Per Serve)	Allergen Statement
Devil Tenders		50 g	467 kJ	Contains: Wheat, Gluten, Milk, Soy May Contain: Egg, Tree Nuts, Sesame
<i>A crumbed chicken strip that has a spicy kick to it. Purchase with \$1 Aioli to get that beautiful tangy and spicy balance.</i>		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.		




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Chunky Pies				
Chunky Angus Beef Pie		Weight	kJ (Per Serve)	Allergen Statement
		240 g	2280 kJ	Contains: Wheat, Gluten, Milk, Soy, Sulphites May Contain: Egg, Sesame
<i>Hearty pie with large and in charge chunks of delicious Angus beef, this pie hits the spot.</i>		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)).		
Chunky Beef & Pepper Pie		Weight	kJ (Per Serve)	Allergen Statement
		240 g	2420 kJ	Contains: Wheat, Gluten, Milk, Soy, Sulphites May Contain: Egg, Sesame
<i>This chunky pie is pleasing to the pallet having been peppered to perfection and is the picture of a hearty eat.</i>		INGREDIENTS: 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		Weight	kJ (Per Serve)	Allergen Statement
		240 g	2420 kJ	Contains: Wheat, Gluten, Milk, Soy, Sulphites May Contain: Egg, Sesame
<i>Look no further for one of the heartiest cheese and bacon pies out there. Tasty cheese, bacon & beef filling is so fulfilling!</i>		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)).		
Chunky Chicken, Leek & Bacon Pie		Weight	kJ (Per Serve)	Allergen Statement
		240 g	2390 kJ	Contains: Wheat, Gluten, Milk May Contain: Egg, Soy, Sesame
<i>Cock-a-doodle-doo this chicken pie is baked hot for you! Loaded with leek & brimming with bacon bits, this is sure to be hearty hit!</i>		INGREDIENTS: Wheat Flour, Chicken (21%), Water, Vegetable Shortening (Vegetable Oil, Water, Salt, Emulsifier (471, 472C), Antioxidant (304), Natural Flavour), Bacon (5%) (Australian Pork (90%), Salt, Mineral Salt (451, 452), Sugar, Antioxidant (316), Preservative (250), Spices, Water), Leek (4.5%), Onion (4.5%), Cream (4%) (Milk), Celery (3%), Modified Corn Starch (1422), Breadcrumbs (Wheat Flour (Thiamine, Folic Acid), Water, Yeast), Chicken Bouillon (0.5%) (White Wine), Canola Oil, Milk Solids, Salt, Baking Powder (Raising Agents (450, 341, 339, 500), Wheaten Cornflour), Glaze (Milk Solids, Acidity Regulators (500, 451), Dried Glucose Syrup (Wheat), Colour (160b)), Garlic, Pepper, Thyme, Parsley.		

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Fried Snacking				
Hot Chips		Weight	kJ (Per Serve)	Allergen Statement
		250 g	2650 kJ	Contains: - May Contain: Wheat, Gluten, Milk, Soy, Egg, Sesame, Fish
<i>Deliciously crunchy chips</i>		INGREDIENTS: Potato (81%), Thickeners (1412, 1400, 1414, 1404, 415), Canola Oil, Corn Starch, Rice Flour, Salt, Sugar, Raising Agents (450, 500ii), Dextrose (From Maize), Yeast Extract, Garlic Powder, Onion Powder, Natural Colour (Carotene).		
Chicken Goujons		Weight	kJ (Per Serve)	Allergen Statement
		200 g	2560 kJ	Contains: Wheat, Gluten, Soy, Sulphites May Contain: Egg, Milk
<i>Strips of chicken breaded in a crunchy golden crumb</i>		INGREDIENTS: Chicken (36%), Water, Crumb (18%) (Potato Flakes (Potato, Emulsifier (471), Mineral Salt (450), Preservative (223) (Sulphites), Food Acid (330)), Wheat Flour, Rice Flour, Salt, Emulsifier (481), Dextrose, Spice Extracts (160c, 100)), Vegetable Oil, Wheat Flour, Wheat Gluten, Salt, Wheat Starch, Thickener (1404), Mineral Salts (450, 500, 451), Vegetable Gums (412, 415), Soy Meal (Wheat), Soy Protein, Dehydrated Vegetables (Onion, Garlic), Yeast Extract.		
Potato Cake		Weight	kJ (Per Serve)	Allergen Statement
		95 g	1070 kJ	Contains: Wheat, Gluten, Sulphites May Contain: Egg, Milk, Soy, Sesame, Fish
<i>The classic crunch of a sliver of potato coated in delicious fried batter.</i>		INGREDIENTS: Potato Mix (46%) (Water, Potato Flakes (14%), Emulsifier (471), Raising Agent (450), Preservative (223), Acidity Regulator (Citric Acid), Emulsifier (461), Tapioca Starch, Salt), Water, Wheat Flour, Vegetable Oil, Salt, Yeast, Sugar, Raising Agents (541, 500).		
Dim Sim		Weight	kJ (Per Serve)	Allergen Statement
		100 g	815 kJ	Contains: Wheat, Gluten May Contain: Egg, Milk, Soy, Sesame, Fish
<i>Cabbage and minced meat wrapped in pastry</i>		INGREDIENTS: Cabbage, Meat (24%) (Beef and/or Mutton), Wheat Flour, Wheat Starch, Water, Salt, Onion, Sugar, Onion Powder, Spices, Flavour Enhancer (621).		
Chiko Roll		Weight	kJ (Per Serve)	Allergen Statement
		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 crunchy pastry		INGREDIENTS: Vegetables (31%) (Cabbage, Carrot, Celery, Onion, Green Beans), Wheat Flour, Water, Cooked Barley (Water, Barley), Beef (4%), Canola Oil, Wheat Cereal, Textured Soy Protein, Salt, Sugar, Acidity Regulators (450, Sodium Bicarbonate), Hydrolysed Vegetable Protein (Soy), Spice (Chilli), Emulsifier (471), Flavour Enhancer (635), Colours (102, 110).		

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Fried Snacking – Continued				
Smokey Chilli Cheese Kransky		Weight	kJ (Per Serve)	Allergen Statement
		135 g	1780 kJ	Contains: Wheat, Gluten, Milk, Soy May Contain: -
<i>This is a chili flavoured sausage with pockets of cheese.</i>		INGREDIENTS: Beef, Chicken, Pork (72%), Water, Cheese (Milk), Sausage Premix (Rice Flour, Potato Starch, Salt, Gluten , Dextrose, Mineral Salt (451), Preservative (221), Flavour Enhancer (621, 635), Herbs & Spices, Dried Vegetable, Hydrolysed Vegetable Protein, Canola Oil, Flavours (Soy), Sugar, Colours (160c, 100, 150d), Maltodextrin, Acidity Regulator (330), Yeast Extract, Antioxidant (392)), Cabana Premix (Salt, Soy Protein, Mineral Salt (451), Rice Flour, Sugar, Spices, Dried Vegetable, Hydrolysed Vegetable Protein, Flavour Enhancer (621), preservative (221), Antioxidants (316, 392), Spice Extracts, Acidity Regulator (331), Sodium Nitrate (250), Smoke Flavour, Canola Oil, Fermented Red Rice), Chilli, Smoke Flavour, Pepper, Salt.		
Smokey Cheese Kransky		Weight	kJ (Per Serve)	Allergen Statement
		135 g	1330 kJ	Contains: Wheat, Gluten, Milk, Soy May Contain: -
<i>Sausage with smokey flavour and cheese inside.</i>		INGREDIENTS: Beef, Chicken, Pork (72%), Water, Cheese (Milk), Sausage Premix (Rice Flour, Potato Starch, Salt, Gluten , Dextrose, Wheat Flour, Mineral Salt (451), Preservative (221), Flavour Enhancer (621, 635), Spices, Dried Vegetable, Spice Extracts, Hydrolysed Vegetable Protein, Canola Oil, Sugar), Cabana Premix (Salt, Soy Protein, Mineral Salt (451), Rice Flour, Sugar, Spices, Dried Vegetable, Hydrolysed Vegetable Protein, Flavour Enhancer (621), Preservative (221), Antioxidant (316), Spice Extracts, Food Acid (331), Sodium Nitrate (250), Smoke Flavour), Smoke Flavour, Pepper, Salt.		
Chicken & Cheese Crumbed Sausage		Weight	kJ (Per Serve)	Allergen Statement
		150 g	1380 kJ	Contains: Wheat, Gluten, Milk, Soy May Contain: -
<i>Chicken sausage with pockets of cheese coated in crunchy golden crumbs.</i>		INGREDIENTS: Chicken (60%), Cheese (12%) (Milk), Yellow Crunch Crumbs (Wheat Flour, Soy Flour, Salt, Canola Oil, Dextrose, (Tapioca Maize), Colour (102)), White Bread Crumbs (Wheat Flour (White And Wholemeal), Water, Baker's Yeast, Iodised Salt, Gluten , Canola Oil, Soy Flour, Rye Flour, Wheat Fibre, Soy Fibre, Vinegar, Malted Barley, Vegetable Emulsifiers (471, 481, 472e), Vitamins (Thiamine, Folic Acid), Chicken Premix (Salt, Rice Flour, Flavour Enhancers (621, 635), Sugar, Spices, Hydrolysed Vegetable Protein, Canola Oil, Spice Extracts, Anti-Caking Agent (554)), Water, Tapioca Starch, Soy Protein, Milk Powder.		



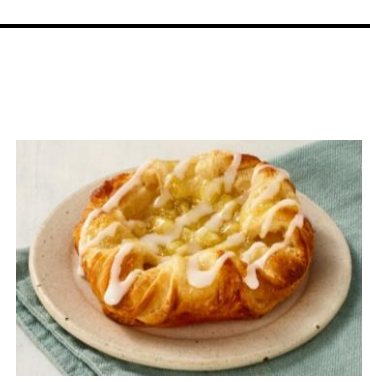
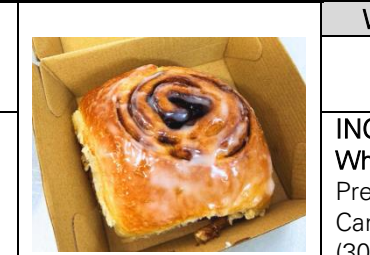
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Slices				
Brookie		Weight	kJ (Per Serve)	Allergen Statement
		80 g	1580 kJ	Contains: Wheat, Gluten, Egg, Milk, Soy May Contain: Peanuts, Walnuts, Sesame
<i>Brownie meets choc chip cookie in this hybrid snack.</i>		INGREDIENTS: Dark Choc (Sugar, Vegetable Fat (Palm), Cocoa, Milk Solids, Emulsifiers (492, 322 Soy), Natural Flavours), Fortified 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, Iodised Salt, Raising Agent (500, 450, 170).		
Lemon Slice		Weight	kJ (Per Serve)	Allergen Statement
		119 g	2260 kJ	Contains: Wheat, Gluten, Milk, Sulphites May Contain: Egg, Soy, Peanuts, Tree Nuts, Sesame, Lupin
<i>Deliciously tangy and citrusy, this lemon slice is delectable.</i>		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		Weight	kJ (Per Serve)	Allergen Statement
		108 g	2150 kJ	Contains: Walnuts, Pecans, Egg, Milk, Soy, Sulphites May Contain: Wheat, Gluten, Peanuts, Sesame, Lupin
<i>A chocolate brownie paired perfectly with walnuts. <u>This product contains walnuts and pecans.</u></i>		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.		






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Banana Bread & Muffins				
Banana Bread		Weight	kJ (Per Serve)	Allergen Statement
<i>A classic banana bread that pairs perfectly with any coffee.</i>		145 g	2170 kJ	Contains: Wheat, Gluten, Egg, Milk May Contain: Soy, Peanuts, Walnuts, Sesame
		INGREDIENTS: 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		Weight	kJ (Per Serve)	Allergen Statement
<i>Classic blueberry muffin with an oat crumble crust.</i>		140 g	1830 kJ	Contains: Wheat, Gluten, Egg, Milk, Soy May Contain: Peanuts, Tree Nuts, Sesame
		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		Weight	kJ (Per Serve)	Allergen Statement
<i>Rich and chocolatey muffin, perfect to satisfy any sweet tooth.</i>		140 g	2160 kJ	Contains: Wheat, Gluten, Egg, Milk, Soy May Contain: Peanuts, Walnuts, Almonds, Cashew, Pistachios, Pecan, Sesame
		INGREDIENTS: 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).		
Apple, Raspberry & White Choc Muffin		Weight	kJ (Per Serve)	Allergen Statement
<i>Apple sweetens the deal in this raspberry and white choc muffin. Give it a try today!</i>		140 g	2050 kJ	Contains: Wheat, Gluten, Egg, Milk, Soy 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.		







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Pastries				
Butter Croissant		Weight	kJ (Per Serve)	Allergen Statement
		90 g	1290 kJ	Contains: Wheat, Gluten, Egg, Milk. May Contain: Soy, Hazelnuts, Almonds
INGREDIENTS: 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		Weight	kJ (Per Serve)	Allergen Statement
		80 g	1340 kJ	Contains: Wheat, Gluten, Egg, Milk. May Contain: Soy, Hazelnuts, Almonds
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		Weight	kJ (Per Serve)	Allergen Statement
		80 g	1390 kJ	Contains: Wheat, Gluten, Almond, Egg, Sulphites. 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		Weight	kJ (Per Serve)	Allergen Statement
		115 g	1620 kJ	Contains: Wheat, Gluten, Milk, Soy 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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Cookies				
M&M® Cookie		Weight	kJ (Per Serve)	Allergen Statement
		45 g	941 kJ	Contains: Wheat, Gluten, Egg, Milk, Soy, Sesame May Contain: Peanuts, Tree Nuts
<i>A very bright and colourful cookie thanks to M&M's® MINIS®.</i>		INGREDIENTS: Wheat Flour, Sugar, M&M's® MINIS® Chocolate (18%) ((Sugar, Milk Solids, Cocoa Mass, Cocoa Butter, Vegetable Fat (Shea, Palm), Emulsifier (322 (Soy)), Salt, Flavour), Sugar, Corn Starch, Glucose Syrup (Wheat), Thickeners (414, 1400), Colours (171, 110, 102, 129, 133), Glazing Agent (903)), Shortening Blend (Palm, Canola), Margarine Blend (Vegetable Oil, Water, Butter (Milk) (Butter Oil, Water, Salt), Salt, Buttermilk Powder (Milk), Emulsifiers (471, 472c), Food Acids (270), Flavour, Antioxidant (304), Colour (160a)), Egg , Salt, Raising Agents (500, 450), Flavour, Wheat Starch, Mineral Salt (170).		
Choc Chip Cookie		Weight	kJ (Per Serve)	Allergen Statement
		45 g	959 kJ	Contains: Wheat, Gluten, Egg, Milk May Contain: Tree Nuts, Soy, Sesame
<i>Mini choc chips rule this classic sweet treat.</i>		INGREDIENTS: Wheat Flour, Sugar, Dark Chocolate Chips (16%) (Sugar, Cocoa Solids (Minimum 43.0%), Vegetable Emulsifier (322 From Sunflower), Flavouring), Shortening Blend (Palm, Canola), Margarine Blend (Vegetable Oil, Water, Butter (Milk), Salt, Milk Solids, Emulsifiers (471, 472c), Acidity Regulator (270), Flavouring, Antioxidant (304), Natural Colour (160a)), Water, Egg , Salt, Raising Agents (500, 450), Flavouring, Wheat Starch, Mineral Salt (170).		
Mini Gingerbread Cookies		Weight	kJ (Per Serve)	Allergen Statement
		200 g 10 Cookies	3360 kJ	Contains: Wheat, Gluten, Soy, Milk May Contain: Tree Nuts, Egg, Sulphites
<i>Delicious mini gingerbread cookies in the convenience of a cup!</i>		INGREDIENTS: Wheat Flour, Sugar, Golden Syrup, Butter (Milk), Vegetable Margarine (Vegetable Oil, Water, Salt, Emulsifiers (471, 472c), Antioxidant (304), Natural Flavour, Natural Colour (160a)), Water, Ginger (1.5%), Spices (Wheat , Barley, Oats), Caramelised Sugar, Salt, Emulsifier (322 Soy), Raising Agent (500).		
Mini Choc Chip Cookie		Weight	kJ (Per Serve)	Allergen Statement
		18 g	3970 kJ	Contains: Wheat, Gluten, Milk, Soy, Sulphites May Contain: Egg, Tree Nuts
<i>Delicious and treat sized choc chip cookie in the convenience of a cup.</i>		INGREDIENTS: Wheat Flour, Compound Chocolate Dark (20%) (Sugar, Vegetable Fat (From Palm), Cocoa Powder, Emulsifier (322 Soy), Natural Flavour, Milk), Sugar, Vegetable Margarine (Vegetable Oil (Contains Palm), Water, Salt, Emulsifiers (471, 472c), Antioxidant (304), Natural Flavour, Natural Colour (160a)), Glucose (Preservative (220) Sulphites), Water, Natural Flavour, Milk Solids, Raising Agent (500), Salt.		
Mini Funfetti Cookie		Weight	kJ (Per Serve)	Allergen Statement
		18 g	4000 kJ	Contains: Wheat, Gluten, Milk, Soy, Sulphites May Contain: Egg, Tree Nuts
<i>Delicious and treat sized white choc chip and sprinkle cookie in the convenience of a cup.</i>		INGREDIENTS: Wheat Flour, Vegetable Margarine (Vegetable Oil (Palm), Water, Salt, Emulsifiers (471, 472c), Antioxidant (304), Natural Flavour, Natural Colour (160a)), Sugar, White Compound Chocolate (13%) ((Sugar, Vegetable Fat (From Palm), Milk Solids, Emulsifiers (322 Soy , 492), Natural Flavour)), Rainbow Sprinkles (7%) (Sugar, Vegetable Fat, Glucose, Thickener (Tapioca Starch, 1422), Natural Colours (163, 160a, 160c, 100), Emulsifier (322 Soy), Plant Extract), Glucose (Preservative (220) Sulphites), Water, Natural Flavour, Milk Solids, Raising Agent (500), Salt.		

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Chilled Drinks						
Strawberry Shake		Regular mL	Regular kJ	Large mL	Large kJ	Allergen Statement
		400 mL	1280 kJ	570 mL	1680 kJ	Contains: Milk, Soy May Contain: Wheat, Gluten, Peanut
<i>Creamy strawberry milkshake made with ice cream.</i>		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
		400 mL	1360 kJ	570 mL	1840 kJ	Contains: Milk, Soy May Contain: Wheat, Gluten, Peanut
<i>Creamy vanilla milkshake made with ice cream.</i>		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)).				
Chocolate Shake		Regular mL	Regular kJ	Large mL	Large kJ	Allergen Statement
		400 mL	1610 kJ	570 mL	2300 kJ	Contains: Milk, Soy May Contain: Wheat, Gluten, Peanut
<i>Creamy chocolate milkshake made with ice cream.</i>		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		Regular mL	Regular kJ	Large mL	Large kJ	Allergen Statement
		400 mL	1270 kJ	570 mL	1380 kJ	Contains: Milk, Soy May Contain: Wheat, Gluten, Peanut
<i>Decedent coffee milkshake with espresso & ice cream.</i>		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)), Espresso Shot, Vanilla Syrup (Sugar, Water, Flavour, Food Acid (330), Preservative (202), Caramel (Caramelized Sugars, Water)).				
Iced Mocha		Regular mL	Regular kJ	Large mL	Large kJ	Allergen Statement
		400 mL	956 kJ	570 mL	1730 kJ	Contains: Milk
<i>Perfect balance with the coffee hit and thick chocolate drizzle.</i>		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)).				
Iced Chocolate		Regular mL	Regular kJ	Large mL	Large kJ	Allergen Statement
		400 mL	934 kJ	570 mL	1710 kJ	Contains: Milk
<i>A decedent iced chocolate with thick chocolate sauce drizzle.</i>		INGREDIENTS: Whole Milk , Ice, Chocolate Syrup (Cane Sugar, Filtered Water, Dutch Cocoa Powder (15%), Corn Syrup, Food Acid (575), Preservative (202, 223), Vegetable Gum (Carrageenan)).				

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Chilled Drinks						
Iced Latte		Regular mL	Regular kJ	Large mL	Large kJ (Per Serve)	Allergen Statement
<i>A classic iced latte with barista made espresso poured over ice</i>		400 mL	500 kJ	570 mL	847 kJ	Contains: Milk
		INGREDIENTS: Full Cream Milk , Ice, Espresso Shot				
Flavoured Iced Latte		Regular mL	Regular kJ	Large mL	Large kJ (Per Serve)	Allergen Statement
<i>A classic iced latte with your choice of hazelnut, caramel or vanilla syrup.</i>		400 mL	550 kJ	570 mL	920 kJ	Contains: Milk
		INGREDIENTS: Full Cream Milk , Espresso Shot, Ice, Syrup (Sugar, Water, Flavour (Vanilla, Caramel, Hazelnut), Food Acid (330), Preservative (202), Caramel (Caramelized Sugars, Water)				
Iced Dirty Chai		Regular mL	Regular kJ	Large mL	Large kJ (Per Serve)	Allergen Statement
<i>A refreshing iced chai with a shot of barista made espresso.</i>		400 mL	802 kJ	570 mL	1260 kJ	Contains: Milk
		INGREDIENTS: 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)).				
Iced Chai		Regular mL	Regular kJ	Weight	Large kJ (Per Serve)	Allergen Statement
<i>A refreshing iced chai with delicious, spiced notes.</i>		400 mL	792 kJ	570 mL	1240 kJ	Contains: Milk
		INGREDIENTS: 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		Regular mL	Regular kJ	Weight	Large kJ (Per Serve)	Allergen Statement
<i>A refreshing coffee for long black drinkers.</i>		400 mL	22 kJ	570 mL	44 kJ	N/A
		INGREDIENTS: Water, Ice, Espresso Shot				

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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 <small>May contain: Wheat (gluten), peanut, tree nut, soy</small>	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**.

*Soy milk contains **soy**.

Alternate milks also available: Oat and Almond.

Almond milk contains **tree nuts. May contain **milk**.

Oat milk contains **oat. May contain **milk & soy**.