

# Product Sensitivity and Nutritional Information

Last updated: 9/11/2023

**Key:**  
**P = Present**  
**N = Not present**  
**T = Present in trace quantities**  
**M = May contain**  
**Y = Yes**  
**N = No**

inferred to a product during processing, storage or preparation at store level. For these that any product sold is free from traces of allergens.

Product Name	Suitable for Ovo Lacto Vegetarians	Contains												Average Nutritional Value per Serve							Average Nutritional Value per 100g								
		Lupins	Peanuts	Other Nuts	Wheat	Gluten	Egg	Milk	Soy	Shellfish	Fish	Sesame seeds	Sulphites	Serving Size (g)	Energy (kJ)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Total Sugars (g)	Sodium (mg)	Serving Size (g)	Energy (kJ)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Total Sugars (g)	Sodium (mg)
<b>Gourmet Pies (260g)</b>																													
Pepper Steak Gourmet Pie	N	N	N	N	P	P	M	P	P	N	N	N	N	260	2520	22.1	29.9	18.6	60.3	3.7	765	100	971	8.5	11.5	7.2	23.2	1.4	294
Thai Chicken Gourmet Pie	N	N	N	N	P	P	M	P	P	N	N	N	N	260	2710	19.9	36.7	25.9	58	2.6	492	100	1040	7.7	14.1	10	22.3	1	189
Butter Chicken Gourmet Pie	N	N	N	N	P	P	M	P	P	N	N	N	N	260	2630	19.8	33.6	23.2	60.5	3.7	890	100	1010	7.6	12.9	8.9	23.3	1.4	342
Angus Steak & Cheese Gourmet	N	N	N	N	P	P	M	P	P	N	N	N	M	260	2810	26.6	35.6	19.9	60.8	2.2	946	100	1080	10.2	13.7	7.7	23.4	0.9	364
American Style Buffalo Chicken Pie	N	N	N	N	P	P	M	P	P	N	N	N	N	260	2620	20.9	32.7	19.3	60.6	3.7	945	100	1010	8	12.6	7.4	23.3	1.4	363
Beef, Bacon & Cheese Pie 260g	N	N	N	N	P	P	M	P	P	N	N	N	N	260	2750	23.1	35.1	19.8	60.5	2.1	1080	100	1060	8.9	13.5	7.6	23.3	0.8	416
Korean Chicken w Cheese Pie 260g	N	N	N	N	P	P	M	P	P	N	N	N	M	260	2590	22.5	29.1	17.3	66.1	7.1	1040	100	997	8.7	11.2	6.7	25.4	2.7	401
<b>Classic Pies (200g)</b>																													
Classic Mince Pie	N	N	N	N	P	P	M	P	P	N	N	N	N	200	1850	14.7	21.5	13.5	46.5	1.5	571	100	923	7.3	10.7	6.8	23.3	0.8	285
Mince & Cheese Classic Pie	N	N	N	N	P	P	M	P	P	N	N	N	N	200	1950	14.9	24.1	15.4	46.5	1.9	643	100	975	7.4	12.1	7.7	23.3	1	321
Prime Steak Pie	N	N	N	N	P	P	M	P	P	N	N	N	N	200	1890	16.2	21.9	13.8	45.2	1.1	539	100	944	8.1	10.9	6.9	22.6	0.5	270
Steak & Cheese Classic Pie	N	N	N	N	P	P	M	P	P	N	N	N	N	200	1970	16.1	24.5	15.6	44.6	1.5	620	100	984	8.1	12.2	7.8	22.3	0.8	310
Bacon & Egg Classic Pie	N	N	N	N	P	P	P	P	P	N	N	N	N	200	2370	15.6	36.3	22.4	43.1	1.5	866	100	1190	7.8	18.2	11.2	21.6	0.8	433
Potato Top Pie 240g	N	N	N	N	P	P	M	P	P	N	N	N	N	240	1820	15.9	21.5	12.9	42.7	1.9	687	100	757	6.6	8.9	5.4	17.8	0.8	286
Vegan Buttery Chick'n Pie	Y	N	N	N	P	P	M	M	P	N	N	N	N	200	1990	11.1	24.9	13.7	49.3	7.8	942	100	993	5.6	12.4	6.8	24.7	3.9	471
<b>Sausage Rolls</b>																													
Sausage Roll	N	N	N	N	P	P	M	P	P	N	N	N	N	120	1100	11.6	12.5	8.1	25.1	0.6	654	100	920	9.6	10.4	6.8	20.9	0.5	545
Garlic & Cheese Roll	N	N	N	N	P	P	M	P	P	N	N	N	N	120	1160	11.9	13.9	8.9	25.2	0.6	638	100	963	9.9	11.5	7.4	21	0.5	532
Angus Beef & Cracked Pepper Roll 200g	N	N	N	N	P	P	M	P	P	N	N	N	N	200	2160	25.2	27	14.8	42	1.5	1160	100	1080	12.6	13.5	7.4	21	0.7	580
<b>Savouries</b>																													
Bacon & Cheese Crunchie	N	N	N	N	P	P	T	P	P	N	N	N	T	135	1220	11.8	10.9	4.9	36.1	0.8	820	100	903.7	8.7	8.1	3.6	26.7	0.6	607.4
Chicken Cordon Bleu	N	N	N	N	P	P	T	P	P	N	N	N	N	133	1380	18.4	19.4	7.1	20.7	0.5	1170	100	1037.6	13.8	14.5	5.3	15.6	0.37	879.7
Lasagne Toppa	N	N	N	N	P	P	T	P	P	N	N	N	N	143	1570	16.2	16.3	6.6	41.1	2.9	735	100	1097.9	11.3	11.4	4.6	28.7	2	514
Butter Chicken Toppa	N	N	N	N	P	P	T	P	T	T	T	N	T	143	1270	11	10.7	4.1	40.2	2.4	411	100	890	7.7	7.5	2.9	28.1	1.7	287
Fried Chicken Toppa	N	N	N	N	P	P	T	P	P	T	T	N	T	120	883	9.8	8.9	2.4	21.5	1	555	100	736	8.2	7.4	2	17.9	0.8	462
Italian Filo Parcel	Y	N	N	N	P	P	P	P	P	N	N	N	N	120	788	5	7	3	26	2	303	100	657	4.5	5.6	2.9	21.5	1.8	253
Butter Chicken Filo Parcel	N	N	N	N	P	P	P	P	P	N	N	N	N	120	1393	10	17	11	33	2	314	100	1161	8.1	14.2	9.5	27.2	1.3	262
Spinach & Feta Roll (old version)	Y	N	T	T	P	P	P	P	P	-	-	T	-	100	1034	7.8	14.3	8.1	21.6	0.5	362	100	1034	7.8	14.3	8.1	21.6	0.5	362
Spinach & Feta Roll (new version from P12)	N	N	T	T	P	P	P	P	P	N	T	T	N	125	1285	8	14.8	7.8	34.7	1.1	645	100	1026	6.3	11.8	6.3	27.7	0.9	516
Vegan Moroccan Roll (new from P12)	Y	N	T	T	P	P	M	M	P	N	N	T	N	100	1001	4	14	8	24	2	325	100	1001	4	14	8	24	2	325
Large Sausage	N	N	Y	Y	Y	Y	Y	Y	P	Y	Y	Y	N	120	970	17	13.4	5.2	11	0.29	864	100	776	13.6	10.7	4.2	8.8	0.2	691
<b>Bites</b>																													
Southern Style Chicken Bite	N	N	N	N	Y	Y	N	N	Y	N	N	N	N	50	386	9.2	5.3	1.6	1.9	0.1	218	100	772	18.4	10.6	3.2	3.8	0.2	436
Southern Style Chicken Bite (from mid Nov 23)	N	N	N	N	Y	Y	M	Y	Y	M	M	N	M	45	367	6.1	4.3	0.4	5.5	0.3	257	100	816	13.6	9.6	0.8	12.1	0.6	570
Memphis Chicken Bite	N	N	N	N	Y	Y	T	T	Y	T	T	N	N	45	423.5	7.1	4.9	1.4	7.2	0.9	321.8	100	941	15.8	10.8	3.2	15.9	1.9	715
Memphis Chicken Bite (from mid Nov 23)	N	N	N	N	Y	Y	M	N	Y	M	M	N	M	45	383	6.0	4.3	0.4	6.9	1.3	315.0	100	852	13.4	9.6	0.8	15.4	2.9	700
Mac and Cheese Bite (New Pork Bacon)	N	N	N	N	Y	Y	M	Y	M	M	M	N	M	45	316	2.6	2.7	1.2	10	2.6	189	100	703	5.9	6	2.6	22.2	5.7	420
<b>Poppas</b>																													
Jalapeno Poppas	Y	N	N	N	P	P	N	P	N	N	N	M	N	40	331	1.9	3.5	1.3	10.1	0.8	155	100	828	4.8	8.7	3.4	25.2	2	387
Sweetcorn Poppas	Y	N	N	N	P	P	N	P	N	N	N	M	P	40	358	2.2	3.3	1.5	11.6	2.5	96	100	894	5.6	8.2	3.7	29	6.3	240
<b>CHICKEN</b>																													
Single Cajun Chicken Wing	N	N	N	N	Y	Y	N	T	Y	N	N	N	Y	70	791	9.31	13.02	2.52	8.68	1.19	329	100	1130	13.3	18.6	3.6	12.4	1.7	470

Product Name	Suitable for Ovo Lacto Vegetarians	Contains												Average Nutritional Value per Serve							Average Nutritional Value per 100g								
		Lupins	Peanuts	Other Nuts	Wheat	Gluten	Eggs	Milk	Soy	Shellfish	Fish	Sesame seeds	Sulphites	Serving Size (g)	Energy (kJ)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Total Sugars (g)	Sodium (mg)	Serving Size (g)	Energy (kJ)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Total Sugars (g)	Sodium (mg)
<b>Cookies (Dough P7)</b>																													
Chunky Choc Chip Cookie	Y	N	T	T	Y	Y	Y	Y	Y	N	N	N	N	60	1170	2.3	12.5	9.7	37.1	25.7	62	60	2050	4	22	17	65	45	109
White Choc Macadamia Cookie	Y	N	T	T	Y	Y	Y	Y	Y	N	N	N	N	60	1190	2.9	14.3	9.1	34.8	22.8	74	60	2090	5	25	16	61	40	130
Red Velvet Cookie	Y	N	T	T	Y	Y	Y	Y	Y	N	N	N	N	60	1120	3	12.1	9.1	36.8	23.5	131	60	1960	5.3	21.2	15.9	64.6	41.3	229
Salted Caramel Cookie	Y	N	T	T	Y	Y	Y	Y	Y	N	N	N	N	60	1160	3	14	10.3	35.2	23.7	233	60	2040	5.3	24.5	18.1	61.7	41.5	408
Double Choc cookie	Y	N	M	M	P	P	P	P	P	N	N	N	N	30	610	1.6	6.7	4.8	19.5	13.1	37	100	2020	5.3	22.3	16	64.9	43.6	123
<b>Pastries</b>																													
Pain au Chocolate	N	N	N	N	P	P	N	P	P	N	N	N	N	85g	1291	6.03	15.98	10.11	34.25	10.62	0.81	100g	1519	7.1	18.8	11.9	40.3	12.5	0.96
Ham & Cheese swirl	N	N	T	T	P	P	P	P	T	N	N	T	N	120	1286	11	15	9.3	32	7.1	0.62	120	1246	11	14	9.1	31	6.9	0.62
*NEW* apple turnover	N	N	T	T	Y	Y	Y	T	T	N	N	T	N	100	1331	2.4	16	8	38	9.7	0.33	100	1331	2.4	16	8	38	9.7	0.33
<b>Brownies</b>																													
Chocolate Fudge Brownie	Y	N	N	N	P	P	P	P	P	N	N	N	N	75	1320	3.9	15.6	10.2	42.2	26.6	137	75	1760	5.2	20.8	13.5	56.3	35.4	183
Cookies'n'cream Brownie	Y	N	T	T	P	P	P	P	P	N	N	N	N	85	1640	3.8	25.9	15.7	45.9	29.9	101	85	1930	4.5	30.5	18.4	54	35.2	119
Double choc brownie	Y	N	M	M	Y	Y	Y	Y	Y	N	N	N	N	70	1210	4.3	18.2	8.7	38.5	29.3	148	100	2020	6.2	26	12.4	55	41.9	211
Apricot citrus slice	Y	N	M	M	P	P	P	P	P	N	N	N	P	90	1650	3.4	18.8	11.6	52	35.3	223	100	1830	3.8	20.9	12.9	57.8	39.2	248
<b>Muffins</b>																													
NEW Classic Banana Choc Muffin	Y	N	T	T	P	P	P	P	P	N	N	T	N	130	1908	6	18	5	67	38	500	100	1468	5	14	4	51	29	385
NEW Classic Chocolate Muffin	Y	N	T	T	P	P	P	P	P	N	N	T	N	130	1959	7	19	6	67	40	515	100	1507	5	15	5	51	30	396
NEW Classic Apple Crumble Muffin	Y	N	T	T	P	P	P	P	P	N	N	T	N	130	1658	6	14	4	60	32	404	100	1275	5	11	3	46	24	310
NEW Classic Blueberry Muffin	Y	N	T	T	P	P	P	P	P	N	N	T	N	130	1666	6	13	2	63	31	318	100	1282	5	10	1	48	24	245
NEW Classic Raspberry White Chocolate Muffin	Y	N	T	T	P	P	P	P	P	N	N	T	N	130	1831	7	16	5	66	35	380	100	1408	6	12	4	51	27	292
New Gourmet Rocky Road Hersheys Muffin	Y	N	T	T	P	P	P	P	P	N	N	T	N	160	2377	6	24	11	81	60	412	100	1486	4	15	7	50	38	258
<b>Sauces</b>																													
Chocolate sauce for pain au choc		N	N	N	N	N	N	P	M	N	N	N	N	10	240	0.65	4.2	2.15	4.3	4.1	5	100	2400	6.5	42	21.5	43	41	50
White choc sauce for pain au choc		N	N	N	N	N	N	Y	N	N	N	N	N	100	2550	4.5	45	20	48	48	70	100	2550	4.5	45	20	48	48	70
Chelsea maple syrup bottle		N	N	N	N	N	N	M	N	N	N	N	N	7	94	0	0	0	5.5	5.5	0.6	100	1290	0	0	0	76	76	18

Product Name	Suitable for Ovo Lacto Vegetarians	Contains											Average Nutritional Value per Serve							Average Nutritional Value per 100g									
		Lupins	Peanuts	Other Nuts	Wheat	Gluten	Egg	Milk	Soy	Shellfish	Fish	Sesame seeds	Sulphites	Serving Size (g)	Energy (kJ)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Total Sugars (g)	Sodium (mg)	Serving Size (g)	Energy (kJ)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Total Sugars (g)	Sodium (mg)
<b>Toasties</b>																													
Chicken & Cheese Toastie	N	T	T	T	P	P	P	P	P	T	T	T	P	174	1560	22.7	10	4.3	46.4	6.9	993	174	895	13.0	5.7	2.5	26.7	4	570
Cheese Onion & Pineapple Toastie	N	T	T	T	P	P	P	P	P	T	T	T	T	174	1610	13.7	15.7	6.8	45.6	5.3	822	174	926	7.9	9.0	3.9	26.2	3.1	472
Cheese Rolls	N	T	T	T	P	P	T	P	P	T	T	T	T	118	1250	11.4	14.3	6.3	30	2.2	694	118	1060	9.7	12.2	5.4	25.4	1.8	588
Ham & Cheese Toastie	N	T	T	T	P	P	P	P	P	T	T	T	T	204	1980	20.8	21.3	7.1	48.9	5.1	1260	100	972	10.2	10.4	3.5	24	2.5	617
Bacon & Egg Toastie	N	T	T	T	P	P	P	P	P	T	T	T	T	167	1900	16	24.2	7	43.1	10.2	1050	100	1140	9.6	14.5	4.2	25.8	6.1	630
<b>Muesli/Birchers</b>																													
Peach & Mango Yoghurt Muesli 230g	N	T	T	T	P	P	T	P	T	T	T	P	P	230	1220	13.2	9.4	3.7	37.4	25.8	109	100	532	5.8	4.1	1.6	16.3	11.2	48
Berry & Chia Yoghurt Muesli 230g	N	T	T	T	P	P	T	P	T	T	T	P	P	230	1250	13.0	9.6	3.7	37.8	26.6	106	100	545	5.6	4.2	1.6	16.4	11.6	46
<b>Sweet Slices &amp; Sandwiches</b>																													
Cinnamon Scroll Classic	Y	N	T	T	P	P	P	P	P	N	N	T	N	110	1718	6	15	7	61	30	366	100	1562	6	14	6	56	27	332
Cinnamon Scroll Chocolate	Y	N	T	T	P	P	P	P	P	N	N	T	N	110	1783	6	17	9	61	31	343	100	1621	6	15	8	56	28	312
New Brookie (80/ctn)	Y	N	T	T	P	P	P	P	P	N	N	T	T	80	1571	4	19	13	47	37	154	100	1964	5	24	17	59	46	193
New Vanilla Custard Slice (80/ctn)	Y	N	T	T	P	P	P	P	P	N	N	T	T	95	1134	3	14	9	33	13	334	100	1194	3	15	10	35	14	351
New Caramel Slice (80/ctn)	Y	N	T	T	P	P	T	P	P	N	N	T	T	100	2068	5	28	18	54	35	136	100	2068	5	28	18	54	35	136
New Ginger & Pistachio Slice (80/ctn)	Y	N	T	P	P	P	T	P	P	N	N	T	T	80	1726	2	19	12	57	45	213	100	2157	3	24	15	72	56	266
<b>Sweet Tarts</b>																													
Raspberry Rhubarb Crumble Tart	Y	N	T	T	P	P	P	P	P	N	T	T	T	145	1690	5	18	11	55	26	161	100	1166	3	13	8	38	18	111
New Apple Rhubarb Crumble Tart	Y	N	T	T	P	P	P	P	P	N	N	T	T	145	1612	4	18	11	52	27	180	100	1111	3	12	8	36	19	124
<b>Donuts</b>																													
Fresh Cream Donut	Y	N	T	T	P	P	T	P	P	N	N	T	N	100	1362	5	16	9	40	13	305	100	1362	5	16	9	40	13	305
New Fresh Cream Donut (48/ctn)	Y	N	T	T	P	P	T	P	P	N	N	T	T	80	1076	4	13	7	32	11	247	100.0	1345.0	5	16.0	8.0	39	13.0	309
Chocolate Eclair	Y	N	N	T	Y	Y	Y	Y	Y	N	N	N	N	85	951	4.08	11.05	6.46	28.05	20.4	0.17	100	1316	5.647	15.29	8.941	38.82	28.24	0.235
<b>Sandwiches</b>																													
BLT Sandwich	N	T	T	T	P	P	P	T	P	T	T	T	T	203	1610	23.4	16	4.5	33.5	7.6	1390	203	793	11.5	7.9	2.2	16.5	3.8	685
Chicken Teriyaki Sandwich	N	T	T	T	P	P	P	T	P	T	T	P	P	172	1390	19.9	11.6	2.4	35.6	8.3	1590	172	808	11.6	6.7	1.4	20.7	4.8	926
Chicken Roll	N	T	T	T	P	P	P	T	P	T	T	P	T	237	1850	19.8	10.8	2.5	64.1	7.3	1200	100.0	779.0	8.4	4.6	1.1	27.1	3.1	508
Ham & Cheese Croissant	N	T	T	T	P	P	P	P	P	T	T	T	T	135	1780	13.9	26.0	16.4	34.2	4.3	752	100.0	1320	10.3	19.2	12.2	25.3	3.2	557
Meatball Sub	N	T	T	T	P	P	P	P	P	T	T	P	T	242	2000	16.7	12.2	4.9	72.8	16.5	1060	100	827	6.9	5.1	2	30.1	6.8	436
BP Egg & Chive Sandwich	N	T	T	T	P	P	P	P	P	T	T	T	T	134	1140	12.8	10.4	2.8	30.4	3	482	100	849	9.6	7.8	2.1	22.7	2.2	360
BP Cheese & Onion Sandwich	N	T	T	T	P	P	P	P	P	T	T	T	T	134	1340	13.2	14.3	6.5	33.6	4.2	658	100	1000	9.9	10.7	4.8	25.1	3.1	491
BP Ham Cheese & Onion Sandwich	N	T	T	T	P	P	P	P	P	T	T	T	T	162	1400	18.7	13.4	5.1	33.8	4.5	890	100	866	11.5	8.3	3.2	20.9	2.8	550
Chicken & Cranberry Sandwich	N	T	T	T	P	P	P	P	P	T	T	T	P	197	1690	20.9	14.7	5	45.9	11.9	891	100	857	10.6	7.5	2.6	23.3	6.1	452
*NEW* Chicken Schnitzel Sandwich	N	T	T	T	P	P	P	P	P	T	T	T	P	212	2150	19.9	31.6	7.3	36.5	5.6	1030	100	1020	9.4	14.9	3.4	17.2	2.7	484
Wildbean hotdog (without sauce)	N	T	T	T	P	P	T	P	P	T	T	P	T	232	2290	30.8	18.3	7.7	62.7	6.4	1530	100	987	13.3	7.9	3.3	27	2.8	659
<b>Loaf Cakes</b>																													
Hummingbird Mini Loaf	Y	N	T	P	P	P	P	P	T	N	N	T	N	95	1470	3	15	4	51	38	165	100	1548	4	15	5	54	40	174

Product Name	Suitable for Ovo Lacto Vegetarians	Contains												Average Nutritional Value per Serve						Average Nutritional Value per 100g									
		Lupins	Peanuts	Other Nuts	Wheat	Gluten	Egg	Milk	Soy	Shellfish	Fish	Sesame seeds	Sulphites	Serving Size (g)	Energy (kJ)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Total Sugars (g)	Sodium (mg)	Serving Size (g)	Energy (kJ)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Total Sugars (g)	Sodium (mg)
<b>Krispy Kreme Doughnuts (Core range)</b>																													
Original Glazed	Y	T	T	T	Y	Y	Y	Y	Y	N	N	T	T	52	810	2.2	10.1	5	23.8	11.8	79	100	1560	4.2	19.4	9.7	45.8	22.7	153
Strawberry Jam	Y	T	T	T	Y	Y	Y	Y	Y	N	N	T	T	72	1000	3.1	14	7	25.7	8.7	117	100	1390	4.3	19.4	9.8	35.7	12	163
Choc Iced	Y	T	T	T	Y	Y	Y	Y	Y	N	N	T	T	63	1060	2.6	13.5	8.3	30.3	17.9	80	100	1680	4.1	21.5	13.2	48.1	28.5	126
Choc Iced Custard	Y	T	T	T	Y	Y	Y	Y	Y	N	N	T	T	84	1280	3.5	18.4	11.1	32	13.1	127	100	1530	4.2	22	13.2	38.1	15.6	151
Choc Sprinkles	Y	T	T	T	Y	Y	Y	Y	Y	N	N	T	T	73	1230	2.7	14.1	8.9	39.3	26.8	80	100	1690	3.7	19.3	12.2	53.8	36.8	109
Original Glazed Bites 6pack	Y	T	T	T	Y	Y	Y	Y	Y	N	N	N	T	36	573	2.1	5.4	2.1	19.5	8.4	78	100	1590	5.7	15.2	6	54.1	23.6	220
Cinnamon Bites 6pack	Y	T	T	T	Y	Y	Y	Y	Y	N	N	N	T	13	380	1.9	1.7	0.9	16.5	6.8	68	100	1520	7.5	6.7	3.5	65.9	27	272
Kookie Shell	Y	T	T	T	Y	Y	Y	Y	Y	N	N	N	T	106	1810	3.9	22.1	8.9	53.7	30.2	233	100	1710	3.7	20.8	8.4	50.7	28.5	219
Caramel Delight	Y	T	T	T	Y	Y	Y	Y	Y	N	N	N	T	89	1570	4.2	23.4	11.2	37	17.8	157	100	1770	4.7	26.3	12.6	41.5	20	176
Choc Hazelnut	Y	T	T	T	Y	Y	Y	Y	Y	N	N	N	T	64	1320	5	19.4	8.2	30.6	15.5	136	100	2070	7.7	30.3	12.8	47.8	24.2	212
Strawberry Sprinkles	Y	T	T	T	Y	Y	Y	Y	Y	N	N	N	T	63	1049	2.5	14.3	7.3	28.4	16.9	90	100	1720	4.2	23.4	12	46.7	27.7	135
Vanilla Slice	Y	T	T	T	Y	Y	Y	Y	Y	N	N	N	T	93	1320	3	15.1	5.8	41.5	23.4	135	100	1420	3.2	16.2	6.3	44.7	25.1	145
<b>LTO DOUGHNUTS</b>																													
Christmas Tree	Y	T	T	Y	Y	Y	Y	Y	Y	N	N	N	T	76	1430	4.2	22.7	10.1	30.2	13.6	125	100	1890	5.6	29.8	13.3	39.8	17.9	164
Santa Belly	Y	T	T	T	Y	Y	Y	Y	Y	N	N	N	T	89	1610	3.7	24	10.3	38.2	21	122	100	1810	4.2	27	11.6	42.9	23.6	137
Choc Brownie Bliss	Y	T	T	T	Y	Y	N	N	Y	N	N	N	T	92	1540	4.6	16.6	7.5	49.2	29.2	183	100	1670	5	18	8.2	53.4	31.8	199
Apple Custard Crumble	Y	T	T	T	Y	Y	N	N	Y	N	N	N	T	94	1300	4.1	11.6	4.4	46.8	23.9	167	100	1380	4.3	12.3	4.7	49.8	25.4	178
<b>NPD that may be used again</b>																													
Choc Heart	Y	T	T	T	Y	Y	Y	Y	Y	N	N	N	T	76	1390	3.8	22	10.2	29	13	129	100	1820	5	29	13.4	38.2	17.1	170
Strawberry Heart	Y	T	T	T	Y	Y	Y	Y	Y	N	N	N	T	76	1400	3.5	21.8	9.5	31	15.9	112	100	1840	4.7	28.6	12.5	40.7	20.9	148
The Caramel fo my Eye	Y	T	T	T	Y	Y	Y	Y	Y	N	N	N	T	74	1310	3.6	20	9.3	29.6	13.2	129	100	1780	4.9	27.1	12.5	40	17.9	174
I Love you Berry Much	Y	T	T	T	Y	Y	Y	Y	Y	N	N	N	T	72	1340	3.3	20.7	8.8	28.8	13.8	110	100	1810	4.5	28	11.9	40.2	18.7	149
<b>Lotus Biscoff Cheesecake</b>	Y	T	T	T	Y	Y	Y	Y	Y	N	N	N	T	87	1610	3.7	24.2	8.6	37.9	18.5	173	100	1850	4.3	27.8	9.9	43.5	21.3	199
Lotus Biscoff Ring	Y	T	T	T	Y	Y	Y	Y	Y	N	N	N	T	82	1490	2.7	20.2	6.5	40.5	24.8	127	100	1810	3.3	24.6	8	49.4	30.2	155
Milk & Cookie Time	Y	T	T	T	Y	Y	Y	Y	Y	N	N	N	T	76	1370	3.5	17.9	8.3	37.4	24.2	138	100	1800	4.7	23.5	11	49.2	31.8	182
Choc Caramel Cookie Time	Y	T	T	T	Y	Y	Y	Y	Y	N	N	N	T	93	1600	4.4	21.9	12.2	41.3	20.6	193	100	1720	4.7	23.5	13.1	44.4	21.1	207
Easter Egg	Y	T	T	T	Y	Y	Y	Y	Y	N	N	N	T	87	1490	4	21.4	9.8	36.4	17.4	152	100	1710	4.6	24.6	11.3	41.9	20	175
Easter Nest	Y	T	T	T	Y	Y	Y	Y	Y	N	N	N	T	98	1700	3	19.8	10.2	53.8	41.2	91	100	1730	3.1	20.2	10.4	54.9	42	93
deleted SKU in p5 + P6 2023																													
Kookies and Kreme ring	Y	T	T	T	Y	Y	Y	Y	Y	N	N	T	T	75	1330	3.6	17	9.4	37.5	21.5	146	100	1770	4.8	22.7	12.6	50.1	28.7	195
Strawberry Iced	Y	T	T	T	Y	Y	Y	Y	Y	N	N	T	T	69	1330	2.6	17.7	7.9	37.3	24.2	88	100	1920	3.7	25.7	11.5	54	35.1	127
Caramel Iced	Y	T	T	T	Y	Y	Y	Y	Y	N	N	T	T	65	1150	2.8	16	8.2	29.9	17.9	87	100	1760	4.4	24.7	12.6	46	27.5	134

Product Name	Suitable for Ovo Lacto Vegetarians	Contains											Average Nutritional Value per Serve							Average Nutritional Value per 100g										
		Lupins	Peanuts	Other Nuts	Wheat	Gluten	Egg	Milk	Soy	Shellfish	Fish	Sesame seeds	Sulphites	Serving Size (g)	Energy (kJ)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Total Sugars (g)	Sodium (mg)	Serving Size (g)	Energy (kJ)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Total Sugars (g)	Sodium (mg)	
<b>Iced Drinks</b>																														
Latte		N	N	N	N	N	N	Y	N	N	N	N	510	789	8.1	6.9	4.4	23.2	23.2	75	100	158	1.6	1.4	0.9	4.6	4.6	15		
Espresso		N	N	N	N	N	N	N	N	N	N	N	510	234	0.1	0.1	0.1	13.5	13.5	4	100	47	0	0	0	2.7	2.7	0		
Mocha		N	N	N	N	N	N	Y	N	N	N	N	510	1020	8.5	7.1	4.5	36.8	27.3	92	100	204	1.7	1.4	0.9	7.4	5.5	18		
Chocolate		N	N	N	N	N	N	Y	N	N	N	N	510	1020	8.4	7	4.4	36.8	27.3	92	100	203	1.7	1.4	0.9	7.4	5.5	18		
Caramel Latte		N	N	N	N	N	N	Y	N	N	N	N	510	965	8.1	6.9	4.4	33.7	33.1	75	100	193	1.6	1.4	0.9	6.7	6.6	15		
Chai		N	N	N	N	N	N	Y	N	N	N	N	510	937	8.1	6.8	4.3	32	31.7	75	100	187	1.6	1.4	0.9	6.4	6.3	15		

**DELETED ITEMS P10 2023**

<b>Mind Food Smoothie</b>																														
With Coconut Water	Y	N	N	N	N	N	N	N	N	N	N	N	480	926.1	2.6	0.7	0.1	56.1	43.2	67.3	192.9	0.5	0.1	0.0	11.7	9.0	14.0	40.2		
With Milk	Y	N	N	N	N	N	N	Y	N	N	N	N	480	891.1	9.9	8.9	4.7	57.4	46	109.8	185.6	2.1	1.9	1.0	12.0	9.6	22.9	38.7		
With Soy	Y	N	N	N	N	N	N	N	Y	N	N	N	480	1421.1	82.6	9.5	1.1	58.2	39.5	102.3	296.1	17.2	2.0	0.2	12.1	8.2	21.3	61.7		
<b>Pick Me Up Smoothie</b>																														
With Coconut Water	Y	N	N	N	N	N	N	N	N	N	N	N	480	852.5	3.1	0.7	0	54	43	88.3	177.6	0.6	0.1	0.0	11.3	9.0	18.4	37.0		
With Milk	Y	N	N	N	N	N	N	Y	N	N	N	N	480	817.5	10.4	8.8	4.7	55.4	45.8	130.8	170.3	2.2	1.8	1.0	11.5	9.5	27.3	35.5		
With Soy	Y	N	N	N	N	N	N	N	Y	N	N	N	480	1347.5	83.1	9.4	1	56.2	39.4	123.3	280.7	17.3	2.0	0.2	11.7	8.2	25.7	58.5		
<b>The Mediator Smoothie</b>																														
With Coconut Water	Y	N	N	N	N	N	N	N	N	N	N	N	480	897.6	3.2	0.7	0.1	53.4	39.2	82.1	187.0	0.7	0.1	0.0	11.1	8.2	17.1	39.0		
With Milk	Y	N	N	N	N	N	N	Y	N	N	N	N	480	1150.1	11.1	3.1	1.7	55.3	42.4	127.1	239.6	2.3	0.6	0.4	11.5	8.8	26.5	49.9		
With Soy	Y	N	N	N	N	N	N	N	N	N	N	N	480	1392.6	83.2	9.5	1.1	55.6	35.5	117.1	290.1	17.3	2.0	0.2	11.6	7.4	24.4	60.4		
<b>Acai Activate Smoothie</b>																														
With Coconut Water	Y	N	N	N	N	N	N	N	N	N	N	N	450	1190	2	3.2	0.8	62.8	39	68	100.0	264.0	0.4	0.7	0.2	14.0	8.7	15.0		
With Milk	Y	N	N	N	N	N	N	Y	N	N	N	N	450	1612	10.3	11.7	6.5	61	39.9	110	100.0	358.0	2.3	2.6	1.5	13.6	8.9	25.0		
<b>Vitality Smoothie</b>																														
With Coconut Water	Y	N	N	N	N	N	N	N	N	N	N	N	450	804	2.7	0.5	0	46.3	35.8	90	100.0	179.0	0.6	0.1	0.0	10.3	8.0	20.0		
With milk	Y	N	N	N	N	N	N	Y	N	N	N	N	450	1225	11	9	5.8	44.5	36.7	133	100.0	272.0	2.4	2.0	1.3	9.9	8.2	30.0		
<b>Energise Smoothie</b>																														
with coconut Water	Y	N	N	N	N	N	N	N	N	N	N	N	450	579	0.8	0.3	0.1	37	34	98	100.0	129.0	0.2	0.1	0.0	8.2	7.6	22.0		
with milk	Y	N	N	N	N	N	N	Y	N	N	N	N	450	1000	9.1	8.8	5.8	35.2	34.9	141	100.0	222.0	2.0	2.0	1.3	7.8	7.8	31.0		
<b>Iced Drinks</b>																														
Latte	Y	N	N	N	N	N	N	Y	N	N	N	N	486	898	9	7.7	4.9	27	26.4	83	100.0	185.0	1.9	1.6	1.0	5.6	5.4	17.0		
Espresso	N	N	N	N	N	N	N	N	N	N	N	N	486	277	0	0.1	0	16.2	15.6	4	100.0	57.0	0.0	0.0	0.0	3.3	3.2	0.0		
Mocha	Y	N	N	N	N	N	N	Y	N	N	N	N	480	853	9.2	7.8	4.9	23.8	19.4	91	100.0	178.0	1.9	1.6	1.0	5.0	4.0	19.0		
Chocolate	Y	N	N	N	N	N	N	Y	N	N	N	N	470	1080	9.3	7.8	5	36.8	28	100	100.0	230.0	2.0	1.7	1.1	7.8	5.9	21.0		
<b>Frappes</b>																														
Espresso Frappe	Y	N	N	N	N	N	N	Y	N	N	N	N	486	911	9.1	7.6	4.8	27.7	26.7	84	100.0	187.0	1.9	1.6	1.0	5.7	5.5	18.0		
Mocha Frappe	Y	N	N	N	N	N	N	Y	N	N	N	N	480	868	9.3	7.7	4.9	24.6	19.7	93	100.0	181.0	1.9	1.6	1.0	5.1	4.1	19.0		
Chocolate Frappe	Y	N	N	N	N	N	N	Y	N	N	N	N	470	1090	9.4	7.8	4.9	37.6	28.3	102	100.0	232.0	2.0	1.7	1.1	8.0	6.0	22.0		
<b>Milkshakes</b>																														
Strawberry Milkshake	Y	N	M	M	N	N	N	P	N	N	N	N	516	2570	16	22	14	87	77	194	100	498	3	4.2	2.7	17	15	38		
Mango Milkshake	Y	N	M	M	N	N	N	P	N	N	N	N	516	2570	16	22	15	88	77	196	100	498	3	4.3	2.8	17	15	38		
Banana Milkshake	Y	N	M	M	N	N	N	P	N	N	N	N	516	2680	16	22	15	94	84	224	100	519	3	4.3	2.8	18	16	43		
Chocolate Milkshake	Y	N	M	M	N	N	N	P	N	N	N	N	516	2720	18	24	15	87	77	237	100	527	3.4	4.6	3	17	15	46		
Vanilla Milkshake	Y	N	N	N	N	N	N	Y	N	N	N	N	517	1180	10.9	9.2	5.8	38.1	36.8	101	100	235	2.2	1.8	1.2	7.6	7.4	20		

Product Name	Suitable for Ovo Lacto Vegetarians	Average Nutritional Value per Serve						Average Nutritional Value per 100g									
		Serving Size (g)	Energy (kJ)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Serving Size (g)	Energy (kJ)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Carbohydrates (g)				
<b>Black Coffee</b>																	
Short Black Small (1 shot)	Y	30	0	0	0	0	0	0	0	0	0	0	0	0			
Long Black Small	Y	290	0	0	0	0	0	0	0	0	0	0	0	0			
<b>Flat White Regular Milk</b>																	
Small	Y	290	778	10	10	7	14	14	116	100	263	3	3	2	5	5	40
Medium	Y	400	1073	14	14	10	19	19	160	100	263	3	3	2	5	5	40
Large	Y	460	1234	16	16	11	22	22	184	100	263	3	3	2	5	5	40
XL	Y	591	1586	20	20	14	29	29	236	100	263	3	3	2	5	5	40
<b>Flat White Trim Milk</b>																	
Small	Y	290	459	12	0	0	15	15	119	100	156	4	0	0	5	5	41
Medium	Y	400	633	17	0	0	21	21	164	100	156	4	0	0	5	5	41
Large	Y	460	728	19	0	0	24	24	189	100	156	4	0	0	5	5	41
XL	Y	591	935	24	0	0	31	31	243	100	156	4	0	0	5	5	41
<b>Flat White Soy Milk</b>																	
Small	Y	290	447	9	5	1	7	7	78	100	159	3	2	0	2	2	27
Medium	Y	400	616	12	7	1	10	9	108	100	159	3	2	0	2	2	27
Large	Y	460	708	14	8	1	11	10	124	100	159	3	2	0	2	2	27
XL	Y	591	910	18	10	2	14	13	159	100	159	3	2	0	2	2	27
<b>Flat White Coconut Milk</b>																	
Small	Y	290	346	4	4	2	9	9	104	100	121	1	1	1	3	3	36
Medium	Y	400	477	5	5	2	12	12	143	100	121	1	1	1	3	3	36
Large	Y	460	548	6	6	3	14	14	165	100	121	1	1	1	3	3	36
XL	Y	591	705	8	7	4	18	18	212	100	121	1	1	1	3	3	36
<b>Flat White Almond Milk</b>																	
Small	Y	290	252	1	3	0	7	7	78	100	89	0	1	0	2	2	27
Medium	Y	400	348	2	4	0	9	9	108	100	89	0	1	0	2	2	27
Large	Y	460	400	2	5	0	11	10	124	100	89	0	1	0	2	2	27
XL	Y	591	514	3	6	1	14	13	159	100	89	0	1	0	2	2	27
<b>Flat White Oat Milk</b>																	
Small	Y	290	734	3	8	1	23	10	116	100	62	1	3	0	8	4	40
Medium	Y	400	1013	4	11	1	31	14	160	100	62	1	3	0	8	4	40
Large	Y	460	1165	5	13	1	36	16	184	100	62	1	3	0	8	4	40
XL	Y	591	1496	6	17	1	46	21	236	100	62	1	3	0	8	4	40
<b>Hot Chocolate Regular Milk</b>																	
Small	Y	290	911	9	9	6	25	24	134	100	303	3	3	2	9	8	46
Medium	Y	400	1257	12	12	8	34	33	185	100	303	3	3	2	9	8	46
Large	Y	460	1445	14	14	10	40	38	213	100	303	3	3	2	9	8	46
XL	Y	591	1857	18	18	12	51	49	273	100	303	3	3	2	9	8	46
<b>Hot Chocolate Trim Milk</b>																	
Small	Y	290	669	10	2	1	25	24	139	100	224	3	1	0	9	8	48
Medium	Y	400	923	14	3	1	34	33	192	100	224	3	1	0	9	8	48
Large	Y	460	1061	16	3	2	40	38	220	100	224	3	1	0	9	8	48
XL	Y	591	1363	20	4	2	51	49	283	100	224	3	1	0	9	8	48
<b>Mocha Regular Milk</b>																	
Small	Y	290	911	9	9	6	25	24	134	100	303	3	3	2	9	8	46
Medium	Y	400	1257	12	12	8	34	33	185	100	303	3	3	2	9	8	46
Large	Y	460	1445	14	14	10	40	38	213	100	303	3	3	2	9	8	46
XL	Y	591	1857	18	18	12	51	49	273	100	303	3	3	2	9	8	46
<b>Mocha Trim Milk</b>																	
Small	Y	290	669	10	2	1	25	24	139	100	224	3	1	0	9	8	48
Medium	Y	400	923	14	3	1	34	33	192	100	224	3	1	0	9	8	48
Large	Y	460	1061	16	3	2	40	38	220	100	224	3	1	0	9	8	48
XL	Y	591	1363	20	4	2	51	49	283	100	224	3	1	0	9	8	48
<b>Mocha Coconut Milk</b>																	
Small	Y	290	1572	4	33	30	16	15	65	100	545	1	11	10	6	5	22
Medium	Y	400	2168	6	46	41	22	20	90	100	545	1	11	10	6	5	22
Large	Y	460	2493	7	53	47	26	23	103	100	545	1	11	10	6	5	22
XL	Y	591	3203	9	67	60	33	30	132	100	545	1	11	10	6	5	22
<b>Mocha Soy Milk</b>																	
Small	Y	290	718	10	6	1	19	14	107	100	254	4	2	0	6	5	37
Medium	Y	400	991	14	8	2	26	19	148	100	254	4	2	0	6	5	37
Large	Y	460	1140	16	10	2	30	22	170	100	254	4	2	0	6	5	37
XL	Y	591	1464	21	12	2	38	29	218	100	254	4	2	0	6	5	37
<b>Cappuccino Regular Milk</b>																	
Small	Y	290	778	10	10	7	14	14	116	100	263	3	3	2	5	5	40
Medium	Y	400	1073	14	14	10	19	19	160	100	263	3	3	2	5	5	40
Large	Y	460	1234	16	16	11	22	22	184	100	263	3	3	2	5	5	40
XL	Y	591	1586	20	20	14	29	29	236	100	263	3	3	2	5	5	40
<b>Cappuccino Trim Milk</b>																	
Small	Y	290	459	12	0	0	15	15	119	100	156	4	0	0	5	5	41
Medium	Y	400	633	17	0	0	21	21	164	100	156	4	0	0	5	5	41
Large	Y	460	728	19	0	0	24	24	189	100	156	4	0	0	5	5	41

XL	Y	591	935	24	0	0	31	31	243	100	156	4	0	0	5	5	41	
<b>Cappuccino Soy Milk</b>																		
Small	Y	290	447	9	5	1	7	7	78	100	159	3	2	0	2	2	27	
Medium	Y	400	616	12	7	1	10	9	108	100	159	3	2	0	2	2	27	
Large	Y	460	708	14	8	1	11	10	124	100	159	3	2	0	2	2	27	
XL	Y	591	910	18	10	2	14	13	159	100	159	3	2	0	2	2	27	
<b>Cappuccino Coconut Milk</b>																		
Small	Y	290	346	4	4	2	9	9	104	100	121	1	1	1	3	3	36	
Medium	Y	400	477	5	5	2	12	12	143	100	121	1	1	1	3	3	36	
Large	Y	460	548	6	6	3	14	14	165	100	121	1	1	1	3	3	36	
XL	Y	591	705	8	7	4	18	18	212	100	121	1	1	1	3	3	36	
<b>Cappuccino Almond Milk</b>																		
Small	Y	290	252	1	3	0	7	7	78	100	89	0	1	0	2	2	27	
Medium	Y	400	348	2	4	0	9	9	108	100	89	0	1	0	2	2	27	
Large	Y	460	400	2	5	0	11	10	124	100	89	0	1	0	2	2	27	
XL	Y	591	514	3	6	1	14	13	159	100	89	0	1	0	2	2	27	
<b>Cappuccino Oat Milk</b>																		
Small	Y	290	734	3	8	1	23	10	116	100	62	1	3	0	8	4	40	
Medium	Y	400	1013	4	11	1	31	14	160	100	62	1	3	0	8	4	40	
Large	Y	460	1165	5	13	1	36	16	184	100	62	1	3	0	8	4	40	
XL	Y	591	1496	6	17	1	46	21	236	100	62	1	3	0	8	4	40	
<b>Chai Latte with Regular Milk</b>																		
Small: 10ml chai syrup + milk	Y	290	744	9	10	6	13	13	112	100	261	3	3	2	4	4	39	
Medium: 15ml chai syrup + milk	Y	400	1026	12	14	8	18	18	154	100	261	3	3	2	4	4	39	
Large: 20ml chai syrup + milk	Y	460	1180	14	16	10	21	21	178	100	261	3	3	2	4	4	39	
XL	Y	591	1516	18	20	12	26	26	228	100	261	3	3	2	4	4	39	
<b>Chai Latte with Trim Milk</b>																		
Small: 10ml chai syrup + milk	Y	290	425	11	0	0	14	14	115	100	158	4	0	0	5	5	40	
Medium: 15ml chai syrup + milk	Y	400	586	15	0	0	19	19	159	100	158	4	0	0	5	5	40	
Large: 20ml chai syrup + milk	Y	460	674	17	0	0	22	22	182	100	158	4	0	0	5	5	40	
XL	Y	591	866	22	0	0	29	29	234	100	158	4	0	0	5	5	40	



Product Name	Suitable for Ovo Lacto Vegetarians	Contains												Average Nutritional Value per Serve							Average Nutritional Value per 100g												
		Lupins	Peanuts	Other Nuts	Wheat	Gluten	Egg	Milk	Soy	Shellfish	Fish	Sesame seeds	Sulphites	Serving Size (g)	Energy (kJ)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Total Sugars (g)	Sodium (mg)	Serving Size (g)	Energy (kJ)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Total Sugars (g)	Sodium (mg)				
<b>Single Long Black With Cream</b>																																	
Medium	Y	N	N	N	N	N	N	Y	N	N	N	N	N	400	377	0.3	9.9	6.3	0.4	0.4	11	100	107	0.1	2.8	1.8	0.1	0.1	3				
<b>Double Long Black With Cream</b>																																	
Medium	Y	N	N	N	N	N	N	Y	N	N	N	N	N	400	378	0.4	9.9	6.4	0.4	0.4	11	100	105	0.1	2.8	1.8	0.1	0.1	3				
<b>Single Short Black With Cream</b>																																	
Small	Y	N	N	N	N	N	N	Y	N	N	N	N	N	290	377	0.3	9.9	6.3	0.4	0.4	10	100	158	0.1	4.1	2.6	0.2	0.2	4				
<b>Double Short Black With Cream</b>																																	
Small	Y	N	N	N	N	N	N	Y	N	N	N	N	N	290	378	0.3	9.9	6.3	0.4	0.4	10	100	155	0.1	4	2.6	0.2	0.2	4				
<b>SHOTT SYRUPS</b>																																	
Hokey Pokey LTO Syrup	Y	N	N	N	N	N	N	N	N	N	N	N	N									100	1350	0	0	0	78	78	0				

Product Name	Suitable for Ovo Lacto Vegetarians	Contains											Average Nutritional Value per Serve							Average Nutritional Value per 100g									
		Lupins	Peanuts	Other Nuts	Wheat	Gluten	Egg	Milk	Soy	Shellfish	Fish	Sesame seeds	Sulphites	Serving Size (g)	Energy (kJ)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Total Sugars (g)	Sodium (mg)	Serving Size (g)	Energy (kJ)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Total Sugars (g)	Sodium (mg)
<b>HEATED</b>																													
Chicken Wings Dings Cajun (5 pack)	N	N	N	N	Y	Y	N	T	Y	N	N	N	Y	333	3766	44.3	62	12	41.3	5.7	1567	100	1130	13.3	18.6	3.6	12.4	1.7	470
Frozen Louisiana Style Drums 3kg	N	N	N	N	Y	Y	Y	T	T	N	N	N	N	316	2586	39.2	35.7	6.3	35.4	8.5	2337	100	819	12.4	11.3	2	11.2	2.7	740
Bread Roll Garlic Mini Foil	N	N	N	N	Y	Y	T	T	Y	N	N	T	N	100	1240	7.37	12.2	3.08	38.3	1.33	545	100	1240	7.37	12.2	3.08	38.3	1.33	545
Pepperoni Pizza	N	T	T	T	Y	Y	T	Y	T	T	T	N	Y	203	2280	24.2	20.5	8.6	62.7	2.4	1340	100	1120	11.9	10.1	4.2	31	1.2	661
Hawaiian Pizza	N	T	T	T	Y	Y	T	Y	T	T	T	N	Y	226	2160	31.3	13.9	6	63.8	3.9	1650	100	957	13.8	6.1	2.7	28.2	1.7	732
Margherita Pizza	N	T	T	T	Y	Y	T	Y	T	T	T	N	N	237	1880	19.3	12.7	6.7	61.4	4.2	1420	100	794	8.2	5.4	2.8	24.9	1.8	598

