Brumby's
BAKERY

NUTRITION & ALLERGEN GUIDE

At Brumby's, our stores strive to achieve the highest quality in cleanliness and food safety. However, we cannot guarantee our products will be completely free from food allergens and potential cross-contamination due to the nature of the preparation and serving areas.

These allergens include **gluten**, **wheat**, **oats**, **rye**, **barley**, **fish**, **crustacean**, **mollusc**, **egg**, **milk**, **lupin**, **peanut**, **soy**, **sesame**, **sulphites**, and tree nuts including **almond**, **Brazil nut**, **cashew**, **hazelnut**, **macadamia**, **pecan**, **pistachio**, **pine nut** and **walnut**.

Actual values may differ from those listed below due to the individual preparation of our products. Please use this nutrition & allergen information manual as a guide only.

Information correct as at April 2024

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Basil Pesto, Tomato & Cheese Mighty Mini Pizza

SERVINGS PER PACKAGE: 1

SERVING SIZE: 163 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	1730 kJ (412 Cal)	20% DI	1060 kJ (253 Cal)
Protein	12.6 g	25% DI	7.7 g
Fat, total -saturated	15.8 g 3.2 g	23% DI 13% DI	9.7 g 2.0 g
Carbohydrate -sugars	52.5 g 3.4 g	17% DI 4% DI	32.2 g 2.1 g
Dietary Fibre	3.2 g	11% DI	2.0 g
Sodium	728 mg	32% DI	447 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Tomato (25%), Basil Pesto (12%) (Basil Puree (Fresh Basil, Vegetable Oil, Salt, Acetic Acid, Citric Acid, Calcium Lactate, Potassium Sorbate, Ascorbic Acid), Canola Oil, **Cashews**, Parmesan Cheese (Pasteurised **Milk**, Tapioca Starch, Whey Powder, Salt, Starter Cultures, Enzymes (Contains **Egg**), Preservative (E200)), Sugar, Garlic, Salt, Citric Acid, Preservative (E202, E211)), Cheese (6%) (Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non-animal Rennet)), Anti-caking Agent Blend (Anticaking Agent (460), Preservative (200))), Spinach, Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Thyme, Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Egg, Milk, Soy, Cashew.

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Chicken, Avo & Hollandaise Bruffin

SERVINGS PER PACKAGE: 1

SERVING SIZE: 160 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	1630 kJ (389 Cal)		1020 kJ (243 Cal)
Protein	20.0 g		12.5 g
Fat, total -saturated	22.0 g 5.7 g		13.7 g 3.6 g
Carbohydrate -sugars	24.3 g 1.3 g		15.2 g 0.8 g
Dietary Fibre	5.7 g		3.6 g
Sodium	932 mg		582 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Egg, Wholemeal Flour (Wholemeal **Wheat** Flour, Vitamins (Thiamin, Folate)), Chicken Breast Oven Roasted (9%) (Chicken Breast, Water, Brine (Salt, Sugar, Mineral Salts (450, 451, 452) Food Acid, (262) Carrageenan (Red Seaweed)), Water, Avocado (6%), Cheese (Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non-animal Rennet)), Anti-caking Agent Blend (Anticaking Agent (460), Preservative (200))), Hollandaise Sauce (6%) (**Milk**, **Milk**, **Soy**) (Rice Bran Oil, Water, **Egg**, Vinegar, Thickener (1414, 415, 412, 401), Salt, Acidity Regulator (575, 330), colour (160a), Natural Flavour, Vegetable Powders, Preservative (211, 202), Emulsifier (433), Spice, Antioxidant (385).), Linseed, **Sesame** Seeds White, Grains Premix (Mixed Grains (Kibbled **Wheat**, Kibbled Rye, **Wheat** Flakes), Maize Semolina, Linseeds), **Wheat** Gluten, Poppy Seeds, Compressed Yeast, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Black Pepper, Mixed Herbs, Canola Oil, Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Egg, Milk, Soy, Sesame.

Brumby's BAKERY

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Chicken, Leek & Camembert Pie

SERVINGS PER PACKAGE: 1

SERVING SIZE: 210 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	2210 kJ (527 Cal)		1050 kJ (251 Cal)
Protein	17.6 g		8.4 g
Fat, total -saturated	26.9 g 13.9 g		12.8 g 6.6 g
Carbohydrate -sugars	53.6 g 3.1 g		25.5 g 1.5 g
Dietary Fibre			
Sodium	716 mg		341 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Chicken & Leek Pie (Australian **Wheat** Flour, Water, Rspca Approved Australian Chicken (20%), Margarine (Vegetable Oils And/or Animal Fat, Water, Salt, Emulsifiers (471, 322 (**Soy**)), Acidity Regulators (331, 330), Antioxidant (307b), Flavour, Colour (160a), **Milk** Solids), Leek (6%), Camembert Sauce (4%) (Contains **Milk**, Thickeners (1422, 466), Mineral Salts (452, 339), Acidity Regulator (330)), Celery, Thickener (1422), Seasoning, **Milk** Solids, Pastry Mix (Contains **Wheat**, Mineral Salts (500, 341), Emulsifier (481), Thickener (412)), Breadcrumbs (Contains **Wheat**, Emulsifier (471)), Parmesan Cheese (Contains **Milk**), Glaze (Contains **Milk**, Mineral Salt (450), Colour (160a), Thickener (415)), Salt, Pepper, Processing Aid (Contains **Wheat**)).

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg.

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Chicken, Semi Dried Tomato & Pesto Wrap

SERVINGS PER PACKAGE: 1

SERVING SIZE: 246 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	2840 kJ (679 Cal)	33% DI	1160 kJ (276 Cal)
Protein	16.8 g	34% DI	6.8 g
Fat, total -saturated	42.3 g 7.8 g	60% DI 33% DI	17.2 g 3.2 g
Carbohydrate -sugars	55.2 g 7.5 g	18% DI 8% DI	22.5 g 3.0 g
Dietary Fibre	3.3 g	11% DI	1.4 g
Sodium	1200 mg	52% DI	487 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Tortilla (**Soy**) (**Wheat** Flour (Thiamine, Folic Acid), Water, Vegetable Shortening (Antioxidant (307b)), Sugar, Baking Powder (Mineral Salts (450, 500, 341)), Acidity Regulator (297), Iodised Salt, Mineral Salt (500), Preservative (282), Yeast), Chicken Breast (Chicken, Water, Thickener (1414), Mineral Salts (450, 451), **Soy** Protein, Dextrose, Vegetable Gums (407a, 415), Salt, Food Acid (331), Natural Flavouring (Roast Chicken), Vegetable Oil, Maltodextrin, Yeast Extract), Lettuce, Sundried Tomatoes (12%) (Sun Dried Tomatoes, Canola Oil, Salt, Food Acid (330), Sugar, Herbs, Garlic, Vinegar, Water), Mayonnaise (Canola Oil, Pasteurised Free Range **Egg** Yolks, Water, Vinegar, Sugar, Salt, Lemon Juice Concentrate, Natural Mustard Flavour, Antioxidant (385)), Basil Pesto (8%) (Basil Puree (Fresh Basil, Vegetable Oil, Salt, Acetic Acid, Citric Acid, Calcium Lactate, Potassium Sorbate, Ascorbic Acid), Canola Oil, **Cashews**, Parmesan Cheese (Pasteurised **Milk**, Tapioca Starch, Whey Powder, Salt, Starter Cultures, Enzymes (Contains **Egg**), Preservative (E200)), Sugar, Garlic, Salt, Citric Acid, Preservative (E202, E211)).

Contains Gluten, Wheat, Egg, Milk, Soy, Cashew.

May Contain Sesame.

Brumby's BAKERY

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Roasted Pumpkin, Spinach, Feta & Caramelised Onion Mighty Mini Pizza

SERVINGS PER PACKAGE: 1

SERVING SIZE: 158 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	1730 kJ (414 Cal)	20% DI	1100 kJ (263 Cal)
Protein	16.3 g	33% DI	10.3 g
Fat, total -saturated	12.2 g 5.8 g	17% DI 24% DI	7.7 g 3.7 g
Carbohydrate -sugars	57.0 g 7.5 g	18% DI 8% DI	36.2 g 4.7 g
Dietary Fibre	2.9 g	10% DI	1.8 g
Sodium	908 mg	39% DI	576 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Cheese (Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non-animal Rennet)), Anti-caking Agent Blend (Anticaking Agent (460), Preservative (200))), Pumpkin (12%), Caramelised Onion (9%) (Onion, Sugar, Vinegar, Malt Extract (**Barley**, **Wheat**), Molasses, Cornflour, Sea Salt, Pectin, Garlic, Spice), Feta Cheese (6%) (Pasteurised **Milk**, Starter Culture, Salt, Non Animal Rennet, Calcium Chloride), Spinach (6%), Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Thyme, Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)), Black Pepper.

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg.

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Rosemary, Garlic & Sea Salt Vienna

SERVINGS PER PACKAGE: 11

SERVING SIZE: 65 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	663 kJ (158 Cal)	8% DI	1010 kJ (242 Cal)
Protein	5.2 g	10% DI	7.9 g
Fat, total -saturated	1.2 g less than 0.1 g	2% DI 0% DI	1.8 g less than 0.1 g
Carbohydrate -sugars	30.7 g 0.8 g	10% DI 1% DI	46.8 g 1.2 g
Dietary Fibre	1.4 g	5% DI	2.1 g
Sodium	357 mg	16% DI	545 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Garlic (2%), Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Rosemary (1%), Canola Oil, Compressed Yeast, Salt.

Contains Gluten, Wheat.

May Contain Soy.

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Almond Croissant

SERVINGS PER PACKAGE: 1

SERVING SIZE: 139 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	2570 kJ (613 Cal)	29% DI	1850 kJ (441 Cal)
Protein	12.9 g	26% DI	9.3 g
Fat, total -saturated	40.7 g 18.2 g	58% DI 76% DI	29.3 g 13.1 g
Carbohydrate -sugars	47.6 g 18.2 g	15% DI 20% DI	34.2 g 13.1 g
Dietary Fibre	1.9 g	6% DI	1.4 g
Sodium	327 mg	14% DI	235 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Croissant (**Wheat** Flour (Vitamin (Thiamin, Folate)), Water, Butter (**Milk**), **Wheat** Gluten, Sugar, Yeast, Salt, **Soy** Flour, Calcium Carbonate (170), Vegetable Emulsifiers (472e, 481), **Egg**, Calcium Sulphate (516), Antioxidant (300), Vegetable Oil, Enzymes (**Wheat**)), **Almond** Meal (**Milk**, **Soy**), Unsalted Butter (Cream (**Milk**)), Sugar, **Almonds**, **Egg**, Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Icing Mixture (Contains **Wheat**), Vanilla Flavour (Water, Ethanol, Sugar, Synthetic Flavourings, Colour (150a)), Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bunspice Flavour (Ethanol, Natural & Synthetic Flavourings, Propylene Glycol (1520), Water).

Contains Gluten, Wheat, Egg, Milk, Soy, Almond.

May Contain Peanut, Hazelnut, Sesame, Pecan.

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Ancient Grain Sourdough Vienna - Malt

SERVINGS PER PACKAGE: 11

SERVING SIZE: 68 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	629 kJ (150 Cal)	7% DI	926 kJ (221 Cal)
Protein	5.4 g	11% DI	8.0 g
Fat, total -saturated	1.1 g less than 0.1 g	2% DI 0% DI	1.6 g 0.1 g
Carbohydrate -sugars	28.6 g 0.8 g	9% DI 1% DI	42.1 g 1.2 g
Dietary Fibre	1.7 g	6% DI	2.5 g
Sodium	164 mg	7% DI	242 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Rolled **Oats**, Wholemeal **Rye** Flour (3.5%), Dark Malt Ancient Grain (1.5%) (**Wheat** Flakes, Linseed, Buckwheat, **Wheat** Flour (Vitamins (Thiamin, Folic Acid)), Quinoa (Red, White, Black), Millet, Gluten (**Wheat**), **Soy** Flour, Salt, Canola Oil, Improver (Rice Flour, Malt Flour, Ascorbic Acid, Enzymes), Dark Malt Flour (**Barley**)), **Wheat** Gluten, Compressed Yeast, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate).

Contains Gluten, Wheat, Soy.

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Ancient Grain Sourdough Vienna - White

SERVINGS PER PACKAGE: 11

SERVING SIZE: 68 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	651 kJ (155 Cal)	7% DI	958 kJ (229 Cal)
Protein	5.6 g	11% DI	8.3 g
Fat, total -saturated	2.2 g 0.2 g	3% DI 1% DI	3.2 g 0.3 g
Carbohydrate -sugars	27.2 g 0.9 g	9% DI 1% DI	40.1 g 1.3 g
Dietary Fibre	1.8 g	6% DI	2.6 g
Sodium	165 mg	7% DI	243 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Wholemeal **Rye** Flour (3.5%), White Ancient Grain Concentrate (1.5%) (**Wheat** Flakes, Linseed, Quinoa (White, Red, Black), Sunflower Kernels, **Wheat** Flour (Thiamine, Folic Acid), Gluten (Derived From **Wheat**), **Soy** Flour, Salt, Improver (Rice Flour, Malt Flour, Ascorbic Acid, Enzymes)), Poppy Seeds, **Sesame** Seeds White (1.5%), Sunflower Seeds, **Wheat** Gluten, Compressed Yeast, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate).

Contains Gluten, Wheat, Soy, Sesame.

May Contain Egg.

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Anzac Biscuit

SERVINGS PER PACKAGE: 1

SERVING SIZE: 33 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	608 kJ (145 Cal)	7% DI	1840 kJ (441 Cal)
Protein	1.6 g	3% DI	4.9 g
Fat, total -saturated	6.9 g 4.6 g	10% DI 19% DI	20.9 g 13.9 g
Carbohydrate -sugars	18.7 g 11.1 g	6% DI 12% DI	56.6 g 33.6 g
Dietary Fibre	1.2 g	4% DI	3.5 g
Sodium	45 mg	2% DI	138 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Sugar, Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Unsalted Butter (Cream (**Milk**)), Rolled **Oats** (13%), Desiccated Coconut (Coconut, Preservative (223) (Sulphites)), Water, Golden Syrup, Raising Agent (500).

Contains Gluten, Wheat, Milk.

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Apple Custard Glen

SERVINGS PER PACKAGE: 5

SERVING SIZE: 77 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	736 kJ (176 Cal)	8% DI	953 kJ (228 Cal)
Protein	4.4 g	9% DI	5.7 g
Fat, total -saturated	2.7 g 0.4 g	4% DI 2% DI	3.5 g 0.6 g
Carbohydrate -sugars	34.0 g 8.8 g	11% DI 10% DI	44.0 g 11.5 g
Dietary Fibre	1.2 g	4% DI	1.5 g
Sodium	150 mg	7% DI	194 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Diced Apple (16%) (Apple, Water, Acidity Regulators (330, 300)), Sugar, Instant Custard (4.5%) (Sugar, Thickener (1414), **Milk** Solids, Dextrose, Vegetable Fat (Palm Oil, Lactose, **Milk** Protein), Vegetable Gums (401, 407, 410, 415), Maize Starch, Salt, Natural Flavour, Colours (102, 110, 171), Preservative (202)), Compressed Yeast, Canola Oil, White Fondant (Sugar Syrups (Sucrose, Glucose (Wheat Derived))), Desiccated Coconut (Contains Preservative (223) (Sulphites)), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)), Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bunspice Flavour (Ethanol, Natural & Synthetic Flavourings, Propylene Glycol (1520), Water).

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg.

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Apple Glen

SERVINGS PER PACKAGE: 5

SERVING SIZE: 66 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	677 kJ (162 Cal)	8% DI	1020 kJ (244 Cal)
Protein	4.2 g	8% DI	6.4 g
Fat, total -saturated	2.6 g 0.4 g	4% DI 1% DI	3.9 g 0.5 g
Carbohydrate -sugars	31.1 g 6.8 g	10% DI 8% DI	46.9 g 10.2 g
Dietary Fibre	1.1 g	4% DI	1.7 g
Sodium	138 mg	6% DI	208 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Diced Apple (18%) (Apple, Water, Acidity Regulators (330, 300)), Water, Sugar, Compressed Yeast, Canola Oil, White Fondant (Sugar Syrups (Sucrose, Glucose (Wheat Derived))), Desiccated Coconut (Contains Preservative (223) (Sulphites)), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)), Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bunspice Flavour (Ethanol, Natural & Synthetic Flavourings, Propylene Glycol (1520), Water).

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk.

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Apple Tea Ring

SERVINGS PER PACKAGE: 8

SERVING SIZE: 62 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	658 kJ (157 Cal)	8% DI	1060 kJ (253 Cal)
Protein	3.0 g	6% DI	4.9 g
Fat, total -saturated	2.1 g 0.1 g	3% DI 1% DI	3.4 g 0.2 g
Carbohydrate -sugars	32.8 g 16.1 g	11% DI 18% DI	52.9 g 26.0 g
Dietary Fibre	1.0 g	3% DI	1.6 g
Sodium	90 mg	4% DI	145 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Diced Apple (26%) (Apple, Water, Acidity Regulators (330, 300)), White Fondant (Sugar Syrups (Sucrose, Glucose (Wheat Derived))), Water, Sultanas (6%) (Sultanas, Vegetable Oil), Sugar, Currants (5%), **Almonds**, Compressed Yeast, Canola Oil, Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)), Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Mixed Spice (Coriander, Cinnamon, Cassia, Ginger (Sulphites), Cloves), Cinnamon, Bunspice Flavour (Ethanol, Natural & Synthetic Flavourings, Propylene Glycol (1520), Water).

Contains Gluten, Wheat, Soy, Almond.

May Contain Egg, Milk.

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Apple Turnover

SERVINGS PER PACKAGE: 1

SERVING SIZE: 148 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	1450 kJ (346 Cal)	17% DI	977 kJ (234 Cal)
Protein	4.5 g	9% DI	3.0 g
Fat, total -saturated	15.0 g 7.6 g	21% DI 32% DI	10.1 g 5.1 g
Carbohydrate -sugars	55.5 g 20.2 g	18% DI 22% DI	37.4 g 13.6 g
Dietary Fibre	2.0 g	7% DI	1.4 g
Sodium	299 mg	13% DI	202 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Pastry Disc (**Wheat** Flour, Water, Vegetable Margarine (Vegetable Fats & Oil, Water, Salt, Emulsifiers (471, 475, 322 **Soy**), Acidity Regulators (331, 330)), Sugar, Salt), Diced Apple (39%) (Apple, Water, Acidity Regulators (330, 300)), Sugar, **Egg**, Thickener (1442).

Contains Gluten, Wheat, Egg, Soy.

May Contain Milk.

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Apple Turnover With Cream

SERVINGS PER PACKAGE: 1

SERVING SIZE: 172 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	1810 kJ (433 Cal)	21% DI	1050 kJ (252 Cal)
Protein	5.2 g	10% DI	3.0 g
Fat, total -saturated	24.1 g 13.5 g	34% DI 56% DI	14.0 g 7.8 g
Carbohydrate -sugars	56.4 g 21.0 g	18% DI 23% DI	32.8 g 12.2 g
Dietary Fibre	2.0 g	7% DI	1.2 g
Sodium	309 mg	13% DI	180 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Pastry Disc (**Wheat** Flour, Water, Vegetable Margarine (Vegetable Fats & Oil, Water, Salt, Emulsifiers (471, 475, 322 **Soy**), Acidity Regulators (331, 330)), Sugar, Salt), Diced Apple (33%) (Apple, Water, Acidity Regulators (330, 300)), Thickened Cream (14%) (Cream (**Milk**), Gelatin, Stabiliser (407a), Emulsifier (471)), Sugar, **Egg**, Thickener (1442).

Contains Gluten, Wheat, Egg, Milk, Soy.

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Authentic White Sourdough

SERVINGS PER PACKAGE: 10

SERVING SIZE: 72 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	697 kJ (167 Cal)	8% DI	968 kJ (231 Cal)
Protein	5.5 g	11% DI	7.6 g
Fat, total -saturated	0.9 g less than 0.1 g	1% DI 0% DI	1.2 g less than 0.1 g
Carbohydrate -sugars	33.2 g 0.9 g	11% DI 1% DI	46.1 g 1.2 g
Dietary Fibre	1.6 g	5% DI	2.2 g
Sodium	225 mg	10% DI	313 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Wholemeal **Rye** Flour, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Compressed Yeast.

Contains Gluten, Wheat, Soy.

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Baguette - White

SERVINGS PER PACKAGE: 4

SERVING SIZE: 95 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	979 kJ (234 Cal)	11% DI	1040 kJ (248 Cal)
Protein	7.6 g	15% DI	8.0 g
Fat, total -saturated	2.3 g 0.1 g	3% DI 0% DI	2.4 g 0.1 g
Carbohydrate -sugars	44.2 g 1.2 g	14% DI 1% DI	46.8 g 1.3 g
Dietary Fibre	1.7 g	6% DI	1.8 g
Sodium	498 mg	22% DI	527 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk.

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BBQ Pulled Pork & Slaw on Brioche

SERVINGS PER PACKAGE: 1

SERVING SIZE: 235 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	2390 kJ (572 Cal)	27% DI	1020 kJ (243 Cal)
Protein	25.8 g	52% DI	11.0 g
Fat, total -saturated	27.4 g 14.7 g	39% DI 61% DI	11.7 g 6.2 g
Carbohydrate -sugars	53.8 g 13.5 g	17% DI 15% DI	22.9 g 5.8 g
Dietary Fibre	2.8 g	9% DI	1.2 g
Sodium	1170 mg	51% DI	499 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Pulled Pork (20%) (Pork, Water, Acidity Regulators (326, 325, 262), Salt, Maltodextrin (Maize), Vegetable Gum (407), Mineral Salts (451, 450), Natural Flavour, Sugar, Dried Vegetables (Including Garlic And Onion), Spice Extract, Dextrose (Maize)), Swiss Cheese Slices (**Milk**, Salt, Cultures, Enzyme (Non-animal Rennet), Natural Preservative (235)), **Egg**, Cabbage, White Cabbage, Bbq Sauce (Sugar, Tomatoes (From Paste, Food Acid (Citric)), Rice Flour, Food Acid (Acetic, Citric), Salt, Glucose Syrup, Colour (Caramel 150c), Thickener (Pectin), Onion, Spices (Clove, Nutmeg, Pepper), Tamarind Paste, Yeast Extract), Unsalted Butter (Cream (**Milk**)), Mayonnaise (Water, Sugar, Vegetable Oil (Contains Antioxidant (Butylated Hydroxyanisole)), Thickeners (Modified Cornstarch, Xanthan Gum (Contains **Soy**)), Glucose Syrup, Salt, Food Acids (Acetic, Citric), Mustard Powder, Preservative (Potassium Sorbate), Natural Colour (Annatto)), Sugar, Compressed Yeast, **Sesame** Seeds White, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)), Black Pepper.

Contains Gluten, Wheat, Egg, Milk, Soy, Sesame.

May Contain Peanut.

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Beef & Mushroom Pie

SERVINGS PER PACKAGE: 1

SERVING SIZE: 210 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	2520 kJ (602 Cal)	29% DI	1200 kJ (287 Cal)
Protein	17.4 g	35% DI	8.3 g
Fat, total -saturated	25.8 g 13.2 g	37% DI 55% DI	12.3 g 6.3 g
Carbohydrate -sugars	50.4 g 2.9 g	16% DI 3% DI	24.0 g 1.4 g
Dietary Fibre		% DI	
Sodium	815 mg	35% DI	388 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Beef & Mushroom Pie (**Wheat** Flour, Beef (22%), Water, Mushrooms (10%), Margarine (Vegetable Oils And/or Animal Fat, Emulsifier (471), Antioxidant (307b (**Soy**)), Colour (160a), Water, Salt, Acidity Regulators (331, 330), Flavour), Onion, Thickener (1422), Seasoning, Textured **Soy** Protein (Colour (150a)), Poppy Seeds, Pastry Mix (**Wheat**, Mineral Salts (500, 341), Emulsifier (481), Thickener (412)), Colour (150c), Salt, Glaze (**Milk**, Mineral Salt (450), Colour (160a), Thickener (415)), Pepper, Processing Aid (**Wheat**)).

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg.

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Beef Curry Pie

SERVINGS PER PACKAGE: 1

SERVING SIZE: 210 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	2270 kJ (542 Cal)	26% DI	1080 kJ (258 Cal)
Protein	19.5 g	39% DI	9.3 g
Fat, total -saturated	27.7 g 14.1 g	40% DI 59% DI	13.2 g 6.7 g
Carbohydrate -sugars	50.4 g 2.7 g	16% DI 3% DI	24.0 g 1.3 g
Dietary Fibre		% DI	
Sodium	859 mg	37% DI	409 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Beef Curry Pie (Water, Beef (28%), **Wheat** Flour, Margarine (Vegetable Oils And/or Animal Fat, Emulsifier (471), Antioxidant (307b (**Soy**)), Colour (160a), Water, Salt, Acidity Regulators (331, 330), Flavour), Onion, Thickener (1422), Seasoning, Curry Powder (1%), Textured **Soy** Protein (Colour (150a)), Pastry Mix (**Wheat**, Mineral Salts (500, 341), Emulsifier (481), Thickener (412)), Garnish (Breadcrumbs (**Wheat**), Turmeric, Canola Oil), Colour (150c), Salt, Glaze (**Milk**, Mineral Salt (450), Colour (160a), Thickener (415)), Pepper, Processing Aid (**Wheat**)).

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg.

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Beef Pie

SERVINGS PER PACKAGE: 1

SERVING SIZE: 210 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	2230 kJ (532 Cal)	26% DI	1060 kJ (253 Cal)
Protein	18.9 g	38% DI	9.0 g
Fat, total -saturated	26.9 g 13.9 g	38% DI 58% DI	12.8 g 6.6 g
Carbohydrate -sugars	50.4 g 3.6 g	16% DI 4% DI	24.0 g 1.7 g
Dietary Fibre		% DI	
Sodium	932 mg	41% DI	444 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Beef Pie (**Wheat** Flour, Water, Beef (26%), Margarine (Vegetable Oils And/or Animal Fat, Emulsifier (471), Antioxidant (307b (**Soy**)), Colour (160a), Water, Salt, Acidity Regulators (331, 330), Flavour), Thickener (1422), Seasoning (Colours (150d, 160c)), Onion, Textured **Soy** Protein (Colour (150a)), Tomato Paste, Pastry Mix (**Wheat**, Mineral Salts (500, 341), Emulsifier (481), Thickener (412)), Sugar, Colour (150c), Salt, Onion Powder, Glaze (**Milk**, Mineral Salt (450), Colour (160a), Thickener (415)), Processing Aid (**Wheat**)).

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg.

Brumby's BAKERY

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Bigger Than Texas Roll - White

SERVINGS PER PACKAGE: 1

SERVING SIZE: 114 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	1230 kJ (294 Cal)	14% DI	1080 kJ (258 Cal)
Protein	9.3 g	19% DI	8.1 g
Fat, total -saturated	2.7 g 0.1 g	4% DI 0% DI	2.3 g less than 0.1 g
Carbohydrate -sugars	56.3 g 1.3 g	18% DI 1% DI	49.4 g 1.2 g
Dietary Fibre	2.2 g	7% DI	1.9 g
Sodium	553 mg	24% DI	485 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, **Wheat** Semolina, Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk.

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Blueberry & Custard Glen

SERVINGS PER PACKAGE: 5

SERVING SIZE: 77 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	785 kJ (188 Cal)	9% DI	1020 kJ (244 Cal)
Protein	4.4 g	9% DI	5.7 g
Fat, total -saturated	2.5 g 0.2 g	4% DI 1% DI	3.2 g 0.3 g
Carbohydrate -sugars	35.8 g 11.4 g	12% DI 13% DI	46.4 g 14.7 g
Dietary Fibre	1.1 g	4% DI	1.5 g
Sodium	148 mg	6% DI	192 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Blueberry Filling (16%) (Blueberries, Sugar, Water, Thickener (1442), Acidity Regulators (330, 331), Preservative (202)), Sugar, Instant Custard (4.5%) (Sugar, Thickener (1414), **Milk** Solids, Dextrose, Vegetable Fat (Palm Oil, Lactose, **Milk** Protein), Vegetable Gums (401, 407, 410, 415), Maize Starch, Salt, Natural Flavour, Colours (102, 110, 171), Preservative (202)), Compressed Yeast, Canola Oil, White Fondant (Sugar Syrups (Sucrose, Glucose (Wheat Derived))), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)), Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Icing Mixture (Contains **Wheat**), Bunspice Flavour (Ethanol, Natural & Synthetic Flavourings, Propylene Glycol (1520), Water).

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg.

Brumby's BAKERY

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Blueberry & White Choc Scone

SERVINGS PER PACKAGE: 1

SERVING SIZE: 95 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	1360 kJ (326 Cal)	16% DI	1440 kJ (345 Cal)
Protein	6.7 g	13% DI	7.0 g
Fat, total -saturated	7.0 g 4.9 g	10% DI 20% DI	7.5 g 5.2 g
Carbohydrate -sugars	57.4 g 23.6 g	19% DI 26% DI	60.7 g 25.0 g
Dietary Fibre	0.3 g	1% DI	0.3 g
Sodium	829 mg	36% DI	877 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Scone Mix (**Wheat** Flour, Sugar, Vegetable Shortening (Vegetable Fat, Glucose Syrup Solids, **Milk** Protein, Emulsifiers (471, 481, 322 (**Soy**)), Stabilisers (339, 466), Antioxidant (307b (**Soy**)), **Milk** Solids, Raising Agents (450, 500), Salt, Thickener (415 (**Soy**))), White Chocolate (14%) (Sugar, **Milk** Solids, Vegetable Fat, Emulsifiers (322 **Soy**)), Blueberries (10%), Icing Mixture (Sucrose, **Wheat** Starch).

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg.

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Blueberry Muffin

SERVINGS PER PACKAGE: 1

SERVING SIZE: 114 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	1910 kJ (456 Cal)	22% DI	1670 kJ (399 Cal)
Protein	5.1 g	10% DI	4.5 g
Fat, total -saturated	22.7 g 4.7 g	32% DI 20% DI	19.8 g 4.1 g
Carbohydrate -sugars	57.1 g 35.8 g	18% DI 40% DI	50.0 g 31.3 g
Dietary Fibre	0.6 g	2% DI	0.5 g
Sodium	296 mg	13% DI	259 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Muffin Mix (Sugar, **Wheat** Flour, **Egg** Powder, Vegetable Shortening (Soy), **Milk** Solids, Thickener (1422, 415), Salt, Flavouring, Acidity Regulator (330).), Blueberries (19%), Canola Oil, Cream Cheese Topping (Icing Sugar Mixture (Sugar, Tapioca Starch), Vegetable Oils (Palm Oil, Canola Oil), Cream Cheese (**Milk**, cream, Salt, Stabilisers (410, 412), Starter Culture), Natural And Synthetic Flavourings, Cream Cheese Powder (Cream And **Milk** Solids, Sugar, Emulsifier (471), Salt, Antioxidant (307b **Soy**), Culture), Sugar, Cream Cheese Topping (**Wheat** Starch, Dextrose, Salt, Food Acid (330), Colours (110, 102)), Emulsifiers (471, 435 (Palm)), Preservative (202), Thickener (412)).

Contains Gluten, Wheat, Egg, Milk, Soy.

May Contain Peanut, Tree Nuts, Sesame.

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Bruffin - BBQ Bacon

SERVINGS PER PACKAGE: 1

SERVING SIZE: 153 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	1460 kJ (348 Cal)	17% DI	952 kJ (228 Cal)
Protein	17.5 g	35% DI	11.5 g
Fat, total -saturated	12.4 g 4.0 g	18% DI 17% DI	8.1 g 2.6 g
Carbohydrate -sugars	40.1 g 5.7 g	13% DI 6% DI	26.2 g 3.7 g
Dietary Fibre	1.6 g	5% DI	1.1 g
Sodium	1200 mg	52% DI	784 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Egg, Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Bacon (10%) (Pork, Water, Salt, Emulsifiers (451, 450, 452), Sugar, Antioxidant (316), Sodium Nitrite (250), Smoked), Water, Barbecue Sauce (Tomatoes (From Paste), Sugar, Water, Thickeners (Cornflour (From Wheat), Pectin), Food Acids (Acetic, Citric), Salt, Glucose Syrup, Colour (Caramel 150c), Tamarind Paste, Yeast Extract, Clove, Nutmeg, Onion, Pepper), Cheese (Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non-animal Rennet)), Anti-caking Agent Blend (Anticaking Agent (460), Preservative (200))), **Sesame** Seeds White, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Compressed Yeast, Black Pepper, Canola Oil, Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Egg, Milk, Soy, Sesame.

May Contain Peanut.

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Cafe Loaf - White

SERVINGS PER PACKAGE: 14

SERVING SIZE: 58 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	599 kJ (143 Cal)	7% DI	1040 kJ (248 Cal)
Protein	4.6 g	9% DI	8.0 g
Fat, total -saturated	1.4 g 0.1 g	2% DI 0% DI	2.4 g 0.1 g
Carbohydrate -sugars	27.1 g 0.7 g	9% DI 1% DI	46.8 g 1.3 g
Dietary Fibre	1.0 g	3% DI	1.8 g
Sodium	305 mg	13% DI	527 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk.

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Cheese & Bacon - Twist

SERVINGS PER PACKAGE: 4

SERVING SIZE: 71 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	788 kJ (188 Cal)	9% DI	1110 kJ (266 Cal)
Protein	7.9 g	16% DI	11.1 g
Fat, total -saturated	5.1 g 2.1 g	7% DI 9% DI	7.1 g 2.9 g
Carbohydrate -sugars	26.8 g 0.8 g	9% DI 1% DI	37.8 g 1.1 g
Dietary Fibre	1.0 g	3% DI	1.4 g
Sodium	516 mg	22% DI	728 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Bacon Pieces (11%) (**Soy**) (Pork, Water, Starch (Potato), Salt, Mineral Salts (451, 452), Sugar (Dextrose), Food Acid (270), Antioxidant (316), Sodium Nitrite (250), Natural wood Smoke), Cheese (9%) (Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non-animal Rennet)), Anti-caking Agent Blend (Anticaking Agent (460), Preservative (200))), Cheese (3.5%) (Contains Anticaking Agent (460), Preservative (200), **Milk**), Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg.

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Cheese & Bacon Pie

SERVINGS PER PACKAGE: 1

SERVING SIZE: 210 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	2370 kJ (567 Cal)	27% DI	1130 kJ (270 Cal)
Protein	17.4 g	35% DI	8.3 g
Fat, total -saturated	27.7 g 14.7 g	40% DI 61% DI	13.2 g 7.0 g
Carbohydrate -sugars	49.4 g 2.3 g	16% DI 3% DI	23.5 g 1.1 g
Dietary Fibre		% DI	
Sodium	1020 mg	44% DI	484 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Cheese & Bacon Pie (**Wheat** Flour, Water, Beef (17%), Margarine (Vegetable Oils And/or Animal Fat, Emulsifier (471), Antioxidant (307b (**Soy**)), Colour (160a), Water, Salt, Acidity Regulators (331, 330), Flavour), Cheese Sauce (7%) (Water, Cheese (**Milk**, Salt, Starter Culture, Enzyme), Mineral Salts (452, 339), Thickeners (1442, 415), Acidity Regulator (330), Colour (160a), Butyric Acid), Bacon (4%) (Mineral Salts (451, 450), Antioxidant (316), Preservative (250), Acidity Regulators (325, 262)), Thickener (1422), Seasoning (**Soy**, Colour (160c)), Onion, Tomato Paste, Pastry Mix (**Wheat**, Mineral Salts (500, 341), Emulsifier (481), Thickener (412)), Garnish (Breadcrumbs (**Wheat**, Emulsifier (471)), Paprika, Poppy Seeds, Canola Oil), Colour (150c), Salt, Yeast Extract, Pepper, Glaze (**Milk**, Mineral Salt (450), Colour (160a), Thickener (415)), Processing Aid (**Wheat**)).

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg.

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Cheese & Bacon Roll - White

SERVINGS PER PACKAGE: 1

SERVING SIZE: 113 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	1370 kJ (326 Cal)	16% DI	1210 kJ (290 Cal)
Protein	15.5 g	31% DI	13.8 g
Fat, total -saturated	13.3 g 6.6 g	19% DI 28% DI	11.8 g 5.9 g
Carbohydrate -sugars	34.7 g 1.1 g	11% DI 1% DI	30.8 g 0.9 g
Dietary Fibre	1.3 g	4% DI	1.2 g
Sodium	907 mg	39% DI	806 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Cheese (27%) (Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non-animal Rennet)), Anti-caking Agent Blend (Anticaking Agent (460), Preservative (200))), Water, Bacon Pieces (13%) (**Soy**) (Pork, Water, Starch (Potato), Salt, Mineral Salts (451, 452), Sugar (Dextrose), Food Acid (270), Antioxidant (316), Sodium Nitrite (250), Natural wood Smoke), Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg.

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Cheese & Spinach Roll

SERVINGS PER PACKAGE: 1

SERVING SIZE: 180 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	1980 kJ (473 Cal)	23% DI	1100 kJ (263 Cal)
Protein	13.9 g	28% DI	7.7 g
Fat, total -saturated	27.4 g 14.9 g	39% DI 62% DI	15.2 g 8.3 g
Carbohydrate -sugars	42.8 g 2.9 g	14% DI 3% DI	23.8 g 1.6 g
Dietary Fibre	841 g	2802% DI	467 g
Sodium	1980 mg	86% DI	1100 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Cheese & Spinach Roll (**Wheat** Flour, Spinach (18%), Water, Ricotta Cheese (12%) (Whey, **Milk**, Acidity Regulator (270), Thickener (1442)), Margarine (Vegetable Fats And Oils, Water, Salt, Colours (160a), Emulsifiers (471), Antioxidants (307b), Acidity Regulator (331, 330), Flavour), Cheese Topping (9%) (Water, Thickeners (1422, 461), Parmesan Cheese (**Milk**, Salt, Enzymes, Starter Culture), Salt, Sugar, Cheese Powder (Cheese Solids (**Milk**, Salt, Starter Culture, Enzymes), Butter, Salt, Acidity Regulator (270), Yeast Extract)), Cheese (6%) (**Milk**, Salt, Starter Culture, Non-animal Rennet, Tapioca Starch, Anti-caking Agent (460), Preservative (200)), Onion, Breadcrumbs (**Wheat** Flour, Yeast, Sugar, Salt, **Wheat** Gluten), **Egg** Powder, Seasoning (Salt, Sugar, Hydrolysed Vegetable Protein, Pepper, Onion, Yeast, Tomato, Garlic, Ginger, Corn Flour (**Wheat**), Dextrose Monohydrate, Spices, Hydrolysed Vegetable Protein (**Wheat**, Maize Maltodextrin, Rice Bran Oil), Dehydrated Vegetables, Herbs, Rice Bran Oil), Salt, Glaze (Mineral Salts (500, 451), Maltodextrin, Sugar, Thickener (415), Colour (160b))).

Contains Gluten, Wheat, Egg, Milk, Soy.

May Contain Sesame.

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Cheese Roll

SERVINGS PER PACKAGE: 1

SERVING SIZE: 100 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	1170 kJ (278 Cal)	13% DI	1170 kJ (278 Cal)
Protein	10.9 g	22% DI	10.9 g
Fat, total -saturated	7.9 g 3.6 g	11% DI 15% DI	7.9 g 3.6 g
Carbohydrate -sugars	39.4 g 1.1 g	13% DI 1% DI	39.4 g 1.1 g
Dietary Fibre	1.5 g	5% DI	1.5 g
Sodium	568 mg	25% DI	568 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Cheese (18%) (Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non-animal Rennet)), Anti-caking Agent Blend (Anticaking Agent (460), Preservative (200))), Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg.

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Chicken and Vegetable Pie

SERVINGS PER PACKAGE: 1

SERVING SIZE: 210 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	2270 kJ (542 Cal)	26% DI	1080 kJ (258 Cal)
Protein	18.3 g	37% DI	8.7 g
Fat, total -saturated	26.9 g 14.1 g	38% DI 59% DI	12.8 g 6.7 g
Carbohydrate -sugars	52.1 g 4.2 g	17% DI 5% DI	24.8 g 2.0 g
Dietary Fibre		% DI	
Sodium	737 mg	32% DI	351 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Chicken & Vegetable Pie (**Wheat** Flour, Chicken (23%), Water, Vegetables (14%) (Carrot, Corn, Peas, Onion), Margarine (Vegetable Oils And/or Animal Fat, Emulsifiers (471, 322 (**Soy**)), Antioxidant (307b (**Soy**)), Colour (160a), Water, Salt, Acidity Regulators (331, 330), Flavour), Seasoning, Thickener (1422), **Milk** Solids, Garnish (Breadcrumbs (**Wheat**), Paprika, Parsley, Canola Oil), Pastry Mix (**Wheat**, Mineral Salts (500, 341), Emulsifier (481), Thickener (412)), Salt, Yeast Extract, Glaze (**Milk**, Mineral Salt (450), Colour (160a), Thickener (415)), Pepper, Processing Aid (**Wheat**)).

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg.

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Chicken Caesar Baguette

SERVINGS PER PACKAGE: 1

SERVING SIZE: 223 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	2060 kJ (493 Cal)	24% DI	925 kJ (221 Cal)
Protein	23.4 g	47% DI	10.5 g
Fat, total -saturated	15.4 g 3.4 g	22% DI 14% DI	6.9 g 1.5 g
Carbohydrate -sugars	63.1 g 5.4 g	20% DI 6% DI	28.3 g 2.4 g
Dietary Fibre	2.5 g	8% DI	1.1 g
Sodium	1570 mg	68% DI	705 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Chicken (18%) (Chicken, Water, Thickener (1414), Mineral Salts (450, 451), **Soy** Protein, Dextrose, Vegetable Gums (407a, 415), Salt, Food Acid (331), Natural Flavouring (Roast Chicken), Vegetable Oil, Maltodextrin, Yeast Extract), Water, Caesar Salad Dressing (Water, Vegetable Oil (Contains Antioxidant (Butylated Hydroxyanisole)), Glucose Syrup, Sugar, Thickeners (Modified Cornstarch, Xanthan Gum (Contains **Soy**)), Parmesan Cheese, Salt, Food Acids (Acetic, Citric), Garlic Powder, Whey Protein (Contains **Milk**), Mustard Seed, Cream Powder, Cheese Powder, Pepper, **Fish** Sauce, Colour (Caramel (150c)), Turmeric), Lettuce, Parmesan Cheese (Contains **Milk**), Prosciutto (Pork, Salt, Dextrose (Maize Or Tapioca), Preservatives (251, 250), Antioxidant (316), Starter Culture), Compressed Yeast, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Canola Oil, Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)), Black Pepper.

Contains Gluten, Wheat, Fish, Milk, Soy.

May Contain Egg, Peanut, Sesame.

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Cinnamon Bun

SERVINGS PER PACKAGE: 1

SERVING SIZE: 120 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	1800 kJ (431 Cal)	21% DI	1500 kJ (358 Cal)
Protein	7.4 g	15% DI	6.2 g
Fat, total -saturated	14.2 g 5.3 g	20% DI 22% DI	11.8 g 4.4 g
Carbohydrate -sugars	66.7 g 27.8 g	22% DI 31% DI	55.5 g 23.1 g
Dietary Fibre	1.6 g	5% DI	1.3 g
Sodium	254 mg	11% DI	211 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Brown Sugar, Sugar, Unsalted Butter (Cream (**Milk**)), Compressed Yeast, Canola Oil, Cinnamon, Cream Cheese Topping (Icing Sugar Mixture (Sugar, Tapioca Starch), Vegetable Oils (Palm Oil, Canola Oil), Cream Cheese (**Milk**, cream, Salt, Stabilisers (410, 412), Starter Culture), Natural And Synthetic Flavourings, Cream Cheese Powder (Cream And **Milk** Solids, Sugar, Emulsifier (471), Salt, Antioxidant (307b **Soy**), Culture), Sugar, Cream Cheese Topping (**Wheat** Starch, Dextrose, Salt, Food Acid (330), Colours (110, 102)), Emulsifiers (471, 435 (Palm)), Preservative (202), Thickener (412)), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)), Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bunspice Flavour (Ethanol, Natural & Synthetic Flavourings, Propylene Glycol (1520), Water).

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg, Peanut, Tree Nuts, Sesame.

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Cobb - White

SERVINGS PER PACKAGE: 7

SERVING SIZE: 67 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	692 kJ (165 Cal)	8% DI	1040 kJ (248 Cal)
Protein	5.4 g	11% DI	8.0 g
Fat, total -saturated	1.6 g less than 0.1 g	2% DI 0% DI	2.4 g less than 0.1 g
Carbohydrate -sugars	31.3 g 0.9 g	10% DI 1% DI	46.8 g 1.3 g
Dietary Fibre	1.2 g	4% DI	1.8 g
Sodium	352 mg	15% DI	527 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk.

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Croissant

SERVINGS PER PACKAGE: 1

SERVING SIZE: 77 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	1240 kJ (296 Cal)	14% DI	1620 kJ (387 Cal)
Protein	7.0 g	14% DI	9.1 g
Fat, total -saturated	16.8 g 9.9 g	24% DI 41% DI	22.0 g 12.9 g
Carbohydrate -sugars	28.0 g 2.3 g	9% DI 3% DI	36.6 g 3.0 g
Dietary Fibre	less than 1 g	0% DI	less than 1 g
Sodium	288 mg	13% DI	377 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Croissant (**Wheat** Flour (Vitamin (Thiamin, Folate)), Water, Butter (**Milk**), **Wheat** Gluten, Sugar, Yeast, Salt, **Soy** Flour, Calcium Carbonate (170), Vegetable Emulsifiers (472e, 481), **Egg**, Calcium Sulphate (516), Antioxidant (300), Vegetable Oil, Enzymes (**Wheat**)).

Contains Gluten, Wheat, Egg, Milk, Soy, Sulphites.

May Contain Peanut, Tree Nuts, Almond, Hazelnut, Sesame, Pecan.

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Dinner Roll - White

SERVINGS PER PACKAGE: 1

SERVING SIZE: 36 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	373 kJ (89 Cal)	4% DI	1040 kJ (248 Cal)
Protein	2.9 g	6% DI	8.0 g
Fat, total -saturated	0.9 g less than 0.1 g	1% DI 0% DI	2.4 g less than 0.1 g
Carbohydrate -sugars	16.8 g 0.5 g	5% DI 1% DI	46.8 g 1.3 g
Dietary Fibre	0.7 g	2% DI	1.8 g
Sodium	190 mg	8% DI	527 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk.

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Double Bacon & Egg Brioche Roll

SERVINGS PER PACKAGE: 1

SERVING SIZE: 246 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	2420 kJ (579 Cal)	28% DI	985 kJ (235 Cal)
Protein	33.2 g	66% DI	13.5 g
Fat, total -saturated	30.5 g 13.2 g	44% DI 55% DI	12.4 g 5.4 g
Carbohydrate -sugars	41.7 g 4.6 g	13% DI 5% DI	16.9 g 1.9 g
Dietary Fibre	1.7 g	6% DI	less than 1 g
Sodium	1680 mg	73% DI	684 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bacon (39%) (Pork, Water, Salt, Emulsifiers (451, 450, 452), Sugar, Antioxidant (316), Sodium Nitrite (250), Smoked), **Egg** (31%), Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Unsalted Butter (Cream (**Milk**)), Sugar, Compressed Yeast, **Sesame** Seeds White, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Egg, Milk, Soy, Sesame.

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Double Choc Hot Cross Bun

SERVINGS PER PACKAGE: 1

SERVING SIZE: 77 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	1020 kJ (245 Cal)	12% DI	1330 kJ (318 Cal)
Protein	4.7 g	9% DI	6.1 g
Fat, total -saturated	6.9 g 4.2 g	10% DI 18% DI	9.0 g 5.5 g
Carbohydrate -sugars	40.0 g 13.5 g	13% DI 15% DI	52.0 g 17.5 g
Dietary Fibre	1.6 g	5% DI	2.0 g
Sodium	144 mg	6% DI	187 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Dark Compound Chocolate (18%) (**Milk**) (Sugar, Vegetable Fat, Cocoa Solids, (Emulsifier (322)(**Soy**)), Natural Flavour), Sugar, Bun Cross Mix (Easter Bun Crossing Mix (**Wheat** Starch, **Wheat** Flour, Vegetable Oils, Vegetable Emulsifier (471), Thickener (415) (**Soy**), Salt), Water, Chocolate Flavour (Water, Colours (150d, 155, 151,133), Natural And Synthetic Flavouring, Food Acid (330), Preservative (202), Vegetable Gum (415), Emulsifier (433))), Easter Bun Crossing Mix (**Wheat** Starch, **Wheat** Flour, Vegetable Oils, Vegetable Emulsifier (471), Thickener (415) (**Soy**), Salt), Canola Oil, Compressed Yeast, Chocolate Flavour (Water, Colours (150d, 155, 151,133), Natural And Synthetic Flavouring, Food Acid (330), Preservative (202), Vegetable Gum (415), Emulsifier (433)), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)), Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), **Wheat** Gluten, Bunspice Flavour (Ethanol, Natural & Synthetic Flavourings, Propylene Glycol (1520), Water), Raspberry Flavour (Water, Natural & Synthetic Flavourings, Thickener (415), Emulsifier (433), Colours (122, 110), Acidity Regulator (330), Preservatives (202, 211)).

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg.

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Double Chocolate Muffin

SERVINGS PER PACKAGE: 1

SERVING SIZE: 117 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	2270 kJ (543 Cal)	26% DI	1940 kJ (464 Cal)
Protein	5.6 g	11% DI	4.8 g
Fat, total -saturated	26.6 g 9.2 g	38% DI 38% DI	22.7 g 7.9 g
Carbohydrate -sugars	69.8 g 47.4 g	23% DI 53% DI	59.6 g 40.5 g
Dietary Fibre	0.7 g	2% DI	0.6 g
Sodium	313 mg	14% DI	268 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Muffin Mix (Sugar, **Wheat** Flour, **Egg** Powder, Vegetable Shortening (Soy), **Milk** Solids, Thickener (1422, 415), Salt, Flavouring, Acidity Regulator (330).), Canola Oil, Dark Compound Chocolate (13%) (**Milk**) (Sugar, Vegetable Fat, Cocoa Solids, (Emulsifier (322)(**Soy**)), Natural Flavour), Chocolate Filling (9%) (Sugar Syrups (Sucrose, Glucose), Vegetable Oils, Sugar, Cocoa Powder, Emulsifiers (471, 435, 322 **Soy**), Salt, Preservative (200), Flavours, Antioxidant (319)), White Chocolate (4.5%) (Sugar, **Milk** Solids, Vegetable Fat, Emulsifiers (322 **Soy**)), Chocolate Flavour (Water, Colours (150d, 155, 151,133), Natural And Synthetic Flavouring, Food Acid (330), Preservative (202), Vegetable Gum (415), Emulsifier (433)).

Contains Gluten, Wheat, Egg, Milk, Soy.

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Finger Bun

SERVINGS PER PACKAGE: 1

SERVING SIZE: 101 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	1560 kJ (373 Cal)	18% DI	1550 kJ (371 Cal)
Protein	4.9 g	10% DI	4.8 g
Fat, total -saturated	12.6 g 6.1 g	18% DI 25% DI	12.5 g 6.1 g
Carbohydrate -sugars	59.0 g 32.3 g	19% DI 36% DI	58.7 g 32.1 g
Dietary Fibre	1.5 g	5% DI	1.5 g
Sodium	149 mg	6% DI	148 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Icing Mixture (Sucrose, **Wheat** Starch), Water, Shortening (**Soy**) (Vegetable Oil, Emulsifiers (435, 471), Antioxidants (307b).), Sugar, Desiccated Coconut (Contains Preservative (223) (Sulphites)), Compressed Yeast, Canola Oil, White Fondant (Sugar Syrups (Sucrose, Glucose (Wheat Derived))), Sprinkles (Sugar, Vegetable Fat (Emulsifier (322 **Soy**), Glucose (From Wheat), Colours (124, 102, 110, 133, 123, 122)), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)), Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Vanilla Flavour (Water, Ethanol, Sugar, Synthetic Flavourings, Colour (150a)), Bunspice Flavour (Ethanol, Natural & Synthetic Flavourings, Propylene Glycol (1520), Water).

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk.

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French Stick - White

SERVINGS PER PACKAGE: 1

SERVING SIZE: 234 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	2420 kJ (579 Cal)	28% DI	1040 kJ (248 Cal)
Protein	18.8 g	38% DI	8.0 g
Fat, total -saturated	5.7 g less than 1 g	8% DI 1% DI	2.4 g less than 1 g
Carbohydrate -sugars	109 g 3.0 g	35% DI 3% DI	46.8 g 1.3 g
Dietary Fibre	4.2 g	14% DI	1.8 g
Sodium	1230 mg	54% DI	527 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk.

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Fruitless Hot Cross Bun

SERVINGS PER PACKAGE: 1

SERVING SIZE: 77 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	881 kJ (211 Cal)	10% DI	1140 kJ (273 Cal)
Protein	5.5 g	11% DI	7.1 g
Fat, total -saturated	3.6 g less than 1 g	5% DI 1% DI	4.7 g less than 1 g
Carbohydrate -sugars	37.8 g 6.2 g	12% DI 7% DI	49.0 g 8.0 g
Dietary Fibre	1.5 g	5% DI	1.9 g
Sodium	175 mg	8% DI	228 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Sugar, Easter Bun Crossing Mix (**Wheat** Starch, **Wheat** Flour, Vegetable Oils, Vegetable Emulsifier (471), Thickener (415) (**Soy**), Salt), Canola Oil, Compressed Yeast, Mixed Spices (Cassia, Nutmeg, Ginger, Cloves, Pepper, Cinnamon, Cardamom), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)), Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Mixed Spice (Coriander, Cinnamon, Cassia, Ginger (Sulphites), Cloves), Bunspice Flavour (Ethanol, Natural & Synthetic Flavourings, Propylene Glycol (1520), Water), Raspberry Flavour (Water, Natural & Synthetic Flavourings, Thickener (415), Emulsifier (433), Colours (122, 110), Acidity Regulator (330), Preservatives (202, 211)).

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk.

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Garlic Twist

SERVINGS PER PACKAGE: 4

SERVING SIZE: 63 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	678 kJ (162 Cal)	8% DI	1070 kJ (256 Cal)
Protein	5.7 g	11% DI	9.1 g
Fat, total -saturated	2.7 g 0.8 g	4% DI 3% DI	4.3 g 1.3 g
Carbohydrate -sugars	27.6 g 0.8 g	9% DI 1% DI	43.6 g 1.2 g
Dietary Fibre	1.2 g	4% DI	2.0 g
Sodium	324 mg	14% DI	513 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Cheese (Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non-animal Rennet)), Anti-caking Agent Blend (Anticaking Agent (460), Preservative (200))), Garlic (2.5%), Compressed Yeast, Mixed Herbs, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)), Olive Oil.

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg.

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Greek Wrap

SERVINGS PER PACKAGE: 1

SERVING SIZE: 216 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	2590 kJ (618 Cal)	30% DI	1200 kJ (286 Cal)
Protein	20.7 g	41% DI	9.6 g
Fat, total -saturated	38.3 g 13.9 g	55% DI 58% DI	17.7 g 6.4 g
Carbohydrate -sugars	45.8 g 4.0 g	15% DI 4% DI	21.2 g 1.8 g
Dietary Fibre	2.9 g	10% DI	1.3 g
Sodium	1750 mg	76% DI	812 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Tortilla (**Soy**) (**Wheat** Flour (Thiamine, Folic Acid), Water, Vegetable Shortening (Antioxidant (307b)), Sugar, Baking Powder (Mineral Salts (450, 500, 341)), Acidity Regulator (297), Iodised Salt, Mineral Salt (500), Preservative (282), Yeast), Pepperoni (Meat Including Pork, Salt, **Soy** Protein, Dextrose (Tapioca, Maize), Spices And Spice Extracts, Colour (160c), Emulsifier (451), Herb Extracts, Antioxidants (316, 307b), Dehydrated Vegetables, Mustard Flour, Starter Cultures, Fermented Red Rice, Sodium Nitrite (250), Smoked), Spinach, Basil Pesto (Basil Puree (Fresh Basil, Vegetable Oil, Salt, Acetic Acid, Citric Acid, Calcium Lactate, Potassium Sorbate, Ascorbic Acid), Canola Oil, **Cashews**, Parmesan Cheese (Pasteurised **Milk**, Tapioca Starch, Whey Powder, Salt, Starter Cultures, Enzymes (Contains **Egg**), Preservative (E200)), Sugar, Garlic, Salt, Citric Acid, Preservative (E202, E211)), Black Olives (Olives, Water, Salt, Stabiliser (579)), Feta Cheese (Pasteurised **Milk**, Starter Culture, Salt, Non Animal Rennet, Calcium Chloride).

Contains Gluten, Wheat, Egg, Milk, Soy, Cashew.

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Ham & Cheese Croissant

SERVINGS PER PACKAGE: 1

SERVING SIZE: 132 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	1760 kJ (422 Cal)	20% DI	1340 kJ (319 Cal)
Protein	17.7 g	35% DI	13.4 g
Fat, total -saturated	25.3 g 15.4 g	36% DI 64% DI	19.2 g 11.7 g
Carbohydrate -sugars	29.5 g 2.5 g	10% DI 3% DI	22.4 g 1.9 g
Dietary Fibre	less than 0.1 g	0% DI	less than 0.1 g
Sodium	688 mg	30% DI	521 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Croissant (**Wheat** Flour (Vitamin (Thiamin, Folate)), Water, Butter (**Milk**), **Wheat** Gluten, Sugar, Yeast, Salt, **Soy** Flour, Calcium Carbonate (170), Vegetable Emulsifiers (472e, 481), **Egg**, Calcium Sulphate (516), Antioxidant (300), Vegetable Oil, Enzymes (**Wheat**)), Ham (23%) (Pork, Water, Starch (Potato), Salt, Mineral Salts (451, 452), Sugar, Food Acid (270), Antioxidant (316), Sodium Nitrite (250)), Swiss Cheese Slices (19%) (**Milk**, Salt, Cultures, Enzyme (Non-animal Rennet), Natural Preservative (235)).

Contains Gluten, Wheat, Egg, Milk, Soy.

May Contain Peanut, Tree Nuts, Almond, Hazelnut, Sesame, Pecan.

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High Fibre Low GI Loaf

SERVINGS PER PACKAGE: 11

SERVING SIZE: 63 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	601 kJ (144 Cal)	7% DI	954 kJ (228 Cal)
Protein	5.4 g	11% DI	8.5 g
Fat, total -saturated	1.8 g less than 1 g	3% DI 3% DI	2.8 g 1.0 g
Carbohydrate -sugars	23.8 g less than 1 g	8% DI 1% DI	37.7 g less than 1 g
Dietary Fibre	6.2 g	21% DI	9.8 g
Sodium	224 mg	10% DI	356 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bread Mix (**Wheat** Flour (**Wheat** Flour, Vitamins (Thiamin, Folic Acid), Modified **Wheat** Starch (1413), **Wheat** Gluten, Vegetable Oils (Canola, Palm, Natural Flavour), Iodised Salt, Yellow Pea Flour, Thickener (412), Fermented **Wheat** Flour, Improver (**Wheat** Flour, Dough Conditioners (Calcium Sulphate (516), Synthetic L-cysteine (920), Ascorbic Acid (300)), Enzymes (**Wheat**))), Water, Compressed Yeast.

Contains Gluten, Wheat.

May Contain Egg, Milk, Soy.

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High Fibre Low GI Roll

SERVINGS PER PACKAGE: 1

SERVING SIZE: 72 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	687 kJ (164 Cal)	8% DI	954 kJ (228 Cal)
Protein	6.1 g	12% DI	8.5 g
Fat, total -saturated	2.0 g 0.7 g	3% DI 3% DI	2.8 g 1.0 g
Carbohydrate -sugars	27.2 g 0.6 g	9% DI 1% DI	37.7 g 0.8 g
Dietary Fibre	7.1 g	24% DI	9.8 g
Sodium	257 mg	11% DI	356 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bread Mix (**Wheat** Flour (**Wheat** Flour, Vitamins (Thiamin, Folic Acid), Modified **Wheat** Starch (1413), **Wheat** Gluten, Vegetable Oils (Canola, Palm, Natural Flavour), Iodised Salt, Yellow Pea Flour, Thickener (412), Fermented **Wheat** Flour, Improver (**Wheat** Flour, Dough Conditioners (Calcium Sulphate (516), Synthetic L-cysteine (920), Ascorbic Acid (300)), Enzymes (**Wheat**))), Water, Compressed Yeast.

Contains Gluten, Wheat.

May Contain Egg, Milk, Soy.

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Jam Ball

SERVINGS PER PACKAGE: 1

SERVING SIZE: 89 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	1280 kJ (307 Cal)	15% DI	1440 kJ (345 Cal)
Protein	3.8 g	8% DI	4.2 g
Fat, total -saturated	11.9 g 5.0 g	17% DI 21% DI	13.4 g 5.6 g
Carbohydrate -sugars	45.3 g 27.4 g	15% DI 30% DI	50.9 g 30.8 g
Dietary Fibre	0.3 g	1% DI	0.3 g
Sodium	172 mg	7% DI	193 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Donut (**Wheat** Flour, Water, Vegetable Fats & Oils (Palm, Canola), Dough Concentrate (Whey Powder (**Milk**), **Wheat** Flour, Emulsifiers (471, 472e), **Soy** Flour, Acidity Regulator (339), Antioxidant (300), **Egg** Powder, Sugar, Yeast, Iodised Salt), Jam (34%) (Sugar, Apple (Puree And Reconstituted), Fruit Fibre, Thickener (440, Dextrose), Acidity Regulator (330), Preservative (202), Colours (124, 122), Flavouring), Sugar.

Contains Gluten, Wheat, Egg, Milk, Soy.

May Contain Peanut, Tree Nuts, Hazelnut.

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King Island Beef Pie

SERVINGS PER PACKAGE: 1

SERVING SIZE: 210 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	2120 kJ (507 Cal)	24% DI	1010 kJ (241 Cal)
Protein	19.9 g	40% DI	9.5 g
Fat, total -saturated	26.0 g 13.0 g	37% DI 54% DI	12.4 g 6.2 g
Carbohydrate -sugars	47.9 g 1.3 g	15% DI 1% DI	22.8 g 0.6 g
Dietary Fibre		% DI	
Sodium	848 mg	37% DI	404 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Beef Pie (King Island Beef (Min 25%) (Slow-cooked King Island Beef (17%), Minced King Island Beef), Water, Australian **Wheat** Flour, Margarine (Vegetable Oils And/or Animal Fat, Water, Salt, Emulsifiers (471, 322 (**Soy**)), Acidity Regulators (331, 330), Antioxidant (307b (**Soy**)), Colour (160a), Flavours), Thickener (1422), Onion, Pastry Mix (Contains **Wheat**, Mineral Salts (500, 341), Emulsifier (481), Thickener (412)), Colour (150c), Salt, Seasoning (Contains **Wheat**), Glaze (Contains **Milk**, Mineral Salt (450), Colour (160a), Thickener (415)), Processing Aid (**Wheat**)).

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg.

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Knot Roll - White

SERVINGS PER PACKAGE: 1

SERVING SIZE: 72 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	746 kJ (178 Cal)	9% DI	1040 kJ (248 Cal)
Protein	5.8 g	12% DI	8.0 g
Fat, total -saturated	1.8 g less than 0.1 g	3% DI 0% DI	2.4 g less than 0.1 g
Carbohydrate -sugars	33.7 g 0.9 g	11% DI 1% DI	46.8 g 1.3 g
Dietary Fibre	1.3 g	4% DI	1.8 g
Sodium	379 mg	16% DI	527 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk.

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Lamington

SERVINGS PER PACKAGE: 1

SERVING SIZE: 56 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	868 kJ (208 Cal)	10% DI	1560 kJ (372 Cal)
Protein	3.4 g	7% DI	6.1 g
Fat, total -saturated	8.1 g 6.6 g	12% DI 27% DI	14.6 g 11.8 g
Carbohydrate -sugars	29.0 g 20.0 g	9% DI 22% DI	52.1 g 36.0 g
Dietary Fibre	2.2 g	7% DI	3.9 g
Sodium	109 mg	5% DI	196 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Cake Mix (**Wheat** Flour, Sugar, Emulsifiers (471, 472b, 477, 475) (**Milk**, **Wheat**), Raising Agents (500, 541), **Milk** solids, Vegetable Oils (Canola, Palm), Thickeners (412, 415) (**Soy**), Colours (102, 110)), Lamington Dip (Sugar, Cocoa Powder, Thickeners (1422, 415), Canola Oil, Salt, Preservative (200)), Desiccated Coconut (Coconut, Preservative (223) (**Sulphites**)), **Egg**.

Contains Gluten, Wheat, Egg, Milk, Soy, Sulphites.

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Long John Donut (Dusted)

SERVINGS PER PACKAGE: 1

SERVING SIZE: 93 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	1510 kJ (362 Cal)	17% DI	1630 kJ (389 Cal)
Protein	3.8 g	8% DI	4.1 g
Fat, total -saturated	23.1 g 12.5 g	33% DI 52% DI	24.8 g 13.5 g
Carbohydrate -sugars	34.5 g 16.2 g	11% DI 18% DI	37.1 g 17.4 g
Dietary Fibre	0.1 g	0% DI	0.1 g
Sodium	189 mg	8% DI	203 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Donut (**Wheat** Flour (Vitamins (Thiamin, Folate), Water, Vegetable Fats And Oils (Palm, **Soybean**, Antioxidant (307), Dextrose (Maize), Yeast, Salt, Emulsifiers (471, 481, 472e From Palm), **Soy** Flour, Raising Agents (541, 500), **Milk** Solids), Thickened Cream (Cream (**Milk**), Gelatin, Stabiliser (407a), Emulsifier (471)), Jam (Sugar, Apple (Puree And Reconstituted), Fruit Fibre, Thickener (440, Dextrose), Acidity Regulator (330), Preservative (202), Colours (124, 122), Flavouring), Icing Mixture (Sucrose, **Wheat** Starch), Icing Mixture (Contains **Wheat**), Thickener (1442).

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg, Peanut, Tree Nuts.

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Long Roll - White

SERVINGS PER PACKAGE: 1

SERVING SIZE: 72 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	746 kJ (178 Cal)	9% DI	1040 kJ (248 Cal)
Protein	5.8 g	12% DI	8.0 g
Fat, total -saturated	1.8 g less than 0.1 g	3% DI 0% DI	2.4 g less than 0.1 g
Carbohydrate -sugars	33.7 g 0.9 g	11% DI 1% DI	46.8 g 1.3 g
Dietary Fibre	1.3 g	4% DI	1.8 g
Sodium	379 mg	16% DI	527 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk.

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Mega Grain Roll

SERVINGS PER PACKAGE: 1

SERVING SIZE: 100 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	1380 kJ (329 Cal)		1380 kJ (329 Cal)
Protein	13.3 g		13.3 g
Fat, total -saturated	16.4 g 2.0 g		16.4 g 2.0 g
Carbohydrate -sugars	27.5 g 1.4 g		27.6 g 1.4 g
Dietary Fibre	7.9 g		7.9 g
Sodium	392 mg		393 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Water, Wholemeal Flour (16%) (Wholemeal **Wheat** Flour, Vitamins (Thiamin, Folate)), Sunflower Seeds, Grains Premix (9%) (Mixed Grains (Kibbled **Wheat**, Kibbled Rye, **Wheat** Flakes), Maize Semolina, Linseeds), Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Linseed (4.5%), Poppy Seeds (4.5%), Rolled **Oats** (4.5%), **Sesame** Seeds White (4.5%), **Wheat** Gluten, Compressed Yeast, Pumpkin Seeds (1.5%), Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Soy, Sesame.

May Contain Egg, Milk.

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Mega Protein Loaf

SERVINGS PER PACKAGE: 7

SERVING SIZE: 105 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	1390 kJ (332 Cal)	16% DI	1320 kJ (315 Cal)
Protein	13.6 g	27% DI	12.9 g
Fat, total -saturated	15.7 g 1.9 g	22% DI 8% DI	14.9 g 1.8 g
Carbohydrate -sugars	29.5 g 1.4 g	10% DI 2% DI	28.0 g 1.3 g
Dietary Fibre	8.1 g	27% DI	7.7 g
Sodium	431 mg	19% DI	409 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Water, Wholemeal Flour (17%) (Wholemeal **Wheat** Flour, Vitamins (Thiamin, Folate)), Sunflower Seeds, Grains Premix (Mixed Grains (Kibbled **Wheat**, Kibbled Rye, **Wheat** Flakes), Maize Semolina, Linseeds), Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Linseed, Poppy Seeds, Rolled **Oats**, **Sesame** Seeds White, **Wheat** Gluten, Compressed Yeast, Pumpkin Seeds, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Soy, Sesame.

May Contain Egg, Milk.

Brumby's BAKERY

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Mighty Mini Pizza - Meat Lovers

SERVINGS PER PACKAGE: 1

SERVING SIZE: 221 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	2470 kJ (591 Cal)	28% DI	1120 kJ (268 Cal)
Protein	28.3 g	57% DI	12.8 g
Fat, total -saturated	21.5 g 9.0 g	31% DI 38% DI	9.7 g 4.1 g
Carbohydrate -sugars	68.5 g 17.4 g	22% DI 19% DI	31.1 g 7.9 g
Dietary Fibre	1.9 g	6% DI	0.9 g
Sodium	2060 mg	90% DI	935 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Bacon (18%) (Pork, Water, Salt, Emulsifiers (451, 450, 452), Sugar, Antioxidant (316), Sodium Nitrite (250), Smoked), Bbq Sauce (High Fructose Corn Syrup, Distilled Vinegar, Tomato Paste, Thickener (1442), Salt, Pineapple Juice Concentrate, Natural Smoke Flavor, Spices, Colour (Caramel 150d), Preservative (211), Molasses, Corn Syrup, Dried Garlic, Sugar, Tamarind, Natural Flavour), Ham (14%) (Pork, Water, Starch (Potato), Salt, Mineral Salts (451, 452), Sugar, Food Acid (270), Antioxidant (316), Sodium Nitrite (250)), Pepperoni (9%) (Meat Including Pork, Salt, **Soy** Protein, Dextrose (Tapioca, Maize), Spices And Spice Extracts, Colour (160c), Emulsifier (451), Herb Extracts, Antioxidants (316, 307b), Dehydrated Vegetables, Mustard Flour, Starter Cultures, Fermented Red Rice, Sodium Nitrite (250), Smoked), Cheese (Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non-animal Rennet)), Anti-caking Agent Blend (Anticaking Agent (460), Preservative (200))), Cheese (Contains Anticaking Agent (460), Preservative (200), **Milk**), Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg.

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Mini Cheddarmite Scroll

SERVINGS PER PACKAGE: 1

SERVING SIZE: 65 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	734 kJ (175 Cal)	8% DI	1120 kJ (268 Cal)
Protein	7.0 g	14% DI	10.6 g
Fat, total -saturated	4.1 g 1.7 g	6% DI 7% DI	6.3 g 2.6 g
Carbohydrate -sugars	26.6 g 0.8 g	9% DI 1% DI	40.6 g 1.2 g
Dietary Fibre	1.2 g	4% DI	1.8 g
Sodium	423 mg	18% DI	646 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Cheese (8%) (Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non-animal Rennet)), Anti-caking Agent Blend (Anticaking Agent (460), Preservative (200))), Cheese (5%) (Contains Anticaking Agent (460), Preservative (200), **Milk**), Vegemite (3%) (**Sulphites**, **Wheat**) (Contains Mineral Salt (508), Colour (150c), **Barley**), Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Milk, Soy, Sulphites.

May Contain Egg.

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Mini Cheese & Bacon Roll - White

SERVINGS PER PACKAGE: 1

SERVING SIZE: 48 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	520 kJ (124 Cal)	6% DI	1090 kJ (260 Cal)
Protein	5.4 g	11% DI	11.4 g
Fat, total -saturated	3.4 g 1.3 g	5% DI 6% DI	7.1 g 2.8 g
Carbohydrate -sugars	17.4 g 0.5 g	6% DI 1% DI	36.4 g 1.1 g
Dietary Fibre	0.7 g	2% DI	1.4 g
Sodium	393 mg	17% DI	824 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Bacon Pieces (17%) (**Soy**) (Pork, Water, Starch (Potato), Salt, Mineral Salts (451, 452), Sugar (Dextrose), Food Acid (270), Antioxidant (316), Sodium Nitrite (250), Natural wood Smoke), Cheese (10%) (Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non-animal Rennet)), Anti-caking Agent Blend (Anticaking Agent (460), Preservative (200))), Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg.

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Mini Cobb - White

SERVINGS PER PACKAGE: 3.5

SERVING SIZE: 67 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	692 kJ (165 Cal)	8% DI	1040 kJ (248 Cal)
Protein	5.4 g	11% DI	8.0 g
Fat, total -saturated	1.6 g 0.1 g	2% DI 0% DI	2.4 g 0.1 g
Carbohydrate -sugars	31.3 g 0.9 g	10% DI 1% DI	46.8 g 1.3 g
Dietary Fibre	1.2 g	4% DI	1.8 g
Sodium	352 mg	15% DI	527 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk.

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Mini Raspberry White Choc Finger Bun

SERVINGS PER PACKAGE: 1

SERVING SIZE: 70 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	1060 kJ (254 Cal)	12% DI	1520 kJ (363 Cal)
Protein	3.5 g	7% DI	5.0 g
Fat, total -saturated	7.8 g 4.9 g	11% DI 21% DI	11.1 g 7.0 g
Carbohydrate -sugars	41.6 g 25.4 g	13% DI 28% DI	59.4 g 36.3 g
Dietary Fibre	1.1 g	4% DI	1.6 g
Sodium	100 mg	4% DI	143 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Jam (Sugar, Apple (Puree And Reconstituted), Fruit Fibre, Thickener (440, Dextrose), Acidity Regulator (330), Preservative (202), Colours (124, 122), Flavouring), White Chocolate (15%) (Sugar, **Milk** Solids, Vegetable Fat, Emulsifiers (322 **Soy**)), Icing Mixture (Sucrose, **Wheat** Starch), Water, Sugar, Desiccated Coconut (Contains Preservative (223) (Sulphites)), Shortening (**Soy**) (Vegetable Oil, Emulsifiers (435, 471), Antioxidants (307b).), Canola Oil, Compressed Yeast, Raspberry Flavour (Water, Natural & Synthetic Flavourings, Thickener (415), Emulsifier (433), Colours (122, 110), Acidity Regulator (330), Preservatives (202, 211)), White Fondant (Sugar Syrups (Sucrose, Glucose (Wheat Derived))), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)), Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), **Wheat** Gluten, Vanilla Flavour (Water, Ethanol, Sugar, Synthetic Flavourings, Colour (150a)), Bunspice Flavour (Ethanol, Natural & Synthetic Flavourings, Propylene Glycol (1520), Water).

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg.

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Mini Sandwich Loaf - Wholemeal

SERVINGS PER PACKAGE: 6

SERVING SIZE: 60 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	580 kJ (139 Cal)	7% DI	967 kJ (231 Cal)
Protein	5.4 g	11% DI	8.9 g
Fat, total -saturated	1.7 g less than 0.1 g	2% DI 0% DI	2.8 g 0.2 g
Carbohydrate -sugars	23.5 g 0.8 g	8% DI 1% DI	39.2 g 1.3 g
Dietary Fibre	3.3 g	11% DI	5.5 g
Sodium	288 mg	13% DI	480 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Wholemeal Flour (61%) (Wholemeal **Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Compressed Yeast, **Wheat** Gluten, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk.

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Mini Sandwich Loaf - Wholemeal Grain

SERVINGS PER PACKAGE: 5

SERVING SIZE: 74 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	674 kJ (161 Cal)	8% DI	913 kJ (218 Cal)
Protein	7.2 g	14% DI	9.8 g
Fat, total -saturated	2.8 g 0.2 g	4% DI 1% DI	3.9 g 0.3 g
Carbohydrate -sugars	24.3 g 0.8 g	8% DI 1% DI	33.0 g 1.1 g
Dietary Fibre	3.9 g	13% DI	5.3 g
Sodium	369 mg	16% DI	501 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Wholemeal Flour (38%) (Wholemeal **Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Grains Premix (Mixed Grains (Kibbled **Wheat**, Kibbled Rye, **Wheat** Flakes), Maize Semolina, Linseeds), **Wheat** Gluten, Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Poppy Seeds, **Sesame** Seeds White, Sunflower Seeds, Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Soy, Sesame.

May Contain Egg, Milk.

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Multigrain Sandwich Loaf

SERVINGS PER PACKAGE: 11

SERVING SIZE: 63 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	561 kJ (134 Cal)	6% DI	891 kJ (213 Cal)
Protein	5.1 g	10% DI	8.1 g
Fat, total -saturated	1.6 g less than 1 g	2% DI 0% DI	2.5 g less than 1 g
Carbohydrate -sugars	23.8 g less than 1 g	8% DI 1% DI	37.7 g 1.0 g
Dietary Fibre	1.5 g	5% DI	2.3 g
Sodium	320 mg	14% DI	508 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Grains Premix (10%) (Mixed Grains (Kibbled **Wheat**, Kibbled Rye, **Wheat** Flakes), Maize Semolina, Linseeds), Compressed Yeast, **Wheat** Gluten, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk.

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Party Sausage Roll

SERVINGS PER PACKAGE: 1

SERVING SIZE: 80 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	989 kJ (236 Cal)	11% DI	1240 kJ (295 Cal)
Protein	5.4 g	11% DI	6.7 g
Fat, total -saturated	13.9 g 7.7 g	20% DI 32% DI	17.4 g 9.6 g
Carbohydrate -sugars	20.6 g 1.1 g	7% DI 1% DI	25.7 g 1.4 g
Dietary Fibre		% DI	
Sodium	538 mg	23% DI	673 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Party Sausage Roll (Water, **Wheat** Flour, Australian Beef (16%), Margarine (Vegetable Fats And Oils, Water, Salt, Emulsifier (471), Acidity Regulators (331, 330), Antioxidant (307b (**Soy**)), Flavour, Colour (160a)), Breadcrumbs (**Wheat** Flour, Yeast, Sugar, Salt, **Wheat** Gluten), Onion, Binder (**Wheat**, **Soy**, Mineral Salt (451)), Seasoning (Colours (150d, 160c)), Salt, Glaze (Mineral Salts (500, 451), Thickener (415), Colour (160b))).

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk, Tree Nuts, Sesame.

Brumby's BAKERY

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Pasta Dura - White

SERVINGS PER PACKAGE: 7

SERVING SIZE: 69 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	733 kJ (175 Cal)	8% DI	1060 kJ (252 Cal)
Protein	5.6 g	11% DI	8.1 g
Fat, total -saturated	1.7 g 0.1 g	2% DI 0% DI	2.4 g 0.1 g
Carbohydrate -sugars	33.3 g 0.9 g	11% DI 1% DI	48.0 g 1.2 g
Dietary Fibre	1.3 g	4% DI	1.9 g
Sodium	352 mg	15% DI	507 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, **Wheat** Semolina, Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk.

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Pastrami on Rye

SERVINGS PER PACKAGE: 1

SERVING SIZE: 210 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	1880 kJ (449 Cal)	22% DI	895 kJ (214 Cal)
Protein	23.8 g	48% DI	11.3 g
Fat, total -saturated	14.7 g 5.3 g	21% DI 22% DI	7.0 g 2.5 g
Carbohydrate -sugars	53.7 g 5.2 g	17% DI 6% DI	25.6 g 2.5 g
Dietary Fibre	5.6 g	19% DI	2.6 g
Sodium	1220 mg	53% DI	579 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Pastrami (21%) (Beef, Pastrami Rub (Spices (Including Chilli), Rice Flour), Cure (Salt, Sugar, Mineral Salts (450, 451), Dextrose (Maize Or Tapioca), Antioxidant (316), Preservative (250)), Acidity Regulators (326, 325, 262)), Water, Swiss Cheese Slices (**Milk**, Salt, Cultures, Enzyme (Non-animal Rennet), Natural Preservative (235)), Wholemeal **Rye** Flour (8%), Dressing (Vegetable Oil, (Contains Antioxidant (Butylated Hydroxyanisole)), Sugar, Tomatoes (From Paste), Water, Gherkins (Gherkins, Water, Salt, Food Acid (Acetic), Firming Agent (Calcium Chloride), Preservative (Sodium metabisulphite)), **Egg** Yolk, Skim **Milk**, Food Acid (Acetic), Salt, Garlic Powder, Mustard Powder, Spices (Paprika, Cinnamon, Pepper), Thickener (Xanthan Gum (Contains **Soy**)), Colour (Paprika Oleoresin)), Cabbage, White Cabbage, Rocket, Compressed Yeast, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Canola Oil, **Wheat** Gluten, Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Egg, Milk, Soy.

May Contain Peanut.

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Pipe Loaf - White

SERVINGS PER PACKAGE: 7

SERVING SIZE: 67 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	692 kJ (165 Cal)	8% DI	1040 kJ (248 Cal)
Protein	5.4 g	11% DI	8.0 g
Fat, total -saturated	1.6 g less than 0.1 g	2% DI 0% DI	2.4 g less than 0.1 g
Carbohydrate -sugars	31.3 g 0.9 g	10% DI 1% DI	46.8 g 1.3 g
Dietary Fibre	1.2 g	4% DI	1.8 g
Sodium	352 mg	15% DI	527 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk.

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Potato Top Pie

SERVINGS PER PACKAGE: 1

SERVING SIZE: 240 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	1800 kJ (429 Cal)	21% DI	748 kJ (179 Cal)
Protein	16.3 g	33% DI	6.8 g
Fat, total -saturated	16.6 g 4.6 g	24% DI 19% DI	6.9 g 1.9 g
Carbohydrate -sugars	52.1 g 3.6 g	17% DI 4% DI	21.7 g 1.5 g
Dietary Fibre		% DI	
Sodium	1060 mg	46% DI	441 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Potato Pie (Mashed Potato (37%) (Water, Dehydrated Potato (Potato, Preservatives (450, 222 (Sulphites))), Thickeners (1422, 461, 415 (**Soy**)), **Milk** Solids, Butter (**Milk**), Salt, Pepper), Water, Beef (19%), **Wheat** Flour, Margarine (Vegetable Fats And Oils, Emulsifier (471), Antioxidant (307b (**Soy**)), Colour (160a)), Thickener (1422), Seasoning (**Wheat**, Colours (150d, 160c)), Onion, Textured **Soy** Protein (Colour (150a)), Tomato Paste, Pastry Mix (**Wheat**, Mineral Salts (500, 341), Emulsifier (481), Thickener (412)), Sugar, Colour (150c), Onion Powder, Processing Aid (**Wheat**)).

Contains Gluten, Wheat, Milk, Soy, Sulphites.

May Contain Egg, Sesame.

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Quiche Lorraine

SERVINGS PER PACKAGE: 1

SERVING SIZE: 180 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	2640 kJ (630 Cal)	30% DI	1270 kJ (304 Cal)
Protein	20.1 g	40% DI	9.7 g
Fat, total -saturated	42.1 g 23.5 g	60% DI 98% DI	20.3 g 11.3 g
Carbohydrate -sugars	41.9 g 4.4 g	14% DI 5% DI	20.2 g 2.1 g
Dietary Fibre	1.3 g	4% DI	0.6 g
Sodium	1070 mg	47% DI	519 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Quiche Shell (**Wheat** Flour, Water, Pro Ve Shortening (Vegetable Oil, Emulsifiers (471, **Soybean** Lecithin), Antioxidant (307b), Natural Colour (160a)), Margarine (Vegetable Fats And Oils, Water, Salt, Emulsifiers (**Soya** Lecithin 322, 435), **Milk** Solids, Antioxidants (306), Flavour, Colour (160b, 100)), Skim **Milk** Powder, Relaxing Agent (**Wheat** Flour, Flour Treatment Agent (920)), Dextrose, Salt, Basil, Black Pepper Fine, Acidity Regulator (E330), Methyl Cellulose (461)), **Milk**, **Egg** (14%), Cheese (11%) (Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non-animal Rennet)), Anti-caking Agent Blend (Anticaking Agent (460), Preservative (200))), Bacon Pieces (9%) (**Soy**) (Pork, Water, Starch (Potato), Salt, Mineral Salts (451, 452), Sugar (Dextrose), Food Acid (270), Antioxidant (316), Sodium Nitrite (250), Natural wood Smoke), Thickened Cream (8%) (Cream (**Milk**), Gelatin, Stabiliser (407a), Emulsifier (471)), Onion, Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Black Pepper.

Contains Gluten, Wheat, Egg, Milk, Soy.

May Contain Peanut, Tree Nuts, Sesame, Lupin.

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Quinoa & Linseed LOW FODMAP Loaf

SERVINGS PER PACKAGE: 9

SERVING SIZE: 80 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	1180 kJ (282 Cal)	14% DI	1480 kJ (353 Cal)
Protein	11.6 g	23% DI	14.4 g
Fat, total -saturated	8.3 g 0.7 g	12% DI 3% DI	10.3 g 0.9 g
Carbohydrate -sugars	36.4 g 1.5 g	12% DI 2% DI	45.5 g 1.9 g
Dietary Fibre	6.6 g	22% DI	8.2 g
Sodium	388 mg	17% DI	485 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Quinoa (16%) (Quinoa), Linseed (15%), Water, Wholemeal **Rye** Flour, **Wheat** Gluten (5%), Sunflower Seeds (2.5%), Compressed Yeast, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Canola Oil, Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk, Peanut, Tree Nuts.

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Quinoa & Linseed LOW FODMAP Roll

SERVINGS PER PACKAGE: 1

SERVING SIZE: 78 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	1190 kJ (283 Cal)	14% DI	1510 kJ (362 Cal)
Protein	11.5 g	23% DI	14.6 g
Fat, total -saturated	8.8 g 0.8 g	13% DI 3% DI	11.3 g 1.1 g
Carbohydrate -sugars	35.4 g 1.6 g	11% DI 2% DI	45.3 g 2.0 g
Dietary Fibre	6.5 g	22% DI	8.4 g
Sodium	363 mg	16% DI	464 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Quinoa (18%) (Quinoa), Linseed (14%), Water, Wholemeal **Rye** Flour, Sunflower Seeds (5%), **Wheat** Gluten (4.5%), Compressed Yeast, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Canola Oil, Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk, Peanut, Tree Nuts.

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Raspberry White Choc & custard Glen

SERVINGS PER PACKAGE: 5

SERVING SIZE: 80 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	1020 kJ (244 Cal)	12% DI	1280 kJ (305 Cal)
Protein	4.5 g	9% DI	5.6 g
Fat, total -saturated	5.6 g 3.4 g	8% DI 14% DI	7.0 g 4.3 g
Carbohydrate -sugars	42.9 g 21.8 g	14% DI 24% DI	53.6 g 27.2 g
Dietary Fibre	less than 1 g	3% DI	1.1 g
Sodium	139 mg	6% DI	174 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, White Chocolate (17%) (Sugar, **Milk** Solids, Vegetable Fat, Emulsifiers (322 **Soy**)), White Fondant (Sugar Syrups (Sucrose, Glucose (Wheat Derived))), Sugar, Instant Custard (5%) (Sugar, Thickener (1414), **Milk** Solids, Dextrose, Vegetable Fat (Palm Oil, Lactose, **Milk** Protein), Vegetable Gums (401, 407, 410, 415), Maize Starch, Salt, Natural Flavour, Colours (102, 110, 171), Preservative (202)), Canola Oil, Compressed Yeast, Raspberry Flavour (Water, Natural & Synthetic Flavourings, Thickener (415), Emulsifier (433), Colours (122, 110), Acidity Regulator (330), Preservatives (202, 211)), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)), Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), **Wheat** Gluten, Bunspice Flavour (Ethanol, Natural & Synthetic Flavourings, Propylene Glycol (1520), Water).

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg.

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Raspberry White Choc Hot Cross Bun

SERVINGS PER PACKAGE: 1

SERVING SIZE: 77 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	1050 kJ (250 Cal)	12% DI	1360 kJ (325 Cal)
Protein	5.0 g	10% DI	6.5 g
Fat, total -saturated	6.7 g 4.0 g	10% DI 17% DI	8.6 g 5.2 g
Carbohydrate -sugars	41.5 g 15.8 g	13% DI 18% DI	53.9 g 20.6 g
Dietary Fibre	1.0 g	3% DI	1.3 g
Sodium	152 mg	7% DI	197 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), White Chocolate (20%) (Sugar, **Milk** Solids, Vegetable Fat, Emulsifiers (322 **Soy**)), Water, Sugar, Easter Bun Crossing Mix (**Wheat** Starch, **Wheat** Flour, Vegetable Oils, Vegetable Emulsifier (471), Thickener (415) (**Soy**), Salt), Canola Oil, Compressed Yeast, Raspberry Flavour (Water, Natural & Synthetic Flavourings, Thickener (415), Emulsifier (433), Colours (122, 110), Acidity Regulator (330), Preservatives (202, 211)), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)), Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), **Wheat** Gluten, Bunspice Flavour (Ethanol, Natural & Synthetic Flavourings, Propylene Glycol (1520), Water).

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg.

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Red Onion Cobb

SERVINGS PER PACKAGE: 7

SERVING SIZE: 71 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	712 kJ (170 Cal)	8% DI	1000 kJ (240 Cal)
Protein	5.5 g	11% DI	7.8 g
Fat, total -saturated	1.8 g less than 0.1 g	3% DI 0% DI	2.6 g 0.1 g
Carbohydrate -sugars	31.7 g 1.1 g	10% DI 1% DI	44.7 g 1.5 g
Dietary Fibre	1.4 g	5% DI	2.0 g
Sodium	353 mg	15% DI	498 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Onion (5%), Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)), Black Pepper, Poppy Seeds.

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk.

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Round Roll - Multigrain

SERVINGS PER PACKAGE: 1

SERVING SIZE: 75 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	668 kJ (160 Cal)	8% DI	891 kJ (213 Cal)
Protein	6.0 g	12% DI	8.1 g
Fat, total -saturated	1.9 g less than 0.1 g	3% DI 0% DI	2.5 g 0.1 g
Carbohydrate -sugars	28.3 g 0.8 g	9% DI 1% DI	37.7 g 1.0 g
Dietary Fibre	1.7 g	6% DI	2.3 g
Sodium	381 mg	17% DI	508 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Grains Premix (10%) (Mixed Grains (Kibbled **Wheat**, Kibbled Rye, **Wheat** Flakes), Maize Semolina, Linseeds), Compressed Yeast, **Wheat** Gluten, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk.

Brumby's BAKERY

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Round Roll - White

SERVINGS PER PACKAGE: 1

SERVING SIZE: 72 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	746 kJ (178 Cal)	9% DI	1040 kJ (248 Cal)
Protein	5.8 g	12% DI	8.0 g
Fat, total -saturated	1.8 g less than 0.1 g	3% DI 0% DI	2.4 g less than 0.1 g
Carbohydrate -sugars	33.7 g 0.9 g	11% DI 1% DI	46.8 g 1.3 g
Dietary Fibre	1.3 g	4% DI	1.8 g
Sodium	379 mg	16% DI	527 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk.

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Round Roll - Wholemeal

SERVINGS PER PACKAGE: 1

SERVING SIZE: 75 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	725 kJ (173 Cal)	8% DI	967 kJ (231 Cal)
Protein	6.7 g	13% DI	8.9 g
Fat, total -saturated	2.1 g 0.1 g	3% DI 0% DI	2.8 g 0.2 g
Carbohydrate -sugars	29.4 g 1.0 g	9% DI 1% DI	39.2 g 1.3 g
Dietary Fibre	4.1 g	14% DI	5.5 g
Sodium	360 mg	16% DI	480 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Wholemeal Flour (61%) (Wholemeal **Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Compressed Yeast, **Wheat** Gluten, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk.

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Round Roll - Wholemeal Grain

SERVINGS PER PACKAGE: 1

SERVING SIZE: 75 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	650 kJ (155 Cal)	7% DI	871 kJ (208 Cal)
Protein	7.1 g	14% DI	9.5 g
Fat, total -saturated	2.0 g 0.1 g	3% DI 0% DI	2.7 g 0.1 g
Carbohydrate -sugars	25.0 g 0.8 g	8% DI 1% DI	33.5 g 1.1 g
Dietary Fibre	3.7 g	12% DI	5.0 g
Sodium	383 mg	17% DI	513 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Wholemeal Flour (39%) (Wholemeal **Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Grains Premix (13%) (Mixed Grains (Kibbled **Wheat**, Kibbled Rye, **Wheat** Flakes), Maize Semolina, Linseeds), **Wheat** Gluten, Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk.

Brumby's BAKERY

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Rye Sourdough Vienna

SERVINGS PER PACKAGE: 11

SERVING SIZE: 66 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	712 kJ (170 Cal)	8% DI	1080 kJ (258 Cal)
Protein	5.9 g	12% DI	9.0 g
Fat, total -saturated	1.0 g less than 0.1 g	1% DI 0% DI	1.5 g less than 0.1 g
Carbohydrate -sugars	33.3 g 0.8 g	11% DI 1% DI	50.6 g 1.2 g
Dietary Fibre	3.0 g	10% DI	4.5 g
Sodium	1 mg	0% DI	2 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Wholemeal **Rye** Flour, **Wheat** Gluten, Compressed Yeast.

Contains Gluten, Wheat.

May Contain Soy.

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Sandwich Loaf - White

SERVINGS PER PACKAGE: 11

SERVING SIZE: 63 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	652 kJ (156 Cal)	7% DI	1040 kJ (248 Cal)
Protein	5.1 g	10% DI	8.0 g
Fat, total -saturated	1.5 g 0.1 g	2% DI 0% DI	2.4 g 0.1 g
Carbohydrate -sugars	29.5 g 0.8 g	10% DI 1% DI	46.8 g 1.3 g
Dietary Fibre	1.1 g	4% DI	1.8 g
Sodium	332 mg	14% DI	527 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk.

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Sandwich Loaf - Wholemeal

SERVINGS PER PACKAGE: 11

SERVING SIZE: 63 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	609 kJ (146 Cal)	7% DI	967 kJ (231 Cal)
Protein	5.6 g	11% DI	8.9 g
Fat, total -saturated	1.8 g less than 0.1 g	3% DI 0% DI	2.8 g 0.2 g
Carbohydrate -sugars	24.7 g 0.8 g	8% DI 1% DI	39.2 g 1.3 g
Dietary Fibre	3.5 g	12% DI	5.5 g
Sodium	302 mg	13% DI	480 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Wholemeal Flour (Wholemeal **Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Compressed Yeast, **Wheat** Gluten, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk.

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Sandwich loaf - Wholemeal Grain

SERVINGS PER PACKAGE: 11

SERVING SIZE: 65 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	591 kJ (141 Cal)	7% DI	914 kJ (219 Cal)
Protein	6.3 g	13% DI	9.8 g
Fat, total -saturated	2.5 g 0.2 g	4% DI 1% DI	3.9 g 0.3 g
Carbohydrate -sugars	21.3 g 0.7 g	7% DI 1% DI	33.0 g 1.1 g
Dietary Fibre	3.4 g	11% DI	5.3 g
Sodium	323 mg	14% DI	500 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Wholemeal Flour (38%) (Wholemeal **Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Grains Premix (13%) (Mixed Grains (Kibbled **Wheat**, Kibbled Rye, **Wheat** Flakes), Maize Semolina, Linseeds), **Wheat** Gluten, Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Poppy Seeds, **Sesame** Seeds White, Sunflower Seeds, Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Soy, Sesame.

May Contain Egg, Milk.

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Scone - Plain

SERVINGS PER PACKAGE: 1

SERVING SIZE: 90 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	1030 kJ (245 Cal)	12% DI	1140 kJ (272 Cal)
Protein	6.6 g	13% DI	7.3 g
Fat, total -saturated	4.0 g 1.8 g	6% DI 8% DI	4.4 g 2.0 g
Carbohydrate -sugars	44.4 g 9.1 g	14% DI 10% DI	49.4 g 10.1 g
Dietary Fibre	less than 0.1 g	0% DI	less than 0.1 g
Sodium	864 mg	38% DI	960 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Scone Mix (**Wheat** Flour, Sugar, Vegetable Shortening (Vegetable Fat, Glucose Syrup Solids, **Milk** Protein, Emulsifiers (471, 481, 322 (**Soy**)), Stabilisers (339, 466), Antioxidant (307b (**Soy**)), **Milk** Solids, Raising Agents (450, 500), Salt, Thickener (415 (**Soy**))), Water.

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg.

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Scotch Loaf

SERVINGS PER PACKAGE: 7

SERVING SIZE: 68 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	713 kJ (170 Cal)	8% DI	1050 kJ (250 Cal)
Protein	5.5 g	11% DI	8.1 g
Fat, total -saturated	1.7 g 0.1 g	2% DI 0% DI	2.4 g 0.1 g
Carbohydrate -sugars	32.3 g 0.9 g	10% DI 1% DI	47.4 g 1.3 g
Dietary Fibre	1.2 g	4% DI	1.8 g
Sodium	352 mg	15% DI	517 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk.

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Scotch Roll

SERVINGS PER PACKAGE: 1

SERVING SIZE: 75 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	789 kJ (189 Cal)		1060 kJ (252 Cal)
Protein	6.1 g		8.2 g
Fat, total -saturated	1.8 g less than 0.1 g		2.4 g less than 0.1 g
Carbohydrate -sugars	35.8 g 1.0 g		47.9 g 1.3 g
Dietary Fibre	1.4 g		1.8 g
Sodium	379 mg		508 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk.

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Shell Roll

SERVINGS PER PACKAGE: 1

SERVING SIZE: 72 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	746 kJ (178 Cal)		1040 kJ (248 Cal)
Protein	5.8 g		8.0 g
Fat, total -saturated	1.8 g less than 0.1 g		2.4 g less than 0.1 g
Carbohydrate -sugars	33.7 g 0.9 g		46.8 g 1.3 g
Dietary Fibre	1.3 g		1.8 g
Sodium	379 mg		527 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk.

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Sourdough Farmhouse Loaf

SERVINGS PER PACKAGE: 11

SERVING SIZE: 63 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	574 kJ (137 Cal)	7% DI	912 kJ (218 Cal)
Protein	4.6 g	9% DI	7.3 g
Fat, total -saturated	0.7 g less than 0.1 g	1% DI 0% DI	1.1 g less than 0.1 g
Carbohydrate -sugars	27.2 g 0.8 g	9% DI 1% DI	43.2 g 1.3 g
Dietary Fibre	1.0 g	3% DI	1.7 g
Sodium	301 mg	13% DI	478 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Bread Improver (**Wheat** Flour, Iodised Salt, Dextrose, **Soy** Flour, Antioxidant (300), Enzymes (**Wheat**)), Compressed Yeast.

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk.

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Sourdough Round Roll

SERVINGS PER PACKAGE: 1

SERVING SIZE: 75 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	684 kJ (163 Cal)	8% DI	912 kJ (218 Cal)
Protein	5.5 g	11% DI	7.3 g
Fat, total -saturated	0.8 g less than 0.1 g	1% DI 0% DI	1.1 g less than 0.1 g
Carbohydrate -sugars	32.4 g 1.0 g	10% DI 1% DI	43.2 g 1.3 g
Dietary Fibre	1.2 g	4% DI	1.7 g
Sodium	359 mg	16% DI	478 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Bread Improver (**Wheat** Flour, Iodised Salt, Dextrose, **Soy** Flour, Antioxidant (300), Enzymes (**Wheat**)), Compressed Yeast.

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk.

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Southern Fried Chicken Baguette

SERVINGS PER PACKAGE: 1

SERVING SIZE: 404 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	3440 kJ (822 Cal)	40% DI	852 kJ (204 Cal)
Protein	30.5 g	61% DI	7.5 g
Fat, total -saturated	17.1 g 3.1 g	24% DI 13% DI	4.2 g less than 1 g
Carbohydrate -sugars	132 g 12.0 g	42% DI 13% DI	32.6 g 3.0 g
Dietary Fibre	5.8 g	19% DI	1.4 g
Sodium	2350 mg	102% DI	582 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Chicken Tenders (20%) (Chicken, Water, Flour (**Wheat**, Rice), Vegetable Oil, **Soy** Protein, Salt, Thickeners (1404, 1420, 464), Gluten (**Wheat**), Starch (**Wheat**), Fibre (**Wheat**, Potato), Mineral Salts (450, 451, 500, 508), Herbs And Spices (Cayenne Pepper, Celery Seeds), Dehydrated Vegetables (Garlic, Onion,Celery), Sugar, Yeast And Yeast Extracts, Emulsifier (322 From **Soy**), Maltodextrin, Hydrolysed Vegetable Protein, Natural Flavour, Acidity Regulator (270), Natural Colour (160c, 100)), Water, Cabbage, White Cabbage, Mayonnaise (Water, Sugar, Vegetable Oil (Contains Antioxidant (Butylated Hydroxyanisole)), Thickeners (Modified Cornstarch, Xanthan Gum (Contains **Soy**)), Glucose Syrup, Salt, Food Acids (Acetic, Citric), Mustard Powder, Preservative (Potassium Sorbate), Natural Colour (Annatto)), Sweet Chilli Sauce (Water, Sugar, Chilli, Salt, Garlic,Thickeners (1422 Or Corn Starch, 466 Or Xanthan Gum), Food Acid (Acetic) Or Vinegar), Compressed Yeast, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Canola Oil, Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)), Black Pepper.

Contains Gluten, Wheat, Soy.

May Contain Crustacean, Egg, Fish, Milk, Peanut, Tree Nuts, Sesame.

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Spinach & Feta Danish

SERVINGS PER PACKAGE: 1

SERVING SIZE: 122 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	2040 kJ (487 Cal)	23% DI	1680 kJ (401 Cal)
Protein	13.3 g	27% DI	10.9 g
Fat, total -saturated	32.4 g 21.2 g	46% DI 88% DI	26.7 g 17.4 g
Carbohydrate -sugars	35.0 g 4.4 g	11% DI 5% DI	28.8 g 3.6 g
Dietary Fibre	1.2 g	4% DI	less than 1 g
Sodium	524 mg	23% DI	431 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Danish Square (**Wheat** Flour, Unsalted Butter (**Milk**), Water, **Egg**, Sugar, Yeast, **Wheat** Gluten, Salt, Natural Colour (160a), Antioxidant (300), Calcium Carbonate (170), Enzymes (**Wheat**), Thickener (412)), Cheese (Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non-animal Rennet)), Anti-caking Agent Blend (Anticaking Agent (460), Preservative (200))), Feta Cheese (7%) (Pasteurised **Milk**, Starter Culture, Salt, Non Animal Rennet, Calcium Chloride), Spinach (7%).

Contains Gluten, Wheat, Egg, Milk.

May Contain Peanut, Soy, Almond, Hazelnut, Sesame, Pecan.

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Spinach & Fetta Quiche

SERVINGS PER PACKAGE: 1

SERVING SIZE: 203 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	2430 kJ (580 Cal)	28% DI	1200 kJ (286 Cal)
Protein	17.2 g	34% DI	8.5 g
Fat, total -saturated	38.4 g 22.3 g	55% DI 93% DI	19.0 g 11.0 g
Carbohydrate -sugars	40.9 g 4.2 g	13% DI 5% DI	20.2 g 2.1 g
Dietary Fibre	1.4 g	5% DI	0.7 g
Sodium	826 mg	36% DI	408 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Quiche Shell (**Wheat** Flour, Water, Pro Ve Shortening (Vegetable Oil, Emulsifiers (471, **Soybean** Lecithin), Antioxidant (307b), Natural Colour (160a)), Margarine (Vegetable Fats And Oils, Water, Salt, Emulsifiers (**Soya** Lecithin 322, 435), **Milk** Solids, Antioxidants (306), Flavour, Colour (160b, 100)), Skim **Milk** Powder, Relaxing Agent (**Wheat** Flour, Flour Treatment Agent (920)), Dextrose, Salt, Basil, Black Pepper Fine, Acidity Regulator (E330), Methyl Cellulose (461)), **Milk**, **Egg** (15%), Feta Cheese (11%) (Pasteurised **Milk**, Starter Culture, Salt, Non Animal Rennet, Calcium Chloride), Thickened Cream (Cream (**Milk**), Gelatin, Stabiliser (407a), Emulsifier (471)), Spinach (4.5%), Onion, Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Black Pepper.

Contains Gluten, Wheat, Egg, Milk, Soy.

May Contain Peanut, Tree Nuts, Sesame, Lupin.

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Spinach & Fetta Twist

SERVINGS PER PACKAGE: 4

SERVING SIZE: 69 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	718 kJ (172 Cal)	8% DI	1050 kJ (250 Cal)
Protein	6.9 g	14% DI	10.0 g
Fat, total -saturated	3.9 g 1.7 g	6% DI 7% DI	5.6 g 2.5 g
Carbohydrate -sugars	26.3 g 0.7 g	8% DI 1% DI	38.4 g 1.1 g
Dietary Fibre	1.1 g	4% DI	1.6 g
Sodium	412 mg	18% DI	601 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Feta Cheese (11%) (Pasteurised **Milk**, Starter Culture, Salt, Non Animal Rennet, Calcium Chloride), Spinach (5%), Cheese (Contains Anticaking Agent (460), Preservative (200), **Milk**), Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg.

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Superemo Mighty Mini Pizza

SERVINGS PER PACKAGE: 1

SERVING SIZE: 213 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	1630 kJ (390 Cal)	19% DI	765 kJ (183 Cal)
Protein	20.1 g	40% DI	9.4 g
Fat, total -saturated	13.1 g 5.6 g	19% DI 23% DI	6.2 g 2.6 g
Carbohydrate -sugars	45.0 g 1.3 g	15% DI 1% DI	21.1 g less than 1 g
Dietary Fibre	3.8 g	13% DI	1.8 g
Sodium	1370 mg	60% DI	643 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Ham (19%) (Pork, Water, Starch (Potato), Salt, Mineral Salts (451, 452), Sugar, Food Acid (270), Antioxidant (316), Sodium Nitrite (250)), Mushroom (19%), Black Olives (7%) (Olives, Water, Salt, Stabiliser (579)), Cheese (7%) (Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non-animal Rennet)), Anti-caking Agent Blend (Anticaking Agent (460), Preservative (200))), Tomato Paste (Tomato), Water, Cheese (4.5%) (Contains Anticaking Agent (460), Preservative (200), **Milk**), Parsley, Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg.

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Swiss Seed Roll

SERVINGS PER PACKAGE: 1

SERVING SIZE: 106 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	1220 kJ (293 Cal)	14% DI	1150 kJ (276 Cal)
Protein	12.0 g	24% DI	11.3 g
Fat, total -saturated	11.1 g 1.2 g	16% DI 5% DI	10.4 g 1.2 g
Carbohydrate -sugars	32.0 g 1.2 g	10% DI 1% DI	30.1 g 1.1 g
Dietary Fibre	7.9 g	26% DI	7.4 g
Sodium	391 mg	17% DI	368 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Wholemeal Flour (Wholemeal **Wheat** Flour, Vitamins (Thiamin, Folate)), Water, **Sesame** Seeds White (10%), Linseed (6%), Grains Premix (4%) (Mixed Grains (Kibbled **Wheat**, Kibbled Rye, **Wheat** Flakes), Maize Semolina, Linseeds), **Wheat** Gluten, Poppy Seeds (3%), Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Soy, Sesame.

May Contain Egg, Milk.

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Tiger Cubs

SERVINGS PER PACKAGE: 1

SERVING SIZE: 86 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	854 kJ (204 Cal)	10% DI	999 kJ (239 Cal)
Protein	6.3 g	13% DI	7.4 g
Fat, total -saturated	1.8 g less than 0.1 g	3% DI 0% DI	2.1 g less than 0.1 g
Carbohydrate -sugars	39.4 g 1.3 g	13% DI 1% DI	46.0 g 1.5 g
Dietary Fibre	1.3 g	4% DI	1.5 g
Sodium	392 mg	17% DI	458 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Tiger Mix (Rice Flour, Dextrose, **Wheat** Flour, Salt), Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk.

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Tiger Loaf

SERVINGS PER PACKAGE: 7

SERVING SIZE: 75 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	754 kJ (180 Cal)	9% DI	1010 kJ (242 Cal)
Protein	5.7 g	11% DI	7.6 g
Fat, total -saturated	1.6 g 0.1 g	2% DI 0% DI	2.2 g 0.1 g
Carbohydrate -sugars	34.5 g 1.1 g	11% DI 1% DI	46.3 g 1.4 g
Dietary Fibre	1.2 g	4% DI	1.6 g
Sodium	359 mg	16% DI	482 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Tiger Mix (Rice Flour, Dextrose, **Wheat** Flour, Salt), Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk.

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Traditional HXB Cross Bun

SERVINGS PER PACKAGE: 1

SERVING SIZE: 77 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	923 kJ (221 Cal)	11% DI	1200 kJ (286 Cal)
Protein	4.9 g	10% DI	6.3 g
Fat, total -saturated	3.0 g 0.3 g	4% DI 1% DI	3.9 g 0.4 g
Carbohydrate -sugars	42.1 g 14.9 g	14% DI 17% DI	54.7 g 19.3 g
Dietary Fibre	1.5 g	5% DI	1.9 g
Sodium	146 mg	6% DI	190 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Sultanas (10%) (Sultanas, Vegetable Oil), Currants (8%) (Currants, Vegetable Oils), Sugar, Easter Bun Crossing Mix (**Wheat** Starch, **Wheat** Flour, Vegetable Oils, Vegetable Emulsifier (471), Thickener (415) (**Soy**), Salt), Canola Oil, Compressed Yeast, Mixed Spices (Cassia, Nutmeg, Ginger, Cloves, Pepper, Cinnamon, Cardamom), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)), Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Mixed Spice (Coriander, Cinnamon, Cassia, Ginger (Sulphites), Cloves), Bunspice Flavour (Ethanol, Natural & Synthetic Flavourings, Propylene Glycol (1520), Water), Raspberry Flavour (Water, Natural & Synthetic Flavourings, Thickener (415), Emulsifier (433), Colours (122, 110), Acidity Regulator (330), Preservatives (202, 211)).

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk.

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Traditional Mini HXB Cross Bun

SERVINGS PER PACKAGE: 1

SERVING SIZE: 38 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	456 kJ (109 Cal)	5% DI	1200 kJ (286 Cal)
Protein	2.4 g	5% DI	6.3 g
Fat, total -saturated	1.5 g 0.1 g	2% DI 1% DI	3.9 g 0.4 g
Carbohydrate -sugars	20.8 g 7.4 g	7% DI 8% DI	54.7 g 19.3 g
Dietary Fibre	0.7 g	2% DI	1.9 g
Sodium	72 mg	3% DI	190 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Sultanas (10%) (Sultanas, Vegetable Oil), Currants (8%) (Currants, Vegetable Oils), Sugar, Easter Bun Crossing Mix (**Wheat** Starch, **Wheat** Flour, Vegetable Oils, Vegetable Emulsifier (471), Thickener (415) (**Soy**), Salt), Canola Oil, Compressed Yeast, Mixed Spices (Cassia, Nutmeg, Ginger, Cloves, Pepper, Cinnamon, Cardamom), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)), Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Mixed Spice (Coriander, Cinnamon, Cassia, Ginger (Sulphites), Cloves), Bunspice Flavour (Ethanol, Natural & Synthetic Flavourings, Propylene Glycol (1520), Water), Raspberry Flavour (Water, Natural & Synthetic Flavourings, Thickener (415), Emulsifier (433), Colours (122, 110), Acidity Regulator (330), Preservatives (202, 211)).

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk.

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Traditional Shortbread

SERVINGS PER PACKAGE: 1

SERVING SIZE: 49 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	1050 kJ (252 Cal)	12% DI	2170 kJ (518 Cal)
Protein	3.0 g	6% DI	6.2 g
Fat, total -saturated	13.9 g 8.7 g	20% DI 36% DI	28.7 g 17.9 g
Carbohydrate -sugars	28.3 g 12.5 g	9% DI 14% DI	58.3 g 25.7 g
Dietary Fibre	0.6 g	2% DI	1.2 g
Sodium	97 mg	4% DI	199 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Unsalted Butter (Cream (**Milk**)), Sugar, **Egg**, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate).

Contains Gluten, Wheat, Egg, Milk.

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Turkish salad Roll

SERVINGS PER PACKAGE: 1

SERVING SIZE: 267 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	2060 kJ (491 Cal)	24% DI	770 kJ (184 Cal)
Protein	16.6 g	33% DI	6.2 g
Fat, total -saturated	18.3 g 3.0 g	26% DI 13% DI	6.9 g 1.1 g
Carbohydrate -sugars	66.1 g 3.9 g	21% DI 4% DI	24.7 g 1.5 g
Dietary Fibre	9.6 g	32% DI	3.6 g
Sodium	1910 mg	83% DI	715 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Hommus (Cooked Chickpeas (Chickpeas, Water), Tahini (**Sesame** Paste), Canola Oil, Vinegar, Salt, Food Acid (330), Garlic, Preservatives (202, 211), Vegetable Gum (415)), Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Tomato, Water, Lettuce, Cheese (Contains Anticaking Agent (460), Preservative (200), **Milk**), Bread Improver (**Wheat** Flour, Iodised Salt, Dextrose, **Soy** Flour, Antioxidant (300), Enzymes (**Wheat**)), Onion, Basil Pesto (Basil Puree (Fresh Basil, Vegetable Oil, Salt, Acetic Acid, Citric Acid, Calcium Lactate, Potassium Sorbate, Ascorbic Acid), Canola Oil, **Cashews**, Parmesan Cheese (Pasteurised **Milk**, Tapioca Starch, Whey Powder, Salt, Starter Cultures, Enzymes (Contains **Egg**), Preservative (E200)), Sugar, Garlic, Salt, Citric Acid, Preservative (E202, E211)), Compressed Yeast, Black Pepper, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Garlic, Olive Oil.

Contains Gluten, Wheat, Egg, Milk, Soy, Cashew, Sesame.

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Turmeric & Lentil Sourdough

SERVINGS PER PACKAGE: 18

SERVING SIZE: 124 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	1150 kJ (274 Cal)	13% DI	928 kJ (222 Cal)
Protein	9.4 g	19% DI	7.6 g
Fat, total -saturated	1.8 g less than 0.1 g	3% DI 0% DI	1.5 g less than 0.1 g
Carbohydrate -sugars	52.9 g 1.4 g	17% DI 2% DI	42.8 g 1.2 g
Dietary Fibre	2.4 g	8% DI	2.0 g
Sodium	497 mg	22% DI	402 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Lentils (10%) (Rehydrated Dried Lentils, Water, Salt, Antioxidants (Ascorbic Acid)), Wholemeal **Rye** Flour, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Black Cumin Seed (Black Cumin Seed), Tumeric (0.5%), Compressed Yeast, Salt (Salt, Anti-caking Agent (554)).

Contains Gluten, Wheat.

May Contain Soy.

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Vanilla Slice

SERVINGS PER PACKAGE: 1

SERVING SIZE: 113 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	1490 kJ (355 Cal)	17% DI	1310 kJ (313 Cal)
Protein	3.6 g	7% DI	3.2 g
Fat, total -saturated	15.8 g 9.2 g	23% DI 38% DI	13.9 g 8.1 g
Carbohydrate -sugars	48.3 g 30.0 g	16% DI 33% DI	42.6 g 26.5 g
Dietary Fibre	0.8 g	3% DI	0.7 g
Sodium	206 mg	9% DI	182 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Puff Pastry (**Wheat** Flour, Water, Vegetable Margarine (Vegetable Fats & Oil, Water, Salt, Emulsifiers (471,475, 322 **Soy**), Acidity Regulators (331, 330)), Sugar, Salt), White Fondant (Sugar Syrups (Sucrose, Glucose (Wheat Derived))), Thickened Cream (18%) (Cream (**Milk**), Gelatin, Stabiliser (407a), Emulsifier (471)), Instant Custard (15%) (Sugar, Thickener (1414), **Milk** Solids, Dextrose, Vegetable Fat (Palm Oil, Lactose, **Milk** Protein), Vegetable Gums (401, 407, 410, 415), Maize Starch, Salt, Natural Flavour, Colours (102, 110, 171), Preservative (202)), Water.

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg.

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Vienna Loaf

SERVINGS PER PACKAGE: 7

SERVING SIZE: 67 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	692 kJ (165 Cal)	8% DI	1040 kJ (248 Cal)
Protein	5.4 g	11% DI	8.0 g
Fat, total -saturated	1.6 g 0.1 g	2% DI 0% DI	2.4 g 0.1 g
Carbohydrate -sugars	31.3 g 0.9 g	10% DI 1% DI	46.8 g 1.3 g
Dietary Fibre	1.2 g	4% DI	1.8 g
Sodium	352 mg	15% DI	527 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk.

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White French Loaf

SERVINGS PER PACKAGE: 7

SERVING SIZE: 67 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	692 kJ (165 Cal)	8% DI	1040 kJ (248 Cal)
Protein	5.4 g	11% DI	8.0 g
Fat, total -saturated	1.6 g 0.1 g	2% DI 0% DI	2.4 g 0.1 g
Carbohydrate -sugars	31.3 g 0.9 g	10% DI 1% DI	46.8 g 1.3 g
Dietary Fibre	1.2 g	4% DI	1.8 g
Sodium	352 mg	15% DI	527 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Compressed Yeast, Canola Oil, Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)).

Contains Gluten, Wheat, Soy.

May Contain Egg, Milk.

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Wildberry & Custard Glen

SERVINGS PER PACKAGE: 5

SERVING SIZE: 78 g

	Average QTY per Serving	% Daily Intake (Per serving)[1]	Average QTY Per 100g
Energy	778 kJ (186 Cal)	9% DI	1000 kJ (239 Cal)
Protein	4.4 g	9% DI	5.6 g
Fat, total -saturated	2.5 g 0.2 g	4% DI 1% DI	3.2 g 0.3 g
Carbohydrate -sugars	35.3 g 11.0 g	11% DI 12% DI	45.3 g 14.2 g
Dietary Fibre	1.0 g	3% DI	1.2 g
Sodium	146 mg	6% DI	188 mg

[1]Percentage Daily Intakes are based on an average adult diet of 8700kJ.

INGREDIENTS: Bakers Flour (**Wheat** Flour, Vitamins (Thiamin, Folate)), Water, Wildberry Filling (15%) (Fruit (Blackberry, Apple, Boysenberry, Blackcurrant, Raspberry (Reconstituted), Water, Sugar, Thickener (1442), Acidity Regulator (330), Preservative (202), Antioxidant (300), Mineral Salt (509)), Sugar, Instant Custard (4.5%) (Sugar, Thickener (1414), **Milk** Solids, Dextrose, Vegetable Fat (Palm Oil, Lactose, **Milk** Protein), Vegetable Gums (401, 407, 410, 415), Maize Starch, Salt, Natural Flavour, Colours (102, 110, 171), Preservative (202)), Compressed Yeast, White Fondant (Sugar Syrups (Sucrose, Glucose (Wheat Derived))), Canola Oil, Bread Improver (**Wheat** Flour (Vitamins (Thiamin, Folate)), **Soy** Flour, Calcium Sulphate (516), Ascorbic Acid (300), Enzymes (**Wheat**), Raising Agents (920)), Iodised Salt (Naturally Evaporated Sea Salt, Potassium Iodate), Bunspice Flavour (Ethanol, Natural & Synthetic Flavourings, Propylene Glycol (1520), Water).

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg.

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