




NUTRITION & ALLERGEN INFORMATION

Our stores strive to achieve the highest quality in cleanliness and food safety. However, we cannot guarantee our products 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.


donutking..

Buddy Chocolate		
Nutritional Information		
Servings per package: 1		
Serving Size: 79 g		
	Average Quantity per Serving	Average Quantity Per 100g
Energy	1330 kJ (317 Cal)	1680 kJ (401 Cal)
Protein	3.0 g	3.8 g
Fat, total	15.4 g	19.5 g
-saturated	7.5 g	9.5 g
Carbohydrate	41.1 g	52.0 g
-sugars	24.2 g	30.7 g
Sodium	166 mg	210 mg

Ingredients: Donut (**Wheat** Flour, Vegetable Fats & Oils (Palm, **Soybean**, Canola, Coconut), Water, Dextrose, Yeast, Salt, Emulsifiers (471, 481, 472e), Soyabean Flour, Raising Agents (500, 541), **Wheat** Gluten, **Milk** Solids), Chocolate Fondant (Sugar Syrups (Sucrose, Glucose), Flavouring (Colours (161b, 120))), Smarties (Sugar, **Milk** Solids, Cocoa Butter, Cocoa Mass, **Wheat** Flour, Vegetable Fat (Emulsifier (**Soy** Lecithin))), Rice Starch, Emulsifiers (**Soy** Lecithin, 476), Colours (Carmine, Beta Carotene, Anthocyanin, Copper Chlorophyllin, Turmeric), Glazing Agents (903, 901), Spirulina Powder, Flavour), Sprinkles (Sugar, Tapioca Starch, Colours (133, 102, 124, 132, 123, 110, 122), Glazing Agent (903)), Sprinkles (Sugar, Vegetable Fat (Emulsifiers (322 **Soy** Lecithin))), Glucose (From Wheat), Colours (124, 123, 133)).

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg, Almond, Cashew, Hazelnut, Macadamia, Pistachio.

Buddy Strawberry		
Nutritional Information		
Servings per package: 1		
Serving Size: 79 g		
	Average Quantity per Serving	Average Quantity Per 100g
Energy	1330 kJ (317 Cal)	1680 kJ (401 Cal)
Protein	3.0 g	3.8 g
Fat, total	15.4 g	19.5 g
-saturated	7.5 g	9.5 g
Carbohydrate	41.2 g	52.1 g
-sugars	24.4 g	30.9 g
Sodium	163 mg	206 mg

Ingredients: Donut (**Wheat** Flour, Vegetable Fats & Oils (Palm, **Soybean**, Canola, Coconut), Water, Dextrose, Yeast, Salt, Emulsifiers (471, 481, 472e), Soyabean Flour, Raising Agents (500, 541), **Wheat** Gluten, **Milk** Solids), Strawberry Fondant (Sugar Syrups (Sucrose, Glucose (Wheat Derived)), Flavouring (Colour (120))), Smarties (Sugar, **Milk** Solids, Cocoa Butter, Cocoa Mass, **Wheat** Flour, Vegetable Fat (Emulsifier (**Soy** Lecithin)), Rice Starch, Emulsifiers (**Soy** Lecithin, 476), Colours (Carmine, Beta Carotene, Anthocyanin, Copper Chlorophyllin, Turmeric), Glazing Agents (903, 901), Spirulina Powder, Flavour), Sprinkles (Sugar, Tapioca Starch, Colours (133, 102, 124, 132, 123, 110, 122), Glazing Agent (903)), Sprinkles (**Barley**, **Oats**, **Rye**) (Sugar, Vegetable Fat (Emulsifiers (322 - **Soy** Lecithin)), Glucose From **Wheat**), Colours (133, 122)).

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg, Peanut, Tree Nuts, Almond, Cashew, Hazelnut, Macadamia, Pistachio.

Cappuccino - Lge

Nutritional Information
 Servings per package: 1
 Serving Size: 370 mL



	Average Quantity per Serving	Average Quantity Per 100mL
Energy	802 kJ (192 Cal)	217 kJ (52 Cal)
Protein	10.3 g	2.8 g
Fat, total	10.2 g	2.8 g
-saturated	6.6 g	1.8 g
Carbohydrate	14.5 g	3.9 g
-sugars	14.5 g	3.9 g
Sodium	121 mg	33 mg

Ingredients: **Milk**, Water, Coffee, Chocolate Powder (Sugar, Cocoa, Maltodextrin, Tapioca Starch, Salt).

Contains Milk.

May Contain Soy.

Cappuccino - Reg

Nutritional Information
 Servings per package: 1
 Serving Size: 280 mL



	Average Quantity per Serving	Average Quantity Per 100mL
Energy	596 kJ (142 Cal)	213 kJ (51 Cal)
Protein	7.6 g	2.7 g
Fat, total	7.6 g	2.7 g
-saturated	4.9 g	1.8 g
Carbohydrate	10.8 g	3.9 g
-sugars	10.8 g	3.9 g
Sodium	90 mg	32 mg

Ingredients: **Milk**, Water, Coffee, Chocolate Powder (Sugar, Cocoa, Maltodextrin, Tapioca Starch, Salt).

Contains Milk.

May Contain Soy.

Cappuccino - Sml

Nutritional Information
Servings per package: 1
Serving Size: 230 mL



	Average Quantity per Serving	Average Quantity Per 100mL
Energy	518 kJ (124 Cal)	225 kJ (54 Cal)
Protein	6.6 g	2.9 g
Fat, total	6.6 g	2.9 g
-saturated	4.3 g	1.9 g
Carbohydrate	9.4 g	4.1 g
-sugars	9.4 g	4.1 g
Sodium	78 mg	34 mg

Ingredients: **Milk**, Water, Coffee, Chocolate Powder (Sugar, Cocoa, Maltodextrin, Tapioca Starch, Salt).

Contains Milk.

May Contain Soy.

Chai Latte - Lge


Nutritional Information
 Servings per package: 1
 Serving Size: 421 mL



	Average Quantity per Serving	Average Quantity Per 100mL
Energy	2010 kJ (481 Cal)	478 kJ (114 Cal)
Protein	13.1 g	3.1 g
Fat, total	17.2 g	4.1 g
-saturated	12.7 g	3.0 g
Carbohydrate	67.3 g	16.0 g
-sugars	59.8 g	14.2 g
Sodium	301 mg	72 mg


Ingredients: **Milk**, Spiced Chai Powder (Sugar, Glucose Syrup Solids, Fully Hydrogenated Vegetable Oil, **Milk** Solids, Tea Powder, Flavours, Salt, Stabiliser (340ii), Emulsifiers (471, 322 **Soy**), Anticaking Agent (551), Spice), Sugar, Cinnamon.

Contains Milk, Soy.

Chai Latte - Reg		
Nutritional Information		
Servings per package: 1		
Serving Size: 318 mL		
	Average Quantity per Serving	Average Quantity Per 100mL
Energy	1440 kJ (344 Cal)	452 kJ (108 Cal)
Protein	10.0 g	3.1 g
Fat, total	12.7 g	4.0 g
-saturated	9.3 g	2.9 g
Carbohydrate	46.6 g	14.7 g
-sugars	41.6 g	13.1 g
Sodium	216 mg	68 mg

Ingredients: **Milk**, Spiced Chai Powder (Sugar, Glucose Syrup Solids, Fully Hydrogenated Vegetable Oil, **Milk** Solids, Tea Powder, Flavours, Salt, Stabiliser (340ii), Emulsifiers (471, 322 **Soy**), Anticaking Agent (551), Spice), Sugar, Cinnamon.

Contains Milk, Soy.

Chai Latte - Sml		
Nutritional Information		
Servings per package: 1		
Serving Size: 257 mL		
	Average Quantity per Serving	Average Quantity Per 100mL
Energy	972 kJ (232 Cal)	378 kJ (90 Cal)
Protein	8.2 g	3.2 g
Fat, total	9.6 g	3.7 g
-saturated	6.7 g	2.6 g
Carbohydrate	27.9 g	10.8 g
-sugars	25.4 g	9.9 g
Sodium	146 mg	57 mg

Ingredients: **Milk**, Spiced Chai Powder (Sugar, Glucose Syrup Solids, Fully Hydrogenated Vegetable Oil, **Milk** Solids, Tea Powder, Flavours, Salt, Stabiliser (340ii), Emulsifiers (471, 322 **Soy**), Anticaking Agent (551), Spice), Sugar, Cinnamon.

Contains Milk, Soy.

Choc Honeycomb Mixer

Nutritional Information
 Servings per package: 1
 Serving Size: 175 g




	Average Quantity per Serving	Average Quantity Per 100g
Energy	1190 kJ (286 Cal)	683 kJ (163 Cal)
Protein	4.1 g	2.4 g
Fat, total	4.8 g	2.8 g
-saturated	3.7 g	2.1 g
Carbohydrate	55.4 g	31.7 g
-sugars	47.8 g	27.3 g
Sodium	234 mg	134 mg

Ingredients: Water, Vanilla Soft Serve Powder (Sugar, **Milk** Solids, Maltodextrin, Glucose Syrup Solids, Vegetable Fat, Stabilisers (466, 460, 412, 407, 340, 452i), Flavours, Emulsifiers (471, 472e, 322 **Soy**), Salt, Anti-caking Agent (551), Colour (102)), Crunchie (Sugar, Glucose Syrup, **Milk** Solids, Cocoa Butter, Cocoa Mass, Raising Agent (500), Emulsifiers (**Soy** Lecithin, 476), Hydrolysed **Milk** Protein, Flavours), Salted Caramel Topping (Sugar, Water, Glucose Syrup, **Milk** Solids, Vegetable Fat (Emulsifier (322)), Salt, Thickeners (1442, 401), Emulsifiers (471), Acidity Regulators (500, 339), Preservative (202)).

Contains Milk, Soy.


May Contain Gluten, Wheat, Peanut, Tree Nuts.

Choc Jam Ball		
Nutritional Information		
Servings per package: 1		
Serving Size: 100 g		
	Average Quantity per Serving	Average Quantity Per 100g
Energy	1640 kJ (393 Cal)	1640 kJ (393 Cal)
Protein	3.8 g	3.8 g
Fat, total	17.5 g	17.5 g
-saturated	8.5 g	8.5 g
Carbohydrate	54.1 g	54.1 g
-sugars	34.4 g	34.4 g
Sodium	210 mg	210 mg

Ingredients: Jam Ball Donuts (**Wheat** Flour, Raspberry Flavoured Filling (Sugar, Water, Apple Paste, Vegetable Gums (440, 415), Food Acid (330), Flavour, Preservatives (211, 223 (Sulphites)), Colours (124, 122), Vegetable Fats & Oils (Palm, **Soybean**, Canola, Coconut), Water, Dextrose, Yeast, Salt, Emulsifiers (471, 481, 472e), Soyabean Flour, Raising Agents (500, 541), **Wheat** Gluten, **Milk** Solids, Enzyme (**Wheat**)), Chocolate Fondant (Sugar Syrups (Sucrose, Glucose), Flavouring (Colours (161b, 120))), Raspberry Flavour Filling (Sugar, Water, Apple Paste, Vegetable Gums (440, 415), Food Acid (330), Flavour, Preservatives (211, 223), Colours (124, 122))).


Contains Gluten, Wheat, Milk, Soy.

May Contain Egg, Tree Nuts.

Chocolate Sundae		
Nutritional Information		
Servings per package: 1		
Serving Size: 203 g		
	Average Quantity per Serving	Average Quantity Per 100g
Energy	1260 kJ (300 Cal)	619 kJ (148 Cal)
Protein	3.8 g	1.9 g
Fat, total	1.9 g	1.0 g
-saturated	1.6 g	0.8 g
Carbohydrate	65.1 g	32.1 g
-sugars	58.3 g	28.7 g
Sodium	152 mg	75 mg


Ingredients: Water, Chocolate Syrup (Water, Sugar, Maize Thickener (1442), Cocoa Powder, Chocolate Flavour, Food Acid (330), Salt, Vegetable Gum (415 (**Soy**)), Preservatives (202, 223), Colours (155, 102, 122, 133)), Vanilla Soft Serve Powder (Sugar, **Milk** Solids, Maltodextrin, Glucose Syrup Solids, Vegetable Fat, Stabilisers (466, 460, 412, 407, 340, 452i), Flavours, Emulsifiers (471, 472e, 322 **Soy**), Salt, Anti-caking Agent (551), Colour (102)).

Contains Milk, Soy.

Cinnamon Donut		
Nutritional Information		
Servings per package: 1		
Serving Size: 45.5 g		
	Average Quantity per Serving	Average Quantity Per 100g
Energy	555 kJ (133 Cal)	1220 kJ (292 Cal)
Protein	2.3 g	5.1 g
Fat, total	3.6 g	8.0 g
-saturated	1.4 g	3.1 g
Carbohydrate	22.0 g	48.3 g
-sugars	8.9 g	19.6 g
Sodium	257 mg	566 mg

Ingredients: Donut Mix (**Wheat** Flour (Vitamins (Thiamin, Folate)), Sugar, Vegetable Oil (**Soybean** Oil (Antioxidant 307)), **Soybean** Flour, Raising Agents (450, 500), **Milk** Solids, **Egg** Yolk Powder, Salt, **Wheat** Starch, Emulsifiers (471, 322 (**Soy**), Dextrose (Maize), Spice, Thickener (415 (**Soy**)), Flavour), Water, Vegetable Oil, Sugar, Cinnamon.


Contains Gluten, Wheat, Egg, Milk, Soy.

Cinnamon Scroll		
Nutritional Information		
Servings per package: 1		
Serving Size: 96 g		
	Average Quantity per Serving	Average Quantity Per 100g
Energy	1620 kJ (388 Cal)	1690 kJ (404 Cal)
Protein	6.2 g	6.4 g
Fat, total	19.0 g	19.8 g
-saturated	8.6 g	9.0 g
Carbohydrate	46.6 g	48.5 g
-sugars	13.9 g	14.4 g
Sodium	331 mg	345 mg

Ingredients: Cinnamon Donut Scroll (**Wheat** Flour, Vegetable Frying Oil (Palm), Water, Vegetable Fats & Oils (**Soybean**, Palm, Canola, Coconut), Dextrose, Cinnamon, Yeast, Salt, Emulsifiers (471, 481, 472e), **Soybean** Flour, Raising Agents (500, 541), **Wheat** Gluten, **Milk** Solids, Processing Aid (**Wheat**)), Vanilla Glaze (Sugar Syrups (Sucrose, Glucose (Wheat Derived)), Sugar, Flavour, Acidity Regulator (332, 330, 339), Mineral Salt (516), Thickeners (406, 410), Preservative (200)).

Contains Gluten, Wheat, Milk, Soy.


May Contain Egg, Almond, Hazelnut, Pistachio.

Crocodile Donut		
Nutritional Information		
Servings per package: 1		
Serving Size: 88 g		
	Average Quantity per Serving	Average Quantity Per 100g
Energy	1450 kJ (346 Cal)	1650 kJ (393 Cal)
Protein	3.7 g	4.3 g
Fat, total	16.7 g	19.0 g
-saturated	8.2 g	9.3 g
Carbohydrate	44.3 g	50.3 g
-sugars	21.2 g	24.1 g
Sodium	217 mg	246 mg

Ingredients: Donut (**Wheat** Flour, Vegetable Frying Oil (Palm), Water, Vegetable Fats & Oils (**Soybean**, Palm, Canola, Coconut), Dextrose, Yeast, Salt, Emulsifiers (471, 481, 472e), **Soybean** Flour, Raising Agents (500, 541), **Wheat** Gluten, **Milk** Solids, Processing Aid (**Wheat**)), Colouring (Water, Glycerin (E422), Colours (E102, E133), Xanthan Gum (E415), Citric Acid (E330), Potassium Sorbate (E202)), Vanilla Fondant (Sugar Syrups (Sucrose, Glucose (Wheat Derived)), Flavouring), Confectionary (Glucose Syrup (**Wheat**), Sugar, Starch (**Wheat**), Water, Invert Syrup, Sodium Citrate (331), Citric Acid (330), Gelatine, Glycerine, Flavours, Colour (124)), Smarties (Sugar, **Milk** Solids, Cocoa Butter, Cocoa Mass, **Wheat** Flour, Vegetable Fat (Emulsifier (**Soy** Lecithin))), Rice Starch, Emulsifiers (**Soy** Lecithin, 476), Colours (Carmine, Beta Carotene, Anthocyanin, Copper Chlorophyllin, Turmeric), Glazing Agents (903, 901), Spirulina Powder, Flavour), **Milk** Chocolate Flake (Full Cream **Milk**, Sugar, Cocoa Butter, Cocoa Mass, **Milk** Solids, Emulsifiers (**Soy** Lecithin, 476), Flavours), Sprinkles (Sugar, Vegetable Fat (Emulsifier (322 **Soy**), Glucose (From Wheat), Colours (124, 102, 110, 133, 123, 122))).

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg, Peanut, Tree Nuts, Almond, Cashew, Hazelnut, Macadamia, Pistachio.

Custard Ball - Caramel		
Nutritional Information		
Servings per package: 1		
Serving Size: 109 g		
	Average Quantity per Serving	Average Quantity Per 100g
Energy	1600 kJ (383 Cal)	1470 kJ (351 Cal)
Protein	4.2 g	3.8 g
Fat, total	18.1 g	16.6 g
-saturated	9.0 g	8.3 g
Carbohydrate	50.0 g	45.8 g
-sugars	25.7 g	23.6 g
Sodium	264 mg	242 mg

Ingredients: Custard Ball Donuts (**Wheat** Flour, Custard Flavoured Filling (Water, Sugar, Thickener (1442), Vegetable Fat, Salt, Emulsifiers (471, 433), Acidity Regulator (270), Preservative (202), Colours (171, 102, 110), Flavour), Vegetable Frying Oil (Palm), Water, Vegetable Fats & Oils (**Soybean**, Palm, Canola, Coconut), Dextrose, Yeast, Salt, Emulsifiers (471, 481, 472e), **Soybean** Flour, Raising Agents (500, 541), **Wheat** Gluten, **Milk** Solids, Enzymes (**Wheat**)), Caramel Fondant (Sugar Syrups (Sucrose, Glucose), Flavouring (Colours (150c, 160a, 120))), Vanilla Fondant (Sugar Syrups (Sucrose, Glucose (Wheat Derived)), Flavouring).

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg, Tree Nuts.

Custard Ball - Chocolate

Nutritional Information
 Servings per package: 1
 Serving Size: 109 g




	Average Quantity per Serving	Average Quantity Per 100g
Energy	1600 kJ (383 Cal)	1470 kJ (351 Cal)
Protein	4.2 g	3.9 g
Fat, total	18.1 g	16.6 g
-saturated	9.0 g	8.3 g
Carbohydrate	49.9 g	45.8 g
-sugars	25.6 g	23.5 g
Sodium	267 mg	245 mg

Ingredients: Custard Ball Donuts (**Wheat** Flour, Custard Flavoured Filling (Water, Sugar, Thickener (1442), Vegetable Fat, Salt, Emulsifiers (471, 433), Acidity Regulator (270), Preservative (202), Colours (171, 102, 110), Flavour), Vegetable Frying Oil (Palm), Water, Vegetable Fats & Oils (**Soybean**, Palm, Canola, Coconut), Dextrose, Yeast, Salt, Emulsifiers (471, 481, 472e), **Soybean** Flour, Raising Agents (500, 541), **Wheat** Gluten, **Milk** Solids, Enzymes (**Wheat**)), Chocolate Fondant (Sugar Syrups (Sucrose, Glucose), Flavouring (Colours (161b, 120))), Vanilla Fondant (Sugar Syrups (Sucrose, Glucose (Wheat Derived)), Flavouring).

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg, Tree Nuts.

Dinosaur - Chocolate		
Nutritional Information		
Servings per package: 1		
Serving Size: 82 g		
	Average Quantity per Serving	Average Quantity Per 100g
Energy	1350 kJ (323 Cal)	1650 kJ (394 Cal)
Protein	3.3 g	4.1 g
Fat, total	15.5 g	18.9 g
-saturated	7.4 g	9.1 g
Carbohydrate	41.9 g	51.1 g
-sugars	22.9 g	28.0 g
Sodium	187 mg	228 mg

Ingredients: Donut (**Wheat** Flour, Vegetable Frying Oil (Palm), Water, Vegetable Fats & Oils (**Soybean**, Palm, Canola, Coconut), Dextrose (220 (Sulphites)), Yeast, Salt, Emulsifiers (471, 481, 472e), **Soybean** Flour, Raising Agents (500, 541), **Wheat** Gluten, **Milk** Solids, Processing Aid (**Wheat**)), Chocolate Fondant (Sugar Syrups (Sucrose, Glucose), Flavouring (Colours (161b, 120))), Sprinkles (Sugar, Tapioca Starch, Colours (133, 102, 124, 132, 123, 110, 122), Glazing Agent (903)), Smarties (Sugar, **Milk** Solids, Cocoa Butter, Cocoa Mass, **Wheat** Flour, Vegetable Fat (Emulsifier (**Soy** Lecithin)), Rice Starch, Emulsifiers (**Soy** Lecithin, 476), Colours (Carmine, Beta Carotene, Anthocyanin, Copper Chlorophyllin, Turmeric), Glazing Agents (903, 901), Spirulina Powder, Flavour), Sprinkles (Sugar, Vegetable Fat (Emulsifiers (492, 322 (**Soy** Lecithin))), Glucose (From Wheat), Water, Colours (102)).

Contains Gluten, Wheat, Milk, Soy.


May Contain Egg, Tree Nuts, Almond, Cashew, Hazelnut, Macadamia, Pistachio.

Dinosaur - Strawberry		
Nutritional Information		
Servings per package: 1		
Serving Size: 82 g		
	Average Quantity per Serving	Average Quantity Per 100g
Energy	1350 kJ (324 Cal)	1650 kJ (395 Cal)
Protein	3.3 g	4.1 g
Fat, total	15.5 g	18.9 g
-saturated	7.4 g	9.1 g
Carbohydrate	42.0 g	51.2 g
-sugars	23.1 g	28.2 g
Sodium	184 mg	224 mg

Ingredients: Donut (**Wheat** Flour, Vegetable Frying Oil (Palm), Water, Vegetable Fats & Oils (**Soybean**, Palm, Canola, Coconut), Dextrose (220 (Sulphites)), Yeast, Salt, Emulsifiers (471, 481, 472e), **Soybean** Flour, Raising Agents (500, 541), **Wheat** Gluten, **Milk** Solids, Processing Aid (**Wheat**)), Strawberry Fondant (Sugar Syrups (Sucrose, Glucose (Wheat Derived)), Flavouring (Colour (120))), Sprinkles (Sugar, Tapioca Starch, Colours (133, 102, 124, 132, 123, 110, 122), Glazing Agent (903)), Smarties (Sugar, **Milk** Solids, Cocoa Butter, Cocoa Mass, **Wheat** Flour, Vegetable Fat (Emulsifier (**Soy** Lecithin))), Rice Starch, Emulsifiers (**Soy** Lecithin, 476), Colours (Carmine, Beta Carotene, Anthocyanin, Copper Chlorophyllin, Turmeric), Glazing Agents (903, 901), Spirulina Powder, Flavour), Sprinkles (Sugar, Vegetable Fat (Emulsifiers (322 **Soy** Lecithin))), Glucose (From Wheat), Colours (124, 123, 133)).

Contains Gluten, Wheat, Milk, Soy.


May Contain Egg, Tree Nuts, Almond, Cashew, Hazelnut, Macadamia, Pistachio.

Donut King Classic Hot Dog		
Nutritional Information		
Servings per package: 1		
Serving Size: 223 g		
	Average Quantity per Serving	Average Quantity Per 100g
Energy	2040 kJ (487 Cal)	914 kJ (218 Cal)
Protein	25.2 g	11.3 g
Fat, total	22.0 g	9.9 g
-saturated	10.1 g	4.5 g
Carbohydrate	45.4 g	20.4 g
-sugars	9.6 g	4.3 g
Sodium	1610 mg	723 mg

Ingredients: Hot Dog Roll (**Wheat** Flour, Water, Baker's Yeast, Canola Oil, Sugar, **Wheat** Gluten, Iodised Salt, **Soy** Flour, Preservative (282), Emulsifiers (481, 472e, 471), **Wheat** Malt Flour, Vitamins (Thiamin, Folic Acid)), Continental Franks (Meat Including Pork, Water, Starch (Tapioca, Potato), Salt, **Soy** Protein, Acidity Regulators (325, 262), Emulsifiers (451, 450, 452), Dextrose (Tapioca, Maize), Antioxidants (316, 307b), Hydrolysed Vegetable Protein (Maize), Maltodextrin (Maize), Garlic, Fermented Red Rice, Canola Oil, Sodium Nitrite (250), Yeast Extract, Spice Extracts, Colours (160c, 110, 129)), Shredded Cheese (Cheese (**Milk**, Salt, Starter Cultures, Enzyme), Anti-caking Agent (460), Preservative (200)), Bacon (Pork, Water, Salt, Sugar, Emulsifiers (451, 450, 452), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator (330), Sodium Nitrite (250), Smoke Flavour, Rosemary Extract), Tomato Sauce (Tomatoes (From Paste, Citric Acid), Sugar, Salt, Food Acid (Acetic), Onion, Spice Extract), Onion.

Contains Gluten, Wheat, Milk, Soy.


May Contain Peanut.

Donut King El Grande Chilli Hot Dog		
Nutritional Information		
Servings per package: 1		
Serving Size: 215 g		
	Average Quantity per Serving	Average Quantity Per 100g
Energy	1970 kJ (470 Cal)	915 kJ (219 Cal)
Protein	25.1 g	11.7 g
Fat, total	22.2 g	10.3 g
-saturated	10.1 g	4.7 g
Carbohydrate	41.1 g	19.1 g
-sugars	5.2 g	2.4 g
Sodium	1550 mg	723 mg

Ingredients: Hot Dog Roll (**Wheat** Flour, Water, Baker's Yeast, Canola Oil, Sugar, **Wheat** Gluten, Iodised Salt, **Soy** Flour, Preservative (282), Emulsifiers (481, 472e, 471), **Wheat** Malt Flour, Vitamins (Thiamin, Folic Acid)), Continental Franks (Meat Including Pork, Water, Starch (Tapioca, Potato), Salt, **Soy** Protein, Acidity Regulators (325, 262), Emulsifiers (451, 450, 452), Dextrose (Tapioca, Maize), Antioxidants (316, 307b), Hydrolysed Vegetable Protein (Maize), Maltodextrin (Maize), Garlic, Fermented Red Rice, Canola Oil, Sodium Nitrite (250), Yeast Extract, Spice Extracts, Colours (160c, 110, 129)), Shredded Cheese (Cheese (**Milk**, Salt, Starter Cultures, Enzyme), Anti-caking Agent (460), Preservative (200)), Bacon (Pork, Water, Salt, Sugar, Emulsifiers (451, 450, 452), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator (330), Sodium Nitrite (250), Smoke Flavour, Rosemary Extract), Onion, Chilli Sauce (Water, Sugar, Food Acid (Acetic), Mustard Seed, Chilli, Salt, Spices (Paprika, Turmeric), Vegetable Gum (Xanthan (Contains **Soy**)), Colour (Paprika Oeloesin), Spice Extract).

Contains Gluten, Wheat, Milk, Soy.


May Contain Peanut.

Donut King Original Hot Dog		
Nutritional Information		
Servings per package: 1		
Serving Size: 203 g		
	Average Quantity per Serving	Average Quantity Per 100g
Energy	1910 kJ (455 Cal)	939 kJ (224 Cal)
Protein	21.9 g	10.8 g
Fat, total	20.3 g	10.0 g
-saturated	9.5 g	4.7 g
Carbohydrate	44.7 g	22.0 g
-sugars	9.3 g	4.6 g
Sodium	1360 mg	668 mg

Ingredients: Hot Dog Roll (**Wheat** Flour, Water, Baker's Yeast, Canola Oil, Sugar, **Wheat** Gluten, Iodised Salt, **Soy** Flour, Preservative (282), Emulsifiers (481, 472e, 471), **Wheat** Malt Flour, Vitamins (Thiamin, Folic Acid)), Continental Franks (Meat Including Pork, Water, Starch (Tapioca, Potato), Salt, **Soy** Protein, Acidity Regulators (325, 262), Emulsifiers (451, 450, 452), Dextrose (Tapioca, Maize), Antioxidants (316, 307b), Hydrolysed Vegetable Protein (Maize), Maltodextrin (Maize), Garlic, Fermented Red Rice, Canola Oil, Sodium Nitrite (250), Yeast Extract, Spice Extracts, Colours (160c, 110, 129)), Shredded Cheese (Cheese (**Milk**, Salt, Starter Cultures, Enzyme), Anti-caking Agent (460), Preservative (200)), Tomato Sauce (Tomatoes (From Paste, Citric Acid), Sugar, Salt, Food Acid (Acetic), Onion, Spice Extract), Onion.

Contains Gluten, Wheat, Milk, Soy.

May Contain Peanut.

Donut King Regular Hot Dog		
Nutritional Information		
Servings per package: 1		
Serving Size: 157 g		
	Average Quantity per Serving	Average Quantity Per 100g
Energy	1430 kJ (341 Cal)	908 kJ (217 Cal)
Protein	15.5 g	9.9 g
Fat, total	11.8 g	7.5 g
-saturated	3.3 g	2.1 g
Carbohydrate	41.9 g	26.7 g
-sugars	6.7 g	4.3 g
Sodium	1130 mg	722 mg

Ingredients: Hot Dog Roll (**Wheat** Flour, Water, Baker's Yeast, Canola Oil, Sugar, **Wheat** Gluten, Iodised Salt, **Soy** Flour, Preservative (282), Emulsifiers (481, 472e, 471), **Wheat** Malt Flour, Vitamins (Thiamin, Folic Acid)), Continental Franks (Meat Including Pork, Water, Starch (Tapioca, Potato), Salt, **Soy** Protein, Acidity Regulators (325, 262), Emulsifiers (451, 450, 452), Dextrose (Tapioca, Maize), Antioxidants (316, 307b), Hydrolysed Vegetable Protein (Maize), Maltodextrin (Maize), Garlic, Fermented Red Rice, Canola Oil, Sodium Nitrite (250), Yeast Extract, Spice Extracts, Colours (160c, 110, 129)), Tomato Sauce (Tomatoes (From Paste, Citric Acid), Sugar, Salt, Food Acid (Acetic), Onion, Spice Extract).

Contains Gluten, Wheat, Soy.

May Contain Milk, Peanut.

Eclair- Caramel w/ Custard

Nutritional Information
 Servings per package: 1
 Serving Size: 91 g



	Average Quantity per Serving	Average Quantity Per 100g
Energy	1330 kJ (319 Cal)	1470 kJ (350 Cal)
Protein	3.4 g	3.7 g
Fat, total	16.7 g	18.3 g
-saturated	8.6 g	9.4 g
Carbohydrate	38.5 g	42.3 g
-sugars	19.7 g	21.6 g
Sodium	200 mg	219 mg

Ingredients: Eclair (**Wheat** Flour, Vegetable Frying Oil (Palm), Water, Vegetable Fats & Oils (**Soybean**, Palm, Canola, Coconut), Dextrose, Yeast, Salt, Emulsifiers (471, 481, 472e), Soyabean Flour, Raising Agents (500, 541), **Wheat** Gluten, **Milk** Solids), Caramel Fondant (Sugar Syrups (Sucrose, Glucose), Flavouring (Colours (150c, 160a, 120))), Custard Creme (11%) (Water, Sugar, Thickener (1442), Vegetable Fat, Flavour Sea Salt, Emulsifier (471, 433), Acidity Regulator (270), Preservative (202), Colour (171, 102, 110)), Vanilla Cream (Glucose Syrup, High Fructose Corn Syrup, Water, Vegetable Oils (Refined Fully Hydrogenated Palm Kernel And Palm Fat, Emulsifiers (322 (**Soy**)), 471), Sodium Caseinate (**Milk**), Natural Cream Flavour (**Milk**), Vegetable Emulsifiers (435, 471, 475), Stabilisers (464, 415 (**Soy**)), Sugar, Salt, Preservative (202), Natural Colour (160a)).

Contains Gluten, Wheat, Milk, Soy.


May Contain Egg, Almond, Cashew, Hazelnut, Macadamia, Pistachio.

Eclair- Chocolate w/ Custard		
Nutritional Information		
Servings per package: 1		
Serving Size: 91 g		
	Average Quantity per Serving	Average Quantity Per 100g
Energy	1330 kJ (319 Cal)	1460 kJ (350 Cal)
Protein	3.4 g	3.7 g
Fat, total	16.7 g	18.3 g
-saturated	8.6 g	9.4 g
Carbohydrate	38.4 g	42.3 g
-sugars	19.6 g	21.6 g
Sodium	202 mg	222 mg

Ingredients: Eclair (**Wheat** Flour, Vegetable Frying Oil (Palm), Water, Vegetable Fats & Oils (**Soybean**, Palm, Canola, Coconut), Dextrose, Yeast, Salt, Emulsifiers (471, 481, 472e), Soyabean Flour, Raising Agents (500, 541), **Wheat** Gluten, **Milk** Solids), Chocolate Fondant (Sugar Syrups (Sucrose, Glucose), Flavouring (Colours (161b, 120))), Custard Creme (11%) (Water, Sugar, Thickener (1442), Vegetable Fat, Flavour Sea Salt, Emulsifier (471, 433), Acidity Regulator (270), Preservative (202), Colour (171, 102, 110)), Vanilla Cream (Glucose Syrup, High Fructose Corn Syrup, Water, Vegetable Oils (Refined Fully Hydrogenated Palm Kernel And Palm Fat, Emulsifiers (322 (**Soy**)), 471), Sodium Caseinate (**Milk**), Natural Cream Flavour (**Milk**), Vegetable Emulsifiers (435, 471, 475), Stabilisers (464, 415 (**Soy**)), Sugar, Salt, Preservative (202), Natural Colour (160a)).

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg, Almond, Cashew, Hazelnut, Macadamia, Pistachio.

Eclair- Chocolate w/ Jam		
Nutritional Information		
Servings per package: 1		
Serving Size: 89 g		
	Average Quantity per Serving	Average Quantity Per 100g
Energy	1360 kJ (325 Cal)	1530 kJ (366 Cal)
Protein	3.4 g	3.8 g
Fat, total	16.1 g	18.1 g
-saturated	8.1 g	9.0 g
Carbohydrate	41.3 g	46.3 g
-sugars	23.0 g	25.9 g
Sodium	191 mg	214 mg

Ingredients: Eclair (**Wheat** Flour, Vegetable Frying Oil (Palm), Water, Vegetable Fats & Oils (**Soybean**, Palm, Canola, Coconut), Dextrose, Yeast, Salt, Emulsifiers (471, 481, 472e), Soyabean Flour, Raising Agents (500, 541), **Wheat** Gluten, **Milk** Solids), Chocolate Fondant (Sugar Syrups (Sucrose, Glucose), Flavouring (Colours (161b, 120))), Raspberry Flavour Filling (9%) (Sugar, Water, Apple Paste, Vegetable Gums (440, 415), Food Acid (330), Flavour, Preservatives (211, 223), Colours (124, 122)), Vanilla Cream (Glucose Syrup, High Fructose Corn Syrup, Water, Vegetable Oils (Refined Fully Hydrogenated Palm Kernel And Palm Fat, Emulsifiers (322 (**Soy**)), 471), Sodium Caseinate (**Milk**), Natural Cream Flavour (**Milk**), Vegetable Emulsifiers (435, 471, 475), Stabilisers (464, 415 (**Soy**)), Sugar, Salt, Preservative (202), Natural Colour (160a)).

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg, Almond, Cashew, Hazelnut, Macadamia, Pistachio.

Eclair- Dusted w/ Custard		
Nutritional Information		
Servings per package: 1		
Serving Size: 75 g		
	Average Quantity per Serving	Average Quantity Per 100g
Energy	1100 kJ (264 Cal)	1470 kJ (352 Cal)
Protein	3.3 g	4.4 g
Fat, total	16.7 g	22.2 g
-saturated	8.6 g	11.4 g
Carbohydrate	25.0 g	33.4 g
-sugars	6.8 g	9.0 g
Sodium	196 mg	262 mg

Ingredients: Eclair (**Wheat** Flour, Vegetable Frying Oil (Palm), Water, Vegetable Fats & Oils (**Soybean**, Palm, Canola, Coconut), Dextrose, Yeast, Salt, Emulsifiers (471, 481, 472e), Soyabean Flour, Raising Agents (500, 541), **Wheat** Gluten, **Milk** Solids), Custard Creme (13%) (Water, Sugar, Thickener (1442), Vegetable Fat, Flavour Sea Salt, Emulsifier (471, 433), Acidity Regulator (270), Preservative (202), Colour (171, 102, 110)), Vanilla Cream (Glucose Syrup, High Fructose Corn Syrup, Water, Vegetable Oils (Refined Fully Hydrogenated Palm Kernel And Palm Fat, Emulsifiers (322 (**Soy**)), 471), Sodium Caseinate (**Milk**), Natural Cream Flavour (**Milk**), Vegetable Emulsifiers (435, 471, 475), Stabilisers (464, 415 (**Soy**)), Sugar, Salt, Preservative (202), Natural Colour (160a)), Icing Sugar (Sugar, Tapioca Or Maize Starch).

Contains Gluten, Wheat, Milk, Soy.


May Contain Egg, Almond, Cashew, Hazelnut, Macadamia, Pistachio.

Eclair- Dusted w/ Jam		
Nutritional Information		
Servings per package: 1		
Serving Size: 73 g		
	Average Quantity per Serving	Average Quantity Per 100g
Energy	1130 kJ (271 Cal)	1550 kJ (371 Cal)
Protein	3.3 g	4.6 g
Fat, total	16.1 g	22.1 g
-saturated	8.1 g	11.0 g
Carbohydrate	27.8 g	38.1 g
-sugars	10.2 g	13.9 g
Sodium	185 mg	253 mg

Ingredients: Eclair (**Wheat** Flour, Vegetable Frying Oil (Palm), Water, Vegetable Fats & Oils (**Soybean**, Palm, Canola, Coconut), Dextrose, Yeast, Salt, Emulsifiers (471, 481, 472e), Soyabean Flour, Raising Agents (500, 541), **Wheat** Gluten, **Milk** Solids), Raspberry Flavour Filling (11%) (Sugar, Water, Apple Paste, Vegetable Gums (440, 415), Food Acid (330), Flavour, Preservatives (211, 223), Colours (124, 122)), Vanilla Cream (Glucose Syrup, High Fructose Corn Syrup, Water, Vegetable Oils (Refined Fully Hydrogenated Palm Kernel And Palm Fat, Emulsifiers (322 (**Soy**)), 471), Sodium Caseinate (**Milk**), Natural Cream Flavour (**Milk**), Vegetable Emulsifiers (435, 471, 475), Stabilisers (464, 415 (**Soy**)), Sugar, Salt, Preservative (202), Natural Colour (160a)), Icing Sugar (Sugar, Tapioca Or Maize Starch).

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg, Almond, Cashew, Hazelnut, Macadamia, Pistachio.

Eclair- Strawberry w/ Jam		
Nutritional Information		
Servings per package: 1		
Serving Size: 89 g		
	Average Quantity per Serving	Average Quantity Per 100g
Energy	1360 kJ (325 Cal)	1530 kJ (366 Cal)
Protein	3.4 g	3.8 g
Fat, total	16.1 g	18.1 g
-saturated	8.1 g	9.0 g
Carbohydrate	41.3 g	46.4 g
-sugars	23.1 g	26.0 g
Sodium	188 mg	211 mg

Ingredients: Eclair (**Wheat** Flour, Vegetable Frying Oil (Palm), Water, Vegetable Fats & Oils (**Soybean**, Palm, Canola, Coconut), Dextrose, Yeast, Salt, Emulsifiers (471, 481, 472e), Soyabean Flour, Raising Agents (500, 541), **Wheat** Gluten, **Milk** Solids), Strawberry Fondant (Sugar Syrups (Sucrose, Glucose (Wheat Derived)), Flavouring (Colour (120))), Raspberry Flavour Filling (9%) (Sugar, Water, Apple Paste, Vegetable Gums (440, 415), Food Acid (330), Flavour, Preservatives (211, 223), Colours (124, 122)), Vanilla Cream (Glucose Syrup, High Fructose Corn Syrup, Water, Vegetable Oils (Refined Fully Hydrogenated Palm Kernel And Palm Fat, Emulsifiers (322 (**Soy**)), 471), Sodium Caseinate (**Milk**), Natural Cream Flavour (**Milk**), Vegetable Emulsifiers (435, 471, 475), Stabilisers (464, 415 (**Soy**)), Sugar, Salt, Preservative (202), Natural Colour (160a)).

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg, Almond, Cashew, Hazelnut, Macadamia, Pistachio.

English Breakfast Tea - Lge

Nutritional Information
Servings per package: 1
Serving Size: 388 mL



	Average Quantity per Serving	Average Quantity Per 100mL
Energy	33 kJ (8 Cal)	9 kJ (2 Cal)
Protein	0.3 g	less than 0.1 g
Fat, total	0.3 g	less than 0.1 g
-saturated	0.3 g	less than 0.1 g
Carbohydrate	0.3 g	less than 0.1g
-sugars	0.3 g	less than 0.1 g
Sodium	17 mg	4 mg

Ingredients: Water, English Breakfast Tea (Black Tea).

May Contain Soy.

English Breakfast Tea - Reg

Nutritional Information
Servings per package: 1
Serving Size: 289 mL



	Average Quantity per Serving	Average Quantity Per 100mL
Energy	17 kJ (4 Cal)	6 kJ (1 Cal)
Protein	0.2 g	less than 0.1 g
Fat, total	0.2 g	less than 0.1 g
-saturated	0.2 g	less than 0.1 g
Carbohydrate	0.2 g	less than 0.1g
-sugars	0.2 g	less than 0.1 g
Sodium	8 mg	3 mg

Ingredients: Water, English Breakfast Tea (Black Tea).

May Contain Soy.

English Breakfast Tea - Sml

Nutritional Information
Servings per package: 1
Serving Size: 224 mL



	Average Quantity per Serving	Average Quantity Per 100mL
Energy	17 kJ (4 Cal)	7 kJ (2 Cal)
Protein	0.2 g	less than 0.1 g
Fat, total	0.2 g	less than 0.1 g
-saturated	0.2 g	less than 0.1 g
Carbohydrate	0.2 g	less than 0.1g
-sugars	0.2 g	less than 0.1 g
Sodium	8 mg	4 mg

Ingredients: Water, English Breakfast Tea (Black Tea).

May Contain Soy.

Espresso Macchiato

Nutritional Information
Servings per package: 1
Serving Size: 35 mL



	Average Quantity per Serving	Average Quantity Per 100mL
Energy	13 kJ (3 Cal)	37 kJ (9 Cal)
Protein	0.2 g	0.5 g
Fat, total	0.2 g	0.5 g
-saturated	0.1 g	0.3 g
Carbohydrate	0.2 g	0.7 g
-sugars	0.2 g	0.7 g
Sodium	2 mg	6 mg

Ingredients: Water, Coffee, **Milk**.

Contains Milk.

Flat White - Lge

Nutritional Information
Servings per package: 1
Serving Size: 410 mL



	Average Quantity per Serving	Average Quantity Per 100mL
Energy	904 kJ (216 Cal)	220 kJ (53 Cal)
Protein	11.6 g	2.8 g
Fat, total	11.6 g	2.8 g
-saturated	7.5 g	1.8 g
Carbohydrate	16.3 g	4.0 g
-sugars	16.3 g	4.0 g
Sodium	136 mg	33 mg

Ingredients: **Milk**, Water, Coffee.

Contains Milk.

Flat White - Reg

Nutritional Information
Servings per package: 1
Serving Size: 310 mL



	Average Quantity per Serving	Average Quantity Per 100mL
Energy	672 kJ (161 Cal)	217 kJ (52 Cal)
Protein	8.6 g	2.8 g
Fat, total	8.6 g	2.8 g
-saturated	5.6 g	1.8 g
Carbohydrate	12.1 g	3.9 g
-sugars	12.1 g	3.9 g
Sodium	101 mg	33 mg

Ingredients: **Milk**, Water, Coffee.

Contains Milk.

Flat White - Sml


Nutritional Information
Servings per package: 1
Serving Size: 250 mL



	Average Quantity per Serving	Average Quantity Per 100mL
Energy	568 kJ (136 Cal)	227 kJ (54 Cal)
Protein	7.3 g	2.9 g
Fat, total	7.3 g	2.9 g
-saturated	4.7 g	1.9 g
Carbohydrate	10.3 g	4.1 g
-sugars	10.3 g	4.1 g
Sodium	85 mg	34 mg

Ingredients: **Milk**, Water, Coffee.


Contains Milk.

Frappe - Caramel Crunch		
Nutritional Information		
Servings per package: 1		
Serving Size: 529 mL		
	Average Quantity per Serving	Average Quantity Per 100mL
Energy	2450 kJ (586 Cal)	464 kJ (111 Cal)
Protein	9.0 g	1.7 g
Fat, total	15.1 g	2.9 g
-saturated	10.7 g	2.0 g
Carbohydrate	102 g	19.3 g
-sugars	92.0 g	17.4 g
Sodium	267 mg	51 mg

Ingredients: Water, Ice, **Milk**, Vanilla Soft Serve Powder (Sugar, **Milk** Solids, Maltodextrin, Glucose Syrup Solids, Vegetable Fat, Stabilisers (466, 460, 412, 407, 340, 452i), Flavours, Emulsifiers (471, 472e, 322 **Soy**), Salt, Anti-caking Agent (551), Colour (102)), Caramel Topping (Water, Sugar, **Milk**, Maize Thickener (1442), Caramel Flavour, Vegetable Gum (415 (**Soy**)), Preservatives (202, 223), Colours (102, 155, 133, 150c), Food Acid (330), Salt), Cream (Contains **Milk**), Crunchie (Sugar, Glucose Syrup, **Milk** Solids, Cocoa Butter, Cocoa Mass, Raising Agent (500), Emulsifiers (**Soy** Lecithin, 476), Hydrolysed **Milk** Protein, Flavours), Caramel Syrup (Sugar, Water, Flavouring, Acid (Citric Acid), Colour (150a)).

Contains Milk, Soy.


May Contain Gluten, Wheat, Peanut, Tree Nuts.

Frappe - Cheeky Chocolate		
Nutritional Information		
Servings per package: 1		
Serving Size: 534 mL		
	Average Quantity per Serving	Average Quantity Per 100mL
Energy	2600 kJ (621 Cal)	486 kJ (116 Cal)
Protein	10.7 g	2.0 g
Fat, total	17.7 g	3.3 g
-saturated	12.4 g	2.3 g
Carbohydrate	102 g	19.1 g
-sugars	91.2 g	17.1 g
Sodium	285 mg	53 mg

Ingredients: Water, Ice, **Milk**, Vanilla Soft Serve Powder (Sugar, **Milk** Solids, Maltodextrin, Glucose Syrup Solids, Vegetable Fat, Stabilisers (466, 460, 412, 407, 340, 452i), Flavours, Emulsifiers (471, 472e, 322 **Soy**), Salt, Anti-caking Agent (551), Colour (102)), Chocolate Syrup (Water, Sugar, Maize Thickener (1442), Cocoa Powder, Chocolate Flavour, Food Acid (330), Salt, Vegetable Gum (415 (**Soy**)), Preservatives (202, 223), Colours (155, 102, 122, 133)), Cream (Contains **Milk**), **Milk** Chocolate Flake (Full Cream **Milk**, Sugar, Cocoa Butter, Cocoa Mass, **Milk** Solids, Emulsifiers (**Soy** Lecithin, 476), Flavours), Chocolate Powder (Sugar, Cocoa, Maltodextrin, Tapioca Starch, Salt).

Contains Milk, Soy.


May Contain Peanut, Tree Nuts, Almond, Hazelnut.

Frappe - Chocolate Mocha		
Nutritional Information		
Servings per package: 1		
Serving Size: 554 mL		
	Average Quantity per Serving	Average Quantity Per 100mL
Energy	2370 kJ (567 Cal)	428 kJ (102 Cal)
Protein	9.9 g	1.8 g
Fat, total	14.8 g	2.7 g
-saturated	10.5 g	1.9 g
Carbohydrate	96.3 g	17.4 g
-sugars	85.6 g	15.4 g
Sodium	276 mg	50 mg

Ingredients: Water, Ice, **Milk**, Vanilla Soft Serve Powder (Sugar, **Milk** Solids, Maltodextrin, Glucose Syrup Solids, Vegetable Fat, Stabilisers (466, 460, 412, 407, 340, 452i), Flavours, Emulsifiers (471, 472e, 322 **Soy**), Salt, Anti-caking Agent (551), Colour (102)), Chocolate Syrup (Water, Sugar, Maize Thickener (1442), Cocoa Powder, Chocolate Flavour, Food Acid (330), Salt, Vegetable Gum (415 (**Soy**)), Preservatives (202, 223), Colours (155, 102, 122, 133)), Cream (Contains **Milk**), Chocolate Powder (Sugar, Cocoa, Maltodextrin, Tapioca Starch, Salt), Coffee, **Milk** Chocolate Flake (Full Cream **Milk**, Sugar, Cocoa Butter, Cocoa Mass, **Milk** Solids, Emulsifiers (**Soy** Lecithin, 476), Flavours).


Contains Milk, Soy.

May Contain Peanut, Tree Nuts, Almond, Hazelnut.

Frappe - Coffee		
Nutritional Information		
Servings per package: 1		
Serving Size: 498 mL		
	Average Quantity per Serving	Average Quantity Per 100mL
Energy	1710 kJ (408 Cal)	343 kJ (82 Cal)
Protein	8.7 g	1.7 g
Fat, total	12.9 g	2.6 g
-saturated	9.2 g	1.9 g
Carbohydrate	63.5 g	12.7 g
-sugars	56.9 g	11.4 g
Sodium	191 mg	38 mg

Ingredients: Water, Ice, **Milk**, Vanilla Soft Serve Powder (Sugar, **Milk** Solids, Maltodextrin, Glucose Syrup Solids, Vegetable Fat, Stabilisers (466, 460, 412, 407, 340, 452i), Flavours, Emulsifiers (471, 472e, 322 **Soy**), Salt, Anti-caking Agent (551), Colour (102)), Cream (Contains **Milk**), Vanilla Syrup (Sugar, Water, Natural Flavouring, Concentrated Lemon Juice, Preservative (202), Colour (150a)), Coffee.

Contains Milk, Soy.

Frappe - Cookies n Cream		
Nutritional Information		
Servings per package: 1		
Serving Size: 556 mL		
	Average Quantity per Serving	Average Quantity Per 100mL
Energy	2910 kJ (695 Cal)	522 kJ (125 Cal)
Protein	10.2 g	1.8 g
Fat, total	18.1 g	3.2 g
-saturated	11.9 g	2.1 g
Carbohydrate	121 g	21.7 g
-sugars	104 g	18.7 g
Sodium	461 mg	83 mg

Ingredients: Water, Ice, **Milk**, White Chocolate Sauce (Sugar, Water, Sweetened Condensed **Milk (Milk Sugar)**, Glucose Syrup, Thickener (1422), Golden Syrup, Salt, Flavour, Colours (171, 102, 110), Vegetable Gum (415), Emulsifier (471), Preservative (202), Food Acid (330), Mineral Salt (339)), Vanilla Soft Serve Powder (Sugar, **Milk Solids**, Maltodextrin, Glucose Syrup Solids, Vegetable Fat, Stabilisers (466, 460, 412, 407, 340, 452i), Flavours, Emulsifiers (471, 472e, 322 **Soy**), Salt, Anti-caking Agent (551), Colour (102)), Oreo (**Wheat** Flour, Sugar, Vegetable Oil, Cocoa Powder, Fructose Syrup, Cornstarch, Salt, Raising Agents (500, 503), Emulsifier (**Soy** Lecithin), Flavour, Antioxidant (319), Minerals (Iron, Zinc), Vitamins (Riboflavin, Thiamin, Folate)), Cream (Contains **Milk**).

Contains Gluten, Wheat, Milk, Soy.

May Contain Peanut.

Frappe - Strawberry Fusion

Nutritional Information
 Servings per package: 1
 Serving Size: 504 mL



	Average Quantity per Serving	Average Quantity Per 100mL
Energy	2090 kJ (499 Cal)	414 kJ (99 Cal)
Protein	9.1 g	1.8 g
Fat, total	13.0 g	2.6 g
-saturated	9.2 g	1.8 g
Carbohydrate	84.7 g	16.8 g
-sugars	75.4 g	15.0 g
Sodium	197 mg	39 mg

Ingredients: Water, Ice, **Milk**, Vanilla Soft Serve Powder (Sugar, **Milk** Solids, Maltodextrin, Glucose Syrup Solids, Vegetable Fat, Stabilisers (466, 460, 412, 407, 340, 452i), Flavours, Emulsifiers (471, 472e, 322 **Soy**), Salt, Anti-caking Agent (551), Colour (102)), Smoothie Base (Strawberry, Sugar, Thickener (1442), Natural Flavour, Acidity Regulator (330), Preservative (202), Colour (120, 160a)), Cream (Contains **Milk**), Strawberry Syrup (Sugar, Water, Concentrated Strawberry Juice, Natural Flavouring, Acid (Citric Acid), Concentrated Elderberry Juice, Colour (E129)), Marshmallow (Glucose Syrup, Sugar, Invert Syrup, Water, Gelatine (Porcine), Natural Flavours, Natural Colour (E120), Corn Starch (Maize)).

Contains Milk, Soy.

Hot Chocolate - Lge		
Nutritional Information		
Servings per package: 1		
Serving Size: 390 mL		
	Average Quantity per Serving	Average Quantity Per 100mL
Energy	1540 kJ (368 Cal)	395 kJ (94 Cal)
Protein	13.4 g	3.4 g
Fat, total	12.5 g	3.2 g
-saturated	8.1 g	2.1 g
Carbohydrate	48.3 g	12.4 g
-sugars	41.7 g	10.7 g
Sodium	248 mg	64 mg

Ingredients: **Milk**, Chocolate Powder (10%) (Sugar, Cocoa, Maltodextrin, Tapioca Starch, Salt).

Contains Milk.


May Contain Soy.

Hot Chocolate - Reg		
Nutritional Information		
Servings per package: 1		
Serving Size: 300 mL		
	Average Quantity per Serving	Average Quantity Per 100mL
Energy	1180 kJ (281 Cal)	392 kJ (94 Cal)
Protein	10.3 g	3.4 g
Fat, total	9.6 g	3.2 g
-saturated	6.2 g	2.1 g
Carbohydrate	36.6 g	12.2 g
-sugars	31.6 g	10.5 g
Sodium	189 mg	63 mg

Ingredients: **Milk**, Chocolate Powder (10%) (Sugar, Cocoa, Maltodextrin, Tapioca Starch, Salt).

Contains Milk.


May Contain Soy.

Hot Chocolate - Sml		
Nutritional Information		
Servings per package: 1		
Serving Size: 250 mL		
	Average Quantity per Serving	Average Quantity Per 100mL
Energy	914 kJ (218 Cal)	365 kJ (87 Cal)
Protein	8.5 g	3.4 g
Fat, total	8.1 g	3.2 g
-saturated	5.2 g	2.1 g
Carbohydrate	26.7 g	10.7 g
-sugars	23.4 g	9.4 g
Sodium	145 mg	58 mg

Ingredients: **Milk**, Chocolate Powder (8%) (Sugar, Cocoa, Maltodextrin, Tapioca Starch, Salt).

Contains Milk.

May Contain Soy.

Iced Cake Donut - Caramel		
Nutritional Information		
Servings per package: 1		
Serving Size: 59 g		
	Average Quantity per Serving	Average Quantity Per 100g
Energy	751 kJ (180 Cal)	1270 kJ (304 Cal)
Protein	2.3 g	4.0 g
Fat, total	3.6 g	6.2 g
-saturated	1.4 g	2.4 g
Carbohydrate	33.5 g	56.8 g
-sugars	19.5 g	33.1 g
Sodium	260 mg	441 mg

Ingredients: Donut Mix (**Wheat** Flour (Vitamins (Thiamin, Folate)), Sugar, Vegetable Oil (**Soybean** Oil (Antioxidant 307)), **Soybean** Flour, Raising Agents (450, 500), **Milk** Solids, **Egg** Yolk Powder, Salt, **Wheat** Starch, Emulsifiers (471, 322 (**Soy**), Dextrose (Maize), Spice, Thickener (415 (**Soy**)), Flavour), Caramel Fondant (Sugar Syrups (Sucrose, Glucose), Flavouring (Colours (150c, 160a, 120))), Water, Vegetable Oil, Sprinkles (Sugar, Tapioca Starch, Colours (133, 102, 124, 132, 123, 110, 122), Glazing Agent (903)).

Contains Gluten, Wheat, Egg, Milk, Soy.

Iced Cake Donut - Chocolate

Nutritional Information
 Servings per package: 1
 Serving Size: 59 g



	Average Quantity per Serving	Average Quantity Per 100g
Energy	751 kJ (180 Cal)	1270 kJ (304 Cal)
Protein	2.4 g	4.0 g
Fat, total	3.6 g	6.2 g
-saturated	1.4 g	2.4 g
Carbohydrate	33.5 g	56.7 g
-sugars	19.5 g	33.0 g
Sodium	262 mg	444 mg

Ingredients: Donut Mix (**Wheat** Flour (Vitamins (Thiamin, Folate)), Sugar, Vegetable Oil (**Soybean** Oil (Antioxidant 307)), **Soybean** Flour, Raising Agents (450, 500), **Milk** Solids, **Egg** Yolk Powder, Salt, **Wheat** Starch, Emulsifiers (471, 322 (**Soy**), Dextrose (Maize), Spice, Thickener (415 (**Soy**)), Flavour), Chocolate Fondant (Sugar Syrups (Sucrose, Glucose), Flavouring (Colours (161b, 120))), Water, Vegetable Oil, Sprinkles (Sugar, Tapioca Starch, Colours (133, 102, 124, 132, 123, 110, 122), Glazing Agent (903)).

Contains Gluten, Wheat, Egg, Milk, Soy.

Iced Cake Donut - Pineapple

Nutritional Information
 Servings per package: 1
 Serving Size: 59 g



	Average Quantity per Serving	Average Quantity Per 100g
Energy	753 kJ (180 Cal)	1280 kJ (305 Cal)
Protein	2.3 g	4.0 g
Fat, total	3.7 g	6.3 g
-saturated	1.5 g	2.5 g
Carbohydrate	33.5 g	56.8 g
-sugars	19.9 g	33.8 g
Sodium	260 mg	441 mg

Ingredients: Donut Mix (**Wheat** Flour (Vitamins (Thiamin, Folate)), Sugar, Vegetable Oil (**Soybean** Oil (Antioxidant 307)), **Soybean** Flour, Raising Agents (450, 500), **Milk** Solids, **Egg** Yolk Powder, Salt, **Wheat** Starch, Emulsifiers (471, 322 (**Soy**), Dextrose (Maize), Spice, Thickener (415 (**Soy**)), Flavour), Pineapple Fondant (Sugar Syrups (Sucrose, Glucose), Flavouring (Colour (161b))), Water, Vegetable Oil, Sprinkles (Sugar, Vegetable Fat (Emulsifiers (492, 322 (**Soy** Lecithin))), Glucose (From Wheat), Water, Colours (102)).

Contains Gluten, Wheat, Egg, Milk, Soy.

Iced Cake Donut - Strawberry


Nutritional Information
 Servings per package: 1
 Serving Size: 59 g



	Average Quantity per Serving	Average Quantity Per 100g
Energy	753 kJ (180 Cal)	1280 kJ (305 Cal)
Protein	2.3 g	4.0 g
Fat, total	3.7 g	6.3 g
-saturated	1.5 g	2.5 g
Carbohydrate	33.5 g	56.8 g
-sugars	19.9 g	33.8 g
Sodium	260 mg	441 mg


Ingredients: Donut Mix (**Wheat** Flour (Vitamins (Thiamin, Folate)), Sugar, Vegetable Oil (**Soybean** Oil (Antioxidant 307)), **Soybean** Flour, Raising Agents (450, 500), **Milk** Solids, **Egg** Yolk Powder, Salt, **Wheat** Starch, Emulsifiers (471, 322 (**Soy**), Dextrose (Maize), Spice, Thickener (415 (**Soy**)), Flavour), Strawberry Fondant (Sugar Syrups (Sucrose, Glucose (Wheat Derived)), Flavouring (Colour (120))), Water, Vegetable Oil, Sprinkles (Sugar, Vegetable Fat (Emulsifiers (322 **Soy** Lecithin)), Glucose (From Wheat), Colours (124, 123, 133)).

Contains Gluten, Wheat, Egg, Milk, Soy.

Iced Chocolate		
Nutritional Information		
Servings per package: 1		
Serving Size: 388 mL		
	Average Quantity per Serving	Average Quantity Per 100mL
Energy	1700 kJ (407 Cal)	439 kJ (105 Cal)
Protein	10.6 g	2.7 g
Fat, total	14.6 g	3.8 g
-saturated	9.9 g	2.6 g
Carbohydrate	56.9 g	14.7 g
-sugars	52.7 g	13.6 g
Sodium	200 mg	51 mg


Ingredients: **Milk**, Chocolate Syrup (Water, Sugar, Maize Thickener (1442), Cocoa Powder, Chocolate Flavour, Food Acid (330), Salt, Vegetable Gum (415 (**Soy**)), Preservatives (202, 223), Colours (155, 102, 122, 133)), Water, Vanilla Soft Serve Powder (Sugar, **Milk** Solids, Maltodextrin, Glucose Syrup Solids, Vegetable Fat, Stabilisers (466, 460, 412, 407, 340, 452i), Flavours, Emulsifiers (471, 472e, 322 **Soy**), Salt, Anti-caking Agent (551), Colour (102)), Cream (Contains **Milk**), Chocolate Powder (Sugar, Cocoa, Maltodextrin, Tapioca Starch, Salt).

Contains Milk, Soy.

Iced Coffee		
Nutritional Information		
Servings per package: 1		
Serving Size: 405 mL		
	Average Quantity per Serving	Average Quantity Per 100mL
Energy	1480 kJ (353 Cal)	365 kJ (87 Cal)
Protein	10.4 g	2.6 g
Fat, total	14.5 g	3.6 g
-saturated	9.9 g	2.4 g
Carbohydrate	44.8 g	11.1 g
-sugars	42.6 g	10.5 g
Sodium	158 mg	39 mg


Ingredients: **Milk**, Water, Vanilla Syrup (Sugar, Water, Vanilla Flavour, Vegetable Gum (466), Preservative (202), Food Acid (330), Colours (150d (**Wheat**), 150c)), Vanilla Soft Serve Powder (Sugar, **Milk** Solids, Maltodextrin, Glucose Syrup Solids, Vegetable Fat, Stabilisers (466, 460, 412, 407, 340, 452i), Flavours, Emulsifiers (471, 472e, 322 **Soy**), Salt, Anti-caking Agent (551), Colour (102)), Cream (Contains **Milk**), Coffee, Chocolate Powder (Sugar, Cocoa, Maltodextrin, Tapioca Starch, Salt).

Contains Gluten, Wheat, Milk, Soy.

Iced Mocha		
Nutritional Information		
Servings per package: 1		
Serving Size: 432 mL		
	Average Quantity per Serving	Average Quantity Per 100mL
Energy	1690 kJ (403 Cal)	391 kJ (93 Cal)
Protein	10.6 g	2.5 g
Fat, total	14.6 g	3.4 g
-saturated	9.9 g	2.3 g
Carbohydrate	56.1 g	13.0 g
-sugars	52.1 g	12.1 g
Sodium	197 mg	46 mg

Ingredients: **Milk**, Water, Chocolate Syrup (Water, Sugar, Maize Thickener (1442), Cocoa Powder, Chocolate Flavour, Food Acid (330), Salt, Vegetable Gum (415 (**Soy**)), Preservatives (202, 223), Colours (155, 102, 122, 133)), Vanilla Soft Serve Powder (Sugar, **Milk** Solids, Maltodextrin, Glucose Syrup Solids, Vegetable Fat, Stabilisers (466, 460, 412, 407, 340, 452i), Flavours, Emulsifiers (471, 472e, 322 **Soy**), Salt, Anti-caking Agent (551), Colour (102)), Cream (Contains **Milk**), Coffee, Chocolate Powder (Sugar, Cocoa, Maltodextrin, Tapioca Starch, Salt).

Contains Milk, Soy.

Iced Ring Donut - Caramel		
Nutritional Information		
Servings per package: 1		
Serving Size: 70 g		
	Average Quantity per Serving	Average Quantity Per 100g
Energy	1180 kJ (283 Cal)	1690 kJ (404 Cal)
Protein	3.0 g	4.3 g
Fat, total	15.0 g	21.4 g
-saturated	7.2 g	10.3 g
Carbohydrate	33.7 g	48.1 g
-sugars	17.8 g	25.4 g
Sodium	163 mg	232 mg

Ingredients: Donut (**Wheat** Flour, Vegetable Fats & Oils (Palm, **Soybean**, Canola, Coconut), Water, Dextrose, Yeast, Salt, Emulsifiers (471, 481, 472e), **Soybean** Flour, Raising Agents (500, 541), **Wheat** Gluten, **Milk** Solids), Caramel Fondant (Sugar Syrups (Sucrose, Glucose), Flavouring (Colours (150c, 160a, 120))), Chocolate Fondant (Sugar Syrups (Sucrose, Glucose), Flavouring (Colours (161b, 120))).

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg, Tree Nuts.

Iced Ring Donut - Chocolate

Nutritional Information
 Servings per package: 1
 Serving Size: 70 g



	Average Quantity per Serving	Average Quantity Per 100g
Energy	1200 kJ (286 Cal)	1710 kJ (409 Cal)
Protein	3.1 g	4.5 g
Fat, total	15.6 g	22.3 g
-saturated	7.6 g	10.8 g
Carbohydrate	33.0 g	47.2 g
-sugars	17.2 g	24.6 g
Sodium	166 mg	237 mg

Ingredients: Donut (**Wheat** Flour, Vegetable Fats & Oils (Palm, **Soybean**, Canola, Coconut), Water, Dextrose, Yeast, Salt, Emulsifiers (471, 481, 472e), **Soybean** Flour, Raising Agents (500, 541), **Wheat** Gluten, **Milk** Solids), Chocolate Fondant (Sugar Syrups (Sucrose, Glucose), Flavouring (Colours (161b, 120))), **Milk** Chocolate Flake (Full Cream **Milk**, Sugar, Cocoa Butter, Cocoa Mass, **Milk** Solids, Emulsifiers (**Soy** Lecithin, 476), Flavours).

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg, Peanut, Tree Nuts, Almond, Hazelnut.

Iced Ring Donut - Pineapple

Nutritional Information
 Servings per package: 1
 Serving Size: 70 g



	Average Quantity per Serving	Average Quantity Per 100g
Energy	1190 kJ (284 Cal)	1700 kJ (406 Cal)
Protein	3.0 g	4.2 g
Fat, total	15.1 g	21.6 g
-saturated	7.3 g	10.4 g
Carbohydrate	33.8 g	48.3 g
-sugars	18.0 g	25.7 g
Sodium	162 mg	232 mg

Ingredients: Donut (**Wheat** Flour, Vegetable Fats & Oils (Palm, **Soybean**, Canola, Coconut), Water, Dextrose, Yeast, Salt, Emulsifiers (471, 481, 472e), **Soybean** Flour, Raising Agents (500, 541), **Wheat** Gluten, **Milk** Solids), Pineapple Fondant (Sugar Syrups (Sucrose, Glucose), Flavouring (Colour (161b))), Sprinkles (Sugar, Vegetable Fat (Emulsifiers (492, 322 (**Soy** Lecithin))), Glucose (From Wheat), Water, Colours (102)).

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg, Tree Nuts.

Iced Ring Donut - Strawberry

Nutritional Information
 Servings per package: 1
 Serving Size: 70 g



	Average Quantity per Serving	Average Quantity Per 100g
Energy	1190 kJ (284 Cal)	1700 kJ (406 Cal)
Protein	3.0 g	4.2 g
Fat, total	15.1 g	21.6 g
-saturated	7.3 g	10.4 g
Carbohydrate	33.8 g	48.3 g
-sugars	18.0 g	25.7 g
Sodium	162 mg	231 mg

Ingredients: Donut (**Wheat** Flour, Vegetable Fats & Oils (Palm, **Soybean**, Canola, Coconut), Water, Dextrose, Yeast, Salt, Emulsifiers (471, 481, 472e), **Soybean** Flour, Raising Agents (500, 541), **Wheat** Gluten, **Milk** Solids), Strawberry Fondant (Sugar Syrups (Sucrose, Glucose (Wheat Derived)), Flavouring (Colour (120))), Sprinkles (Sugar, Vegetable Fat (Emulsifier (322 **Soy**), Glucose (From Wheat), Colours (124, 102, 110, 133, 123, 122)).

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg, Tree Nuts.

Iced Ring Donut - Vanilla Glaze

Nutritional Information
 Servings per package: 1
 Serving Size: 60 g




	Average Quantity per Serving	Average Quantity Per 100g
Energy	1010 kJ (241 Cal)	1680 kJ (402 Cal)
Protein	3.0 g	4.9 g
Fat, total	15.0 g	25.0 g
-saturated	7.2 g	12.0 g
Carbohydrate	23.4 g	39.0 g
-sugars	8.3 g	13.8 g
Sodium	159 mg	265 mg

Ingredients: Donut (**Wheat** Flour, Vegetable Fats & Oils (Palm, **Soybean**, Canola, Coconut), Water, Dextrose, Yeast, Salt, Emulsifiers (471, 481, 472e), **Soybean** Flour, Raising Agents (500, 541), **Wheat** Gluten, **Milk** Solids), Vanilla Glaze (Sugar Syrups (Sucrose, Glucose (Wheat Derived)), Sugar, Flavour, Acidity Regulator (332, 330, 339), Mineral Salt (516), Thickeners (406, 410), Preservative (200)).

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg, Tree Nuts.

Large Jam Ball		
Nutritional Information		
Servings per package: 1		
Serving Size: 78 g		
	Average Quantity per Serving	Average Quantity Per 100g
Energy	1330 kJ (319 Cal)	1710 kJ (409 Cal)
Protein	3.8 g	4.8 g
Fat, total	17.6 g	22.5 g
-saturated	8.5 g	10.9 g
Carbohydrate	36.0 g	46.2 g
-sugars	17.3 g	22.1 g
Sodium	203 mg	260 mg

Ingredients: Jam Ball Donuts (**Wheat** Flour, Raspberry Flavoured Filling (Sugar, Water, Apple Paste, Vegetable Gums (440, 415), Food Acid (330), Flavour, Preservatives (211, 223 (Sulphites)), Colours (124, 122), Vegetable Fats & Oils (Palm, **Soybean**, Canola, Coconut), Water, Dextrose, Yeast, Salt, Emulsifiers (471, 481, 472e), Soyabean Flour, Raising Agents (500, 541), **Wheat** Gluten, **Milk** Solids, Enzyme (**Wheat**)), Sugar.

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg, Tree Nuts.

Latte - Lge

Nutritional Information
Servings per package: 1
Serving Size: 390 mL



	Average Quantity per Serving	Average Quantity Per 100mL
Energy	852 kJ (204 Cal)	219 kJ (52 Cal)
Protein	10.9 g	2.8 g
Fat, total	10.9 g	2.8 g
-saturated	7.1 g	1.8 g
Carbohydrate	15.4 g	3.9 g
-sugars	15.4 g	3.9 g
Sodium	128 mg	33 mg

Ingredients: **Milk**, Water, Coffee.

Contains Milk.

Latte - Reg

Nutritional Information
Servings per package: 1
Serving Size: 297 mL



	Average Quantity per Serving	Average Quantity Per 100mL
Energy	639 kJ (153 Cal)	215 kJ (51 Cal)
Protein	8.2 g	2.8 g
Fat, total	8.2 g	2.8 g
-saturated	5.3 g	1.8 g
Carbohydrate	11.5 g	3.9 g
-sugars	11.5 g	3.9 g
Sodium	96 mg	32 mg

Ingredients: **Milk**, Water, Coffee.

Contains Milk.

Latte - Sml

Nutritional Information
Servings per package: 1
Serving Size: 257 mL



	Average Quantity per Serving	Average Quantity Per 100mL
Energy	585 kJ (140 Cal)	228 kJ (55 Cal)
Protein	7.5 g	2.9 g
Fat, total	7.5 g	2.9 g
-saturated	4.8 g	1.9 g
Carbohydrate	10.6 g	4.1 g
-sugars	10.6 g	4.1 g
Sodium	88 mg	34 mg

Ingredients: **Milk**, Water, Coffee.

Contains Milk.

Long Black - Lge

Nutritional Information
 Servings per package: 1
 Serving Size: 480 mL



	Average Quantity per Serving	Average Quantity Per 100mL
Energy	less than 1 kJ	less than 1 kJ
Protein	less than 0.1 g	less than 0.1 g
Fat, total	less than 0.1 g	less than 0.1 g
-saturated	less than 0.1 g	less than 0.1 g
Carbohydrate	less than 0.1g	less than 0.1g
-sugars	less than 0.1 g	less than 0.1 g
Sodium	less than 1 mg	less than 1 mg

Ingredients: Water, Coffee.

Long Black - Reg

Nutritional Information
 Servings per package: 1
 Serving Size: 370 mL



	Average Quantity per Serving	Average Quantity Per 100mL
Energy	less than 1 kJ	less than 1 kJ
Protein	less than 0.1 g	less than 0.1 g
Fat, total	less than 0.1 g	less than 0.1 g
-saturated	less than 0.1 g	less than 0.1 g
Carbohydrate	less than 0.1g	less than 0.1g
-sugars	less than 0.1 g	less than 0.1 g
Sodium	less than 1 mg	less than 1 mg

Ingredients: Water, Coffee.


Long Black - Sml

Nutritional Information
 Servings per package: 1
 Serving Size: 270 mL



	Average Quantity per Serving	Average Quantity Per 100mL
Energy	less than 1 kJ	less than 1 kJ
Protein	less than 0.1 g	less than 0.1 g
Fat, total	less than 0.1 g	less than 0.1 g
-saturated	less than 0.1 g	less than 0.1 g
Carbohydrate	less than 0.1g	less than 0.1g
-sugars	less than 0.1 g	less than 0.1 g
Sodium	less than 1 mg	less than 1 mg


Ingredients: Water, Coffee.

Malteser Mixer		
Nutritional Information		
Servings per package: 1		
Serving Size: 190 g		
	Average Quantity per Serving	Average Quantity Per 100g
Energy	1480 kJ (354 Cal)	780 kJ (187 Cal)
Protein	5.3 g	2.8 g
Fat, total	8.8 g	4.6 g
-saturated	5.8 g	3.0 g
Carbohydrate	62.8 g	33.1 g
-sugars	53.8 g	28.3 g
Sodium	150 mg	79 mg

Ingredients: Water, Vanilla Soft Serve Powder (Sugar, **Milk** Solids, Maltodextrin, Glucose Syrup Solids, Vegetable Fat, Stabilisers (466, 460, 412, 407, 340, 452i), Flavours, Emulsifiers (471, 472e, 322 **Soy**), Salt, Anti-caking Agent (551), Colour (102)), Maltesers (Sugar, **Milk** Solids, Cocoa Butter, Cocoa Mass, Malt Extract (**Barley**), Glucose Syrup, Vegetable Fat, Maltodextrin, Emulsifiers (**Soy** Lecithin, 432), Raising Agents (501, 500), Vegetable Gum (440), Salt, Flavour), Chocolate Sauce (Sugar, Water, Cocoa, Glucose Syrup, Thickener (1422), Salt, Acidity Regulator (330), Flavour, Preservative (202), Stabiliser (415)).


Contains Gluten, Milk, Soy.

May Contain Wheat.

Milkshake Banana - Lge		
Nutritional Information		
Servings per package: 1		
Serving Size: 357 mL		
	Average Quantity per Serving	Average Quantity Per 100mL
Energy	1380 kJ (330 Cal)	386 kJ (92 Cal)
Protein	9.9 g	2.8 g
Fat, total	9.2 g	2.6 g
-saturated	6.1 g	1.7 g
Carbohydrate	50.4 g	14.1 g
-sugars	47.4 g	13.3 g
Sodium	152 mg	43 mg


Ingredients: **Milk**, Water, Banana Topping (Water, Sugar, Thickener (412), Flavour, Acidity Regulator (330), Preservative (211), Colour (102)), Vanilla Soft Serve Powder (Sugar, **Milk** Solids, Maltodextrin, Glucose Syrup Solids, Vegetable Fat, Stabilisers (466, 460, 412, 407, 340, 452i), Flavours, Emulsifiers (471, 472e, 322 **Soy**), Salt, Anti-caking Agent (551), Colour (102)).

Contains Milk, Soy.

Milkshake Banana - Reg		
Nutritional Information		
Servings per package: 1		
Serving Size: 260 mL		
	Average Quantity per Serving	Average Quantity Per 100mL
Energy	1080 kJ (258 Cal)	414 kJ (99 Cal)
Protein	6.9 g	2.7 g
Fat, total	6.4 g	2.5 g
-saturated	4.3 g	1.6 g
Carbohydrate	41.9 g	16.1 g
-sugars	39.5 g	15.2 g
Sodium	108 mg	42 mg


Ingredients: **Milk**, Banana Topping (Water, Sugar, Thickener (412), Flavour, Acidity Regulator (330), Preservative (211), Colour (102)), Water, Vanilla Soft Serve Powder (Sugar, **Milk** Solids, Maltodextrin, Glucose Syrup Solids, Vegetable Fat, Stabilisers (466, 460, 412, 407, 340, 452i), Flavours, Emulsifiers (471, 472e, 322 **Soy**), Salt, Anti-caking Agent (551), Colour (102)).

Contains Milk, Soy.

Milkshake Caramel - Lge		
Nutritional Information		
Servings per package: 1		
Serving Size: 371 mL		
	Average Quantity per Serving	Average Quantity Per 100mL
Energy	1490 kJ (356 Cal)	402 kJ (96 Cal)
Protein	10.0 g	2.7 g
Fat, total	9.3 g	2.5 g
-saturated	6.2 g	1.7 g
Carbohydrate	57.0 g	15.4 g
-sugars	53.5 g	14.4 g
Sodium	164 mg	44 mg


Ingredients: **Milk**, Caramel Topping (Water, Sugar, **Milk**, Maize Thickener (1442), Caramel Flavour, Vegetable Gum (415 (**Soy**)), Preservatives (202, 223), Colours (102, 155, 133, 150c), Food Acid (330), Salt), Water, Vanilla Soft Serve Powder (Sugar, **Milk** Solids, Maltodextrin, Glucose Syrup Solids, Vegetable Fat, Stabilisers (466, 460, 412, 407, 340, 452i), Flavours, Emulsifiers (471, 472e, 322 **Soy**), Salt, Anti-caking Agent (551), Colour (102)).

Contains Milk, Soy.

Milkshake Caramel - Reg		
Nutritional Information		
Servings per package: 1		
Serving Size: 273 mL		
	Average Quantity per Serving	Average Quantity Per 100mL
Energy	1190 kJ (284 Cal)	435 kJ (104 Cal)
Protein	7.0 g	2.5 g
Fat, total	6.5 g	2.4 g
-saturated	4.3 g	1.6 g
Carbohydrate	48.4 g	17.7 g
-sugars	45.6 g	16.7 g
Sodium	120 mg	44 mg


Ingredients: **Milk**, Caramel Topping (Water, Sugar, **Milk**, Maize Thickener (1442), Caramel Flavour, Vegetable Gum (415 (**Soy**)), Preservatives (202, 223), Colours (102, 155, 133, 150c), Food Acid (330), Salt), Water, Vanilla Soft Serve Powder (Sugar, **Milk** Solids, Maltodextrin, Glucose Syrup Solids, Vegetable Fat, Stabilisers (466, 460, 412, 407, 340, 452i), Flavours, Emulsifiers (471, 472e, 322 **Soy**), Salt, Anti-caking Agent (551), Colour (102)).

Contains Milk, Soy.

Milkshake Chocolate - Lge		
Nutritional Information		
Servings per package: 1		
Serving Size: 371 mL		
	Average Quantity per Serving	Average Quantity Per 100mL
Energy	1460 kJ (350 Cal)	395 kJ (94 Cal)
Protein	10.2 g	2.7 g
Fat, total	9.3 g	2.5 g
-saturated	6.2 g	1.7 g
Carbohydrate	54.9 g	14.8 g
-sugars	51.0 g	13.8 g
Sodium	188 mg	51 mg


Ingredients: **Milk**, Chocolate Syrup (Water, Sugar, Maize Thickener (1442), Cocoa Powder, Chocolate Flavour, Food Acid (330), Salt, Vegetable Gum (415 (**Soy**)), Preservatives (202, 223), Colours (155, 102, 122, 133)), Water, Vanilla Soft Serve Powder (Sugar, **Milk** Solids, Maltodextrin, Glucose Syrup Solids, Vegetable Fat, Stabilisers (466, 460, 412, 407, 340, 452i), Flavours, Emulsifiers (471, 472e, 322 **Soy**), Salt, Anti-caking Agent (551), Colour (102)).

Contains Milk, Soy.

Milkshake Chocolate - Reg		
Nutritional Information		
Servings per package: 1		
Serving Size: 273 mL		
	Average Quantity per Serving	Average Quantity Per 100mL
Energy	1160 kJ (278 Cal)	425 kJ (102 Cal)
Protein	7.1 g	2.6 g
Fat, total	6.5 g	2.4 g
-saturated	4.3 g	1.6 g
Carbohydrate	46.3 g	16.9 g
-sugars	43.1 g	15.8 g
Sodium	144 mg	53 mg


Ingredients: **Milk**, Chocolate Syrup (Water, Sugar, Maize Thickener (1442), Cocoa Powder, Chocolate Flavour, Food Acid (330), Salt, Vegetable Gum (415 (**Soy**)), Preservatives (202, 223), Colours (155, 102, 122, 133)), Water, Vanilla Soft Serve Powder (Sugar, **Milk** Solids, Maltodextrin, Glucose Syrup Solids, Vegetable Fat, Stabilisers (466, 460, 412, 407, 340, 452i), Flavours, Emulsifiers (471, 472e, 322 **Soy**), Salt, Anti-caking Agent (551), Colour (102)).

Contains Milk, Soy.

Milkshake Coffee - Lge		
Nutritional Information		
Servings per package: 1		
Serving Size: 384 mL		
	Average Quantity per Serving	Average Quantity Per 100mL
Energy	1250 kJ (299 Cal)	326 kJ (78 Cal)
Protein	9.9 g	2.6 g
Fat, total	9.2 g	2.4 g
-saturated	6.1 g	1.6 g
Carbohydrate	43.5 g	11.3 g
-sugars	41.5 g	10.8 g
Sodium	149 mg	39 mg


Ingredients: **Milk**, Water, Vanilla Syrup (Sugar, Water, Vanilla Flavour, Vegetable Gum (466), Preservative (202), Food Acid (330), Colours (150d (**Wheat**), 150c)), Vanilla Soft Serve Powder (Sugar, **Milk** Solids, Maltodextrin, Glucose Syrup Solids, Vegetable Fat, Stabilisers (466, 460, 412, 407, 340, 452i), Flavours, Emulsifiers (471, 472e, 322 **Soy**), Salt, Anti-caking Agent (551), Colour (102)), Coffee.

Contains Gluten, Wheat, Milk, Soy.

Milkshake Coffee - Reg		
Nutritional Information		
Servings per package: 1		
Serving Size: 287 mL		
	Average Quantity per Serving	Average Quantity Per 100mL
Energy	952 kJ (227 Cal)	332 kJ (79 Cal)
Protein	6.9 g	2.4 g
Fat, total	6.5 g	2.2 g
-saturated	4.3 g	1.5 g
Carbohydrate	35.0 g	12.2 g
-sugars	33.6 g	11.7 g
Sodium	105 mg	37 mg


Ingredients: **Milk**, Water, Vanilla Syrup (Sugar, Water, Vanilla Flavour, Vegetable Gum (466), Preservative (202), Food Acid (330), Colours (150d (**Wheat**), 150c)), Vanilla Soft Serve Powder (Sugar, **Milk** Solids, Maltodextrin, Glucose Syrup Solids, Vegetable Fat, Stabilisers (466, 460, 412, 407, 340, 452i), Flavours, Emulsifiers (471, 472e, 322 **Soy**), Salt, Anti-caking Agent (551), Colour (102)), Coffee.

Contains Gluten, Wheat, Milk, Soy.

Milkshake Lime - Lge		
Nutritional Information		
Servings per package: 1		
Serving Size: 366 mL		
	Average Quantity per Serving	Average Quantity Per 100mL
Energy	1370 kJ (327 Cal)	373 kJ (89 Cal)
Protein	9.9 g	2.7 g
Fat, total	9.2 g	2.5 g
-saturated	6.1 g	1.7 g
Carbohydrate	50.2 g	13.7 g
-sugars	47.0 g	12.8 g
Sodium	153 mg	42 mg

Ingredients: **Milk**, Lime Syrup (Water, Sugar , Thickener (1422), Flavour, Acidity Regulator (330), Stabiliser (415), Preservatives (211, 223, 202), Colours (102, 133)), Water, Vanilla Soft Serve Powder (Sugar, **Milk** Solids, Maltodextrin, Glucose Syrup Solids, Vegetable Fat, Stabilisers (466, 460, 412, 407, 340, 452i), Flavours, Emulsifiers (471, 472e, 322 **Soy**), Salt, Anti-caking Agent (551), Colour (102)).

Contains Milk, Soy.

Milkshake Lime - Reg		
Nutritional Information		
Servings per package: 1		
Serving Size: 269 mL		
	Average Quantity per Serving	Average Quantity Per 100mL
Energy	1070 kJ (255 Cal)	396 kJ (95 Cal)
Protein	6.9 g	2.6 g
Fat, total	6.4 g	2.4 g
-saturated	4.3 g	1.6 g
Carbohydrate	41.6 g	15.5 g
-sugars	39.1 g	14.5 g
Sodium	109 mg	40 mg

Ingredients: **Milk**, Lime Syrup (Water, Sugar , Thickener (1422), Flavour, Acidity Regulator (330), Stabiliser (415), Preservatives (211, 223, 202), Colours (102, 133)), Water, Vanilla Soft Serve Powder (Sugar, **Milk** Solids, Maltodextrin, Glucose Syrup Solids, Vegetable Fat, Stabilisers (466, 460, 412, 407, 340, 452i), Flavours, Emulsifiers (471, 472e, 322 **Soy**), Salt, Anti-caking Agent (551), Colour (102)).

Contains Milk, Soy.

Milkshake Strawberry - Lge


Nutritional Information
 Servings per package: 1
 Serving Size: 371 mL



	Average Quantity per Serving	Average Quantity Per 100mL
Energy	1440 kJ (344 Cal)	388 kJ (93 Cal)
Protein	9.9 g	2.7 g
Fat, total	9.2 g	2.5 g
-saturated	6.1 g	1.6 g
Carbohydrate	54.4 g	14.7 g
-sugars	50.6 g	13.7 g
Sodium	151 mg	41 mg


Ingredients: **Milk**, Strawberry Topping (Water, Sugar, Strawberries, Maize Thickener (1442), Food Acid (296), Strawberry Flavour, Vegetable Gum (415 (**Soy**), Preservative (202, 223), Colours (124, 122)), Water, Vanilla Soft Serve Powder (Sugar, **Milk** Solids, Maltodextrin, Glucose Syrup Solids, Vegetable Fat, Stabilisers (466, 460, 412, 407, 340, 452i), Flavours, Emulsifiers (471, 472e, 322 **Soy**), Salt, Anti-caking Agent (551), Colour (102)).

Contains Milk, Soy.

Milkshake Strawberry - Reg		
Nutritional Information		
Servings per package: 1		
Serving Size: 273 mL		
	Average Quantity per Serving	Average Quantity Per 100mL
Energy	1140 kJ (272 Cal)	416 kJ (99 Cal)
Protein	6.9 g	2.5 g
Fat, total	6.4 g	2.4 g
-saturated	4.3 g	1.6 g
Carbohydrate	45.8 g	16.8 g
-sugars	42.7 g	15.6 g
Sodium	107 mg	39 mg


Ingredients: **Milk**, Strawberry Topping (Water, Sugar, Strawberries, Maize Thickener (1442), Food Acid (296), Strawberry Flavour, Vegetable Gum (415 (**Soy**), Preservative (202, 223), Colours (124, 122)), Water, Vanilla Soft Serve Powder (Sugar, **Milk** Solids, Maltodextrin, Glucose Syrup Solids, Vegetable Fat, Stabilisers (466, 460, 412, 407, 340, 452i), Flavours, Emulsifiers (471, 472e, 322 **Soy**), Salt, Anti-caking Agent (551), Colour (102)).

Contains Milk, Soy.

Milkshake Vanilla - Lge		
Nutritional Information		
Servings per package: 1		
Serving Size: 371 mL		
	Average Quantity per Serving	Average Quantity Per 100mL
Energy	1530 kJ (367 Cal)	414 kJ (99 Cal)
Protein	9.9 g	2.7 g
Fat, total	9.2 g	2.5 g
-saturated	6.1 g	1.6 g
Carbohydrate	60.1 g	16.2 g
-sugars	58.1 g	15.7 g
Sodium	156 mg	42 mg


Ingredients: **Milk**, Vanilla Syrup (Sugar, Water, Vanilla Flavour, Vegetable Gum (466), Preservative (202), Food Acid (330), Colours (150d (**Wheat**), 150c)), Water, Vanilla Soft Serve Powder (Sugar, **Milk** Solids, Maltodextrin, Glucose Syrup Solids, Vegetable Fat, Stabilisers (466, 460, 412, 407, 340, 452i), Flavours, Emulsifiers (471, 472e, 322 **Soy**), Salt, Anti-caking Agent (551), Colour (102)).

Contains Gluten, Wheat, Milk, Soy.

Milkshake Vanilla - Reg		
Nutritional Information		
Servings per package: 1		
Serving Size: 273 mL		
	Average Quantity per Serving	Average Quantity Per 100mL
Energy	1230 kJ (295 Cal)	451 kJ (108 Cal)
Protein	6.9 g	2.5 g
Fat, total	6.4 g	2.4 g
-saturated	4.3 g	1.6 g
Carbohydrate	51.6 g	18.9 g
-sugars	50.2 g	18.4 g
Sodium	112 mg	41 mg

Ingredients: **Milk**, Vanilla Syrup (Sugar, Water, Vanilla Flavour, Vegetable Gum (466), Preservative (202), Food Acid (330), Colours (150d (**Wheat**), 150c)), Water, Vanilla Soft Serve Powder (Sugar, **Milk** Solids, Maltodextrin, Glucose Syrup Solids, Vegetable Fat, Stabilisers (466, 460, 412, 407, 340, 452i), Flavours, Emulsifiers (471, 472e, 322 **Soy**), Salt, Anti-caking Agent (551), Colour (102)).


Contains Gluten, Wheat, Milk, Soy.

Mini Jam Ball		
Nutritional Information		
Servings per package: 1		
Serving Size: 42.5 g		
	Average Quantity per Serving	Average Quantity Per 100g
Energy	697 kJ (166 Cal)	1640 kJ (392 Cal)
Protein	2.0 g	4.6 g
Fat, total	9.3 g	21.8 g
-saturated	4.2 g	10.0 g
Carbohydrate	18.6 g	43.7 g
-sugars	8.5 g	20.0 g
Sodium	103 mg	243 mg

Ingredients: Jam Ball (**Wheat** Flour, Raspberry Flavoured Filling (20%) (Sugar, Water, Apple Paste, Vegetable Gums (440, 415), Food Acid (330), Flavour, Preservatives (211, 223 (Sulphites)), Colours (124, 122)), Vegetable Frying Oil (Palm), Water, Vegetable Fats & Oils (**Soybean**, Palm, Canola, Coconut), Dextrose, Yeast, Salt, Emulsifiers (471, 481, 472e), **Soybean** Flour, Raising Agents (500, 541), **Wheat** Gluten, **Milk** Solids, Processing Aid (**Wheat**)), Sugar, Canola Oil (Canola Oil, Propellant (Butane, Propane), Emulsifier (322 (**Soy** Lecithin)), Antioxidant (307)).

Contains Gluten, Wheat, Milk, Soy, Sulphites.

May Contain Egg, Tree Nuts, Almond, Cashew, Hazelnut, Macadamia, Pistachio.

Mini M&M Mixer		
Nutritional Information		
Servings per package: 1		
Serving Size: 180 g		
	Average Quantity per Serving	Average Quantity Per 100g
Energy	1380 kJ (330 Cal)	767 kJ (183 Cal)
Protein	5.3 g	2.9 g
Fat, total	8.1 g	4.5 g
-saturated	5.5 g	3.0 g
Carbohydrate	57.6 g	32.0 g
-sugars	51.5 g	28.6 g
Sodium	131 mg	73 mg

Ingredients: Water, Vanilla Soft Serve Powder (Sugar, **Milk** Solids, Maltodextrin, Glucose Syrup Solids, Vegetable Fat, Stabilisers (466, 460, 412, 407, 340, 452i), Flavours, Emulsifiers (471, 472e, 322 **Soy**), Salt, Anti-caking Agent (551), Colour (102)), M&ms (Sugar, Cocoa Mass, **Milk** Solids, Cocoa Butter, Vegetable Fat, Glucose Syrup, Emulsifier (**Soy** Lecithin), Colours (171, 102, 110, 129, 133), Vegetable Gum (414), Thickener (1400), Salt, Glazing Agent (903, Vegetable Oil), Flavour).

Contains Milk, Soy.

May Contain Gluten, Wheat, Peanut, Tree Nuts.

Mocha - Lge

Nutritional Information
Servings per package: 1
Serving Size: 440 mL



	Average Quantity per Serving	Average Quantity Per 100mL
Energy	1520 kJ (362 Cal)	344 kJ (82 Cal)
Protein	13.1 g	3.0 g
Fat, total	12.2 g	2.8 g
-saturated	7.9 g	1.8 g
Carbohydrate	47.8 g	10.9 g
-sugars	41.2 g	9.4 g
Sodium	244 mg	55 mg

Ingredients: **Milk**, Water, Chocolate Powder (Sugar, Cocoa, Maltodextrin, Tapioca Starch, Salt), Coffee.

Contains Milk.


May Contain Soy.

Mocha - Reg		
Nutritional Information		
Servings per package: 1		
Serving Size: 327 mL		
	Average Quantity per Serving	Average Quantity Per 100mL
Energy	1120 kJ (267 Cal)	341 kJ (82 Cal)
Protein	9.6 g	2.9 g
Fat, total	8.9 g	2.7 g
-saturated	5.7 g	1.8 g
Carbohydrate	35.5 g	10.9 g
-sugars	30.6 g	9.3 g
Sodium	180 mg	55 mg

Ingredients: **Milk**, Water, Chocolate Powder (Sugar, Cocoa, Maltodextrin, Tapioca Starch, Salt), Coffee.

Contains Milk.

May Contain Soy.

Mocha - Sml		
Nutritional Information		
Servings per package: 1		
Serving Size: 277 mL		
	Average Quantity per Serving	Average Quantity Per 100mL
Energy	905 kJ (216 Cal)	327 kJ (78 Cal)
Protein	8.4 g	3.0 g
Fat, total	8.0 g	2.9 g
-saturated	5.1 g	1.9 g
Carbohydrate	26.6 g	9.6 g
-sugars	23.3 g	8.4 g
Sodium	144 mg	52 mg

Ingredients: **Milk**, Water, Chocolate Powder (7%) (Sugar, Cocoa, Maltodextrin, Tapioca Starch, Salt), Coffee.

Contains Milk.

May Contain Soy.

Quakeshake - Cherry Explosion

Nutritional Information
 Servings per package: 1
 Serving Size: 482 g



	Average Quantity per Serving	Average Quantity Per 100g
Energy	2490 kJ (595 Cal)	516 kJ (123 Cal)
Protein	12.0 g	2.5 g
Fat, total	11.9 g	2.5 g
-saturated	8.8 g	1.8 g
Carbohydrate	107 g	22.3 g
-sugars	96.0 g	19.9 g
Sodium	277 mg	57 mg

Ingredients: Water, **Milk**, Vanilla Soft Serve Powder (Sugar, **Milk** Solids, Maltodextrin, Glucose Syrup Solids, Vegetable Fat, Stabilisers (466, 460, 412, 407, 340, 452i), Flavours, Emulsifiers (471, 472e, 322 **Soy**), Salt, Anti-caking Agent (551), Colour (102)), Chocolate Syrup (Water, Sugar, Maize Thickener (1442), Cocoa Powder, Chocolate Flavour, Food Acid (330), Salt, Vegetable Gum (415 (**Soy**)), Preservatives (202, 223), Colours (155, 102, 122, 133)), Strawberry Topping (Water, Sugar, Strawberries, Maize Thickener (1442), Food Acid (296), Strawberry Flavour, Vegetable Gum (415 (**Soy**), Preservative (202, 223), Colours (124, 122)), Cherry Ripe (Sugar, Coconut (Sulphites), Glac? Cherries (Cherries, Sugar, Colour (163), Flavour, Sulphites, Mineral Salt (500), Acidity Regulator (296)), **Wheat** Glucose Syrup, cocoa Mass, Sweetened Condensed **Milk**, Vegetable Fat, **Milk** Solids, Cocoa Butter, Cocoa Powder, Gelatine, Invert Sugar, Emulsifiers (**Soy** Lecithin, 476), Colour (120, 160(C)), Flavours, Mineral Salts (500,509)).

Contains Gluten, Wheat, Milk, Soy.

May Contain Peanut, Tree Nuts.

Quakeshake - Choc Volcano

Nutritional Information
 Servings per package: 1
 Serving Size: 478 g



	Average Quantity per Serving	Average Quantity Per 100g
Energy	2440 kJ (584 Cal)	511 kJ (122 Cal)
Protein	12.3 g	2.6 g
Fat, total	11.4 g	2.4 g
-saturated	7.9 g	1.7 g
Carbohydrate	106 g	22.1 g
-sugars	95.0 g	19.9 g
Sodium	299 mg	63 mg

Ingredients: Water, **Milk**, Vanilla Soft Serve Powder (Sugar, **Milk** Solids, Maltodextrin, Glucose Syrup Solids, Vegetable Fat, Stabilisers (466, 460, 412, 407, 340, 452i), Flavours, Emulsifiers (471, 472e, 322 **Soy**), Salt, Anti-caking Agent (551), Colour (102)), Chocolate Syrup (Water, Sugar, Maize Thickener (1442), Cocoa Powder, Chocolate Flavour, Food Acid (330), Salt, Vegetable Gum (415 (**Soy**)), Preservatives (202, 223), Colours (155, 102, 122, 133)), **Milk** Chocolate Flake (Full Cream **Milk**, Sugar, Cocoa Butter, Cocoa Mass, **Milk** Solids, Emulsifiers (**Soy** Lecithin, 476), Flavours).

Contains Milk, Soy.

May Contain Peanut, Tree Nuts, Almond, Hazelnut.

Quakeshake - Honeycomb Lava

Nutritional Information
 Servings per package: 1
 Serving Size: 484 g



	Average Quantity per Serving	Average Quantity Per 100g
Energy	2540 kJ (608 Cal)	526 kJ (126 Cal)
Protein	11.7 g	2.4 g
Fat, total	10.8 g	2.2 g
-saturated	7.5 g	1.6 g
Carbohydrate	114 g	23.5 g
-sugars	102 g	21.0 g
Sodium	338 mg	70 mg

Ingredients: Water, **Milk**, Vanilla Soft Serve Powder (Sugar, **Milk** Solids, Maltodextrin, Glucose Syrup Solids, Vegetable Fat, Stabilisers (466, 460, 412, 407, 340, 452i), Flavours, Emulsifiers (471, 472e, 322 **Soy**), Salt, Anti-caking Agent (551), Colour (102)), Caramel Topping (Water, Sugar, **Milk**, Maize Thickener (1442), Caramel Flavour, Vegetable Gum (415 (**Soy**)), Preservatives (202, 223), Colours (102, 155, 133, 150c), Food Acid (330), Salt), Chocolate Syrup (Water, Sugar, Maize Thickener (1442), Cocoa Powder, Chocolate Flavour, Food Acid (330), Salt, Vegetable Gum (415 (**Soy**)), Preservatives (202, 223), Colours (155, 102, 122, 133)), Crunchie (Sugar, Glucose Syrup, **Milk** Solids, Cocoa Butter, Cocoa Mass, Raising Agent (500), Emulsifiers (**Soy** Lecithin, 476), Hydrolysed **Milk** Protein, Flavours).

Contains Milk, Soy.

May Contain Gluten, Wheat, Peanut, Tree Nuts.

Quakeshake - Mint Shockwave

Nutritional Information
 Servings per package: 1
 Serving Size: 479 g




	Average Quantity per Serving	Average Quantity Per 100g
Energy	2480 kJ (593 Cal)	518 kJ (124 Cal)
Protein	12.3 g	2.6 g
Fat, total	13.3 g	2.8 g
-saturated	9.1 g	1.9 g
Carbohydrate	104 g	21.8 g
-sugars	94.6 g	19.7 g
Sodium	270 mg	56 mg

Ingredients: Water, **Milk**, Vanilla Soft Serve Powder (Sugar, **Milk** Solids, Maltodextrin, Glucose Syrup Solids, Vegetable Fat, Stabilisers (466, 460, 412, 407, 340, 452i), Flavours, Emulsifiers (471, 472e, 322 **Soy**), Salt, Anti-caking Agent (551), Colour (102)), Lime Syrup (Water, Sugar, Thickener (1422), Flavour, Acidity Regulator (330), Stabiliser (415), Preservatives (211, 223, 202), Colours (102, 133)), Mint Chocolate (Full Cream **Milk**, Sugar, **Milk** Solids, Cocoa Butter, Cocoa Mass, Emulsifiers (**Soy** Lecithin, 476), Colour (141), Flavours).

Contains Milk, Soy.


May Contain Gluten, Wheat, Peanut, Tree Nuts.

Raisin Toast 2 Slices (with butter)		
Nutritional Information		
Servings per package: 1		
Serving Size: 144 g		
	Average Quantity per Serving	Average Quantity Per 100g
Energy	2070 kJ (496 Cal)	1440 kJ (344 Cal)
Protein	11.3 g	7.9 g
Fat, total	17.7 g	12.3 g
-saturated	8.8 g	6.1 g
Carbohydrate	69.8 g	48.5 g
-sugars	28.2 g	19.6 g
Sodium	513 mg	356 mg

Ingredients: Raisin Toast (**Wheat** Flour, Mixed Fruit (30%) (Raisins (22%), Sultanas (6.5%), Currants (1.5%)), Water, Baker's Yeast, **Wheat** Gluten, Vegetable Oil, Sugar, Mixed Spice, Iodised Salt, **Soy** Flour, Vinegar, Emulsifiers (481, 472e), Vitamins (Thiamin, Folate)), Butter (Cream (**Milk**), Water, Salt).

Contains Gluten, Wheat, Milk, Soy.


May Contain Sesame.

Rock My Wurl		
Nutritional Information		
Servings per package: 1		
Serving Size: 101 g		
	Average Quantity per Serving	Average Quantity Per 100g
Energy	1390 kJ (333 Cal)	1380 kJ (330 Cal)
Protein	4.1 g	4.1 g
Fat, total	15.6 g	15.4 g
-saturated	8.0 g	8.0 g
Carbohydrate	43.5 g	43.0 g
-sugars	22.7 g	22.5 g
Sodium	200 mg	198 mg

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), Vanilla Cream (Glucose Syrup, High Fructose Corn Syrup, Water, Vegetable Oils (Refined Fully Hydrogenated Palm Kernel And Palm Fat, Emulsifiers (322 (**Soy**), 471), Sodium Caseinate (**Milk**), Natural Cream Flavour (**Milk**), Vegetable Emulsifiers (435, 471, 475), Stabilisers (464, 415 (**Soy**)), Sugar, Salt, Preservative (202), Natural Colour (160a)), Chocolate Fondant (Sugar Syrups (Sucrose, Glucose), Flavouring (Colours (161b, 120))), Curly Wurlly (Wheat Glucose Syrup, Sugar, Milk Solids, Vegetable Fat, Cocoa Butter, Cocoa Mass, Flavours, Emulsifiers (Soy Lecithin, 442, 471, 476), Salt).

Contains Gluten, Wheat, Egg, Milk, Soy.


May Contain Peanut, Tree Nuts, Hazelnut.

Slamington		
Nutritional Information		
Servings per package: 1		
Serving Size: 96 g		
	Average Quantity per Serving	Average Quantity Per 100g
Energy	1380 kJ (330 Cal)	1440 kJ (344 Cal)
Protein	4.2 g	4.4 g
Fat, total	17.0 g	17.7 g
-saturated	9.7 g	10.1 g
Carbohydrate	40.0 g	41.7 g
-sugars	20.3 g	21.1 g
Sodium	183 mg	191 mg

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), Vanilla Cream (Glucose Syrup, High Fructose Corn Syrup, Water, Vegetable Oils (Refined Fully Hydrogenated Palm Kernel And Palm Fat, Emulsifiers (322 (**Soy**)), 471), Sodium Caseinate (**Milk**), Natural Cream Flavour (**Milk**), Vegetable Emulsifiers (435, 471, 475), Stabilisers (464, 415 (**Soy**)), Sugar, Salt, Preservative (202), Natural Colour (160a)), Chocolate Fondant (Sugar Syrups (Sucrose, Glucose), Flavouring (Colours (161b, 120))), Dried Coconut (Coconut, Sulphites).

Contains Gluten, Wheat, Egg, Milk, Soy.


May Contain Peanut, Tree Nuts, Hazelnut.

Smarty Pants		
Nutritional Information		
Servings per package: 1		
Serving Size: 101 g		
	Average Quantity per Serving	Average Quantity Per 100g
Energy	1440 kJ (343 Cal)	1420 kJ (340 Cal)
Protein	4.6 g	4.6 g
Fat, total	17.0 g	16.8 g
-saturated	8.9 g	8.8 g
Carbohydrate	42.2 g	41.8 g
-sugars	23.2 g	23.0 g
Sodium	188 mg	186 mg

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), Vanilla Cream (Glucose Syrup, High Fructose Corn Syrup, Water, Vegetable Oils (Refined Fully Hydrogenated Palm Kernel And Palm Fat, Emulsifiers (322 (**Soy**)), 471), Sodium Caseinate (**Milk**), Natural Cream Flavour (**Milk**), Vegetable Emulsifiers (435, 471, 475), Stabilisers (464, 415 (**Soy**)), Sugar, Salt, Preservative (202), Natural Colour (160a)), M&ms (Sugar, Cocoa Mass, **Milk** Solids, Cocoa Butter, Vegetable Fat, Glucose Syrup, Emulsifier (**Soy** Lecithin), Colours (171, 102, 110, 129, 133), Vegetable Gum (414), Thickener (1400), Salt, Glazing Agent (903, Vegetable Oil), Flavour), Vanilla Glaze (Sugar Syrups (Sucrose, Glucose (Wheat Derived)), Sugar, Flavour, Acidity Regulator (332, 330, 339), Mineral Salt (516), Thickeners (406, 410), Preservative (200)).

Contains Gluten, Wheat, Egg, Milk, Soy.


May Contain Peanut, Tree Nuts, Hazelnut.

Sweet Talker		
Nutritional Information		
Servings per package: 1		
Serving Size: 90 g		
	Average Quantity per Serving	Average Quantity Per 100g
Energy	1510 kJ (362 Cal)	1680 kJ (402 Cal)
Protein	4.0 g	4.5 g
Fat, total	17.3 g	19.2 g
-saturated	8.5 g	9.5 g
Carbohydrate	47.1 g	52.3 g
-sugars	27.1 g	30.2 g
Sodium	193 mg	215 mg

Ingredients: Eclair (**Wheat** Flour, Vegetable Frying Oil (Palm), Water, Vegetable Fats & Oils (**Soybean**, Palm, Canola, Coconut), Dextrose, Yeast, Salt, Emulsifiers (471, 481, 472e), Soyabean Flour, Raising Agents (500, 541), **Wheat** Gluten, **Milk** Solids), Chocolate Fondant (Sugar Syrups (Sucrose, Glucose), Flavouring (Colours (161b, 120))), Smarties (Sugar, **Milk** Solids, Cocoa Butter, Cocoa Mass, **Wheat** Flour, Vegetable Fat (Emulsifier (**Soy** Lecithin))), Rice Starch, Emulsifiers (**Soy** Lecithin, 476), Colours (Carmine, Beta Carotene, Anthocyanin, Copper Chlorophyllin, Turmeric), Glazing Agents (903, 901), Spirulina Powder, Flavour), Snake Lolly (Glucose Syrup (Sources Include **Wheat** & Corn), Sugar, Thickener (1401 (From **Wheat**))), Gelatine, Food Acid (330), Glazing Agent (Vegetable Oil (903)), Flavours, Colours (163, 160c, 100), Spirulina Extract, Cornstarch), Chocolate Freckle (Sugar, Vegetable Fat, **Milk** Solids, Cocoa Powder, Emulsifiers (**Soy** Lecithin 322, 476, 492), Natural Vanilla Flavour, Non Pareils, Tapioca Starch, Glazing Agent (903), Colours (102, 110, 122, 123, 124, 133)).

Contains Gluten, Wheat, Milk, Soy.


May Contain Egg, Peanut, Tree Nuts, Almond, Cashew, Hazelnut, Macadamia, Pistachio.

The Big Apple		
Nutritional Information		
Servings per package: 1		
Serving Size: 82 g		
	Average Quantity per Serving	Average Quantity Per 100g
Energy	1040 kJ (249 Cal)	1270 kJ (303 Cal)
Protein	3.8 g	4.6 g
Fat, total	13.5 g	16.4 g
-saturated	6.6 g	8.0 g
Carbohydrate	27.6 g	33.7 g
-sugars	9.1 g	11.1 g
Sodium	175 mg	214 mg

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), Vanilla Cream (Glucose Syrup, High Fructose Corn Syrup, Water, Vegetable Oils (Refined Fully Hydrogenated Palm Kernel And Palm Fat, Emulsifiers (322 (**Soy**), 471), Sodium Caseinate (**Milk**), Natural Cream Flavour (**Milk**), Vegetable Emulsifiers (435, 471, 475), Stabilisers (464, 415 (**Soy**)), Sugar, Salt, Preservative (202), Natural Colour (160a)), Spiced Apple Filling (12%) (Apple, Water, Sugar, Thickener (1442), Acidity Regulator (330), Spice, Flavour, Preservative (202), Antioxidant (300), Mineral Salt (509)), Icing Sugar (Sugar, Tapioca Or Maize Starch).


Contains Gluten, Wheat, Egg, Milk, Soy.

May Contain Peanut, Tree Nuts, Hazelnut.

Thickshake Banana - Lge		
Nutritional Information		
Servings per package: 1		
Serving Size: 455 mL		
	Average Quantity per Serving	Average Quantity Per 100mL
Energy	2130 kJ (510 Cal)	469 kJ (112 Cal)
Protein	11.3 g	2.5 g
Fat, total	8.3 g	1.8 g
-saturated	6.0 g	1.3 g
Carbohydrate	95.3 g	21.0 g
-sugars	85.7 g	18.9 g
Sodium	255 mg	56 mg


Ingredients: Water, **Milk**, Vanilla Soft Serve Powder (Sugar, **Milk** Solids, Maltodextrin, Glucose Syrup Solids, Vegetable Fat, Stabilisers (466, 460, 412, 407, 340, 452i), Flavours, Emulsifiers (471, 472e, 322 **Soy**), Salt, Anti-caking Agent (551), Colour (102)), Banana Topping (Water, Sugar, Thickener (412), Flavour, Acidity Regulator (330), Preservative (211), Colour (102)).

Contains Milk, Soy.

Thickshake Banana - Reg		
Nutritional Information		
Servings per package: 1		
Serving Size: 349 mL		
	Average Quantity per Serving	Average Quantity Per 100mL
Energy	1660 kJ (396 Cal)	476 kJ (114 Cal)
Protein	8.6 g	2.5 g
Fat, total	6.5 g	1.9 g
-saturated	4.6 g	1.3 g
Carbohydrate	74.2 g	21.3 g
-sugars	67.3 g	19.3 g
Sodium	188 mg	54 mg


Ingredients: **Milk**, Water, Vanilla Soft Serve Powder (Sugar, **Milk** Solids, Maltodextrin, Glucose Syrup Solids, Vegetable Fat, Stabilisers (466, 460, 412, 407, 340, 452i), Flavours, Emulsifiers (471, 472e, 322 **Soy**), Salt, Anti-caking Agent (551), Colour (102)), Banana Topping (Water, Sugar, Thickener (412), Flavour, Acidity Regulator (330), Preservative (211), Colour (102)).

Contains Milk, Soy.

Thickshake Caramel - Lge		
Nutritional Information		
Servings per package: 1		
Serving Size: 468 mL		
	Average Quantity per Serving	Average Quantity Per 100mL
Energy	2240 kJ (536 Cal)	480 kJ (115 Cal)
Protein	11.4 g	2.4 g
Fat, total	8.4 g	1.8 g
-saturated	6.0 g	1.3 g
Carbohydrate	102 g	21.8 g
-sugars	91.8 g	19.6 g
Sodium	267 mg	57 mg


Ingredients: Water, **Milk**, Vanilla Soft Serve Powder (Sugar, **Milk** Solids, Maltodextrin, Glucose Syrup Solids, Vegetable Fat, Stabilisers (466, 460, 412, 407, 340, 452i), Flavours, Emulsifiers (471, 472e, 322 **Soy**), Salt, Anti-caking Agent (551), Colour (102)), Caramel Topping (Water, Sugar, **Milk**, Maize Thickener (1442), Caramel Flavour, Vegetable Gum (415 (**Soy**)), Preservatives (202, 223), Colours (102, 155, 133, 150c), Food Acid (330), Salt).

Contains Milk, Soy.

Thickshake Caramel - Reg		
Nutritional Information		
Servings per package: 1		
Serving Size: 362 mL		
	Average Quantity per Serving	Average Quantity Per 100mL
Energy	1770 kJ (423 Cal)	489 kJ (117 Cal)
Protein	8.6 g	2.4 g
Fat, total	6.5 g	1.8 g
-saturated	4.6 g	1.3 g
Carbohydrate	80.8 g	22.3 g
-sugars	73.3 g	20.3 g
Sodium	200 mg	55 mg

Ingredients: **Milk**, Water, Vanilla Soft Serve Powder (Sugar, **Milk** Solids, Maltodextrin, Glucose Syrup Solids, Vegetable Fat, Stabilisers (466, 460, 412, 407, 340, 452i), Flavours, Emulsifiers (471, 472e, 322 **Soy**), Salt, Anti-caking Agent (551), Colour (102)), Caramel Topping (Water, Sugar, **Milk**, Maize Thickener (1442), Caramel Flavour, Vegetable Gum (415 (**Soy**)), Preservatives (202, 223), Colours (102, 155, 133, 150c), Food Acid (330), Salt).

Contains Milk, Soy.

Thickshake Chocolate - Lge		
Nutritional Information		
Servings per package: 1		
Serving Size: 468 mL		
	Average Quantity per Serving	Average Quantity Per 100mL
Energy	2220 kJ (530 Cal)	474 kJ (113 Cal)
Protein	11.6 g	2.5 g
Fat, total	8.4 g	1.8 g
-saturated	6.0 g	1.3 g
Carbohydrate	99.7 g	21.3 g
-sugars	89.3 g	19.1 g
Sodium	291 mg	62 mg

Ingredients: Water, **Milk**, Vanilla Soft Serve Powder (Sugar, **Milk** Solids, Maltodextrin, Glucose Syrup Solids, Vegetable Fat, Stabilisers (466, 460, 412, 407, 340, 452i), Flavours, Emulsifiers (471, 472e, 322 **Soy**), Salt, Anti-caking Agent (551), Colour (102)), Chocolate Syrup (Water, Sugar, Maize Thickener (1442), Cocoa Powder, Chocolate Flavour, Food Acid (330), Salt, Vegetable Gum (415 (**Soy**)), Preservatives (202, 223), Colours (155, 102, 122, 133)).

Contains Milk, Soy.

Thickshake Chocolate - Reg


Nutritional Information
 Servings per package: 1
 Serving Size: 362 mL



	Average Quantity per Serving	Average Quantity Per 100mL
Energy	1740 kJ (416 Cal)	481 kJ (115 Cal)
Protein	8.8 g	2.4 g
Fat, total	6.6 g	1.8 g
-saturated	4.6 g	1.3 g
Carbohydrate	78.6 g	21.7 g
-sugars	70.8 g	19.6 g
Sodium	224 mg	62 mg


Ingredients: **Milk**, Water, Vanilla Soft Serve Powder (Sugar, **Milk** Solids, Maltodextrin, Glucose Syrup Solids, Vegetable Fat, Stabilisers (466, 460, 412, 407, 340, 452i), Flavours, Emulsifiers (471, 472e, 322 **Soy**), Salt, Anti-caking Agent (551), Colour (102)), Chocolate Syrup (Water, Sugar, Maize Thickener (1442), Cocoa Powder, Chocolate Flavour, Food Acid (330), Salt, Vegetable Gum (415 (**Soy**)), Preservatives (202, 223), Colours (155, 102, 122, 133)).

Contains Milk, Soy.

Thickshake Coffee - Lge		
Nutritional Information		
Servings per package: 1		
Serving Size: 481 mL		
	Average Quantity per Serving	Average Quantity Per 100mL
Energy	2010 kJ (480 Cal)	417 kJ (100 Cal)
Protein	11.3 g	2.4 g
Fat, total	8.3 g	1.7 g
-saturated	6.0 g	1.2 g
Carbohydrate	88.3 g	18.4 g
-sugars	79.8 g	16.6 g
Sodium	252 mg	52 mg


Ingredients: Water, **Milk**, Vanilla Soft Serve Powder (Sugar, **Milk** Solids, Maltodextrin, Glucose Syrup Solids, Vegetable Fat, Stabilisers (466, 460, 412, 407, 340, 452i), Flavours, Emulsifiers (471, 472e, 322 **Soy**), Salt, Anti-caking Agent (551), Colour (102)), Vanilla Syrup (Sugar, Water, Vanilla Flavour, Vegetable Gum (466), Preservative (202), Food Acid (330), Colours (150d (**Wheat**), 150c)), Coffee.

Contains Gluten, Wheat, Milk, Soy.

Thickshake Coffee - Reg		
Nutritional Information		
Servings per package: 1		
Serving Size: 375 mL		
	Average Quantity per Serving	Average Quantity Per 100mL
Energy	1530 kJ (366 Cal)	408 kJ (98 Cal)
Protein	8.6 g	2.3 g
Fat, total	6.5 g	1.7 g
-saturated	4.6 g	1.2 g
Carbohydrate	67.3 g	17.9 g
-sugars	61.4 g	16.4 g
Sodium	185 mg	49 mg


Ingredients: Water, **Milk**, Vanilla Soft Serve Powder (Sugar, **Milk** Solids, Maltodextrin, Glucose Syrup Solids, Vegetable Fat, Stabilisers (466, 460, 412, 407, 340, 452i), Flavours, Emulsifiers (471, 472e, 322 **Soy**), Salt, Anti-caking Agent (551), Colour (102)), Vanilla Syrup (Sugar, Water, Vanilla Flavour, Vegetable Gum (466), Preservative (202), Food Acid (330), Colours (150d (**Wheat**), 150c)), Coffee.

Contains Gluten, Wheat, Milk, Soy.

Thickshake Lime - Lge		
Nutritional Information		
Servings per package: 1		
Serving Size: 463 mL		
	Average Quantity per Serving	Average Quantity Per 100mL
Energy	2120 kJ (507 Cal)	458 kJ (109 Cal)
Protein	11.3 g	2.4 g
Fat, total	8.3 g	1.8 g
-saturated	6.0 g	1.3 g
Carbohydrate	95.0 g	20.5 g
-sugars	85.3 g	18.4 g
Sodium	256 mg	55 mg


Ingredients: Water, **Milk**, Vanilla Soft Serve Powder (Sugar, **Milk** Solids, Maltodextrin, Glucose Syrup Solids, Vegetable Fat, Stabilisers (466, 460, 412, 407, 340, 452i), Flavours, Emulsifiers (471, 472e, 322 **Soy**), Salt, Anti-caking Agent (551), Colour (102)), Lime Syrup (Water, Sugar, Thickener (1422), Flavour, Acidity Regulator (330), Stabiliser (415), Preservatives (211, 223, 202), Colours (102, 133)).

Contains Milk, Soy.

Thickshake Lime - Reg		
Nutritional Information		
Servings per package: 1		
Serving Size: 358 mL		
	Average Quantity per Serving	Average Quantity Per 100mL
Energy	1650 kJ (394 Cal)	460 kJ (110 Cal)
Protein	8.6 g	2.4 g
Fat, total	6.5 g	1.8 g
-saturated	4.6 g	1.3 g
Carbohydrate	73.9 g	20.7 g
-sugars	66.9 g	18.7 g
Sodium	189 mg	53 mg

Ingredients: **Milk**, Water, Vanilla Soft Serve Powder (Sugar, **Milk** Solids, Maltodextrin, Glucose Syrup Solids, Vegetable Fat, Stabilisers (466, 460, 412, 407, 340, 452i), Flavours, Emulsifiers (471, 472e, 322 **Soy**), Salt, Anti-caking Agent (551), Colour (102)), Lime Syrup (Water, Sugar, Thickener (1422), Flavour, Acidity Regulator (330), Stabiliser (415), Preservatives (211, 223, 202), Colours (102, 133)).

Contains Milk, Soy.

Thickshake Strawberry - Lge		
Nutritional Information		
Servings per package: 1		
Serving Size: 468 mL		
	Average Quantity per Serving	Average Quantity Per 100mL
Energy	2190 kJ (524 Cal)	469 kJ (112 Cal)
Protein	11.3 g	2.4 g
Fat, total	8.3 g	1.8 g
-saturated	6.0 g	1.3 g
Carbohydrate	99.2 g	21.2 g
-sugars	88.9 g	19.0 g
Sodium	254 mg	54 mg

Ingredients: Water, **Milk**, Vanilla Soft Serve Powder (Sugar, **Milk** Solids, Maltodextrin, Glucose Syrup Solids, Vegetable Fat, Stabilisers (466, 460, 412, 407, 340, 452i), Flavours, Emulsifiers (471, 472e, 322 **Soy**), Salt, Anti-caking Agent (551), Colour (102)), Strawberry Topping (Water, Sugar, Strawberries, Maize Thickener (1442), Food Acid (296), Strawberry Flavour, Vegetable Gum (415 (**Soy**), Preservative (202, 223), Colours (124, 122)).

Contains Milk, Soy.

Thickshake Strawberry - Reg

Nutritional Information
 Servings per package: 1
 Serving Size: 362 mL



	Average Quantity per Serving	Average Quantity Per 100mL
Energy	1720 kJ (411 Cal)	475 kJ (113 Cal)
Protein	8.6 g	2.4 g
Fat, total	6.5 g	1.8 g
-saturated	4.6 g	1.3 g
Carbohydrate	78.2 g	21.6 g
-sugars	70.5 g	19.5 g
Sodium	187 mg	52 mg

Ingredients: **Milk**, Water, Vanilla Soft Serve Powder (Sugar, **Milk** Solids, Maltodextrin, Glucose Syrup Solids, Vegetable Fat, Stabilisers (466, 460, 412, 407, 340, 452i), Flavours, Emulsifiers (471, 472e, 322 **Soy**), Salt, Anti-caking Agent (551), Colour (102)), Strawberry Topping (Water, Sugar, Strawberries, Maize Thickener (1442), Food Acid (296), Strawberry Flavour, Vegetable Gum (415 (**Soy**), Preservative (202, 223), Colours (124, 122)).

Contains Milk, Soy.

Thickshake Vanilla - Lge


Nutritional Information
 Servings per package: 1
 Serving Size: 468 mL



	Average Quantity per Serving	Average Quantity Per 100mL
Energy	2290 kJ (547 Cal)	489 kJ (117 Cal)
Protein	11.3 g	2.4 g
Fat, total	8.3 g	1.8 g
-saturated	6.0 g	1.3 g
Carbohydrate	105 g	22.4 g
-sugars	96.4 g	20.6 g
Sodium	259 mg	55 mg

Ingredients: Water, **Milk**, Vanilla Soft Serve Powder (Sugar, **Milk** Solids, Maltodextrin, Glucose Syrup Solids, Vegetable Fat, Stabilisers (466, 460, 412, 407, 340, 452i), Flavours, Emulsifiers (471, 472e, 322 **Soy**), Salt, Anti-caking Agent (551), Colour (102)), Vanilla Syrup (Sugar, Water, Vanilla Flavour, Vegetable Gum (466), Preservative (202), Food Acid (330), Colours (150d (**Wheat**), 150c)).

Contains Gluten, Wheat, Milk, Soy.

Thickshake Vanilla - Reg		
Nutritional Information		
Servings per package: 1		
Serving Size: 362 mL		
	Average Quantity per Serving	Average Quantity Per 100mL
Energy	1810 kJ (434 Cal)	501 kJ (120 Cal)
Protein	8.6 g	2.4 g
Fat, total	6.5 g	1.8 g
-saturated	4.6 g	1.3 g
Carbohydrate	83.9 g	23.2 g
-sugars	78.0 g	21.5 g
Sodium	192 mg	53 mg

Ingredients: **Milk**, Water, Vanilla Soft Serve Powder (Sugar, **Milk** Solids, Maltodextrin, Glucose Syrup Solids, Vegetable Fat, Stabilisers (466, 460, 412, 407, 340, 452i), Flavours, Emulsifiers (471, 472e, 322 **Soy**), Salt, Anti-caking Agent (551), Colour (102)), Vanilla Syrup (Sugar, Water, Vanilla Flavour, Vegetable Gum (466), Preservative (202), Food Acid (330), Colours (150d (**Wheat**), 150c)).

Contains Gluten, Wheat, Milk, Soy.

Toasted S/W - Cheese and Tomato

Nutritional Information
 Servings per package: 1
 Serving Size: 189.5 g




	Average Quantity per Serving	Average Quantity Per 100g
Energy	1610 kJ (384 Cal)	848 kJ (203 Cal)
Protein	11.9 g	6.3 g
Fat, total	18.2 g	9.6 g
-saturated	7.6 g	4.0 g
Carbohydrate	40.6 g	21.4 g
-sugars	4.1 g	2.2 g
Sodium	525 mg	277 mg

Ingredients: Bread (**Wheat** Flour, Water, **Rye** Meal, Yeast, Vinegar, Iodised Salt, Canola Oil, Cultured **Wheat** Flour, **Wheat** Gluten, **Soy** Flour, Vegetable Emulsifiers (481, 471, 472e), **Rye** Flour, Vitamins (Thiamin, Folic Acid)), Tomato, Cheese (Pasteurised **Milk**, Salt, Starter Cultures, Non-animal Rennet, Non-animal Lipase), Margarine (Vegetable Oils (Canola, Fully Hydrogenated Palm Oil), Water, Salt, Emulsifiers (E471, E322 (**Soy**)), **Milk** Solids, Preservative (E202), Acidity Regulator (E270), Natural Colour (E160a(Iv)), Vitamins A And D, Natural Flavour).

Contains Gluten, Wheat, Milk, Soy.

May Contain Sesame.

Toasted S/W - Cheese		
Nutritional Information		
Servings per package: 1		
Serving Size: 119.5 g		
	Average Quantity per Serving	Average Quantity Per 100g
Energy	1550 kJ (371 Cal)	1300 kJ (311 Cal)
Protein	11.5 g	9.6 g
Fat, total	18.2 g	15.2 g
-saturated	7.6 g	6.4 g
Carbohydrate	38.5 g	32.2 g
-sugars	2.4 g	2.0 g
Sodium	522 mg	437 mg

Ingredients: Bread (**Wheat** Flour, Water, **Rye** Meal, Yeast, Vinegar, Iodised Salt, Canola Oil, Cultured **Wheat** Flour, **Wheat** Gluten, **Soy** Flour, Vegetable Emulsifiers (481, 471, 472e), **Rye** Flour, Vitamins (Thiamin, Folic Acid)), Cheese (Pasteurised **Milk**, Salt, Starter Cultures, Non-animal Rennet, Non-animal Lipase), Margarine (Vegetable Oils (Canola, Fully Hydrogenated Palm Oil), Water, Salt, Emulsifiers (E471, E322 (**Soy**)), **Milk** Solids, Preservative (E202), Acidity Regulator (E270), Natural Colour (E160a(iv)), Vitamins A And D, Natural Flavour).

Contains Gluten, Wheat, Milk, Soy.

May Contain Sesame.

Toasted S/W - Chicken, Cheese and Avocado

Nutritional Information
 Servings per package: 1
 Serving Size: 194.5 g




	Average Quantity per Serving	Average Quantity Per 100g
Energy	1990 kJ (475 Cal)	1020 kJ (244 Cal)
Protein	19.1 g	9.8 g
Fat, total	24.8 g	12.7 g
-saturated	9.0 g	4.6 g
Carbohydrate	41.3 g	21.2 g
-sugars	2.4 g	1.2 g
Sodium	849 mg	437 mg

Ingredients: Bread (**Wheat** Flour, Water, **Rye** Meal, Yeast, Vinegar, Iodised Salt, Canola Oil, Cultured **Wheat** Flour, **Wheat** Gluten, **Soy** Flour, Vegetable Emulsifiers (481, 471, 472e), **Rye** Flour, Vitamins (Thiamin, Folic Acid)), 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), Avocado, Cheese (Pasteurised **Milk**, Salt, Starter Cultures, Non-animal Rennet, Non-animal Lipase), Margarine (Vegetable Oils (Canola, Fully Hydrogenated Palm Oil), Water, Salt, Emulsifiers (E471, E322 (**Soy**)), **Milk** Solids, Preservative (E202), Acidity Regulator (E270), Natural Colour (E160a(iv)), Vitamins A And D, Natural Flavour).

Contains Gluten, Wheat, Milk, Soy.

May Contain Sesame.

Toasted S/W - Ham and Cheese		
Nutritional Information		
Servings per package: 1		
Serving Size: 169.5 g		
	Average Quantity per Serving	Average Quantity Per 100g
Energy	1740 kJ (416 Cal)	1030 kJ (245 Cal)
Protein	18.5 g	10.9 g
Fat, total	19.2 g	11.3 g
-saturated	7.6 g	4.5 g
Carbohydrate	40.3 g	23.8 g
-sugars	3.3 g	1.9 g
Sodium	982 mg	579 mg

Ingredients: Bread (**Wheat** Flour, Water, **Rye** Meal, Yeast, Vinegar, Iodised Salt, Canola Oil, Cultured **Wheat** Flour, **Wheat** Gluten, **Soy** Flour, Vegetable Emulsifiers (481, 471, 472e), **Rye** Flour, Vitamins (Thiamin, Folic Acid)), Ham (Pork, Water, Salt, Acidity Regulators (326, 262), Dextrose (Maize, Tapioca), Emulsifiers (450, 451, 508), Pork Protein (Herb Extract), Sugar, Modified Tapioca Starch (1412), Thickener (407a), Antioxidant (316), Sodium Nitrite (250), Potato Fibre, Citrus Fibre, Canola Oil), Cheese (Pasteurised **Milk**, Salt, Starter Cultures, Non-animal Rennet, Non-animal Lipase), Margarine (Vegetable Oils (Canola, Fully Hydrogenated Palm Oil), Water, Salt, Emulsifiers (E471, E322 (**Soy**)), **Milk** Solids, Preservative (E202), Acidity Regulator (E270), Natural Colour (E160a(iv)), Vitamins A And D, Natural Flavour).

Contains Gluten, Wheat, Milk, Soy.

May Contain Sesame.

Toasted S/W - Ham, Cheese and Tomato

Nutritional Information
 Servings per package: 1
 Serving Size: 239.5 g




	Average Quantity per Serving	Average Quantity Per 100g
Energy	1790 kJ (429 Cal)	749 kJ (179 Cal)
Protein	18.9 g	7.9 g
Fat, total	19.2 g	8.0 g
-saturated	7.6 g	3.2 g
Carbohydrate	42.4 g	17.7 g
-sugars	5.1 g	2.1 g
Sodium	985 mg	411 mg

Ingredients: Bread (**Wheat** Flour, Water, **Rye** Meal, Yeast, Vinegar, Iodised Salt, Canola Oil, Cultured **Wheat** Flour, **Wheat** Gluten, **Soy** Flour, Vegetable Emulsifiers (481, 471, 472e), **Rye** Flour, Vitamins (Thiamin, Folic Acid)), Tomato, Ham (Pork, Water, Salt, Acidity Regulators (326, 262), Dextrose (Maize, Tapioca), Emulsifiers (450, 451, 508), Pork Protein (Herb Extract), Sugar, Modified Tapioca Starch (1412), Thickener (407a), Antioxidant (316), Sodium Nitrite (250), Potato Fibre, Citrus Fibre, Canola Oil), Cheese (Pasteurised **Milk**, Salt, Starter Cultures, Non-animal Rennet, Non-animal Lipase), Margarine (Vegetable Oils (Canola, Fully Hydrogenated Palm Oil), Water, Salt, Emulsifiers (E471, E322 (**Soy**)), **Milk** Solids, Preservative (E202), Acidity Regulator (E270), Natural Colour (E160a(IV)), Vitamins A And D, Natural Flavour).

Contains Gluten, Wheat, Milk, Soy.


May Contain Sesame.

Tough Cookie		
Nutritional Information		
Servings per package: 1		
Serving Size: 85 g		
	Average Quantity per Serving	Average Quantity Per 100g
Energy	1340 kJ (321 Cal)	1580 kJ (378 Cal)
Protein	4.4 g	5.2 g
Fat, total	17.0 g	19.9 g
-saturated	9.1 g	10.7 g
Carbohydrate	37.2 g	43.8 g
-sugars	16.2 g	19.1 g
Sodium	226 mg	266 mg

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), Chocolate Flavoured Topping (High Fructose Corn Syrup, Vegetable Oils (Refined Fully Hydrogenated Palm Kernel And Palm Fat, Emulsifiers (322 (**Soy**), 471)), Water, Cocoa Alkali Processed, Sodium Caseinate (**Milk**), Colour (150c), Emulsifiers (435, 475), Stabilisers (464, 415), Sugar, Salt, Artificial Flavour), Oreo (**Wheat** Flour, Sugar, Vegetable Oil, Cocoa Powder, Fructose Syrup, Cornstarch, Salt, Raising Agents (500, 503), Emulsifier (**Soy** Lecithin), Flavour, Antioxidant (319), Minerals (Iron, Zinc), Vitamins (Riboflavin, Thiamin, Folate)), Vanilla Glaze (Sugar Syrups (Sucrose, Glucose (Wheat Derived)), Sugar, Flavour, Acidity Regulator (332, 330, 339), Mineral Salt (516), Thickeners (406, 410), Preservative (200)), Vanilla Cream (Glucose Syrup, High Fructose Corn Syrup, Water, Vegetable Oils (Refined Fully Hydrogenated Palm Kernel And Palm Fat, Emulsifiers (322 (**Soy**)), 471), Sodium Caseinate (**Milk**), Natural Cream Flavour (**Milk**), Vegetable Emulsifiers (435, 471, 475), Stabilisers (464, 415 (**Soy**)), Sugar, Salt, Preservative (202), Natural Colour (160a)).

Contains Gluten, Wheat, Egg, Milk, Soy.

May Contain Peanut, Tree Nuts, Hazelnut.

Twix Mixer		
Nutritional Information		
Servings per package: 1		
Serving Size: 189 g		
	Average Quantity per Serving	Average Quantity Per 100g
Energy	1510 kJ (361 Cal)	798 kJ (191 Cal)
Protein	5.2 g	2.7 g
Fat, total	9.4 g	5.0 g
-saturated	6.2 g	3.3 g
Carbohydrate	62.7 g	33.2 g
-sugars	51.7 g	27.4 g
Sodium	226 mg	119 mg

Ingredients: Water, Vanilla Soft Serve Powder (Sugar, **Milk** Solids, Maltodextrin, Glucose Syrup Solids, Vegetable Fat, Stabilisers (466, 460, 412, 407, 340, 452i), Flavours, Emulsifiers (471, 472e, 322 **Soy**), Salt, Anti-caking Agent (551), Colour (102)), Twix (Sugar, Glucose Syrup (Sources Include **Wheat**), Flour (Sources Include **Wheat**), Vegetable Fat, **Milk** Solids, Cocoa Butter, Cocoa Mass, Cocoa Powder, Salt, Emulsifier (**Soy** Lecithin), Raising Agent (500), Natural Flavour (Vanilla Extract)), Salted Caramel Topping (Sugar, Water, Glucose Syrup, **Milk** Solids, Vegetable Fat (Emulsifier (322)), Salt, Thickeners (1442, 401), Emulsifiers (471), Acidity Regulators (500, 339), Preservative (202)).

Contains Gluten, Wheat, Milk, Soy.

Warm Cinnamon Donut Sundae

Nutritional Information
 Servings per package: 1
 Serving Size: 199 g



	Average Quantity per Serving	Average Quantity Per 100g
Energy	1620 kJ (387 Cal)	816 kJ (195 Cal)
Protein	4.7 g	2.4 g
Fat, total	4.9 g	2.4 g
-saturated	2.4 g	1.2 g
Carbohydrate	79.4 g	39.9 g
-sugars	63.0 g	31.7 g
Sodium	411 mg	207 mg

Ingredients: Water, Maple Flavoured Syrup (Sugar Syrup, Water, Sugar, Salt, Vegetable Gum (466), Colours (150c, 150d), Preservative (202), Natural Maple Flavour, Food Acid (330)), Vanilla Soft Serve Powder (Sugar, **Milk** Solids, Maltodextrin, Glucose Syrup Solids, Vegetable Fat, Stabilisers (466, 460, 412, 407, 340, 452i), Flavours, Emulsifiers (471, 472e, 322 **Soy**), Salt, Anti-caking Agent (551), Colour (102)), Donut Mix (**Wheat** Flour (Vitamins (Thiamin, Folate)), Sugar, Vegetable Oil (**Soybean** Oil (Antioxidant 307)), **Soybean** Flour, Raising Agents (450, 500), **Milk** Solids, **Egg** Yolk Powder, Salt, **Wheat** Starch, Emulsifiers (471, 322 (**Soy**), Dextrose (Maize), Spice, Thickener (415 (**Soy**)), Flavour), Vegetable Oil, Sugar, Cinnamon.

Contains Gluten, Wheat, Egg, Milk, Soy.