



NUTRITIONAL INFORMATION

APPLE CINNAMON MUFFIN INGREDIENTS:

Hi Fibre Muffin Mix (59%) (Wheat Flour (Wheat Flour, Vitamins (Thiamin, Folate)), Sugar, Soy Flour, Egg Powder, Milk Solids, Raising Agents (Sodium Bicarbonate, 341, 450), Wheat Bran, Wheat Germ, Humectant (420), Flavour, Emulsifer (481), Thickeners (464, Xanthan Gum) Colour (160b)), Water, Canola Oil, Apple (7%), Cinnamon (1.5%), Icing Sugar.

APPLE CINNAMON MUFFIN NUTRITIONAL INFO:

Serving Size: 163g

APPLE CINNAMON MUFFIN		
	Average Quantity per Serving	Average Quantity per 100g
Energy	2350kJ (562Cal)	1440kJ (344Cal)
Protein	8.6g	5.3g
Fat, Total	23.9g	14.6g
- Saturated	2.7g	1.6g
Carbohydrate	75.7g	46.4g
- Sugars	35.9g	22.0g
Dietary Fibre	3.9g	2.4g
Sodium	309mg	190mg

CONTAINS:

Wheat, Rye, Barley, Oats, Spelt, Egg, Milk, Soybean.

BLUEBERRY MUFFIN INGREDIENTS:

Hi Fibre Muffin Mix (55%) (Wheat Flour (Wheat Flour, Vitamins (Thiamin, Folate)), Sugar, Soy Flour, Egg Powder, Milk Solids, Raising Agents (Sodium Bicarbonate, 341, 450), Wheat Bran, Wheat Germ, Humectant (420), Flavour, Emulsifer (481), Thickeners (464, Xanthan Gum) Colour (160b)), Water, Blueberries (16%), Canola Oil.

BLUEBERRY MUFFIN NUTRITIONAL INFO:

Serving Size: 160g

BLUEBERRY MUFFIN		
	Average Quantity per Serving	Average Quantity per 100g
Energy	2140kJ (512Cal)	1340kJ (320Cal)
Protein	8.0g	5.0g
Fat, Total	21.9g	13.7g
- Saturated	2.5g	1.5g
Carbohydrate	68.6g	42.9g
- Sugars	33.4g	20.9g
Dietary Fibre	3.5g	2.2g
Sodium	282mg	176mg

CONTAINS:

Wheat, Rye, Barley, Oats, Spelt, Egg, Milk, Soybean.



NUTRITIONAL INFORMATION

CHOC CHIP MUFFIN INGREDIENTS:

Hi Fibre Muffin Mix (53%) (Wheat Flour (Wheat Flour, Vitamins (Thiamin, Folate)), Sugar, Soy Flour, Egg Powder, Milk Solids, Raising Agents (Sodium Bicarbonate, 341, 450), Wheat Bran, Wheat Germ, Humectant (420), Flavour, Emulsifier (481), Thickeners (464, Xanthan Gum) Colour (160b)), Water, Chocolate Chip (16%) (Sugar, Cocoa Mass, Cocoa Butter, Milk Powder, Whey Powder (Milk), Cocoa Powder, Emulsifiers (322 (Soy), 476), Natural Flavour), Canola Oil.

CHOC CHIP MUFFIN NUTRITIONAL INFO:

Serving Size: 153g

CHOC CHIP MUFFIN		
	Average Quantity per Serving	Average Quantity per 100g
Energy	2140kJ (512Cal)	1410kJ (337Cal)
Protein	7.4g	4.9g
Fat, Total	23.9g	15.7g
- Saturated	5.9g	3.9g
Carbohydrate	65.2g	42.9g
- Sugars	31.8g	21.0g
Dietary Fibre	2.7g	1.8g
Sodium	234mg	154mg

CONTAINS:

Wheat, Rye, Barley, Oats, Spelt, Egg, Milk, Soy.
May Contain Peanuts, Tree Nuts

BANANA BREAD INGREDIENTS:

Loaf Mix (Wheat Flour, Sugar, Cream Powder (Milk), Egg, Raising Agent (450, 500), Flavour, Mineral Salt (341)), Banana (25%), Water, Walnuts, Canola Oil.

BANANA BREAD NUTRITIONAL INFO:

Serving Size: 128g

BANANA BREAD		
	Average Quantity per Serving	Average Quantity per 100g
Energy	1700kJ (406Cal)	1330kJ (318Cal)
Protein	7.6g	5.9g
Fat, Total	16.3g	12.8g
- Saturated	4.8g	3.8g
Carbohydrate	56.0g	43.8g
- Sugars	30.3g	23.7g
Dietary Fibre	2.0g	1.6g
Sodium	411mg	322mg

CONTAINS:

Wheat, Egg, Milk, Tree Nuts.



Good goes in®

NUTRITIONAL INFORMATION

HAM & CHEESE TOASTIE INGREDIENTS:

Bread (Wheat Flour, Water, Baker's Yeast, Vinegar, Iodised Salt, Canola Oil, Wheat Gluten, Soy, Flour, Emulsifiers (481, 472e, 471), Vitamins (Thiamin, Folate)), Ham (26%) (Pork Leg (74%)), Water, Acidity Regulator (325), Salt, Mineral Salts, (451, 450, 452, 508), Maltodextrin, Dextrose, Vegetable Gum (407) Antioxidant (316), Preservative (250), Natural Flavouring, Natural Wood Smoke), Cheese (22%) (Pasteurised Milk, Salt, Cultures, Rennet), Butter (Cream, Water, Salt)

HAM & CHEESE TOASTIE NUTRITIONAL INFO:

Serving Size: 160g

HAM & CHEESE TOASTIE		
	Average Quantity per Serving	Average Quantity per 100g
Energy	1850kJ(441Cal)	1150kJ(276Cal)
Protein	19.5g	12.2g
Fat, Total	24.2g	15.2g
- Saturated	15.7g	9.8g
Carbohydrate	36.7g	22.9g
- Sugars	3.0g	1.9g
Sodium	1250mg	780mg

CONTAINS:

Wheat, Milk, Soy. May contain sesame.

HAM, CHEESE & TOMATO TOASTIE INGREDIENTS:

Bread(Wheat, Flour, Baker's Yeast, Vinegar, Iodised Salt, Canola Oil, Wheat, Gluten, Soy Flour, Emulsifiers (481, 472e, 471), Vitamins (Thiamin, Folate)), Tomato (21%), Ham (21%), (Pork Leg (74%)), Water, Acidity Regulator (325), Salt, Mineral Salts (451, 450, 452, 508), Maltodextrin, Dextrose, Vegetable Gum (407), Antioxidant (316), Preservative (250), Natural Flavouring, Natural Wood Smoke), Cheese 17%) (Pasteurised Milk, Salt, Cultures, Rennet), Butter (Cream, Water, Salt)

HAM, CHEESE & TOMATO TOASTIE NUTRITIONAL INFO:

Serving Size: 200g

HAM, CHEESE & TOMATO TOASTIE		
	Average Quantity per Serving	Average Quantity per 100g
Energy	1850kJ(443Cal)	927kJ (221Cal)
Protein	19.7g	9.8g
Fat, Total	24.0g	12.0g
- Saturated	15.5g	7.7g
Carbohydrate	37.1g	18.6g
- Sugars	3.8g	1.9g
Sodium	1240mg	619mg

CONTAINS:

Wheat, Milk, Soy. May contain sesame.



NUTRITIONAL INFORMATION

BACON & EGG ROLL INGREDIENTS:

Ciabatta Bread (Wheat Flour, Water, Canola Oil, Vinegar, Salt, Raising Agent (500, 450), Yeast, Milk Powder (Skim Milk, Cream and Lactose), Wheat Gluten, Improver (Soy Flour, Mineral Salts (170, 516), Vegetable Origin Emulsifiers (481, 471, 472e), Flour Treatment Agents (300), Enzyme (Amylase), Preservative (281, 262)), Bacon (25%) (Pork (95%), Water, Salt, Mineral Salts (451, 452), Sugar, Antioxidants (316), Sodium Nitrite (250), Natural Smoke Flavour, Egg (19%), Butter (Cream, Water, Salt), Canola Oil

BACON & EGG ROLL NUTRITIONAL INFO:

Serving Size: 239g

BACON & EGG ROLL		
	Average Quantity per Serving	Average Quantity per 100g
Energy	2680kJ(640Cal)	1060kJ(253Cal)
Protein	34.8g	17.3g
Fat, Total	31.6g	12.4g
- Saturated	10.6g	5.3g
Carbohydrate	52.2g	17.6g
- Sugars	2.1g	0.4g
Sodium	2080mg	958mg

CONTAINS:

Wheat, Milk, Egg and Soybean. May Contain Rye, Barley, Oats, Peanuts, Tree Nuts, Sesame Seeds and Sulphites.

TAKEAWAY CAPPUCCINO (SMALL) INGREDIENTS:

Milk, Coffee (12%), Chocolate Powder.

TAKEAWAY CAPPUCCINO (SMALL) NUTRITIONAL INFO:

Serving Size: 245mL

CAPPUCCINO - SMALL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	641kJ (153Cal)	262kJ (63Cal)
Protein	7.4g	3.0g
Fat, Total	8.4g	3.4g
- Saturated	5.5g	2.3g
Carbohydrate	12.1g	4.9g
- Sugars	12.0g	4.9g
Sodium	92mg	38mg

CONTAINS:

Milk.



NUTRITIONAL INFORMATION

TAKEAWAY CAPPUCCINO (MEDIUM) INGREDIENTS:

Milk, Coffee (12%), Chocolate Powder.

TAKEAWAY CAPPUCCINO (MEDIUM) NUTRITIONAL INFO:

Serving Size: 366mL

CAPPUCCINO - MEDIUM		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	947kJ (226Cal)	258kJ (62Cal)
Protein	11.0g	3.0g
Fat, Total	12.6g	3.4g
- Saturated	8.3g	2.3g
Carbohydrate	17.2g	4.7g
- Sugars	17.2g	4.7g
Sodium	137mg	38mg

CONTAINS:

Milk.

TAKEAWAY CAPPUCCINO (LARGE) INGREDIENTS:

Milk, Coffee (15%), Chocolate Powder.

TAKEAWAY CAPPUCCINO (LARGE) NUTRITIONAL INFO:

Serving Size: 403mL

CAPPUCCINO - LARGE		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	1010kJ (242Cal)	251kJ (60Cal)
Protein	11.8g	2.9g
Fat, Total	13.4g	3.3g
- Saturated	8.9g	2.2g
Carbohydrate	18.3g	4.6g
- Sugars	18.3g	4.5g
Sodium	147mg	37mg

CONTAINS:

Milk.



NUTRITIONAL INFORMATION

TAKEAWAY FLAT WHITE (SMALL) INGREDIENTS:

Milk, Coffee (12%).

TAKEAWAY FLAT WHITE (SMALL) NUTRITIONAL INFO:

Serving Size: 239mL

FLAT WHITE - SMALL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	600kJ (143Cal)	251kJ (60Cal)
Protein	7.2g	3.0g
Fat, Total	8.2g	3.4g
- Saturated	5.4g	2.3g
Carbohydrate	10.2g	4.3g
- Sugars	10.2g	4.3g
Sodium	89mg	37mg

CONTAINS:

Milk.

TAKEAWAY FLAT WHITE (MEDIUM) INGREDIENTS:

Milk, Coffee (12%).

TAKEAWAY FLAT WHITE (MEDIUM) NUTRITIONAL INFO:

Serving Size: 362mL

FLAT WHITE - MEDIUM		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	910kJ (217Cal)	251kJ (60Cal)
Protein	10.9g	3.0g
Fat, Total	12.5g	3.4g
- Saturated	8.2g	2.3g
Carbohydrate	15.5g	4.3g
- Sugars	15.5g	4.3g
Sodium	135mg	37mg

CONTAINS:

Milk.



NUTRITIONAL INFORMATION

TAKEAWAY FLAT WHITE (LARGE) INGREDIENTS:

Milk, Coffee (14%).

TAKEAWAY FLAT WHITE (LARGE) NUTRITIONAL INFO:

Serving Size: 430mL

FLAT WHITE - LARGE		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	1060kJ (253Cal)	247kJ (59Cal)
Protein	12.7g	3.0g
Fat, Total	14.5g	3.4g
- Saturated	9.6g	2.2g
Carbohydrate	18.0g	4.2g
- Sugars	18.0g	4.2g
Sodium	158mg	37mg

CONTAINS:

Milk.

TAKEAWAY LATTE (SMALL) INGREDIENTS:

Milk, Coffee (12%).

TAKEAWAY LATTE (SMALL) NUTRITIONAL INFO:

Serving Size: 243mL

LATTE - SMALL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	611kJ (146Cal)	251kJ (60Cal)
Protein	7.3g	3.0g
Fat, Total	8.4g	3.4g
- Saturated	5.5g	2.3g
Carbohydrate	10.4g	4.3g
- Sugars	10.4g	4.3g
Sodium	91mg	37mg

CONTAINS:

Milk.



NUTRITIONAL INFORMATION

TAKEAWAY LATTE (MEDIUM) INGREDIENTS:

Milk, Coffee (12%).

TAKEAWAY LATTE (MEDIUM) NUTRITIONAL INFO:

Serving Size: 362mL

LATTE - MEDIUM		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	908kJ (217Cal)	251kJ (60Cal)
Protein	10.8g	3.0g
Fat, Total	12.4g	3.4g
- Saturated	8.2g	2.3g
Carbohydrate	15.4g	4.3g
- Sugars	15.4g	4.3g
Sodium	135mg	37mg

CONTAINS:

Milk.

TAKEAWAY LATTE (LARGE) INGREDIENTS:

Milk, Coffee (15%).

TAKEAWAY LATTE (LARGE) NUTRITIONAL INFO:

Serving Size: 401mL

LATTE - LARGE		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	980kJ (234Cal)	244kJ (58Cal)
Protein	11.7g	2.9g
Fat, Total	13.4g	3.3g
- Saturated	8.8g	2.2g
Carbohydrate	16.7g	4.2g
- Sugars	16.7g	4.2g
Sodium	146mg	36mg

CONTAINS:

Milk.



NUTRITIONAL INFORMATION

TAKEAWAY LONG BLACK (SMALL) INGREDIENTS:

Water, Coffee.

TAKEAWAY LONG BLACK (SMALL) NUTRITIONAL INFO:

Serving Size: 239mL

LONG BLACK - SMALL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	2.1kJ	Less than 1kJ
Protein	Less than 0.1g	Less than 0.1g
Fat, Total	0.0g	0.0g
- Saturated	0.0g	0.0g
Carbohydrate	Less than 0.1g	Less than 0.1g
- Sugars	Less than 0.1g	Less than 0.1g
Sodium	Less than 1mg	Less than 1mg

TAKEAWAY LONG BLACK (MEDIUM) INGREDIENTS:

Water, Coffee.

TAKEAWAY LONG BLACK (MEDIUM) NUTRITIONAL INFO:

Serving Size: 363mL

LONG BLACK - MEDIUM		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	2.2kJ	Less than 1kJ
Protein	Less than 0.1g	Less than 0.1g
Fat, Total	0.0g	0.0g
- Saturated	0.0g	0.0g
Carbohydrate	Less than 0.1g	Less than 0.1g
- Sugars	Less than 0.1g	Less than 0.1g
Sodium	Less than 1mg	Less than 1mg



NUTRITIONAL INFORMATION

TAKEAWAY LONG BLACK (LARGE) INGREDIENTS:

Water, Coffee

TAKEAWAY LONG BLACK (LARGE) NUTRITIONAL INFO:

Serving Size: 448mL

LONG BLACK - LARGE		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	2.3kJ	Less than 1kJ
Protein	Less than 0.1g	Less than 0.1g
Fat, Total	0.0g	0.0g
- Saturated	0.0g	0.0g
Carbohydrate	Less than 0.1g	Less than 0.1g
- Sugars	Less than 0.1g	Less than 0.1g
Sodium	Less than 1mg	Less than 1mg

TAKEAWAY MOCHA (SMALL) INGREDIENTS:

Milk, Coffee (13%), Chocolate Powder (1%).

TAKEAWAY MOCHA (SMALL) NUTRITIONAL INFO:

Serving Size: 232mL

MOCHA - SMALL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	631kJ (151Cal)	271kJ (65Cal)
Protein	7.0g	3.0g
Fat, Total	7.9g	3.4g
- Saturated	5.2g	2.2g
Carbohydrate	13.1g	5.6g
- Sugars	13.0g	5.6g
Sodium	87mg	38mg

CONTAINS:

Milk.



NUTRITIONAL INFORMATION

TAKEAWAY MOCHA (MEDIUM) INGREDIENTS:

Milk, Coffee (13%), Chocolate Powder (2%)

TAKEAWAY MOCHA (MEDIUM) NUTRITIONAL INFO:

Serving Size: 332mL

MOCHA - MEDIUM		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	913kJ (218Cal)	275kJ (66Cal)
Protein	9.9g	3.0g
Fat, Total	11.1g	3.4g
- Saturated	7.3g	2.2g
Carbohydrate	19.6g	5.9g
- Sugars	19.4g	5.9g
Sodium	124mg	37mg

CONTAINS:

Milk.

TAKEAWAY MOCHA (LARGE) INGREDIENTS:

Milk, Coffee (15%), Chocolate Powder (2%)

TAKEAWAY MOCHA (LARGE) NUTRITIONAL INFO:

Serving Size: 402mL

MOCHA - LARGE		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	1100kJ (262Cal)	273kJ (65Cal)
Protein	11.8g	2.9g
Fat, Total	13.3g	3.3g
- Saturated	8.7g	2.2g
Carbohydrate	23.9g	5.9g
- Sugars	23.7g	5.9g
Sodium	148mg	37mg

CONTAINS:

Milk.



NUTRITIONAL INFORMATION

TAKEAWAY HOT CHOCOLATE (SMALL) INGREDIENTS:

Milk, Chocolate Powder (3.5%) (Sugar, Cocoa (15%), Whey Powder (From Milk)).

TAKEAWAY HOT CHOCOLATE (SMALL) NUTRITIONAL INFO:

Serving Size: 240mL

HOT CHOCOLATE - SMALL		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	784kJ (187Cal)	327kJ (78Cal)
Protein	8.1g	3.4g
Fat, Total	9.0g	3.8g
- Saturated	5.9g	2.5g
Carbohydrate	18.6g	7.7g
- Sugars	18.4g	7.7g
Sodium	101mg	42mg

CONTAINS:

Milk.

TAKEAWAY HOT CHOCOLATE (MEDIUM) INGREDIENTS:

Milk, Chocolate Powder (4%) (Sugar, Cocoa (15%), Whey Powder (From Milk)).

TAKEAWAY HOT CHOCOLATE (MEDIUM) NUTRITIONAL INFO:

Serving Size: 344mL

HOT CHOCOLATE - MEDIUM		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	1130kJ (270Cal)	328kJ (78Cal)
Protein	11.5g	3.3g
Fat, Total	12.8g	3.7g
- Saturated	8.4g	2.4g
Carbohydrate	27.4g	8.0g
- Sugars	27.0g	7.9g
Sodium	144mg	42mg

CONTAINS:

Milk.



NUTRITIONAL INFORMATION

TAKEAWAY HOT CHOCOLATE (LARGE) INGREDIENTS:

Milk, Chocolate Powder (4.5%) (Sugar, Cocoa (15%), Whey Powder (From Milk)).

TAKEAWAY HOT CHOCOLATE (LARGE) NUTRITIONAL INFO:

Serving Size: 428mL

HOT CHOCOLATE - LARGE		
	Average Quantity per Serving	Average Quantity per 100mL
Energy	1440kJ (345Cal)	337kJ (81Cal)
Protein	14.4g	3.4g
Fat, Total	15.9g	3.7g
- Saturated	10.5g	2.5g
Carbohydrate	36.2g	8.5g
- Sugars	35.7g	8.4g
Sodium	181mg	42mg

CONTAINS:

Milk.