

Nutritional Information

Chicken Schnitzel Sandwich

chicken schnitzel, herb mayonnaise, tomato & lettuce

Contains: egg, gluten, soy, wheat. Manufactured in a facility which processes almond, crustacean, fish, milk, peanuts, sesame seeds, sulphites, walnuts.

Ingredients: 36% chicken schnitzel: chicken, bread crumb -(wheat, gluten), bread premix -(wheat, gluten), plant extract, onion powder, garlic powder, citrus fibre, potato starch, mineral salt, vegetable oil, 33% white bread: wheat flour, water, rye meal (4.5%), yeast, vinegar, iodised salt, canola oil, cultured wheat flour, wheat gluten, soy flour, vegetable emulsifier (481, 471, 472e), rye flour, vitamins (thiamine, folic acid), 12% tomato, 8% herb mayonnaise: 95% mayonnaise: canola oil, egg (reconstituted) (whole egg (11%), egg yolk), vinegar, sugar, spices, salt, preservatives (211,202), thickener (415), natural colour (160a), 5% herb mix: breadcrumbs (wheat)- gluten, salt, sugar, dextrose, dehydrated vegetable, natural flavours, spices, herbs, flavour enhancer (621), rice cereal, anti-caking agent (551), canola oil, hydrolysed veg protein (soy), food acid (330), spice extract (160c)), 8% lettuce, 3% margarine: vegetable oils, water, salt, emulsifiers (322 (from soy), 471), preservative (202), food acid (270), natural colour (160a), vitamins a & d, flavour.

Made from 90% of Australian ingredients

	per serve	per 100g
Energy	2460kj	990kj
Protein	25.8g	10.4g
Fat	28.1g	11.3g
Fat saturated	5.4g	2.2g
Carbohydrate	54g	21.8g
Sugars	4.9g	2g
Sodium	729mg	294mg

Serving size: 248g

Chicken Schnitzel Sandwich

Barcode: 9345556000564

Keep refrigerated under 5°C Caution: Great care has been taken to remove all bones and bone fragment, however some may remain.

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Chicken & Bacon Club Sandwich

chicken breast, avocado spread, mayonnaise, crispy bacon, tomato & lettuce

Contains: gluten, soy, wheat, egg. Manufactured in a facility which processes almond, crustacean, fish, milk, peanuts, sesame seeds, sulphites, walnuts.

Ingredients: 33% chicken mayo mix: [67% chicken: chicken 97%, water, starches (potato, tapioca, maize), salt, hydrolysed maize protein, mineral salt (450), vegetable fibres, yeast extracts, natural flavour, 33% mayonnaise: canola oil, egg (reconstituted) (whole egg (11%), egg yolk), vinegar, sugar, spices, salt, preservatives (211,202), thickener (415), natural colour (160a)], 29% light rye bread: wheat flour, water, rye flour (18%), yeast, rye meal (2%), vinegar, iodised salt, wheat gluten, canola oil, cultured wheat flour, soy flour, malted barley flour, vegetable emulsifier (481), vitamins (thiamine, folic acid), 12% tomato, 8% bacon bits: pork (95%), salt, mineral salts (451,450,452,331), maltodextrin (maize), flavour, antioxidant (316), sodium nitrite (250), flavour, natural wood smoke, 8% avocado spread: canola oil, avocado (36%)[avocado, food acids (300,330), vegetable gum (415)], egg, sugar, lime juice, sea salt (1%), garlic, food acid (acetic acid), vegetable gum (412), mustard, natural colour (100, 141), preservative (202), 6% lettuce, 4% margarine: vegetable oils, water, salt, emulsifiers (322 (from soy), 471), preservative (202), food acid (270), colour (160a), vitamins A & D, flavour.

Made from 91% of Australian ingredients

	per serve	per 100g
Energy	2450kj	962kj
Protein	22.5g	8.8g
Fat	42g	16.5g
Fat saturated	6.8g	2.7g
Carbohydrate	28.6g	11.2g
Sugars	3.5g	1.4g
Sodium	872mg	342mg

Serving size: 255g

Chicken & Bacon Club Sandwich

Barcode: 9345556002933

Keep refrigerated under 5°C Caution: Great care has been taken to remove all bones and bone fragment, however some may remain.

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Chicken Mayonnaise Sandwich

chicken breast, mayonnaise & lettuce

Contains: egg, gluten, soy, wheat. Manufactured in a facility which processes almond, crustacean, fish, milk, peanuts, sesame seeds, sulphites, walnuts.

Ingredients: 45% chicken mayo mix: [67% chicken: chicken 97%, iodised salt, potato starch, yeast extract, citrus extract, vegetable fibre, 33% mayonnaise: canola oil, egg (reconstituted) (whole egg (11%), egg yolk), vinegar, sugar, spices, salt, preservatives (211,202), thickener (415), natural colour (160a)], 42% wholemeal bread: wholemeal wheat flour (60%), water, rye meal (3%), yeast, wheat bran, vinegar, wheat gluten, iodised salt, canola oil, cultured wheat flour, soy flour, vegetable emulsifier (481), vitamins (thiamine, folic acid), 8% lettuce, 5% margarine: vegetable oils, water, salt, emulsifiers (322 (from soy), 471), preservative (202), food acid (270), natural colour (160a), vitamins a & d, flavour.

Made from 97% of Australian ingredients

	per serve	per 100g
Energy	2100kj	1060kj
Protein	21.9g	11g
Fat	28.6g	14.5g
Fat saturated	4.1g	2.1g
Carbohydrate	36.7g	18.5g
Sugars	3.5g	1.8g
Sodium	749mg	378mg

Serving size: 198g

Chicken Mayonnaise Sandwich

Barcode: 9345556000588

Keep refrigerated under 5°C Caution: Great care has been taken to remove all bones and bone fragment, however some may remain.

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Chicken & Avocado Sandwich

chicken breast, mayonnaise, avocado spread, semi dried tomato & lettuce

Contains: egg, gluten, soy, sulphites, wheat. Manufactured in a facility which processes almond, crustacean, fish, milk, peanuts, sesame seeds, walnuts.

Ingredients: 40% chicken mayo mix:[67% chicken: chicken 97%, iodised salt, potato starch, yeast extract, citrus extract, vegetable fibre, 33% mayonnaise: canola oil, egg (reconstituted) (whole egg (11%), egg yolk), vinegar, sugar, spices, salt, preservatives (211,202), thickener (415), natural colour (160a)], 33% light rye bread: wheat flour, water, rye flour (18%), yeast, rye meal (2%), vinegar, iodised salt, wheat gluten, canola oil, cultured wheat flour, soy flour, malted barley flour, vegetable emulsifier (481), vitamins (thiamine, folic acid), 9% avocado spread: canola oil, avocado (36%)[avocado, food acids (300,330), vegetable gum (415)], egg, sugar, lime juice, sea salt (1%), garlic, food acid (acetic acid), vegetable gum (412), mustard, natural colour (100, 141), preservative (202), 7% lettuce, 7% semi dried tomato: tomatoes (60%), preservative (220)-sulphur dioxide, canola oil, vinegar, food acid (260), garlic, salt, oregano, chives, 4% margarine: vegetable oils, water, salt, emulsifiers (322 (from soy), 471), preservative (202), food acid (270), natural colour (160a), vitamins a & d, flavour.

Made from 94% of Australian ingredients

	per serve	per 100g
Energy	2590kj	1150kj
Protein	20.8g	9.2g
Fat	45.1g	20g
Fat saturated	5.6g	2.5g
Carbohydrate	30.8g	13.7g
Sugars	5.5g	2.4g
Sodium	744mg	330mg

Serving size: 225g

Chicken & Avocado Sandwich

Barcode: 9345556000595

Keep refrigerated under 5°C Caution: Great care has been taken to remove all bones and bone fragment, however some may remain.

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Peri Peri Chicken & Slaw Sandwich

chicken breast, peri peri mayonnaise, red & white cabbage, carrot & baby spinach

Contains: egg, gluten, soy, wheat. Manufactured in a facility which processes almond, crustacean, fish, milk, peanuts, sesame seeds, sulphites, walnuts.

Ingredients: 38% chicken mayo mix: [67% chicken: chicken 97%, iodised salt, potato starch, yeast extract, citrus extract, vegetable fibre, 33% mayonnaise: canola oil, egg (reconstituted) (whole egg (11%), egg yolk), vinegar, sugar, spices, salt, preservatives (211,202), thickener (415), natural colour (160a)], 33% light rye bread: wheat flour, water, rye flour (18%), yeast, rye meal (2%), vinegar, iodised salt, wheat gluten, canola oil, cultured wheat flour, soy flour, malted barley flour, vegetable emulsifier (481), vitamins (thiamine, folic acid), 7% peri peri sauce: vegetable oil, egg, chilli 20%, paprika, garlic, vinegar, citric acid, salt, 7% red & white cabbage, 7% carrot, 4% spinach, 4% margarine: vegetable oils, water, salt, emulsifiers (322 (from soy), 471), preservative (202), food acid (270), natural colour (160a), vitamins a & d, flavour.

Made from 96% of Australian ingredients

	per serve	per 100g
Energy	2240kj	974kj
Protein	20.6g	8.9g
Fat	37.6g	16.4g
Fat saturated	5.3g	2.3g
Carbohydrate	29.2g	12.7g
Sugars	3.9g	1.7g
Sodium	677mg	294mg

Serving size: 230g

Peri Peri Chicken & Slaw Sandwich

Barcode: 9345556003497

Keep refrigerated under 5°C Caution: Great care has been taken to remove all bones and bone fragment, however some may remain.

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Chicken Katsu Sandwich

chicken schnitzel, wombok cabbage slaw, baby spinach

Contains: egg, gluten, soy, wheat. Manufactured in a facility which processes almond, crustacean, fish, milk, peanuts, sesame seeds, sulphites, walnuts.

Ingredients: 34% chicken schnitzel: chicken (75%), coating [wheat flour, modified starch (1404), salt, cornstarch, tapioca dextrin, dextrose, spices, dehydrated vegetables, mineral salt (500,450), vegetable gum (415, 412), flavour, spice extract], vegetable oil, potatostarch, salt, yeast extract, citrus extract, dehydrated vegetable powder., 32% white bread: **wheat** flour, water, **rye** meal (4.5%), yeast, vinegar, iodised salt, canola oil, cultured **wheat** flour, **wheat gluten**, **soy** flour, vegetable emulsifier (481, 471, 472e), **rye** flour, vitamins (thiamine, folic acid), 28% wombok cabbage slaw: [47% lemon mayo :lemon, canola oil, **egg** (reconstituted) (whole **egg** (11%), **egg** yolk), vinegar, sugar, spices, salt, preservatives (211,202), thickener (415), natural colour (160a)], 33% cabbage, 16% carrot, 4% coriander, 4% spinach, 2% margarine: vegetable oils, water, salt, emulsifiers (322 (from **soy**), 471), preservative (202), food acid (270), colour (160a), vitamins a & d, flavour.

Made from 70% of Australian ingredients

	per serve	per 100g
Energy	2680kj	1040kj
Protein	25.4g	9.8g
Fat	34.6g	13.4g
Fat saturated	5.9g	2.3g
Carbohydrate	53.4g	20.7g
Sugars	5.6g	2.2g
Sodium	696mg	270mg

Serving size: 258g

Chicken Katsu Sandwich

Barcode: 9345556006689

Keep refrigerated under 5°C Caution: Great care has been taken to remove all bones and bone fragment, however some may remain.

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Super Salad Sandwich

tasty cheese, avocado spread, cucumber, mayonnaise, tomato, carrot & lettuce

Contains: egg, gluten, milk, soy, wheat. Manufactured in a facility which processes almond, crustacean, fish, peanuts, sesame seeds, sulphites, walnuts.

Ingredients: 39% wholemeal bread: wholemeal **wheat** flour (60%), water, **rye** meal (3%), yeast, **wheat** bran, vinegar, **wheat gluten**, iodised salt, canola oil, cultured **wheat** flour, **soy** flour, vegetable emulsifier (481), vitamins (thiamine, folic acid), 14% tomato, 11% cucumber, 7% tasty cheese: cheese (pasteurised **milk**, salt, cultures, rennet), 7% carrot, 7% lettuce, 5% mayonnaise: canola oil, **egg** (reconstituted) (whole **egg** (11%), **egg** yolk), vinegar, sugar, spices, salt, preservatives (211,202), thickener (415), natural colour (160a), 5% avocado spread: canola oil, avocado (36%)[avocado, food acids (300,330), vegetable gum (415)], **egg**, sugar, lime juice, sea salt (1%), garlic, food acid (acetic acid), vegetable gum (412), mustard, natural colour (100, 141), preservative (202), 5% margarine: vegetable oils, water, salt, emulsifiers (322 (from **soy**), 471), preservative (202), food acid (270), natural colour (160a), vitamins a & d, flavour.

Made from 98% of Australian ingredients

	per serve	per 100g
Energy	1840kj	865kj
Protein	12.3g	5.8g
Fat	25.5g	12g
Fat saturated	7g	3.3g
Carbohydrate	37.1g	17.4g
Sugars	4.9g	2.3g
Sodium	568mg	266mg

Serving size: 213g

Super Salad Sandwich

Barcode: 9345556000014

Keep refrigerated under 5°C

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Egg & Lettuce Sandwich

egg mayonnaise & lettuce

Contains: egg, gluten, soy, wheat. Manufactured in a facility which processes almond, crustacean, fish, milk, peanuts, sesame seeds, sulphites, walnuts.

Ingredients: 50% **egg** mayo mix: [75% whole **egg**, 24.5% mayonnaise: canola oil, **egg** (reconstituted) (whole **egg** (11%), **egg** yolk), vinegar, sugar, spices, salt, preservatives (211,202), thickener (415), natural colour (160a), 0.25% salt, 0.25% pepper], 38% wholemeal bread: wholemeal **wheat** flour (60%), water, **rye** meal (3%), yeast, **wheat** bran, vinegar, **wheat gluten**, iodised salt, canola oil, cultured **wheat** flour, **soy** flour, vegetable emulsifier (481), vitamins (thiamine, folic acid), 7% lettuce, 5% margarine: vegetable oils, water, salt, emulsifiers (322 (from **soy**), 471), preservative (202), food acid (270), natural colour (160a), vitamins a & d, flavour.

Made from 97% of Australian ingredients

	per serve	per 100g
Energy	2230kj	1020kj
Protein	18.4g	8.5g
Fat	33.6g	15.4g
Fat saturated	5.8g	2.7g
Carbohydrate	36g	16.5g
Sugars	3.5g	1.6g
Sodium	694mg	318mg

Serving size: 218g

Egg & Lettuce Sandwich

Barcode: 9345556000021

Keep refrigerated under 5°C

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Cheese & Tomato Sandwich

tasty cheese & fresh tomato

Contains: gluten, milk, soy, wheat. Manufactured in a facility which processes almond, crustacean, egg, fish, peanuts, sesame seeds, sulphites, walnuts.

Ingredients: 54% wholemeal bread: wholemeal **wheat** flour (60%), water, **rye** meal (3%), yeast, **wheat** bran, vinegar, **wheat gluten**, iodised salt, canola oil, cultured **wheat** flour, **soy** flour, vegetable emulsifier (481), vitamins (thiamine, folic acid), 20% tasty cheese: cheese (pasteurised **milk**, salt, cultures, rennet), 20% tomato, 6% margarine: vegetable oils, water, salt, emulsifiers (322 (from **soy**), 471), preservative (202), food acid (270), natural colour (160a), vitamins a & d, flavour.

Made from 97% of Australian ingredients

	per serve	per 100g
Energy	1590kj	1040kj
Protein	15.1g	9.9g
Fat	18.4g	12g
Fat saturated	9.6g	6.2g
Carbohydrate	35.4g	23.2g
Sugars	3.4g	2.2g
Sodium	585mg	383mg

Serving size: 153g

Cheese & Tomato Sandwich

Barcode: 9345556000694

Keep refrigerated under 5°C

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Double Cheese & Pickled Onion Sandwich

Swiss cheese, tasty cheese, mayonnaise, pickled red onion

Contains: egg, gluten, milk, soy, wheat. Manufactured in a facility which processes almond, crustacean, fish, peanuts, sesame seeds, sulphites, walnuts.

Ingredients: 53% white bread: **wheat** flour, water, **rye** meal (4.5%), yeast, vinegar, iodised salt, canola oil, cultured **wheat** flour, **wheat gluten**, **soy** flour, vegetable emulsifier (481, 471, 472e), **rye** flour, vitamins (thiamine, folic acid), 16% Swiss cheese: pasteurized **milk**, salt, starter culture, microbial rennet, 10% tasty cheese: cheese (pasteurised **milk**, salt, cultures, rennet), 8% mayonnaise: canola oil, **egg** (reconstituted) (whole **egg** (11%), **egg** yolk), vinegar, sugar, spices, salt, preservatives (211,202), thickener (415), natural colour (160a), 7% pickled red onion: rice wine vinegar(water,alcohol,rice,salt), sugar, salt, red onion, 6% margarine: vegetable oils, water, salt, emulsifiers (322 (from **soy**), 471), preservative (202), food acid (270), colour (160a), vitamins a & d, flavour

Made from 80% of Australian ingredients

	per serve	per 100g
Energy	1950kj	1270kj
Protein	14.4g	9.4g
Fat	27.2g	17.8g
Fat saturated	11g	7.2g
Carbohydrate	38.9g	25.4g
Sugars	4.8g	3.1g
Sodium	998mg	652mg

Serving size: 153g

Double Cheese & Pickled Onion Sandwic

Barcode: 9345556006696

Keep refrigerated under 5°C

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Vegan Rainbow Sandwich

homous, cucumber, carrot, pickled red onion, baby spinach, mint, red & white cabbage

Contains: gluten, sesame seeds, soy, wheat. Manufactured in a facility which processes almond, crustacean, egg, fish, milk, peanuts, sulphites, walnuts.

Ingredients: 47% wholemeal bread: wholemeal **wheat** flour (60%), water, **rye** meal (3%), yeast, **wheat** bran, vinegar, **wheat** gluten, iodised salt, canola oil, cultured **wheat** flour, **soy** flour, vegetable emulsifier (481), vitamins (thiamine, folic acid), 14% cucumber, 8% homous: chickpeas 60%, tahini-**sesame seeds**, garlic, salt, citric acid (202), 6% red & white cabbage, 6% carrot, 6% spinach, 6% pickled red onion: white vinegar, sugar, salt, mustard seeds, chilli flakes, red onion, 4% margarine: vegetable oils, water, salt, emulsifiers (322 (from **soy**), 471), preservative (202), food acid (270), natural colour (160a), vitamins a & d, flavour, 3% mint.

Made from 96% of Australian ingredients

	per serve	per 100g
Energy	1270kj	715kj
Protein	9.8g	5.5g
Fat	10.1g	5.7g
Fat saturated	2.5g	1.4g
Carbohydrate	39.5g	22.2g
Sugars	5.2g	2.9g
Sodium	609mg	342mg

Serving size: 178g

Vegan Rainbow Sandwich

Barcode: 9345556005132

Keep refrigerated under 5°C

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Ham Cheese & Tomato Sandwich

smoked ham, seeded mustard mayo, tasty cheese & tomato

Contains: egg, gluten, milk, soy, sulphites, wheat. Manufactured in a facility which processes almond, crustacean, fish, peanuts, sesame seeds, walnuts.

Ingredients: 39% white bread: **wheat** flour, water, **rye** meal (4.5%), yeast, vinegar, iodised salt, canola oil, cultured **wheat** flour, **wheat** gluten, **soy** flour, vegetable emulsifier (481), **rye** flour, vitamins (thiamine, folic acid), 28% smoked ham: selected pork meat (88%), water, salt, potato starch, mineral salt (451), food acid (330,270,325), dextrose, antioxidant (316), natural colour (163), preservative (250), natural identical flavour, 14% tomato, 7% mustard mayo: [85% mayonnaise: canola oil, **egg** (reconstituted) (whole **egg** (11%), **egg** yolk), vinegar, sugar, spices, salt, preservatives (211,202), thickener (415), natural colour (160a), 15% grain mustard-**sulphites**: water, mustard seeds, vinegar, salt], 7% tasty cheese: cheese (pasteurised **milk**, salt, cultures, rennet), 5% margarine: vegetable oils, water, salt, emulsifiers (322 (from **soy**), 471), preservative (202), food acid (270), natural colour (160a), vitamins a & d, flavour.

Made from 71% of Australian ingredients

	per serve	per 100g
Energy	1880kj	883kj
Protein	19.5g	9.2g
Fat	22.9g	10.8g
Fat saturated	7.1g	3.3g
Carbohydrate	38.5g	18.1g
Sugars	4.6g	2.1g
Sodium	1290mg	607mg

Serving size: 213g

Ham Cheese & Tomato Sandwich

Barcode: 9345556000700

Keep refrigerated under 5°C

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Turkey & Swiss Cheese Sandwich

turkey breast, cranberry sauce, Swiss cheese, cucumber & lettuce

Contains: gluten, milk, soy, wheat. Manufactured in a facility which processes almond, crustacean, egg, fish, peanuts, sesame seeds, sulphites, walnuts.

Ingredients: 40% multigrain bread: **wheat** flour, water, mixed grains (17%) (kibbled **wheat**, kibbled **rye**, kibbled triticale, a **oats**), linseeds, kibbled **soy**, yeast, vinegar, iodised salt, canola oil, **wheat** gluten, **soy** flour, vegetable emulsifier (481), malted barley flour, vitamins (thiamine, folic acid), 19% turkey breast: turkey breast meat 88%, water, salt, dextrose (maize), potato starch, isolate **soy** protein, mineral salt (451, 450, 452, 331), flavour, antioxidant (316), flavour enhancer (635), sodium nitrite (250), 11% cucumber, 11% Swiss cheese: pasteurized milk, salt, starter culture, microbial rennet, 9% cranberry sauce: cranberries (40%), sugar, water, red wine vinegar, thickener (1422), 6% lettuce, 4% margarine: vegetable oils, water, salt, emulsifiers (322 (from **soy**), 471), preservative (202), food acid (270), natural colour (160a), vitamins a & d, flavour.

Made from 82% of Australian ingredients

	per serve	per 100g
Energy	1970kj	843kj
Protein	23g	9.8g
Fat	18.2g	7.8g
Fat saturated	8.5g	3.6g
Carbohydrate	51.8g	22.1g
Sugars	12.2g	5.2g
Sodium	1010mg	431mg

Serving size: 234g

Turkey & Swiss Cheese Sandwich

Barcode: 9345556000717

Keep refrigerated under 5°C

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Roast Beef Sandwich

roast beef, grain mustard, tomato, caramelised onion & lettuce

Contains: gluten, soy, sulphites, wheat. Manufactured in a facility which processes almond, crustacean, egg, fish, milk, peanuts, sesame seeds, walnuts.

Ingredients: 36% multigrain bread: **wheat** flour, water, mixed grains (17%) (kibbled **wheat**, kibbled **rye**, kibbled triticale, a **oats**), linseeds, kibbled **soy**, yeast, vinegar, iodised salt, canola oil, **wheat** gluten, **soy** flour, vegetable emulsifier (481), malted barley flour, vitamins (thiamine, folic acid), 27% roast beef: beef, 12% caramelised onion: brown onion, brown sugar, veg oil, balsamic vinegar- **sulphites** (wine vinegar, concentrated grape must, caramel (E150d)), 12% tomato, 5% lettuce, 4% grain mustard- **sulphites**: water, mustard seeds, vinegar, salt, 4% margarine: vegetable oils, water, salt, emulsifiers (322 (from **soy**), 471), preservative (202), food acid (270), natural colour (160a), vitamins a & d, flavour.

Made from 94% of Australian ingredients

	per serve	per 100g
Energy	1900kj	735kj
Protein	25.7g	9.9g
Fat	17.2g	6.6g
Fat saturated	5.1g	2g
Carbohydrate	46.7g	18g
Sugars	8.4g	3.2g
Sodium	645mg	249mg

Serving size: 259g

Roast Beef Sandwich

Barcode: 9345556000748

Keep refrigerated under 5°C Caution: Great care has been taken to remove all bones and bone fragment, however some may remain.

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Italian Club Sandwich

smoked ham, sopressa salami, herb mayo, basil, Swiss cheese, tomato & lettuce

Contains: egg, gluten, milk, soy, wheat. Manufactured in a facility which processes almond, crustacean, fish, peanuts, sesame seeds, sulphites, walnuts.

Ingredients: 34% white bread: **wheat** flour, water, **rye** meal (4.5%), yeast, vinegar, iodised salt, canola oil, cultured **wheat** flour, **wheat** gluten, **soy** flour, vegetable emulsifier (481), **rye** flour, vitamins (thiamine, folic acid), 16% double smoked ham: selected pork meat (88%), water, salt, potato starch, mineral salt (451), food acid (330,270,325), dextrose, antioxidant (316), natural colour (163), preservative (250), natural identical flavour, 12% tomato, 10% salami: pork 94%, skim milk powder, salt, herbs & spices, sugar, dextrose (maize), wine, mineral salt (450), antioxidant (316), dehydrated vegetable powder, sodium nitrate (251), sodium nitrite (250), flavour, starter culture, 9% Swiss cheese: pasteurized **milk**, salt, starter culture, microbial rennet, 6% lettuce, 6% herb mayonnaise: [95% mayonnaise: canola oil, **egg** (reconstituted) (whole **egg** (11%), **egg** yolk), vinegar, sugar, spices, salt, preservatives (211,202), thickener (415), natural colour (160a), 5% herb mix: breadcrumbs (**wheat**- **gluten**, salt, sugar, dextrose, dehydrated vegetable, natural flavours, spices, herbs, flavour enhancer (621), rice cereal, anti-caking agent (551), canola oil, hydrolysed veg protein (**soy**), food acid (330), spice extract (160c)], 4% margarine: vegetable oils, water, salt, emulsifiers (322 (from **soy**), 471), preservative (202), food acid (270), natural colour (160a), vitamins a & d, flavour, 3% basil.

Made from 73% of Australian ingredients

	per serve	per 100g
Energy	2220kj	903kj
Protein	24.6g	10g
Fat	29.3g	11.9g
Fat saturated	9.4g	3.8g
Carbohydrate	39.6g	16.1g
Sugars	4.1g	1.7g
Sodium	1480mg	603mg

Serving size: 246g

Italian Club Sandwich

Barcode: 9345556000755

Keep refrigerated under 5°C

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Meat Feast Sandwich

chicken breast, sopressa salami, mortadella, lettuce, seeded mustard mayo

Contains: egg, gluten, milk, soy, wheat. Manufactured in a facility which processes almond, crustacean, fish, peanuts, sesame seeds, sulphites, walnuts.

Ingredients: 39% multigrain bread: **wheat** flour, water, mixed grains (17%) (kibbled **wheat**, kibbled **rye**, kibbled triticale, **oats**), linseeds, kibbled **soy**, yeast, vinegar, iodised salt, canola oil, **wheat gluten**, **soy** flour, vegetable emulsifier (481), malted **barley** flour, vitamins (thiamine, folic acid), 29% chicken mayo mix: [67% chicken: chicken 97%, iodised salt, potato starch, yeast extract, citrus extract, vegetable fibre, 33% mayonnaise: canola oil, **egg** (reconstituted) (whole **egg** (11%), **egg** yolk), vinegar, sugar, spices, salt, preservatives (211,202), thickener (415), natural colour (160a)], 10% salami: pork 94%, skim **milk** powder, salt, herbs & spices, sugar, dextrose (maize), wine, mineral salt (450), antioxidant (316), dehydrated vegetable powder, sodium nitrate (251), sodium nitrite (250), flavour, starter culture, 8% mortadella: pork, water, acidity regulators (326,262), salt, potato starch, spices, maltodextrin (maize or tapioca), mineral salts (450, 452, 451) antioxidant (316), dried vegetable (garlic), dextrose (maize or tapioca), **yeast** extract, natural flavour, preservative, (250), fermented red, 6% lettuce: , 4% margarine: vegetable oils, water, salt, emulsifiers (322 (from **soy**), 471), preservative (202), food acid (270), colour (160a), vitamins a & d, flavour, 4% seeded mustard mayo: [85% mayonnaise: canola oil, **egg** (reconstituted) (whole **egg** (11%), **egg** yolk), vinegar, sugar, spices, salt, preservatives (211,202), thickener (415), natural colour (160a), 15% grain mustard: water, mustard seeds, vinegar, salt].

Made from 90% of Australian ingredients

	per serve	per 100g
Energy	2800kj	1150kj
Protein	28.7g	11.8g
Fat	41.3g	16.9g
Fat saturated	7.9g	3.2g
Carbohydrate	44.8g	18.4g
Sugars	4.5g	1.9g
Sodium	1290mg	527mg

Serving size: 244g
Meat Feast Sandwich
Barcode: 9345556006702

Keep refrigerated under 5°C Caution: Great care has been taken to remove all bones and bone fragment, however some may remain.

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Smoked Salmon Baguette

smoked salmon, cucumber, cream cheese, dill & lettuce

Contains: fish, gluten, milk, wheat. Manufactured in a facility which processes almond, crustacean, egg, peanuts, sesame seeds, soy, sulphites, walnuts.

Ingredients: 54% baguette: **wheat** flour [contains vitamins (thiamine, folic acid), water, yeast, iodised salt, improver (E300), dough softener (E920), 17% smoked salmon: Tasmanian grown atlantic salmon - **fish** (salmosalar)(97%), salt, acidity, regulators (262, 325), natural woodsmoke, 14% cucumber, 10% cream cheese: **milk**, skim **milk**, cream (from **milk**), **milk** solids, salt, vegetable gums (412, 410), starter culture, enzymes, 4% lettuce, 1% dill.

Made from 99% of Australian ingredients

	per serve	per 100g
Energy	2450kj	855kj
Protein	25.5g	8.9g
Fat	14.9g	5.2g
Fat saturated	4.3g	1.5g
Carbohydrate	80g	27.9g
Sugars	3.7g	1.3g
Sodium	904mg	315mg

Serving size: 287g
Smoked Salmon Baguette
Barcode: 9345556005347

Keep refrigerated under 5°C

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Chicken Bacon Club Baguette

chicken breast, avocado spread, mayonnaise, crispy bacon, tomato & lettuce

Contains: egg, gluten, wheat. Manufactured in a facility which processes almond, crustacean, fish, milk, peanuts, sesame seeds, soy, sulphites, walnuts.

Ingredients: 44% baguette: **wheat** flour [contains vitamins (thiamine, folic acid), water, yeast, iodised salt, improver (E300), dough softener (E920), 28% chicken mayo mix: [67% chicken: chicken 97%, iodised salt, potato starch, yeast extract, citrus extract, vegetable fibre, 33% mayonnaise: canola oil, **egg** (reconstituted) (whole **egg** (11%), **egg** yolk), vinegar, sugar, spices, salt, preservatives (211,202), thickener (415), natural colour (160a)], 8% bacon: pork (95%), salt, mineral salts (451, 450, 452, 331) antioxidant (316), sodium nitrite (250), flavour natural wood smoke, 7% tomato, 7% avocado spread: canola oil, avocado (36%)|avocado, food acids (300,330), vegetable gum (415)], **egg**, sugar, lime juice, sea salt (1%), garlic, food acid (acetic acid), vegetable gum (412), mustard, natural colour (100, 141), preservative (202), 6% lettuce.

Made from 91% of Australian ingredients

	per serve	per 100g
Energy	3790kj	1070kj
Protein	34.9g	9.8g
Fat	46.0g	12.9g
Fat saturated	6.3g	1.8g
Carbohydrate	81.6g	23.0g
Sugars	4.3g	1.2g
Sodium	1570mg	442mg

Serving size: 355g
Chicken Bacon Club Baguette
Barcode: 9345556000229

Keep refrigerated under 5°C Caution: Great care has been taken to remove all bones and bone fragment, however some may remain.

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Smokey BBQ Chicken Baguette

chicken, smokey bbq sauce, special slaw, lettuce, dijon mayo, dill pickle

Contains: egg, gluten, wheat. Manufactured in a facility which processes almond, crustacean, fish, milk, peanuts, sesame seeds, soy, sulphites, walnuts.

Ingredients: 38% baguette: **wheat** flour [contains vitamins (thiamine, folic acid), water, yeast, iodised salt, improver (e300), dough softener (e920), 24% chicken smokey bbq: [90% chicken: chicken 97%, iodised salt, potato starch, yeast extract, citrus extract, vegetable fibre, 10% tomato puree (56%) [water, tomato paste], sugar, thickener [(1422) from maize], molasses, salt, food acid (260), flavours, colour (150c), spice, vegetable gum (415), 22% special slaw: [30% mixed cabbage, 30% carrot, 20% celery, 20% dijon mayo], 7% lettuce, 5% dijon mayo: [60% mayonnaise: canola oil, **egg** (reconstituted) (whole **egg** (11%), **egg** yolk), vinegar, sugar, spices, salt, preservatives (211,202), thickener (415), natural colour (160a), 40% dijon mustard: water, mustard seeds(31%), vinegar, salt, sugar, food acid(acetic), turmeric, preservative:sodium bisulphite], 4% dill pickle: cucumber, cane sugar, distilled white vinegar, apple cider vinegar, water, salt, sweet onion, dill, habenero peppers, garlic

Made from 92% of Australian ingredients

	per serve	per 100g
Energy	3220kj	784kj
Protein	34.3g	8.4g
Fat	24.5g	6g
Fat saturated	2.4g	0.6g
Carbohydrate	94.1g	23g
Sugars	15.3g	3.7g
Sodium	1800mg	438mg

Serving size: 410g
Smokey BBQ Chicken Baguette
Barcode: 9345556006771

Keep refrigerated under 5°C Caution: Great care has been taken to remove all bones and bone fragment, however some may remain.

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Southern Fried Chicken Baguette

chicken schnitzel, mango chutney, tomato, cream cheese, lettuce

Contains: gluten, milk, wheat. Manufactured in a facility which processes almond, crustacean, egg, fish, peanuts, sesame seeds, soy, sulphites, walnuts.

Ingredients: 43% baguette: **wheat** flour [contains vitamins (thiamine, folic acid), water, yeast, iodised salt, improver (e300), dough softener (e920), 34% chicken schnitzel: chicken (75%), coating [wheat flour, modified starch (1404), salt, cornstarch, tapioca dextrin, dextrose, spices, dehydrated vegetables, mineral salt (500,450), vegetable gum (415, 412), flavour, spice extract], vegetable oil, potato starch, salt, yeast extract, citrus extract, dehydrated vegetable powder, 8% mango chutney: sugar, mangoes (45%), salt, acetic acid, spices, 5% tomato, 5% cream cheese: **milk**, skim **milk**, cream (from **milk**), **milk** solids, salt, vegetable gums (412, 410), starter culture, enzymes, 5% lettuce

Made from 90% of Australian ingredients

	per serve	per 100g
Energy	3450	933
Protein	40.5	10.9
Fat	16.4	4.4
Fat saturated	5.2	1.4
Carbohydrate	119	32.2
Sugars	19.7	5.3
Sodium	1160	314

Serving size: 370g
Southern Fried Chicken Baguette
Barcode: 9345556006788

Keep refrigerated under 5°C Caution: Great care has been taken to remove all bones and bone fragment, however some may remain.

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Greek Chicken & Feta On Baguette

chicken, cucumber, olive & feta spread, tzatziki, tomato, cos lettuce, capsicum, fresh parsley

Contains: gluten, milk, wheat. Manufactured in a facility which processes almond, crustacean, egg, fish, peanuts, sesame seeds, soy, sulphites, walnuts.

Ingredients: 39% baguette: **wheat** flour [contains vitamins (thiamine, folic acid), water, yeast, iodised salt, improver (e300), dough softener (e920), 26% chicken: chicken 97%, iodised salt, potato starch, yeast extract, citrus extract, vegetable fibre, 8% olive & feta: feta (40%), **milk** solids, olives (10%), oregano, sunflower oil, citric acid, preservative 202, 6% tomato, 6% cucumber, 5% tzatziki: yoghurt (**milk** culture), cucumber, garlic, mint, salt preservative 202, 5% cos lettuce, 4% capsicum, 1% fresh parsley

Made from 98% of Australian ingredients

	per serve	per 100g
Energy	2750	703
Protein	41.8	10.7
Fat	14	3.6
Fat saturated	3	0.8
Carbohydrate	83	21.2
Sugars	5	1.3
Sodium	1500	383

Serving size: 391

Greek Chicken & Feta On Baguette

Barcode: 9345556004777

Keep refrigerated under 5°C Caution: Great care has been taken to remove all bones and bone fragment, however some may remain.

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Roast Beef Baguette

roast beef, grain mustard, tomato, caramelised onion & lettuce

Contains: gluten, sulphites, wheat. Manufactured in a facility which processes almond, crustacean, egg, fish, milk, peanuts, sesame seeds, soy, walnuts.

Ingredients: 47% baguette: **wheat** flour [contains vitamins (thiamine, folic acid), water, yeast, iodised salt, improver (e300), dough softener (E920), 30% roast beef: beef, 8% tomato, 6% lettuce, 6% grain mustard-**sulphites**: water, mustard seeds, vinegar, salt, 3% caramelised onion: brown onion, brown sugar, veg oil, balsamic vinegar-**sulphites** (wine vinegar, concentrated grape must, caramel (e150d)).

Made from 91% of Australian ingredients

	per serve	per 100g
Energy	2670kJ	808kJ
Protein	36.6g	11.1g
Fat	14.8g	4.5g
Fat saturated	4.2g	1.3g
Carbohydrate	81.6g	24.7g
Sugars	5.0g	1.5g
Sodium	1200mg	364mg

Serving size: 330g

Roast Beef Baguette

Barcode: 9345556001844

Keep refrigerated under 5°C Caution: Great care has been taken to remove all bones and bone fragment, however some may remain.

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Turkey & Swiss Cheese Baguette

turkey breast, cranberry sauce, swiss cheese, cucumber & lettuce

Contains: gluten, milk, soy, wheat. Manufactured in a facility which processes almond, crustacean, egg, fish, peanuts, sesame seeds, sulphites, walnuts.

Ingredients: 47% baguette: **wheat** flour [contains vitamins (thiamine, folic acid), water, yeast, iodised salt, improver (e300), dough softener (E920), 19% turkey breast: turkey breast meat 88%, water, salt, dextrose (maize), potato starch, isolate **soy** protein, mineral salt (451, 450, 452, 331), flavour, antioxidant (316), flavour enhancer (635), sodium nitrite (250), 12% cucumber, 8% cranberry sauce: cranberries (40%), sugar, water, red wine vinegar, thickener (1422), 8% Swiss cheese: pasteurised **milk**, salt, starter culture, microbial rennet, 6% lettuce.

Made from 82% of Australian ingredients

	per serve	per 100g
Energy	2660kJ	813kJ
Protein	30.9g	9.4g
Fat	12.5g	3.8g
Fat saturated	6.6g	2.0g
Carbohydrate	92.0g	28.1g
Sugars	14.2g	4.4g
Sodium	1560mg	477mg

Serving size: 327g

Turkey & Swiss Cheese Baguette

Barcode: 9345556001639

Keep refrigerated under 5°C

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Italian Club Baguette

smoked ham, sopressa salami, herb mayo, basil, Swiss cheese, tomato & lettuce

Contains: egg, gluten, milk, soy, wheat. Manufactured in a facility which processes almond, crustacean, fish, peanuts, sesame seeds, sulphites, walnuts.

Ingredients: 41% baguette: **wheat** flour [contains vitamins (thiamine, folic acid), water, yeast, iodised salt, improver (e300), dough softener (E920), 21% double smoked ham sliced: selected pork meat (88%), water, salt, potato starch, mineral salt (451), food acid (330,270,325), dextrose, antioxidant (316), natural colour (163), preservative (250), natural identical flavour, 11% salami: pork 94%, skim **milk** powder, salt, herbs & spices, sugar, dextrose (maize), wine, mineral salt (450), antioxidant (316), dehydrated vegetable powder, sodium nitrate (251), sodium nitrite (250), flavour, starter culture, 8% Swiss cheese: pasteurised cow's milk, cultures, salt, enzymes(microbial rennet), 7% tomato, 5% herb mayonnaise: [95% mayonnaise: canola oil, **egg** (reconstituted) (whole **egg** (11%), **egg** yolk), vinegar, sugar, spices, salt, preservatives (211,202), thickener (415), natural colour (160a), 5% herb mix: breadcrumbs (**wheat**-**gluten**, salt, sugar, dextrose, dehydrated vegetable, natural flavours, spices, herbs, flavour enhancer (621), rice cereal, anti-caking agent (551), canola oil, hydrolysed veg protein (**soy**), food acid (330), spice extract (160c)], 5% lettuce, 2% basil.

Made from 79% of Australian ingredients

	per serve	per 100g
Energy	3450kJ	919kJ
Protein	41.9g	11.2g
Fat	33.0g	8.8g
Fat saturated	10.5g	2.8g
Carbohydrate	82.7g	22.1g
Sugars	4.1g	1.1g
Sodium	2690mg	719mg

Serving size: 375g

Italian Club Baguette

Barcode: 9345556001561

Keep refrigerated under 5°C

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Ham Cheese Tomato Baguette

smoked ham, seeded mustard mayo, tasty cheese, lettuce & tomato

Contains: egg, gluten, milk, sulphites, wheat. Manufactured in a facility which processes almond, crustacean, fish, peanuts, sesame seeds, soy, walnuts.

Ingredients: 48% baguette: **wheat** flour [contains vitamins (thiamine, folic acid), water, yeast, iodised salt, improver (e300), dough softener (E920), 25% double smoked ham sliced: selected pork meat (88%), water, salt, potato starch, mineral salt (451), food acid (330,270,325), dextrose, antioxidant (316), natural colour (163), preservative (250), natural identical flavour, 8% tasty cheese: cheese (pasteurised **milk**, salt, cultures, rennet), 8% tomato, 6% mustard mayo: [85% mayonnaise: canola oil, **egg** (reconstituted) (whole **egg** (11%), **egg** yolk), vinegar, sugar, spices, salt, preservatives (211,202), thickener (415), natural colour (160a), 15% grain mustard-**sulphites**: water, mustard seeds, vinegar, salt, 5% lettuce.

Made from 84% of Australian ingredients

	per serve	per 100g
Energy	2940kJ	903kJ
Protein	31.6g	9.7g
Fat	24.6g	7.6g
Fat saturated	8.0g	2.4g
Carbohydrate	80.8g	24.9g
Sugars	4.8g	1.5g
Sodium	2050mg	632mg

Serving size: 325g

Ham Cheese Tomato Baguette

Barcode: 9345556001820

Keep refrigerated under 5°C

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Italian Antipasto Vegetarian Baguette

roasted capsicum, goats cheese, artichoke hearts, pickled red onion, kalamata olives, spinach, rocket, balsamic glaze

Contains: gluten, milk, sulphites, wheat. Manufactured in a facility which processes almond, crustacean, egg, fish, peanuts, sesame seeds, soy, walnuts.

Ingredients: 55% baguette: **wheat** flour [contains vitamins (thiamine, folic acid), water, yeast, iodised salt, improver (e300), dough softener (E920), 12% roasted capsicum: grilled capsicums (61%), sunflower oil, salt, vinegar, herbs, garlic, 9% goats cheese: pasteurised goat's **milk**, salt, cultures and non-animal rennet, 9% artichoke hearts, 4% pickled red onion: rice wine vinegar(water,alcohol,rice,salt), sugar, salt, red onion, 4% kalamata olives: kalamata olives, water, red wine vinegar, sea salt, extra virgin olive oil, 4% spinach, 2% rocket, 1% balsamic glaze: cooked grape must, aceto balsamico of modena i.g.p. (38%) [wine vinegar, concentrated and cooked grape must, colour: caramel e 150d, antioxidant: sulphur dioxide], wine vinegar, colour: caramel e150d, modified corn starch, thickener: xanthan gum (contains **sulphites**).

Keep refrigerated under 5°C

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Made from 73% of Australian ingredients

	per serve	per 100g
Energy	2380kj	849kj
Protein	18.7g	6.7g
Fat	12.9g	4.6g
Fat saturated	4.2g	1.5g
Carbohydrate	86.2g	30.8g
Sugars	7.2g	2.6g
Sodium	1130mg	403mg

Serving size: 280g

Italian Antipasto Vegetarian Baguette

Barcode: 9345556005354

Vegan Lentil & Brown Rice Patty Baguette

lentil and brown rice patty, mango chutney, cucumber, lettuce, coriander, spiced coconut yoghurt,

Contains: gluten, soy, wheat. Manufactured in a facility which processes almond, crustacean, egg, fish, milk, peanuts, sesame seeds, sulphites, walnuts.

Ingredients: 41% baguette: **wheat** flour [contains vitamins (thiamine, folic acid), water, yeast, iodised salt, improver (e300), dough softener (e920), 39% lentil and brown rice patties: [21% lentils: rehydrated dried lentils (60%), water, salt, antioxidant:ascorbic acid, 21% brown rice : medium grain wholegrain brown rice, 21% carrot, 21% zucchini, 13% bread crumbs: corn starch, flours (rice, **soy**), canola oil (canola oil, rosemary extract), sugar, mineral salts (sodium acid, pyrophosphate, sodium carbonate), yeast, salt, ascorbic acid), 5% mango chutney: sugar, mangoes (45%), salt, acetic acid, spices, 5% cucumber, 5% lettuce, 4% spiced coconut yoghurt: organic coconut cream, water, starch, chicory root fibre, live cultures, probiotics, salt, lime juice, cumin, 1% coriander

Keep refrigerated under 5°C

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Made from 72% of Australian ingredients

	per serve	per 100g
Energy	2610kj	708kj
Protein	19.6g	5.3g
Fat	7.9g	2.1g
Fat saturated	4.1g	1.1g
Carbohydrate	119g	32.4g
Sugars	18.4g	5g
Sodium	961mg	261mg

Serving size: 368g

Vegan Lentil & Brown Rice Patty Baguette

Barcode: 9345556006795

Chicken Schnitzel Panini

chicken schnitzel, herb mayonnaise, tomato & lettuce

Contains: egg, gluten, soy, wheat. Manufactured in a facility which processes almond, crustacean, fish, milk, peanuts, sesame seeds, sulphites, walnuts.

Ingredients: 40% panini white: flour contains vitamins (thiamine, folic acid) , water, yeast, iodised salt, improver (E300), dough softener (E920), **gluten**, vegetable oil((E472, E322), vinegar, 40% chicken schnitzel: chicken, bread crumb -(**wheat, gluten**), bread premix -(**wheat, gluten**), plant extract, onion powder, garlic powder, citrus fibre, potato starch, mineral salt, vegetable oil, 8% tomato, 7% herb mayonnaise: [95% mayonnaise: canola oil, **egg** (reconstituted) (whole **egg** (11%), **egg** yolk), vinegar, sugar, spices, salt, preservatives (211,202), thickener (415), natural colour (160a)), 5% herb mix: breadcrumbs (**wheat**- **gluten**, salt, sugar, dextrose, dehydrated vegetable, natural flavours, spices, herbs, flavour enhancer (621), rice cereal, anti-caking agent (551), canola oil, hydrolysed veg protein (**soy**), food acid (330), spice extract (160c)], 5% lettuce.

Keep refrigerated under 5°C Caution: Great care has been taken to remove all bones and bone fragment, however some may remain.

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Made from 99% of Australian ingredients

	per serve	per 100g
Energy	2970kj	989kj
Protein	33.6g	11.2g
Fat	27.1g	9.0g
Fat saturated	4.2g	1.4g
Carbohydrate	79.5g	26.5g
Sugars	4.1g	1.4g
Sodium	1000mg	334mg

Serving size: 300g

Chicken Schnitzel Panini

Barcode: 9345556000977

Chicken Avocado Panini

chicken breast, mayonnaise, avocado spread, semi dried tomato & lettuce

Contains: egg, gluten, sulphites, wheat. Manufactured in a facility which processes almond, crustacean, fish, milk, peanuts, sesame seeds, soy, walnuts.

Ingredients: 43% chicken mayo mix: [67% chicken: chicken 97%, iodised salt, potato starch, yeast extract, citrus extract, vegetable fibre, 33% mayonnaise: canola oil, **egg** (reconstituted) (whole **egg** (11%), **egg** yolk), vinegar, sugar, spices, salt, preservatives (211,202), thickener (415), natural colour (160a)], 39% panini white: **wheat** flour contains vitamins (thiamine, folic acid) , water, yeast, iodised salt, improver (E300), dough softener (E920), **gluten**, vegetable oil (E472, E322), vinegar, 8% avocado spread: canola oil, avocado (36%)[avocado, food acids (300,330), vegetable gum (415)], egg, sugar, lime juice, sea salt (1%), garlic, food acid (acetic acid), vegetable gum (412), mustard, natural colour (100, 141), preservative (202), 5% lettuce, 5% semi dried tomato: tomatoes (60%), preservative (220) - **sulphites**, canola oil, vinegar, food acid (260), garlic, salt, oregano, chives.

Keep refrigerated under 5°C Caution: Great care has been taken to remove all bones and bone fragment, however some may remain.

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Made from 98% of Australian ingredients

	per serve	per 100g
Energy	3640kj	1190kj
Protein	30.7g	10.1g
Fat	54.1g	17.8g
Fat saturated	4.8g	1.6g
Carbohydrate	63.0g	20.7g
Sugars	5.9g	1.9g
Sodium	1230mg	403mg

Serving size: 305g

Chicken Avocado Panini

Barcode: 9345556000984

Peri Peri Chicken & Slaw Panini

chicken breast, peri peri mayonnaise, red & white cabbage, carrot & baby spinach

Contains: egg, gluten, wheat. Manufactured in a facility which processes almond, crustacean, fish, milk, peanuts, sesame seeds, soy, sulphites, walnuts.

Ingredients: 39% chicken mayo mix: [67% chicken: chicken 97%, iodised salt, potato starch, yeast extract, citrus extract, vegetable fibre, 33% mayonnaise: canola oil, **egg** (reconstituted) (whole **egg** (11%), **egg** yolk), vinegar, sugar, spices, salt, preservatives (211,202), thickener (415), natural colour (160a)], 36% panini white: **wheat** flour contains vitamins (thiamine, folic acid) , water, yeast, iodised salt, improver (E300), dough softener (E920), **gluten**, vegetable oil((E472, E322), vinegar, 8% red & white cabbage, 7% shredded carrot, 6% peri peri sauce: vegetable oil, **egg**, chilli 20%, paprika, garlic, vinegar, citric acid, salt, 4% spinach.

Keep refrigerated under 5°C Caution: Great care has been taken to remove all bones and bone fragment, however some may remain.

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Made from 94% of Australian ingredients

	per serve	per 100g
Energy	3340kj	996kj
Protein	31.1g	9.3g
Fat	47.2g	14.1g
Fat saturated	4.6g	1.4g
Carbohydrate	62.4g	18.6g
Sugars	5.1g	1.5g
Sodium	1160mg	346mg

Serving size: 335g

Peri Peri Chicken & Slaw Panini

Barcode: 9345556003626

Chicken Bacon Deluxe Panini

chicken, mayonnaise, corn salsa, bacon, lettuce

Contains: egg, gluten, wheat. Manufactured in a facility which processes almond, crustacean, fish, milk, peanuts, sesame seeds, soy, sulphites, walnuts.

Ingredients: 42% chicken mayo mix: [67% chicken: chicken 97%, iodised salt, potato starch, yeast extract, citrus extract, vegetable fibre, 33% mayonnaise: canola oil, egg (reconstituted) (whole egg (11%), egg yolk), vinegar, sugar, spices, salt, preservatives (211,202), thickener (415), natural colour (160a)], 35% panini white: **wheat** flour contains vitamins (thiamine, folic acid), water, yeast, iodised salt, improver (e300), dough softener (e920), **gluten**, vegetable oil (e472, e322), vinegar, 11% corn salsa: [37% sweet corn, 28% red onion, 14% jalapeno sliced: jalapenos (48%), water, salt, vinegar, acidity regulator (330), preservative (211, 202), 14% lemon juice, 5% coriander, 2% salt & pepper], 7% bacon bits: pork (95%), salt, mineral salts (451,450,452,331), maltodextrin (maize), flavour, antioxidant (316), sodium nitrite (250), flavour, natural wood smoke, 5% lettuce

Made from 91% of Australian ingredients

	per serve	per 100g
Energy	2750kj	964kj
Protein	30.1g	10.6g
Fat	35.4g	12.4g
Fat saturated	4.4g	1.6g
Carbohydrate	53.4g	18.7g
Sugars	4.1g	1.4g
Sodium	1210mg	425mg

Serving size: 285g

Chicken Bacon Deluxe Panini

Barcode: 9345556006726

Keep refrigerated under 5°C Caution: Great care has been taken to remove all bones and bone fragment, however some may remain.

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Pesto Chicken Panini

chicken breast, pesto mayonnaise, tomato, fresh basil, Swiss cheese & lettuce

Contains: egg, gluten, soy, milk, wheat. Manufactured in a facility which processes almond, crustacean, fish, peanuts, sesame seeds, sulphites, walnuts.

Ingredients: 40% chicken nut free pesto mayo mix: [67% chicken: chicken 97%, iodised salt, potato starch, yeast extract, citrus extract, vegetable fibre, 23% mayonnaise: canola oil, egg (reconstituted) (whole egg (11%), egg yolk), vinegar, sugar, spices, salt, preservatives (211,202), thickener (415), natural colour (160a), 7% nut free basil pesto: canola oil, basil puree (25%) [basil 92% canola oil, citric acid, ascorbic acid], water, parmesan cheese-**milk**, soy grits, sugar, garlic, vinegar, salt, citric acid (330), potassium sorbate (202), xanthan gum 415, 33% panini white: **wheat** flour contains vitamins (thiamine, folic acid), water, yeast, iodised salt, improver (E300), dough softener (E920), **gluten**, vegetable oil (E472, E322), vinegar, 12% Swiss cheese: pasteurized **milk**, salt, starter culture, microbial rennet, 8% tomato, 5% lettuce, 2% basil.

Made from 94% of Australian ingredients

	per serve	per 100g
Energy	2620kj	874kj
Protein	35.3g	11.8g
Fat	32.5g	10.8g
Fat saturated	8.9g	3.0g
Carbohydrate	46.5g	15.5g
Sugars	2.9g	1.0g
Sodium	1110mg	369mg

Serving size: 300g

Pesto Chicken Panini

Barcode: 9345556005057

Keep refrigerated under 5°C Caution: Great care has been taken to remove all bones and bone fragment, however some may remain.

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Katsu Chicken & Slaw Panini

chicken schnitzel, wombok cabbage slaw, baby spinach

Contains: egg, gluten, wheat. Manufactured in a facility which processes almond, crustacean, fish, milk, peanuts, sesame seeds, soy, sulphites, walnuts.

Ingredients: 40% chicken schnitzel: chicken (75%), coating [**wheat** flour, modified starch (1404), salt, cornstarch, tapioca dextrin, dextrose, spices, dehydrated vegetables, mineral salt (500,450), vegetable gum (415, 412), flavour, spice extract], vegetable oil, potato starch, salt, yeast extract, citrus extract, dehydrated vegetable powder, 33% panini white: **wheat** flour contains vitamins (thiamine, folic acid), water, yeast, iodised salt, improver (e300), dough softener (e920), **gluten**, vegetable oil (e472, e322), vinegar, 23% wombok cabbage slaw: [47% Lemon mayo: lemon, canola oil, egg (reconstituted) (whole egg (11%), egg yolk), vinegar, sugar, spices, salt, preservatives (211,202), thickener (415), natural colour (160a)], 33% cabbage, 16% carrot, 4% coriander], 4% spinach

Made from 96% of Australian ingredients

	per serve	per 100g
Energy	3030kj	1010kj
Protein	32.8g	10.9g
Fat	33.3g	11.1g
Fat saturated	4.7g	1.6g
Carbohydrate	70.6g	23.5g
Sugars	4.7g	1.6g
Sodium	882mg	294mg

Serving size: 300g

Katsu Chicken & Slaw Panini

Barcode: 9345556006733

Keep refrigerated under 5°C Caution: Great care has been taken to remove all bones and bone fragment, however some may remain.

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Ham, Cheese & Tomato Panini

smoked ham, seeded mustard mayo, tasty cheese & tomato

Contains: egg, gluten, sulphites, milk, wheat. Manufactured in a facility which processes almond, crustacean, fish, peanuts, sesame seeds, soy, walnuts.

Ingredients: 40% panini white: **wheat** flour contains vitamins (thiamine, folic acid), water, yeast, iodised salt, improver (E300), dough softener (E920), **gluten**, vegetable oil (E472, E322), vinegar, 32% double smoked ham: selected pork meat (88%), water, salt, potato starch, mineral salt (451), food acid (330,270,325), dextrose, antioxidant (316), natural colour (163), preservative (250), natural identical flavour, 10% tomato, 10% tasty cheese: cheese (pasteurised **milk**, salt, cultures, rennet), 8% mustard mayo: [85% mayonnaise: canola oil, egg (reconstituted) (whole egg (11%), egg yolk), vinegar, sugar, spices, salt, preservatives (211,202), thickener (415), natural colour (160a), 15% grain mustard-sulphites: water, mustard seeds, vinegar, salt,

Made from 78% of Australian ingredients

	per serve	per 100g
Energy	2080kj	833kj
Protein	24.6g	9.8g
Fat	23.4g	9.4g
Fat saturated	7.5g	3.0g
Carbohydrate	46.1g	18.4g
Sugars	3.6g	1.4g
Sodium	1630mg	651mg

Serving size: 250g

Ham, Cheese & Tomato Panini

Barcode: 9345556005064

Keep refrigerated under 5°C

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Tomato, Bocconcini & Basil Panini

tomato, bocconcini cheese, baby spinach, basil pesto & balsamic glaze

Contains: gluten, soy, sulphites, milk, wheat. Manufactured in a facility which processes almond, crustacean, egg, fish, peanuts, sesame seeds, walnuts.

Ingredients: 37% panini white: **wheat** flour contains vitamins (thiamine, folic acid), water, yeast, iodised salt, improver (E300), dough softener (E920), **gluten**, vegetable oil (E472, E322), vinegar, 35% bocconcini: pasteurised cow's **milk**, non-animal rennet, starter culture, salt, 9% tomato, 9% nut free basil pesto: canola oil, basil puree (25%) [basil 92% canola oil, citric acid, ascorbic acid], water, parmesan cheese - **milk**, soy grits, sugar, garlic, vinegar, salt, citric acid (330), potassium sorbate (202), xanthan gum 415, 4% spinach, 4% balsamic glaze (contains **sulphites**): cooked grape must, aceto balsamico of modena i.g.p. (38%) [wine vinegar, concentrated and cooked grape must, colour: caramel e150d, antioxidant: **sulphur dioxide**], wine vinegar, colour: caramel E150d, modified corn starch, thickener: xanthan gum, 2% basil.

Made from 95% of Australian ingredients

	per serve	per 100g
Energy	2410kj	893kj
Protein	25.3g	9.4g
Fat	31.0g	11.5g
Fat saturated	11.2g	4.2g
Carbohydrate	46.4g	17.2g
Sugars	4.2g	1.5g
Sodium	798mg	296mg

Serving size: 270g

Tomato, Bocconcini & Basil Panini

Barcode: 9345556004265

Keep refrigerated under 5°C

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Chicken Caesar Tortilla

chicken breast, Caesar dressing, parmesan cheese, boiled egg, crispy bacon & lettuce

Contains: egg, fish, gluten, milk, soy, wheat. Manufactured in a facility which processes almond, crustacean, lupin, peanuts, sesame seeds, sulphites, walnuts.

Ingredients: 37% chicken Caesar bacon mix: [68% chicken: chicken 97%, iodised salt, potato starch, yeast extract, citrus extract, vegetable fibre, 26% white tortilla: wheat flour, water, vegetable oil, humectant (422), vegetable emulsifiers (471, 481), iodised salt, sugar, raising agents (500, 450, 341), preservatives (282, 200), wheat gluten, acidity regulator (297), soy flour, yeast, stabiliser (412), vitamins (thiamin, folic acid), antioxidant (307b), processing aids (wheat), 17% Caesar dressing: canola oil, water, egg yolk, vinegar, parmesan cheese -milk, sugar, red wine vinegar (preservative [220]), reconstituted lemon juice (preservative [223]), anchovies- fish, mustard, salt, garlic, spice, 10% lettuce, 5% parmesan cheese: pasteurised cow's milk, non animal rennet, salt, coagulating agents, 8% boiled egg: egg, citric acid, 5% bacon bits: pork (95%), salt, mineral salts (451,450,452,331), maltodextrin (maize), flavour, antioxidant (316), sodium nitrite (250), flavour, natural wood smoke]

Made from 94% of Australian ingredients

	per serve	per 100g
Energy	3040kj	997kj
Protein	39.9g	13.1g
Fat	43.3g	14.2g
Fat saturated	12.2g	4g
Carbohydrate	43.6g	14.3g
Sugars	4.8g	1.6g
Sodium	1510mg	496mg

Serving size: 305g

Chicken Caesar Tortilla

Barcode: 934555600809

Keep refrigerated under 5°C Caution: Great care has been taken to remove all bones and bone fragment, however some may remain.

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Chicken Avocado Tortilla

chicken breast, mayonnaise, avocado spread, semi dried tomato & lettuce

Contains: egg, gluten, soy, sulphites, wheat. Manufactured in a facility which processes almond, crustacean, fish, milk, peanuts, sesame seeds, walnuts.

Ingredients: 40% chicken mayo mix: [67% chicken: chicken 97%, iodised salt, potato starch, yeast extract, citrus extract, vegetable fibre, 33% mayonnaise: canola oil, egg (reconstituted) (whole egg (11%), egg yolk), vinegar, sugar, spices, salt, preservatives (211,202), thickener (415), natural colour (160a)], 26% white tortilla: wheat flour, water, vegetable oil, humectant (422), vegetable emulsifiers (471, 481), iodised salt, sugar, raising agents (500, 450, 341), preservatives (282, 200), wheat gluten, acidity regulator (297), soy flour, yeast, stabiliser (412), vitamins (thiamin, folic acid), antioxidant (307b), processing aids (wheat), 13% lettuce, 7% avocado spread: canola oil, avocado (36%)[avocado, food acids (300,330), vegetable gum (415)], egg, sugar, lime juice, sea salt (1%), garlic, food acid (acetic acid), vegetable gum (412), mustard, natural colour (100, 141), preservative (202), 5% semi dried tomato: tomatoes (60%), preservative (220) - sulphites, canola oil, vinegar, food acid (260), garlic, salt, oregano, chives.

Made from 93% of Australian ingredients

	per serve	per 100g
Energy	3090kj	1150kj
Protein	28.6g	10.6g
Fat	49.4g	18.3g
Fat saturated	7.0g	2.6g
Carbohydrate	44.1g	16.3g
Sugars	5.3g	2.0g
Sodium	1060mg	394mg

Serving size: 270g

Chicken Avocado Tortilla

Barcode: 934555600823

Keep refrigerated under 5°C Caution: Great care has been taken to remove all bones and bone fragment, however some may remain.

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Chicken Bacon Deluxe Tortilla

chicken, bacon, mayonnaise, fresh corn salsa & lettuce

Contains: egg, gluten, soy, wheat. Manufactured in a facility which processes almond, crustacean, fish, milk, peanuts, sesame seeds, sulphites, walnuts.

Ingredients: 32% chicken: chicken 97%, iodised salt, potato starch, yeast extract, citrus extract, vegetable fibre, 27% white tortilla: wheat flour, water, vegetable oil, humectant (422), vegetable emulsifiers (471, 481), iodised salt, sugar, raising agents (500, 450, 341), preservatives (282, 200), wheat gluten, acidity regulator (297), soy flour, yeast, stabiliser (412), vitamins (thiamin, folic acid), antioxidant (307b), processing aids (wheat), 16% lettuce: , 14% corn salsa: [37% sweet corn, 28% red onion, 14% jalapeno sliced: jalapenos (48%), water, salt, vinegar, acidity regulator (330), preservative (211, 202), 14% lemon juice, 5% coriander, 2% salt & pepper], 6% mayonnaise: canola oil, egg (reconstituted) (whole egg (11%), egg yolk), vinegar, sugar, spices, salt, preservatives (211,202), thickener (415), natural colour (160a), 5% bacon bits: pork (95%), salt, mineral salts (451,450,452,331), maltodextrin (maize), flavour, antioxidant (316), sodium nitrite (250), flavour, natural wood smoke.

Made from 91% of Australian ingredients

	per serve	per 100g
Energy	2340kj	744kj
Protein	35.2g	11.2g
Fat	25.1g	8g
Fat saturated	6.1g	2g
Carbohydrate	47.1g	15g
Sugars	5.6g	1.8g
Sodium	1220mg	387mg

Serving size: 315g

Chicken Bacon Deluxe Tortilla

Barcode: 9345556006719

Keep refrigerated under 5°C Caution: Great care has been taken to remove all bones and bone fragment, however some may remain.

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Greek Chicken & Feta Tortilla

chicken, cucumber, olive & feta spread, tzatziki, tomato, cos lettuce, capsicum, fresh parsley

Contains: gluten, milk, soy, wheat. Manufactured in a facility which processes almond, crustacean, egg, fish, peanuts, sesame seeds, sulphites, walnuts.

Ingredients: 33% chicken: chicken 97%, iodised salt, potato starch, yeast extract, citrus extract, vegetable fibre, 29% white tortilla: wheat flour, water, vegetable oil, humectant (422), vegetable emulsifiers (471, 481), iodised salt, sugar, raising agents (500, 450, 341), preservatives (282, 200), wheat gluten, acidity regulator (297), soy flour, yeast, stabiliser (412), vitamins (thiamin, folic acid), antioxidant (307b), processing aids (wheat), 6% cucumber: , 8% olive & feta: feta (40%), milk solids, olives (10%), oregano, sunflower oil, citric acid, preservative 202, 6% tzatziki: yoghurt (milk culture), cucumber, garlic, mint, salt preservative 202, 6% tomato, 6% cos lettuce, 5% capsicum, 1% fresh parsley

Made from 94% of Australian ingredients

	per serve	per 100g
Energy	1790	625
Protein	30.4	10.6
Fat	14.1	4.9
Fat saturated	5	1.8
Carbohydrate	42.9	14.9
Sugars	4.3	1.5
Sodium	999	348

Serving size: 287

Greek Chicken & Feta Tortilla

Barcode: 9345556004784

Keep refrigerated under 5°C Caution: Great care has been taken to remove all bones and bone fragment, however some may remain.

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Pesto Chicken Tortilla

chicken breast, pesto mayonnaise, tomato, fresh basil, Swiss cheese & lettuce

Contains: egg, gluten, milk, soy, wheat. Manufactured in a facility which processes almond, crustacean, fish, peanuts, sesame seeds, sulphites, walnuts.

Ingredients: 38% chicken nut free pesto mayo mix: [67% chicken: chicken 97%, iodised salt, potato starch, yeast extract, citrus extract, vegetable fibre, 23% mayonnaise: canola oil, egg (reconstituted) (whole egg (11%), egg yolk), vinegar, sugar, spices, salt, preservatives (211,202), thickener (415), natural colour (160a), 7% nut free basil pesto: canola oil, basil puree (25%) [basil 92% canola oil, citric acid, ascorbic acid], water, parmesan cheese-milk, soy grits, sugar, garlic, vinegar, salt, citric acid (330), potassium sorbate (202), xanthan gum 415, 27% white tortilla: wheat flour, water, vegetable oil, humectant (422), vegetable emulsifiers (471, 481), iodised salt, sugar, raising agents (500, 450, 341), preservatives (282, 200), wheat gluten, acidity regulator (297), soy flour, yeast, stabiliser (412), vitamins (thiamin, folic acid), antioxidant (307b), processing aids (wheat), 13% Swiss cheese: pasteurized milk, salt, starter culture, microbial rennet, 11% lettuce, 9% tomato, 2% basil.

Made from 81% of Australian ingredients

	per serve	per 100g
Energy	2850kj	914kj
Protein	39.3g	12.6g
Fat	39.1g	12.5g
Fat saturated	13.1g	4.2g
Carbohydrate	42.2g	13.5g
Sugars	3.5g	1.1g
Sodium	1250mg	399mg

Serving size: 312g

Pesto Chicken Tortilla

Barcode: 9345556000410

Keep refrigerated under 5°C Caution: Great care has been taken to remove all bones and bone fragment, however some may remain.

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Roast Beef Tortilla

roast beef, grain mustard, tomato, caramelised onion & lettuce

Contains: gluten, soy, sulphites, wheat. Manufactured in a facility which processes almond, crustacean, egg, fish, milk, peanuts, sesame seeds, walnuts.

Ingredients: 36% roast beef: beef, 31% white tortilla: **wheat** flour, water, vegetable oil, humectant (422), vegetable emulsifiers (471, 481), iodised salt, sugar, raising agents (500, 450, 341), preservatives (282, 200), **wheat gluten**, acidity regulator (297), **soy** flour, yeast, stabiliser (412), vitamins (thiamin, folic acid), antioxidant (307b), processing aids (**wheat**), 12% caramelised onion: brown onion, brown sugar, veg oil, balsamic vinegar-**sulfites** (wine vinegar(78%), concentrated grape must, caramel (e150d)), 9% tomato, 7% grain mustard-**sulphites**: water, mustard seeds, vinegar, salt, 5% lettuce.

Made from 83% of Australian ingredients

	per serve	per 100g
Energy	2060kj	721kj
Protein	32.1g	11.3g
Fat	18.9g	6.6g
Fat saturated	7.2g	2.5g
Carbohydrate	46.4g	16.2g
Sugars	8.2g	2.9g
Sodium	884mg	310mg

Serving size: 285g

Roast Beef Tortilla

Barcode: 9345556001905

Keep refrigerated under 5°C Caution: Great care has been taken to remove all bones and bone fragment, however some may remain.

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Italian Club Tortilla

smoked ham, sopressa salami, herb mayo, basil, Swiss cheese, tomato & lettuce

Contains: egg, gluten, milk, soy, wheat. Manufactured in a facility which processes almond, crustacean, fish, peanuts, sesame seeds, sulphites, walnuts.

Ingredients: 33% white tortilla: **wheat** flour, water, vegetable oil, humectant (422), vegetable emulsifiers (471, 481), iodised salt, sugar, raising agents (500, 450, 341), preservatives (282, 200), **wheat gluten**, acidity regulator (297), **soy** flour, yeast, stabiliser (412), vitamins (thiamin, folic acid), antioxidant (307b), processing aids (**wheat**), 16% Swiss cheese: pasteurized **milk**, salt, starter culture, microbial rennet, 16% double smoked ham: selected pork meat (88%), water, salt, potato starch, mineral salt (451), food acid (330,270,325), dextrose, antioxidant (316), natural colour (163), preservative (250), natural identical flavour, 10% salami: pork 94%, skim **milk** powder, salt, herbs & spices, sugar, dextrose (maize), wine, mineral salt (450), antioxidant (316), dehydrated vegetable powder, sodium nitrate (251), sodium nitrite (250), flavour, starter culture, 10% tomato, 8% lettuce, 6% herb mayonnaise: [95% mayonnaise: canola oil, **egg** (reconstituted) (whole **egg** (11%), **egg** yolk), vinegar, sugar, spices, salt, preservatives (211,202), thickener (415), natural colour (160a), 5% herb mix: breadcrumbs (**wheat**- **gluten**, salt, sugar, dextrose, dehydrated vegetable, natural flavours, spices, herbs, flavour enhancer (621), rice cereal, anti-caking agent (551), canola oil, hydrolysed veg protein (**soy**), food acid (330), spice extract (160c)], 1% basil.

Made from 63% of Australian ingredients

	per serve	per 100g
Energy	2490kj	968kj
Protein	31.0g	12.1g
Fat	33.2g	12.9g
Fat saturated	13.9g	5.4g
Carbohydrate	42.0g	16.3g
Sugars	3.2g	1.3g
Sodium	1690mg	658mg

Serving size: 257g

Italian Club Tortilla

Barcode: 9345556003251

Keep refrigerated under 5°C

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Falafel & Tabouli Tortilla

falafel, homous, tabouli, tomato, sweet chilli sauce & lettuce

Contains: gluten, soy, sesame seeds, wheat. Manufactured in a facility which processes almond, crustacean, egg, fish, milk, peanuts, sulphites, walnuts.

Ingredients: 34% falafel: chickpeas 40%, broad beans 40%, garlic, onion 10%, coriander, spices, salt, cumin powder, preservative (202), 29% white tortilla: **wheat** flour, water, vegetable oil, humectant (422), vegetable emulsifiers (471, 481), iodised salt, sugar, raising agents (500, 450, 341), preservatives (282, 200), **wheat gluten**, acidity regulator (297), **soy** flour, yeast, stabiliser (412), vitamins (thiamin, folic acid), antioxidant (307b), processing aids (**wheat**), 12% lettuce, 10% tabouleh: parsley 32%, shallots, tomato 11%, cucumber, water, onion, burghal **wheat** (6%)-**gluten**, vinegar, canola oil, sugar, water, salt, lemon juice concentrate, garlic, pepper, thickener (xanthan gum - **soy**), 7% tomato, 5% homous: chickpeas 60%, tahini-**sesame seeds**, garlic, salt, citric acid (202), 3% sweet chilli sauce: sugar(60%), garlic, red chilli, acidity regulator(260), salt, water, thickener (1442)(derived from tapioca), 415).

Made from 91% of Australian ingredients

	per serve	per 100g
Energy	1710kj	570kj
Protein	16.8g	5.6g
Fat	10.1g	3.4g
Fat saturated	3.8g	1.3g
Carbohydrate	56.9g	19.0g
Sugars	10.6g	3.5g
Sodium	1730mg	577mg

Serving size: 300g

Falafel & Tabouli Tortilla

Barcode: 9345556000885

Keep refrigerated under 5°C

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Pumpkin & Feta Tortilla

roasted pumpkin, lettuce, capsicum, feta cheese, peri peri mayonnaise

Contains: egg, gluten, milk, soy, wheat. Manufactured in a facility which processes almond, crustacean, fish, peanuts, sesame seeds, sulphites, walnuts.

Ingredients: 39% roasted pumpkin: roasted pumpkin, canola oil, salt, pepper, 30% white tortilla : **wheat** flour, water, vegetable oil, humectant (422), vegetable emulsifiers (471, 481), iodised salt, sugar, raising agents (500, 450, 341), preservatives (282, 200), **wheat gluten**, acidity regulator (297), **soy** flour, yeast, stabiliser (412), vitamins (thiamin, folic acid), antioxidant (307b), processing aids (wheat), 9% lettuce, 7% capsicum, 7% feta cheese: pasteurized skim cow's **milk**, palm oil, salt, microbial rennet, lactic acid culture, 4% peri peri sauce: vegetable oil, **egg**, chilli 20%, paprika, garlic, vinegar, citric acid, salt, 4% mayonnaise: canola oil, **egg** (reconstituted) (whole **egg** (11%), **egg** yolk), vinegar, sugar, spices, salt, preservatives (211,202), thickener (415), natural colour (160a).

Made from 81% of Australian ingredients

	per serve	per 100g
Energy	1880kj	673kj
Protein	12.4g	4.4g
Fat	24.8g	8.8g
Fat saturated	8g	2.9g
Carbohydrate	43.4g	15.5g
Sugars	6.2g	2.2g
Sodium	858mg	306mg

Serving size: 280g

Pumpkin & Feta Tortilla

Barcode: 9345556004814

Keep refrigerated under 5°C

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Walnut Chicken Sourdough

chicken, mayonnaise, celery, dill, walnuts, baby spinach

Contains: egg, gluten, wheat, walnuts. Manufactured in a facility which processes almond, crustacean, fish, milk, peanuts, sesame seeds, soy, sulphites.

Ingredients: 47% chicken walnut mix: [57% chicken: chicken 97%, iodised salt, potato starch, yeast extract, citrus extract, vegetable fibre, 28% mayonnaise: canola oil, **egg** (reconstituted) (whole **egg** (11%), **egg** yolk), vinegar, sugar, spices, salt, preservatives (211,202), thickener (415), natural colour (160a), 4% **walnuts**-tree nuts, 10% celery, fresh dill], 46% white sourdough: white flour (**gluten**, **wheat**), water, sea salt, leaven, 4% spinach, 3% margarine: vegetable oils, water, salt, emulsifiers (322 (from soy), 471), preservative (202), food acid (270), natural colour (160a), vitamins a & d, flavour.

Made from 99% of Australian ingredients

	per serve	per 100g
Energy	2210kj	763kj
Protein	25.4g	8.8g
Fat	34.6g	11.9g
Fat saturated	3.1g	1.1g
Carbohydrate	31.8g	10.9g
Sugars	1.8g	0.6g
Sodium	775mg	267mg

Serving size: 290g

Walnut Chicken Sourdough

Barcode: 9345556005071

Keep refrigerated under 5°C Caution: Great care has been taken to remove all bones and bone fragment, however some may remain.

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Smokey BBQ Chicken Sourdough

chicken, smokey bbq sauce, special slaw, dill pickle, lettuce, dijon mayo

Contains: egg, gluten, wheat. Manufactured in a facility which processes almond, crustacean, fish, milk, peanuts, sesame seeds, soy, sulphites, walnuts.

Ingredients: 37% white sourdough: white flour (**gluten, wheat**), water, sea salt, leaven, 28% chicken smokey bbq: [90% chicken: chicken 97%, iodised salt, potato starch, yeast extract, citrus extract, vegetable fibre, 10% tomato puree (56%) [water, tomato paste], sugar, thickener ([1422] from maize), molasses, salt, foiox d acid (260), flavours, colour (150c), spice, vegetable gum (415), 16% special slaw: [30% mixed cabbage, 30% carrot, 20% celery, 20% dijon mayo], 7% dill pickle: cucumber, cane sugar, distilled white vinegar, apple cider vinegar, water, salt, sweet onion, dill, habenero peppers, garlic, 6% lettuce: , 4% dijon mayo: [60% mayonnaise : canola oil, **egg** (reconstituted) (whole **egg** (11%), **egg** yolk), vinegar, sugar, spices, salt, preservatives (211,202), thickener (415), natural colour (160a), 40% dijon mustard : water, mustard seeds(31%), vinegar, salt,sugar,food acid(acetic),turmeric, preservative:sodium bisulphite], 2% margarine: vegetable oils, water, salt, emulsifiers (322 (from soy), 471), preservative (202), food acid (270), natural colour (160a), vitamins a & d, flavour.

Made from 83% of Australian ingredients

	per serve	per 100g
Energy	1840kj	512kj
Protein	25.7g	7.2g
Fat	19.9g	5.5g
Fat saturated	2.2g	0.6g
Carbohydrate	38.7g	10.7g
Sugars	10.8g	3g
Sodium	1240mg	345mg

Serving size: 360g

Smokey BBQ Chicken Sourdough

Barcode: 9345556006771

Keep refrigerated under 5°C Caution: Great care has been taken to remove all bones and bone fragment, however some may remain.

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Meat Feast Sourdough

chicken, sopressa salami, mortadella, lettuce, seeded mustard mayo

Contains: gluten, milk, wheat, egg, soy. Manufactured in a facility which processes almond, crustacean, fish, peanuts, sesame seeds, sulphites, walnuts.

Ingredients: 39% white sourdough: white flour (**gluten, wheat**), water, sea salt, leaven, 38% chicken mayo mix: [67% chicken: chicken 97%, iodised salt, potato starch, yeast extract, citrus extract, vegetable fibre, 33% mayonnaise: canola oil, **egg** (reconstituted) (whole **egg** (11%), **egg** yolk), vinegar, sugar, spices, salt, preservatives (211,202), thickener (415), natural colour (160a)], 7% salami: pork 94%, skim milk powder, salt, herbs & spices, sugar, dextrose (maize), wine, mineral salt (450), antioxidant (316), dehydrated vegetable powder, sodium nitrate (251), sodium nitrite (250), flavour, starter culture, 6% mortadella: pork, water, acidity regulators (326,262), salt, potato starch, spices, maltodextrin (maize or tapioca), mineral salts (450,452,451) antioxidant (316), dried vegetable (garlic), dextrose (maize or tapioca), yeast extract, natural flavour, preservative, (250), fermented red, 5% lettuce, 3% seeded mustard mayo: [85% mayonnaise: canola oil, **egg** (reconstituted) (whole **egg** (11%), **egg** yolk), vinegar, sugar, spices, salt, preservatives (211,202), thickener (415), natural colour (160a), 15% grain mustard: water, mustard seeds, vinegar, salt]; 2% margarine: vegetable oils, water, salt, emulsifiers (322 (from soy), 471), preservative (202), food acid (270), natural colour (160a), vitamins a & d, flavour.

Made from 93% of Australian ingredients

	per serve	per 100g
Energy	2960kj	845kj
Protein	35g	10g
Fat	49.8g	14.2g
Fat saturated	7.2g	2.1g
Carbohydrate	30.7g	8.8g
Sugars	2.6g	0.7g
Sodium	1420mg	405mg

Serving size: 350g

Meat Feast Sourdough

Barcode: 9345556006788

Keep refrigerated under 5°C Caution: Great care has been taken to remove all bones and bone fragment, however some may remain.

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

New York Beef Sourdough

roast beef, tomato, Swiss cheese, caramelised onion, horseradish mayo, lettuce

Contains: gluten, milk, wheat, egg, sulphites Manufactured in a facility which processes almond, crustacean, fish, peanuts, sesame seeds, soy, walnuts.

Ingredients: 32% white sourdough: white flour (**gluten, wheat**), water, sea salt, leaven, 22% roast beef: beef, 12% tomato: , 11% Swiss cheese: pasteurized **milk**, salt, starter culture, microbial rennet, 10% caramelised onion: brown onion, brown sugar, veg oil, balsamic vinegar-**sulphites** (wine vinegar(78%), concentrated grape must, caramel (e150d)], 7% horseradish mayo: [50% horseradish: horseradish (contains **sulphites**) 46%, water, mustard seed, sugar, salt, food acid (acetic), vegetable oil, flavour, thickener (xanthan gum (contains **soy**), preservative (sodium metabisulphite), 50% mayonnaise: canola oil, **egg** (reconstituted) (whole **egg** (11%), **egg** yolk), vinegar, sugar, spices, salt, preservatives (211,202), thickener (415), natural colour (160a)], 4% lettuce, 2% margarine: vegetable oils, water, salt, emulsifiers (322 (from soy), 471), preservative (202), food acid (270), natural colour (160a), vitamins a & d, flavour.

Made from 87% of Australian ingredients

	per serve	per 100g
Energy	2460kj	604kj
Protein	37.2g	9.2g
Fat	33.0g	8.1g
Fat saturated	12.8g	3.1g
Carbohydrate	34.4g	8.4g
Sugars	8.6g	2.1g
Sodium	864mg	212mg

Serving size: 407g

New York Beef Sourdough

Barcode: 9345556005095

Keep refrigerated under 5°C

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

American Reuben Sourdough

pastrami, Russian dressing, dill pickle, Swiss cheese, sauerkraut, tomato, lettuce

Contains: gluten, milk, wheat, egg Manufactured in a facility which processes almond, crustacean, fish, peanuts, sesame seeds, soy, sulphites, walnuts.

Ingredients: 40% white sourdough: white flour (**gluten, wheat**), water, sea salt, leaven, 19% pastrami: beef, pastrami rub [spices (including chilli), rice flour], cure [salt, sugar, mineral salts (450, 451), dextrose (maize or tapioca), antioxidant (316), preservative (250)], acidity regulators (326, 325, 262), 10% tomato, 10% Swiss cheese: pasteurized **milk**, salt, starter culture, microbial rennet, 8% dill pickle: cucumber, cane sugar, distilled white vinegar, apple cider vinegar, water, salt, sweet onion, dill, habenero peppers, garlic, 6% Russian dressing: [40% mayonnaise: canola oil, **egg** (reconstituted) (whole **egg** (11%), **egg** yolk), vinegar, sugar, spices, salt, preservatives (211,202), thickener (415), natural colour (160a), 10% sriracha sauce: chilli (83%), sugar, salt, garlic (4%), acetic acid, potassium sorbate, sodium bisulphite as preservatives, xanthan gum, 20% dill pickle: cucumber, cane sugar, distilled white vinegar, apple cider vinegar, water, salt, sweet onion, dill, habenero peppers, garlic, 15% red onion, 15% parsley], 5% sauerkraut: white cabbage (99.99%), salt, 2% margarine: vegetable oils, water, salt, emulsifiers (322 (from soy), 471), preservative (202), food acid (270), natural colour (160a), vitamins a & d, flavour.

Made from 75% of Australian ingredients

	per serve	per 100g
Energy	1990kj	631kj
Protein	25.6g	8.1g
Fat	28.5g	9g
Fat saturated	8.5g	2.7g
Carbohydrate	27.9g	8.9g
Sugars	2.6g	0.8g
Sodium	1120mg	357mg

Serving size: 315g

American Reuben Sourdough

Barcode: 9345556005101

Keep refrigerated under 5°C

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Italian Club Sourdough

Smoked ham, sopressa salami, Swiss cheese, lettuce, herb mayonnaise, basil

Contains: gluten, milk, wheat, egg Manufactured in a facility which processes almond, crustacean, fish, peanuts, sesame seeds, soy, sulphites, walnuts.

Ingredients: 46% white sourdough: white flour (**gluten, wheat**), water, sea salt, leaven, 15% Swiss cheese: pasteurized **milk**, salt, starter culture, microbial rennet, 14% doubled smoked ham: selected pork meat (88%), water, salt, potato starch, mineral salt (451), food acid (330,270,325), dextrose, antioxidant (316), natural colour (163), preservative (250), natural identical flavour, 9% salami: pork 94%, skim **milk** powder, salt, herbs & spices, sugar, dextrose (maize), wine, mineral salt (450), antioxidant (316), dehydrated vegetable powder, sodium nitrate (251), sodium nitrite (250), flavour, starter culture, 7% lettuce: , 5% herb mayonnaise: [95% mayonnaise: canola oil, **egg** (reconstituted) (whole **egg** (11%), **egg** yolk), vinegar, sugar, spices, salt, preservatives (211,202), thickener (415), natural colour (160a), 5% herb mix: breadcrumbs (**wheat- gluten**), salt, sugar, dextrose, dehydrated vegetable, natural flavours, spices, herbs, flavour enhancer (621), rice cereal, anti-caking agent (551), canola oil, hydrolysed veg protein (**soy**), food acid (330), spice extract (160c)], 2% basil, 2% margarine: vegetable oils, water, salt, emulsifiers (322 (from soy), 471), preservative (202), food acid (270), natural colour (160a), vitamins a & d, flavour.

Made from 72% of Australian ingredients

	per serve	per 100g
Energy	2400kj	641kj
Protein	31.3g	8.3g
Fat	35.5g	9.5g
Fat saturated	13.1g	3.5g
Carbohydrate	32.5g	8.7g
Sugars	2.6g	0.7g
Sodium	1710mg	455mg

Serving size: 337g

Italian Club Sourdough

Barcode: 9345556005125

Keep refrigerated under 5°C

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Ham & Cheese Croissant

smoked ham & tasty cheese

Contains: egg, gluten, milk, soy, wheat. Manufactured in a facility which processes almond, crustacean, fish, peanuts, sesame seeds, sulphites, walnuts.

Ingredients: 66% croissant: **wheat** flour [contains vitamins (thiamine, folic acid)], water, butter (22%) -**milk**, sugar, baker's yeast, **wheat gluten**, iodised salt, **egg**, **soy** flour, vegetable emulsifiers(472e), flour treatment agent (300), plant-based enzymes, 25% double smoked ham sliced: selected pork meat (88%), water, salt, potato starch, mineral salt (451), food acid (330,270,325), dextrose, antioxidant (316), natural colour (163), preservative (250), natural identical flavour, 9% tasty cheese: cheese (pasteurised **milk**, salt, cultures, rennet).

Keep refrigerated under 5°C

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Bacon & Swiss Cheese Croissant

bacon & Swiss cheese

Contains: egg, gluten, wheat, milk. Manufactured in a facility which processes almond, crustacean, fish, peanuts, sesame seeds, soy, sulphites, walnuts.

Ingredients: 60% croissant: **wheat** flour [contains vitamins (thiamine, folic acid)], water, butter (22%) -**milk**, sugar, baker's yeast, **wheat gluten**, iodised salt, **egg**, soya flour, vegetable emulsifiers(472e), flour treatment agent (300), plant-based enzymes, 23% bacon: pork (95%), salt, mineral salts (451, 450, 452, 331) antioxidant (316), sodium nitrite (250), flavour natural wood smoke, 17% Swiss cheese: pasteurised **milk**, salt, starter culture, microbial rennet

Keep refrigerated under 5°C

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Ham & Cheese Toastie

smoked ham & tasty cheese

Contains: gluten, milk, soy, wheat. Manufactured in a facility which processes almond, crustacean, egg, fish, peanuts, sesame seeds, sulphites, walnuts.

Ingredients: 47% hi top white bread: **wheat** flour, water, **rye** meal (4.5%), yeast, iodised salt, vinegar, canola oil, **wheat gluten**, cultured **wheat** flour, **soy** flour, vegetable emulsifier (481, 471, 472e), **rye** flour, vitamins (thiamine, folic acid), 38% double smoked ham sliced: selected pork meat (88%), water, salt, potato starch, mineral salt (451), food acid (330,270,325), dextrose, antioxidant (316), natural colour (163), preservative (250), natural identical flavour, 15% tasty cheese: cheese (pasteurised **milk**, salt, cultures, rennet).

Keep refrigerated under 5°C

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Chicken & Cheese Toastie

chicken breast, mayonnaise & tasty cheese

Contains: egg, gluten, milk, soy, wheat. Manufactured in a facility which processes almond, crustacean, fish, peanuts, sesame seeds, sulphites, walnuts.

Ingredients: 53% chicken mayo mix:[67% chicken: chicken 97%, iodised salt, potato starch, yeast extract, citrus extract, vegetable fibre, 33% mayonnaise: canola oil, **egg** (reconstituted) (whole **egg** (11%), **egg** yolk), vinegar, sugar, spices, salt, preservatives (211,202), thickener (415), natural colour (160a)], 36% hi top white bread: **wheat** flour, water, **rye** meal (4.5%), yeast, iodised salt, vinegar, canola oil, **wheat gluten**, cultured **wheat** flour, **soy** flour, vegetable emulsifier (481, 471, 472e), **rye** flour, vitamins (thiamine, folic acid), 11% tasty cheese: cheese (pasteurised **milk**, salt, cultures, rennet).

Keep refrigerated under 5°C

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Three Cheese & Tomato Toastie

Swiss cheese, tasty cheese, parmesan cheese & tomato

Contains: gluten, wheat, milk, soy. Manufactured in a facility which processes almond, crustacean, fish, peanuts, sesame seeds, egg, sulphites, walnuts.

Ingredients: 40% hi top white bread: **wheat** flour, water, **rye** meal (4.5%), yeast, iodised salt, vinegar, canola oil, **wheat gluten**, cultured **wheat** flour, **soy** flour, vegetable emulsifier (481, 471, 472e), **rye** flour, vitamins (thiamine, folic acid), 27% tomato: , 13% Swiss cheese: pasteurised **milk**, salt, starter culture, microbial rennet, 12% tasty cheese: cheese (pasteurised **milk**, salt, cultures, rennet), 8% parmesan cheese: pasteurised cow's **milk**, non animal rennet,salt,coagulating agents

Keep refrigerated under 5°C

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Made from 81% of Australian ingredients

	per serve	per 100g
Energy	2270kj	1420kj
Protein	18.6g	11.6g
Fat	25.0g	15.6g
Fat saturated	16.0g	10.0g
Carbohydrate	59.3g	37.1g
Sugars	9.2g	5.7g
Sodium	1290mg	805mg

Serving size: 160g

Ham & Cheese Croissant

Barcode: 9345556001646

Made from 62% of Australian ingredients

	per serve	per 100g
Energy	2730kj	1560kj
Protein	23.9g	13.7g
Fat	35.2g	20.1g
Fat saturated	20.7g	11.8g
Carbohydrate	59.2g	33.8g
Sugars	9.3g	5.3g
Sodium	1310mg	749mg

Serving size: 175g

Bacon & Swiss Cheese Croissant

Barcode: 9345556006825

Made from 62% of Australian ingredients

	per serve	per 100g
Energy	1310kj	828kj
Protein	19.8g	12.5g
Fat	10.7g	6.8g
Fat saturated	6.7g	4.3g
Carbohydrate	31.1g	19.7g
Sugars	2.6g	1.6g
Sodium	1180mg	748mg

Serving size: 158g

Ham & Cheese Toastie

Barcode: 9345556001752

Made from 98% of Australian ingredients

	per serve	per 100g
Energy	2370kj	1140kj
Protein	28.8g	13.9g
Fat	34.6g	16.6g
Fat saturated	8.5g	4.1g
Carbohydrate	32.9g	15.8g
Sugars	3.3g	1.6g
Sodium	882mg	424mg

Serving size: 208g

Chicken & Cheese Toastie

Barcode: 9345556001790

Made from 85% of Australian ingredients

	per serve	per 100g
Energy	1740kj	931kj
Protein	24.3g	13g
Fat	20.1g	10.8g
Fat saturated	12.8g	6.9g
Carbohydrate	31.5g	16.8g
Sugars	3.4g	1.8g
Sodium	721mg	386mg

Serving size: 187g

Three Cheese & Tomato Toastie

Barcode: 9345556006832

Bacon, Egg & Relish Roll

bacon , egg, tomato relish

Contains: egg, gluten, wheat, soy. Manufactured in a facility which processes almond, crustacean, fish, milk, peanuts, sesame seeds, sulphites, walnuts.

Ingredients: 45% white roll: **wheat** flour, water, yeast, **wheat gluten**, vegetable oil, vinegar, iodised salt, **soy** flour, emulsifiers (471, 481, 472e), mineral salt (calcium carbonate), vitamins (thiamin, folic acid), 23% bacon: pork (95%), salt, mineral salts (451, 450, 452, 331) antioxidant (316), sodium nitrite (250), flavour natural wood smoke , 23% fried **egg**: **egg**, canola oil (soy lecithin), 9% tomato relish: tomato (50%), sugar, vinegar, onion, thickener (1422), tomato paste, salt, spices, garlic, acidity regulator (330), firming agent (509)

Made from 68% of Australian ingredients

	per serve	per 100g
Energy	1610	917
Protein	18.9	10.8
Fat	14.1	8.1
Fat saturated	4.6	2.6
Carbohydrate	44.4	25.3
Sugars	4.7	2.7
Sodium	966	552

Serving size: 175g

Bacon, Egg & Relish Roll

Barcode: 9345556007013

Keep refrigerated under 5°C

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Spinach, Egg, Feta & Relish Roll

egg, tomato relish, feta cheese, spinach

Contains: egg, gluten, milk, soy, wheat. Manufactured in a facility which processes almond, crustacean, fish, peanuts, sesame seeds, sulphites, walnuts.

Ingredients: 50% white roll: **wheat** flour, water, yeast, **wheat gluten**, vegetable oil, vinegar, iodised salt, **soy** flour, emulsifiers (471, 481, 472e), mineral salt (calcium carbonate), vitamins (thiamin, folic acid), 28% fried **egg**: **egg**, canola oil (**soy** lecithin), 9% tomato relish: tomato (50%), sugar, vinegar, onion, thickener (1422), tomato paste, salt, spices, garlic, acidity regulator (330), firming agent (509), 7% feta cheese: pasteurized skim cow's **milk**, palm oil, salt, microbial rennet, lactic acid culture, 6% spinach

Made from 81% of Australian ingredients

	per serve	per 100g
Energy	1380	860
Protein	14.9	9.3
Fat	9.9	6.2
Fat saturated	3.6	2.2
Carbohydrate	44.1	27.6
Sugars	4.4	2.8
Sodium	647	404

Serving size: 160g

Spinach, Egg, Feta & Relish Roll

Barcode: 9345556006849

Keep refrigerated under 5°C

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Spinach, Feta & Egg Tortilla Wrap

spinach, feta cheese & scrambled egg

Contains: egg, gluten, milk, soy, wheat. Manufactured in a facility which processes almond, crustacean, fish, peanuts, sesame seeds, sulphites, walnuts.

Ingredients: 58% scrambled **egg**: whole **egg** (72%), water, **milk** solids, canola oil, vegetable gum (415), salt, food acid (citric), natural colour (annatto), 26% white tortilla 12': **wheat** flour, water, vegetable oil, humectant (422), vegetable emulsifiers (471, 481), iodised salt, sugar, raising agents (500, 450, 341), preservatives (282, 200), **wheat gluten**, acidity regulator (297), **soy** flour, yeast, stabiliser (412), vitamins (thiamin, folic acid), antioxidant (307b), processing aids (**wheat**), 9% feta cheese: pasteurized skim cow's **milk**, palm oil, salt, microbial rennet, lactic acid culture, 8% spinach.

Made from 89% of Australian ingredients

	per serve	per 100g
Energy	2380kj	722kj
Protein	29.6g	9.0g
Fat	31.1g	9.4g
Fat saturated	13.6g	4.1g
Carbohydrate	41.4g	12.6g
Sugars	3.5g	1.1g
Sodium	1270mg	385mg

Serving size: 330g

Spinach, Feta & Egg Tortilla Wrap

Barcode: 9345556001776

Keep refrigerated under 5°C

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Bacon & Egg Tortilla Wrap

bacon & scrambled egg

Contains: egg, gluten, milk, soy, wheat. Manufactured in a facility which processes almond, crustacean, fish, peanuts, sesame seeds, sulphites, walnuts.

Ingredients: 62% scrambled **egg**: whole **egg** (72%), water, **milk** solids, canola oil, vegetable gum (415), salt, food acid (citric), colour (annatto), 27% white tortilla 12': **wheat** flour, water, vegetable oil, humectant (422), vegetable emulsifiers (471, 481), iodised salt, sugar, raising agents (500, 450, 341), preservatives (282, 200), **wheat gluten**, acidity regulator (297), **soy** flour, yeast, stabiliser (412), vitamins (thiamin, folic acid), antioxidant (307b), processing aids (**wheat**), 11% bacon: pork (95%), salt, mineral salts (451, 450, 452, 331) antioxidant (316), sodium nitrite (250), flavour natural wood smoke.

Made from 87% of Australian ingredients

	per serve	per 100g
Energy	2410kj	753kj
Protein	31.8g	9.9g
Fat	31.0g	9.7g
Fat saturated	11.2g	3.5g
Carbohydrate	41.5g	13.0g
Sugars	3.5g	1.1g
Sodium	1250mg	390mg

Serving size: 320g

Bacon & Egg Tortilla Wrap

Barcode: 9345556001622

Keep refrigerated under 5°C

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Chorizo & Egg Mexican Wrap

scrambled egg, hash brown, American cheese, salsa, crumbled chorizo

Contains: egg, gluten, milk, soy, wheat. Manufactured in a facility which processes almond, crustacean, fish, peanuts, sesame seeds, sulphites, walnuts.

Ingredients: 40% scrambled **egg**: whole **egg** (72%), water, **milk** solids, canola oil, vegetable gum (415), salt, food acid (citric), colour (annatto), 23% white tortilla 12': **wheat** flour, water, vegetable oil, humectant (422), vegetable emulsifiers (471, 481), iodised salt, sugar, raising agents (500, 450, 341), preservatives (282, 200), **wheat gluten**, acidity regulator (297), **soy** flour, yeast, stabiliser (412), vitamins (thiamin, folic acid), antioxidant (307b), processing aids (**wheat**), 13% Hash brown: potato (92%), potato flakes (potato, emulsifier (450), preservative (222), acidity regulator (330), salt, thickener (1442), stabiliser (460, 466), canola oil, 12% American cheese: water, american cheese (**milk**, cheese cultures, salt, enzymes), palm oil, casein (**milk** protein), modified food starch, sodium citrate, nonfat dry **milk**, salt, natural flavor, whey, citric acid, sorbic acid (as preservative), apo-8-carotenal (cool), lecithin (**soy**), natamycin., 7% salsa: tomatoes(77%) (reconstituted,diced&paste), onion, vinegar, capsicum(red&green), thickener(1422), sugar, salt, herbs & spices, preservatives (202,211), acidity regulators(330,260), spice extract., 5% crumbled chorizo: pork (92%), salt, spice acidity regulators (326, 261), potato starch, garlic (containing vinegar), sugar, mineral salts (450, 451, 452), antioxidant (316), preservative (250).

Made from 78% of Australian ingredients

	per serve	per 100g
Energy	3080kj	822kj
Protein	34.8g	9.3g
Fat	41.1g	11g
Fat saturated	16.1g	4.3g
Carbohydrate	56.3g	15g
Sugars	5g	1.3g
Sodium	1950mg	521mg

Serving size: 375g

Chorizo & Egg Mexican Wrap

Barcode: 9345556006856

Keep refrigerated under 5°C

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Chicken Mayonnaise Gluten Free Sandwich

chicken breast, mayonnaise & lettuce

Contains: egg, soy. Manufactured in a facility which processes almond, crustacean, fish, gluten, milk, peanuts, sesame seeds, sulphites, walnuts, wheat.

Ingredients: 53% gf wholemeal : water, wholemeal rice flour (18%), modified tapioca starch (1442), maize starch, potato starch, milled linseed, canola oil, sugar, psyllium flour, egg white powder, iodised salt, soy flour, rice flour, yeast, thickeners (464, 412), vinegar, cultured dextrose, vitamin (thiamin), 40% chicken mayo mix: [67% chicken: chicken 97%, iodised salt, potato starch, yeast extract, citrus extract, vegetable fibre, 33% mayonnaise: canola oil, egg (reconstituted) (whole egg (11%), egg yolk), vinegar, sugar, spices, salt, preservatives (211,202), thickener (415), natural colour (160a)], 7% lettuce.

Keep refrigerated under 5°C

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Roast Beef Gluten Free Sandwich

roast beef, grain mustard, tomato, caramelised onion & lettuce

Contains: egg, soy, sulphites. Manufactured in a facility which processes almond, crustacean, fish, gluten, milk, peanuts, sesame seeds, walnuts, wheat.

Ingredients: 36% gf wholemeal : water, wholemeal rice flour (18%), modified tapioca starch (1442), maize starch, potato starch, milled linseed, canola oil, sugar, psyllium flour, egg white powder, iodised salt, soy flour, rice flour, yeast, thickeners (464, 412), vinegar, cultured dextrose, vitamin (thiamin), 30% roast beef: beef, 14% tomato, 11% caramelised onion: brown onion, brown sugar, veg oil, balsamic vinegar-sulphites (wine vinegar, concentrated grape must, caramel (e150d)), 5% grain mustard-sulphites: water, mustard seeds, vinegar, salt, 4% lettuce.

Keep refrigerated under 5°C

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Ham, Cheese & Tomato Gluten Free Sandwich

smoked ham, seeded mustard mayo, tasty cheese & tomato

Contains: egg, milk, soy, sulphites. Manufactured in a facility which processes almond, crustacean, fish, gluten, peanuts, sesame seeds, walnuts, wheat.

Ingredients: 41% gf wholemeal: water, wholemeal rice flour (18%), modified tapioca starch (1442), maize starch, potato starch, milled linseed, canola oil, sugar, psyllium flour, egg white powder, iodised salt, soy flour, rice flour, yeast, thickeners (464, 412), vinegar, cultured dextrose, vitamin (thiamin), 31% double smoked ham sliced: selected pork meat (88%), water, salt, potato starch, mineral salt (451), food acid (330,270,325), dextrose, antioxidant (316), natural colour (163), preservative (250), natural identical flavour, 15% tomato, 8% tasty cheese: cheese (pasteurised milk, salt, cultures, rennet), 5% mustard mayo: [85% mayonnaise: canola oil, egg (reconstituted) (whole egg (11%), egg yolk), vinegar, sugar, spices, salt, preservatives (211,202), thickener (415), natural colour (160a)], 15% grain mustard-sulphites: water, mustard seeds, vinegar, salt.

Keep refrigerated under 5°C

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Chicken & Avocado Gluten Free Tortilla

chicken breast, mayonnaise, avocado spread, semi dried tomato & lettuce

Contains: egg, sulphites. Manufactured in a facility which processes almond, crustacean, fish, gluten, milk, peanuts, sesame seeds, soy, walnuts, wheat.

Ingredients: 43% sweet potato gf wrap : water, sweet potato flour(19%), mixed wholegrain flours (sorghum flour, brown rice flour, buckwheat flour, millet flour, teff flour, quinoa flour, amaranth flour), potato flour, corn starch, tapioca starch, white rice flour, thickeners (cellulose, xanthan gum, guar gum), pea protein, carrot powder, tomato powder, inulin, sourdough (fermented from quinoa, corn and rice flour), canola oil, sunflower oil, acidifiers (citric acid, malic acid, tartaric acid), raising agents (sodium bicarbonate, monocalcium phosphate), salt, psyllium, yeast, preservative (sorbic acid), flour treatment agent (ascorbic acid), 30% chicken mayo mix: [67% chicken: chicken 97%, iodised salt, potato starch, yeast extract, citrus extract, vegetable fibre, 33% mayonnaise: canola oil, egg (reconstituted) (whole egg (11%), egg yolk), vinegar, sugar, spices, salt, preservatives (211,202), thickener (415), natural colour (160a)], 12% lettuce, 9% semi dried tomato: tomatoes (60%), preservative (220)-sulphites, canola oil, vinegar, food acid (260), garlic, salt, oregano, chives, 6% avocado spread: canola oil, avocado (36%)[avocado, food acids (300,330), vegetable gum (415)], egg, sugar, lime juice, sea salt (1%), garlic, food acid (acetic acid), vegetable gum (412), mustard, natural colour (100, 141), preservative (202).

Keep refrigerated under 5°C

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Vegan Rainbow Gluten Free Tortilla

homous, cucumber, carrot, pickled red onion, baby spinach, mint, red & white cabbage

Contains: sesame seeds. Manufactured in a facility which processes almond, crustacean, egg, fish, gluten, milk, peanuts, soy, sulphites, walnuts, wheat.

Ingredients: 36% sweet potato gf wrap: water, sweet potato flour(19%), mixed wholegrain flours (sorghum flour, brown rice flour, buckwheat flour, millet flour, teff flour, quinoa flour, amaranth flour), potato flour, corn starch, tapioca starch, white rice flour, thickeners (cellulose, xanthan gum, guar gum), pea protein, carrot powder, tomato powder, inulin, sourdough (fermented from quinoa, corn and rice flour), canola oil, sunflower oil, acidifiers (citric acid, malic acid, tartaric acid), raising agents (sodium bicarbonate, monocalcium phosphate), salt, psyllium, yeast, preservative (sorbic acid), flour treatment agent (ascorbic acid), 22% red & white cabbage, 10% homous: chickpeas 60%, tahini-sesame seeds, garlic, salt, citric acid (202), 10% cucumber, 7% pickled red onion: white vinegar, sugar, salt, mustard seeds, chilli flakes, red onion, 5% mint, 5% spinach, 5% carrot.

Keep refrigerated under 5°C

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Made from 72% of Australian ingredients

	per serve	per 100g
Energy	1660kj	1100kj
Protein	14.5g	9.7g
Fat	22.7g	15.1g
Fat saturated	2.4g	1.6g
Carbohydrate	31.5g	21.0g
Sugars	3.1g	2.1g
Sodium	559mg	372mg

Serving size: 150g

Chicken Mayonnaise Gluten Free Sandw

Barcode: 9345556004296

Made from 76% of Australian ingredients

	per serve	per 100g
Energy	1460kj	662kj
Protein	19.3g	8.8g
Fat	12.8g	5.8g
Fat saturated	2.5g	1.1g
Carbohydrate	35.8g	16.3g
Sugars	7.5g	3.4g
Sodium	931mg	423mg

Serving size: 220g

Roast Beef Gluten Free Sandwich

Barcode: 9345556004319

Made from 51% of Australian ingredients

	per serve	per 100g
Energy	1670kj	855kj
Protein	17.4g	8.9g
Fat	21.0g	10.8g
Fat saturated	5.8g	3.0g
Carbohydrate	32.3g	16.6g
Sugars	4.2g	2.2g
Sodium	1200mg	615mg

Serving size: 195g

Ham, Cheese & Tomato Gluten Free San

Barcode: 9345556004302

Made from 64% of Australian ingredients

	per serve	per 100g
Energy	1840kj	1100kj
Protein	15.1g	9.1g
Fat	24.9g	14.9g
Fat saturated	2.7g	1.6g
Carbohydrate	35.7g	21.4g
Sugars	5.7g	3.4g
Sodium	557mg	334mg

Serving size: 167g

Chicken & Avocado Gluten Free Tortilla

Barcode: 9345556003329

Made from 81% of Australian ingredients

	per serve	per 100g
Energy	1020kj	504kj
Protein	9.1g	4.5g
Fat	3.9g	1.9g
Fat saturated	0.9g	0.5g
Carbohydrate	37.8g	18.7g
Sugars	6.6g	3.3g
Sodium	544mg	269mg

Serving size: 202g

Vegan Rainbow Gluten Free Tortilla

Barcode: 9345556001806

Falafel Vegan Salad Gluten Free Tortilla

falafel, vegan mayonnaise, cucumber, sweet chilli sauce, tomato & lettuce

Manufactured in a facility which processes almond, crustacean, egg, fish, gluten, milk, peanuts, sesame seeds, soy, sulphites, walnuts, wheat.

Ingredients: 39% falafel: chickpeas 40%, broad beans 40%, garlic, onion 10%, coriander, spices, salt, cumin powder, preservative 202, 28% sweet potato gf wrap: water, sweet potato flour(19%), mixed wholegrain flours (sorghum flour, brown rice flour, buckwheat flour, millet flour, teff flour, quinoa flour, amaranth flour), potato flour, corn starch, tapioca starch, white rice flour, thickeners (cellulose, xanthan gum, guar gum), pea protein, carrot powder, tomato powder, inulin, sourdough (fermented from quinoa, corn and rice flour), canola oil, sunflower oil, acidifiers (citric acid, malic acid, tartaric acid), raising agents (sodium bicarbonate, monocalcium phosphate), salt, psyllium, yeast, preservative (sorbic acid), flour treatment agent (ascorbic acid), 8% lettuce, 8% cucumber, 7% tomato, 5% vegan mayonnaise: water, canola oil, vinegar, thickeners (1442, 1450, 415, 412), sugar, salt, vegetable protein, mustard flour, acidity regulator (260), flavour, natural preservative (nisin), natural colour (160a), 4% sweet chilli sauce: sugar(60%), garlic, red chilli, acidity regulator(260), salt, water, thickener (1442[derived from tapioca], 415)

Made from 82% of Australian ingredients

	per serve	per 100g
Energy	1420kj	555kj
Protein	13g	5.1g
Fat	8.7g	3.4g
Fat saturated	1.4g	0.5g
Carbohydrate	46.8g	18.2g
Sugars	9.7g	3.8g
Sodium	1380mg	539mg

Serving size: 257g

Falafel Vegan Salad Gluten Free Tortilla

Barcode: 9345556004364

Keep refrigerated under 5°C

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Lentil & Brown Rice Patty Gluten Free Tortilla

lentil and brown rice patty, mango chutney, spiced coconut yoghurt, lettuce, cucumber, coriander

Contains: soy. Manufactured in a facility which processes almond, milk, peanuts, sesame seeds, sulphites, walnuts, crustacean, egg, gluten, wheat, fish.

Ingredients: 35% lentil and brown rice patty GF: [21% lentils: rehydrated dried lentils (60%), water, salt, antioxidant:ascorbic acid, 21% brown rice: brown rice, 21% carrot, 21% zucchini, 13% bread crumbs: corn starch, flours (rice, soy), canola oil (canola oil, rosemary extract), sugar, mineral salts (sodium acid, pyrophosphate, sodium carbonate), yeast, salt, ascorbic acid), 33% sweet potato gf wrap: water, sweet potato flour(19%), mixed wholegrain flours (sorghum flour, brown rice flour, buckwheat flour, millet flour, teff flour, quinoa flour, amaranth flour), potato flour, corn starch, tapioca starch, white rice flour, thickeners (cellulose, xanthan gum, guar gum), pea protein, carrot powder, tomato powder, inulin, sourdough (fermented from quinoa, corn and rice flour), canola oil, sunflower oil, acidifiers (citric acid, malic acid, tartaric acid), raising agents (sodium bicarbonate, monocalcium phosphate), salt, psyllium, yeast, preservative (sorbic acid), flour treatment agent (ascorbic acid), 10% mango chutney: sugar, mangoes (45%), salt, acetic acid, spices, 10% spiced coconut yoghurt: organic coconut cream, water, starch, chicory root fibre, live cultures, probiotics, salt lime juice, cumin, 6% lettuce, 5% cucumber, 1% coriander

Made from 41% of Australian ingredients

	per serve	per 100g
Energy	1040kj	507kj
Protein	6.8g	3.3g
Fat	4.5g	2.2g
Fat saturated	3.3g	1.6g
Carbohydrate	47.3g	23.1g
Sugars	19.1g	9.3g
Sodium	300mg	146mg

Serving size: 205g

Lentil & Brown Rice Patty Gluten Free Tc

Barcode: 9345556006924

Keep refrigerated under 5°C

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Katsu Chicken & Slaw Continental Roll

chicken schnitzel, wombok cabbage slaw, spinach

Contains: egg, gluten, wheat, soy. Manufactured in a facility which processes almond, crustacean, fish, milk, peanuts, sesame seeds, sulphites, walnuts.

Ingredients: 36% chicken schnitzel: chicken (75%), coating [wheat flour, modified starch (1404), salt, cornstarch,tapioca dextrin, dextrose, spices, dehydrated vegetables, mineral salt (500,450), vegetable gum (415, 412), flavour, spice extract], vegetable oil, potato starch, salt, yeast extract, citrus extract, dehydrated vegetable powder., 34% continental roll: wheat flour [contains vitamins (thiamine, folic acid)], water, canola oil, iodised salt, baker's yeast, malted wheat flour, soya flour, processing aids enzymes, ascorbic acid (300), 26% wombok cabbage slaw: [47% Lemon mayo :lemon, canola oil, egg (reconstituted) (whole egg (11%), egg yolk), vinegar, sugar, spices, salt, preservatives (211,202), thickener (415), natural colour (160a)], 33% cabbage, 16% carrot, 4% coriander], 4% spinach

Made from 98% of Australian ingredients

	per serve	per 100g
Energy	2290kj	976kj
Protein	25.8g	11g
Fat	25.5g	10.9g
Fat saturated	3.6g	1.5g
Carbohydrate	51.1g	21.7g
Sugars	4g	1.7g
Sodium	663mg	282mg

Serving size: 235g

Katsu Chicken & Slaw Continental Roll

Barcode: 9345556006955

Keep refrigerated under 5°C Caution: Great care has been taken to remove all bones and bone fragment, however some may remain.

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Chicken Bacon Deluxe Continental Roll

chicken mayonnaise, corn salsa, lettuce, bacon, lettuce

Contains: egg, gluten, wheat, soy. Manufactured in a facility which processes almond, crustacean, fish, milk, peanuts, sesame seeds, sulphites, walnuts.

Ingredients: 36% continental roll: wheat flour [contains vitamins (thiamine, folic acid)], water, canola oil, iodised salt, baker's yeast, malted wheat flour, soy flour, processing aids enzymes, ascorbic acid (300), 30% chicken mayo mix: [67% chicken: chicken 97%, iodised salt, potato starch, yeast extract, citrus extract, vegetable fibre, 33% mayonnaise: canola oil, egg (reconstituted) (whole egg (11%), egg yolk), vinegar, sugar, spices, salt, preservatives (211,202), thickener (415), natural colour (160a)], 18% corn salsa: [37% sweet corn, 28% red onion, 14% jalapeno sliced : jalapenos (48%), water, salt, vinegar, acidity regulator (330), preservative (211, 202), 14% lemon juice, 5% coriander, 2% salt & pepper], 9% lettuce: , 7% bacon bits: pork (95%), salt, mineral salts (451,450,452,331), maltodextrin (maize), flavour, antioxidant (316), sodium nitrite (250), flavour, natural wood smoke.

Made from 92% of Australian ingredients

	per serve	per 100g
Energy	1640kj	820kj
Protein	19.2g	9.6g
Fat	18.1g	9g
Fat saturated	2.6g	1.3g
Carbohydrate	36.7g	18.3g
Sugars	3.9g	1.9g
Sodium	770mg	385mg

Serving size: 200g

Chicken Bacon Deluxe Continental Roll

Barcode: 9345556006962

Keep refrigerated under 5°C Caution: Great care has been taken to remove all bones and bone fragment, however some may remain.

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Southern Fried Chicken Continental Roll

chicken schnitzel, tomato, mango chutney, cream cheese, lettuce

Contains: gluten, wheat, milk, soy. Manufactured in a facility which processes almond, crustacean, fish, peanuts, sesame seeds, egg, sulphites, walnuts.

Ingredients: 34% chicken schnitzel: chicken (75%), coating [wheat flour, modified starch (1404), salt, cornstarch, tapioca dextrin, dextrose, spices, dehydrated vegetables, mineral salt (500,450), vegetable gum (415, 412), flavour, spice extract], vegetable oil, potatostarch, salt, yeast extract, citrus extract, dehydrated vegetable powder, 32% continental roll: wheat flour [contains vitamins (thiamine, folic acid)], water, canola oil, iodised salt, baker's yeast, malted wheat flour, soy flour, processing aids enzymes, ascorbic acid (300), 14% tomato: , 8% mango chutney: sugar, mangoes (45%), salt, acetic acid, spices , 6% cream cheese: milk, skim milk, cream (from milk), milk solids, salt, vegetable gums (412, 410), starter culture, enzymes, 6% lettuce.

Made from 90% of Australian ingredients

	per serve	per 100g
Energy	1960	786
Protein	26.2	10.5
Fat	11	4.4
Fat saturated	3.8	1.5
Carbohydrate	62.7	25.1
Sugars	13.6	5.4
Sodium	612	245

Serving size: 250g

Southern Fried Chicken Continental Roll

Barcode: 9345556006979

Keep refrigerated under 5°C Caution: Great care has been taken to remove all bones and bone fragment, however some may remain.

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Meat Feast Continental Roll

chicken, sopressa salami, mortadella, lettuce, seeded mustard mayo

Contains: egg, gluten, milk, soy, wheat. Manufactured in a facility which processes almond, crustacean, fish, peanuts, sesame seeds, sulphites, walnuts.

Ingredients: 36% continental roll: **wheat** flour [contains vitamins (thiamine, folic acid)], water, canola oil, iodised salt, baker's yeast, malted **wheat** flour, **soy** flour, processing aids enzymes, ascorbic acid (300), 31% chicken mayo mix: [67% chicken: chicken 97%, iodised salt, potato starch, yeast extract, citrus extract, vegetable fibre, 33% mayonnaise: canola oil, **egg** (reconstituted) (whole **egg** (11%), **egg** yolk), vinegar, sugar, spices, salt, preservatives (211,202), thickener (415), natural colour (160a)], 11% salami: pork 94%, skim **milk** powder, salt, herbs & spices, sugar, dextrose (maize), wine, mineral salt (450), antioxidant (316), dehydrated vegetable powder, sodium nitrate (251), sodium nitrite (250), flavour, starter culture, 9% mortadella: pork, water, acidity regulators (326,262), salt, potato starch, spices, maltodextrin (maize or tapioca), mineral salts (450, 452, 451) antioxidant (316), dried vegetable (garlic), dextrose (maize or tapioca), yeast extract, natural flavour, preservative, (250), **soy** protein, 9% lettuce: , 4% seeded mustard mayo: [85% mayonnaise: canola oil, **egg** (reconstituted) (whole **egg** (11%), **egg** yolk), vinegar, sugar, spices, salt, preservatives (211,202), thickener (415), natural colour (160a), 15% grain mustard: water, mustard seeds, vinegar, salt]

Made from 90% of Australian ingredients

	per serve	per 100g
Energy	2390kj	1060kj
Protein	27.2g	12.1g
Fat	34g	15.1g
Fat saturated	5.8g	2.6g
Carbohydrate	38.2g	17g
Sugars	3g	1.3g
Sodium	1220mg	544mg

Serving size: 225g

Meat Feast Continental Roll

Barcode: 9345556006986

Keep refrigerated under 5°C Caution: Great care has been taken to remove all bones and bone fragment, however some may remain.

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Prawn Cocktail Continental Roll

poached prawns, cucumber, cocktail sauce, lettuce, celery, red onion, dill

Contains: crustacean, egg, gluten, wheat, soy. Manufactured in a facility which processes almond, fish, milk, peanuts, sesame seeds, sulphites, walnuts.

Ingredients: 33% continental roll: **wheat** flour [contains vitamins (thiamine, folic acid)], water, canola oil, iodised salt, baker's yeast, malted **wheat** flour, **soy** flour, processing aids enzymes, ascorbic acid (300), 29% poached prawns: shrimp(litopenaeus vannamei)(99%)(**crustacean**), salt, water, stabilizers(E451,E452), 12% cucumber, 10% cocktail sauce: [75% mayonnaise : canola oil, **egg** (reconstituted) (whole **egg** (11%), **egg** yolk), vinegar, sugar, spices, salt, preservatives (211,202), thickener (415), natural colour (160a)], 25% tomato sauce : concentrated tomatoes (contains 165g of tomatoes per 100ml), sugar, salt, food acid (acetic acid), natural flavours, spices- contains 77% concentrated tomatoes], 8% lettuce, 5% celery, 2% red onion, 1% dill

Made from 69% of Australian ingredients

	per serve	per 100g
Energy	1400kj	580kj
Protein	17.5g	7.2g
Fat	14.7g	6.1g
Fat saturated	1.4g	0.6g
Carbohydrate	38.9g	16.1g
Sugars	4.6g	1.9g
Sodium	970mg	401mg

Serving size: 242g

Prawn Cocktail Continental Roll

Barcode: 9345556006993

Keep refrigerated under 5°C

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

American Reuben Continental Roll

pastrami, Russian dressing, dill pickle, Swiss cheese, sauerkraut, tomato, lettuce

Contains: egg, gluten, milk, soy, wheat. Manufactured in a facility which processes almond, crustacean, fish, peanuts, sesame seeds, sulphites, walnuts.

Ingredients: 34% continental roll: **wheat** flour [contains vitamins (thiamine, folic acid)], water, canola oil, iodised salt, baker's yeast, malted **wheat** flour, **soy** flour, processing aids enzymes, ascorbic acid (300), 17% pastrami: beef, pastrami rub [spices (including chilli), rice flour], cure [salt, sugar, mineral salts (450, 451), dextrose (maize or tapioca), antioxidant (316), preservative (250)], acidity regulators (326, 325, 262), 16% Russian dressing: [40% mayonnaise: canola oil, **egg** (reconstituted) (whole **egg** (11%), **egg** yolk), vinegar, sugar, spices, salt, preservatives (211,202), thickener (415), natural colour (160a), 10% sriracha sauce: chilli (83%), sugar, salt, garlic (4%), acetic acid, potassium sorbate, sodium bisulphite as preservatives, xanthan gum, 20% dill pickle: cucumber, cane sugar, distilled white vinegar, apple cider vinegar, water, salt, sweet onion, dill, habenero peppers, garlic, 15% red onion, 15% parsley], 9% dill pickle: cucumber, cane sugar, distilled white vinegar, apple cider vinegar, water, salt, sweet onion, dill, habenero peppers, garlic, 9% Swiss cheese : pasteurized milk, salt, starter culture, microbial rennet, 6% sauerkraut: white cabbage (99.99%), salt, 6% tomato, 3% lettuce

Made from 74% of Australian ingredients

	per serve	per 100g
Energy	2540kj	1080kj
Protein	22.3g	9.5g
Fat	40.5g	17.2g
Fat saturated	7.5g	3.2g
Carbohydrate	36.9g	15.7g
Sugars	3.6g	1.5g
Sodium	1120mg	475mg

Serving size: 235g

American Reuben Continental Roll

Barcode: 9345556007006

Keep refrigerated under 5°C

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Mexican pulled pork burrito

spiced brown rice, pulled pork, salsa, capsicum, tasty cheese, black beans, sweet corn, coriander

Contains: gluten, milk, soy, wheat. Manufactured in a facility which processes almond, crustacean, egg, fish, peanuts, sesame seeds, sulphites, walnuts.

Ingredients: 26% spiced brown rice: [96% brown rice: medium grain wholegrain brown rice, 2% cumin ground, 2% coriander ground], 24% pulled pork mix: pork(80%), 20% smoked bbq sauce : tomato puree (56%) [water, tomato paste], sugar, thickener [(1422) from maize], molasses, salt, food acid (260), flavours, natural colour (150c), spice, vegetable gum (415), 19% white tortilla: **wheat** flour, water, vegetable oil, humectant (422), vegetable emulsifiers (471, 481), iodised salt, sugar, raising agents (500, 450, 341), preservatives (282, 200), **wheat** gluten, acidity regulator (297), **soy** flour, yeast, stabiliser (412), vitamins (thiamin, folic acid), antioxidant (307b), processing aids (**wheat**), 9% salsa: tomatoes(77%)(reconstituted,diced & paste), onion, vinegar, capsicum(red & green), thickener(1422), sugar, salt, herbs & spices, preservatives (202,211), acidity regulators(330,260), spice extract, 6% capsicum, 6% tasty cheese: cheese (pasteurised **milk**, salt, cultures, rennet), 4% black beans: black beans (60%) water, salt, firming agent (509), 4% sweet corn: sweet corn kernels, 2% coriander.

Made from 64% of Australian ingredients

	per serve	per 100g
Energy	2750kj	808kj
Protein	30.3g	8.9g
Fat	22.8g	6.7g
Fat saturated	11.7g	3.4g
Carbohydrate	80.2g	23.6g
Sugars	11.8g	3.5g
Sodium	807mg	237mg

Serving size: 340g

Mexican pulled pork burrito

Barcode: 9345556005002

Keep refrigerated under 5°C Caution: Great care has been taken to remove all bones and bone fragment, however some may remain.

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Mexican chicken burrito

spiced brown rice, chicken, salsa, capsicum, tasty cheese, black beans, sweet corn, coriander

Contains: gluten, milk, soy, wheat. Manufactured in a facility which processes almond, crustacean, egg, fish, peanuts, sesame seeds, sulphites, walnuts.

Ingredients: 26% spiced brown rice: [96% brown rice : medium grain wholegrain brown rice, 2% cumin ground, 2% coriander ground], 24% chicken: chicken 97%, salt, potato starch, yeast extract, herb extract, 19% white tortilla 12': **wheat** flour, water, vegetable oil, humectant (422), vegetable emulsifiers (471, 481), iodised salt, sugar, raising agents (500, 450, 341), preservatives (282, 200), **wheat** gluten, acidity regulator (297), **soy** flour, yeast, stabiliser (412), vitamins (thiamin, folic acid), antioxidant (307b), processing aids (**wheat**), 9% salsa: tomatoes(77%)(reconstituted,diced & paste), onion, vinegar, capsicum(red & green), thickener(1422), sugar, salt, herbs & spices, preservatives (202,211), acidity regulators(330,260), spice extract, 6% capsicum, 6% tasty cheese: cheese (pasteurised **milk**, salt, cultures, rennet), 4% black beans: black beans (60%) water, salt , firming agent (509), 4% sweet corn: sweet corn kernels, 2% coriander.

Made from 81% of Australian ingredients

	per serve	per 100g
Energy	2450kj	720kj
Protein	35.7g	10.5g
Fat	15.2g	4.5g
Fat saturated	8.7g	2.6g
Carbohydrate	73.3g	21.6g
Sugars	5g	1.5g
Sodium	909mg	267mg

Serving size: 340g

Mexican chicken burrito

Barcode: 9345556005019

Keep refrigerated under 5°C Caution: Great care has been taken to remove all bones and bone fragment, however some may remain.

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Mexican vegan burrito

spiced brown rice, salsa, sweet potato, black beans, capsicum, dairy free cheese, sweet corn, coriander

Contains: **gluten, soy, wheat.** Manufactured in a facility which processes almond, crustacean, **egg, fish, milk, peanuts, sesame seeds, sulphites, walnuts.**

Ingredients: 31% spiced brown rice: [96% brown rice : medium grain wholegrain brown rice, 2% cumin ground, 2% coriander ground], 22% white tortilla : **wheat** flour, water, vegetable oil, humectant (422), vegetable emulsifiers (471, 481), iodised salt, sugar, raising agents (500, 450, 341), preservatives (282, 200), **wheat gluten**, acidity regulator (297), **soy** flour, yeast, stabiliser (412), vitamins (thiamin, folic acid), antioxidant (307b), processing aids (**wheat**), 10% salsa: tomatoes(77%)(reconstituted,diced & paste), onion, vinegar, capsicum(red & green), thickener(1422), sugar, salt, herbs & spices, preservatives (202,211), acidity regulators(330,260), spice extract, 10% sweet potato, 7% black beans: black beans (60%) water, salt , firming agent (509), 7% capsicum, 7% dairy free cheese:water, coconut oil, thickener (1422), potato starch, salt, flavour, preservative (200), natural colour (160a), 5% sweet corn: sweet corn kernels, 1% coriander.

Made from 78% of Australian ingredients

	per serve	per 100g
Energy	2080kj	704kj
Protein	11.8g	4g
Fat	11.6g	4g
Fat saturated	7.6g	2.6g
Carbohydrate	82.5g	28g
Sugars	7.1g	2.4g
Sodium	681mg	231mg

Serving size: 295g

Mexican vegan burrito

Barcode: 9345556005026

Keep refrigerated under 5°C

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Italian Chopped Salad

Sopressa salami, banana pepper, grape tomato, cucumber, chickpeas, basil, pickled red onion, shaved parmesan, chopped cos, shredded kale, balsamic dressing

Contains: **milk.** Manufactured in a facility which processes almond, fish, peanuts, sesame seeds, sulphites, walnuts, crustacean, **egg, gluten, wheat, soy.**

Ingredients: 18% cos lettuce, 15% balsamic dressing: water, balsamic vinegar (red wine vinegar, concentrated grape juice, caramelised sugar), canola oil, sugar, water, salt, garlic, mustard seeds, mustard powder, pepper, thickener (xanthan gum), 11% salami: pork 94%, skim **milk** powder, salt, herbs & spices, sugar, dextrose (maize), wine, mineral salt (450), antioxidant (316), dehydrated vegetable powder, sodium nitrate (251), sodium nitrite (250), flavour, starter culture, 9% tomato, 9% chickpeas: chickpeas (60%), water, salt, 10% cucumber: , 7% pickled red onion: rice wine vinegar(water,alcohol,ice,salt), sugar, salt, red onion, 7% kale, 7% banana peppers, 5% parmesan cheese: pasteurised cow's **milk**, non animal rennet, salt, coagulating agents, 2% basil

Made from 88% of Australian ingredients

	per serve	per 100g
Energy	1480kj	503kj
Protein	18.4g	6.2g
Fat	22.5g	7.6g
Fat saturated	6.5g	2.2g
Carbohydrate	19.4g	6.6g
Sugars	10g	3.4g
Sodium	1710mg	580mg

Serving size: 294g

Italian Chopped Salad

Barcode: 9345556006863

Keep refrigerated under 5°C

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Chicken, Goats Cheese & Pesto

chicken breast, mixed lettuce, kale, grape tomato, cucumber, goats cheese, basil, toasted seeds, pickled red onion, chickpeas & pesto vinaigrette

Contains: **milk, soy.** Manufactured in a facility which processes almond, crustacean, **egg, fish, gluten, peanuts, sesame seeds, sulphites, walnuts, wheat.**

Ingredients: 22% chicken: chicken 97%, iodised salt, potato starch, yeast extract, citrus extract, vegetable fibre, 15% pesto vinaigrette: [garlic french dressing : 75% water, canola oil, vinegar (21%), sugar, water, salt, garlic (1.5%), pepper, mustard seeds, thickener (xanthan gum), mustard powder, nut free basil pesto 25% : canola oil, basil puree (25%) [basil 92% canola oil, citric acid, ascorbic acid], water, parmesan cheese-**milk, soy** grits, sugar, garlic, vinegar, salt, citric acid (330), potassium sorbate (202), xanthan gum 415], 13% lettuce, 13% kale, 12% chickpeas: chickpeas (60%), water, salt, 9% cucumber, 6% grape tomato, 4% goats cheese: pasteurised goat's **milk** (98%), salt, non-animal rennet, calcium chloride, lactic acid culture, 4% pickled red onion: rice wine vinegar(water, alcohol, rice,salt), sugar, salt, red onion, 1% toasted seeds: sunflower seed 50%, linseed 50%, 1% basil.

Made from 98% of Australian ingredients

	per serve	per 100g
Energy	1200kj	372kj
Protein	28.3g	8.8g
Fat	12.3g	3.8g
Fat saturated	3.9g	1.2g
Carbohydrate	12.8g	4g
Sugars	5g	1.5g
Sodium	1010mg	312mg

Serving size: 323g

Chicken, Goats Cheese & Pesto

Barcode: 9345556005385

Keep refrigerated under 5°C Caution: Great care has been taken to remove all bones and bone fragment, however some may remain.

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Chicken & Avocado

chicken, cucumber, avocado, grape tomato, toasted seeds, lettuce & balsamic dressing

Contains: **egg.** Manufactured in a facility which processes almond, crustacean, **fish, gluten, milk, peanuts, sesame seeds, sulphites, walnuts, wheat, soy.**

Ingredients: 37% chicken: chicken 97%, iodised salt, potato starch, yeast extract, citrus extract, vegetable fibre, 19% lettuce, 15% avocado spread: canola oil, avocado (36%)[avocado, food acids (300,330), vegetable gum (415)], **egg**, sugar, lime juice, sea salt (1%), garlic, food acid (acetic acid), vegetable gum (412), mustard, natural colour (100, 141), preservative (202), 12% cucumber, 9% grape tomato, 7% balsamic dressing: water, balsamic vinegar (red wine vinegar, concentrated grape juice, caramelised sugar), canola oil, sugar, water, salt, garlic, mustard seeds, mustard powder, pepper, thickener (xanthan gum), 1% toasted seed: sunflower seed 50%, linseed 50%.

Made from 98% of Australian ingredients

	per serve	per 100g
Energy	2250kj	599kj
Protein	35.4g	9.4g
Fat	39.9g	10.6g
Fat saturated	4.4g	1.2g
Carbohydrate	10.8g	2.9g
Sugars	5.9g	1.6g
Sodium	1050mg	280mg

Serving size: 375g

Chicken & Avocado

Barcode: 9345556001509

Keep refrigerated under 5°C Caution: Great care has been taken to remove all bones and bone fragment, however some may remain.

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Chicken Caesar

chicken, bacon, Caesar dressing, lettuce, croutons, boiled egg & parmesan cheese

Contains: **egg, fish, gluten, milk, soy, sulphites, wheat.** Manufactured in a facility which processes almond, crustacean, peanuts, sesame seeds, walnuts.

Ingredients: 37% chicken: chicken 97%, iodised salt, potato starch, yeast extract, citrus extract, vegetable fibre, 18% lettuce, 14% Caesar dressing: canola oil, water, **egg** yolk, vinegar, parmesan cheese-**milk**, sugar, red wine vinegar (preservative [220]), reconstituted lemon juice (preservative [223]), anchovies- **fish**, mustard, salt, garlic, spice, 10% bacon bits: pork (95%), salt, mineral salts (451,450,452,331), maltodextrin (maize), flavour, antioxidant (316), sodium nitrite (250), flavour, natural wood smoke, 8% croutons: **wheat** flour [contains vitamins (thiamine, folic acid)], water, wholemeal flour, **rye** flour (5.5%), sourdough culture of **wheat & rye** flour (3%) [contains : whey protein powder (from **milk**), spice (cardamom-**sulphites**), acetic acid (E260) and citric acid (E330)], baker's yeast, iodised salt, **wheat gluten**, caramel (E150c), **wheat** semolina, canola oil, **soy** flour, plant - based emulsifier(472e), flour treatment agent (300), plant - based enzymes, 8% boiled **egg: egg**, citric acid, 5% parmesan cheese: **milk**, rennet, salt.

Made from 87% of Australian ingredients

	per serve	per 100g
Energy	3420kj	888kj
Protein	53.5g	13.9g
Fat	58.1g	15.1g
Fat saturated	12g	3.1g
Carbohydrate	19.7g	5.1g
Sugars	4.3g	1.1g
Sodium	1570mg	408mg

Serving size: 385g

Chicken Caesar

Barcode: 9345556001516

Keep refrigerated under 5°C Caution: Great care has been taken to remove all bones and bone fragment, however some may remain.

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Mexican Chicken Kale Caesar

chicken, kale, lettuce, shredded cheese, tortilla chips, red capsicum, jalapeno chilli, coriander & chipotle Caesar dressing

Contains: egg, fish, milk, soy. Manufactured in a facility which processes almond, crustacean, gluten, peanuts, sesame seeds, sulphites, walnuts, wheat.

Ingredients: 27% chicken: chicken 97%, iodised salt, potato starch, yeast extract, citrus extract, vegetable fibre, 13% lettuce, 11% kale, 11% tasty cheese - shredded: pasteurised cow's milk, non-animal rennet, salt, coagulating agents, anti-caking agent (tapioca starch), 11% capsicum, 11% dressing chipotle Caesar: [70% Caesar dressing: canola oil, water, egg yolk, vinegar, parmesan cheese-milk, sugar, red wine vinegar (preservative [220]), reconstituted lemon juice (preservative [223]), anchovies- fish, mustard, salt, garlic, spice, 30% chipotle peppers: chipotle peppers, water, tomato, tomato paste, onion, vinegar, canola oil, soybean oil, paprika, garlic, salt, sugar, spices, acetic acid], 9% jalapenos: sliced jalapenos (48%), water, salt, vinegar, acidity regulator (330), preservative (211, 202), 5% tortilla chips: corn flour 72%, vegetable oil, water, salt, 2% coriander.

Made from 87% of Australian ingredients

	per serve	per 100g
Energy	1850kj	671kj
Protein	28g	10.2g
Fat	29.9g	10.9g
Fat saturated	10.4g	3.8g
Carbohydrate	15.2g	5.6g
Sugars	3.9g	1.4g
Sodium	818mg	298mg

Serving size: 275g

Mexican Chicken Kale Caesar

Barcode: 934555600526

Keep refrigerated under 5°C Caution: Great care has been taken to remove all bones and bone fragment, however some may remain.

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Chicken, Feta & Tomato Pasta

pasta, chicken, Italian vinaigrette, tomato, red onion, spinach, feta cheese, basil

Contains: wheat, gluten, sulphites, milk. Manufactured in a facility which processes almond, fish, peanuts, sesame seeds, walnuts, crustacean, egg, soy.

Ingredients: 40% pasta: semolina (wheat-gluten), durum wheat flour. vitamins/minerals: vitamin b3 (niacin), iron (ferrous sulphate), vitamin b1 (thiamine mononitrate), vitamin b2 (riboflavin), folic acid, 25% chicken: chicken 97%, iodised salt, potato starch, yeast extract, citrus extract, vegetable fibre, 12% Italian vinaigrette: [65% sun dried tomato oil: preservative (220) - sulphites, canola oil, vinegar, food acid (260), garlic, salt, oregano, chives], 23% balsamic with vinegar: balsamic vinegar (red wine vinegar, concentrated grape juice, caramelised sugar), canola oil, sugar, water, salt, garlic, mustard seeds, mustard powder, pepper, thickener (xanthan gum)], 7% oregano, 4% dijon mustard: water, mustard seeds(31%), vinegar, salt, sugar, food acid(acetic), turmeric, preservative:sodium bisulphite, 1% salt & pepper], 7% tomato, 6% red onion, 5% spinach, 4% feta cheese: pasteurized skim cow's milk, palm oil, salt, microbial rennet, lactic acid culture, 1% basil

Made from 54% of Australian ingredients

	per serve	per 100g
Energy	2670kj	898kj
Protein	36.8g	12.4g
Fat	8g	2.7g
Fat saturated	3.4g	1.1g
Carbohydrate	99.3g	33.4g
Sugars	14.4g	4.8g
Sodium	571mg	192mg

Serving size: 297g

Chicken, Feta & Tomato Pasta

Barcode: 9345556006870

Keep refrigerated under 5°C Caution: Great care has been taken to remove all bones and bone fragment, however some may remain.

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Chicken Nut Free Pesto Pasta

chicken, rocket, pasta, nut free basil pesto mayo, kalamata olives, semi dried tomato, parmesan cheese

Contains: egg, gluten, milk, soy, wheat. Manufactured in a facility which processes almond, crustacean, fish, peanuts, sesame seeds, sulphites, walnuts.

Ingredients: 31% chicken: chicken 97%, iodised salt, potato starch, yeast extract, citrus extract, vegetable fibre, 31% pasta: semolina (wheat-gluten), durum wheat flour. vitamins/minerals: vitamin b3 (niacin), iron (ferrous sulphate), vitamin b1 (thiamine mononitrate), vitamin b2 (riboflavin), folic acid, 14% nut free basil pesto mayo: [71% mayonnaise: canola oil, egg (reconstituted) (whole egg (11%), egg yolk), vinegar, sugar, spices, salt, preservatives(211,202), thickener (415), natural colour (160a), 21% rocket, 21% basil pesto: canola oil, basil puree (25%) [basil 92% canola oil, citric acid, ascorbic acid], water, parmesan cheese-milk, soy grits, sugar, garlic, vinegar, salt, citric acid (330), potassium sorbate (202), xanthan gum (415), 12% spinach, 4% kalamata olives: kalamata olives, water, red wine vinegar, sea salt, extra virgin olive oil, 4% semi dried tomato: tomatoes (60%), preservative (220), canola oil, vinegar, food acid (260), garlic, salt, oregano, chives, 4% parmesan cheese: pasteurised cow's milk, non animal rennet, salt, coagulating agents.

Made from 71% of Australian ingredients

	per serve	per 100g
Energy	1750kj	730kj
Protein	31.8g	13.2g
Fat	12.3g	5.1g
Fat saturated	2.8g	1.2g
Carbohydrate	41.8g	17.4g
Sugars	4.9g	2g
Sodium	497mg	207mg

Serving size: 240g

Chicken Nut Free Pesto Pasta

Barcode: 9345556004913

Keep refrigerated under 5°C Caution: Great care has been taken to remove all bones and bone fragment, however some may remain.

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Moroccan Market Chicken Bowl

chicken, broccoli, mixed quinoa, brown rice, red & white cabbage, fresh mint, carrots, toasted seeds, feta cheese, dried apricots & cranberries, crispy shallots,

Contains: milk, sulphites. Manufactured in a facility which processes almond, crustacean, egg, fish, gluten, peanuts, sesame seeds, walnuts, wheat, soy.

Ingredients: 18% brown rice: medium grain wholegrain brown rice, 18% red & white cabbage, 16% premium chicken: chicken 97%, iodised salt, potato starch, yeast extract, citrus extract, vegetable fibre, 9% quinoa: quinoa, 8% broccoli steamed, 7% shredded carrot, 5% dressing lemon: water, vinegar, canola oil, sugar, water, salt, lemon juice concentrate, garlic, pepper, thickener (xanthan gum), 5% mint dressing: canola oil, water, vinegar, mint (12%), sugar, water, salt, garlic, pepper, thickener (xanthan gum), mustard powder, mustard seed, 4% feta cheese: pasteurized skim cow's milk, palm oil, salt, microbial rennet, lactic acid culture, 3% dried apricots: apricots-sulphites, 3% cranberries: cranberries, cane sugar, expeller pressed (high oleic) sunflower oil, 2% crispy shallots: onion, cooking oil and cornflour, 1% mint, 1% toasted seed: sunflower seed 50%, linseed 50%.

Made from 75% of Australian ingredients

	per serve	per 100g
Energy	2410kj	529kj
Protein	29.2g	6.4g
Fat	20.3g	4.5g
Fat saturated	5.8g	1.3g
Carbohydrate	65.0g	14.3g
Sugars	26.5g	5.8g
Sodium	1470mg	323mg

Serving size: 456g

Moroccan Market Chicken Bowl

Barcode: 9345556003305

Keep refrigerated under 5°C Caution: Great care has been taken to remove all bones and bone fragment, however some may remain.

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Thai Chicken Salad

chicken, white & red cabbage, red capsicum, carrot, mint, coriander, shallots, peanuts, brown rice, mixed quinoa, lemon wedge & sweet chilli sesame dressing

Contains: peanuts, sesame seeds, soy. Manufactured in a facility which processes almond, crustacean, egg, fish, gluten, milk, sulphites, walnuts, wheat.

Ingredients: 18% brown rice: medium grain wholegrain brown rice, 18% red & white cabbage, 17% chicken: chicken 97%, iodised salt, potato starch, yeast extract, citrus extract, vegetable fibre, 11% sweet chilli sesame dressing:(60% sweet chilli sauce: sugar(60%), garlic, red chilli, acidity regulator(260), salt, water, thickener [1442(derived from tapioca), 415], 15% brown sugar, 10% lemon juice, preservative(202), 5% rice wine vinegar, 5% sesame chilli oil, 5% soy sauce: water, soybean(20%), rice, salt, contains 3.2%alcohol v/v, from the natural brewing process], 9% quinoa: quinoa, 7% capsicum, 7% shredded carrot, 6% lemon, 4% peanuts, 2% spring onion/ shallots, 1% coriander, 1% mint.

Made from 90% of Australian ingredients

	per serve	per 100g
Energy	2350kj	528kj
Protein	30.9g	6.9g
Fat	16.1g	3.6g
Fat saturated	3.1g	0.7g
Carbohydrate	70.3g	15.8g
Sugars	27.8g	6.2g
Sodium	1130mg	254mg

Serving size: 446g

Thai Chicken Salad

Barcode: 9345556001073

Keep refrigerated under 5°C Caution: Great care has been taken to remove all bones and bone fragment, however some may remain.

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Hoisin Chicken & Crispy Noodle Salad

chicken, hoisin glaze, goats cheese, cos lettuce, shallots, roasted sweet potato, tamari almonds, rocket, lettuce, corn, crispy noodles, cherry tomato, honey lime
Contains: almond, soy, wheat, milk, gluten. Manufactured in a facility which processes fish, peanuts, sulphites ,crustacean, egg, walnuts.

Ingredients: 20% chicken: chicken 97%, iodised salt, potato starch, yeast extract, citrus extract, vegetable fibre, 14% cos lettuce: , 14% honey lime & coriander dressing: water, canola oil, sugar, water, coriander, vinegar, honey, salt, garlic, lemon juice concentrate, lime juice concentrate, pepper, thickener (xanthan gum), 10% sweet potato: sweet potato, canola oil, salt, pepper, 8% crispy noodle: **wheat** flour, vegetable oil, salt, raising agents (450, 500, 501), antioxidants (300, 307b), colour (160b), 8% tomato, 7% rocket, 5% tamari **almond: almonds** 95%, [4.5%tamari: soy bean,water, sea salt, alcohol, koji seed] , chilli power 0.5%, 4% corn, 4% goats cheese: pasteurised goat's **milk** (98%), salt, non-animal rennet, calcium chloride, lactic acid culture, 4% hoisin sauce: sugar, water, fermented **soybean** paste (water, salt, **soybeans**, **wheat** flour-**gluten**), salt, sweet potato powder, colours (150a 129), modified corn starch (1422), sesame paste, dehydrated garlic, spices, salted chilli peppers (chilli peppers, salt), acidity regulator (260), 2% shallots.

Made from 85% of Australian ingredients

	per serve	per 100g
Energy	2690kj	730kj
Protein	27.8g	7.5g
Fat	33.9g	9.2g
Fat saturated	6.6g	1.8g
Carbohydrate	55.2g	15g
Sugars	31.2g	8.5g
Sodium	1990mg	540mg

Serving size: 368g

Hoisin Chicken & Crispy Noodle Salad

Barcode: 9345556006887

Keep refrigerated under 5°C Caution: Great care has been taken to remove all bones and bone fragment, however some may remain.

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Chicken Poke Bowl

chicken, mixed quinoa, brown rice, shredded red & white cabbage, edamame beans, cucumber, carrot, pink radish, coriander, shallots, toasted seeds, shoyu
Contains: egg, soy. Manufactured in a facility which processes almond, crustacean, fish, gluten, milk, peanuts, sesame seeds, sulphites, walnuts, wheat.

Ingredients: 18% brown rice: medium grain wholegrain brown rice, 17% chicken: chicken 97%, iodised salt, potato starch, yeast extract, citrus extract, vegetable fibre 17% red & white cabbage, 9% quinoa, 9% cucumber, 8% **edamame** beans: **soybeans**, 5% wasabi mayo: [33% wasabi: horseradish, water, japanese horseradish, mustard, spices (rapeseed, mustard seed), acidity regulator (330), artificial colour (102,133), 67% mayonnaise: canola oil, **egg** (reconstituted) (whole **egg** (11%), **egg** yolk), vinegar, sugar, spices, salt, preservatives (211,202), thickener (415), natural colour (160a)], 5% shoyu dressing: [33% **soy** sauce: water, **soybean** (20%), rice, salt (contain 3.2% alcohol v/v, from the natural brewing process), 33% japanese rice wine vinegar-gf: alcohol (less than 0.2%), rice, salt, 33% mirin cooking sweet sake-gf: water, rice, malt, sweet rice], 5% carrot, 4% radish, 1% toasted seed: sunflower seed 50%, linseed 50%, 1% coriander, 1% spring onion / shallots.

Made from 76% of Australian ingredients

	per serve	per 100g
Energy	2170kj	467kj
Protein	32.2g	6.9g
Fat	18.3g	3.9g
Fat saturated	2.7g	0.6g
Carbohydrate	55.6g	12g
Sugars	6.7g	1.4g
Sodium	1100mg	237mg

Serving size: 465g

Chicken Poke Bowl

Barcode: 9345556001530

Keep refrigerated under 5°C Caution: Great care has been taken to remove all bones and bone fragment, however some may remain.

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Korean Chicken Salad

Korean spiced chicken, brown rice, red & white cabbage, honey lime & coriander dressing, quinoa, carrot, grape tomato, coconut chips, toasted seeds
Contains: gluten, wheat. Manufactured in a facility which processes almond, crustacean, egg, fish, milk, peanuts, sesame seeds, sulphites, walnuts, soy.

Ingredients: 25% korean spiced chicken: chicken (71%), coating [**wheat** flour-**gluten**, rice flour, salt, spices, dehydrated vegetable, sugar, flavour, hydrolysed vegetable protein, flavour enhancer (621), herbs, spice extract,modified starch (1404), corn starch, tapioca dextrin, mineral salt (500,450), vegetable gum (415, 412)], vegetable oil, potato starch, iodised salt, yeast extract, citrus extract, dehydrated vegetable powder, 18% brown rice: medium grain wholegrain brown rice, 16% red & white cabbage, 13% honey lime & coriander dressing: water, canola oil, sugar, water, coriander, vinegar, honey, salt, garlic, lemon juice concentrate, lime juice concentrate, pepper, thickener (xanthan gum), 10% quinoa: quinoa, 8% carrot, 6% grape tomato, 3% coconut chips: organic coconut flakes, 1% toasted seeds: sunflower seed 50%, linseed 50%.

Made from 87% of Australian ingredients

	per serve	per 100g
Energy	2880kj	726kj
Protein	27.6g	7g
Fat	25.2g	6.3g
Fat saturated	8.9g	2.2g
Carbohydrate	81.9g	20.6g
Sugars	15.4g	3.9g
Sodium	1220mg	308mg

Serving size: 397g

Korean Chicken Salad

Barcode: 9345556004937

Keep refrigerated under 5°C Caution: Great care has been taken to remove all bones and bone fragment, however some may remain.

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Tokyo Chicken Salad

chicken, honey lime & coriander dressing, cucumber, red & white cabbage, kale, edamame beans, pickled red onion, rice crackers , coriander, toasted seeds
Contains: soy. Manufactured in a facility which processes almond, crustacean, egg, fish, gluten, milk, peanuts, sesame seeds, sulphites, walnuts, wheat.

Ingredients: 24% chicken: chicken 97%, iodised salt, potato starch, yeast extract, citrus extract, vegetable fibre, 14% honey lime & coriander dressing : water, canola oil, sugar, water, coriander, vinegar, honey, salt, garlic, lemon juice concentrate, lime juice concentrate, pepper, thickener (xanthan gum), 13% cucumber, 13% red & white cabbage, 13% kale, 10% **edamame** beans: **soy** beans, 6% pickled red onion: rice wine vinegar(water,alcohol,rice,salt), sugar, salt, red onion, 5% rice crackers: rice (93%), maltodextrin (from corn), sunflower oil (antioxidant (319)), salt, 1% coriander, 1% toasted seeds: sunflower seed 50%, linseed 50%.

Made from 85% of Australian ingredients

	per serve	per 100g
Energy	1830kj	582kj
Protein	27.8g	8.8g
Fat	20.7g	6.6g
Fat saturated	2.2g	0.7g
Carbohydrate	31.6g	10.1g
Sugars	12.7g	4g
Sodium	788mg	251mg

Serving size: 314g

Tokyo Chicken Salad

Barcode: 9345556004920

Keep refrigerated under 5°C Caution: Great care has been taken to remove all bones and bone fragment, however some may remain.

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Shanghai Chicken Salad

chicken, edamame, shallots, shredded cabbage, coriander, cos lettuce, grape tomato, black sesame seeds & miso sesame vinaigrette
Contains: sesame seeds, soy. Manufactured in a facility which processes, crustacean, egg, fish, gluten, milk, peanuts, sulphites, walnuts, wheat, almond.

Ingredients: 25% chicken: chicken 97%, iodised salt, potato starch, yeast extract, citrus extract, vegetable fibre, 24% cos lettuce, 16% miso sesame vinaigrette: [21% rice vinegar : jasmine rice wine vinegar (4% acidity), 17% honey, 16% miso paste : miso paste: water, **soybean**, rice, salt , tahini(**sesame**), brown sugar, 16% lime juice, 10% minced fresh ginger root, 10% **sesame** oil, 10% toasted **sesame** seeds.], 14% **edamame** beans: **soybeans**, 9% red onion: , 8% tomato, 2% shallots, 1% coriander, 1% Black **sesame** seed.

Made from 76% of Australian ingredients

	per serve	per 100g
Energy	1560kj	495kj
Protein	28.9g	9.2g
Fat	19g	6g
Fat saturated	2.4g	0.8g
Carbohydrate	24g	7.6g
Sugars	14.7g	4.7g
Sodium	475mg	150mg

Serving size: 316g

Shanghai Chicken Salad

Barcode: 9345556006894

Keep refrigerated under 5°C Caution: Great care has been taken to remove all bones and bone fragment, however some may remain.

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Crispy Chicken Bowl

crumbed chicken breast, feta cheese, carrot, cherry tomato, shredded cabbage, spinach, rocket, lime wedge, tamari almonds, crispy noodles, cucumber & green
Contains: sesame seeds, milk, soy, wheat, almond. Manufactured in a facility which processes, crustacean, egg, fish, gluten, peanuts, sulphites, walnuts.

Ingredients: 23% chicken: chicken 97%, iodised salt, potato starch, yeast extract, citrus extract, vegetable fibre, 16% red & white cabbage, 15% green tahini dressing: [34% tahini : 100% hulled **sesame** seeds, 39% water, 16% lemon juice, 6% garlic, 2% parsley, 2% coriander, 1% salt & pepper], 7% carrot, 7% cucumber, 7% tomato, 5% feta cheese: pasteurized skim cow's **milk**, palm oil, salt, microbial rennet, lactic acid culture, 5% spinach, 5% lime: , 5% crispy noodle: **wheat** flour, vegetable oil, salt, raising agents (450, 500, 501), antioxidants (300, 307b), colour (160b), 5% tamari **almond: almonds** 95%, [4.5% tamari : **soy** bean, water, sea salt, alcohol, koji seed] , chilli power 0.5%.

Made from 83% of Australian ingredients

	per serve	per 100g
Energy	2600kj	783kj
Protein	34.5g	10.4g
Fat	41.6g	12.5g
Fat saturated	8g	2.4g
Carbohydrate	28.4g	8.6g
Sugars	6.4g	1.9g
Sodium	781mg	235mg

Serving size: 332g
Crispy Chicken Bowl
Barcode: 9345556006900

Keep refrigerated under 5°C Caution: Great care has been taken to remove all bones and bone fragment, however some may remain.

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Japanese Beef & Ginger Bowl

shredded roast beef, pickled ginger, rice noodles, shredded cabbage, black sesame seeds, carrot, coriander, capsicum, shallots, miso sesame dressing
Contains: sesame seeds, soy. Manufactured in a facility which processes almond, fish, milk, peanuts, sulphites, walnuts , crustacean, egg, gluten, wheat.

Ingredients: 27% rice noodles: rice (90%), water (10%), 21% roast beef: beef, 14% miso sesame vinaigrette: [21% rice vinegar : jasmine rice wine vinegar (4% acidity), 17% honey, 16% miso paste: miso paste: water, **soybean**, rice, salt , tahini(sesame), brown sugar, 16% lime juice, 10% minced fresh ginger root, 10% sesame oil, 10% toasted sesame seeds], 13% red & white cabbage, 9% carrot, 7% capsicum, 6% pickled ginger: ginger 51%, water, salt, food acids (260, 330), artificial sweetener 951, preservative 202, colour 129, 1% crispy shallots: onion, cooking oil and cornflour, 1% coriander, 1% black **sesame** seed.

Made from 59% of Australian ingredients

	per serve	per 100g
Energy	1450kj	430kj
Protein	20.6g	6.1g
Fat	15.1g	4.5g
Fat saturated	3.8g	1.1g
Carbohydrate	32.2g	9.6g
Sugars	12.9g	3.8g
Sodium	163mg	48mg

Serving size: 337g
Japanese Beef & Ginger Bowl
Barcode: 9345556006917

Keep refrigerated under 5°C

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Thai Beef Salad

shredded beef, red onion, grape tomato, cucumber, peanuts, crispy shallot, mint, basil, coriander, red capsicum, lettuce, sweet chilli sesame dressing
Contains: peanuts, sesame seeds, soy. Manufactured in a facility which processes almond, crustacean, egg, fish, gluten, milk, sulphites, walnuts, wheat.

Ingredients: 20% roast beef: beef, 20% lettuce, 16% sweet chilli **sesame** dressing: [60% sweet chilli sauce: sugar(60%), garlic, red chilli, acidity regulator(260), salt, water, thickener (1442[derived from tapioca], 415), 15% brown sugar, 10% lemon juice, preservative(202), 5% rice wine vinegar, 5% **sesame** chilli oil, 5% **soy** sauce: water, **soybean**(20%), rice, salt, contains 3.2% alcohol v/v, from the natural brewing process], 9% grape tomato, 9% cucumber, 9% capsicum, 6% red onion, 4% **peanuts**, 4% crispy shallots: onion, cooking oil and cornflour, 1% mint, 1% basil, 1% coriander.

Made from 94% of Australian ingredients

	per serve	per 100g
Energy	1630kj	474kj
Protein	22.4g	6.5g
Fat	18.1g	5.2g
Fat saturated	4.2g	1.2g
Carbohydrate	35g	10.2g
Sugars	27.6g	8g
Sodium	915mg	266mg

Serving size: 344g
Thai Beef Salad
Barcode: 9345556003558

Keep refrigerated under 5°C

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Middle East Mezze

falafel, feta cheese, peas, broccoli florets, toasted seeds, coriander, mixed quinoa, brown rice, red & white cabbage, baba ganoush & French dressing
Contains: milk, sesame seeds. Manufactured in a facility which processes almond, crustacean, egg, fish, gluten, peanuts, sulphites, walnuts, wheat, soy.

Ingredients: 18% falafel: chickpeas 40%, broad beans 40%, garlic, onion 10%, coriander, spices, salt, cumin powder, preservative 202, 18% brown rice: medium grain wholegrain brown rice, 18% red & white cabbage, 12% baba ganoush: eggplant 66%, tahini- **sesame seed**, garlic, salt, citric acid (202), 9% quinoa: quinoa, 8% broccoli steamed, 6% peas fresh: peas, 6% garlic french dressing: water, canola oil, vinegar (21%), sugar, water, salt, garlic (1.5%), pepper, mustard seeds, thickener (xanthan gum), mustard powder, 4% feta cheese: pasteurized skim cow's **milk**, palm oil, salt, microbial rennet, lactic acid culture, 1% toasted seed: sunflower seed 50%, linseed 50%, 1% coriander.

Made from 77% of Australian ingredients

	per serve	per 100g
Energy	2040kj	454kj
Protein	19.5g	4.3g
Fat	19.4g	4.3g
Fat saturated	5.9g	1.3g
Carbohydrate	54.4g	12.1g
Sugars	10.6g	2.4g
Sodium	1680mg	374mg

Serving size: 450g
Middle East Mezze
Barcode: 9345556000847

Keep refrigerated under 5°C

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Vegan Rainbow Bowl

mixed quinoa, pickled red onion, brown rice, shredded red & white cabbage, carrot, peas, mint, homous, broccoli florets, toasted seeds, lemon wedge & French
Contains: sesame seeds. Manufactured in a facility which processes almond, crustacean, egg, fish, gluten, milk, peanuts, sulphites, walnuts, wheat, soy.

Ingredients: 20% brown rice: medium grain wholegrain brown rice, 20% red & white cabbage, 14% homous: chickpeas 60%, tahini-**sesame seeds**, garlic, salt, citric acid (202), 10% quinoa: quinoa, 9% broccoli steamed, 6% peas fresh: peas, 6% lemon, 6% garlic french dressing: water, canola oil, vinegar (21%), sugar, water, salt, garlic (1.5%), pepper, mustard seeds, thickener (xanthan gum), mustard powder, 4% carrot, 3% pickled red onion: rice wine vinegar(water, alcohol, rice, salt), sugar, salt, red onion, 1% toasted seed: sunflower seed 50%, linseed 50%, 1% mint.

Made from 82% of Australian ingredients

	per serve	per 100g
Energy	1860kj	468kj
Protein	15.5g	3.9g
Fat	15.9g	4g
Fat saturated	2.5g	0.6g
Carbohydrate	55.2g	13.9g
Sugars	10.9g	2.7g
Sodium	961mg	242mg

Serving size: 397g
Vegan Rainbow Bowl
Barcode: 9345556000083

Keep refrigerated under 5°C

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Pumpkin Beetroot Feta

roasted pumpkin, feta cheese, kale, lettuce, mint, beetroot, green peas, toasted seeds & French dressing

Contains: milk. Manufactured in a facility which processes almond, crustacean, egg, fish, gluten, peanuts, sesame seeds, sulphites, walnuts, wheat, soy.

Ingredients: 22% grilled pumpkin: grilled pumpkin, canola oil, salt, pepper, 22% beetroot: baby beetroot 61%, water, sugar, food acid (acetic), salt, 17% lettuce iceberg, 14% garlic french dressing: water, canola oil, vinegar (21%), sugar, water, salt, garlic (1.5%), pepper, mustard seeds, thickener (xanthan gum), mustard powder, 11% peas fresh: peas, 6% feta cheese: pasteurized skim cow's milk, palm oil, salt, microbial rennet, lactic acid culture, 6% kale, 1% mint, 1% toasted seed: sunflower seed 50%, linseed 50%.

Made from 59% of Australian ingredients

	per serve	per 100g
Energy	1220kj	340kj
Protein	8.4g	2.3g
Fat	19g	5.3g
Fat saturated	4.9g	1.4g
Carbohydrate	22.8g	6.3g
Sugars	18.8g	5.2g
Sodium	1450mg	404mg

Serving size: 360g
Pumpkin Beetroot Feta
Barcode: 9345556001523

Keep refrigerated under 5°C

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Vegan Teriyaki Tofu Bowl

brown rice, red & white cabbage, tofu, sweet chilli sesame dressing, quinoa, capsicum, edamame beans, carrot, shallots, teriyaki glaze, coriander, toasted seeds

Contains: soy, sesame seeds. Manufactured in a facility which processes almond, crustacean, egg, fish, gluten, milk, peanuts, sulphites, walnuts, wheat.

Ingredients: 19% brown rice: medium grain wholegrain brown rice, 19% red & white cabbage, 18% tofu: non-gmo soybean extract[99.7%](soybeans, water), acidity regular (glucono delta-lactone), firming agent (calcium sulphate), 12% sweet chilli sesame dressing: [60% sweet chilli sauce: sugar(60%), garlic, red chilli, acidity regulator(260), salt, water, thickener (1442[derived from tapioca], 415), 15% brown sugar, 10% lemon juice, preservative(202), 5% rice wine vinegar, 5% sesame chilli oil, 5% soysauce : water, soybean(20%), rice, salt, contains 3.2%alcohol v/v, from the natural brewing process], 10% quinoa: quinoa, 6% capsicum, 6% edamame beans: soybeans, 5% carrot, 2% spring onion / shallots, 1% teriyaki glaze: water, sugar, naturally brewed gf soy sauce (water, soybeans, rice, salt), thickener(1442), colour(150a), salt, vinegar, flavour enhancers (621,635), garlic powder, onion powder, vegetable gum (415), preservative(211), 1% coriander, 1% toasted seeds: sunflower seed 50%, linseed 50%.

Made from 81% of Australian ingredients

	per serve	per 100g
Energy	1900kj	453kj
Protein	17.5g	4.2g
Fat	10.8g	2.6g
Fat saturated	2g	0.5g
Carbohydrate	71g	16.9g
Sugars	28.8g	6.8g
Sodium	911mg	217mg

Serving size: 420g
Vegan Teriyaki Tofu Bowl
Barcode: 9345556005378

Keep refrigerated under 5°C

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Vegan Mediterranean Salad

mixed quinoa, brown rice, kale, cabbage, kalamata olives, roasted red capsicum, chickpeas, apple, shredded vegan cheese, coconut yoghurt dressing

Manufactured in a facility which processes almond, fish, peanuts, sesame seeds, sulphites, crustacean, egg, gluten, wheat, walnuts, milk, soy.

Ingredients: 19% brown rice: wholegrain brown rice, 18% red & white cabbage, 12% quinoa: quinoa, 13% coconut yoghurt dressing: [organic coconut cream, water, starch, chicory root fibre, live cultures, probiotics, salt lime juice, olive oil, cumin], 9% apple, 9% chickpeas: chickpeas (60%), water, salt, 8% roasted capsicum: grilled capsicums (61%), sunflower oil, salt, vinegar, herbs, garlic, 5% kalamata olives: kalamata olives, water, red wine vinegar, sea salt, extra virgin olive oil, 4% dairy free cheese: water, coconut oil, thickener (1422), potato starch, salt, flavour, preservative (200), colour (160a), 3% kale.

Made from 61% of Australian ingredients

	per serve	per 100g
Energy	2600kj	684kj
Protein	15.4g	4g
Fat	29.7g	7.8g
Fat saturated	9.2g	2.4g
Carbohydrate	66.8g	17.6g
Sugars	9g	2.4g
Sodium	221mg	58mg

Serving size: 380g
Vegan Mediterranean Salad
Barcode: 9345556006931

Keep refrigerated under 5°C

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Salmon Poke Bowl

salmon, mixed quinoa, brown rice, shredded red & white cabbage, edamame beans, cucumber, carrot, pink radish, coriander, shallots, toasted seeds, shoyu

Contains: fish, sesame seeds, soy. Manufactured in a facility which processes almond, crustacean, egg, gluten, milk, peanuts, sulphites, walnuts, wheat.

Ingredients: 19% brown rice: medium grain wholegrain brown rice, 18% red & white cabbage, 11% salmon: atlantic salmon-fish, 9% quinoa, 9% cucumber, 8% edamame beans: soybeans, 6% miso tahini: [soy sauce-gf: water, soybean(20%), rice, salt (contain 3.2% alcohol v/v, from the natural brewing process), mirin cooking sweet sake-gf: water, ã rice, malt, sweet rice, miso paste: water, soybean, rice, salt, tahini (sesame), brown sugar], 6% shoyu dressing: [33% soy sauce: water, soybean (20%), rice, salt (contain 3.2% alcohol v/v, from the natural brewing process), 33% japanese rice wine vinegar-gf: alcohol (less than 0.2%), rice, salt, 33% mirin cooking sweet sake-gf: water, rice, malt, sweet rice], 6% carrot, 5% radish, 1% toasted seed: sunflower seed 50%, linseed 50%, 1% coriander, 1% shallots.

Made from 59% of Australian ingredients

	per serve	per 100g
Energy	2060kj	475kj
Protein	25.4g	5.8g
Fat	17.1g	3.9g
Fat saturated	3.3g	0.8g
Carbohydrate	59.5g	13.7g
Sugars	12g	2.8g
Sodium	1070mg	246mg

Serving size: 435g
Salmon Poke Bowl
Barcode: 9345556000854

Keep refrigerated under 5°C

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Hanoi Prawn & Rice Noodle

Poached prawns, rice noodles, shredded carrot, red capsicum, pickled onions, cucumber, mint, coriander, basil & Nuoc Cham dressing

Contains: crustacean, fish Manufactured in a facility which processes almond, milk, peanuts, sesame seeds, sulphites, walnuts, egg, gluten, wheat, soy.

Ingredients: 36% rice noodles: rice (90%), water (10%), 17% poached prawns: shimp(litopenaeus vannamei)(99%)(crustacean), salt, water, stabilizers(E451,E452), 14% nuoc cham dressing: [25% water, 20% sugar, 20% fish sauce : anchovy, salt, sugar, 15% lime juice, 10% rice vinegar, 5% garlic, 5% chili pepper], 8% carrot: , 8% cucumber, 7% capsicum,7% pickled red onion: rice wine vinegar(water,alcohol,rice,salt), sugar, salt, red onion, 1% coriander, 1% mint, 1% basil

Made from 42% of Australian ingredients

	per serve	per 100g
Energy	1030kj	289kj
Protein	13g	3.6g
Fat	2.1g	0.6g
Fat saturated	0.4g	0.1g
Carbohydrate	46.8g	13.1g
Sugars	19.4g	5.4g
Sodium	1790mg	500mg

Serving size: 357g
Hanoi Prawn & Rice Noodle
Barcode: 9345556006948

Keep refrigerated under 5°C

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Fruit Salad

pineapple, rockmelon, watermelon, honeydew melon, grapes & apple

Manufactured in a facility which processes almond, crustacean, egg, fish, gluten, milk, peanuts, sesame seeds, soy, sulphites, walnuts, wheat.

Ingredients: 20% watermelon, 20% rockmelon, 20% honeydew melon, 16% pineapple, 13% apple, 11% grapes.

Keep refrigerated under 5°C

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Made from 100% of Australian ingredients

	per serve	per 100g
Energy	692kj	173kj
Protein	2.4g	0.6g
Fat	0.9g	0.2g
Fat saturated	0.2g	0.1g
Carbohydrate	31.7g	7.9g
Sugars	31.6g	7.9g
Sodium	55mg	14mg

Serving size: 350g

Fruit Salad

Barcode: 934555600342

Fruit Salad & Yoghurt

pineapple, rockmelon, watermelon, honeydew melon, grapes, apple & passionfruit yoghurt

Contains: milk. Manufactured in a facility which processes almond, crustacean, egg, fish, gluten, peanuts, sesame seeds, soy, sulphites, walnuts, wheat.

Ingredients: 19% yoghurt: classic yoghurt(100%)[whole milk, skim milk, sucrose, live probiotic cultures - lactobacillus, acidophilus & bifidus], 16% watermelon, 16% rockmelon, 16% honeydew melon, 10% pineapple, 11% apple, 10% grapes, 2% passionfruit.

Keep refrigerated under 5°C

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Made from 100% of Australian ingredients

	per serve	per 100g
Energy	1170kj	273kj
Protein	9.6g	2.2g
Fat	7.4g	1.7g
Fat saturated	4.8g	1.1g
Carbohydrate	38.8g	9.0g
Sugars	35.4g	8.2g
Sodium	74mg	17mg

Serving size: 430g

Fruit Salad & Yoghurt

Barcode: 9345556001318

Mixed Berry & Mango Yoghurt

Greek yoghurt, mixed berries & mango puree

Contains: milk. Manufactured in a facility which processes almond, crustacean, egg, fish, gluten, peanuts, sesame seeds, soy, sulphites, walnuts, wheat.

Ingredients: 74% yoghurt: Greek yoghurt(100%)[whole milk, skim milk, sucrose, live probiotic cultures - lactobacillus, acidophilus & bifidus], 24% mixed berries: blackberries, strawberries, raspberries, blueberries, 2% mango puree.

Keep refrigerated under 5°C

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Made from 100% of Australian ingredients

	per serve	per 100g
Energy	1160kj	612kj
Protein	13.4g	7.0g
Fat	11.6g	6.1g
Fat saturated	8.0g	4.2g
Carbohydrate	28.5g	15.0g
Sugars	22.2g	11.7g
Sodium	45mg	24mg

Serving size: 190g

Mixed Berry & Mango Yoghurt

Barcode: 9345556001394

Blueberry & Granola Yoghurt

Greek yoghurt, blueberries & granola

Contains: milk, gluten, wheat. Manufactured in a facility which processes almond, crustacean, egg, fish, peanuts, sesame seeds, soy, sulphites, walnuts.

Ingredients: 74% yoghurt: Greek yoghurt(100%)[whole milk, skim milk, sucrose, live probiotic cultures - lactobacillus, acidophilus & bifidus], 16% granola: whole grain rolled oats (52%), glucose, blackcurrant rice flakes(rice, fructose, vegetable oil, stabiliser[calcium carbonate], blackcurrant juice, salt, emulsifier[471],antioxidant[vitamin e]), seeds (9%) (linseed, sunflower seeds), raw sugar, canola oil, fruit (4%) (cranberries(2%), strawberry pieces [strawberry puree 0.2%]), wheat-gluten fibre],blackcurrant pieces [blackcurrant puree (0.2%)], natural flavour,antioxidant (vitamin e), 10% blueberry.

Keep refrigerated under 5°C

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Made from 100% of Australian ingredients

	per serve	per 100g
Energy	1530kj	806kj
Protein	15.3g	8.1g
Fat	14.3g	7.5g
Fat saturated	8.3g	4.4g
Carbohydrate	41.9g	22.0g
Sugars	22.7g	12.0g
Sodium	103mg	54mg

Serving size: 190g

Blueberry & Granola Yoghurt

Barcode: 9345556001356

Apple Crumble Yoghurt

Greek yoghurt, sliced apple, cinnamon, apple crumble granola

Contains: milk, gluten. Manufactured in a facility which processes almond, fish, peanuts, sesame seeds, sulphites, walnuts, crustacean, egg, wheat, soy.

Ingredients: 74% yoghurt: Greek yoghurt(100%)[whole milk, skim milk, sucrose, live probiotic cultures - lactobacillus, acidophilus & bifidus], 16% Apple Crumble: whole grain oats (55%), glucose, rice puffs (5%) (rice flour, cane sugar, salt, golden syrup), sunflower oil, pepitas (4%), sugar, apple (3.5%), golden syrup, pink lady apple (2%), spices (cinnamon (0.5%), ginger), tapioca starch, natural flavour, antioxidant (vitamin e), 10% apple.

Keep refrigerated under 5°C

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Made from 95% of Australian ingredients

	per serve	per 100g
Energy	1250kj	655kj
Protein	14.2g	7.5g
Fat	13.2g	7g
Fat saturated	8.2g	4.3g
Carbohydrate	29.6g	15.6g
Sugars	15.8g	8.3g
Sodium	49mg	26mg

Serving size: 190g

Apple Crumble Yoghurt

Barcode: 9345556006740

Mango, Coconut & Berry Granola Yoghurt

Greek yoghurt, sliced mango, mango puree, berry granola & toasted coconut

Contains: milk, gluten, wheat. Manufactured in a facility which processes almond, crustacean, egg, fish, peanuts, sesame seeds, soy, sulphites, walnuts.

Ingredients: 72% yoghurt: Greek yoghurt(100%)[whole milk, skim milk, sucrose, live probiotic cultures - lactobacillus, acidophilus & bifidus], 14% granola: whole grain rolled **oats** (52%), glucose, blackcurrant rice flakes(rice, fructose, vegetable oil, stabiliser[calcium carbonate], blackcurrant juice, salt, emulsifier[471],antioxidant[vitamin e]), seeds (9%) (linseed, sunflower seeds), raw sugar, canola oil, fruit (4%) (cranberries(2%), strawberry pieces [strawberry puree 0.2%), **wheat-gluten** fibre],blackcurrant pieces [blackcurrant puree (0.2%)]],natural flavour,antioxidant (vitamin e), 8% sliced mango, 3% mango puree: 100% mango, 3% coconut chips: organic coconut flakes.

Keep refrigerated under 5°C

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Made from 89% of Australian ingredients

	per serve	per 100g
Energy	1120	587
Protein	13.2	6.9
Fat	11.7	6.2
Fat saturated	8	4.2
Carbohydrate	26.4	13.9
Sugars	20.4	10.7
Sodium	44	23

Serving size: 190g

Mango, Coconut & Berry Granola Yoghurt

Barcode: 9345556006757

Vegan Coconut Yoghurt & Berries

vegan coconut yoghurt & mixed berries

Manufactured in a facility which processes almond, fish, milk, peanuts, sesame seeds, sulphites, walnuts ,crustacean, egg, gluten, wheat, soy.

Ingredients: 82% coconut yoghurt: organic coconut cream, water, starch, chicory root fibre, live cultures, probiotics, salt lime juice, cumin, 18% mixed berries: blackberries, strawberries, raspberries, blueberries

Keep refrigerated under 5°C

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Made from 29% of Australian ingredients

	per serve	per 100g
Energy	1030kj	606kj
Protein	2.1g	1.2g
Fat	20.9g	12.3g
Fat saturated	19.7g	11.6g
Carbohydrate	12.3g	7.2g
Sugars	7.4g	4.3g
Sodium	11mg	6mg

Serving size: 170g

Vegan Coconut Yoghurt & Berries

Barcode: 9345556006764

Fruit Salad Pot

pineapple, rockmelon, watermelon, honeydew melon, grapes & apple

Manufactured in a facility which processes almond, crustacean, egg, fish, gluten, milk, peanuts, sesame seeds, soy, sulphites, walnuts, wheat.

Ingredients: 22% rockmelon, 21% watermelon, 16% pineapple, 15% honeydew melon, 11% grapes, 15% apple.

Keep refrigerated under 5°C

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Made from 100% of Australian ingredients

	per serve	per 100g
Energy	303kj	179kj
Protein	1.0g	0.6g
Fat	0.4g	0.2g
Fat saturated	0.1g	0.1g
Carbohydrate	14.0g	8.3g
Sugars	14.0g	8.3g
Sodium	21mg	12mg

Serving size: 169g

Fruit Salad Pot

Barcode: 9345556002841

Eggs & Spinach

cage free eggs & baby spinach

Contains: egg. Manufactured in a facility which processes almond, crustacean, fish, gluten, milk, peanuts, sesame seeds, soy, sulphites, walnuts, wheat.

Ingredients: 91% boiled **egg: egg**, citric acid, 9% spinach.

Keep refrigerated under 5°C

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Made from 100% of Australian ingredients

	per serve	per 100g
Energy	592kj	539kj
Protein	12.7g	11.5g
Fat	9.5g	8.7g
Fat saturated	2.6g	2.4g
Carbohydrate	0.7g	0.7g
Sugars	0.3g	0.3g
Sodium	128mg	116mg

Serving size: 110g

Eggs & Spinach

Barcode: 9345556000380

Chicken Bites & Herb Aioli

Korean spiced chicken, herb mayonnaise

Contains: egg, gluten, soy, wheat. Manufactured in a facility which processes almond, crustacean, fish, milk, peanuts, sesame seeds, sulphites, walnuts.

Ingredients: 80% Korean spiced chicken: chicken (71%), coating [**wheat flour -gluten**, rice flour, salt, spices, dehydrated vegetable, sugar, flavour, hydrolysed vegetable protein, flavour enhancer (621), herbs, spice extract, modified starch (1404), corn starch, tapioca dextrin, mineral salt (500,450), vegetable gum (415, 412)], vegetable oil, potato starch, iodised salt, yeast extract, citrus extract, dehydrated vegetable powder, 20% herb mayonnaise: [95% mayonnaise: canola oil, **egg** (reconstituted) (whole **egg** (11%), **egg** yolk), vinegar, sugar, spices, salt, preservatives (211,202), thickener (415), natural colour (160a), 5% herb mix: breadcrumbs (**wheat**- **gluten**, salt, sugar, dextrose, dehydrated vegetable, natural flavours, spices, herbs, flavour enhancer (621), rice cereal, anti-caking agent (551), canola oil, hydrolysed veg protein (**soy**), food acid (330), spice extract (160c)].

Keep refrigerated under 5°C

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Made from 94% of Australian ingredients

	per serve	per 100g
Energy	1270kj	1010kj
Protein	16.6g	13.3g
Fat	18.8g	15g
Fat saturated	2g	1.6g
Carbohydrate	16.8g	13.4g
Sugars	1.4g	1.1g
Sodium	812mg	650mg

Serving size: 125g

Chicken Bites & Herb Aioli

Barcode: 9345556004883

Carrots, Celery & Homous

Made from 98% of Australian

carrot, celery & homous

Contains: sesame seeds. Manufactured in a facility which processes almond, crustacean, egg, fish, gluten, milk, peanuts, soy, sulphites, walnuts, wheat.

ingredients: 39% homous: chickpeas 60%, tahini-**sesame seeds**, garlic, salt, citric acid (202), 33% carrot, 28% celery.

ingredients

	per serve	per 100g
Energy	626kj	348kj
Protein	5.9g	3.3g
Fat	6.8g	3.8g
Fat saturated	0.8g	0.5g
Carbohydrate	12.0g	6.7g
Sugars	5.1g	2.9g
Sodium	490mg	272mg

Serving size: 215g

Carrots, Celery & Homous

Barcode: 9345556000373

Keep refrigerated under 5°C

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064

Tortilla Chips, Guacamole & Salsa

Tortilla Chips, Guacamole & Salsa

Contains: egg. Manufactured in a facility which processes almond, crustacean, fish, gluten, milk, peanuts, sesame seeds, soy, sulphites, walnuts, wheat.

Ingredients: 37% guacamole: [60% avo spread: canola oil, avocado (36%)[avocado, food acids (300,330), vegetable gum (415)], **egg**, sugar, lime juice, sea salt (1%), garlic, food acid (acetic acid), vegetable gum (412), mustard, natural colour (100, 141), preservative (202), 20% tomato, 15% red onion, 5% lime juices: lime(99.9%), preservative(202)], 33% tortilla chips: corn flour 72%, vegetable oil, water, salt, 30% salsa: tomatoes(77%) (reconstituted, diced & paste), onion, vinegar, capsicum(red & green), thickener(1422), sugar, salt, herbs & spices, preservatives (202,211), acidity regulators(330,260), spice extract.

Made from 90% of Australian

ingredients

	per serve	per 100g
Energy	1360kj	1180kj
Protein	4.8g	4.1g
Fat	17.9g	15.5g
Fat saturated	8.5g	7.4g
Carbohydrate	35.5g	30.9g
Sugars	3.6g	3.1g
Sodium	567mg	493mg

Serving size: 135g

Tortilla Chips, Guacamole & Salsa

Barcode: 9345556004340

Keep refrigerated under 5°C

Made in Australia from local and imported product, Bread Spread - Unit 4, 6 George Place, Artarmon, 2064