

Nutritional / Allergen Information 7.6

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: 37% chicken schnitzel: chicken(75%), coating [**wheat** flour- **gluten**, modified starch (1404), cornstarch, tapioca dextrin, salt, leavening agent (500), mineral salt (500,450), vegetable gum (415, 412), dextrose, spices, dehydrated vegetables, flavour, spice extract], vegetable oil, potato starch, salt, yeast extract, citrus extract, dehydrated vegetable powder, mineral salt (451), vegetable oil, 31% white bread: **wheat** flour, water, yeast, light **rye** flour, vinegar, iodised salt, canola oil, **wheat** semolina, **wheat gluten**, cultured **wheat** flour, **soy** flour, vegetable emulsifiers (471, 472e, 481), vitamins (thiamin, folic acid), processing aids (**wheat**), 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, 4% margarine: vegetable oils, water, salt, emulsifiers (322 (from **soy**), 471), preservative (202), food acid (270), natural colour (160a), vitamins a & d, flavour.

Tandoori chicken Sandwich

tandoori chicken, cucumber, mango chutney, lettuce, tzatziki, mint

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

Ingredients: 37% tandoori chicken: [67% chicken: chicken 97%, iodised salt, potato starch, yeast extract, citrus extract, vegetable fibre 23% butter chicken sauce : tomato, ginger, garlic, chilli powder, garam masala, coriander powder, spices, sugar, 10% mayonnaise: canola oil, **egg** (reconstituted) (whole **egg** (11%), **egg** yolk), vinegar, sugar, spices, salt, preservatives (211,202), thickener (415), natural colour (160a)], 30% 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, 471, 472e), vitamins (thiamine, folic acid), 12% cucumber, 6% mango chutney: sugar, mangoes (45%), salt, acetic acid, spices , 6% lettuce , 4% tzatziki: yoghurt (**milk** culture), cucumber, garlic, mint, salt preservative 202 , 4% margarine: vegetable oils, water, salt, emulsifiers (322 (from **soy**), 471), preservative (202), food acid (270), colour (160a), vitamins a & d, flavour, 1% mint.

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 (64%), water, yeast, **rye** meal, vinegar, **wheat gluten**, **soy** flour, canola oil, iodised salt, **wheat** bran, cultured **wheat** flour, vegetable emulsifiers (471, 472e, 481), vitamins (thiamine, folic acid), processing aids (**wheat**), 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.

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	2300kj	932kj
Protein	21.8g	8.8g
Fat	31g	12.6g
Fat saturated	5.7g	2.3g
Carbohydrate	43.1g	17.4g
Sugars	5g	2g
Sodium	879mg	356mg

Serving size: 247g
Chicken Schnitzel Sandwich
Barcode: 9345556000564

Made from 88% of Australian

	ingredients	
	per serve	per 100g
Energy	1560kj	634kj
Protein	23.4g	9.5g
Fat	13.4g	5.5g
Fat saturated	3.4g	1.4g
Carbohydrate	37.8g	15.4g
Sugars	10.6g	4.3g
Sodium	693g	282g

Serving size: 246g
Tandoori chicken Sandwich
Barcode: 9345556007808

Made from 95% of Australian

	ingredients	
	per serve	per 100g
Energy	2080kj	1050kj
Protein	21.6g	10.9g
Fat	29.1g	14.7g
Fat saturated	4.1g	2.1g
Carbohydrate	34.3g	17.3g
Sugars	4g	2g
Sodium	733mg	370mg

Serving size: 198g
Chicken Mayonnaise Sandwich
Barcode: 9345556000588

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

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: 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)], 32% 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% shredded 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

Mexican chicken Sandwich

crumbed chicken breast, chipotle mayonnaise, tasty cheese, lettuce, jalapenos, capsicum

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

Ingredients: 38% 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 700g/77g (2 slices): **wheat** flour, water, yeast, light **rye** flour, vinegar, iodised salt, canola oil, **wheat** semolina, **wheat gluten**, cultured **wheat** flour, **soy** flour, vegetable emulsifiers (471, 472e, 481), vitamins (thiamin, folic acid), processing aids (**wheat**), 6% chipotle mayonnaise: [50% mayonnaise : canola oil, **egg** (reconstituted) (whole **egg** (11%), **egg** yolk), vinegar, sugar, spices, salt, preservatives (211,202), thickener (415), natural colour (160a) 50% chipotle peppers: chipotle peppers (57.2%), water,tomato paste,onion, salt, sugar, acetic acid (260)], 6% tasty cheese: cheese (pasteurised **milk**, salt, cultures, rennet), 6% lettuce , 4% jalapenos: sliced jalapenos (48%), water, salt, vinegar, acidity regulator (330), preservative (211, 202), 4% capsicum: , 4% margarine: vegetable oils, water, salt, emulsifiers (322 (from **soy**), 471), preservative (202), food acid (270), colour (160a), vitamins a & d, flavour.

Made from 89% of Australian ingredients

	per serve	per 100g
Energy	2310kj	953kj
Protein	24.9g	10.3g
Fat	30.2g	12.5g
Fat saturated	8.8g	3.6g
Carbohydrate	42.2g	17.4g
Sugars	4.5g	1.9g
Sodium	940mg	389mg

Serving size: 242g

Mexican chicken Sandwich

Barcode: 9345556007815

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 (64%), water, yeast, **rye** meal, vinegar, **wheat gluten**, **soy** flour, canola oil, iodised salt, **wheat** bran, cultured **wheat** flour, vegetable emulsifiers (471, 472e, 481), vitamins (thiamin, folic acid), processing aids (**wheat**), 14% tomato, 11% cucumber, 7% tasty cheese: cheese (pasteurised **milk**, salt, cultures, rennet), 7% shredded 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 95% of Australian ingredients

	per serve	per 100g
Energy	1830kj	857kj
Protein	12.1g	5.7g
Fat	26g	12.2g
Fat saturated	7g	3.3g
Carbohydrate	34.7g	16.3g
Sugars	5.4g	2.5g
Sodium	551mg	259mg

Serving size: 213g

Super Salad Sandwich

Barcode: 9345556000014

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: 45% **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], 42% wholemeal bread: wholemeal **wheat** flour (64%), water, yeast, **rye** meal, vinegar, **wheat gluten**, **soy** flour, canola oil, iodised salt, **wheat** bran, cultured **wheat** flour, vegetable emulsifiers (471, 472e, 481), vitamins (thiamin, folic acid), processing aids (**wheat**), 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 94% of Australian ingredients

	per serve	per 100g
Energy	2000kj	1010kj
Protein	16.2g	8.2g
Fat	29.5g	14.9g
Fat saturated	5.2g	2.6g
Carbohydrate	33.4g	16.8g
Sugars	3.9g	2g
Sodium	623mg	315mg

Serving size: 198g

Egg & Lettuce Sandwich

Barcode: 9345556000021

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 (64%), water, yeast, **rye** meal, vinegar, **wheat gluten**, **soy** flour, canola oil, iodised salt, **wheat** bran, cultured **wheat** flour, vegetable emulsifiers (471, 472e, 481), vitamins (thiamin, folic acid), processing aids (**wheat**), 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.

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American Reuben Sandwich

pastrami , dill pickle, Russian dressing, provolone cheese, lettuce

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

Ingredients: 37% 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, 471, 472e), vitamins (thiamine, folic acid), 25% pastrami: beef, pastami 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% dill pickle: cucumber, cane sugar, distilled white vinegar, apple cider vinegar, water, salt, sweet onion, dill, habenero peppers, garlic, 8% 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], 8% Provolone cheese(15g per slice): pasteurised cow's **milk**, cultures, salt, enzymes(microbial rennet), 8% lettuce , 4% margarine: vegetable oils, water, salt, emulsifiers (322 (from **soy**), 471), preservative (202), food acid (270), colour (160a), vitamins a & d, flavour.

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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: 46% wholemeal bread: wholemeal **wheat** flour (64%), water, yeast, **rye** meal, vinegar, **wheat gluten**, **soy** flour, canola oil, iodised salt, **wheat** bran, cultured **wheat** flour, vegetable emulsifiers (471, 472e, 481), vitamins (thiamin, folic acid), processing aids (**wheat**), 14% cucumber, 8% homous: chickpeas 60%, tahini-**sesame seeds**, garlic, salt, citric acid (202), 6% red & white cabbage, 6% shredded carrot, 6% spinach, 6% pickled red onion: white vinegar, sugar, salt, mustard seeds, chilli flakes, red onion, 6% margarine: vegetable oils, water, salt, emulsifiers (322 (from **soy**), 471), preservative (202), food acid (270), natural colour (160a), vitamins a & d, flavour, 2% mint.

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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: 37% white bread: **wheat** flour, water, yeast, light **rye** flour, vinegar, iodised salt, canola oil, **wheat** semolina, **wheat gluten**, cultured **wheat** flour, **soy** flour, vegetable emulsifiers (471, 472e, 481), vitamins (thiamin, folic acid), processing aids (**wheat**), 29% 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, 15% 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.

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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: 39% multigrain bread: **wheat** flour, water, mixed grains (19%) [kibbled **wheat**, kibbled purple **wheat**, kibbled **rye**, kibbled triticale (**rye**, **wheat**), **oats**], linseeds, yeast, vinegar, canola oil, iodised salt, cultured **wheat** flour, **wheat gluten**, **soy** flour, vegetable emulsifiers (471, 472e, 481), vitamins (thiamin, folic acid), processing aids (**wheat**), 20% 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 cultures, 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.

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Roast Beef Sandwich

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

Made from 94% 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

Made from 78% of Australian ingredients

	per serve	per 100g
Energy	1700kj	848kj
Protein	18.9g	9.5g
Fat	24.1g	12g
Fat saturated	6.2g	3.1g
Carbohydrate	26.9g	13.5g
Sugars	3.1g	1.6g
Sodium	932mg	466mg

Serving size: 200g
American Reuben Sandwich
Barcode: 9345556007822

Made from 94% 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

Made from 67% of Australian ingredients

	per serve	per 100g
Energy	1880kj	883kj
Protein	19.6g	9.2g
Fat	23.2g	10.9g
Fat saturated	7.1g	3.3g
Carbohydrate	37.9g	17.8g
Sugars	3.9g	1.8g
Sodium	1300mg	611mg

Serving size: 207g
Ham Cheese & Tomato Sandwich
Barcode: 9345556000700

Made from 72% of Australian ingredients

	per serve	per 100g
Energy	1880kj	825kj
Protein	24.4g	10.7g
Fat	16.5g	7.2g
Fat saturated	7.4g	3.2g
Carbohydrate	49g	21.5g
Sugars	11.9g	5.2g
Sodium	1000mg	439mg

Serving size: 228g
Turkey & Swiss Cheese Sandwich
Barcode: 9345556000717

Made from 85% of Australian ingredients

Ingredients: 35% multigrain bread: **wheat** flour, water, mixed grains (19%) [kibbled **wheat**, kibbled purple **wheat**, kibbled **rye**, kibbled triticale (**rye**, **wheat**), **oats**], linseeds, yeast, vinegar, canola oil, iodised salt, cultured **wheat** flour, **wheat gluten**, **soy** flour, vegetable emulsifiers (471, 472e, 481), vitamins (thiamin, folic acid), processing aids (**wheat**), 28% roast beef, 12% caramelised onion: brown onion, brown sugar, veg oil, balsamic vinegar- **sulfites** (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.

Serving size: 253g
Roast Beef Sandwich
Barcode: 9345556000748

Serving size: 240g
Italian Club Sandwich
Barcode: 9345556000755

Serving size: 197g
Pulled beef, onion & chutney Sandwich
Barcode: 9345556007839

Serving size: 287g
Smoked Salmon Baguette
Barcode: 9345556005347

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.

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Chicken Caesar bacon Baguette

chicken breast, caesar dressing, crispy bacon, parmesan cheese, lettuce

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

Ingredients: 53% baguette: **wheat** flour [contains vitamins (thiamine, folic acid), water, yeast, iodised salt, improver (e300), dough softener (e920), 34% chicken Caesar bacon mix: [68% chicken: chicken 97%, iodid salt, potato starch, yeast extract, citrus extract, vegetable fibre, 27% 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, 5% 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 , 5% bacon : pork (90%), water, salt, sugar, acidity, regulator (e451i), acidity regulator (262ii), antioxidant(316), flavouring, preservative (250), 3% parmesan cheese: pasteurised cow's **milk**,non animal rennet,salt,coagulating agents.

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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- **gluten**, modified starch (1404), cornstarch,tapioca dextrin, salt, leavening agent (500), mineral salt (500,450), vegetable gum (415, 412), dextrose, spices, dehydrated vegetables, flavour, spice extract], vegetable oil, potato starch, salt, yeast extract, citrus extract, dehydrated vegetable powder, mineral salt (451), 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.

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Chicken crunch Baguette

chicken breast, mayonnaise, cucumber, seeded mustard mayo, tomato, celery, cos lettuce

Contains: egg, gluten, wheat Manufactured in a facility which processes almond, crustacean, fish, milk, 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), 27% chicken mayo mix: [67% chicken: chicken 97%, iodid 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% cucumber, 7% 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], 7% tomato , 5% lettuce , 4% celery

Olives may contain pits.	
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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, 8% tomato, 6% lettuce, 6% grain mustard-**sulphites**: water, mustard seeds, vinegar, salt, 3% caramelised onion: brown onion, brown sugar, veg oil, balsamic vinegar-**sulfit**es (wine vinegar, concentrated grape must, caramel (e150d))].

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Made from 92% 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

Made from 93% of Australian ingredients

	per serve	per 100g
Energy	3190kj	1080kj
Protein	34g	11.5g
Fat	30.8g	10.4g
Fat saturated	6.1g	2.1g
Carbohydrate	80.9g	27.4g
Sugars	3.8g	1.3g
Sodium	1600mg	543mg

Serving size: 295g
Chicken Caesar bacon Baguette
Barcode: 9345556007877

Made from 90% of Australian ingredients

	per serve	per 100g
Energy	3280kj	888kj
Protein	35.5g	9.6g
Fat	19.8g	5.4g
Fat saturated	5.6g	1.5g
Carbohydrate	106g	28.8g
Sugars	18.9g	5.1g
Sodium	1430mg	386mg

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

Made from 99% of Australian ingredients

	per serve	per 100g
Energy	3750kj	988kj
Protein	32.2g	8.5g
Fat	45.3g	11.9g
Fat saturated	3.9g	1g
Carbohydrate	83.6g	22g
Sugars	6.5g	1.7g
Sodium	1410mg	371mg

Serving size: 365g
Chicken crunch Baguette
Barcode: 9345556007884

Made from 93% 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

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: pasteurized **milk**, salt, starter culture, microbial rennet, 6% lettuce.

Italian Club Baguette

smoked ham, sopressa salami, herb mayo, basil, mozzarella 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% mozzarella cheese: pasteurised cow's **milk**, salt, starter cultures (from **milk**), rennet(vegetarian), anticaking agent (starch), preservative (200), 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.

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.

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**).

Made from 87% 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

Made from 78% 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

Made from 76% 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

Made from 72% 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

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, peanuts, sesame seeds, sulphites, walnuts.

Ingredients: 39% chicken Caesar bacon mix: [68% chicken: chicken 97%, iodised salt, potato starch, yeast extract, citrus extract, vegetable fibre, 27% 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, 5% bacon bits: pork (95%), salt, mineral salts (451,450,452,331), maltodextrin (maize), flavour, antioxidant (316), sodium nitrite (250), flavour, natural wood smoke], 28% 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**), 15% lettuce, 10% parmesan cheese: pasteurised cow's **milk**,non animal rennet, salt, coagulating agents, 8% boiled **egg**: **egg**, citric acid.

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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: 44% 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)], 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**), 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.

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Mexican Chicken Tortilla

crumbed chicken, lettuce, chipotle mayonnaise, jalapenos, capsicum, tasty cheese

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

Ingredients: 38% 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, 29% 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**), 12% lettuce, 7% chipotle mayonnaise: [50% mayonnaise : canola oil, **egg** (reconstituted) (whole **egg** (11%), **egg** yolk), vinegar, sugar, spices, salt, preservatives (211,202), thickener (415), natural colour (160a) 50% chipotle peppers: chipotle peppers (57.2%), water,tomato paste,onion, salt, sugar, acetic acid (260)], 7% tasty cheese - shredded: pasteurised cow's **milk**, non-animal rennet, salt, coagulating agents, anti-caking agent (tapioca starch), 4% jalapenos: sliced jalapenos (48%), water, salt, vinegar, acidity regulator (330), preservative (211, 202), 3% capsicum ,

Olives may contain pits.	
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Chicken Satay Tortilla

satay chicken, lettuce, cucumber, carrot, radish, kale, peanuts, mint

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

Ingredients: 37% 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**), 36% satay chicken: [80% chicken: chicken 97%, iodisd salt, potato starch, yeast extract, citrus extract, vegetable fibre, 10% satay sauce : coconut extract, onion, **peanut** (13%), water, sugar, palm oil, spices, tamarind extract, salt and thickener (1442), 10% mayonnaise: canola oil, **egg** (reconstituted) (whole **egg** (11%), **egg** yolk), vinegar, sugar, spices, salt, preservatives (211,202), thickener (415), natural colour (160a)], 8% lettuce , 6% cucumber , 4% carrot , 4% radish , 2% kale , 2% **peanuts**: **peanuts** 100%, 1% mint

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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: 9345556000809

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: 9345556000823

Made from 91% of Australian ingredients

	per serve	per 100g
Energy	2380kj	882kj
Protein	26.7g	9.9g
Fat	29g	10.7g
Fat saturated	7g	2.6g
Carbohydrate	48g	17.8g
Sugars	3.2g	1.2g
Sodium	1100mg	408mg

Serving size: 270g
Mexican Chicken Tortilla
Barcode: 9345556007853

Made from 94% of Australian ingredients

	per serve	per 100g
Energy	1730kj	734kj
Protein	25g	10.6g
Fat	15.2g	6.4g
Fat saturated	4.6g	2g
Carbohydrate	42.5g	18g
Sugars	4.1g	1.8g
Sodium	883mg	374mg

Serving size: 236g
Chicken Satay Tortilla
Barcode: 9345556007860

Pesto Chicken Tortilla

chicken breast, pesto mayonnaise, tomato, fresh basil, mozzarella 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% mozzarella cheese: pasteurised cow's **milk**, salt, starter cultures (from **milk**), rennet(vegetarian), anticaking agent (starch), preservative (200), 11% lettuce, 9% tomato, 2% basil.

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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: 35% roast beef: beef, 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**), 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, 7% lettuce.

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Italian Club Tortilla

smoked ham, sopressa salami, herb mayo, basil, mozzarella 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% mozzarella cheese: pasteurised cow's **milk**, salt, starter cultures (from **milk**), rennet(vegetarian), anticaking agent (starch), preservative (200), 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.

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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), 28% 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**), 8% 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).

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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% grilled pumpkin: grilled 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).

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Made from 94% 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

Made from 88% 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

Made from 79% 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

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

Made from 87% 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: 93455560004814

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: 41% chicken schnitzel: chicken(75%), coating [**wheat** flour- **gluten**, modified starch (1404), cornstarch,tapioca dextrin, salt, leavening agent (500), mineral salt (500,450), vegetable gum (415, 412), dextrose, spices, dehydrated vegetables, flavour, spice extract], vegetable oil, potato starch, salt, yeast extract, citrus extract, dehydrated vegetable powder, mineral salt (451), vegetable oil, 38% panini white: **wheat** flour contains vitamins (thiamine, folic acid) , water, yeast, iodised salt, improver (E300), dough softener (E920), **gluten**, vegetable oil((E472, E322), vinegar, 9% 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.

Made from 95% of Australian ingredients

	per serve	per 100g
Energy	2740kj	944kj
Protein	28g	9.7g
Fat	31.2g	10.8g
Fat saturated	4.7g	1.6g
Carbohydrate	62.5g	21.6g
Sugars	3.2g	1.1g
Sodium	1210mg	418mg

Serving size: 290g
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: 44% 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)], 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, 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), 5% lettuce, 5% semi dried tomato: tomatoes (60%), preservative (220) - **sulphites**, canola oil, vinegar, food acid (260), garlic, salt, oregano, chives.

Made from 94% of Australian ingredients

	per serve	per 100g
Energy	3200kj	1090kj
Protein	27.4g	9.3g
Fat	47g	15.9g
Fat saturated	7g	2.4g
Carbohydrate	57.5g	19.5g
Sugars	4.8g	1.6g
Sodium	1170mg	398mg

Serving size: 295g
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: 40% chicken mayo mix: [67% chicken: chicken 97%, iodised salt, potato starch, yeast extract, citrus extract, vegetable fibre, 36% mayonnaise: canola oil, **egg** (reconstituted) (whole **egg** (11%), **egg** yolk), vinegar, sugar, spices, salt, preservatives (211,202), thickener (415), natural colour (160a)], 34% 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, 8% shredded carrot, 6% peri peri sauce: vegetable oil, **egg**, chilli 20%, paprika, garlic, vinegar, citric acid, salt, 4% spinach.

Made from 96% of Australian ingredients

	per serve	per 100g
Energy	3310kj	1020kj
Protein	27.8g	8.5g
Fat	49.6g	15.3g
Fat saturated	5.4g	1.7g
Carbohydrate	58.7g	18.1g
Sugars	5.6g	1.7g
Sodium	12100mg	372mg

Serving size: 325g
Peri Peri Chicken & Slaw Panini
Barcode: 9345556003626

Mexican chicken Panini

crumbed chicken, chipotle mayonnaise, tasty cheese, capsicum, jalapenos, lettuce

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

Ingredients: 39% 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, 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, 8% chipotle mayonnaise: [50% mayonnaise : canola oil, **egg** (reconstituted) (whole **egg** (11%), **egg** yolk), vinegar, sugar, spices, salt, preservatives (211,202), thickener (415), natural colour (160a) 50% chipotle peppers: chipotle peppers (57.2%), water,tomato paste,onion, salt, sugar, acetic acid (260)], 6% tasty cheese: cheese (pasteurised **milk**, salt, cultures, rennet), 6% lettuce: , 3% capsicum: , 3% jalapenos: sliced jalapenos (48%), water, salt, vinegar, acidity regulator (330), preservative (211, 202)

Made from 91% of Australian ingredients

	per serve	per 100g
Energy	2860kj	908kj
Protein	32.6g	10.4g
Fat	32.8g	10.4g
Fat saturated	9.1g	2.9g
Carbohydrate	62g	19.7g
Sugars	3.1g	1g
Sodium	1340mg	425mg

Serving size: 315g
Mexican chicken Panini
Barcode: 9345556007846

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: 37% 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, 3% spinach] , 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, 11% swiss cheese: pasteurized **milk**, salt, starter culture, microbial rennet, 8% tomato, 5% lettuce, 2% basil.

Made from 85% of Australian ingredients

	per serve	per 100g
Energy	3020kj	974kj
Protein	35g	11.3g
Fat	40g	12.9g
Fat saturated	9.4g	3.0g
Carbohydrate	53.7g	17.3g
Sugars	3.3g	1.1g
Sodium	1040mg	335mg

Serving size: 310g

Pesto Chicken Panini

Barcode: 9345556005057

Chicken Bacon Club Panini

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: 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)], 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, 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% 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), 5% lettuce.

Made from 89% of Australian ingredients

	per serve	per 100g
Energy	3040kj	997kj
Protein	30.0g	9.8g
Fat	45.9g	15.0g
Fat saturated	5.9g	2.0g
Carbohydrate	47.4g	15.6g
Sugars	3.5g	1.1g
Sodium	1170mg	382mg

Serving size: 305g

Chicken Bacon Club Panini

Barcode: 9345556005040

Made in Australia from local and imported product, Samti PTY LTD - 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: 42% panini white: **wheat** flour contains vitamins (thiamine, folic acid), water, yeast, iodised salt, improver (E300), dough softener (E920), **gluten**, vegetable oil(E472, E322), vinegar, 30% 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 67% of Australian ingredients

	per serve	per 100g
Energy	2390kj	920kj
Protein	25.9g	10g
Fat	27.3g	10.5g
Fat saturated	8.2g	3.2g
Carbohydrate	53.8g	20.7g
Sugars	2.9g	1.1g
Sodium	1830mg	703mg

Serving size: 260g

Ham, Cheese & Tomato Panini

Barcode: 9345556005064

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: 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, 34% 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, 1% basil.

Made from 92% of Australian ingredients

	per serve	per 100g
Energy	2600kj	928kj
Protein	27g	9.7g
Fat	29.5g	10.5g
Fat saturated	10.9g	3.9g
Carbohydrate	59.2g	21.2g
Sugars	8.2g	2.9g
Sodium	838mg	299mg

Serving size: 280g

Tomato, Bocconcini & Basil Panini

Barcode: 9345556004265

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).

Made from 76% 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

Kransky, cheese & bacon roll

kransky, puff pastry, tasty cheese, bacon , tomato sauce

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

Ingredients: 55% kransky: meat(82%), water, salt, potato starch, **soy** protein, spices, sugar, mineral salt(451), dehydrated vegetable, hydrolysed vegetable protein (maize/ preservatives 223 (**sulphites**), 250) , antioxidant(316), natural colour (160c), spice extracts, natural casing(110, 55, 102, 124, 122), 28% puff pastry: **wheat** flour, water, margarine [vegetable oil, water, emulsifiers (471, **soy** lecithin), salt, natural antioxidant (307b), food acid (330)] , salt, preservatives (202 ,281), food acid (330), 6% tasty cheese: cheese (pasteurised **milk**, salt, cultures, rennet), **6% bacon: pork (95%), salt, mineral salts (451, 450, 452, 331) antioxidant (316), sodium nitrite (250), flavour natural wood smoke** , 4% tomato sauce: concentrated tomatoes (contains 166g of tomatoes per 100ml), sugar, salt, food acid (260), natural flavours, contains 78% concentrated tomatoes, 1% **egg** wash.

Made from 78% of Australian ingredients

	per serve	per 100g
Energy	2420kj	1120kj
Protein	23.7g	10.9g
Fat	37.4g	17.2g
Fat saturated	17.9g	8.3g
Carbohydrate	37.2g	17.1g
Sugars	4.6g	2.1g
Sodium	1550mg	715mg

Serving size: 235g
Kransky, cheese & bacon roll
Barcode: 9345556007969

Keep refrigerated under 5°C

Ham & Cheese Toastie

smoked ham & mozzarella 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).

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

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).

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

Keep refrigerated under 5°C

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: 175

Bacon, Egg & Relish Roll

Barcode: 9345556007013

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, 7% spinach.

Made from 87% 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

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 86% 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

Meatballs & pasta

penne pasta, meat beef balls, napolitana sauce, parmesan cheese, basil

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

Ingredients: 38% pasta: semolina (**wheat-gluten**), durum **wheat** flour. vitamins/minerals: vitamin b3 (niacin), iron (ferrous sulphate), vitamin b1 (thiamine mononitrate), vitamin b2 (riboflavin), folic acid, 30% Meat balls: beef(60%), water, onion, textured **soy** protein, crumb(**wheat** flour, salt, emulsitier(471)), dextrose, **soy** protein, salt, dehydrated vegetables, rice flour, herbs. Sugar hydrolysed maize protein, spice extracts, mineral salt(451), colour (150c), 30% napolitana sauce: tomato (91%)(reconstituted, diced, paste), onion(4.5%), sugar, salt, garlic(0.6%), yeast extract, pepper, herbs, 1% parmesan cheese: pasteurised cow's **milk**,non animal rennet,salt,coagulating agents, 1% basil.

Made from 70% of Australian ingredients

	per serve	per 100g
Energy	3010kj	848kj
Protein	30.3g	8.5g
Fat	9.6g	2.7g
Fat saturated	4.2g	1.2g
Carbohydrate	120g	33.9g
Sugars	13.6g	3.8g
Sodium	885mg	249mg

Serving size: 395g

Meatballs & pasta

Barcode: 9345556007891

Butter chicken & rice

Indian butter chicken sauce, jasmine rice, coriander

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

Ingredients: 47% jasmine rice: jasmine rice, 28% premium chicken: chicken 97%, iodised salt, potato starch, yeast extract, citrus extract, vegetable fibre, 16% butter chicken sauce: tomato, ginger, garlic, chilli powder, garam masala, coriander powder, spices, sugar, 8% thickened cream: reduced fat cream (**milk**), thickeners (1422, xantha n gum, carrageenan), emulsifier (472e), mineral salts (calcium carbonate, potassium chloride), 1% coriander.

Made from 52% of Australian ingredients

	per serve	per 100g
Energy	2720kj	605kj
Protein	41.1g	9.1g
Fat	14.8g	3.3g
Fat saturated	7.7g	1.7g
Carbohydrate	85g	18.9g
Sugars	2.7g	0.6g
Sodium	730mg	162mg

Serving size: 320g

Butter chicken & rice

Barcode: 9345556005439

Beef tortellini & Napolitana sauce

beef tortellini, napolitana sauce, parmesan cheese, basil

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

Ingredients: 50% beef tortellini: durum **wheat** flour, water, pasteurised **egg, gluten** powder, filling: beef, veal, water, breadcrumbs (**wheat** flour, salt, yeast), carrot, onion, parmesan cheese (**milk**), seasoning: (salt, suggar, rice flour, caramel powder(150d), vegetable protein (**Soy**), canola oil, flavour enhancer (625)), garlic, white pepper, nutmeg, parsley, 47% napolitana sauce: tomato (91%)(reconstituted, diced, paste), onion(4.5%), sugar, salt, garlic(0.6%), yeast extract, pepper, herbs, 2% parmesan cheese: pasteurised cow's **milk**, non animal rennet, salt, coagulating agents, 1% basil

Made from 98% of Australian ingredients

	per serve	per 100g
Energy	2310kj	579kj
Protein	19.1g	4.8g
Fat	17g	4.3g
Fat saturated	5.3g	1.3g
Carbohydrate	75.4g	18.8g
Sugars	11.4g	2.9g
Sodium	1440mg	359mg

Serving size: 400g

Beef tortellini & Napolitana sauce

Barcode: 9345556007907

Olives may contain pits.

Ravioli & bacon carbonara sauce

spinach & ricotta ravioli, creamy carbonara, bacon bits, cracked black pepper

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

Ingredients: 57% Ravioli spinach & ricotta grande: durum **wheat** flour, water, pasteurised **egg, gluten** powder, ricotta cheese; (whey, (**milk**), non-animal rennet) salt, preservative 260), chopped spinach, breadcrumbs; (**wheat** flour, salt, yeast), salt, white pepper, nutmeg, saffron, 39% creamy carbonara: water, cream(**milk**)(19%), bacon(10%)[pork, water, salt, dextrose(maize), mineral salts (451,452), sugar, antioxidant(316), preservative(250), hydrolysed vegetable protein, yeast extract], onion, parmesan cheese(3%)[**milk**, tapioca starch, salt, starter cultures, enzyme(non animal rennet)], skim **milk** powder, corn starch, extra virgin olive oil, chicken booster[salt, maltodextrin(maize), sugar, natural flavour, yeast extract, onion powder, spices], yeast extract premix|yeast extract, salt, sugar, maltodextrin(maize), natural flavour, smoke flavour, vegetable oil, whole **egg** powder, salt, garlic powder, parsley, preservative(234), black pepper, 4% bacon bits: pork (95%), salt, mineral salts (451,450,452,331), maltodextrin (maize), flavour, antioxidant (316), sodium nitrite (250), flavour, natural wood smoke, cracked black pepper

Made from 55% of Australian ingredients

	per serve	per 100g
Energy	2680kj	765kj
Protein	26.6g	7.6g
Fat	29.2g	8.4g
Fat saturated	16.2g	4.6g
Carbohydrate	66g	18.9g
Sugars	8g	2.3g
Sodium	110g	314g

Serving size: 350g

Ravioli & bacon carbonara sauce

Barcode: 9345556007914

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: 19% watermelon, 24% rockmelon, 24% honeydew melon, 17% pineapple, 9% apple, 7% grapes.

Made from 100% of Australian ingredients

	per serve	per 100g
Energy	597kj	176kj
Protein	2g	0.6g
Fat	0.8g	0.2g
Fat saturated	0.2g	0.1g
Carbohydrate	27.6g	8.1g
Sugars	27.6g	8.1g
Sodium	53mg	16mg

Serving size: 340g

Fruit Salad

Barcode: 9345556000342

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: 24% yoghurt: classic yoghurt(100%)[whole **milk**, skim **milk**, sucrose, live probiotic cultures - lactobacillus, acidophilus & bifidus], 16% watermelon, 16% rockmelon, 16% honeydew melon, 11% pineapple, 8% apple, 7% grapes, 2% passionfruit.

Made from 100% of Australian ingredients

	per serve	per 100g
Energy	953kj	307kj
Protein	8.4g	2.7g
Fat	6.8g	2.2g
Fat saturated	4.4g	1.4g
Carbohydrate	29.8g	9.6g
Sugars	26.7g	8.6g
Sodium	58mg	19mg

Serving size: 310g

Fruit Salad & Yoghurt

Barcode: 9345556001318

Carrots, Celery & Homous

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.

Made from 98% of Australian 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

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.

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

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

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)].

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

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.

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 a **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.

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.

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 a **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.

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: 190

Mango Coconut & Berry Granola Yoghurt

Barcode: 9345556006757

Strawberry & Honey Almond Cinnamon Granola Yoghurt

yoghurt , honey almond granola, strawberry puree

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

Ingredients: 77% yoghurt: classic yoghurt(100%)[whole **milk**, skim **milk**, sucrose, live probiotic cultures - lactobacillus, acidophilus & bifidus], 16% honey **almond** granola: whole grain **oats** (56%), glucose, **almonds** (5%), sunflower oil, invert sugar syrup, raw sugar, rice flakes (4%), sunflower seeds (4%), honey (3%), cinnamon (<1%), natural flavour, antioxidant (vitamin e), 7% strawberry puree: 100% strawberry

Made from 86% of Australian ingredients

	per serve	per 100g
Energy	1620kj	853kj
Protein	16.2g	8.5g
Fat	17.4g	9.1g
Fat saturated	8.7g	4.6g
Carbohydrate	39.9g	21g
Sugars	18.9g	10g
Sodium	45mg	24mg

Serving size: 190g

Strawberry & Honey Almond Cinnamon G

Barcode: 9345556007976

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.

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

Chicken Satay Salad

satay chicken, cos lettuce, mint dressing, edamame beans, cucumber, carrot, radish, kale, peanuts, mint

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

Ingredients: 35% satay chicken: [80% chicken: chicken 97%, iodisd salt, potato starch, yeast extract, citrus extract, vegetable fibre, 10% satay sauce : coconut extract, onion, **peanut** (13%), water, sugar, palm oil, spices, tamarind extract, salt and thickener (1442), 10% mayonnaise: canola oil, **egg** (reconstituted) (whole **egg** (11%), **egg** yolk), vinegar, sugar, spices, salt, preservatives (211,202), thickener (415), natural colour (160a)], 19% cos lettuce , 9% mint dressing: canola oil, water, vinegar, mint (12%), sugar, water, salt, garlic, pepper, thickener (xanthan gum), mustard powder, mustard seeds, 9% edamame beans: **soy**beans, 7% cucumber , 7% carrot , 6% radish , 4% kale , 3% **peanuts**, 1% mint

Made from 84% of Australian ingredients

	per serve	per 100g
Energy	1280kj	444kj
Protein	23.7g	8.2g
Fat	17.8g	6.2g
Fat saturated	2.4g	0.8g
Carbohydrate	11.8g	4.1g
Sugars	7.4g	2.6g
Sodium	860mg	299mg

Serving size: 288g

Chicken Satay Salad

Barcode: 9345556007952

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: 23% chicken: chicken 97%, iodised salt, potato starch, yeast extract, citrus extract, vegetable fibre, 14% 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, 11% chickpeas: chickpeas (60%), water, salt, 9% cucumber, 6% grape tomato, 6% pickled red onion: rice wine vinegar(water, alcohol, rice,salt), sugar, salt, red onion, 4% goats cheese: pasteurised goat's milk (98%), salt, non-animal rennet, calcium chloride, lactic acid culture, 0.6% toasted seeds: sunflower seed 50%, linseed 50%, 0.4% basil.	

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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: 25% chicken: chicken 97%, iodised salt, potato starch, yeast extract, citrus extract, vegetable fibre, 22% lettuce, 18% 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), 14% cucumber, 11% grape tomato, 8% 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), 2% toasted seed: sunflower seed 50%, linseed 50%.	

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Chicken Caesar

chicken, bacon, Caesar dressing, cos 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: 25% chicken: chicken 97%, iodised salt, potato starch, yeast extract, citrus extract, vegetable fibre, 22% lettuce, 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, 13% bacon bits: pork (95%), salt, mineral salts (451,450,452,331), maltodextrin (maize), flavour, antioxidant (316), sodium nitrite (250), flavour, natural wood smoke, 10% croutons: wheat flour [contains vitamins (thiamine, folic acid)], water, wholemeal flour- wheat , 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, 10% boiled egg : egg , citric acid, 7% parmesan cheese: milk , rennet, salt.	

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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: 29% chicken: chicken 97%, iodised salt, potato starch, yeast extract, citrus extract, vegetable fibre, 12% 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, soy bean 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, 1% coriander .	

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Chicken, Bacon & Sweetcorn Pasta

pasta, premium chicken, dijon mayo dressing, shredded cheese, sweet corn, bacon, capsicum, celery, shallots

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

Ingredients: 42% pasta: semolina (wheat-gluten), durum wheat flour. vitamins/minerals: vitamin b3 (niacin), iron (ferrous sulphate), vitamin b1 (thiamine mononitrate), vitamin b2 (riboflavin), folic acid, 23% premium chicken: chicken 97%, iodised salt, potato starch, yeast extract, citrus extract, vegetable fibre, 8% dijon mayo dressing: [50% mayonnaise: canola oil, egg (reconstituted) (whole egg (11%), egg yolk), vinegar, sugar, spices, salt, preservatives(211,202), thickener (415), natural colour (160a), 50% dijon mustard : water, mustard seeds(31%), vinegar, salt,sugar,food acid(acetic),turmeric, preservative:sodium bisulphite], 6% tasty cheese - shredded: pasteurised cow's milk , non-animal rennet, salt, coagulating agents, anti-caking agent (tapioca starch), 6% sweet corn: sweet corn kernels, 6% bacon bits: pork (95%), salt, mineral salts (451,450,452,331), maltodextrin (maize), flavour, antioxidant (316), sodium nitrite (250), flavour, natural wood smoke, 4% capsicum , 4% celery , 1% spring onion/ shallots	

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Made from 98% of Australian ingredients

	per serve	per 100g
Energy	1410kj	405kj
Protein	26.7g	7.7g
Fat	16.2g	4.6g
Fat saturated	3.6g	1g
Carbohydrate	18.9g	5.4g
Sugars	10.5g	3g
Sodium	1520mg	436mg

Serving size: 348g
Chicken, Goats Cheese & Pesto
Barcode: 9345556005385

Made from 98% of Australian ingredients

	per serve	per 100g
Energy	1960kj	622kj
Protein	21.9g	6.9g
Fat	38.9g	12.3g
Fat saturated	4.1g	1.3g
Carbohydrate	9.6g	3g
Sugars	5.8g	1.8g
Sodium	797mg	253mg

Serving size: 315g
Chicken & Avocado
Barcode: 9345556001509

Made from 83% of Australian ingredients

	per serve	per 100g
Energy	3130kj	964kj
Protein	39.9g	12.3g
Fat	57g	17.6g
Fat saturated	11.7g	3.6g
Carbohydrate	18.5g	5.7g
Sugars	4.2g	1.3g
Sodium	1320mg	405mg

Serving size: 325g
Chicken Caesar
Barcode: 9345556001516

Made from 86% of Australian ingredients

	per serve	per 100g
Energy	1870kj	668kj
Protein	29.1g	10.4g
Fat	30g	10.7g
Fat saturated	10.4g	3.7g
Carbohydrate	15.4g	5.5g
Sugars	4g	1.4g
Sodium	839mg	300mg

Serving size: 280g
Mexican Chicken Kale Caesar
Barcode: 9345556000526

Made from 94% of Australian ingredients

	per serve	per 100g
Energy	3650kj	1030kj
Protein	47.6g	13.4g
Fat	22.8g	6.4g
Fat saturated	11.3g	3.2g
Carbohydrate	114g	32.2g
Sugars	8.7g	2.4g
Sodium	1060mg	299mg

Serving size: 355g
Chicken, Bacon & Sweetcorn Pasta
Barcode: 9345556007921

Chicken Nut Free Pesto Pasta

chicken, spinach, 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: 41% pasta: semolina (wheat-gluten), durum wheat flour, vitamins/minerals: vitamin b3 (niacin), iron (ferrous sulphate), vitamin b1 (thiamine mononitrate), vitamin b2 (riboflavin), folic acid, 23% chicken: chicken 97%, iodised salt, potato starch, yeast extract, citrus extract, vegetable fibre, 10% 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% 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)], 8% semi dried tomato: tomatoes (60%), preservative (220), canola oil, vinegar, food acid (260), garlic, salt, oregano, chives, 8% parmesan cheese: pasteurised cow's milk , non animal rennet, salt, coagulating agents, 6% kalamata olives: kalamata olives, water, red wine vinegar, sea salt, extra virgin olive oil, 4% spinach.	

Olives may contain pits.	
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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, mint & lemon dressing

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

Ingredients: 19% chicken: chicken 97%, iodised salt, potato starch, yeast extract, citrus extract, vegetable fibre, 15% brown rice: medium grain wholegrain brown rice, 15% red & white cabbage, 8% broccoli steamed, 7% quinoa, 7% shredded carrot, 6% dressing lemon: water, vinegar, canola oil, sugar, water, salt, lemon juice concentrate, garlic, pepper, thickener (xanthan gum), 6% mint dressing: canola oil, water, vinegar, mint (12%), sugar, water, salt, garlic, pepper, thickener (xanthan gum), mustard powder, mustard seeds, mustard seed, 5% feta cheese: pasteurized skim cow's milk , palm oil, salt, microbial rennet, lactic acid culture, 4% dried apricots: apricots- sulphites , 4% 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%.	

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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: 20% chicken: chicken 97%, iodised salt, potato starch, yeast extract, citrus extract, vegetable fibre, 15% brown rice: medium grain wholegrain brown rice, 15% red & white cabbage, 13% 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 juce, 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], 7% quinoa, 7% capsicum, 7% shredded carrot, 6% lemon, 5% peanuts , 3% spring onion/ shallots, 1% coriander, 1% mint.	

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Hoisin Chicken & Crispy Noodle Salad

chicken, hoisin glaze, goats cheese, cos lettuce, shallots, roasted sweet potato, tamari almonds, rocket, corn, crispy noodles, cherry tomato, honey lime coriander dressing

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

Ingredients: 22% chicken: chicken 97%, iodised salt, potato starch, yeast extract, citrus extract, vegetable fibre, 13% lettuce, 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), 9% sweet potato: sweet potato, canola oil, salt, pepper, 8% 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), 7% crispy noodle: wheat flour, vegetable oil, salt, raising agents (450, 500, 501), antioxidants (300, 307b), colour (160b), 7% tomato, 7% rocket, 5% corn, 4% tamari almond : almonds 95%, [4.5%tamari: soy bean,water, sea salt, alcohol, koji seed], chilli power 0.5%, 4% goats cheese: pasteurised goat's milk (98%), salt, non-animal rennet, calcium chloride, lactic acid culture, 1% shallots.	

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Chicken Poke Bowl

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

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

Ingredients: 19% chicken: chicken 97%, iodised salt, potato starch, yeast extract, citrus extract, vegetable fibre, 15% brown rice: medium grain wholegrain brown rice, 15% red & white cabbage, 10% cucumber, 8% edamame beans: soybeans , 7% quinoa, 6% 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)], 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% spring onion / shallots.	

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Made from 44% of Australian ingredients

	per serve	per 100g
Energy	3980kj	1140kj
Protein	49.5g	14.1g
Fat	29.3g	8.4g
Fat saturated	6.8g	2g
Carbohydrate	115g	32.9g
Sugars	11.2g	3.2g
Sodium	1010mg	290mg

Serving size: 350g
Chicken Nut Free Pesto Pasta
Barcode: 9345556004913

Made from 80% of Australian ingredients

	per serve	per 100g
Energy	2220kj	540kj
Protein	28.7g	7g
Fat	19.9g	4.8g
Fat saturated	5.6g	1.4g
Carbohydrate	55.5g	13.5g
Sugars	25.6g	6.2g
Sodium	1490mg	363mg

Serving size: 411g
Moroccan Market Chicken Bowl
Barcode: 9345556003305

Made from 90% of Australian ingredients

	per serve	per 100g
Energy	2160kj	538kj
Protein	30.4g	7.6g
Fat	15.7g	3.9g
Fat saturated	2.8g	0.7g
Carbohydrate	60.8g	15.2g
Sugars	27g	6.7g
Sodium	1150mg	287mg

Serving size: 401g
Thai Chicken Salad
Barcode: 9345556001073

Made from 87% of Australian ingredients

	per serve	per 100g
Energy	2630kj	705kj
Protein	29.8g	8g
Fat	31.1g	8.3g
Fat saturated	5.7g	1.5g
Carbohydrate	55.6g	14.9g
Sugars	31.6g	8.5g
Sodium	2060mg	553mg

Serving size: 373g
Hoisin Chicken & Crispy Noodle Salad
Barcode: 9345556006887

Made from 75% of Australian ingredients

	per serve	per 100g
Energy	1950kj	471kj
Protein	30.6g	7.4g
Fat	17.8g	4.3g
Fat saturated	2.4g	0.6g
Carbohydrate	45.9g	11.1g
Sugars	5.9g	1.4g
Sodium	1100mg	265mg

Serving size: 415g
Chicken Poke Bowl
Barcode: 9345556001530

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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: 27% 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, 16% brown rice: medium grain wholegrain brown rice, 16% red & white cabbage, 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), 8% quinoa: quinoa, 8% carrot, 7% grape tomato, 3% coconut chips: organic coconut flakes, 1% toasted seeds: sunflower seed 50%, linseed 50%.

Made from 89% of Australian

ingredients

	per serve	per 100g
Energy	2250kj	614kj
Protein	22.5g	6.1g
Fat	23.1g	6.3g
Fat saturated	7.7g	2.1g
Carbohydrate	56.8g	15.5g
Sugars	14.8g	4g
Sodium	1220mg	332mg

Serving size: 367g

Korean Chicken Salad

Barcode: 9345556004937

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Tokyo Chicken Bowl

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: 25% chicken: chicken 97%, iodised salt, potato starch, yeast extract, citrus extract, vegetable fibre, 16% honey lime & coriander dressing : water, canola oil, sugar, water, coriander, vinegar, honey, salt, garlic, lemon juice concentrate, lime juice concentrate, pepper, thickener (xanthan gum), 12% cucumber, 12% red & white cabbage, 12% 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 83% of Australian

ingredients

	per serve	per 100g
Energy	1570kj	492kj
Protein	25.3g	7.9g
Fat	15.7g	4.9g
Fat saturated	1.6g	0.5g
Carbohydrate	32.5g	10.2g
Sugars	15.2g	4.8g
Sodium	1100mg	344mg

Serving size: 319g

Tokyo Chicken Bowl

Barcode: 9345556004920

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Roasted Sesame Chicken Bowl

premium chicken, cos lettuce, roasted sesame dressing, red & white cabbage, edamame beans, pickled red onion, kale, crispy shallots, coriander,

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

Ingredients: 26% premium chicken: chicken 97%, iodised salt, potato starch, yeast extract, citrus extract, vegetable fibre, 20% cos lettuce: , 16% roasted **sesame** dressing: spirit vinegar (water, rice, alcohol, salt, sugar, **barley**, glucose, yeast extract), water, sugar, vegetable oils (rapeseed oil, **sesame** oil), goma (**sesame** seeds) (9.5%), **soy** sauce (**soy**beans, salt, **wheat**), apple juice grape fermented seasoning (water, grape, glucose, alcoho, rice salt), **peanut**, paste, alcohol, salt, emulsifier[e476, e475a], thickener [e415], yeast extract, 11% red & white cabbage: , 11% edamame beans: **soy**beans, 7% pickled red onion: rice wine vinegar(water,alcohol,rice,salt), sugar, salt, red onion, 5% kale: , 3% crispy shallots: onion, cooking oil and cornflour, 1% coriander

Made from 68% of Australian

ingredients

	per serve	per 100g
Energy	1660kj	540kj
Protein	26.3g	8.6g
Fat	22.9g	7.5g
Fat saturated	3.6g	1.2g
Carbohydrate	20.6g	6.7g
Sugars	14.1g	4.6g
Sodium	1110mg	363mg

Serving size: 307g

Roasted Sesame Chicken Bowl

Barcode: 9345556007938

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Crispy Chicken Bowl

crumbed chicken breast, feta cheese, carrot, cherry tomato, shredded cabbage, spinach, rocket, lime wedge, tamari almonds, crispy noodles, cucumber & green tahini dressing

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

Ingredients: 23% chicken schnitzel: chicken(75%), coating [**wheat** flour- **gluten**, modified starch (1404), cornstarch,tapioca dextrin, salt, leavening agent (500), mineral salt (500,450), vegetable gum (415, 412), dextrose, spices, dehydrated vegetables, flavour, spice extract], vegetable oil, potato starch, salt, yeast extract, citrus extract, dehydrated vegetable powder, mineral salt (451), 17% 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], 8% carrot, 8% cucumber, 6% tomato, 4% feta cheese: pasteurized skim cow's **milk**, palm oil, salt, microbial rennet, lactic acid culture, 4% spinach, 4% lime, 4% crispy noodle: **wheat** flour, vegetable oil, salt, raising agents (450, 500, 501), antioxidants (300, 307b), colour (160b), 4% tamari **almond**: **almonds** 95%, [4.5% tamari: **soy** bean,water, sea salt, alcohol, koji seed] , chilli power 0.5%, 3% rocket.

Made from 84% of Australian

ingredients

	per serve	per 100g
Energy	2920kj	842kj
Protein	30.5g	8.8g
Fat	49.4g	14.2g
Fat saturated	9.8g	2.8g
Carbohydrate	33.3g	9.6g
Sugars	6.7g	1.9g
Sodium	821mg	236mg

Serving size: 347g

Crispy Chicken Bowl

Barcode: 9345556006900

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Italian pulled beef Salad

pulled beef, cos lettuce, roasted capsicum, grape tomato, pesto vinaigrette, feta cheese, mint dressing, kale, rocket, basil

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

Ingredients: 27% pulled beef: beef 100% , 20% cos lettuce , 13% roasted capsicum: grilled capsicums (61%), sunflower oil, salt, vinegar, herbs, garlic, 9% grape tomato , 9% pesto vinaigrette: [garlic french dressing : 75% water, canola oil, vinegar (21%), sugar, water, salt, garlic (1.5%), pepper, mustard seeds, thickener (xanthan gum - **soy**), 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], 6% feta cheese: pasteurized skim cow's **milk**, palm oil, salt, microbial rennet, lactic acid culture, 5% mint dressing: canola oil, water, vinegar, mint (12%), sugar, water, salt, garlic, pepper, thickener (xanthan gum), mustard powder, mustard seeds, 5% kale: , 4% rocket , 2% basil.

Made from 80% of Australian

ingredients

	per serve	per 100g
Energy	1520kj	556kj
Protein	21.1g	7.7g
Fat	27.2g	10g
Fat saturated	8g	2.9g
Carbohydrate	7.6g	2.8g
Sugars	7.2g	2.6g
Sodium	934mg	342mg

Serving size: 273g

Italian pulled beef Salad

Barcode: 9345556007945

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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.	

Keep refrigerated under 5°C	
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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: 20% falafel: chickpeas 40%, broad beans 40%, garlic, onion 10%, coriander, spices, salt, cumin powder, preservative 202, 15% brown rice: medium grain wholegrain brown rice, 15% red & white cabbage, 14% baba ganoush: egg plant 66%, tahini- sesame seed , garlic, salt, citric acid (202), 9% broccoli steamed, 8% quinoa: quinoa, 6% 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, 5% 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.	

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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 dressing

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

Ingredients: 17% brown rice: medium grain wholegrain brown rice, 17% red & white cabbage, 16% homous: chickpeas 60%, tahini- sesame seeds , garlic, salt, citric acid (202), 10% broccoli steamed, 9% quinoa: quinoa, 7% fresh peas, 7% lemon, 7% 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, 2% toasted seed: sunflower seed 50%, linseed 50%, 1% mint.	

Keep refrigerated under 5°C	
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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, 14% garlic french dressing: water, canola oil, vinegar (21%), sugar, water, salt, garlic (1.5%), pepper, mustard seeds, thickener (xanthan gum), mustard powder, 11% 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%.	

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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: 21% tofu: non-gmo soybean extract[99.7%](soy beans, water), acidity regular (glucono delta-lactone), firming agent (calcium sulphate), 17% brown rice: medium grain wholegrain brown rice, 16% red & white cabbage, 14% 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], 7% quinoa: quinoa, 7% capsicum, 7% edamame beans: soybeans , 6% carrot, 1% spring onion / shallots, 2% 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%.	

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Made from 94% of Australian ingredients

	per serve	per 100g
Energy	1180kj	343kj
Protein	17.9g	5.2g
Fat	8g	2.3g
Fat saturated	2.1g	0.6g
Carbohydrate	33.3g	9.7g
Sugars	27.3g	7.9g
Sodium	1350mg	392mg

Serving size: 344g
Thai Beef Salad
Barcode: 9345556003558

Made from 76% of Australian ingredients

	per serve	per 100g
Energy	1830kj	457kj
Protein	17.9g	4.5g
Fat	19g	4.8g
Fat saturated	5.8g	1.4g
Carbohydrate	44.8g	11.2g
Sugars	9.9g	2.5g
Sodium	1680mg	420mg

Serving size: 400g
Middle East Mezze
Barcode: 9345556000847

Made from 82% of Australian ingredients

	per serve	per 100g
Energy	1640kj	473kj
Protein	13.8g	4g
Fat	15.4g	4.4g
Fat saturated	2.3g	0.7g
Carbohydrate	45.6g	13.2g
Sugars	10.2g	2.9g
Sodium	957mg	276mg

Serving size: 347g
Vegan Rainbow Bowl
Barcode: 9345556000083

Made from 59% of Australian ingredients

	per serve	per 100g
Energy	1230kj	340kj
Protein	8.4g	2.3g
Fat	19g	5.3g
Fat saturated	4.9g	1.4g
Carbohydrate	22.7g	6.3g
Sugars	18.8g	5.2g
Sodium	1450mg	404mg

Serving size: 360g
Pumpkin Beetroot Feta
Barcode: 9345556001523

Made from 81% of Australian ingredients

	per serve	per 100g
Energy	1630kj	458kj
Protein	15g	4.2g
Fat	8.9g	2.5g
Fat saturated	1.6g	0.4g
Carbohydrate	60.7g	17.1g
Sugars	28g	7.9g
Sodium	879mg	248mg

Serving size: 355g
Vegan Teriyaki Tofu Bowl
Barcode: 9345556005378

Salmon Poke Bowl

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

Ingredients: 16% brown rice: medium grain wholegrain brown rice, 16% red & white cabbage, 13% **salmon**: atlantic **salmon-fish**, 10% cucumber, 9% **edamame** beans: **soybeans**, 7% quinoa, 7% 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, à rice, malt, sweet rice, miso paste: water, **soybean**, rice, salt , tahini (**sesame**), brown sugar], 7% 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), 7% carrot, 5% radish, 1% toasted seed: sunflower seed 50%, linseed 50%, 1% coriander, 1% shallots.

Keep refrigerated under 5°c

Chicken Mayonnaise Wholemeal 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.

Roast Beef Wholemeal 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-**sulfites** (wine vinegar, concentrated grape must, caramel (e150d)), 5% grain mustard-**sulphites**: water, mustard seeds, vinegar, salt, 4% lettuce.

Ham, Cheese & Tomato Wholemeal 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

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(16%), bamboo fibre, potato starch, thickeners (xantham gum, guar gum, carboxymethyl cellulose), tapioca starch, corn starch, canola oil, sugar, psyllium husk, millet flour, potato fibre, telf flour, raising agents (monocalcium phosphate, sodium bicarbonate), pea protein, sourdough (fermented rice flour, water), acids (citric acid, tartaric acid), colours (carrot powder, tomato powder), salt, fermented corn, yeast, preservative (sorbic acid), natural flavourings, 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).

Made from 56% of Australian ingredients

	per serve	per 100g
Energy	1850kj	480kj
Protein	23.7g	6.2g
Fat	16.6g	4.3g
Fat saturated	3.1g	0.8g
Carbohydrate	49.9g	13g
Sugars	11.1g	2.9g
Sodium	1070mg	278mg

Serving size: 385g
Salmon Poke Bowl
Barcode: 9345556000854

Made from 70% 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 Wholemeal Gluten F
Barcode: 9345556004296

Made from 75% 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 Wholemeal Gluten Free Sandv
Barcode: 9345556004319

Made from 48% 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 Wholemeal Gluten
Barcode: 9345556004302

Made from 51% 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

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% gf: water, sweet potato flour(16%), bamboo fibre, potato starch, thickeners (xantham gum, guar gum, carboxymethyl cellulose), tapioca starch, corn starch, canola oil, sugar, psyllium husk, millet flour, potato fibre, telf flour, raising agents (monocalcium phosphate, sodium bicarbonate), pea protein, sourdough (fermented rice flour, water), acids (citric acid, tartaric acid), colours (carrot powder, tomato powder), salt, fermented corn, yeast, preservative (sorbic acid), natural flavourings, 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.

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(16%), bamboo fibre, potato starch, thickeners (xantham gum, guar gum, carboxymethyl cellulose), tapioca starch, corn starch, canola oil, sugar, psyllium husk, millet flour, potato fibre, telf flour, raising agents (monocalcium phosphate, sodium bicarbonate), pea protein, sourdough (fermented rice flour, water), acids (citric acid, tartaric acid), colours (carrot powder, tomato powder), salt, fermented corn, yeast, preservative (sorbic acid), natural flavourings, 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 67% 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