



Apple & Rhubarb Crumble

Stewed apple and rhubarb pieces with a delectable crumble topping. Rhubarb is an excellent source of calcium. The rhubarb root is popular in ancient Chinese medicine for soothing stomach ailments and relieving constipation.



Ingredients

Apple (43%) {Apple, Water, Citric Acid (330), Ascorbic Acid (300)} **Wheat** Flour {Vitamins [Thiamine, Folate]}, White Sugar, Rhubarb (12%), Margarine {Vegetable Oil, Water, Salt, Emulsifiers (322 **Soy**, 471), Natural Flavour, Acidity Regulator (500), Antioxidant (307b **Soy**), Food Acid (330), Colour (160a)}, Vegetable Cake Margarine {Vegetable Fats & Oils, Water, Salt, Emulsifiers (471, 475), Preservative (202), Conditioner (330), Flavour, Antioxidant (320), Colour (160a)}, Modified Maize Starch (E1422), Sultanas {Cotton Seed Oil}. **CONTAINS GLUTEN, WHEAT, SOY, SULPHITES. MAY CONTAIN EGGS, MILK, PEANUTS, TREE NUTS.**

Nutritional Details

Regular Size 180g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		959kJ (230Cal)
Protein:		2.3g
Fat, Total:		9.4g
--Saturated:		5.2g
Carbohydrates:		32.7g
--Sugars:		18.6g
Dietary Fibre:		2g
Sodium:		118mg

Disclaimer:

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Apricot Fruit Pie with Custard

A shortbread crust encompasses a traditional apricot pie with a custard accompaniment. Apricots have high levels of the soluble fibre called pectin. Inside our digestive system, soluble fibre attaches to cholesterol particles and carries them out of the body, helping to reduce overall cholesterol levels and the risk of heart disease.



Ingredients

Pie: Fruit [Apricot (34%), Apple (23%) (Preservatives (202,223)], Flour (**Wheat**), Sugar, Butter (**Milk**), Vegetable Spread [Vegetable Oil, Water, **Milk Solids**, Salt, Emulsifier (471, **Soy**), Preservative (202), Food Acid (270), Natural Flavour, Colour (160a), Vitamins (A &D)], Modified Starch (1422), Water, Baking Powder, **Egg**, **Milk**, Vanilla Essence (Colour 150c), Cinnamon. Custard: Water, **Milk Solids**, Sugar, Cream (**Milk**), Dextrose Monohydrate, Maltodextrin, Tapioca Starch, Flavour, Xanthan Gum (415), Carrageenan (407), Colour (160a).
CONTAINS: GLUTEN, WHEAT, MILK, EGGS, SOY.

Nutritional Details

Regular Size 150g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		787kJ (189Cal)
Protein:		3.1g
Fat, Total:		6.2g
--Saturated:		3.1g
Carbohydrates:		28.9g
--Sugars:		16.2g
Dietary Fibre:		1.5g
Sodium:		93mg
Potassium:		88mg
Phosphorus:		30mg

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Baked Cheesecake

Deliciously smooth cheesecake on a light sponge base.

Not only does cheese provide us with calcium and protein it also contains vitamin B12. Our body does not produce this vitamin so we need to obtain it from animal-based foods or from supplements. Vitamin B12 is required for many functions including producing red blood cells. Vitamin B12 also helps prevent a type of anaemia called Megaloblastic Anaemia.



Ingredients

Base [Sponge Mix (Flour (**Wheat**)), Sugar, **Milk** Solids, Raising Agents (500,541), Emulsifiers (471, 472b, 477, 475), Rice Starch, Maltodextrin, Vegetable Oil, Thickener (412, 415), Stabiliser (450), Colours (110, 102)), Water], Topping [Cream Cheese (**Milk**, Cream (**Milk**), Salt, Vegetable Gum (410, 412), Starter Culture), **Egg**, Sugar, Sour Cream (**Milk**), Thickened Cream ((**Milk**), Gelatine, Vegetable Gum (407a), Emulsifier (471 (**Soy**))), Custard Powder (**Milk**), Lemon Juice, Glaze (Sugar, Water, Glucose (220), Vegetable Gum (440), Acidity Regulator (330), Preservative (202), Mineral Salt (509)].

CONTAINS WHEAT, GLUTEN, MILK, EGGS.

Nutritional Details

	Regular Size 90g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		1187kJ (285Cal)
Protein:		5.2g
Fat, Total:		17.4g
--Saturated:		11.4g
Carbohydrates:		25.2g
--Sugars:		22.5g
Dietary Fibre:		0.1g
Sodium:		206mg

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Black Forest with Cream

Chocolate sponge, fresh cream, cherries, topped with chocolate shavings.



Ingredients

Water, White Sugar, **Wheat** Flour {Thiamine, Folate}, Thickened Cream (18%) {Pasteurised Cream (**Milk**), Mineral Salts (450, 500), Thickener (400)}, Canola Oil, Cake Concentrate {**Wheat** Flour, Mineral Salt Raising Agent (450,500), Thickener (1422), Salt, Natural Flavour, Mineral Salt (327), Emulsifier (481)}, **Wheat** Fibre, Cocoa Powder, Dark Compound Chocolate (1%) {Sugar, Palm Oil, Dark Cocoa Powder(20%), **Soy** Lecithin), Chocolate Flavour [Food colour (155, 133)] (1%), Cream Stabiliser {Sugar, Vegetable Gum (401), Maize Starch, Thickener (1422)}, Sour Cherries (0.67%), Baking Powder [Raising Agents (450, 500)], Sodium Bicarbonate (500), Modified Maize Starch (E1422).

CONTAINS GLUTEN, WHEAT, MILK, SOY. MAY CONTAIN EGGS, PEANUTS, SULPHITES, TREE NUTS.

Nutritional Details

Regular Size 105g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		1275kJ (306Cal)
Protein:		3.2g
Fat, Total:		15.2g
--Saturated:		5.1g
Carbohydrates:		36.6g
--Sugars:		21.7g
Dietary Fibre:		2.8g
Sodium:		371mg

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Bread & Butter Pudding with Custard

Enjoy traditional moist pudding with creamy custard and sultanas.

Custard is a great source of calcium. Not only is calcium essential for healthy bone growth but calcium enables our blood to clot, our muscles to contract, and our heart to beat.



Ingredients

Pudding: **Milk**, **Egg**, Bread [Flour (**Wheat**), Water, Yeast, Salt, Vegetable Oil, Flour (**Soy**), Emulsifiers (481, 471), Anticaking Agent (170), Vitamins (Thiamin, Folate)], Cream (**Milk**), Sugar, Sultanas, Butter (**Milk**), Apricot Glaze (Glucose Syrup, Sugar, Vegetable Gum (440), Acidity Regulator (330), Preservative (220) Mineral Salt (509), Flavour, Colour (160a)), Mixed Spice, Vanilla Essence (Colour 150c). Custard: Water, **Milk** Solids, Sugar, Cream (**Milk**), Dextrose Monohydrate, Maltodextrin, Tapioca Starch, Flavour, Xanthan Gum (415), Carrageenan (407), Colour (160a).

CONTAINS WHEAT, GLUTEN, MILK, EGG, SOY. MAY CONTAIN TRACES OF SESAME

Nutritional Details

Regular Size 150g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		726kJ (174Cal)
Protein:		5.4g
Fat, Total:		6.5g
--Saturated:		3.6g
Carbohydrates:		22.7g
--Sugars:		16.6g
Dietary Fibre:		0.6g
Sodium:		102mg

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Carrot Cake

Fresh grated carrots, pineapples, sultanas, decorated with a delicious cream cheese and walnut icing.

Walnuts contain good fats, such as monounsaturated and polyunsaturated fats (PUFAs), but they are also a good source of the essential fatty acid omega-3. Other nutrients such as vitamin E and folate are also in walnuts and contribute to neuroprotection and memory function.



Ingredients

Canola Oil, White Sugar, Carrots (13%), Cream Cheese (**Milk**, Cream (**Milk**), **Milk Solids**, Salt, Vegetable Gum (410), Food Acid (270), Starter Culture), **Wheat** Flour (Thiamine, Folate), **Egg**, Pineapple (5%) (Pineapple, Sugar, Water), Creme Shortening (Vegetable Oils, Emulsifier (471, 435), Vitamin E (307b)), Glucose Syrup (Corn), Preservative (223) (**Sulphites**), Icing Mixture (Sucrose, Tapioca), Sultanas (Vegetable Oil), **Walnuts**, Modified Maize Starch (E1422), Salt, Baking Powder (Raising Agents (450, 500), Sodium Bicarbonate (500), Cinnamon, Nutmeg, Lemon Flavour.

CONTAINS GLUTEN, WHEAT, EGGS, MILK, WALNUTS, SULPHITES. MAY CONTAIN SOY, PEANUTS, TREE NUTS.

Nutritional Details

Regular Size 140g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		1552kJ (372Cal)
Protein:		3.7g
Fat, Total:		24.1g
--Saturated:		6.4g
Carbohydrates:		34.3g
--Sugars:		23.3g
Dietary Fibre:		1.9g
Sodium:		350mg

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Chocolate Fudge Cake with Custard

Smooth, creamy custard compliments this moist chocolate fudge cake.

Cocoa contains high concentrations of antioxidants known as polyphenols. Flavonoids, the most common subclass of polyphenols, are found in higher concentrations in chocolate than in other flavonoid rich substances.



Ingredients

Sponge: Mudcake Mix [Sugar, Flour (**Wheat**), Vegetable Oil, Cocoa Powder, **Egg**, Modified Starch (1422), Colours (Caramel (150d), 155, 122), Raising Agents (500, 541, 341), Salt, Preservative (202), Flavours], Water, Chocolate (Sugar, Vegetable Fat (492 **Soy**), Cocoa Powder, Emulsifiers (476 **Soy**), Flavours), Thickened Cream (Cream (**Milk**), Halal Gelatine, Vegetable Gum (407a), Emulsifier (471)), **Egg**, Canola Oil. Custard: Water, **Milk** Solids, Sugar, Cream (**Milk**), Dextrose Monohydrate, Maltodextrin, Tapioca Starch, Flavour, Xanthan Gum (415), Carrageenan (407), Colour (160a).

CONTAINS: WHEAT, GLUTEN, MILK, EGGS, SOY.

Nutritional Details

Regular Size 160g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		1116kJ (268Cal)
Protein:		4g
Fat, Total:		11.6g
--Saturated:		3.3g
Carbohydrates:		35.8g
--Sugars:		25.6g
Dietary Fibre:		1.3g
Sodium:		179mg

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Chocolate Mousse

A high protein, smooth and creamy gluten free chocolate dessert.

A great source of calcium, why not enjoy this gluten free treat?



Ingredients

Milk, Sugar, Milk Solids, Whipping Agent (Fully-Hydrogenated Palm Oil), Cocoa Powder (2.6%), Dextrose, Vegetable Gums (407, 415).

CONTAINS MILK.

Nutritional Details

Regular Size 70g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		722kJ (173Cal)
Protein:		8.9g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:		4.1g
--Saturated:		3.3g
Carbohydrates:		24.3g
--Sugars:		23g
Dietary Fibre:		2g
Sodium:		73mg
Potassium:		364mg

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Lamington Pack

Lamingtons with a light cream filling, two per pack!

Coconuts are nutritious and rich in fibre, vitamins C, E, B1, B3, B5 and B6 and minerals such as iron, selenium, calcium, magnesium and phosphorous.



Ingredients

Sugar, Water, **Wheat** Flour, Chocolate Dip [Sugar, Cocoa Powder, Gelatine, Thickener (1422), Vegetable Oil (Antioxidant 307), Flavour], Animal Fat and Vegetable Oils, **Egg**, Coconut, Starch (Rice, **Wheat**), Raising Agents (500, 541), Whey (**Milk**) Powder, Vegetable Gum (415), **Soy** Flour, Salt, Emulsifiers (322 **Soy**, 471 **Soy**, 472b, 475, 477), Flavour, Antioxidant (306 **Soy**, 310), Colour (160a, 102, 150a), Preservative (223).

CONTAINS WHEAT, GLUTEN, MILK, SOY, EGGS, TREE NUTS, SULPHITES.

Nutritional Details

Regular Size 160g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		1520kJ (365Cal)
Protein:		3.2g
Fat, Total:		20.7g
--Saturated:		11.7g
Carbohydrates:		41.6g
--Sugars:		30.7g
Dietary Fibre:		2.2g
Sodium:		153mg
Phosphorus:		0mg

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Lemon Drizzle Cake with Custard

Best served warm, our vanilla cake is topped with a tangy lemon drizzle accompanied by custard.



Ingredients

Water, White Sugar, **Egg**, Self Raising Flour {**Wheat** Flour, Raising Agents (339,341,450,500)}, Margarine {Vegetable Fats &Oils, Water, Salt, Emulsifiers (471,475), Preservative (202), Conditioner (330), Flavour, Antioxidant (320), Colour (160a)}, Custard Mix {Sugar, Thickener (1414), **Milk** solids, Dextrose, Vegetable Fat (Palm Oil, Lactose, **Milk** Protein), Vegetable gums (401, 407, 410, 415), Maize Starch, Natural Flavour, Salt, Preservative (202), Natural Colours (Gardenia Extract, 160c), Lemon Juice (7%) {Lemon, Preservative (202)}, Icing Mixture {Sucrose, Tapioca Starch}, Thickened Cream {Pasteurised Cream (**Milk**), Mineral Salts (450, 500), Thickener (400)}, Vanilla Flavour {Colour (150d).

CONTAINS GLUTEN, WHEAT, EGGS, MILK. MAY CONTAIN PEANUTS, SOY, SULPHITES, TREE NUTS.

Nutritional Details

Nutritional Details	Regular Size 100g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:		1092kJ (262Cal)
Protein:		3.1g
Fat, Total:		9.6g
--Saturated:		4.9g
Carbohydrates:		38.9g
--Sugars:		29.8g
Dietary Fibre:		0.6g
Sodium:		202mg

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Mango Mousse

Smooth fruit flavour, gluten free, rich in protein and calcium.

Mangos have an impressive vitamin and mineral content. The digestive enzymes in them help promote natural, efficient digestion. The bioactive ingredients in mangoes like esters contribute in enhancing appetite and also improve the function of the digestive system.



Ingredients

Milk, Milk solids, Sugar, Mango Puree (5%), Water, Thickener (1442), Natural Flavour, Food Acid (330, 331), Colour (160a), Vegetable Oil, Maltodextrin, Dextrose, Vegetable Gums (407, 415).

CONTAINS MILK.

Nutritional Details

Regular Size 75g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		644kJ (154Cal)
Protein:		7.1g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:		3.3g
--Saturated:		2.6g
Carbohydrates:		23.5g
--Sugars:		20.9g
Dietary Fibre:		0.8g
Sodium:		61mg
Potassium:		212mg

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Orange & Almond Cake

A moist Gluten Free cake bursting with the flavours of orange and almonds.
A delicious treat that can be enjoyed with a cup of tea.



Ingredients

Vegetable Fat (Palm Kernel Oil), Emulsifiers (E471, E435, E322), Antioxidants (E307b, E304), Flavour (Butter Flavour), Colour (E160a) (Soy), White Sugar, Whole Egg, Almonds (19%), Orange (6%), Rice Flour, Polenta, Water, Concentrated Orange Juice (1%), Canola Oil, Potato Starch, Orange Flavour [Colour (110)], Tapioca Starch (Sulphites), Calcium Carbonate (170), Vegetable Gum (E415) (Soy).

CONTAINS ALMONDS, EGG, SOY, SULPHITES. MAY CONTAIN MILK, PEANUTS, TREE NUTS.

Nutritional Details

Regular Size 90g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		1925kJ (462Cal)
Protein:		7.6g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:		33.5g
--Saturated:		12.9g
Carbohydrates:		31.9g
--Sugars:		23.3g
Dietary Fibre:		2.5g
Sodium:		28mg

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Peach Crumble

Stewed peaches topped with a delectable crumble.



Ingredients

Peaches (59%) {Peach, Water, Sugar, Citric Acid (330)}, Plain **Wheat** Flour [Thiamine, Folate], White Sugar, Danish Margarine {Vegetable oil, Water, Salt, Emulsifiers (322 **Soy**, 471), Natural Flavour, Acidity Regulator (500), Antioxidant (307b **Soy**), Food Acid (330), Colour (160a)}, Vegetable Cake Margarine {Vegetable Fats & Oils, Water, Salt, Emulsifiers (471,475), Preservative (202), Conditioner (330), Flavour, Antioxidant (320), Colour (160a)}, Modified Maize Starch (E1422).

CONTAINS GLUTEN, WHEAT, SOY. MAY CONTAIN EGGS, MILK, PEANUTS, SULPHITES, TREE NUTS.

Nutritional Details

Regular Size 180g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		942kJ (226Cal)
Protein:		2.3g
Fat, Total:		9.3g
--Saturated:		5.1g
Carbohydrates:		24.7g
--Sugars:		19g
Dietary Fibre:		2.8g
Sodium:		119mg

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Pear & Raspberry Cake

A combination of pears and raspberries make this a delicious gluten free treat.

A lovely treat to enjoy for afternoon tea or with coffee.



Ingredients

Vegetable Fat (Palm Kernel Oil), Emulsifiers (E471, E435, E322), Antioxidants (E307b, E304), Flavour (Butter Flavour), Food Colour (E160a)}(**Soy**), White Sugar, Whole **Egg**, **Almonds**, Pear (13%) {Pear, Water, Sugar, Citric Acid (330), Calcium Chloride (509)}, Water, Rice Flour, Raspberries (2%), Polenta, Glazing Gel {Glucose-Fructose Syrup, Water, Sugar, Gelling Agent (440ii, 407, 415), Acidifier (330), Acidity Regulator (331iii, 3412iii), Preservative (202)}, Calcium Carbonate (170), Potato Starch, Tapioca (**Sulphites**), Vanilla Flavour {Colour (150d)}, Raspberry Flavour (0.01%), Vegetable Gum (E415) (**Soy**).

CONTAINS ALMONDS, EGG, SOY, SULPHITE. MAY CONTAIN MILK, PEANUTS, TREE NUTS.

Nutritional Details

Regular Size 90g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		1700kJ (408Cal)
Protein:		6.8g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:		29.3g
--Saturated:		11.5g
Carbohydrates:		29.1g
--Sugars:		22.3g
Dietary Fibre:		1.2g
Sodium:		26mg

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Red Velvet Cheesecake

Deliciously moist chocolate cake topped with rich cream cheese.
Rich and creamy marscapone cheese is the star of this dessert.



Ingredients

Cheese Cake Filling (50%) (Cream Cheese [**Milk**, Cream [From **Milk**], **Milk** Solids, Salt, Vegetable Gum [410], Starter Culture], Water, Instant Vanilla Dessert Mix [Sugar, Modified Potato Starch, Gelatin [Beef], Thickening Agent [Carrageenan], Flavouring, Colouring Plant Extract [Cape Jasmine Extract, Paprika Extract]], Skim **Milk** Powder [Contains **Milk** Solids], Sugar), Red Velvet Sponge (32%) (Red Velvet Cake Mix [Sugar, **Wheat** Flour [Thiamine, Folate], Cocoa Powder, Vegetable Oil [Antioxidant [307]], Vegetable Fat [Vegetable Oil [Contains Palm], Emulsifiers [471, 477], Maltodextrin, Potato Flour, **Milk** Solids, Salt, Raising Agents [450, 500], Natural Flavour, Colour [120], Vegetable Gum [415], **Egg** Powder], Water, **Egg** Pulp, Canola Oil).
CONTAINS WHEAT, GLUTEN, EGG, MILK. MAY CONTAIN SOY.

Nutritional Details

Regular Size 110g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		1190kJ (285Cal)
Protein:		6g
Fat, Total:		13g
--Saturated:		6.5g
Carbohydrates:		34.6g
--Sugars:		27.3g
Dietary Fibre:		0.7g
Sodium:		269mg
Potassium:		194mg

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Sticky Date With Custard

Creamy custard with moist sticky date pudding. The benefits of including dates in our diet include relief from constipation, intestinal disorders, heart problems, anaemia and many other conditions. They are rich in several vitamins, minerals, and fibre.



Ingredients

Sponge: Water, Dates (23%), Flour (**Wheat**), Brown Sugar, **Egg**, Vegetable Spread (Vegetable Oil, Water, **Milk** Solids, Salt, Emulsifier (471, **Soy**), Preservative (202), Food Acid (270), Natural Flavour, Colour (160a), Vitamins (A &D)), Glaze (Sugar, Water, Glucose (220), Vegetable Gum (440), Acidity Regulator (330), Preservative (202), Mineral Salt 509)), Baking Powder, Baking Soda. Custard: Water, **Milk** Solids, Sugar, Cream (**Milk**), Dextrose Monohydrate, Maltodextrin, Tapioca Starch, Flavour, Xanthan Gum (415), Carrageenan (407), Colour (160a). **CONTAINS: WHEAT, GLUTEN, MILK, EGG, SOY. MAY CONTAIN OCCASIONAL DATE PIT FRAGMENTS.**

Nutritional Details

Regular Size 160g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		803kJ (193Cal)
Protein:		3.6g
Fat, Total:		5.1g
--Saturated:		1.8g
Carbohydrates:		33g
--Sugars:		23.9g
Dietary Fibre:		0.3g
Sodium:		190mg

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Strawberry Cream Gateau

Sponge with strawberries and fresh cream topped with white chocolate shavings.



Ingredients

Thickened Cream (21%) {Pasteurised Cream (**Milk**), Mineral Salts (450,500), Thickener (400)}, White Sugar, Sponge Flour {**Wheat** Flour}, Water, **Egg**, White Compound Chocolate (1%) {Sugar, Palm Oil(26%), **Milk** Powder, **Soy** Lecithin}, Wispalett {Water, Humectant (420,1520), Emulsifiers (471,475), Acidity regulator(570)}, Cream Stabiliser {Sugar, Vegetable Gum (401), Maize Starch, Thickener (1422)}, Baking Powder [Raising Agents (450, 500)], Strawberries (0.59%), Skim **Milk** Powder, Sodium Bicarbonate (500), Iodised Salt, Modified Maize Starch (E1422).

CONTAINS GLUTEN, WHEAT, EGGS, MILK, SOY. MAY CONTAIN PEANUTS, SULPHITES, TREE NUTS.

Nutritional Details

Regular Size 105g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		1139kJ (273Cal)
Protein:		4.3g
Fat, Total:		10.4g
--Saturated:		6.2g
Carbohydrates:		38.5g
--Sugars:		24.5g
Dietary Fibre:		0.5g
Sodium:		294mg

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Tiramisu

Sponge with coffee infused fresh cream, topped with chocolate shavings.



Ingredients

White Sugar, Water, Thickened Cream (18%) {Pasteurised Cream (**Milk**), Mineral Salts (450, 500), Thickener (400)}, **Wheat** Flour, **Eggs**, Dark Compound Chocolate (1%) {Sugar, Palm Oil, Dark Cocoa Powder(20%), **Soy** Lecithin), Wispalett {Water, Humectant(420, 1520), Emulsifiers (471, 475), Acidity regulator (570)}, Cream Stabiliser {Sugar, Vegetable Gum (401), Maize Starch, Thickener (1422)}, Baking Powder [Raising Agents (450, 500)], Coffee Powder (0.74%), Skim **Milk** Powder, Sodium Bicarbonate (500), Iodised Salt.
CONTAINS WHEAT, GLUTEN, EGGS, MILK, SOY. MAY CONTAIN PEANUTS, SULPHITES, TREE NUTS.

Nutritional Details

Regular Size 100g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		1086kJ (260Cal)
Protein:		4.1g
Fat, Total:		9g
--Saturated:		5.3g
Carbohydrates:		38.5g
--Sugars:		25.6g
Dietary Fibre:		0.4g
Sodium:		275mg

Disclaimer:

Nutrition analysis is prepared using our FOODWORKS© software system. To ensure dietary requirements are met, all nutritional claims are supported and reviewed independently. Meals are portion controlled to assist with healthy weight management.