



Bacon Potato & Leek Quiche

Such a tasty combination. Enjoy this quiche any time during the day.

Leeks are low in sodium and have almost no saturated fat or cholesterol. They are a good source of dietary fiber, vitamin B6, iron and magnesium.

Ingredients

Pastry [**Wheat** Flour, Vegetable Oil (Antioxidant 307b, **Soy**)], Shortening [Vegetable Oil, Emulsifiers (471, **Soy** Lecithin)], Natural Colour (160a), Flour Treatment Agent (920), Whey Powder, Skim **Milk** Powder, Dextrose, Salt, Acidity Regulator (E330), Methyl Cellulose (461)], Potato (18%), **Eggs**, Water, Bacon (7%) [Pork, Salt, Dextrose, Mineral Salts (451, 452), Antioxidant (316), Sodium Nitrite (250), Honey Powder, Emulsifier (433)], Tasty Cheese [**Milk**, Salt, Culture, Enzyme, Anti-Caking Agent], Leek (6%), Maize Starch, Thickened Cream [**Milk** Fat, Mineral Salts (450, 500), Thickener (400)], **Milk**, Canola Oil, Onions, Butter, Salt, Vegetable Stock Powder, Chicken Stock, Parsley Mixed Herbs [Oregano, Marjoram, Thyme, Sage], White Pepper.

CONTAINS GLUTEN, WHEAT, MILK, EGGS, SOY. MAY CONTAIN PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT NUTS, SESAME & SULPHITES.

Nutritional Details

	Regular Size 200g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	1332kJ (319Cal)	666kJ (160Cal)
Protein:	14.6g	7.3g
Fat, Total:	20.4g	10.2g
--Saturated:	10.2g	5.1g
Carbohydrates:	19.6g	9.8g
--Sugars:	4g	2g
Dietary Fibre:	1.6g	0.8g
Sodium:	672mg	336mg

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.



Baked Vegetable Pack

Seasonal vegetables ideal for a light snack or an addition to a shared meal.

Vegetables are important sources of many nutrients, including potassium, dietary fibre, folate, vitamin A, and vitamin C. Diets rich in potassium may help to maintain healthy blood pressure.



Ingredients

Potatoes (19%), Carrots (17%), Sweet Potato (17%), Pumpkin (17%), Beans (17%), Cauliflower (13%), Parsley, Canola Oil, Paprika, Pepper, Salt.

MAY CONTAIN PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT.

Nutritional Details

Nutritional Details	Regular Size 300g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	660kJ (158Cal)	220kJ (53Cal)
Protein:	5.4g	1.8g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	1.5g	0.5g
--Saturated:	0.3g	0.1g
Carbohydrates:	24g	8g
--Sugars:	9.9g	3.3g
Dietary Fibre:	6.6g	2.2g
Folate:	77.1ug (40% RDI)	25.7ug
Sodium:	435mg	145mg
Potassium:	939mg	313mg
Phosphorus:	110mg (11% RDI)	37mg

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Cheese & Bacon Pasta

Full of flavour, enjoy our penne pasta with cheese and bacon as a side dish or light meal. Pasta is a wonderful source of complex carbohydrates, releasing energy at a slow and sustained level, necessary for our brain and muscles to function.



Ingredients

Penne (71%) (Durum **Wheat**, Water), Parmesan Cheese (**Milk**) (7%), Bacon (5%), Milk Powder, Cheddar Cheese (**Milk**) (4%), Plain Flour (**Wheat**), Margarine, Mozzarella Cheese (**Milk**) (4%), Salt, Pepper.
CONTAINS GLUTEN, WHEAT, MILK. MAY CONTAIN CRUSTACEA, PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/BONE FRAGMENTS. **CAUTION: CARE MUST BE TAKEN WHEN PEELING BACK LID AS HOT STEAM MAY ESCAPE**

Nutritional Details

	Regular Size 220g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	2750kj (659Cal)	1250kJ (300Cal)
Protein:	28.4g	12.9g
Fat, Total:	19.4g	8.8g
--Saturated:	11g	5g
Carbohydrates:	91.3g	41.5g
--Sugars:	6.8g	3.1g
Dietary Fibre:	3.1g	1.4g
Sodium:	1280mg	582mg
Potassium:	136mg	62mg
Phosphorus:	253mg (25% RDI)	115mg

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Chicken & Corn Soup

Thick, creamy corn soup with tasty chicken pieces.

Corn is a nutritional powerhouse, rich in antioxidants and fibre. Being a good source of antioxidant carotenoids such as lutein and zeaxanthin, corn may promote eye health.



Ingredients

Water, Skim **Milk**, Corn (19%), Chicken (10%), Onions, Carrots, Celery, Chicken Stock [Sea Salt, Rice Flour, Maize Maltodextrin, Cane Sugar, Yeast Extract, Natural Vegetable Flavours, Dehydrated Vegetable Flavour, Dehydrated Onion, Disodium Guanylate & Inosinate, Canola Oil, Chilli], Tapioca, Canola Oil, Turmeric.

CONTAINS MILK. MAY CONTAIN PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/ BONE FRAGMENTS.

Nutritional Details

Nutritional Details	Regular Size 300g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	741kJ (178Cal)	247kJ (59Cal)
Protein:	13.5g	4.5g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	3.9g	1.3g
--Saturated:	0.9g	0.3g
Carbohydrates:	20.7g	6.9g
--Sugars:	12.9g	4.3g
Dietary Fibre:	2.7g	0.9g
Folate:	23.4ug (12% RDI)	7.8ug
Sodium:	585mg	195mg
Potassium:	384mg	128mg
Phosphorus:	290mg (29% RDI)	97mg

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Creamy Broccoli & Cauliflower Soup

Smooth, satisfying, rich and creamy soup with a hint of dill.



Ingredients

Vegetable Stock Powder (Sea Salt, Maize Maltodextrin, Sugar, Dehydrated Vegetables [Cabbage, Onion, Celery, Garlic, Spinach], Yeast Extract, Rice Flour, Natural Vegetable Flavours, Disodium Guanylate & Inosinate, Canola Oil, Chilli), Onions, Cauliflower (11%), Broccoli (9%), Potatoes, Celery, Olive Oil, Dill, Tapioca, Pepper, Salt.

MAY CONTAIN PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT.

Nutritional Details

	Regular Size 300g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	408kJ (98Cal)	136kJ (33Cal)
Protein:	2.7g	0.9g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	5.7g	1.9g
--Saturated:	0.9g	0.3g
Carbohydrates:	8.1g	2.7g
--Sugars:	3.6g	1.2g
Dietary Fibre:	3g	1g
Sodium:	498mg	166mg
Potassium:	672mg	224mg

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Creamy Pumpkin Soup

Delicious pumpkin soup, thick and creamy and always satisfying.

Pumpkins are loaded with the antioxidant beta-carotene, which is one of the plant carotenoids converted to Vitamin A in the body. Vitamin A is essential for healthy, glowing skin, strong eyesight, and our immune system.



Ingredients

Pumpkin (33%), Water, Skim **Milk**, Potatoes, Onions, Celery, Carrots, Canola Oil, Tapioca, Vegetable Stock Powder [Sea Salt, Maize Maltodextrin, Sugar, Dehydrated Vegetables [Cabbage, Onion, Celery, Garlic, Spinach], Yeast Extract, Rice Flour, Natural Vegetable Flavours, Disodium Guanylate & Inosinate, Canola Oil, Chilli], Salt, Pepper.

CONTAINS MILK. MAY CONTAIN PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT.

Nutritional Details

Nutritional Details	Regular Size 300g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	513kJ (123Cal)	171kJ (41Cal)
Protein:	4.2g	1.4g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	5.7g	1.9g
--Saturated:	0.6g	0.2g
Carbohydrates:	12.3g	4.1g
--Sugars:	7.2g	2.4g
Dietary Fibre:	3.3g	1.1g
Folate:	20.7ug (10% RDI)	6.9ug
Sodium:	492mg	164mg
Potassium:	597mg	199mg
Phosphorus:	110mg (11% RDI)	36mg

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Ham Tomato & Leek Quiche

Perfect for lunch or add salad or vegetables for a complete meal.

Eggs are a complete protein and more than half of its protein is found in the egg white. Eggs are rich sources of selenium, vitamins D, B6, B12 and minerals such as zinc, iron and copper.

Ingredients

Pastry [**Wheat** Flour, Vegetable Oil (Antioxidant 307b, **Soy**)], Shortening [Vegetable Oil, Emulsifiers (471, **Soy** Lecithin)], Natural Colour (160a), Flour Treatment Agent (920), Whey Powder, Skim **Milk** Powder, Dextrose, Salt, Acidity Regulator (E330), Methyl Cellulose (461)], **Eggs**, Tomatoes (14%), Water, Ham (12%) [Pork (65%), Water, Salt, Potato Starch, Dextrose, Mineral Salts (541,508,452,500), Sugar, Vegetable Gum (407,415), Antioxidant (316), Sodium Nitrite (250), Sunflower Oil, Flavour], Tasty Cheese [**Milk**, Salt, Culture, Enzyme, Anti-Caking Agent], Leeks (5%), Maize Starch, Thickened Cream [**Milk** Fat, Mineral Salts (450,500), Thickener (400)], **Milk**, Salt, Vegetable Stock Powder, Mixed Herbs [Oregano, Marjoram, Thyme, Sage], White Pepper. **CONTAINS GLUTEN, WHEAT, MILK, EGGS, SOY. MAY CONTAIN PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT NUTS, SESAME & SULPHITES.**

Nutritional Details

Nutritional Details	Regular Size 200g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1088kj (261Cal)	544kJ (130Cal)
Protein:	15g	7.5g
Fat, Total:	14.4g	7.2g
--Saturated:	8g	4g
Carbohydrates:	18.2g	9.1g
--Sugars:	5.6g	2.8g
Dietary Fibre:	0.6g	0.3g
Sodium:	848mg	424mg

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Hearty Vegetable Soup

Tempting home style broth simmered with ham hock, vegetable pieces such as potato, carrots, red kidney beans, pumpkin, zucchini and spinach.

Kidney beans are a very good source of B Vitamins, dietary fibre, copper and iron. Copper and iron are essential for new blood cell formation.



Ingredients

Water, Tomatoes (7%) (Crushed Tomatoes, Tomato Juice, Food Acid (330)), Kidney Beans (6%), Broth (From Ham Bones), Potatoes (4%), Pumpkin (3%), Cabbage (3%), Zucchini (3%), Onions (3%), Carrots (3%), Beans (2%), Celery (2%), Ham, Tapioca, Vegetable Stock Powder [Sea Salt, Corn Maltodextrin, Cane Sugar, Yeast Extract, Rice Flour, Dehydrated Vegetables (Cabbage, Onion, Celery, Garlic, Spinach), Natural Vegetable Flavours, Disodium Guanylate And Inosinate, Canola Oil, Chilli], Garlic, Turmeric, Pepper, Salt, Oil.

MAY CONTAIN PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/ BONE FRAGMENTS.

Nutritional Details

Nutritional Details	Regular Size 300g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	300kj (72Cal)	100kJ (24Cal)
Protein:	5.1g	1.7g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	1.2g	0.4g
--Saturated:	0.3g	0.1g
Carbohydrates:	9g	3g
--Sugars:	3g	1g
Dietary Fibre:	3g	1g
Folate:	18.6ug (9% RDI)	6.2ug
Sodium:	645mg	215mg
Potassium:	381mg	127mg
Phosphorus:	80mg (10% RDI)	27mg

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Lentil & Vegetable Soup

Enjoy the wholesome goodness of brown lentils and diced vegetables in this delicious soup. Lentils, a small but nutritionally mighty member of the legume family, are a good source of fibre. Not only do lentils help lower cholesterol, they are beneficial in managing blood-sugar disorders because their high fibre content prevents blood sugar levels from rising rapidly after a meal. Lentils also provide ample amounts of minerals, B-vitamins, and protein all with virtually no fat.



Ingredients

Water, Tomatoes (13%) (Crushed Tomatoes, Tomato Juice, Food Acid (330)), Carrots (10%), Brown Lentils (8%), Celery (6%), Potatoes (5%), Onions (5%), Vegetable Stock Powder [Marine Salt, Corn Maltodextrin, Sugar, Yeast Extract, Rice Flour, Dehydrated Vegetables (Cabbage, Onion, Celery, Garlic, Spinach), Natural Vegetable Flavours, Disodium Guanylate & Inosinate, Canola Oil, Chilli], Tapioca, Oil, Garlic, Salt, Parsley, Oregano, Pepper.

MAY CONTAIN PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT.

Nutritional Details

Nutritional Details	Regular Size 300g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	312kJ (75Cal)	104kJ (25Cal)
Protein:	2.4g	0.8g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	1.8g	0.6g
--Saturated:	0.3g	0.1g
Carbohydrates:	10.5g	3.5g
--Sugars:	3.9g	1.3g
Dietary Fibre:	3.9g	1.3g
Folate:	16.5ug (8% RDI)	5.5ug
Sodium:	606mg	202mg
Potassium:	414mg	138mg
Phosphorus:	50mg (5% RDI)	17mg

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Pea & Ham Soup

Delicious pea soup speckled with ham pieces. Green peas are a good source of energy, fibre, protein and essential vitamins. Peas are a rich source of a carotenoid called lutein that helps in lowering the risk of macular degeneration of the eyes.



Ingredients

Water, Peas (25%), Onions, Ham (8%), Potatoes, Carrots, Tapioca, Celery, Canola Oil, Salt, Pepper.

MAY CONTAIN PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/ BONE FRAGMENTS.

Nutritional Details

Nutritional Details	Regular Size 300g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	756kJ (181Cal)	252kJ (60Cal)
Protein:	12.6g	4.2g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	6g	2g
--Saturated:	2.1g	0.7g
Carbohydrates:	15.9g	5.3g
--Sugars:	3.6g	1.2g
Dietary Fibre:	5.7g	1.9g
Folate:	45ug (23% RDI)	15ug
Sodium:	381mg	127mg
Potassium:	405mg	135mg
Phosphorus:	126mg (13% RDI)	42mg

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Potato Bake

In the mood for good old fashioned comfort food? You can't go past this generous serve of tempting gluten free potato bake.

One potato contains more potassium than one banana. Potatoes are also high in Vitamin C which aids in collagen production; assists with iron absorption and helps heal wounds.



Ingredients

Potatoes (54%), Water, Skim Milk, Gluten Free Flour, Mozzarella Cheese (Milk), Tapioca, Salt, Pepper.

CONTAINS MILK. MAY CONTAIN PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT.

Nutritional Details

Nutritional Details	Regular Size 300g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	918kJ (220Cal)	306kJ (73Cal)
Protein:	11.1g	3.7g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	1.8g	0.6g
--Saturated:	0.9g	0.3g
Carbohydrates:	37.5g	12.5g
--Sugars:	8.1g	2.7g
Dietary Fibre:	2.4g	0.8g
Folate:	53.2ug (20% RDI)	17.7ug
Sodium:	843mg	281mg
Potassium:	795mg	265mg
Phosphorus:	224mg (22% RDI)	75mg

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Pumpkin Potato & Feta Frittata

A hearty serve of gluten free frittata with the goodness of eggs, feta cheese and fresh vegetables.

Compared to other cheeses, Feta is lower in calories and fat. It also contains a high amount of B vitamins, phosphorus and calcium, which can benefit bone health. Additionally, feta contains beneficial bacteria and fatty acids. It is one of the best dietary sources of calcium, essential to the development and health of bones and tooth enamel.



Ingredients

Pumpkin (23%), Egg, Water, Potato (9%), Leek, Maize Starch, Thickened Cream [Milk Fat, Mineral Salts (450, 500), Thickener (400)], Milk, Feta Cheese (3%) [Milk Cultures, Salt], Vegetable Stock Powder (Yeast Extract), White Pepper, Mixed Herbs [Oregano, Marjoram, Thyme, Sage].

CONTAINS MILK, EGGS. MAY CONTAIN TRACES OF PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT, SESAME, SOY, SULPHITES.

Nutritional Details

Nutritional Details	Regular Size 240g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1130kj (271Cal)	471kJ (113Cal)
Protein:	12g	5g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	13.9g	5.8g
--Saturated:	7.4g	3.1g
Carbohydrates:	24.7g	10.3g
--Sugars:	6.5g	2.7g
Dietary Fibre:	1.2g	0.5g
Sodium:	557mg	232mg

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Rich Beef & Vegetable Soup - New Recipe

Hearty beef, vegetable and pasta pieces in a rich broth.



Ingredients

Water, Diced Beef (11%), Carrots (5%), Peas (5%), Onions, Broccoli (2%), Cauliflower (2%), Celery (1%), Pasta (Durum **Wheat** Semolina, **Eggs**), Demi-glance (Thickener (1422,1412) {**Sulphites**}, Maltodextrin (Maize), Flavour Enhancer (621), Sugar, Salt, Cream (**Milk**) Powder, Sunflower Oil, Onion Powder, Colours 150d, Beetroot), Mineral Salt (Potassium Chloride), Tomato Powder, Maize Starch, Skim **Milk** Powder, Garlic Powder, Beef Flavours, Burgundy Flavour (**Milk** Derivatives), Beef Extract, Food Acid (Citric), Flavours), Tomato Paste (Concentrated Tomatoes, Salt), Tapioca, Canola Oil, Tabasco Sauce (Distilled Vinegar, Red Pepper, Salt). **CONTAINS GLUTEN, WHEAT, EGG, MILK, SULPHITES. MAY CONTAIN SOY, PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/ BONE FRAGMENTS.**

Nutritional Details

Nutritional Details	Regular Size 300g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	435kj (104Cal)	145kJ (35Cal)
Protein:	14.1g	4.7g
Fat, Total:	1.8g	0.6g
--Saturated:	0.3g	0.1g
Carbohydrates:	7.2g	2.4g
--Sugars:	2.1g	0.7g
Dietary Fibre:	2.1g	0.7g
Sodium:	336mg	112mg
Potassium:	390mg	130mg

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Spanakopita

A traditional Greek spinach and feta cheese savoury pie

Spinach is rich in vitamins and minerals which not only assist in keeping our skin healthy but also helps maintain our eyesight and regulate our blood pressure.

Ingredients

Spinach (33%), Pastry [**Wheat** Flour, Margarine (contains 322 **Soy**), Raising Agent (500,450), Emulsifier (481), Preservative (202), Colour (160a)], **Eggs**, Onions, Feta Cheese (6.5%) (**Milk**, Cultures, Salt), Breadcrumbs [**Wheat** Flour, Yeast, Salt, Water, Thiamine, Folic Acid], **Wheat** Flour, Canola Oil, White Rice, Rice Flour, Parsley, Salt, Sugar, Dill, Water, Vegetable Stock Powder [Yeast Extract], **Sesame** Seeds, Aniseed, **Milk**, White Pepper.

CONTAINS GLUTEN, WHEAT, EGG, MILK, SOY, SESAME. MAY CONTAIN PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT NUTS & SULPHITES.

Nutritional Details

Nutritional Details	Regular Size 220g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1542kj (370Cal)	701kJ (168Cal)
Protein:	9.7g	4.4g
Fat, Total:	22.2g	10.1g
--Saturated:	10.1g	4.6g
Carbohydrates:	33.7g	15.3g
--Sugars:	2.6g	1.2g
Dietary Fibre:	1.8g	0.8g
Sodium:	1019mg	463mg

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Special Fried Rice

A generous serve of flavoursome fried rice with vegetables and bacon pieces.



Ingredients

Water, White Rice, Chicken Stock (Sea Salt, Rice Flour, Maize Maltodextrin, Cane Sugar, Yeast Extract, Natural Vegetable Flavours, Dehydrated Vegetable Flavour, Dehydrated Onion, Disodium Guanylate & Inosinate, Canola Oil, Chilli), Carrots, Corn, Ham (Pork, Water, Salt, Potato Starch, Salt, Dextrose (Maize), Starch, Mineral Salts (451, 450, 452, 331), Antioxidant (316), Sodium Nitrite (250), Flavour Enhancer (635), Natural Wood Smoke), Peas, **Eggs**, Oyster Sauce (**Mollusc**) (Water, Sugar, Salt, Oyster (**Mollusc**) Extract (6%), Thickener (1422), Rice Flour, Caramel (150A), Oyster (**Mollusc**) Flavour, Food Acid (270), Yeast Extract, Vegetable Gum (415)), **Soy Sauce** (Water, **Soybeans**, **Wheat**, Salt, Alcohol (6.5% alcohol v/v), Sugar, Food Acids (262, 270, 260)), Ginger, Garlic Paste (Garlic, Salt), Onion Powder, Oil, Salt, Shallots.

CONTAINS GLUTEN, WHEAT, EGG, MOLLUSC, SOY. MAY CONTAIN PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/ BONE FRAGMENTS.

Nutritional Details

Nutritional Details	Regular Size 300g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1050kJ (252Cal)	350kJ (84Cal)
Protein:	9g	3g
Fat, Total:	10.5g	3.5g
--Saturated:	1.2g	0.4g
Carbohydrates:	29.1g	9.7g
--Sugars:	2.2g	0.7g
Dietary Fibre:	2g	0.7g
Sodium:	705mg	235mg
Potassium:	177mg	59mg

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