



## Plain Croissant

Weight (pre-bake): 100g

Ingredients: wheat flour, sugar, eggs, yeast, salt, butter, milk.

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

NUTRITION IN	FOR	MA	TIO	N
Servings per package:	1			
Serving size:	80	g		
	50	y per	Average Quantit 100 g	- 1
Energy	1520	kJ	1900	kJ
Protein	6.1	g	7.6	g
Fat, total	20.1	g	25.2	g
- saturated	13	g	16.3	g
Carbohydrate	38.7	g	48.3	g
- sugars	4.8	g	6	g
Sodium	380	mg	476	mg



## Pain au chocolat

Weight (pre-bake): 120g

Ingredients: flour, sugar, eggs, yeast, salt, chocolate, butter, milk.

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

NUTRITION IN	NFORMA	TION
Servings per package:	1	
Serving size:	100 g	
	Average Quantity per Serving	Quantity per
Energy	1980 kJ	1980 kJ
Protein	7.5 g	7.5 g
Fat, total	25.6 g	25.6 g
- saturated	16.3 g	16.3 g
Carbohydrate	52.2 g	52.2 g
- sugars	13.1 g	13.1 g
Sodium	429 mg	429 mg



### Almond bear claw

Weight (pre-bake): 170g

Ingredients: flour, sugar, eggs, milk, yeast, salt, butter, almond meal, sliced almonds, custard powder, vanilla.

Contains: WHEAT, GLUTEN, MILK, EGGS, SOY, ALMOND.

NUTRITION	INFORMA	TION
Servings per packa	ge: 1	
Serving size:	130 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	2670 kJ	2050 kJ
Protein	11.4 g	8.8 g
Fat, total	38 g	29.2 g
- saturated	20.1 g	15.4 g
Carbohydrate	61.4 g	47.2 g
- sugars	20.6 g	15.8 g
Sodium	498 mg	383 mg



### Lunettes

Weight (pre-bake): 150g

Ingredients: flour, sugar, eggs, milk, butter, salt, yeast,

custard powder, vanilla.

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

Best consumed within 3 days of purchase

Made in Australia

Store in a cool dry place

NUTRITION INFORMATION			
Servings per package: 1			
Serving size:	150 g		
	Average Quantity per Serving	Average Quantity per 100 g	
Energy	1370 kJ	914 kJ	
Protein	7.3 g	4.9 g	
Fat, total	15.4 g	10.3 g	
- saturated	10.1 g	6.7 g	
Carbohydrate	39.1 g	26 g	
- sugars	14.7 g	9.8 g	
Sodium	308 mg	206 mg	



### Danish

Weight (pre-bake): 150g

Ingredients: flour, sugar, eggs, milk, almond, yeast, salt, butter, cream cheese, vanilla, custard powder, blueberry, pear, honey, glaze.

Contains: WHEAT, GLUTEN, MILK, EGGS, SOY, ALMOND.

Best consumed within 3 days of purchase Made in Australia Store in a cool dry place

NUTRITION IN	FURMA	HOIN
Servings per package:	1	
Serving size:	130 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	2350 kJ	1800 kJ
Protein	9.6 g	7.4 g
Fat, total	32 g	24.6 g
- saturated	20.5 g	15.8 g
Carbohydrate	57.4 g	44.2 g
- sugars	21.6 g	16.6 g
Sodium	480 mg	370 mg

NUTRITION INFORMATION



## Pistachio scroll

Weight (pre-bake): 130g

Ingredients: flour, sugar, eggs, milk, salt, yeast, custard powder, vanilla,

pistachio paste, pistachio, chocolate

Contains: WHEAT, GLUTEN, MILK, EGGS, SOY, PISTACHIO.

Best consumed within 3 days of purchase

Made in Australia

Store in a cool dry place

#### **NUTRITION INFORMATION**

Serving size:	100 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1840 kJ	1840 kJ
Protein	8.5 g	8.5 g
Fat, total	24.1 g	24.1 g
- saturated	13.3 g	13.3 g
Carbohydrate	45.8 g	45.8 g
- sugars	10.4 g	10.4 g
Sodium	394 mg	394 mg



## Raisins scroll

Weight (pre-bake): 130g

Ingredients: flour, sugar, eggs, milk, butter, salt, yeast, custard powder,

vanilla, cinnamon, raisins.

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

Best consumed within 3 days of purchase

Made in Australia

Store in a cool dry place

NUTRITION INFORMATION		
Servings per package: 1		
Serving size:	100 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1770 kJ	1770 kJ
Protein	7 g	7 g
Fat, total	19.9 g	19.9 g
- saturated	12.8 g	12.8 g
Carbohydrate	52.4 g	52.4 g
- sugars	17.5 g	17.5 g
Sodium	395 mg	395 mg



## Croissant suisse

Weight (pre-bake): 180g

Ingredients: flour, sugar, eggs, milk, butter, salt, yeast, custard powder,

chocolate.

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

Best consumed within 3 days of purchase

Made in Australia

Store in a cool dry place

#### **NUTRITION INFORMATION**

Serving size:	150 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	2380 kJ	1590 kJ
Protein	10.3 g	6.9 g
Fat, total	33.1 g	22 g
- saturated	20.6 g	13.8 g
Carbohydrate	56.2 g	37.5 g
- sugars	24 g	16 g
Sodium	455 mg	304 mg



## Apple turnover

Weight (pre-bake):

Ingredients: Flour, butter, milk, salt, apple, cinnamon, mixed spices, anisseed, brown sugar, eggs, custard powder, vanilla.

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

Best consumed within 3 days of purchase

Made in Australia

Store in a cool dry place

#### **NUTRITION INFORMATION**

Servings per package: 1

Serving size: 160 g

	The state of the s	Average Quantity per 100 g
Energy	1560 kJ	977 kJ
Protein	5.2 g	3.2 g
at, total	20.3 g	12.7 g
saturated	12.5 g	7.8 g
Carbohydrate	40.4 g	25.3 g
sugars	21 g	13.1 g
Sodium	115 mg	72 mg

# Hazelnut and chocolate croissant



Weight (pre-bake): 165g

Ingredients: caster sugar, butter, hazelnut meal, almond meal, wheat flour, cocoa powder, salt, eggs, chocolate chips, yeast, milk, custard powder.

Contains: WHEAT, GLUTEN, MILK, EGGS, SOY, ALMOND.

Best consumed within 3 days of purchase Made in Australia Store in a cool dry place

#### NUTRITION INFORMATION

Servings per package: 1

Serving size:

150 g

ociving size.	100 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	2650 kJ	1770 kJ
Protein	10.6 g	7.1 g
at, total	38.4 g	25.6 g
saturated	19.2 g	12.8 g
Carbohydrate	59.9 g	39.9 g
sugars	25.9 g	17.3 g
Sodium	495 mg	330 mg

# Prosciutto and cheese croissant



Weight (pre-bake): 140g

Ingredients: flour, sugar, eggs, butter, salt, yeast, mozzarella, milk,

provolone, prosciutto

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

Best consumed within 3 days of purchase

Made in Australia

Store in a cool dry place

NUTRITION INFORMATION			
Servings per package: 1			
Serving size:	120 g		
	Average Quantity per Serving	Average Quantity per 100 g	
Energy	2240 kJ	1860 kJ	
Protein	17.8 g	14.8 g	
Fat, total	31.1 g	25.9 g	
- saturated	19.6 g	16.4 g	
Carbohydrate	45 g	37.5 g	
- sugars	5.7 g	4.8 g	
Sodium	889 mg	741 mg	



## Spanakopita

Weight (pre-bake): 200g

Ingredients: Flour, butter, milk, salt, spinach, eggs, sesame seeds,

leek, dill, feta cheese.

Contains: WHEAT, GLUTEN, MILK, EGGS, SOY, SESAME SEED

Best consumed within 3 days of purchase

Made in Australia

Store in a cool dry place

#### **NUTRITION INFORMATION**

Serving size:	160 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1900 kJ	1190 kJ
Protein	12 g	7.5 g
Fat, total	31.9 g	19.9 g
- saturated	20.3 g	12.7 g
Carbohydrate	28.9 g	18 g
- sugars	2.6 g	1.6 g
Sodium	533 mg	333 mg

# Vegemite and cheese scroll



Weight (pre-bake): 130g

Ingredients: flour, sugar, eggs, milk, yeast, salt, butter, vegemite, mozzarella,

provolone, spring onions, sesame seeds.

Contains: WHEAT, GLUTEN, MILK, EGGS, SOY, SESAME SEEDS

Best consumed within 3 days of purchase

Made in Australia

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NO INTION IN	CKMA	TION
Servings per package:	1	
Serving size:	100 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1780 kJ	1780 kJ
Protein	11.4 g	11.4 g
Fat, total	24 g	24 g
- saturated	14.8 g	14.8 g
Carbohydrate	39.6 g	39.6 g
- sugars	5.5 g	5.5 g
Sodium	592 mg	592 mg

NUTRITION INFORMATION



## White sourdough batard



Weight (pre-bake): 900g

Ingredients: White flour, water, salt, organic barley malt.

Contains: WHEAT, GLUTEN, BARLEY

Best consumed within 5 days of purchase

Made in Australia

Store in a cool dry place

#### **NUTRITION INFORMATION**

Serving size:	75 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	702 kJ	937 kJ
Protein	5.3 g	7.1 g
Fat, total	0.6 g	0.7 g
- saturated	0.1 g	0.1 g
Carbohydrate	33.9 g	45.2 g
- sugars	0.3 g	0.4 g
Sodium	418 mg	557 mg

# White sourdough block loaf



Weight (pre-bake): 900g

Ingredients: White flour, water, salt, organic barley malt.

Contains: WHEAT, GLUTEN, BARLEY

Best consumed within 5 days of purchase

Made in Australia

Store in a cool dry place

NOTRITION IN	FURIM	ATION
Servings per package:	11	
Serving size:	75 g	
	Average Quantity pe Serving	Average er Quantity per 100 g
Energy	702 kJ	937 kJ
Protein	5.3 g	7.1 g
Fat, total	0.6 g	0.7 g
- saturated	0.1 g	0.1 g
Carbohydrate	33.9 g	45.2 g
- sugars	0.3 g	0.4 g
Sodium	418 mg	557 mg

NUTRITION INFORMATION

# White catering sourdough



Weight (pre-bake): 1300g

Ingredients: White flour, water, salt, organic barley malt.

Contains: WHEAT, GLUTEN, BARLEY

Best consumed within 5 days of purchase

Made in Australia

Store in a cool dry place

## NUTRITION INFORMATION Servings per package: 16

Serving size:	75 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	702 kJ	937 kJ
Protein	5.3 g	7.1 g
Fat, total	0.6 g	0.7 g
- saturated	0.1 g	0.1 g
Carbohydrate	33.9 g	45.2 g
- sugars	0.3 g	0.4 g
Sodium	418 mg	557 mg

# Large white cob sourdough



Weight (pre-bake): 2000g

Ingredients: White flour, water, salt, organic barley malt.

Contains: WHEAT, GLUTEN, BARLEY

Best consumed within 5 days of purchase

Made in Australia

Store in a cool dry place

#### **NUTRITION INFORMATION**

Serving size:	75	g		
	Average Quantity Serving		Averag Quantit 100 g	
Energy	694	kJ	925	kJ
Protein	5.2	g	7	g
Fat, total	0.6	g	0.7	g
- saturated	0.1	g	0.1	g
Carbohydrate	33.5	g	44.7	g
- sugars	0.3	g	0.4	g
Sodium	412	mg	550	mg

# White sourdough cobloaf



Weight (pre-bake): 650g

Ingredients: White flour, water, salt, organic barley malt.

Contains: WHEAT, GLUTEN, BARLEY

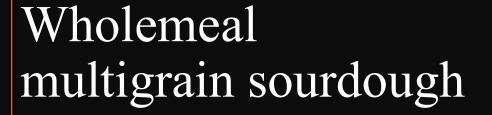
Best consumed within 5 days of purchase

Made in Australia

Store in a cool dry place

#### NUTRITION INFORMATION

Serving size:	75 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	676 kJ	902 kJ
Protein	5.1 g	6.8 g
Fat, total	0.5 g	0.7 g
- saturated	0.1 g	0.1 g
Carbohydrate	32.7 g	43.6 g
- sugars	0.3 g	0.4 g
Sodium	402 mg	536 mg





Weight (pre-bake): 900g

Ingredients: White flour, organic wholewheat flour,

organic rye flour, raw honey, sesame seeds, linseed,

sunflower seeds, water, salt, organic barley malt

Contains: WHEAT, GLUTEN, BARLEY, SESAME SEEDS

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#### NUTRITION INFORMATION

Serving size:	75 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	774 kJ	1030 kJ
Protein	6 g	7.9 g
Fat, total	3.4 g	4.5 g
- saturated	0.4 g	0.5 g
Carbohydrate	30.4 g	40.5 g
- sugars	2 g	2.6 g
Sodium	376 mg	502 mg



## Light rye sourdough

Weight (pre-bake): 650g

Ingredients: White flour, organic rye flour, water, salt, caraway,

organic barley malt.

Contains: WHEAT, GLUTEN, BARLEY.

Best consumed within 5 days of purchase

Made in Australia

Store in a cool dry place

#### **NUTRITION INFORMATION**

5 5		
Serving size:	75 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	672 kJ	896 kJ
Protein	5.4 g	7.2 g
Fat, total	1 g	1.3 g
- saturated	0.1 g	0.2 g
Carbohydrate	30.6 g	40.8 g
- sugars	0.4 g	0.6 g
Sodium	477 mg	635 mg



## Ficelle

Weight (pre-bake): 350g

Ingredients: White flour, water, salt, organic barley malt, sesame seeds, linseed, caraway seeds, nigella seeds, poppy seeds.

Contains: WHEAT, GLUTEN, BARLEY, SESAME SEEDS

Best consumed within 5 days of purchase

Made in Australia

Store in a cool dry place

#### **NUTRITION INFORMATION**

Serving size:	40 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	360 kJ	901 kJ
Protein	2.7 g	6.8 g
Fat, total	0.4 g	0.9 g
- saturated	0.1 g	0.1 g
Carbohydrate	17.2 g	43.1 g
- sugars	0.2 g	0.4 g
Sodium	231 mg	579 mg



## Baguette

Weight (pre-bake): 450g

Ingredients: White flour, organic rye flour, water, salt,

organic barley malt.

Contains: WHEAT, GLUTEN, BARLEY.

Best consumed within 5 days of purchase

Made in Australia

Store in a cool dry place

#### NUTRITION INFORMATION

Serving size:	40 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	361 kJ	903 kJ
Protein	2.7 g	6.8 g
Fat, total	0.3 g	0.7 g
- saturated	0 g	0.1 g
Carbohydrate	17.4 g	43.6 g
- sugars	0.2 g	0.4 g
Sodium	215 mg	537 mg



## Country wheel

Weight (pre-bake): 2800g (each roll 80g)

Ingredients: White flour, organic rye flour, water, salt,

organic barley malt.

Contains: WHEAT, GLUTEN, BARLEY.

Best consumed within 5 days of purchase

Made in Australia

Store in a cool dry place

#### **NUTRITION INFORMATION**

Serving size:	80 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	721 kJ	902 kJ
Protein	5.4 g	6.8 g
Fat, total	0.6 g	0.7 g
- saturated	0.1 g	0.1 g
Carbohydrate	34.8 g	43.6 g
- sugars	0.3 g	0.4 g
Sodium	429 mg	536 mg



## Bagel

Weight (pre-bake): 160g

Ingredients: White flour, water, salt, organic barley malt, sugar, sesame seeds, linseed, caraway seeds, nigella seeds, poppy seeds.

Contains: WHEAT, GLUTEN, BARLEY, SESAME SEEDS.

Best consumed within 5 days of purchase Made in Australia Store in a cool dry place

#### **NUTRITION INFORMATION**

Servings per package: 4

Serving size: 125 g

	3	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1430 kJ	1150 kJ
Protein	10.5 g	8.4 g
Fat, total	1.2 g	0.9 g
- saturated	0.2 g	0.1 g
Carbohydrate	69.5 g	55.6 g
- sugars	5.7 g	4.6 g
Sodium	813 mg	651 mg



## Focaccia

Weight (pre-bake): 3000g

Ingredients: White flour, water, salt, organic barley malt, olive oil, yeast,

raw sugar, garlic, Italian herbs.

Contains: WHEAT, GLUTEN, BARLEY.

NUTRITION IN	IFORM <i>A</i>	TION
Servings per package:	3	
Serving size:	150 g	
	Average Quantity per Serving	Quantity per
Energy	1700 kJ	1130 kJ
Protein	11.4 g	7.6 g
Fat, total	5.7 g	3.8 g
- saturated	0.9 g	0.6 g
Carbohydrate	74.1 g	49.4 g
- sugars	2.4 g	1.6 g
Sodium	891 mg	594 mg



## Sesame and spelt

Weight (pre-bake): 650g

Ingredients: Spelt flour, water, salt, organic barley malt, sesame seeds.

Contains: WHEAT, GLUTEN, BARLEY, SESAME SEED.

Best consumed within 5 days of purchase Made in Australia

Store in a cool dry place

NUTRITION INFORMATION		
Servings per package:	8	
Serving size:	75 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	818 kJ	1090 kJ
Protein	9.4 g	12.5 g
Fat, total	4 g	5.3 g
- saturated	0.5 g	0.6 g
Carbohydrate	27.8 g	37 g
- sugars	3.2 g	4.2 g
Sodium	333 mg	443 mg



### Almond and seeds

Weight (pre-bake): 650g

Ingredients: White baker's flour, wholemeal flour, water, starter, salt, organic barley malt, yeast, honey, sesame seeds, linseeds, sunflower seeds, pumpkin seeds, almonds.

Contains: WHEAT, GLUTEN, BARLEY, SESAME SEED, ALMONDS.

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#### NUTRITION INFORMATION

Serving size:	75 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	943 kJ	1260 kJ
Protein	6.8 g	9.1 g
Fat, total	7.7 g	10.2 g
- saturated	0.9 g	1.2 g
Carbohydrate	29.6 g	39.5 g
- sugars	7.7 g	10.2 g
Sodium	295 mg	394 mg



## Olive loaf

Weight (pre-bake): 650g

Ingredients: White flour, organic rye flour, water, salt,

organic barley malt, green olives, kalamata olives

Contains: WHEAT, GLUTEN, BARLEY.

NUTRITION INFORMATION		
Servings per package: 8		
Serving size:	75 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	680 kJ	907 kJ
Protein	4.8 g	6.4 g
Fat, total	2 g	2.7 g
- saturated	0.3 g	0.4 g
Carbohydrate	29.9 g	39.8 g
- sugars	0.2 g	0.3 g
Sodium	475 mg	633 mg

# Cherry chocolate and pecan



Weight (pre-bake): 150g

Ingredients: White baker's flour, water, raw sugar, salt, yeast,

organic barley malt, pecan, chocolate, sour cherries.

Contains: WHEAT, GLUTEN, BARLEY, PECAN.

NUTRITION IN	IFORMA	TION
Servings per package: 1		
Serving size:	140 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1700 kJ	1210 kJ
Protein	9.6 g	6.9 g
Fat, total	15.2 g	10.9 g
- saturated	2.4 g	1.7 g
Carbohydrate	55.2 g	39.4 g
- sugars	9.3 g	6.7 g
Sodium	554 mg	396 mg



## Raisins and pecan

Weight (pre-bake): 7000g

Ingredients: White baker's flour, water, raw sugar, salt, yeast,

organic barley malt, pecans, raisins

Contains: WHEAT, GLUTEN, BARLEY, PECAN.

NUTRITION IN	IFORM <i>A</i>	TION
Servings per package:	9	
Serving size:	70 g	
	Average Quantity per Serving	Quantity per
Energy	895 kJ	1280 kJ
Protein	4.7 g	6.7 g
Fat, total	7.2 g	10.3 g
- saturated	0.5 g	0.7 g
Carbohydrate	31.1 g	44.5 g
- sugars	8.8 g	12.5 g
Sodium	281 mg	402 mg



## Brioche bun

Weight (pre-bake): 100g

Ingredients: flour, milk powder, eggs, yeast, bread improver, sugar,

salt, sesame seeds.

Contains: WHEAT, GLUTEN, BARLEY, SESAME SEEDS, MILK, Serving size:

EGG.

Best consumed within 3 days of purchase

Made in Australia

Store in a cool dry place

#### **NUTRITION INFORMATION**

Servings per package: 6

erving size: 80 g

	_	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1140 kJ	1420 kJ
Protein	7.8 g	9.8 g
at, total	5.8 g	7.3 g
saturated	3.3 g	4.2 g
Carbohydrate	45.1 g	56.4 g
sugars	4.8 g	6 g
Sodium	398 mg	497 mg



## Brioche loaf

Weight (pre-bake): 700g

Ingredients: **flour**, **milk powder**, **eggs**, yeast, bread improver, sugar, salt.

Contains: WHEAT, GLUTEN, BARLEY, MILK, EGGS.

Best consumed within 3 days of purchase

Made in Australia

Store in a cool dry place

NUTRITION IN	FORM	NOITA
Servings per package:	10	
Serving size:	60 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	798 kJ	1330 kJ
Protein	5.5 g	9.1 g
Fat, total	4.1 g	6.8 g
- saturated	2.3 g	3.9 g
Carbohydrate	31.6 g	52.6 g
- sugars	3.4 g	5.6 g
Sodium	279 mg	464 mg





### Banana bread

Weight: 1800g

Ingredients: butter, caster sugar, brown sugar, eggs, vanilla, wheat flour, baking powder, bi-carb soda, salt, sour cream, banana.

Contains: WHEAT, GLUTEN, MILK, EGGS, SOY

Best consumed within 5 days of purchase

Made in Australia

Store in a cool dry place

NUTRITION INFORMATION		
Servings per package:	10	
Serving size:	180 g	
	Average Quantity per Serving	Quantity per
Energy	3450 kJ	1920 kJ
Protein	8.5 g	4.7 g
Fat, total	41.5 g	23.1 g
- saturated	18.4 g	10.2 g
Carbohydrate	102 g	56.6 g
- sugars	56.3 g	31.3 g
Sodium	377 mg	210 mg



### Carrot Cake

Weight: 2300g

Ingredients: carrots, walnuts, eggs, sugar, vanilla, vegetable oil, plain flour, baking powder, bi-carb soda, cinnamon, nutmeg, cream cheese, powder sugar, apricots.

Contains: WHEAT, GLUTEN, MILK, EGGS, SOY, WALNUT.

Best consumed within 5 days of purchase

Made in Australia

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#### NUTRITION INFORMATION

Servings per package: 20

Serving size:

115 g

	110	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	41200 kJ	1790 kJ
Protein	95.5 g	4.2 g
Fat, total	615 g	26.7 g
- saturated	148 g	6.4 g
Carbohydrate	959 g	41.7 g
- sugars	694 g	30.2 g
Sodium	6150 mg	268 mg



## Brownie

Weight: 2000g

Ingredients: Sugar, corn flour, cocoa powder, baking powder,

dark chocolate, sour cream, butter, macadamia.

Contains: WHEAT, GLUTEN, MILK, EGGS, SOY, MACADAMIA.

Best consumed within 5 days of purchase

Made in Australia

Store in a cool dry place

#### NUTRITION INFORMATION

Serving size:	100 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	2090 kJ	2090 kJ
Protein	5.4 g	5.4 g
Fat, total	34.1 g	34.1 g
- saturated	14.5 g	14.5 g
Carbohydrate	41.7 g	41.7 g
- sugars	37 g	37 g
Sodium	199 mg	199 mg



### Rhubarb tart

Weight: 130g

Ingredients: flour, butter, salt, sugar, eggs, rhubarb.

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

Best consumed within 5 days of purchase

Made in Australia

Store in a cool dry place

#### **NUTRITION INFORMATION**

Servings per package: 1

Serving size: 100 g

Serving size.	100 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	970 kJ	970 kJ
Protein	4.1 g	4.1 g
Fat, total	9.6 g	9.6 g
- saturated	6 g	6 g
Carbohydrate	30.1 g	30.1 g
- sugars	14.4 g	14.4 g
Sodium	99 mg	99 mg



### Granola

Weight: 1000g

Ingredients: oat, pecan, honey, maple syrup, orange blossom,

whole almonds, pumpkin seeds, sesame seeds, linseeds,

sunflower seeds, sea salt, olive oil.

Contains: WHEAT, GLUTEN, ALMOND, SESAME SEEDS, PECAN NUTS, OAT.

Best consumed within 30 days of purchase
Made in Australia
Store in a cool dry place

#### **NUTRITION INFORMATION**

Servings per package: 20

Serving size: 50

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	Average Quantity per Serving	Average Quantity per 100 g
Energy	1090 kJ	2190 kJ
Protein	5.2 g	10.4 g
Fat, total	16.6 g	33.2 g
- saturated	1.9 g	3.7 g
Carbohydrate	21.5 g	43 g
- sugars	10.9 g	21.8 g
Sodium	48 mg	96 mg