



# NUTRITION & ALLERGEN INFORMATION

Our stores strive to achieve the highest quality in cleanliness and food safety. However, we cannot guarantee our products be completely free from food allergens and potential cross-contamination due to the nature of the preparation and serving areas. These allergens include **gluten, wheat, oats, rye, barley, fish, crustacean, mollusc, egg, milk, lupin, peanut, soy, sesame, sulphites**, and tree nuts including **almond, Brazil nut, cashew, hazelnut, macadamia, pecan, pistachio, pine nut and walnut**.

Actual values may differ from those listed below due to the individual preparation of our products.  
Please use this nutrition & allergen information manual as a guide only.

**Glazed n Blazed - BBQ Pork Ribs, BBQ Wings, Chips and Slaw**

## Nutritional Information

Servings per package: 1

Serving Size: 1948 g



	Average Quantity per Serving	Average Quantity Per 100g
Energy	15100 kJ (3600 Cal)	773 kJ (185 Cal)
Protein	227 g	11.6 g
Fat, total	194 g	10.0 g
-saturated	60.9 g	3.1 g
Carbohydrate	232 g	11.9 g
-sugars	130 g	6.7 g
Sodium	4720 mg	242 mg

Ingredients: Pork Riblets (Pork, Sauce (Water, Sugar, Tomato Powder, Spices, Tapioca Starch, Onion, Salt, Yeast Extract, Thickeners (412, 415), Smoke Flavour, Natural Flavour, Acidity Regulator (262))), Chips (Potato, Coating (Modified Starch (1412), Rice Flour, Dextrin, Pea Fibre, Raising Agents (450, 500), Thickener (415), Pea Protein), Canola Oil), Wings (Oven Roasted Chicken Wings, Peri Peri (Spices, Paprika, Cumin, Chillies), Dextrose, Salt, Anti-caking Agent (551))), Bbq Sauce (Sugar, Tomatoes (From Paste, Food Acid (Citric)), Rice Flour, Food Acid (Acetic, Citric), Salt, Glucose Syrup, Colour (Caramel 150c), Thickener (Pectin), Onion, Spices (Clove, Nutmeg, Pepper), Tamarind Paste, Yeast Extract), Cabbage, Apple, Carrot, Shallots, Apple Cider Vinegar (Naturally Brewed Apple Cider Vinegar, Apple Extract.), Canola Oil, Dijon Mustard (Water, Mustard Seed, Salt, Sugar, Food Acid (Acetic), Turmeric), Parsley, Honey, Chicken Salt (Salt, Sugar, Maize Starch, Flavour Enhancer (621), Spices, Vegetable Oil, Vegetable Protein Extracts (Contains **Soy**), Acidity Regulator (330), Hydrolysed Vegetable Protein (Contains **Soy**)), Crushed Garlic (Garlic, Salt), Salt (Salt, Anti-caking Agent (554)), Black Pepper.

**Contains Soy.****May Contain Peanut.**

**Rack Pack - BBQ Pork Ribs, Chips and Slaw**

## Nutritional Information

Servings per package: 1

Serving Size: 1096 g



	Average Quantity per Serving	Average Quantity Per 100g
Energy	7000 kJ (1670 Cal)	638 kJ (153 Cal)
Protein	85.9 g	7.8 g
Fat, total	73.5 g	6.7 g
-saturated	22.1 g	2.0 g
Carbohydrate	160 g	14.6 g
-sugars	74.8 g	6.8 g
Sodium	2360 mg	215 mg

Ingredients: Pork Riblets (Pork, Sauce (Water, Sugar, Tomato Powder, Spices, Tapioca Starch, Onion, Salt, Yeast Extract, Thickeners (412, 415), Smoke Flavour, Natural Flavour, Acidity Regulator (262))), Chips (Potato, Coating (Modified Starch (1412), Rice Flour, Dextrin, Pea Fibre, Raising Agents (450, 500), Thickener (415), Pea Protein), Canola Oil), Cabbage, Bbq Sauce (Sugar, Tomatoes (From Paste, Food Acid (Citric)), Rice Flour, Food Acid (Acetic, Citric), Salt, Glucose Syrup, Colour (Caramel 150c), Thickener (Pectin), Onion, Spices (Clove, Nutmeg, Pepper), Tamarind Paste, Yeast Extract), Apple, Carrot, Shallots, Apple Cider Vinegar (Naturally Brewed Apple Cider Vinegar, Apple Extract.), Canola Oil, Dijon Mustard (Water, Mustard Seed, Salt, Sugar, Food Acid (Acetic), Turmeric), Honey, Chicken Salt (Salt, Sugar, Maize Starch, Flavour Enhancer (621), Spices, Vegetable Oil, Vegetable Protein Extracts (Contains **Soy**), Acidity Regulator (330), Hydrolysed Vegetable Protein (Contains **Soy**)), Crushed Garlic (Garlic, Salt), Salt (Salt, Anti-caking Agent (554)), Black Pepper.

**Contains Soy.****May Contain Peanut.**

**Ribs n Things BBQ Pork Ribs, BBQ Wings, Chips and Slaw**

## Nutritional Information

Servings per package: 1

Serving Size: 1448 g



	Average Quantity per Serving	Average Quantity Per 100g
Energy	11200 kJ (2670 Cal)	772 kJ (185 Cal)
Protein	154 g	10.6 g
Fat, total	140 g	9.7 g
-saturated	40.4 g	2.8 g
Carbohydrate	195 g	13.5 g
-sugars	98.9 g	6.8 g
Sodium	3490 mg	241 mg

Ingredients: Pork Riblets (Pork, Sauce (Water, Sugar, Tomato Powder, Spices, Tapioca Starch, Onion, Salt, Yeast Extract, Thickeners (412, 415), Smoke Flavour, Natural Flavour, Acidity Regulator (262))), Chips (Potato, Coating (Modified Starch (1412), Rice Flour, Dextrin, Pea Fibre, Raising Agents (450, 500), Thickener (415), Pea Protein), Canola Oil), Wings (Oven Roasted Chicken Wings, Peri Peri (Spices, Paprika, Cumin, Chillies), Dextrose, Salt, Anti-caking Agent (551))), Bbq Sauce (Sugar, Tomatoes (From Paste, Food Acid (Citric)), Rice Flour, Food Acid (Acetic, Citric), Salt, Glucose Syrup, Colour (Caramel 150c), Thickener (Pectin), Onion, Spices (Clove, Nutmeg, Pepper), Tamarind Paste, Yeast Extract), Cabbage, Apple, Carrot, Shallots, Apple Cider Vinegar (Naturally Brewed Apple Cider Vinegar, Apple Extract.), Canola Oil, Dijon Mustard (Water, Mustard Seed, Salt, Sugar, Food Acid (Acetic), Turmeric), Parsley, Honey, Chicken Salt (Salt, Sugar, Maize Starch, Flavour Enhancer (621), Spices, Vegetable Oil, Vegetable Protein Extracts (Contains **Soy**), Acidity Regulator (330), Hydrolysed Vegetable Protein (Contains **Soy**)), Crushed Garlic (Garlic, Salt), Salt (Salt, Anti-caking Agent (554)), Black Pepper.

**Contains Soy.****May Contain Peanut.**

**Stacks on - BBQ Pork Ribs, Chips and Slaw**

## Nutritional Information

Servings per package: 1

Serving Size: 1596 g



	Average Quantity per Serving	Average Quantity Per 100g
Energy	10900 kJ (2600 Cal)	681 kJ (163 Cal)
Protein	159 g	10.0 g
Fat, total	127 g	8.0 g
-saturated	42.6 g	2.7 g
Carbohydrate	197 g	12.4 g
-sugars	106 g	6.6 g
Sodium	3590 mg	225 mg

Ingredients: Pork Riblets (Pork, Sauce (Water, Sugar, Tomato Powder, Spices, Tapioca Starch, Onion, Salt, Yeast Extract, Thickeners (412, 415), Smoke Flavour, Natural Flavour, Acidity Regulator (262))), Chips (Potato, Coating (Modified Starch (1412), Rice Flour, Dextrin, Pea Fibre, Raising Agents (450, 500), Thickener (415), Pea Protein), Canola Oil), Cabbage, Bbq Sauce (Sugar, Tomatoes (From Paste, Food Acid (Citric)), Rice Flour, Food Acid (Acetic, Citric), Salt, Glucose Syrup, Colour (Caramel 150c), Thickener (Pectin), Onion, Spices (Clove, Nutmeg, Pepper), Tamarind Paste, Yeast Extract), Apple, Carrot, Shallots, Apple Cider Vinegar (Naturally Brewed Apple Cider Vinegar, Apple Extract.), Canola Oil, Dijon Mustard (Water, Mustard Seed, Salt, Sugar, Food Acid (Acetic), Turmeric), Honey, Chicken Salt (Salt, Sugar, Maize Starch, Flavour Enhancer (621), Spices, Vegetable Oil, Vegetable Protein Extracts (Contains **Soy**), Acidity Regulator (330), Hydrolysed Vegetable Protein (Contains **Soy**)), Crushed Garlic (Garlic, Salt), Salt (Salt, Anti-caking Agent (554)), Black Pepper.

**Contains Soy.****May Contain Peanut.**

**Back off Slaw**

Nutritional Information  
Servings per package: 1  
Serving Size: 195 g



	Average Quantity per Serving	Average Quantity Per 100g
Energy	410 kJ (98 Cal)	210 kJ (50 Cal)
Protein	2.4 g	1.2 g
Fat, total	4.2 g	2.1 g
-saturated	0.3 g	0.1 g
Carbohydrate	9.8 g	5.0 g
-sugars	9.3 g	4.8 g
Sodium	99 mg	51 mg

Ingredients: Cabbage, Apple, Carrot, Shallots, Apple Cider Vinegar (Naturally Brewed Apple Cider Vinegar, Apple Extract.), Canola Oil, Dijon Mustard (Water, Mustard Seed, Salt, Sugar, Food Acid (Acetic), Turmeric), Honey, Crushed Garlic (Garlic, Salt), Salt (Salt, Anti-caking Agent (554)), Black Pepper.

**May Contain Peanut.**

**Beef Burnt Ends with BBQ Sauce - Large**

## Nutritional Information

Servings per package: 1

Serving Size: 330 g



	Average Quantity per Serving	Average Quantity Per 100g
Energy	5100 kJ (1220 Cal)	1540 kJ (369 Cal)
Protein	67.5 g	20.5 g
Fat, total	97.3 g	29.5 g
-saturated	40.5 g	12.3 g
Carbohydrate	20.6 g	6.3 g
-sugars	17.5 g	5.3 g
Sodium	981 mg	297 mg

Ingredients: Beef Burnt Ends (Beef, Sugar, Dehydrated Vegetables (Tomato, Garlic, Onion), Salt, Hydrolysed Vegetable Protein (Maize), Thickener (1422), Food Acids (330, 262), Spices, Smoke Flavour, Natural Flavour, Burnt Sugar, vegetable Gum (415), Flavour Enhancer (Disodium-5'-ribonucleotides), Spice Extracts)), Bbq Sauce (Sugar, Tomatoes (From Paste, Food Acid (Citric)), Rice Flour, Food Acid (Acetic, Citric), Salt, Glucose Syrup, Colour (Caramel 150c), Thickener (Pectin), Onion, Spices (Clove, Nutmeg, Pepper), Tamarind Paste, Yeast Extract), Shallots.

**May Contain Peanut.**

**Beef Burnt Ends with BBQ Sauce - Small**

Nutritional Information  
 Servings per package: 1  
 Serving Size: 225 g



	Average Quantity per Serving	Average Quantity Per 100g
Energy	3430 kJ (820 Cal)	1530 kJ (365 Cal)
Protein	45.1 g	20.0 g
Fat, total	64.8 g	28.8 g
-saturated	27.0 g	12.0 g
Carbohydrate	15.6 g	6.9 g
-sugars	13.3 g	5.9 g
Sodium	687 mg	305 mg

Ingredients: Beef Burnt Ends (Beef, Sugar, Dehydrated Vegetables (Tomato, Garlic, Onion), Salt, Hydrolysed Vegetable Protein (Maize), Thickener (1422), Food Acids (330, 262), Spices, Smoke Flavour, Natural Flavour, Burnt Sugar, vegetable Gum (415), Flavour Enhancer (Disodium-5'-ribonucleotides), Spice Extracts)), Bbq Sauce (Sugar, Tomatoes (From Paste, Food Acid (Citric)), Rice Flour, Food Acid (Acetic, Citric), Salt, Glucose Syrup, Colour (Caramel 150c), Thickener (Pectin), Onion, Spices (Clove, Nutmeg, Pepper), Tamarind Paste, Yeast Extract), Shallots.

**May Contain Peanut.**



## Beef Burnt Ends with BBQ Sauce & Chips

Nutritional Information  
Servings per package: 1  
Serving Size: 658 g



	Average Quantity per Serving	Average Quantity Per 100g
Energy	7150 kJ (1710 Cal)	1090 kJ (260 Cal)
Protein	77.4 g	11.8 g
Fat, total	112 g	17.1 g
-saturated	41.8 g	6.4 g
Carbohydrate	95.8 g	14.6 g
-sugars	19.3 g	2.9 g
Sodium	1330 mg	202 mg

Ingredients: Chips (Potato, Coating (Modified Starch (1412), Rice Flour, Dextrin, Pea Fibre, Raising Agents (450, 500), Thickener (415), Pea Protein), Canola Oil), Beef Burnt Ends (Beef, Sugar, Dehydrated Vegetables (Tomato, Garlic, Onion), Salt, Hydrolysed Vegetable Protein (Maize), Thickener (1422), Food Acids (330, 262), Spices, Smoke Flavour, Natural Flavour, Burnt Sugar, vegetable Gum (415), Flavour Enhancer (Disodium-5'-ribonucleotides), Spice Extracts)), Bbq Sauce (Sugar, Tomatoes (From Paste, Food Acid (Citric)), Rice Flour, Food Acid (Acetic, Citric), Salt, Glucose Syrup, Colour (Caramel 150c), Thickener (Pectin), Onion, Spices (Clove, Nutmeg, Pepper), Tamarind Paste, Yeast Extract), Parsley, Chicken Salt (Salt, Sugar, Maize Starch, Flavour Enhancer (621), Spices, Vegetable Oil, Vegetable Protein Extracts (Contains **Soy**), Acidity Regulator (330), Hydrolysed Vegetable Protein (Contains **Soy**)).

**Contains Soy.**

**May Contain Peanut.**

**Buffalo Wings 6 pack**

Nutritional Information  
Servings per package: 1  
Serving Size: 332 g



	Average Quantity per Serving	Average Quantity Per 100g
Energy	3870 kJ (925 Cal)	1170 kJ (279 Cal)
Protein	67.5 g	20.3 g
Fat, total	69.8 g	21.0 g
-saturated	18.9 g	5.7 g
Carbohydrate	9.1 g	2.7 g
-sugars	1.2 g	0.4 g
Sodium	1420 mg	429 mg

Ingredients: Wings (Oven Roasted Chicken Wings, Peri Peri (Spices, Paprika, Cumin, Chillies), Dextrose, Salt, Anti-caking Agent (551)), Buffalo Sauce (Aged Cayenne Pepper, Vinegar, Water, Salt, Vegetable Oils (Contain **Soy**, Antioxidant (319)), Garlic Powder, Thickener (405, 415), Paprika, Acidity Regulator (330), Colour (160c, 160a), Emulsifier (322 From **Soy**), Preservative (385), Flavour), Parsley.

**Contains Soy.**

**Chip'n**

Nutritional Information  
Servings per package: 1  
Serving Size: 331 g



	Average Quantity per Serving	Average Quantity Per 100g
Energy	2060 kJ (492 Cal)	622 kJ (149 Cal)
Protein	9.9 g	3.0 g
Fat, total	15.2 g	4.6 g
-saturated	1.3 g	0.4 g
Carbohydrate	75.3 g	22.7 g
-sugars	1.9 g	0.6 g
Sodium	349 mg	105 mg

Ingredients: Chips (Potato, Coating (Modified Starch (1412), Rice Flour, Dextrin, Pea Fibre, Raising Agents (450, 500), Thickener (415), Pea Protein), Canola Oil), Chicken Salt (Salt, Sugar, Maize Starch, Flavour Enhancer (621), Spices, Vegetable Oil, Vegetable Protein Extracts (Contains **Soy**), Acidity Regulator (330), Hydrolysed Vegetable Protein (Contains **Soy**)).

**Contains Soy.**

## Choc Mousse

Nutritional Information  
Servings per package: 1  
Serving Size: 95 g



	Average Quantity per Serving	Average Quantity Per 100g
Energy	1610 kJ (384 Cal)	1690 kJ (404 Cal)
Protein	2.9 g	3.1 g
Fat, total	32.3 g	34.0 g
-saturated	20.9 g	22.0 g
Carbohydrate	18.6 g	19.6 g
-sugars	18.1 g	19.0 g
Sodium	60 mg	63 mg

Ingredients: Chocolate Mousse (Thickened Cream (**Milk**, Thickeners (412, 407)), **Milk** And Dark Chocolate (Sugar, Cocoa Mass, **Milk** Solids, Cocoa Butter, Emulsifiers (**Soy** Lecithin, 476), Natural Flavours), Natural Flavours. Cocoa Solids (13%).

**Contains Milk, Soy.**

**May Contain Peanut, Tree Nuts.**

**Choc'n Bites**

Nutritional Information  
 Servings per package: 1  
 Serving Size: 121 g



	Average Quantity per Serving	Average Quantity Per 100g
Energy	1920 kJ (459 Cal)	1590 kJ (379 Cal)
Protein	7.4 g	6.1 g
Fat, total	15.6 g	12.9 g
-saturated	9.2 g	7.6 g
Carbohydrate	70.8 g	58.5 g
-sugars	58.5 g	48.4 g
Sodium	261 mg	216 mg

Ingredients: Chocolate Brownie (Sugar White, Brown Sugar, Margarine (Vegetable Oils And Fats, Water, Salt, Emulsifiers (322 (**Soy** Derived), 471), Preservative (202), Natural Flavour, Acidity Regulator (330), Natural Colour (160a), Antioxidant (307b)), Plain **Wheat** Flour (Vitamins (Thiamine, Folate)), Whole **Egg**, Water, Cocoa Powder, Whey Protein Concentrate (**Milk**), Dusting Sugar (Dextrose, Maize Starch, Inter-esterified Palm Oil)), Chocolate Fudge Sauce (**Egg**) (Sugar, Water, Dextrose, **Milk** Solids, Cocoa Powder, Vegetable Fat, Maltodextrin, Salt, Thickener (401) Preservative (202), Flavour, Emulsifiers (322 (**Soy**))), Icing Sugar (Sugar, Tapioca Or Maize Starch).

**Contains Gluten, Wheat, Egg, Milk, Soy.**

**May Contain Peanut, Tree Nuts, Sesame.**

## Garlic Cheese Torpedo

Nutritional Information  
Servings per package: 1  
Serving Size: 159 g



	Average Quantity per Serving	Average Quantity Per 100g
Energy	2100 kJ (502 Cal)	1320 kJ (317 Cal)
Protein	18.2 g	11.5 g
Fat, total	27.0 g	17.0 g
-saturated	14.1 g	8.9 g
Carbohydrate	45.1 g	28.5 g
-sugars	2.8 g	1.7 g
Sodium	980 mg	618 mg

Ingredients: Garlic Bread (Bread (**Wheat** Flour, Water, Baker's Yeast, Vegetable Oil, Iodised Salt, Sugar, Dextrose, Emulsifiers (481, 472e), **Soy** Flour, Preservative (282), Vitamins (Thiamin, Folic Acid)), Spread (Margarine (Vegetable Oil, Water, Salt, Emulsifiers (322 **Soy**, 471), Flavour, Antioxidant (307b **Soy**), Food Acid (330), Colour (160a)), Water, Garlic, Sugar, Parsley, Acidity Regulator (330)), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Parmesan Cheese (Cheese (Pasteurised **Milk**, Salt, Mineral Salt (509), Starter Cultures, Enzymes (Animal Lipase), Preservatives (1105 (**Egg**), 235) Enzymes, Preservative (1105)) Anticaking Agent (460)), Parsley.

**Contains Gluten, Wheat, Egg, Milk, Soy.**

**May Contain Sesame.**

**Honey Soy Wings 6 pack**

Nutritional Information  
Servings per package: 1  
Serving Size: 355 g



	Average Quantity per Serving	Average Quantity Per 100g
Energy	4050 kJ (967 Cal)	1140 kJ (272 Cal)
Protein	68.4 g	19.3 g
Fat, total	66.3 g	18.7 g
-saturated	18.3 g	5.2 g
Carbohydrate	25.4 g	7.1 g
-sugars	15.8 g	4.5 g
Sodium	1240 mg	349 mg

Ingredients: Wings (Oven Roasted Chicken Wings, Peri Peri (Spices, Paprika, Cumin, Chillies), Dextrose, Salt, Anti-caking Agent (551)), Honey **Soy** Sauce (Water, Sugar, **Soy** Sauce (Water, **Soybeans**, Rice, Salt), Thickeners (1422, 415), Honey, Sherry, Food Acid (Acetic), Yeast Extract, Colour (150d)), Shallots.

**Contains Soy.**

**May Contain Milk, Peanut, Tree Nuts, Sesame.**

**Kernel Smoke**

Nutritional Information  
Servings per package: 1  
Serving Size: 120 g



	Average Quantity per Serving	Average Quantity Per 100g
Energy	966 kJ (231 Cal)	805 kJ (192 Cal)
Protein	3.7 g	3.1 g
Fat, total	17.7 g	14.8 g
-saturated	11.3 g	9.4 g
Carbohydrate	12.7 g	10.6 g
-sugars	5.6 g	4.7 g
Sodium	213 mg	178 mg

Ingredients: Corn, Salted Butter (Pasteurised Cream (**Milk**), Water, Salt), Spice Blend (Spices (Paprika, Black Pepper), Sea Salt Flakes, Canola Oil, Vegetable Powders, Smoke Oil).

**Contains Milk.**



**Little Buckaroo Munch Pack**

## Nutritional Information

Servings per package: 1

Serving Size: 321 g



	Average Quantity per Serving	Average Quantity Per 100g
Energy	2120 kJ (506 Cal)	659 kJ (157 Cal)
Protein	25.0 g	7.8 g
Fat, total	11.6 g	3.6 g
-saturated	1.5 g	0.5 g
Carbohydrate	71.7 g	22.3 g
-sugars	3.1 g	1.0 g
Sodium	889 mg	277 mg

Ingredients: Chips (Potato, Coating (Modified Starch (1412), Rice Flour, Dextrin, Pea Fibre, Raising Agents (450, 500), Thickener (415), Pea Protein), Canola Oil), Karaage Chicken (Chicken Breast, Karaage Mix (Potato Starch, Breadcrumbs ((**Wheat** Flour (Added Thiamine & Folic Acid))), Iodised Salt, Dry Yeast, Water), Honey **Soy** Glaze (Sugar, Honey Powder, **Soy** Sauce Powder, Thickener (1422), Salt, Hydrolysed Vegetable Protein, Colour (150d), Spice, Food Acids (330, 331), **Sesame** Oil, Natural Flavour), Garlic Powder, Salt), Qld Brine (Salt, Sugar, Mineral Salts (450, 451, 452), Food Acid (262)), Rice Bran Oil, Rc Seasoning (Maltodextrin (Corn), Salt, Sugar, Natural Flavour, Hydrolysed Vegetable Protein (**Soy**), Anticaking Agent (551)), Carrageenan), Chicken Salt (Salt, Sugar, Maize Starch, Flavour Enhancer (621), Spices, Vegetable Oil, Vegetable Protein Extracts (Contains **Soy**), Acidity Regulator (330), Hydrolysed Vegetable Protein (Contains **Soy**)).

**Contains Gluten, Wheat, Soy, Sesame.**

**Mind your Biscuits 2 pack**

Nutritional Information  
 Servings per package: 2  
 Serving Size: 46 g



	Average Quantity per Serving	Average Quantity Per 100g
Energy	791 kJ (189 Cal)	1720 kJ (411 Cal)
Protein	3.1 g	6.6 g
Fat, total	10.8 g	23.4 g
-saturated	6.8 g	14.7 g
Carbohydrate	19.5 g	42.3 g
-sugars	2.9 g	6.2 g
Sodium	437 mg	950 mg

Ingredients: Scone (**Wheat** Flour, Water, Sugar, Margarine (Vegetable Oils (Palm, Canola, Coconut), Water, Salt, Vegetable Emulsifiers (471 From Palm, 472c) (Palm), Antioxidant (304 From Palm), Natural Flavour, Natural Colour (160a)), Buttermilk Powder (2.5%) (**Milk**), Raising Agents (500, 541, 450), Emulsifiers ((472e, 471), Stabiliser (400), Antioxidant (300)), Salt, Thickener (1400), **Egg** Powder, Natural Colour (160a), Enzyme (**Wheat**)), Salted Butter (Pasteurised Cream (**Milk**), Water, Salt), Parsley, Spice Blend (Spices (Paprika, Black Pepper), Sea Salt Flakes, Canola Oil, Vegetable Powders, Smoke Oil).

**Contains Gluten, Wheat, Egg, Milk.**

**May Contain Peanut, Soy, Tree Nuts, Sesame.**

**Mind your Biscuits 4 pack**

Nutritional Information  
 Servings per package: 4  
 Serving Size: 46 g



	Average Quantity per Serving	Average Quantity Per 100g
Energy	791 kJ (189 Cal)	1720 kJ (411 Cal)
Protein	3.1 g	6.6 g
Fat, total	10.8 g	23.4 g
-saturated	6.8 g	14.7 g
Carbohydrate	19.5 g	42.3 g
-sugars	2.9 g	6.2 g
Sodium	437 mg	950 mg

Ingredients: Scone (**Wheat** Flour, Water, Sugar, Margarine (Vegetable Oils (Palm, Canola, Coconut), Water, Salt, Vegetable Emulsifiers (471 From Palm, 472c) (Palm), Antioxidant (304 From Palm), Natural Flavour, Natural Colour (160a)), Buttermilk Powder (2.5%) (**Milk**), Raising Agents (500, 541, 450), Emulsifiers ((472e, 471), Stabiliser (400), Antioxidant (300)), Salt, Thickener (1400), **Egg** Powder, Natural Colour (160a), Enzyme (**Wheat**)), Salted Butter (Pasteurised Cream (**Milk**), Water, Salt), Parsley, Spice Blend (Spices (Paprika, Black Pepper), Sea Salt Flakes, Canola Oil, Vegetable Powders, Smoke Oil).

**Contains Gluten, Wheat, Egg, Milk.**

**May Contain Peanut, Soy, Tree Nuts, Sesame.**

**Smokin BBQ Wings 6 pack**

Nutritional Information  
Servings per package: 1  
Serving Size: 352 g



	Average Quantity per Serving	Average Quantity Per 100g
Energy	4190 kJ (1000 Cal)	1190 kJ (284 Cal)
Protein	67.7 g	19.2 g
Fat, total	66.4 g	18.9 g
-saturated	18.3 g	5.2 g
Carbohydrate	35.0 g	9.9 g
-sugars	24.2 g	6.9 g
Sodium	1130 mg	322 mg

Ingredients: Wings (Oven Roasted Chicken Wings, Peri Peri (Spices, Paprika, Cumin, Chillies), Dextrose, Salt, Anti-caking Agent (551)), Bbq Sauce (Sugar, Tomatoes (From Paste, Food Acid (Citric)), Rice Flour, Food Acid (Acetic, Citric), Salt, Glucose Syrup, Colour (Caramel 150c), Thickener (Pectin), Onion, Spices (Clove, Nutmeg, Pepper), Tamarind Paste, Yeast Extract), Parsley.

**May Contain Peanut.**

**Spicy Korean Wings 6 pack**

Nutritional Information  
 Servings per package: 1  
 Serving Size: 351 g



	Average Quantity per Serving	Average Quantity Per 100g
Energy	4290 kJ (1030 Cal)	1220 kJ (292 Cal)
Protein	73.5 g	20.9 g
Fat, total	70.0 g	19.9 g
-saturated	18.4 g	5.2 g
Carbohydrate	27.9 g	7.9 g
-sugars	16.9 g	4.8 g
Sodium	2600 mg	740 mg

Ingredients: Wings (Oven Roasted Chicken Wings, Peri Peri (Spices, Paprika, Cumin, Chillies), Dextrose, Salt, Anti-caking Agent (551)), Korean Bbq Sauce (Sugar, Water, Hydrolysed Vegetable Protein (**Soy**), Fermented **Soy** Beans (Water, **Soybeans**, **Wheat** Flour, Salt, Sugar, Preservative (211)), Salt, Garlic Powder, **Sesame** Oil, **Fish** Sauce, Thickener (1422), Canola Oil, Chilli Flakes, Yeast Extract, Acidity Regulator (Acetic), Black Pepper Powder, Colour (Paprika Oleoresins), Natural Grill Flavour), **Sesame** Seeds White.

**Contains Gluten, Wheat, Fish, Soy, Sesame.**

**May Contain Crustacean, Milk, Peanut.**

**Sweet Home Apple Pie 12 pack**

## Nutritional Information

Servings per package: 1

Serving Size: 241 g



	Average Quantity per Serving	Average Quantity Per 100g
Energy	3240 kJ (773 Cal)	1340 kJ (321 Cal)
Protein	9.4 g	3.9 g
Fat, total	36.2 g	15.0 g
-saturated	10.3 g	4.3 g
Carbohydrate	98.5 g	40.8 g
-sugars	34.8 g	14.4 g
Sodium	475 mg	197 mg

Ingredients: Apple Pie Bites (**Wheat** Flour, Diced Apple, Water, Sugar, Margarine (Vegetable Oils And Fats, Waters, Salt, Emulsifiers (322, 471), Food Acid (330), Natural Flavour, Natural Colour (160a)), Modified Maize Thickener (1422), Cassia, Citric Acid, Baking Powder, Salt), Icing Sugar (Sugar, Tapioca Or Maize Starch), Cinnamon.

**Contains Gluten, Wheat.**

**Sweet Home Apple Pie 6 pack**

Nutritional Information  
Servings per package: 1  
Serving Size: 121 g



	Average Quantity per Serving	Average Quantity Per 100g
Energy	1620 kJ (387 Cal)	1340 kJ (321 Cal)
Protein	4.7 g	3.9 g
Fat, total	18.1 g	15.0 g
-saturated	5.2 g	4.3 g
Carbohydrate	49.2 g	40.8 g
-sugars	17.4 g	14.4 g
Sodium	238 mg	197 mg

Ingredients: Apple Pie Bites (**Wheat** Flour, Diced Apple, Water, Sugar, Margarine (Vegetable Oils And Fats, Waters, Salt, Emulsifiers (322, 471), Food Acid (330), Natural Flavour, Natural Colour (160a)), Modified Maize Thickener (1422), Cassia, Citric Acid, Baking Powder, Salt), Icing Sugar (Sugar, Tapioca Or Maize Starch), Cinnamon.

**Contains Gluten, Wheat.**