



Selected Stores only	Hotel	Menu Item	Ingredients	GLUTEN	EGGS	MILK & MILK PRODUCTS	SOY	FISH & CRUSTACEA	PEANUTS	TREE NUTS	LUPINS	SESAME	SULPHITES	Serving Size (g)	Energy (kJ)	Protein (g)	Fat Total (g)	Fat Saturated (g)	Carbohydrates (g)	Sugars (g)	Sodium (mg)	Serving Size / 100g	Energy (kJ / 100g)	Protein (g / 100g)	Fat Total (g / 100g)	Sat Fat (g / 100g)	Carbohydrates (g / 100g)	Sugars (g / 100g)	Sodium (g / 100g)
<input type="checkbox"/>	<input checked="" type="checkbox"/>	<b>Cheese Toastie</b>	White Toast (Wheat Flour, Water, Malt Starch, Baker's Yeast, Soy Fibre, Wheat Gluten, Vinegar, Iodised Salt, Vegetable Oil (1,2), Soy Flour, Canola Oil, Emulsifiers (E11, E12, E14, E15, E16, E17), Vitamins (Thiamin, Folate, Niacin, Vitamin B6), Monos (Iron, Zinc), Erythritol, Cheese (Pasteurized Low Fat Milk, Salt, Enzymes, Coagulating Enzymes), Canola Spread (Vegetable Oil (Including Canola Oil 41%), Water, Salt, Emulsifiers (E11, Soy Lecithin), Preservative (202), Citric Acid, Vitamins A & D, Natural Colour (Beta-Carotene), Natural Flavour)	Y	N	Y	Y	N	N	N	N	N	N	111	1280	11.9	13.0	5.8	32.5	2.7	511	100	1153	10.7	11.7	5.2	29.3	2.4	460
<input type="checkbox"/>	<input type="checkbox"/>	<b>Ham &amp; Cheese Toastie</b>	White Toast (Wheat Flour, Water, Malt Starch, Baker's Yeast, Soy Fibre, Wheat Gluten, Vinegar, Iodised Salt, Vegetable Oil (1,2), Soy Flour, Canola Oil, Emulsifiers (E11, E12, E14, E15, E16, E17), Vitamins (Thiamin, Folate, Niacin, Vitamin B6), Monos (Iron, Zinc), Erythritol, Cheese (Pasteurized Low Fat Milk, Salt, Enzymes, Coagulating Enzymes), Canola Spread (Vegetable Oil (Including Canola Oil 41%), Water, Salt, Emulsifiers (E11, Soy Lecithin), Preservative (202), Citric Acid, Vitamins A & D, Natural Colour (Beta-Carotene), Natural Flavour)	Y	N	Y	Y	N	N	N	N	N	N	142	1400	16.6	14.2	6.1	32.5	3.0	881	100	986	11.7	10.0	4.3	22.9	2.1	620
<input type="checkbox"/>	<input type="checkbox"/>	<b>Ham, Cheese, Tomato Toastie</b>	White Toast (Wheat Flour, Water, Malt Starch, Baker's Yeast, Soy Fibre, Wheat Gluten, Vinegar, Iodised Salt, Vegetable Oil (1,2), Soy Flour, Canola Oil, Emulsifiers (E11, E12, E14, E15, E16, E17), Vitamins (Thiamin, Folate, Niacin, Vitamin B6), Monos (Iron, Zinc), Erythritol, Cheese (Pasteurized Low Fat Milk, Salt, Enzymes, Coagulating Enzymes), Canola Spread (Vegetable Oil (Including Canola Oil 41%), Water, Salt, Emulsifiers (E11, Soy Lecithin), Preservative (202), Citric Acid, Vitamins A & D, Natural Colour (Beta-Carotene), Natural Flavour)	Y	N	Y	Y	N	N	N	N	N	N	170	1420	16.8	14.1	6.1	32.9	3.5	878	100	856	9.9	8.3	3.6	19.4	2.1	516
<input type="checkbox"/>	<input checked="" type="checkbox"/>	<b>Pancakes (Maple flavoured syrup &amp; Butter)</b>	Pancakes: Water, Wheat Flour, Sugar, Canola Oil, Milk Solids, Acidity Regulator (375), Egg Powder, Wheat Starch, Tapioca Starch (50:50), Salt, Preservative (202), Emulsifier (E11, Natural Flavour, Vitamins (Thiamin, Folate), Preservative (202), Citric Acid, Vitamins A & D, Natural Colour (Beta-Carotene), Natural Flavour	Y	Y	Y	Y	N	N	N	N	1	N	159	1700	6.3	14.2	4.6	61.6	22.5	403	100	1069	4.0	8.9	2.9	38.7	14.2	253