Breakfast

Selected Stores only	Halal	Menu Item	Ingredients
☐	☐	**Breakfast**	**IMPORTANT: Customers should be aware that whilst every effort is made to segregate food to maintain the Vegan, Allergen (eg Gluten) and Halal status of our ingredients, individual food items may come in contact with one another during food manufacturing &/or food preparation, and our restaurants serve products containing allergens, as well as bacon and meat as part of our standard menu items.**
☑	☐	$5 Brekky Deal Ham Cheese Toastie & Medium Coffee	"Fresh Milk, White Toast (Wheat Flour, Water, Maize Starch, Baker's Yeast, Soy Fibre, Wheat Gluten, Vinegar, Iodised Salt, Vegetable Gum (412), Soy Flour, Canola Oil, Emulsifiers (481, 472e, 471), Vitamins (Thiamin, Folate, Vitamin E, Niacin, Vitamin B6), Minerals (Iron, Zinc)), Water, Shaved Leg Ham (Shaved Leg Ham (Pork (75%), Water, Curing Mix (Salt, Sugar, Mineral Salts (450, 451), Dextrose, Antioxidant (316), Preservative (250)), Acidity Regulators (326, 325), Modified Starch (1442), Vegetable Gum (407), Natural Flavour)), Egmont Cheese (Pasteurised Cows Milk, Salt, Enzymes, Coagulating Enzyme), Coffee Extract, Canola Spread (Vegetable Oil (Including Canola Oil 41%), Water, Salt, Emulsifiers (471, Soy Lecithin), Preservative (202), Citric Acid, Vitamins A & D, Natural Colour (Beta-Carotene), Natural Flavour), Drinking Chocolate Organic Arkadia (Organic Fairtrade Raw Sugar Cane, Organic Fairtrade Cocoa Powder (26%), Organic Skim Milk Powder, Natural Flavour, Salt) "
☐	☐	BBQ Brekky Stack	Cooked Egg, Hashbrown (Potatoes, Vegetable Oil (May Contain One Or More Of The Following Canola Oil, Sunflower Oil, Cottonseed Oil, Palm Oil, Corn Oil, Soybean Oil, Hydrogenated Soybean And/or Cottonseed Oil), Salt, Disodium Dihydrogen Pyrophosohate, Dextrose.), Bun Seeded (Wheat Flour, Water, Baker's Yeast, Canola Oil, Sesame Seeds, Sugar, Wheat Gluten, Iodised Salt, Vinegar, Soy Flour, Emulsifiers (471, 481, 472e), Preservative (282), Vitamins (Thiamin, Folate)), Bacon (Pork (90%), Water, Salt, Curing Premix [Mineral Salt (451, 450), Sugar, Antioxidant (316), Preservative (250)], Smoked.), BBQ Sauce (Concentrated Tomatoes, Apple Puree, Sugar, Maize Thickener (1414), Salt, Foodacids (260, 330), Colour (150c), Natural Flavours, Spice.), Cheese Slice (Cheese (Cow's Milk, Salt, Culture, Calves's Rennet), Water, Non Fat Milk Solids, Emulsifiers (E331iii, E322i), Acidity Regilators (E332, E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Preservsative (E234))
☐	☐	Avocado BLT Wrap	Cooked Egg, Wrap (Wheat Flour [(59%), Thiamine, Folic Acid], Water, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [Mineral Salts (450, 500, 341)], Food Acid (297), Iodised Salt, Mineral Salt (500), Preservative (282), Yeast), Bacon (Pork (90%), Water, Salt, Curing Premix [Mineral Salt (451, 450), Sugar, Antioxidant (316), Preservative (250)], Smoked.), Avocado (100% Hass Avocado), Tomato, Lettuce, Mayonnaise (Soybean Oil, Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Tocopherol), Lemon Garlic Dressing (Canola Oil, Reconstituted Lemon Juice (39%) [Preservative (223)], Extra Virgin Olive Oil, Garlic (3.5%), Sugar, Salt, Lemon Pulp (1.5%), Acidity Regulator (330), Thickeners (1442, 415) Spices, Preservatives (202, 211), Colour (160a))
☑	☑	Vegan Muffin	Muffin (Wheat Flour, Water, Baker's Yeast, Maize Polenta, Wheat Gluten, Vinegar, Canola Oil, Iodised Salt, Oat Fibre, Soy Flour, Raising Agent (341), Acidity Regulators (263, 262), Emulsifiers (481, 472e), Preservative (200), Sugar, Vitamins (Thiamine, Folate)), Veggie Patty (Vegetables (58%) (Carrots, Peas, Corn, Potato, Capsicum), Seasoning (Rice Flour, Dehydrated Vegetables, Wheat Flour, Soy Protein, Salt, Thickeners (415, 464), Hydrolysed Vegetable Protein (Maize), Yeast Extract, Flavour Enhancer (635), Herb & Spice Extracts, Colour (100)), Water, Canola Oil), Vegan Cheese (Water, Modified Starches (E1404, E1420, E1422, E1440, E1450), Coconut Oil, Salt, Natural Flavour, Acidity Regulators (E333 (iii), E330), Preservative (E200), Colours (E160a, 160c)), Vegan Mayonnaise (Water, Canola Oil, Cider Vinegar, Thickeners (1442, 1450, 412, 415), Golden Syrup, Salt, Vegetable Protein, Sugar, Mustard Flour, Acidity Regulator (260), Preservatives (202, 211)), Tomato, Lettuce, Tomato Ketchup (Concentrated Tomatoes, Sugar, Salt, Concentrated White Vinegar, Food Acid (Citric Acid), Natural Flavours (Contain Garlic), Spices.)
☑	☑	Vegan Muffin Avocado	Muffin (Wheat Flour, Water, Baker's Yeast, Maize Polenta, Wheat Gluten, Vinegar, Canola Oil, Iodised Salt, Oat Fibre, Soy Flour, Raising Agent (341), Acidity Regulators (263, 262), Emulsifiers (481, 472e), Preservative (200), Sugar, Vitamins (Thiamine, Folate)), Veggie Patty (Vegetables (58%) (Carrots, Peas, Corn, Potato, Capsicum), Seasoning (Rice Flour, Dehydrated Vegetables, Wheat Flour, Soy Protein, Salt, Thickeners (415, 464), Hydrolysed Vegetable Protein (Maize), Yeast Extract, Flavour Enhancer (635), Herb & Spice Extracts, Colour (100)), Water, Canola Oil), Avocado (100% Hass Avocado), Vegan Cheese (Water, Modified Starches (E1404, E1420, E1422, E1440, E1450), Coconut Oil, Salt, Natural Flavour, Acidity Regulators (E333 (iii), E330), Preservative (E200), Colours (E160a, 160c)), Vegan Mayonnaise (Water, Canola Oil, Cider Vinegar, Thickeners (1442, 1450, 412, 415), Golden Syrup, Salt, Vegetable Protein, Sugar, Mustard Flour, Acidity Regulator (260), Preservatives (202, 211)), Tomato, Lettuce, Lemon Garlic Dressing (Canola Oil, Reconstituted Lemon Juice (39%) [Preservative (223)], Extra Virgin Olive Oil, Garlic (3.5%), Sugar, Salt, Lemon Pulp (1.5%), Acidity Regulator (330), Thickeners (1442, 415) Spices, Preservatives (202, 211), Colour (160a))
☐	☐	Double Bacon, Cheese Egg Muffin	Cooked Egg, Muffin (Wheat Flour, Water, Baker's Yeast, Maize Polenta, Wheat Gluten, Vinegar, Canola Oil, Iodised Salt, Oat Fibre, Soy Flour, Raising Agent (341), Acidity Regulators (263, 262), Emulsifiers (481, 472e), Preservative (200), Sugar, Vitamins (Thiamine, Folate)), Bacon (Pork (90%), Water, Salt, Curing Premix [Mineral Salt (451, 450), Sugar, Antioxidant (316), Preservative (250)], Smoked.), Cheese (Cheese Spreadingredients: Milk, Cream, Milk Solids Non Fat, Food Acid (270, 331), Salt, Mineral Salt (339), Colour (160b), Preservative (200), Spice, Starter Culture, Enzymes.55% Milk Solids), Smoky Sauce (Water, Sugar, Tomato Paste, Vinegar, Apple Puree [Acidity Regulator (330), Antioxidant (300)], Thickeners (1422, 415), Salt, Colour (150a), Worcestershire Sauce (Contains Barley, Wheat, Fish), Molasses, Vegetable Powders, Flavour, Preservative (202), Spice.)
☐	☐	Double Sausage, Cheese Egg Muffin	Cooked Egg, Sausage (Pork, Beef, Soy Protein, Salt, Spices, Herbs, Dextrose (Wheat), Sugar, Dehydrated Vegetables, Vegetable Oil, E635, Hydrolysed Vegetable Protein (Soy)), Muffin (Wheat Flour, Water, Baker's Yeast, Maize Polenta, Wheat Gluten, Vinegar, Canola Oil, Iodised Salt, Oat Fibre, Soy Flour, Raising Agent (341), Acidity Regulators (263, 262), Emulsifiers (481, 472e), Preservative (200), Sugar, Vitamins (Thiamine, Folate)), Cheese (Milk, Cream, Milk Solids Non Fat, Food Acid (270, 331), Salt, Mineral Salt (339), Colour (160b), Preservative (200), Spice, Starter Culture, Enzymes.55% Milk Solids), Sauce Cheese Piping Cheddar (Water, Cheese (37%) (Milk, Salt, Starter Culture, Enzyme), Mineral Salts (450, 452, 399, 340, 341), Whey Protein Concentrate, Corn Starch, Thickener (1442), Buttermilk Powder, Stabiliser (415), Preservative (234, 202), Acidity Regulator (330), Colour (160a), Butyric Acid)
☐	☐	Bacon & Egg Muffin	English Muffin: Wheat Flour, Water, Baker's Yeast, Gluten, Salt, Canola Oil, Vinegar, Mineral Salt (341), Corn Meal, Soy Flour, Sugar, Preservatives (282, 200), Emulsifier (481), Vitamin (Thiamin) Eye Bacon: Pork(90%), Water, Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Sodium Nitrite, Natural Wood Smoke Oil: Canola Oil, Water, Salt, Emulsifiers(471, 322(Soy)), Preservative(202), Citric Acid, Flavour, Colour(160a) Cheese: Milk, Cream or Butter, Milk Solids Non Fat, Food Acid (270, 331), Salt, Mineral Salt (339), Colour (160b), Preservative (200), Spice, Starter Culture, Enzymes Egg Canola Spread (Vegetable Oil (Including Canola Oil 41%), Water, Salt, Emulsifiers (471, Soy Lecithin), Preservative (202), Citric Acid, Vitamins A & D, Natural Colour (Beta-Carotene), Natural Flavour)
☐	☐	Sausage & Egg Muffin	English Muffin: Wheat Flour, Water, Baker's Yeast, Maize Polenta, Wheat Gluten, Vinegar, Canola Oil, Iodised Salt, Oat Fibre, Soy Flour, Raising Agent (341), Acidity Regulators(263,262), Emulsifiers (481, 472e), Preservative (200), Sugar, Vitamins (Thiamin, Niacin) Sausage Patty: Meat 97%(Pork, Beef), Soy Protein, Salt, Spices, Herbs, Dextrose, Sugar, Dehydrated Vegetable, Vegetable Oil, Flavour Enhancer(635), Hydrolysed Vegetable Protein(Soy) Oil: Canola Oil, Water, Salt, Emulsifiers(471, 322(Soy)), Preservative(202), Citric Acid, Flavour, Colour(160a) Cheese: Milk, Cream or Butter, Milk Solids Non Fat, Food Acid (270, 331), Salt, Mineral Salt (339), Colour (160b), Preservative (200), Spice, Starter Culture, Enzymes Egg Canola Spread (Vegetable Oil (Including Canola Oil 41%), Water, Salt, Emulsifiers (471, Soy Lecithin), Preservative (202), Citric Acid, Vitamins A & D, Natural Colour (Beta-Carotene), Natural Flavour)
☑	☑	Beef & Egg Muffin	English Muffin: Wheat Flour, Water, Baker's Yeast, Maize Polenta, Wheat Gluten, Vinegar, Canola Oil, Iodised Salt, Oat Fibre, Soy Flour, Raising Agent (341), Acidity Regulators(263,262), Emulsifiers (481, 472e), Preservative (200), Sugar, Vitamins (Thiamin, Niacin) Beef Patty Oil: Canola Oil, Water, Salt, Emulsifiers(471, 322(Soy)), Preservative(202), Citric Acid, Flavour, Colour(160a) Cheese: Milk, Cream or Butter, Milk Solids Non Fat, Food Acid (270, 331), Salt, Mineral Salt (339), Colour (160b), Preservative (200), Spice, Starter Culture, Enzymes Egg Canola Spread (Vegetable Oil (Including Canola Oil 41%), Water, Salt, Emulsifiers (471, Soy Lecithin), Preservative (202), Citric Acid, Vitamins A & D, Natural Colour (Beta-Carotene), Natural Flavour)
☐	☐	BBQ Brekky Wrap	Tortilla Wrap: Wheat Flour [(59%), Thiamine, Folic Acid], Water, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [Mineral Salts (450, 500, 341)], Food Acid (297), Iodised Salt, Mineral Salt (500), Preservative (282) Yeast Sausage Patty: Meat 97%(Pork, Beef), Soy Protein, Salt, Spices, Herbs, Dextrose, Sugar, Dehydrated Vegetable, Vegetable Oil, Flavour Enhancer(635),Hydrolysed Vegetable Protein(Soy) Egg Cheese: Milk, Cream or Butter, Milk Solids Non Fat, Food Acid (270, 331), Salt, Mineral Salt (339), Colour (160b), Preservative (200), Spice, Starter Culture, Enzymes BBQ Sauce: Concentrated Tomatoes, Apple Puree, Sugar, Maize Thickener (1414), Salt, Food Acids (260, 330), Colour (150c), Natural Flavours, Spice Eye Bacon: Pork(90%), Water, Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Sodium Nitrite, Natural Wood Smoke
☐	☐	BBQ Big Brekky Wrap	Tortilla Wrap: Wheat Flour [(59%), Thiamine, Folic Acid], Water, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [Mineral Salts (450, 500, 341)], Food Acid (297), Iodised Salt, Mineral Salt (500), Preservative (282) Yeast Cheese: Milk, Cream or Butter, Milk Solids Non Fat, Food Acid (270, 331), Salt, Mineral Salt (339), Colour (160b), Preservative (200), Spice, Starter Culture, Enzymes BBQ Sauce: Concentrated Tomatoes, Apple Puree, Sugar, Maize Thickener (1414), Salt, Food Acids (260, 330), Colour (150c), Natural Flavours, Spice Eye Bacon: Pork (87%), Water, Salt, Dextrose, Sucrose, Mineral Salts (450, 451, 452), Antioxidant (316), Sodium Nitrite (250) Hash Brown: Potato, Vegetable Oil, Salt, Disodium Dihydrogen Pyrophosohate, Dextrose Sausage Patty: Meat 97%(Pork, Beef), Soy Protein, Salt, Spices, Herbs, Dextrose, Sugar, Dehydrated Vegetable, Vegetable Oil, Flavour Enhancer(635),Hydrolysed Vegetable Protein(Soy)
☐	☑	Hash Brown (1 Piece)	Potato, Vegetable Oil, Salt, Emulsifier(339), Dextrose
☐	☑	Cheese Toastie	White Toast (Wheat Flour, Water, Maize Starch, Baker's Yeast, Soy Fibre, Wheat Gluten, Vinegar, Iodised Salt, Vegetable Gum (412), Soy Flour, Canola Oil, Emulsifiers (481, 472e, 471), Vitamins (Thiamin, Folate, Vitamin E, Niacin, Vitamin B6), Minerals (Iron, Zinc)), Egmont Cheese (Pasteurised Cows Milk, Salt, Enzymes, Coagulating Enzyme), Canola Spread (Vegetable Oil (Including Canola Oil 41%), Water, Salt, Emulsifiers (471, Soy Lecithin), Preservative (202), Citric Acid, Vitamins A & D, Natural Colour (Beta-Carotene), Natural Flavour)
☐	☐	Ham & Cheese Toastie	White Toast: Wheat Flour, Water, Maize Starch, Baker's Yeast, Soy Fibre, Wheat Gluten, Vinegar, Iodised Salt, Vegetable Gum (412), Soy Flour, Canola Oil, Emulsifiers(481,472e,471), Vitamins (Thiamin, Folate, Vitamin E, Niacin, Vitamin B6), Minerals (Iron, Zinc). Sliced Shaved Leg Ham: (Pork 74%, Water, Salt, Food acid (325), Corn Dextrose, Sucrose, Mineral Salts (450,451, 452), Antioxidant (316), Sodium Nitrate (250) Egmont Cheese: (Pasteurised Cows Milk, Salt, Enzymes, Coagulating Enzyme) Canola Spread: (Vegetable Oil (Including Canola Oil 41%, Water, Salt, Emulsifiers (471, Soy Lecithin), Preservative (202), Citric Acid, Vitamins A & D, Natural Colour (Beta Carotene), Natural Flavour
☐	☐	Ham, Cheese, Tomato Toastie	White Toast: Wheat Flour, Water, Maize Starch, Baker's Yeast, Soy Fibre, Wheat Gluten, Vinegar, Iodised Salt, Vegetable Gum (412), Soy Flour, Canola Oil, Emulsifiers(481,472e,471), Vitamins (Thiamin, Folate, Vitamin E, Niacin, Vitamin B6), Minerals (Iron, Zinc). Sliced Shaved Leg Ham: (Pork 74%, Water, Salt, Food acid (325), Corn Dextrose, Sucrose, Mineral Salts (450,451, 452), Antioxidant (316), Sodium Nitrate (250) Tomato Egmont Cheese: (Pasteurised Cows Milk, Salt, Enzymes, Coagulating Enzyme) Canola Spread: (Vegetable Oil (Including Canola Oil 41%, Water, Salt, Emulsifiers (471, Soy Lecithin), Preservative (202), Citric Acid, Vitamins A & D, Natural Colour (Beta Carotene), Natural Flavour
☐	☑	Pancakes (Maple flavoured syrup & Butter	Pancakes: Water, Wheat Flour, Sugar, Canola Oil, Milk Solids, Acidity Regulator (575), Egg Powder, Wheat Starch, Raising Agent (500), Salt, Preservative (202, 234), Emulsifier (471), Natural Flavour, Vitamins (Thiamin, Folate) Pancake Syrup: Fructose, Water, Sugar, Salt, Flavour (150d), Vegetable Gum (466), Preservative (202), Natural Maple Flavour, Citric Acid Whipped Butter: Butter, Water, Canola Oil, Salt, Preservative (202), Vitamins A & D

Menu Item	WHEAT	GLUTEN	GLUTEN SOURCE	EGGS	MILK & MILK PRODUCTS	SOY	FISH	MOLLUSC	CRUSTACEA	PEANUTS	TREE NUTS	TREE NUTS SOURCE	LUPINS	SESAME	SULPHITES
Breakfast															
$5 Brekky Deal Ham Cheese Toastie & Medium Coffee	Y	Y	WHEAT	N	Y	Y	N			N	N		N	N	N
BBQ Brekky Stack	Y	Y	WHEAT	Y	Y	Y	N			N	N		N	Y	N
Avocado BLT Wrap	Y	Y	WHEAT	Y	N	Y	N			N	N		N	N	N
Vegan Muffin	Y	Y	WHEAT	N	N	Y	N			N	N		N	N	N
Vegan Muffin Avocado	Y	Y	WHEAT	N	N	Y	N			N	N		N	N	N
Double Bacon, Cheese Egg Muffin	Y	Y	WHEAT	Y	Y	Y	Y			N	N		N	N	N
Double Sausage, Cheese Egg Muffin	Y	Y	WHEAT	Y	Y	Y	N			N	N		N	N	N
Bacon & Egg Muffin	Y	Y	WHEAT	Y	Y	Y	N			N	N		N	N	T
Sausage & Egg Muffin	Y	Y	WHEAT	Y	Y	Y	N			N	N		N	N	N
Beef & Egg Muffin	Y	Y	WHEAT	Y	Y	Y	N			N	N		N	N	N
BBQ Brekky Wrap	Y	Y	WHEAT	Y	Y	Y	N			N	N		N	N	T
BBQ Big Brekky Wrap	Y	Y	WHEAT	Y	Y	Y	N			N	N		N	N	T
Hash Brown (1 Piece)		N		N	N	t	N			N	N		N	N	T
Cheese Toastie	Y	Y	WHEAT	N	Y	Y	N			N	N		N	N	N
Ham & Cheese Toastie	Y	Y	WHEAT	N	Y	Y	N			N	N		N	N	N
Ham, Cheese, Tomato Toastie	Y	Y	WHEAT	N	Y	Y	N			N	N		N	N	N
Pancakes (Maple flavoured syrup & Butter	Y	Y	WHEAT	Y	Y	Y	N			N	N		N	T	N

Menu Item	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)
Breakfast																
$5 Brekky Deal Ham Cheese Toastie & Medium Coffee	473	2130	25.7	23.6	12.2	45.6	15.9	1020	100	450	5.4	5.0	2.6	9.6	3.4	216
BBQ Brekky Stack	237	2220	22.9	26.9	7.0	48.2	7.8	1260	100	937	9.7	11.4	3.0	20.3	3.3	532
Avocado BLT Wrap	274	2540	19.9	44.5	10.2	33.1	4.1	1150	100	927	7.3	16.2	3.7	12.1	1.5	420
Vegan Muffin	195	1640	10.2	15	4.6	52.5	5.9	958	100	841	5.2	7.7	2.4	26.9	3.0	491
Vegan Muffin Avocado	230	2050	10.9	25.8	6.7	54.7	4.9	943	100	891	4.7	11.2	2.9	23.8	2.1	410
Double Bacon, Cheese Egg Muffin	256	2020	31.9	24.1	10.2	32.3	5.9	1340	100	789	12.5	9.4	4.0	12.6	2.3	523
Double Sausage, Cheese Egg Muffin	304	2760	44.1	40.1	16.6	29.6	3.5	1280	100	908	14.5	13.2	5.5	9.7	1.2	421
Bacon & Egg Muffin	158	1310	18.9	12.8	5.2	28.5	2.8	775	100	829	12.0	8.1	3.3	18.0	1.8	491
Sausage & Egg Muffin	180	1660	24.5	20.1	8.0	28.3	2.6	734	100	922	13.6	11.2	4.4	15.7	1.4	408
Beef & Egg Muffin	172	1590	24.1	18.5	8.2	28.4	2.6	542	100	924	14.0	10.8	4.8	16.5	1.5	315
BBQ Brekky Wrap	210	2000	26.5	24.9	10.6	35.4	8.8	1150	100	952	12.6	11.9	5.0	16.9	4.2	548
BBQ Big Brekky Wrap	268	2680	27.9	35.9	11.9	50.5	9.1	1390	100	1000	10.4	13.4	4.4	18.8	3.4	519
Hash Brown (1 Piece)	58	680	1.4	11.0	1.2	15.1	0.3	243	100	1172	2.4	19.0	2.1	26.0	0.5	419
Cheese Toastie	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
Ham & Cheese Toastie	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
Ham, Cheese, Tomato Toastie	170	1420	16.8	14.1	6.1	32.9	3.5	878	100	835	9.9	8.3	3.6	19.4	2.1	516
Pancakes (Maple flavoured syrup & Butter	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