



Breakfast

Selected	Halal	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)	Sat 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 type="checkbox"/>	Breakfast	IMPORTANT! Customers should be aware that while every effort is made to separate food to maintain the food and reduce cross contamination, we do not routinely serve products containing allergens, as well as our food and our staff or our related items.																										
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Ham & Cheese Croissant	Croissant (Flour (Wheat Flour, Thiamine, Folic Acid), Butter, Water, Sourdough (Wheat, Wheat Flour), Sugar, Inositol (Wheat Gluten, Dextrose, Emulsifier (E249)), Wheat Flour (Oil, Anti-Caking Agent (170), Antioxidant (300)), Enzymes (Wheat), Yeast, Indirect Salt, Milk Powder, Wheat Gluten, Malt Extract, Glucose (Wheat, Sucrose, Dextrose), Vegetable Oil, Salt, Cream, Coagulating Enzyme), Shaved Leg Ham (Shaved Leg Ham (75%), Water, Curing Mix (Salt, Sugar, Mineral Salts (450, 451), Sodium Nitrite (310), Preservative (202)), Andole's Paprika (205, 206), Modified Starch (1462), Vegetable Gum (407), Natural Flavour))	Y	Y	Y	N	N	N	N	N	N	N	137	231	15.7	33	20	37	5.9	649	100	1556	11.5	24.0	14.6	27.0	4.3	473
<input checked="" type="checkbox"/>	<input type="checkbox"/>	St Brandy Deal Ham Cheese Toastie & Medium Coffee	Yeast Mix, Milk, White Yeast (Wheat Flour, Water, Malt, Sugar, Baker's Yeast, Soy Flour, Wheat Gluten, Vinegar, Indirect Salt, Vegetable Oil (410, 411), Soy Flour, Cocoa Oil (Emulsifier (451, 474, 475), Vitamins (Thiamine, Folate, Riboflavin, Nicotinamide, Vitamin B12), Iron, Zinc), Shaved Leg Ham (Shaved Leg Ham (75%), Water, Curing Mix (Salt, Sugar, Mineral Salts (450, 451), Sodium Nitrite (310), Preservative (202)), Andole's Paprika (205, 206), Modified Starch (1462), Vegetable Gum (407), Natural Flavour), Eggplant Cheese (Pasteurized Cow Milk, Salt, Enzyme, Coagulating Enzyme), Coffee Beans, Canola Spread (Vegetable Oil (Including Canola Oil (41%)), Water, Salt, Emulsifiers (471, Soy Lecithin), Preservative (202), Citric Acid, Vitamin A & D, Natural Colour (Beta-Carotene), Natural Flavour), Soybeans, Cheddar Cheese (Pasteurized Cow Milk, Lactate, Fermentation Culture, Sugar, Canola, Organic Palmolein Cocoa Powder (25%), Organic Steam Milk Powder, Natural Flavour, Salt))	Y	N	Y	Y	N	N	N	N	N	N	473	2130	26.7	22.6	12.2	45.6	15.9	1020	100	450	5.4	5.0	2.6	9.6	3.4	216
<input type="checkbox"/>	<input type="checkbox"/>	BBQ Brandy Stack	Cooked Egg, Ham/Smoked Processed Vegetables (Oil (May Contain One Or More Of The Following: Canola Oil, Sunflower Oil, Colza Seed Oil, Palm Oil, Coconut Oil, Safflower Oil, Hydrogenated Soybean And/or Subramoni Oil, Salt, Diacetyl Dihydrogen Pyrophosphate, Dextrose), Salt, Vinegar (Wheat Flour, Water, Starter Yeast, Canola Oil, Sesame Seeds, Sugar, Wheat Gluten, Indirect Salt, Vinegar, Soy Flour, Emulsifier (E1, E2, E4)), Mustard (205, 206), Vitamins (Thiamine, Folate), Bacon (Pork (57%), Water, Salt, Curing Preservative (Mineral Salt (451, 452), Sugar, Antioxidant (316)), BBQ Sauce (Concentrated Tomatoes, Apple Puree, Sugar, Meats Thickener (1414), Salt, Food Acids (260, 330), Colour (1502), Natural Flavour, Spice), Canola & Rapeseed, Water, Non Fat Milk Solids, Emulsifier (E339, E320), Andole's Paprika (E330, E332), Salt, Natural Cheese Flavour, Colour (E160a, E160b), Natural Preservative (E230))	Y	Y	Y	Y	N	N	N	N	Y	N	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
<input type="checkbox"/>	<input type="checkbox"/>	Avocado BILT Whp	Cooked Egg (100%), Thiamine, Folic Acid, Water, Vegetable Shortening (Antioxidant (202), Sugar, Milk (Wheat Flour (95%), Water, Salt, Soy Flour (207)), Indirect Salt, Mineral Salt (300), Preservative (202), Yeast (202), Soy Flour, Water, Salt, Curing Preservative (Mineral Salt (451, 452), Sugar, Antioxidant (316)), Preservative (202), Smoked 1, Egg White, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Taro/Arrowroot, Lemon Garlic Dressing (Canola Oil, Reconstituted Lemon Juice (25%), Phosphoric Acid (229), Extra Virgin Olive Oil, Garlic (3.5%), Sugar, Salt, Lemon Juice (1.5%), Acidity Regulator (50), Thickener (1442, 415) Spices, Preservative (202, 211), Colour (150a))	Y	Y	N	N	N	N	N	N	N	N	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
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Vegan Muffin	Muffin (Wheat Flour, Water, Baker's Yeast, Maize Protein, Wheat Gluten, Vinegar, Canola Oil, Indirect Salt, Salt, Soy Flour, Raising Agent (341), Acidity Regulator (263, 262), Emulsifier (481, 474)), Preservative (202), Sugar, Vitamins (Thiamine, Folate), Bacon (Pork (57%), Water, Salt, Curing Preservative (Mineral Salt (451, 452), Sugar, Antioxidant (316)), Preservative (202), Smoked 1, Egg White, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Taro/Arrowroot, Lemon Garlic Dressing (Canola Oil, Reconstituted Lemon Juice (25%), Phosphoric Acid (229), Extra Virgin Olive Oil, Garlic (3.5%), Sugar, Salt, Lemon Juice (1.5%), Acidity Regulator (50), Thickener (1442, 415) Spices, Preservative (202, 211), Colour (150a))	Y	N	N	Y	N	N	N	N	N	N	195	1640	10.2	15	4.8	32.5	5.9	958	100	841	5.2	7.7	2.4	26.9	3.0	491
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Vegan Muffin Avocado	Muffin (Wheat Flour, Water, Baker's Yeast, Maize Protein, Wheat Gluten, Vinegar, Canola Oil, Indirect Salt, Salt, Soy Flour, Raising Agent (341), Acidity Regulator (263, 262), Emulsifier (481, 474)), Preservative (202), Sugar, Vitamins (Thiamine, Folate), Bacon (Pork (57%), Water, Salt, Curing Preservative (Mineral Salt (451, 452), Sugar, Antioxidant (316)), Preservative (202), Smoked 1, Egg White, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Taro/Arrowroot, Lemon Garlic Dressing (Canola Oil, Reconstituted Lemon Juice (25%), Phosphoric Acid (229), Extra Virgin Olive Oil, Garlic (3.5%), Sugar, Salt, Lemon Juice (1.5%), Acidity Regulator (50), Thickener (1442, 415) Spices, Preservative (202, 211), Colour (150a))	Y	N	N	Y	N	N	N	N	N	N	230	2050	10.9	26.8	6.7	54.7	4.9	943	100	891	4.7	11.2	2.9	23.8	2.1	410
<input type="checkbox"/>	<input type="checkbox"/>	Double Bacon, Cheese Egg Muffin	Cooked Egg, Muffin (Wheat Flour, Water, Baker's Yeast, Maize Protein, Wheat Gluten, Vinegar, Canola Oil, Indirect Salt, Salt, Soy Flour, Raising Agent (341), Acidity Regulator (263, 262), Emulsifier (481, 474)), Preservative (202), Sugar, Vitamins (Thiamine, Folate), Bacon (Pork (57%), Water, Salt, Curing Preservative (Mineral Salt (451, 452), Sugar, Antioxidant (316)), Preservative (202), Smoked 1, Egg White, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Taro/Arrowroot, Lemon Garlic Dressing (Canola Oil, Reconstituted Lemon Juice (25%), Phosphoric Acid (229), Extra Virgin Olive Oil, Garlic (3.5%), Sugar, Salt, Lemon Juice (1.5%), Acidity Regulator (50), Thickener (1442, 415) Spices, Preservative (202, 211), Colour (150a))	Y	Y	Y	Y	Y	N	N	N	N	N	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
<input type="checkbox"/>	<input type="checkbox"/>	Double Sausage, Cheese Egg Muffin	Cooked Egg, Sausage (Pork, Beef, Soy Protein, Salt, Spices, Herbs, Dextrose (Wheat), Sugar, Dehydrated Vegetables, Vegetable Oil (E320), Hydrolyzed Vegetable Protein (E320)), Muffin (Wheat Flour, Water, Baker's Yeast, Maize Protein, Wheat Gluten, Vinegar, Canola Oil, Indirect Salt, Salt, Soy Flour, Raising Agent (341), Acidity Regulator (263, 262), Emulsifier (481, 474)), Preservative (202), Sugar, Vitamins (Thiamine, Folate), Bacon (Pork (57%), Water, Salt, Curing Preservative (Mineral Salt (451, 452), Sugar, Antioxidant (316)), Preservative (202), Smoked 1, Egg White, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Taro/Arrowroot, Lemon Garlic Dressing (Canola Oil, Reconstituted Lemon Juice (25%), Phosphoric Acid (229), Extra Virgin Olive Oil, Garlic (3.5%), Sugar, Salt, Lemon Juice (1.5%), Acidity Regulator (50), Thickener (1442, 415) Spices, Preservative (202, 211), Colour (150a))	Y	Y	Y	Y	Y	N	N	N	N	N	304	2760	44.1	40.1	16.6	29.6	3.5	1280	100	906	14.5	13.2	5.5	9.7	1.2	421
<input type="checkbox"/>	<input type="checkbox"/>	Sausage & Egg Muffin	Sausage Patty (Meat (75%), Pork, Beef, Soy Protein, Salt, Spices, Herbs, Dextrose, Sugar, Dehydrated Vegetables, Vegetable Oil, Flavour Enhancer (E339), Hydrolyzed Vegetable Protein (E320)), Muffin (Wheat Flour, Water, Baker's Yeast, Maize Protein, Wheat Gluten, Vinegar, Canola Oil, Indirect Salt, Salt, Soy Flour, Raising Agent (341), Acidity Regulator (263, 262), Emulsifier (481, 474)), Preservative (202), Sugar, Vitamins (Thiamine, Folate), Bacon (Pork (57%), Water, Salt, Curing Preservative (Mineral Salt (451, 452), Sugar, Antioxidant (316)), Preservative (202), Smoked 1, Egg White, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Taro/Arrowroot, Lemon Garlic Dressing (Canola Oil, Reconstituted Lemon Juice (25%), Phosphoric Acid (229), Extra Virgin Olive Oil, Garlic (3.5%), Sugar, Salt, Lemon Juice (1.5%), Acidity Regulator (50), Thickener (1442, 415) Spices, Preservative (202, 211), Colour (150a))	Y	Y	Y	Y	N	N	N	N	N	N	180	1660	24.5	20.1	8.0	26.3	2.6	734	100	922	13.6	11.2	4.4	15.7	1.4	408
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Beef & Egg Muffin	Cooked Egg, Canola Spread (Vegetable Oil (Including Canola Oil (41%)), Water, Salt, Emulsifiers (471, Soy Lecithin), Preservative (202), Citric Acid, Vitamin A & D, Natural Colour (Beta-Carotene), Natural Flavour), English Muffin (Wheat Flour, Water, Baker's Yeast, Maize Protein, Wheat Gluten, Vinegar, Canola Oil, Indirect Salt, Salt, Soy Flour, Raising Agent (341), Acidity Regulator (263, 262), Emulsifier (481, 474)), Preservative (202), Sugar, Vitamins (Thiamine, Folate), Bacon (Pork (57%), Water, Salt, Curing Preservative (Mineral Salt (451, 452), Sugar, Antioxidant (316)), Preservative (202), Smoked 1, Egg White, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Taro/Arrowroot, Lemon Garlic Dressing (Canola Oil, Reconstituted Lemon Juice (25%), Phosphoric Acid (229), Extra Virgin Olive Oil, Garlic (3.5%), Sugar, Salt, Lemon Juice (1.5%), Acidity Regulator (50), Thickener (1442, 415) Spices, Preservative (202, 211), Colour (150a))	Y	Y	Y	Y	N	N	N	N	N	N	172	1590	24.1	18.5	8.2	28.4	2.8	542	100	924	14.0	10.8	4.8	16.5	1.5	315
<input type="checkbox"/>	<input type="checkbox"/>	BBQ Brandy Whp	Cooked Egg, Canola Spread (Vegetable Oil (Including Canola Oil (41%)), Water, Salt, Emulsifiers (471, Soy Lecithin), Preservative (202), Citric Acid, Vitamin A & D, Natural Colour (Beta-Carotene), Natural Flavour), English Muffin (Wheat Flour, Water, Baker's Yeast, Maize Protein, Wheat Gluten, Vinegar, Canola Oil, Indirect Salt, Salt, Soy Flour, Raising Agent (341), Acidity Regulator (263, 262), Emulsifier (481, 474)), Preservative (202), Sugar, Vitamins (Thiamine, Folate), Bacon (Pork (57%), Water, Salt, Curing Preservative (Mineral Salt (451, 452), Sugar, Antioxidant (316)), Preservative (202), Smoked 1, Egg White, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Taro/Arrowroot, Lemon Garlic Dressing (Canola Oil, Reconstituted Lemon Juice (25%), Phosphoric Acid (229), Extra Virgin Olive Oil, Garlic (3.5%), Sugar, Salt, Lemon Juice (1.5%), Acidity Regulator (50), Thickener (1442, 415) Spices, Preservative (202, 211), Colour (150a))	Y	Y	Y	Y	N	N	N	N	N	N	210	2000	26.5	24.9	10.8	35.4	8.8	1150	100	952	12.8	11.9	5.0	16.9	4.2	548

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 type="checkbox"/>	BBO Big Brekky Whop	Tortilla Wrap: Wheat Flour (55%), Tinned Tomatoes, Fats, Acid, Water, Vegetable Shortening (Autoxidant (22)), Sugar, Salts, Powder (Mineral Salts (450, 500, 541)), Food Acid (29), Iodised Salt, Mineral Salt (500), Preservatives (202) Cheese: Milk, Cream or Butter, Milk Solids Non Fat, Food Acid (270, 331), Salt, Mineral Salt (238), Colour (160b), Preservative (202), Spice, Starter Culture, Enzymes BBQ Sauce: Concentrated Tomatoes, Apple Purée, Sugar, Malt Thickenor (1414), Salt, Food Acids (260, 330), Colour (150c), Natural Flavours, Spice Egg Bacon: Pork (87%), Water, Salt, Dextrose, Sucrose, Mineral Salts (450, 481, 452), Antioxidant (314), Sodium Nitrite (25) Hash Brown: Potato, Vegetable Oil, Salt, Disodium Dihydrogen Pyrophosphate, Dextrose Sausage Patty: Meat 97% (Pork, Beef), Soy Protein, Salt, Spices, Herbs, Dextrose, Sugar, Dehydrated Vegetable, Vegetable Oil, Flavor Ethanol(5), Hydrolyzed Vegetable Protein(Soy)	Y	Y	Y	Y	N	N	N	N	N	t	268	2680	27.9	35.9	11.9	50.5	9.1	1300	100	1000	10.4	13.4	4.4	18.8	3.4	519
<input type="checkbox"/>	<input checked="" type="checkbox"/>	Hash Brown (1 Piece)	Potato, Vegetable Oil, Salt, Emulsifier(339), Dextrose	N	N	N	t	N	N	N	N	N	t	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
<input type="checkbox"/>	<input checked="" type="checkbox"/>	Cheese Toastie	White Toast: Wheat Flour, Water, Malt, Barley, Baker's Yeast, Soy Fibre, Wheat Gluten, Vinegar, Iodised Salt, Vegetable Oils (412), Soy Flour, Canola Oil, Emulsifiers (481, 472, 473, 474), Vitamin (Thiamin, Folate, Vitamin E, Niacin, Vitamin B6), Minerals (Iron, Zinc) Eggnort Cheese (Pasteurised Cow's Milk, Salt, Enzymes, Coagulating Enzymes) Canada Spread (Vegetable Oil (Including Canola Oil 41%), Water, Salt, Emulsifiers (471, Soy Lecithin), Preservative (202), Citric Acid, Vitamin 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"/>	Ham & Cheese Toastie	White Toast: Wheat Flour, Water, Malt, Barley, Baker's Yeast, Soy Fibre, Wheat Gluten, Vinegar, Iodised Salt, Vegetable Oils (412), Soy Flour, Canola Oil, Emulsifiers (481, 472, 473, 474), Vitamin (Thiamin, Folate, Vitamin E, Niacin, Vitamin B6), Minerals (Iron, Zinc) Eggnort Cheese (Pasteurised Cow's Milk, Salt, Enzymes, Coagulating Enzymes) Canada Spread (Vegetable Oil (Including Canola Oil 41%), Water, Salt, Emulsifiers (471, Soy Lecithin), Preservative (202), Citric Acid, Vitamin 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"/>	Ham, Cheese, Tomato Toastie	White Toast: Wheat Flour, Water, Malt, Barley, Baker's Yeast, Soy Fibre, Wheat Gluten, Vinegar, Iodised Salt, Vegetable Oils (412), Soy Flour, Canola Oil, Emulsifiers (481, 472, 473, 474), Vitamin (Thiamin, Folate, Vitamin E, Niacin, Vitamin B6) Eggnort Cheese (Pasteurised Cow's Milk, Salt, Enzymes, Coagulating Enzymes) Canada Spread (Vegetable Oil (Including Canola Oil 41%), Water, Salt, Emulsifiers (471, Soy Lecithin), Preservative (202), Citric Acid, Vitamin 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"/>	Percolate (Apple Flavoured syrup & Butter)	Percolate: Water, Wheat Flour, Sugar, Canola Oil, Milk Solids, Acids Regulator (730), Egg Powder, Wheat Starch, Raisin, Agent (550), Salt, Preservative (202, 234), Emulsifier (471), Natural Flavour, Vitamin (Thiamin, Folate) Percolate Syrup: Fructose, Water, Sugar, Salt, Flavour (1506), Vegetable Gum (466), Preservative (202), Natural Maple Flavour, Citric Acid Whipped Butter: Butter, Water, Canola Oil, Salt, Preservative (202), Vitamin A & D	Y	Y	Y	Y	N	N	N	N	t	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