Wraps & Vegan

Selected Stores only	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)	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)
☐	☐	**Wraps & Vegan**	IMPORTANT: Customers should be aware that whilst every effort is made to segregate food to maintain the Vegan, Gluten and Dairy Free status of our ingredients, individual food items may come in contact with other products during food preparation, and our restaurants serve products containing Allergens, as well as beans and meat as part of our standard menu items.																										
☐	☐	Grilled Chicken Wrap Peri Peri	Grilled Chicken Whole Muscle (Chicken (94%), Salt, Thickeners (1442, 407), Mineral Salts (451, 450), Flavours, Water). 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). Tomato, Lettuce, Egmont Cheese (Pasteurised Cow's Milk, Salt, Enzymes, Coagulating Enzyme), Mayonnaise (Soybean Oil, Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Tocopherol), Peri Peri Sauce (Soybean Oil [Antioxidant (320)], Water, Egg Yolk, Vinegar, Sugar, Garlic, Chilli, Thickeners (1442, 1450, 415), Lemon Juice Concentrate, Citric Acid, Onion Powder, Colour (160c), Preservative (202), Natural Flavours, Spice Extract, Antioxidant (385)).	Y	Y	Y	Y	N	N	N	N	N	N	231	2460	27.4	39.5	10.7	30.5	3.9	1130	100	1065	11.9	17.1	4.8	13.2	1.7	489
☐	☐	Grilled Chicken Avocado BLT Wrap	Grilled Chicken Whole Muscle (Chicken (94%), Salt, Thickeners (1442, 407), Mineral Salts (451, 450), Flavours, Water). 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, Sauce Ranch (Canola Oil, Water, Vinegar, Mustard (Water, Mustard Seeds, Salt, Sugar, Food Acid (Acetic), Turmeric, Natural Flavour), Egg Yolk, Worcestershire Sauce, Thickeners (1442, 415), Salt, Sugar, Lemon Juice, Herbs And Spices, Preservatives (211, 202), Milk Solids (0.1%)). 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))	Y	Y	Y	N	N	N	N	N	N	N	277	2290	29.0	33.9	8.0	33.2	3.7	1410	100	827	10.5	12.2	2.9	12.0	1.3	509
☐	☐	Tendercrisp Wrap Peri Peri	Tendercrisp (Chicken (55%), Flour (Wheat, Soy), Water, Vegetable Oil, Salt, Vegetable Powder (Garlic, Onion), Thickener (1422), Mineral Salts (450, 451, 500), Yeast, Vinegar, Herbs, Spices (Pepper), Emulsifiers (481, 471, 472a), Maltodextrin). 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). Tomato, Lettuce Egmont Cheese (Pasteurised Cow's Milk, Salt, Enzymes, Coagulating Enzyme), Mayonnaise (Soybean Oil, Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Tocopherol), Peri Peri Sauce (Soybean Oil [Antioxidant (320)], Water, Egg Yolk, Vinegar, Sugar, Garlic, Chilli, Thickeners (1442, 1450, 415), Lemon Juice Concentrate, Citric Acid, Onion Powder, Colour (160c), Preservative (202), Natural Flavours, Spice Extract, Antioxidant (385))	Y	Y	Y	Y	N	N	N	N	N	N	259	3030	25.8	51.0	12.2	40.1	4.2	1560	100	1170	10.0	19.7	4.7	15.5	1.6	602
☐	☐	Tendercrisp Wrap Avocado BLT	Tendercrisp (Chicken (55%), Flour (Wheat, Soy), Water, Vegetable Oil, Salt, Vegetable Powder (Garlic, Onion), Thickener (1422), Mineral Salts (450, 451, 500), Yeast, Vinegar, Herbs, Spices (Pepper), Emulsifiers (481, 471, 472a), Maltodextrin). 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, Tomato, Sauce Ranch (Canola Oil, Water, Vinegar, Mustard (Water, Mustard Seeds, Salt, Sugar, Food Acid (Acetic), Turmeric), Egg Yolk, Worcestershire Sauce, Thickeners (1442, 415), Salt, Sugar, Lemon Juice, Herbs And Spices, Preservatives (211, 202), Milk Solids (0.1%)). 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))	Y	Y	Y	Y	N	N	N	N	N	N	305	2860	27.4	45.4	9.5	42.8	4.0	1840	100	938	9.0	14.9	3.1	14.0	1.3	603
☐	☐	Vegan Whopper Cheese	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). Bun 5" Seeded (Wheat Flour, Water, Baker's Yeast, Canola Oil, Sesame Seeds, Sugar, Wheat Gluten, Iodised Salt, Soy Flour, Emulsifiers (471, 481, 472e), Preservative (282), Vitamins (Thiamin, Folate)). Tomato, Lettuce, 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)), 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)). Tomato Ketchup (Concentrated Tomatoes, Sugar, Salt, Concentrated White Vinegar, Food Acid (Citric Acid), Natural Flavours (Contain Garlic), Spices.)	Y	N	N	Y	N	N	N	N	Y	N	338	2730	16.4	25.7	5.6	87.8	11.7	1480	100	808	4.9	7.6	1.7	26.0	3.5	438
☑	☑	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.)	Y	N	N	Y	N	N	N	N	N	N	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	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, 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))	Y	N	N	Y	N	N	N	N	N	N	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