

Gluten Free		Halal	Kosher	Menu Item	Ingredients	GLUTEN	EGGS	MILK & MILK PRODUCTS	SOY	FISH/CRUSTACEA	PEANUTS	TREE NUTS	LUPINS	SESAME	SULPHITES	Serving Size (g)	Energy (kJ/100g)	Protein (g/100g)	Fat Total (g/100g)	Fat Saturated (g/100g)	Carbohydrates (g/100g)	Sugars (g/100g)	Sodium (mg/100g)	Serving Size / 100g	Energy (kJ/100g)	Protein (g/100g)	Fat Total (g/100g)	Fat Saturated (g/100g)	Carbohydrates (g/100g)	Sugars (g/100g)	Sodium (g/100g)	
☐	☐	☐	☐	Ham & Cheese Toastie	White Toast, Wheat Flour, Water, Maida Starch, Baker's Yeast, Soy Fibre, Wheat Gluten, Vinegar, Iodised Salt, Vegetable Oil (412), Soy Flour, Canola Oil, Emulsifiers (E14724-E14724-1), Vitamins (Thiamin), Folate, Vitamin E, Niacin, Vitamin B6, Monosodium Zinc Shred Shredded Lay-Ham (Pork 74%, Water, Salt, Food Acid (325), Corn Dextrose, Sucrose, Mineral Salt (452-451, 452), Anticaking (316), Sodium Nitrate (250)) Emment Cheese (Pasteurized Cow Milk, Salt, Enzymes, Coagulating Enzyme) Sweet Cheddar (Vegetarian Cow Milk, Salt, Enzymes, Coagulating Enzyme) Preservative (202), Citric Acid, Vitamins A & D, Natural Colour (Beta Carotene), Natural Flavour	Y	N	N	Y	N	N	N	N	N	N	N	142	1400	16.6	14.3	6.1	32.5	3.0	881	100	886	11.7	10.0	4.3	22.9	2.1	620
☐	☐	☐	☐	Ham, Cheese, Tomato Toastie	White Toast, Wheat Flour, Water, Maida Starch, Baker's Yeast, Soy Fibre, Wheat Gluten, Vinegar, Iodised Salt, Vegetable Oil (412), Soy Flour, Canola Oil, Emulsifiers (E14724-E14724-1), Vitamins (Thiamin), Folate, Vitamin E, Niacin, Vitamin B6, Monosodium Zinc Shred Shredded Lay-Ham (Pork 74%, Water, Salt, Food Acid (325), Corn Dextrose, Sucrose, Mineral Salt (452-451, 452), Anticaking (316), Sodium Nitrate (250)) Emment Cheese (Pasteurized Cow Milk, Salt, Enzymes, Coagulating Enzyme) Sweet Cheddar (Vegetarian Cow Milk, Salt, Enzymes, Coagulating Enzyme) Preservative (202), Citric Acid, Vitamins A & D, Natural Colour (Beta Carotene), Natural Flavour	Y	N	N	Y	Y	N	N	N	N	N	N	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 (Maida flavoured syrup & Butter)	Pancake Flour, Wheat Flour, Sugar, Canola Oil, Milk Solids, Anhydrous Residue (375), Egg Protein, Wheat Starch, Raising Agent (503), Salt, Preservative (202, 234), Emulsifier (471), Natural Flavour, Vitamins (Thiamin, Riboflavin, Niacin, Vitamin B6, Vitamin C) Pancake Syrup: Fructose, Water, Sugar, Salt, Flavour (1508), Vegetable Gum (466), Preservative (202), Natural Maple Flavour, Citric Acid Whipped Butter: Butter, Water, Canola Oil, Salt, Preservative (202), Vitamins A & D	Y	Y	Y	Y	N	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
☒	☒	☒	☒	Pitaheals	Wheat Flour, Water, Sugar, Canola Oil, Non-Fat Milk Solids, Anhydrous Residue (375), Wheat Starch, Whole Egg Protein, Raising Agent (503), Salt, Preservatives (202, 234), Natural Vanilla Flavour, Emulsifier (471), Natural Colour (E1615), Vitamins (Thiamin, Riboflavin, Niacin, Vitamin B6, Vitamin C)	Y	Y	Y	Y	N	N	N	N	N	N	35	321	1.8	1.8	0.2	13.0	4.2	115	100	917	5.1	5.1	0.6	37.1	12.0	309	