

* Nutritional base values are calculated per 100g

Toastie Ham Cheese Tomato

Ingredients: Bread Toast Slice (Unbleached **Wheat** Flour, Water, Baker's Yeast, Modified Tapioca Starch (1412), **Wheat** Fibre, **Wheat** Gluten, Vinegar, Iodised Salt, Vegetable Gum (412), Canola Oil, **Soy** Flour, Vegetable Emulsifiers (472e, 481, 471), Minerals (Iron, Zinc), Vitamins (Vitamin E, Niacin, Vitamin B6, Thiamin, Folic Acid)), Tomato Slice (Tomato), Ham Sliced Country (Pork, Cure (Salt, Sugar, Mineral Salts (450, 451), Dextrose (Maize or Tapioca), Antioxidant (316), Preservative (250)), Acidity Regulators (326, 262), Water, Modified Starch (1442 Maize or Tapioca), Vegetable Gum (407), Wood Smoke), Cheese Natural (**Milk**, Salt, Starter Culture, Rennet), Butter Clarified (**Milk** Fat)

Contains: **Wheat, Milk**

May be present: Sesame, Soy

Description	Status	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Toastie Ham Cheese Tomato	None	Permanent	Yes	No	146	835	1216	10.6	15.5	8.6	12.5	4.8	7.1	19.5	28.4	1.7	2.6	469	683

Toastie Ham Cheese

Ingredients: Bread Toast Slice (Unbleached **Wheat** Flour, Water, Baker's Yeast, Modified Tapioca Starch (1412), **Wheat** Fibre, **Wheat** Gluten, Vinegar, Iodised Salt, Vegetable Gum (412), Canola Oil, **Soy** Flour, Vegetable Emulsifiers (472e, 481, 471), Minerals (Iron, Zinc), Vitamins (Vitamin E, Niacin, Vitamin B6, Thiamin, Folic Acid)), Ham Sliced Country (Pork, Cure (Salt, Sugar, Mineral Salts (450, 451), Dextrose (Maize or Tapioca), Antioxidant (316), Preservative (250)), Acidity Regulators (326, 262), Water, Modified Starch (1442 Maize or Tapioca), Vegetable Gum (407), Wood Smoke), Cheese Natural (**Milk**, Salt, Starter Culture, Rennet), Butter Clarified (**Milk** Fat)

Contains: **Wheat, Milk**

May be present: Sesame, Soy

Description	Status	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Toastie Ham Cheese	None	Permanent	Yes	No	118	1,017	1195	13.1	15.5	10.6	12.5	6	7.1	23.4	27.6	1.6	1.9	580	682

Toastie Cheese

Ingredients: Bread Toast Slice (Unbleached **Wheat** Flour, Water, Baker's Yeast, Modified Tapioca Starch (1412), **Wheat** Fibre, **Wheat** Gluten, Vinegar, Iodised Salt, Vegetable Gum (412), Canola Oil, **Soy** Flour, Vegetable Emulsifiers (472e, 481, 471), Minerals (Iron, Zinc), Vitamins (Vitamin E, Niacin, Vitamin B6, Thiamin, Folic Acid)), Cheese Natural (**Milk**, Salt, Starter Culture, Rennet), Butter Clarified (**Milk** Fat)

Contains: **Wheat, Milk**

May be present: Sesame, Soy

Description	Status	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Toastie Cheese	None	Permanent	Yes	No	93	1,175	1087	12.1	11.3	11.9	11.1	7.1	6.6	29.1	27	1.7	1.6	445	412

Brekky Hunger Tamers

Ingredients: Milk Full Cream (**Milk**), Eggs (**Egg**), Turkish Roll (Water, **Wheat** Flour [contains Vitamin B (Thiamin) and Folic Acid], Iodised Salt, Baco (Vegetable Oil and Fats contains 471, 476), Soft Improver (contains 481), Sugar, Yeast, **Sesame** Seeds (White and Black, Nigella Seeds), Hash Brown (Potatoes, Vegetable Oil (Contains one or more of the following: Canola, Palm, **Soybean**, Sunflower), Salt, Raising Agent (450)), Dextrose, Spice Extract), Tortilla (**Wheat** Flour ((66%), Thiamine, Folic Acid), Water, Vegetable Shortening (Antioxidant (307b)), Sugar, Baking Powder (Mineral Salts (450, 500, 341)), Acidity Regulator (297), Mineral Salt (500), Preservative (282), Iodized Salt, Yeast), Sausage Patty (Meat (96%) [Pork, Beef], Water, **Soy** Protein, Salt, Spices, Herbs, Sugar, Dextrose, Yeast Extract, Dehydrated Vegetable, Vegetable Oil), Bacon (Pork, Water, Cure (Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250)), Wood Smoke), Water (Water), Beef Patty 4* (Beef (100%)), Sauce BBQ Smoky (Tomato Puree (48%), Sugar, Vinegar, Apple Paste, Thickener, Caramel Colour, Molasses, Salt, Smoke Flavour, Dehydrated Vegetables, Worcestershire Flavour, Spice), Cheese SOS (Cheese (Cows **Milk**, Salt, Culture, Microbial/Calves Rennet), Water, Non-Fat **Milk** Solids (Cow's **Milk**), **Milk** Solids (Cow's **Milk**), Emulsifiers (331(iii), 322(i)), Acidity Regulators (330), Salt, Natural Cheese Flavour, Colour (160a), Natural Preservative (234)), Coffee Grinders (100% imported Coffee Beans), Butter Clarified (**Milk** Fat), Chocolate Powder (Sugar, Cocoa Powder, Whey Powder, Maize Starch, Flavour)

Contains: **Wheat (Gluten), Eggs, Milk, Soy, Sesame**

May be present: Added Sulphites

Description	Status	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Brekky Hunger Tamers	None	Trial	Yes	No	797	729	5807	8.8	70.5	8.9	71.1	3.8	30.7	14.5	116	3.2	25.7	283	2254
Hash Brown	Archive	Permanent	No	Yes	58	86	685	0.2	1.4	1.4	11	0.2	1.3	1.9	15.2	0	0.3	30	244
Turkish Bread Bacon Egg	Archive	Permanent	No	No	178	208	1664	2.5	19.8	2.4	18.8	1.2	9.3	4.5	36.3	0.6	4.8	110	878
Jack's Café Cappuccino Medium	None	Permanent	No	Yes	318	131	1043	1.6	12.4	1.2	9.6	0.8	6.3	3.5	28.2	1.5	12.1	14	116
Sausage Brekky Wrap	None	Permanent	Yes	No	243	303	2421	4.6	37	4	31.9	1.7	13.9	4.5	36	1.1	8.6	128	1021

Sausage Brekky Wrap

Ingredients: Eggs (**Egg**), Tortilla (**Wheat** Flour ((66%), Thiamine, Folic Acid), Water, Vegetable Shortening (Antioxidant (307b)), Sugar, Baking Powder (Mineral Salts (450, 500, 341)), Acidity Regulator (297), Mineral Salt (500), Preservative (282), Iodized Salt, Yeast), Sausage Patty (Meat (96%) [Pork, Beef], Water, **Soy** Protein, Salt, Spices, Herbs, Sugar, Dextrose, Yeast Extract, Dehydrated Vegetable, Vegetable Oil), Beef Patty 4* (Beef (100%)), Sauce BBQ Smoky (Tomato Puree (48%), Sugar, Vinegar, Apple Paste, Thickener, Caramel Colour, Molasses, Salt, Smoke Flavour, Dehydrated Vegetables, Worcestershire Flavour, Spice), Bacon (Pork, Water, Cure (Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250)), Wood Smoke), Cheese SOS (Cheese (Cows **Milk**, Salt, Culture, Microbial/Calves Rennet), Water, Non-Fat **Milk** Solids (Cow's **Milk**), **Milk** Solids (Cow's **Milk**), Emulsifiers (331(iii), 322(i)), Acidity Regulators (330), Salt, Natural Cheese Flavour, Colour (160a), Natural Preservative (234))

Contains: **Wheat (Gluten), Eggs, Milk, Soy**

May be present: Added Sulphites

Description	Status	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Sausage Brekky Wrap	None	Permanent	Yes	No	243	995	2421	15.2	37	13.1	31.9	5.7	13.9	14.8	36	3.5	8.6	419	1021

Brekky Family Meal

Ingredients: Orange Drink POM (Orange Juice from Concentrate (66.6%), Water, Sugar, Food Acid (330), Preservatives (211, 223 (**Sulphites**)), Stabiliser (405), Flavour, Antioxidant (300), Colour (160e)), **Milk** Full Cream (**Milk**), Hash Brown (Potatoes, Vegetable Oil (Contains one or more of the following: Canola, Palm, **Soybean**, Sunflower), Salt, Raising Agent (450i), Dextrose, Spice Extract), **Eggs** (**Egg**), Turkish Roll (Water, **Wheat** Flour [contains Vitamin B (Thiamin) and Folic Acid], Iodised Salt, Baco (Vegetable Oil and Fats contains 471, 476), Soft Improver (contains 481), Sugar, Yeast, **Sesame** Seeds (White and Black), Nigella Seeds), Tortilla (**Wheat** Flour ((66%), Thiamine, Folic Acid), Water, Vegetable Shortening (Antioxidant (307b)), Sugar, Baking Powder (Mineral Salts (450, 500, 341)), Acidity Regulator (297), Mineral Salt (500), Preservative (282), Iodized Salt, Yeast), Bacon (Pork, Water, Cure (Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250)), Wood Smoke), Beef Patty 4" (Beef (100%)), Cheese SOS (Cheese (Cows **Milk**, Salt, Culture, Microbial/Calves Rennet), Water, Non-Fat **Milk** Solids (Cow's **Milk**), **Milk** Solids (Cow's **Milk**), Emulsifiers (331(iii), 322(i)), Acidity Regulators (330), Salt, Natural Cheese Flavour, Colour (160a), Natural Preservative (234)), Coffee Grinders (100% imported Coffee Beans), Sauce BBQ Smoky (Tomato Puree (48%), Sugar, Vinegar, Apple Paste, Thickener, Caramel Colour, Molasses, Salt, Smoke Flavour, Dehydrated Vegetables, Worcestershire Flavour, Spice), Water (Water), Butter Clarified (**Milk** Fat), Chocolate Powder (Sugar, Cocoa Powder, Whey Powder, Maize Starch, Flavour)

Contains: **Wheat** (Gluten), **Eggs**, **Milk**, **Soy**, **Sesame**

May be present: **Added Sulphites**

Description	Status	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Brekky Family Meal	None	Trial	Yes	No	2,214	642	14204	5.4	121	7.3	163	2.5	55.5	16.1	357	5.2	115	228	5059
Hash Brown	Archive	Permanent	No	Yes	58	124	685	0.3	1.4	2	11	0.2	1.3	2.7	15.2	0.1	0.3	44	244
Turkish Bread Bacon Egg	Archive	Permanent	No	No	178	150	1664	1.8	19.8	1.7	18.8	0.8	9.3	3.3	36.3	0.4	4.8	79	878
Jack's Café Cappuccino Small	Archive	Permanent	No	Yes	220	76	836	0.9	9.7	0.6	6.8	0.4	4.5	2.2	24.6	0.8	8.5	7	81
Wrap Big BBQ Brekky	Archive	Permanent	No	No	252	230	2545	2.5	28.2	3.1	33.9	1	11.7	4.3	47.8	0.6	6.2	96	1062
Orange Fruit Drink Small	None	Permanent	No	No	340	63	694	0	0	0	0	0	0	3.6	39.5	3.4	37.4	2	27

Turkish Bread Sausage Egg

Ingredients: Turkish Roll (Water, **Wheat** Flour [contains Vitamin B (Thiamin) and Folic Acid], Iodised Salt, Baco (Vegetable Oil and Fats contains 471, 476), Soft Improver (contains 481), Sugar, Yeast, **Sesame** Seeds (White and Black), Nigella Seeds), Sausage Patty (Meat (96%) [Pork, Beef], Water, **Soy** Protein, Salt, Spices, Herbs, Sugar, Dextrose, Yeast Extract, Dehydrated Vegetable, Vegetable Oil), Cheese SOS (Cheese (Cows **Milk**, Salt, Culture, Microbial/Calves Rennet), Water, Non-Fat **Milk** Solids (Cow's **Milk**), **Milk** Solids (Cow's **Milk**), Emulsifiers (331(iii), 322(i)), Acidity Regulators (330), Salt, Natural Cheese Flavour, Colour (160a), Natural Preservative (234)), Sauce BBQ Smoky (Tomato Puree (48%), Sugar, Vinegar, Apple Paste, Thickener, Caramel Colour, Molasses, Salt, Smoke Flavour, Dehydrated Vegetables, Worcestershire Flavour, Spice), Butter Clarified (**Milk** Fat), **Eggs** (**Egg**))

Contains: **Wheat**, **Eggs**, **Milk**, **Sesame**, **Soy**

May be present: **Added Sulphites**

Description	Status	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Turkish Bread Sausage Egg	None	Permanent	No	No	200	1,021	2045	13.3	26.6	12.9	25.9	6	12	18.2	36.5	2.5	5	400	801

Turkish Bread Sausage Egg Double

Ingredients: Sausage Patty (Meat (96%) [Pork, Beef], Water, **Soy** Protein, Salt, Spices, Herbs, Sugar, Dextrose, Yeast Extract, Dehydrated Vegetable, Vegetable Oil), Turkish Roll (Water, **Wheat** Flour [contains Vitamin B (Thiamin) and Folic Acid], Iodised Salt, Baco (Vegetable Oil and Fats contains 471, 476), Soft Improver (contains 481), Sugar, Yeast, **Sesame** Seeds (White and Black), Nigella Seeds), Cheese SOS (Cheese (Cows **Milk**, Salt, Culture, Microbial/Calves Rennet), Water, Non-Fat **Milk** Solids (Cow's **Milk**), **Milk** Solids (Cow's **Milk**), Emulsifiers (331(iii), 322(i)), Acidity Regulators (330), Salt, Natural Cheese Flavour, Colour (160a), Natural Preservative (234)), Sauce BBQ Smoky (Tomato Puree (48%), Sugar, Vinegar, Apple Paste, Thickener, Caramel Colour, Molasses, Salt, Smoke Flavour, Dehydrated Vegetables, Worcestershire Flavour, Spice), Butter Clarified (**Milk** Fat), **Eggs** (**Egg**))

Contains: **Wheat**, **Eggs**, **Milk**, **Sesame**, **Soy**

May be present: **Added Sulphites**

Description	Status	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Turkish Bread Sausage Egg Double	None	Permanent	No	No	254	1,066	2703	15.4	39	14.9	37.8	6.8	17.4	14.6	37.1	2.2	5.5	431	1093

Turkish Bread Mega

Ingredients: Turkish Roll (Water, **Wheat** Flour [contains Vitamin B (Thiamin) and Folic Acid], Iodised Salt, Baco (Vegetable Oil and Fats contains 471, 476), Soft Improver (contains 481), Sugar, Yeast, **Sesame** Seeds (White and Black), Nigella Seeds), Sausage Patty (Meat (96%) [Pork, Beef], Water, **Soy** Protein, Salt, Spices, Herbs, Sugar, Dextrose, Yeast Extract, Dehydrated Vegetable, Vegetable Oil), Bacon (Pork, Water, Cure (Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250)), Wood Smoke), Cheese SOS (Cheese (Cows **Milk**, Salt, Culture, Microbial/Calves Rennet), Water, Non-Fat **Milk** Solids (Cow's **Milk**), **Milk** Solids (Cow's **Milk**), Emulsifiers (331(iii), 322(i)), Acidity Regulators (330), Salt, Natural Cheese Flavour, Colour (160a), Natural Preservative (234)), Sauce BBQ Smoky (Tomato Puree (48%), Sugar, Vinegar, Apple Paste, Thickener, Caramel Colour, Molasses, Salt, Smoke Flavour, Dehydrated Vegetables, Worcestershire Flavour, Spice), Butter Clarified (**Milk** Fat), **Eggs** (**Egg**))

Contains: **Wheat**, **Eggs**, **Milk**, **Sesame**, **Soy**

May be present: **Added Sulphites**

Description	Status	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Turkish Bread Mega	None	LTO	No	No	240	957	2301	13.8	33.1	12.3	29.6	5.6	13.4	15.4	37	2.3	5.5	513	1233

Turkish Bread Bacon Egg Double

Ingredients: Turkish Roll (Water, **Wheat** Flour [contains Vitamin B (Thiamin) and Folic Acid], Iodised Salt, Baco (Vegetable Oil and Fats contains 471, 476), Soft Improver (contains 481), Sugar, Yeast, **Sesame** Seeds (White and Black), Nigella Seeds), Bacon (Pork, Water, Cure (Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250)), Wood Smoke), Cheese SOS (Cheese (Cows **Milk**, Salt, Culture, Microbial/Calves Rennet), Water, Non-Fat **Milk** Solids (Cow's **Milk**), **Milk** Solids (Cow's **Milk**), Emulsifiers (331(iii), 322(i)), Acidity Regulators (330), Salt, Natural Cheese Flavour, Colour (160a), Natural Preservative (234)), Sauce BBQ Smoky (Tomato Puree (48%), Sugar, Vinegar, Apple Paste, Thickener, Caramel Colour, Molasses, Salt, Smoke Flavour, Dehydrated Vegetables, Worcestershire Flavour, Spice), Butter Clarified (**Milk** Fat), **Eggs** (**Egg**))

Contains: **Wheat**, **Eggs**, **Milk**, **Sesame**, **Soy**

Description	Status	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Turkish Bread Bacon Egg Double	None	Permanent	No	No	210	931	1951	12.1	25.4	11.2	23.6	5.7	11.9	17.7	37.2	2.7	5.6	600	1258

Jack's Brekky Roll

Ingredients: Bun Brioche (**Wheat** Flour, Water, Canola Oil, Sugar, Bakers Yeast, **Wheat** Gluten, Modified Potato Starch (1420), Iodised Salt, **Soy** Flour, Preservative (282), Emulsifiers (481, 322 from Rapeseed), **Wheat** Malt Flour, Acidity Regulator (334), Vitamins (Thiamin, Folic Acid), Processing Aid (**Wheat**)), Sausage Patty (Meat (96%) [Pork, Beef], Water, **Soy** Protein, Salt, Spices, Herbs, Sugar, Dextrose, Yeast Extract, Dehydrated Vegetable, Vegetable Oil), Bacon (Pork, Water, Cure (Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250)), Wood Smoke), Cheese Natural (**Milk**, Salt, Starter Culture, Rennet), Sauce BBQ Smoky (Tomato Puree (48%), Sugar, Vinegar, Apple Paste, Thickener, Caramel Colour, Molasses, Salt, Smoke Flavour, Dehydrated Vegetables, Worcestershire Flavour, Spice), Butter Clarified (**Milk** Fat), **Eggs** (**Egg**))

Contains: **Wheat** (Gluten), **Eggs**, **Milk**, **Soy**

May be present: Added Sulphites, Sesame

Description	Status	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Jack's Brekky Roll	None	Permanent	No	No	235	1,054	2477	14.8	34.7	15.7	36.9	6.7	15.7	13.1	30.9	3.1	7.4	447	1050

Turkish Bread Bacon Egg

Ingredients: Turkish Roll (Water, **Wheat** Flour [contains Vitamin B (Thiamin) and Folic Acid], Iodised Salt, Baco (Vegetable Oil and Fats contains 471, 476), Soft Improver (contains 481), Sugar, Yeast, **Sesame** Seeds (White and Black), Nigella Seeds), Bacon (Pork, Water, Cure (Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250)), Wood Smoke), Cheese SOS (Cheese (Cows **Milk**, Salt, Culture, Microbial/Calves Rennet), Water, Non-Fat **Milk** Solids (Cow's **Milk**), **Milk** Solids (Cow's **Milk**), Emulsifiers (331(iii), 322(i)), Acidity Regulators (330), Salt, Natural Cheese Flavour, Colour (160a), Natural Preservative (234)), Sauce BBQ Smoky (Tomato Puree (48%), Sugar, Vinegar, Apple Paste, Thickener, Caramel Colour, Molasses, Salt, Smoke Flavour, Dehydrated Vegetables, Worcestershire Flavour, Spice), Butter Clarified (**Milk** Fat), **Eggs** (**Egg**))

Contains: **Wheat**, **Eggs**, **Milk**, **Sesame**, **Soy**

Description	Status	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Turkish Bread Bacon Egg	None	Permanent	No	No	178	936	1669	11.1	19.8	10.5	18.8	5.2	9.3	20.5	36.5	2.8	5.1	495	883

Hash Brown

Ingredients: Hash Brown (Potatoes, Vegetable Oil (Contains one or more of the following: Canola, Palm, **Soybean**, Sunflower), Salt, Raising Agent (450), Dextrose, Spice Extract)

Contains: Soy

Description	Status	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Hash Brown	None	Permanent	No	Yes	58	1,180	685	2.4	1.4	18.9	11	2.1	1.3	26.1	15.2	0.5	0.3	419	244

Wrap Mega Brekky

Ingredients: Beef Patty 5" (Beef 100%), Hash Brown (Potatoes, Vegetable Oil (Contains one or more of the following: Canola, Palm, **Soybean**, Sunflower), Salt, Raising Agent (450), Dextrose, Spice Extract), Tortilla (**Wheat** Flour ((66%), Thiamine, Folic Acid), Water, Vegetable Shortening (Antioxidant (307b)), Sugar, Baking Powder (Mineral Salts (450, 500, 341)), Acidity Regulator (297), Mineral Salt (500), Preservative (282), Iodized Salt, Yeast), Sausage Patty (Meat (96%) [Pork, Beef], Water, **Soy** Protein, Salt, Spices, Herbs, Sugar, Dextrose, Yeast Extract, Dehydrated Vegetable, Vegetable Oil), Bacon (Pork, Water, Cure (Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250)), Wood Smoke), Cheese SOS (Cheese (Cows **Milk**, Salt, Culture, Microbial/Calves Rennet), Water, Non-Fat **Milk** Solids (Cow's **Milk**), **Milk** Solids (Cow's **Milk**), Emulsifiers (331(iii), 322(i)), Acidity Regulators (330), Salt, Natural Cheese Flavour, Colour (160a), Natural Preservative (234)), Sauce BBQ Smoky (Tomato Puree (48%), Sugar, Vinegar, Apple Paste, Thickener, Caramel Colour, Molasses, Salt, Smoke Flavour, Dehydrated Vegetables, Worcestershire Flavour, Spice), **Eggs** (**Egg**))

Contains: **Wheat** (Gluten), **Eggs**, **Milk**, **Soy**

May be present: Added Sulphites, Fish

Description	Status	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Wrap Mega Brekky	None	Permanent	No	No	371	1,065	3948	15.1	56.1	15.9	58.9	6.2	23.2	13.2	48.8	2	7.6	434	1610

Wrap BBQ Brekky

Ingredients: Hash Brown (Potatoes, Vegetable Oil (Contains one or more of the following: Canola, Palm, **Soybean**, Sunflower), Salt, Raising Agent (450), Dextrose, Spice Extract), Tortilla (**Wheat** Flour ((66%), Thiamine, Folic Acid), Water, Vegetable Shortening (Antioxidant (307b)), Sugar, Baking Powder (Mineral Salts (450, 500, 341)), Acidity Regulator (297), Mineral Salt (500), Preservative (282), Iodized Salt, Yeast), Sausage Patty (Meat (96%) [Pork, Beef], Water, **Soy** Protein, Salt, Spices, Herbs, Sugar, Dextrose, Yeast Extract, Dehydrated Vegetable, Vegetable Oil), Bacon (Pork, Water, Cure (Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250)), Wood Smoke), Sauce BBQ Smoky (Tomato Puree (48%), Sugar, Vinegar, Apple Paste, Thickener, Caramel Colour, Molasses, Salt, Smoke Flavour, Dehydrated Vegetables, Worcestershire Flavour, Spice), Cheese SOS (Cheese (Cows **Milk**, Salt, Culture, Microbial/Calves Rennet), Water, Non-Fat **Milk** Solids (Cow's **Milk**), **Milk** Solids (Cow's **Milk**), Emulsifiers (331(iii), 322(i)), Acidity Regulators (330), Salt, Natural Cheese Flavour, Colour (160a), Natural Preservative (234)), **Eggs** (**Egg**))

Contains: **Wheat** (Gluten), **Eggs**, **Milk**, **Soy**

May be present: Added Sulphites

Description	Status	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Wrap BBQ Brekky	None	Permanent	No	No	260	1,013	2638	11.5	30.1	13.8	35.9	4.5	11.8	18.3	47.7	2.7	7	452	1177

Wrap Big BBQ Brekky

Ingredients: Hash Brown (Potatoes, Vegetable Oil (Contains one or more of the following: Canola, Palm, **Soybean**, Sunflower), Salt, Raising Agent (450), Dextrose, Spice Extract), Tortilla (**Wheat** Flour ((66%), Thiamine, Folic Acid), Water, Vegetable Shortening (Antioxidant (307b)), Sugar, Baking Powder (Mineral Salts (450, 500, 341)), Acidity Regulator (297), Mineral Salt (500), Preservative (282), Iodized Salt, Yeast), Beef Patty 4" (Beef (100%)), Bacon (Pork, Water, Cure (Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250)), Wood Smoke), Sauce BBQ Smoky (Tomato Puree (48%), Sugar, Vinegar, Apple Paste, Thickener, Caramel Colour, Molasses, Salt, Smoke Flavour, Dehydrated Vegetables, Worcestershire Flavour, Spice), Cheese SOS (Cheese (Cows **Milk**, Salt, Culture, Microbial/Calves Rennet), Water, Non-Fat **Milk** Solids (Cow's **Milk**), **Milk** Solids (Cow's **Milk**), Emulsifiers (331(iii), 322(i)), Acidity Regulators (330), Salt, Natural Cheese Flavour, Colour (160a), Natural Preservative (234)), **Eggs** (**Egg**))

Contains: **Wheat** (Gluten), **Eggs**, **Milk**, **Soy**

May be present: Added Sulphites

Description	Status	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Wrap Big BBQ Brekky	None	Permanent	No	No	252	1,015	2562	11.1	28.1	13.8	34.8	4.8	12.1	18.9	47.7	2.7	6.9	422	1066

Pancakes

Ingredients: Syrup Maple Flavoured Sachet (Sugar, Water, Natural Flavour, Stabiliser (466), Colour (150a), Preservative (202), Acidity Regulators (330, 500), Salt), Butter Portion (Butter (min. 45%) (**Milk**), Water, Canola Oil (min. 22%), Salt, Preservative (202), Vitamin A and D), Pancake (**Wheat** Flour, Water, Sugar, Canola Oil, Non-Fat **Milk** Solids (2%), Acidity Regulator (575), Whole **Egg** Powder (15%), **Wheat** Starch, Raising Agent (500), Salt, Preservatives (202,234), Emulsifier (471), Natural Vanilla Flavour, Vitamins (Thiamin, Folic Acid))

Contains: Added Sulphites, **Wheat**, **Eggs**, **Milk**

May be present: Peanuts, Soy, Macadamia

Description	Status	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Pancakes	None	Permanent	No	Yes	147	1,103	1623	4.7	7	7.9	11.7	1.9	2.8	43.8	64.5	22.3	32.8	276	406