Breakfast

Menu Item	WHEAT	GLUTEN	GLUTEN SOURCE	EGGS	MILK & MILK PRODUCTS	SOY	FISH	MOLLUSC	CRUSTACEA	PEANUTS	TREE NUTS	TREE NUTS SOURCE	LUPINS	SESAME	SULPHITES	Serving Size (g)	Energy (kJ)	Protein (g)	Fat Total (g)	Fat Saturated (g)	Carbohydrate (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
Sausage & Egg On Turkish (contains Pork & Beef)	Y	Y	WHEAT	Y	Y	Y	N	N	N	N	N		N	Y	N	191	1850	24.4	22.5	8.5	34.0	3.7	762	100	968	12.8	11.8	4.5	17.8	1.9	399
Bacon & Egg On Turkish	Y	Y	WHEAT	Y	Y	Y	N	N	N	N	N		N	Y	N	170	1500	19.0	15.4	5.9	34.3	3.9	809	100	883	11.2	9.1	3.4	20.2	2.3	476
Jack's Brekky Roll	Y	Y	WHEAT	Y	Y	Y	N	N	N	N	N		N	T	N	240	2590	34.1	39.5	21.6	30.2	7.4	1300	100	1080	14.2	16.5	9.0	12.6	3.1	542
Turkish Avocado BLT	Y	Y	WHEAT	Y	N	Y	N	N	N	N	N		N	Y	N	197	1900	13.4	28.1	6.1	38.0	4.1	943	100	964	6.8	14.3	3.1	19.3	2.1	479
Turkish Avocado Egg BLT	Y	Y	WHEAT	Y	Y	Y	N	N	N	N	N		N	Y	N	258	2250	20.8	33.9	8.0	38.5	4.6	1030	100	879	8.1	13.2	3.1	15.0	1.8	402
B5 Brekky Deal Ham Cheese Toastie & Medium Coffee	Y	Y	WHEAT	Y	Y	Y	N	N	N	N	N		N	N	N	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
Avocado BLT Wrap	Y	Y	WHEAT	N	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
Bacon & Egg Muffin	Y	Y	WHEAT	Y	Y	Y	N	N	N	N	N		N	N	T	160	1340	19.9	13.8	5.2	28.3	2.9	776	100	839	11.8	8.7	3.3	17.7	1.8	485
Sausage (contains Pork & Beef) & Egg Muffin	Y	Y	WHEAT	Y	Y	Y	N	N	N	N	N		N	N	T	182	1700	24.4	21.1	7.8	28.2	2.9	734	100	932	13.4	11.6	4.4	15.5	1.6	404
Beef & Egg Muffin	Y	Y	WHEAT	Y	Y	Y	N	N	N	N	N		N	N	N	174	1630	24.0	19.5	8.2	28.2	2.8	543	100	935	13.8	11.2	4.7	16.2	1.6	312
BBQ Brekky Wrap	Y	Y	WHEAT	Y	Y	Y	N	N	N	N	N		N	N	T	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	Y	Y	WHEAT	Y	Y	Y	N	N	N	N	N		N	N	T	288	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)	N	N		N	N	t	N	N	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
Cheese Toastie	Y	Y	WHEAT	N	N	Y	N	N	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
Ham & Cheese Toastie	Y	Y	WHEAT	N	N	Y	N	N	N	N	N		N	N	N	142	1400	16.6	14.2	6.1	32.5	3.0	891	100	986	11.7	10.0	4.3	22.9	2.1	628
Ham, Cheese, Tomato Toastie	Y	Y	WHEAT	N	N	Y	N	N	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 (Maple flavoured syrup & Butter)	Y	Y	WHEAT	Y	N	Y	N	N	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