Nutritional Guide 28 November 2023

Breakfast

Selected Stores only	Halal	Menu Item	Ingredients	WHEAT	GLUTEN	GLUTEN SOURCE	EGGS	MILK & MILK PRODUCTS	SOY	FISH	MOLLUSC	CRUSTACEA	PEANUTS	TREE NUTS	TREE NUTS SOURCE	SESAME	LUPINS	SULPHITES	LACTOSE FREE	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)	Column38
128		**Breakfast**	Allergen information is provided in the table below. Please ask your Restaurant Manager if you have any questions. Our Food Allergen Guide is available in-store and online. Our Food Allergen Guide lists the ingredients in our menu items. Our menu items may be prepared in a kitchen that uses nuts, sesame seeds, gluten, eggs, milk, soy, fish, shellfish, sulphites and lupins.											^																					
129		**Mega Cin Turkish Roll**	Turkish Roll (Wheat Flour [Vitamins (Thiamin, Folic Acid)], Water, Isolated Salt, Vegetable Oil, Yeast, Imitation Vinegar, Sesame Seeds, Nigella Seeds, Soy Flour, Mineral Salt (170), Emulsifier (481), Enzymes, Food Acid (300)), Cooked Egg, Bacon (Pork (80%), Water, Salt, Curing Premix [Mineral Salt (451, 450), Sugar, Antioxidant (316), Preservative (250), Smoked], Cheese (Cow's Milk, Salt, Culture, Calves's Rennet), Water, Non Fat Milk Solids, Emulsifiers (E331s, E320), Acidity Regulators (E202, E330), Salt, Natural Cheese Flavour, Colours (* 160b, * 160c), Natural Preservative (E234), Smoky BBQ Sauce [Tomato Puree (Water, Tomato Paste, Citric Acid), Sugar, Vinegar, Apple Paste, Thickener (1414, 415), Caramel Colour (150a), Molasses, Salt, Smoke Flavour, Dehydrated Vegetable (Garlic, Onion), Worcestershire Flavour, Spice], Clarified Butter	Y	Y	WHEAT	Y	Y	Y	N	N	N	N	N	N	Y	N	N	N	252	2470	33.1	33.5	15.5	37.3	6.2	1480	100	980	13.1	13.3	6.2	14.9	2.5	587		
130		**Bacon & Egg Double On Turkish Roll**	Turkish Roll (Wheat Flour [Vitamins (Thiamin, Folic Acid)], Water, Isolated Salt, Vegetable Oil, Yeast, Imitation Vinegar, Sesame Seeds, Nigella Seeds, Soy Flour, Mineral Salt (170), Emulsifier (481), Enzymes, Food Acid (300)), Cooked Egg, Bacon (Pork (80%), Water, Salt, Curing Premix [Mineral Salt (451, 450), Sugar, Antioxidant (316), Preservative (250), Smoked], Cheese (Cow's Milk, Salt, Culture, Calves's Rennet), Water, Non Fat Milk Solids, Emulsifiers (E331s, E320), Acidity Regulators (E202, E330), Salt, Natural Cheese Flavour, Colours (* 160b, * 160c), Natural Preservative (E234), Smoky BBQ Sauce [Tomato Puree (Water, Tomato Paste, Citric Acid), Sugar, Vinegar, Apple Paste, Thickener (1414, 415), Caramel Colour (150a), Molasses, Salt, Smoke Flavour, Dehydrated Vegetable (Garlic, Onion), Worcestershire Flavour, Spice], Clarified Butter	Y	Y	WHEAT	Y	Y	Y	N	N	N	N	N	N	Y	N	N	N	210	1980	24.4	24.2	12	37.3	6.2	1260	100	942	11.6	11.5	5.7	17.7	3	601		
131		**Sausage & Egg Double On Turkish Roll (contains Pork & Beef)**	Sausage (Pork, Beef, Soy Protein, Salt, Spices, Herbs, Dextrose (Wheat), Sugar, Dehydrated Vegetables, Vegetable Oil, 8455, Hydrolysed Vegetable Protein (Soy)), Turkish Roll (Wheat Flour [Vitamins (Thiamin, Folic Acid)], Water, Isolated Salt, Vegetable Oil, Yeast, Imitation Vinegar, Sesame Seeds, Nigella Seeds, Soy Flour, Mineral Salt (170), Emulsifier (481), Enzymes, Food Acid (300)), Cooked Egg, Cheese (Cow's Milk, Salt, Culture, Calves's Rennet), Water, Non Fat Milk Solids, Emulsifiers (E331s, E320), Acidity Regulators (E202, E330), Salt, Natural Cheese Flavour, Colours (* 160b, * 160c), Natural Preservative (E234), Smoky BBQ Sauce [Tomato Puree (Water, Tomato Paste, Citric Acid), Sugar, Vinegar, Apple Paste, Thickener (1414, 415), Caramel Colour (150a), Molasses, Salt, Smoke Flavour, Dehydrated Vegetable (Garlic, Onion), Worcestershire Flavour, Spice], Clarified Butter	Y	Y	WHEAT	Y	Y	Y	N	N	N	N	N	N	Y	N	N	N	254	2980	35.5	38.7	17.5	36.9	6	1180	100	1060	14	15.2	6.9	14.5	2.3	464		
132	☑	**Mega Brekky Wrap**	Beef, Shortcrust (Potatoes, Vegetable Oil (May Contain One Or More Of The Following Canola Oil, Sunflower Oil, Cottonseed Oil, Palm Oil, Palm Oil, Palm