

Nutritional Guide 26 September 2023



Cold Drinks

| | Selected Stores only | Halal | Menu Item | Ingredients |
|-----|-------------------------------------|--------------------------|---------------------------|---|
| 223 | <input type="checkbox"/> | <input type="checkbox"/> | Cold Drinks | IMPORTANT: Customers should be aware that whilst every effort is made to segregate food to maintain the Vegan, Allergen (eg Gluten) and Halal status of our ingredients, Individual food items may come in contact with one another during food manufacturing &/or food preparation, and our restaurants serve products containing allergens, as well as bacon and meat as part of our standard menu items. |
| 224 | <input checked="" type="checkbox"/> | <input type="checkbox"/> | Monster® Energy 500ml | Carbonated Water, Sugar, Glucose Syrup, Acidity Regulators (Citric Acid, Sodium Citrate), Natural Flavours, Taurine, Natural Colours (Anthocyanins), Panax Ginseng Root Extract, Preservatives (Sorbic Acid, Benzoic Acid), Caffeine, Vitamins [Niacin (B3), Vitamin B6, Riboflavin (B2), Vitamin B12], Salt, Inositol, Guarana Seed Extract, D-Glucuronolactone, Sweetener (Sucralose), Maltodextrin |
| 225 | <input checked="" type="checkbox"/> | <input type="checkbox"/> | Monster® Mango Loco 500ml | Carbonated Water, Sucrose, Glucose, Mango Puree, Acidity Regulators (Citric Acid, Sodium Citrate, Potassium Citrate), Apple Juice Concentrate, Taurine, Flavours, Orange Juice Concentrate, Panax Ginseng Extract, Preservatives (Potassium Sorbate, Sodium Benzoate), Caffeine, Sweetener (Sucralose), Vitamins [Niacin (B3), Vitamin B6, Riboflavin (B2), Vitamin B12], Maltodextrin, Guava Juice Concentrate, Inositol, Natural Colours (Carotene, Grape Skin Extract), Pineapple Juice Concentrate, Passionfruit Juice Concentrate, Coconut Oil, Rapeseed Oil, Modified Starch (Starch Sodium Octenyl Succinate), Salt, Glucuronolactone, Guarana Seed Extract.total Fruit Juice From Concentrate: 6% (2.5% From Mango) |
| 226 | <input checked="" type="checkbox"/> | <input type="checkbox"/> | Bubblegum Shake Small | Shake Mix (Milk, Milk Solids, Sugar, Cream, Maltodextrin, Vegetable Gums (407, 412, 466), Mineral Salts (331, 339), Flavour), Bubblegum Shake Syrup (Sugar, Water, Natural Flavour, Acidity Regulator (E330), Preservative (E211), Thickener (E415), Colour (E133)) |
| 227 | <input checked="" type="checkbox"/> | <input type="checkbox"/> | Bubblegum Shake Medium | Shake Mix (Milk, Milk Solids, Sugar, Cream, Maltodextrin, Vegetable Gums (407, 412, 466), Mineral Salts (331, 339), Flavour), Bubblegum Shake Syrup (Sugar, Water, Natural Flavour, Acidity Regulator (E330), Preservative (E211), Thickener (E415), Colour (E133)) |
| 228 | <input checked="" type="checkbox"/> | <input type="checkbox"/> | Bubblegum Shake Large | Shake Mix (Milk, Milk Solids, Sugar, Cream, Maltodextrin, Vegetable Gums (407, 412, 466), Mineral Salts (331, 339), Flavour), Bubblegum Shake Syrup (Sugar, Water, Natural Flavour, Acidity Regulator (E330), Preservative (E211), Thickener (E415), Colour (E133)) |
| 229 | <input checked="" type="checkbox"/> | <input type="checkbox"/> | Shake with Biscoff® Sml | Shake Mix (Milk, Milk Solids, Sugar, Cream, Maltodextrin, Vegetable Gums (407, 412, 466), Mineral Salts (331, 339), Flavour), Biscoff Crumble (Wheatflour, Sugar, Vegetable Oils (Palm Oil, Canola Oil), Candy Sugar Syrup, Raising Agent (Sodium Bicarbonate), Salt, Cinnamon), Biscoff Topping (Original Caramelised Biscuits (52%) (Wheatflour, Sugar, Vegetable Oils (Palm Oil, Canola oil), Candy Sugar Syrup, Raising Agent (Sodium Bicarbonate), Soyflour, Salt, Cinnamon), Canola oil, Sugar, Emulsifier (Soy lecithin), Acid (Citric Acid)) |
| 230 | <input checked="" type="checkbox"/> | <input type="checkbox"/> | Shake with Biscoff® Med | Shake Mix (Milk, Milk Solids, Sugar, Cream, Maltodextrin, Vegetable Gums (407, 412, 466), Mineral Salts (331, 339), Flavour), Biscoff Crumble (Wheatflour, Sugar, Vegetable Oils (Palm Oil, Canola Oil), Candy Sugar Syrup, Raising Agent (Sodium Bicarbonate), Salt, Cinnamon), Biscoff Topping (Original Caramelised Biscuits (52%) (Wheatflour, Sugar, Vegetable Oils (Palm Oil, Canola oil), Candy Sugar Syrup, Raising Agent (Sodium Bicarbonate), Soyflour, Salt, Cinnamon), Canola oil, Sugar, Emulsifier (Soy lecithin), Acid (Citric Acid)) |

| WHEAT | GLUTEN | GLUTEN SOURCE | EGGS | MILK & MILK PRODUCTS | SOY | FISH | MOLLUSC |
|-------|--------|---------------|------|----------------------|-----|------|---------|
| | | | | | | | |
| N | N | | N | N | N | N | N |
| N | N | | N | N | N | N | N |
| N | N | N | N | Y | N | N | N |
| N | N | N | N | Y | N | N | N |
| N | N | N | N | Y | N | N | N |
| Y | Y | WHEAT | N | Y | Y | N | N |
| Y | Y | WHEAT | N | Y | Y | N | N |

| CRUSTACEA | PEANUTS | TREE NUTS | TREE NUTS SOURCE | SESAME | LUPINS | SULPHITES |
|-----------|---------|-----------|------------------|--------|--------|-----------|
| | | n | | | | |
| N | N | N | | N | N | N |
| N | N | N | | N | N | N |
| N | N | N | N | N | N | N |
| N | N | N | N | N | N | N |
| N | N | N | N | N | N | N |
| N | N | N | N | N | N | N |
| N | N | N | N | N | N | N |

| LACTOSE FREE | 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) |
|--------------|------------------|-------------|-------------|---------------|-------------------|-------------------|------------|-------------|---------------------|--------------------|
| Y | 500 | 1030 | 0 | 0 | 0 | 62 | 57 | 390 | 100 | 206 |
| Y | 500 | 1080 | 0 | 0 | 0 | 65 | 65 | 115 | 100 | 215 |
| N | 209 | 1130 | 8.1 | 6.4 | 4.2 | 45.3 | 42.5 | 142 | 100 | 542 |
| N | 275 | 1490 | 10.7 | 8.5 | 5.5 | 59.6 | 55.9 | 187 | 100 | 542 |
| N | 368 | 1990 | 14.3 | 11.3 | 7.3 | 79.7 | 74.7 | 250 | 100 | 542 |
| N | 266 | 2080 | 11.1 | 19 | 10.3 | 61.4 | 53.6 | 302 | 100 | 782 |
| N | 354 | 2730 | 14.9 | 24.2 | 13 | 84.4 | 70.5 | 410 | 100 | 772 |

| Protein (g / 100g) | Fat Total (g / 100g) | Sat Fat (g / 100g) | Carbohydrates (g / 100g) | Sugars (g / 100g) | Sodium (g / 100g) | Column38 |
|--------------------|----------------------|--------------------|--------------------------|-------------------|-------------------|----------|
| 0 | 0 | 0 | 12.4 | 11.4 | 78 | |
| 0 | 0 | 0 | 13 | 12 | 23 | |
| 3.9 | 3.1 | 2 | 21.7 | 20.3 | 68 | |
| 3.9 | 3.1 | 2 | 21.7 | 20.3 | 68 | |
| 3.9 | 3.1 | 2 | 21.7 | 20.3 | 68 | |
| 4.2 | 7.1 | 3.9 | 23.1 | 20.2 | 113 | |
| 4.2 | 6.8 | 3.7 | 23.9 | 19.9 | 116 | |

| | Selected Stores only | Halal | Menu Item | Ingredients |
|-----|-------------------------------------|--------------------------|-----------------------------|--|
| 231 | <input checked="" type="checkbox"/> | <input type="checkbox"/> | Shake with Biscoff® Lge | Shake Mix (Milk, Milk Solids, Sugar, Cream, Maltodextrin, Vegetable Gums (407, 412, 466), Mineral Salts (331, 339), Flavour), Biscoff Crumble (Wheatflour, Sugar, Vegetable Oils (Palm Oil, Canola Oil), Candy Sugar Syrup, Raising Agent (Sodium Bicarbonate), Salt, Cinnamon), Biscoff Topping (Original Caramelised Biscuits (52%) (Wheatflour, Sugar, Vegetable Oils (Palm Oil, Canola oil), Candy Sugar Syrup, Raising Agent (Sodium Bicarbonate), Soyflour, Salt, Cinnamon), Canola oil, Sugar, Emulsifier (Soy lecithin), Acid (Citric Acid)) |
| 232 | <input type="checkbox"/> | <input type="checkbox"/> | COKE® Sml | Carbonated Water, Sugar, Colour (150a), Food Acid (338), Flavours, Caffeine. |
| 233 | <input type="checkbox"/> | <input type="checkbox"/> | COKE® Med | |
| 234 | <input type="checkbox"/> | <input type="checkbox"/> | COKE® Lge | |
| 235 | <input type="checkbox"/> | <input type="checkbox"/> | COKE® NO SUGAR Sml | Carbonated Water, Colour (150d), Food Acids (338, 331), Sweeteners (951, 950) Preservative (211), Flavour, Caffeine |
| 236 | <input type="checkbox"/> | <input type="checkbox"/> | COKE® NO SUGAR Med | |
| 237 | <input type="checkbox"/> | <input type="checkbox"/> | COKE® NO SUGAR Lge | |
| 238 | <input type="checkbox"/> | <input type="checkbox"/> | Coke® Vanilla Sml | Carbonated Water, Sugar, Colour (150d), Food Acid (338), Flavour, Caffeine |
| 239 | <input type="checkbox"/> | <input type="checkbox"/> | Coke® Vanilla Med | Carbonated Water, Sugar, Colour (150d), Food Acid (338), Flavour, Caffeine |
| 240 | <input type="checkbox"/> | <input type="checkbox"/> | Coke® Vanilla Lge | Carbonated Water, Sugar, Colour (150d), Food Acid (338), Flavour, Caffeine |
| 241 | <input type="checkbox"/> | <input type="checkbox"/> | SPRITE® Sml | Carbonated Water, Sugar, Food Acids (330, 331), Flavour, Preservative (211) |
| 242 | <input type="checkbox"/> | <input type="checkbox"/> | SPRITE® Med | |
| 243 | <input type="checkbox"/> | <input type="checkbox"/> | SPRITE® Lge | |
| 244 | <input type="checkbox"/> | <input type="checkbox"/> | FANTA® ORANGE Sml | Carbonated Water, Sugar, Food Acid (330), Flavour, Preservative (211), Antioxidant (300), Colour (110) |
| 245 | <input type="checkbox"/> | <input type="checkbox"/> | FANTA® ORANGE Med | |
| 246 | <input type="checkbox"/> | <input type="checkbox"/> | FANTA® ORANGE Lge | |
| 247 | <input type="checkbox"/> | <input type="checkbox"/> | FANTA® RASPBERRY Sml | Carbonated Water, Sugar, Flavour, Food Acid (330), Preservative (211), Sweetner (960), Colour (122). |
| 248 | <input type="checkbox"/> | <input type="checkbox"/> | FANTA® RASPBERRY Med | |
| 249 | <input type="checkbox"/> | <input type="checkbox"/> | FANTA® RASPBERRY Lge | |
| 250 | <input type="checkbox"/> | <input type="checkbox"/> | MOUNT FRANKLIN® WATER 600ML | Australian Spring Water. |
| 251 | <input checked="" type="checkbox"/> | <input type="checkbox"/> | ORANGE FRUIT DRINK Sml | Orange Juice from Concentrate (66.6%), Water, Sugar, Food Acid (330), Preservatives (211, 223 (sulphites)), Stabiliser (405), Flavour, Antioxidant (300), Colour (160e). |
| 252 | <input checked="" type="checkbox"/> | <input type="checkbox"/> | ORANGE FRUIT DRINK Med | Orange Juice from Concentrate (66.6%), Water, Sugar, Food Acid (330), Preservatives (211, 223 (sulphites)), Stabiliser (405), Flavour, Antioxidant (300), Colour (160e). |
| 253 | <input checked="" type="checkbox"/> | <input type="checkbox"/> | ORANGE FRUIT DRINK Lge | Orange Juice from Concentrate (66.6%), Water, Sugar, Food Acid (330), Preservatives (211, 223 (sulphites)), Stabiliser (405), Flavour, Antioxidant (300), Colour (160e). |

| WHEAT | GLUTEN | GLUTEN SOURCE | EGGS | MILK & MILK PRODUCTS | SOY | FISH | MOLLUSC |
|-------|--------|---------------|------|----------------------|-----|------|---------|
| Y | Y | WHEAT | N | Y | Y | N | N |
| | N | | N | N | N | N | N |
| | | | | | | | |
| | N | | N | N | N | N | N |
| | | | | | | | |
| N | N | N | N | N | N | N | N |
| | | | | | | | N |
| | | | | | | | N |
| | N | | N | N | N | N | N |
| | | | | | | | |
| | N | | N | N | N | N | N |
| | | | | | | | |
| | N | | N | N | N | N | N |
| | | | | | | | |
| | N | | N | N | N | N | N |
| | N | | N | N | N | N | N |
| | N | | N | N | N | N | N |
| | N | | N | N | N | N | N |

| CRUSTACEA | PEANUTS | TREE NUTS | TREE NUTS SOURCE | SESAME | LUPINS | SULPHITES |
|-----------|---------|-----------|------------------|--------|--------|-----------|
| N | N | N | N | N | N | N |
| N | N | N | | N | N | N |
| | | | | | | |
| N | N | N | | N | N | N |
| | | | | | | |
| N | N | N | | N | N | N |
| N | | n | | | | |
| N | | n | | | | |
| N | N | N | | N | N | N |
| | | | | | | |
| | | | | | | |
| N | N | N | | N | N | N |
| | | | | | | |
| | | | | | | |
| N | N | N | | N | N | N |
| N | N | N | | N | N | Y |
| N | N | N | | N | N | Y |
| N | N | N | | N | N | Y |

| LACTOSE FREE | 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) |
|--------------|------------------|-------------|-------------|---------------|-------------------|-------------------|------------|-------------|---------------------|--------------------|
| N | 466 | 3500 | 19.8 | 30.3 | 16.3 | 112 | 91 | 537 | 100 | 750 |
| | 340 | 588 | 0.0 | 0.0 | 0.0 | 34.7 | 37.4 | 33 | 100 | 173 |
| | 434 | 751 | 0.0 | 0.0 | 0.0 | 44.3 | 44.3 | 42 | 100 | 173 |
| | 623 | 1080 | 0.0 | 0.0 | 0.0 | 63.5 | 63.5 | 60 | 100 | 173 |
| | 340 | 5 | 0.2 | 0.0 | 0.0 | 0.3 | 0.0 | 37 | 100 | 1 |
| | 434 | 7 | 0.2 | 0.0 | 0.0 | 0.4 | 0.0 | 47 | 100 | 2 |
| | 623 | 9 | 0.3 | 0.0 | 0.0 | 0.6 | 0.0 | 68 | 100 | 1 |
| Y | 340 | 649 | 0.0 | 0.0 | 0.0 | 38.1 | 38.1 | 3 | 100 | 191 |
| | 434 | 4 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 48 | 100 | 1 |
| | 623 | 6 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 69 | 100 | 1 |
| | 340 | 578 | 0.0 | 0.0 | 0.0 | 34.0 | 34.0 | 48 | 100 | 170 |
| | 434 | 738 | 0.0 | 0.0 | 0.0 | 43.4 | 43.4 | 61 | 100 | 170 |
| | 623 | 1060 | 0.0 | 0.0 | 0.0 | 62.3 | 62.3 | 87 | 100 | 170 |
| | 340 | 738 | 0.0 | 0.0 | 0.0 | 44.2 | 44.2 | 48 | 100 | 217 |
| | 434 | 942 | 0.0 | 0.0 | 0.0 | 56.4 | 56.4 | 61 | 100 | 217 |
| | 623 | 1350 | 0.0 | 0.0 | 0.0 | 81.0 | 81.0 | 87 | 100 | 217 |
| | 340 | 469 | 0.0 | 0.0 | 0.0 | 26.9 | 26.9 | 14 | 100 | 138 |
| | 434 | 599 | 0.0 | 0.0 | 0.0 | 34.3 | 34.3 | 17 | 100 | 138 |
| | 623 | 860 | 0.0 | 0.0 | 0.0 | 49.2 | 49.2 | 25 | 100 | 138 |
| | 600 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 30 | 100 | 0 |
| | 340 | 694 | 0.0 | 0.0 | 0.0 | 39.4 | 37.4 | 26 | 100 | 204 |
| | 434 | 885 | 0.0 | 0.0 | 0.0 | 50.3 | 47.4 | 33 | 100 | 204 |
| | 632 | 1270 | 0.0 | 0.0 | 0.0 | 72.3 | 68.5 | 48 | 100 | 204 |

| Protein (g / 100g) | Fat Total (g / 100g) | Sat Fat (g / 100g) | Carbohydrates (g / 100g) | Sugars (g / 100g) | Sodium (g / 100g) | Column38 |
|--------------------|----------------------|--------------------|--------------------------|-------------------|-------------------|----------|
| 4.2 | 6.5 | 3.5 | 23.9 | 19.5 | 115 | |
| 0.0 | 0.0 | 0.0 | 10.2 | 11.0 | 10 | |
| 0.0 | 0.0 | 0.0 | 10.2 | 10.2 | 10 | |
| 0.0 | 0.0 | 0.0 | 10.2 | 10.2 | 10 | |
| 0.1 | 0.0 | 0.0 | 0.1 | 0.0 | 11 | |
| 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 11 | |
| 0.0 | 0.0 | 0.0 | 0.1 | 0.0 | 11 | |
| 0.0 | 0.0 | 0.0 | 11.2 | 11.2 | 1 | |
| 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 11 | |
| 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 11 | |
| 0.0 | 0.0 | 0.0 | 10.0 | 10.0 | 14 | |
| 0.0 | 0.0 | 0.0 | 10.0 | 10.0 | 14 | |
| 0.0 | 0.0 | 0.0 | 10.0 | 10.0 | 14 | |
| 0.0 | 0.0 | 0.0 | 13.0 | 13.0 | 14 | |
| 0.0 | 0.0 | 0.0 | 13.0 | 13.0 | 14 | |
| 0.0 | 0.0 | 0.0 | 13.0 | 13.0 | 14 | |
| 0.0 | 0.0 | 0.0 | 7.9 | 7.9 | 4 | |
| 0.0 | 0.0 | 0.0 | 7.9 | 7.9 | 4 | |
| 0.0 | 0.0 | 0.0 | 7.9 | 7.9 | 4 | |
| 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 5 | |
| 0 | 0 | 0 | 11.6 | 11 | 8 | |
| 0 | 0 | 0 | 11.6 | 11 | 8 | |
| 0 | 0 | 0 | 11.6 | 11 | 8 | |

| | Selected Stores only | Halal | Menu Item | Ingredients |
|-----|-------------------------------------|-------------------------------------|---------------------------|---|
| 254 | <input checked="" type="checkbox"/> | <input type="checkbox"/> | ORANGE JUICE Sml | Orange Juice From Concentrate (99.9%), Preservatives (211,202), Colour (160a), Flavour.Contains Sulphites |
| 255 | <input checked="" type="checkbox"/> | <input type="checkbox"/> | ORANGE JUICE Med | Orange Juice From Concentrate (99.9%), Preservatives (211,202), Colour (160a), Flavour.Contains Sulphites |
| 256 | <input checked="" type="checkbox"/> | <input type="checkbox"/> | ORANGE JUICE Lge | Orange Juice From Concentrate (99.9%), Preservatives (211,202), Colour (160a), Flavour.Contains Sulphites |
| 257 | <input type="checkbox"/> | <input type="checkbox"/> | KERRI® APPLE JUICE 350ML | Apple Juice from Concentrate (99.9%), Vitamin C, Flavour, Food Acid (330). |
| 258 | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | CHOCOLATE THICKSHAKE Sml | Shake mix: Milk, Milk Solids, Sugar, Cream, Maltodextrin, Vegetable Gums (407, 412, 466), Mineral Salts (331, 339), Flavour. Chocolate Syrup: Sugar, Cocoa (4%), Water, Salt, Preservative (202), Vegetable Gum (415), Citric Acid |
| 259 | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | CHOCOLATE THICKSHAKE Med | |
| 260 | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | CHOCOLATE THICKSHAKE Lge | |
| 261 | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | CARAMEL THICKSHAKE Sml | Shake mix: Milk, Milk Solids, Sugar, Cream, Maltodextrin, Vegetable Gums (407, 412, 466), Mineral Salts (331, 339), Flavour. Syrup Caramel (Sugar, Water, Natural Flavours, Colour (150a), Salt, Food Acid (330), Preservative (202), Vegetable Gum (415)) |
| 262 | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | CARAMEL THICKSHAKE Med | |
| 263 | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | CARAMEL THICKSHAKE Lge | |
| 264 | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | STRAWBERRY THICKSHAKE Sml | Shake mix: Milk, Milk Solids, Sugar, Cream, Maltodextrin, Vegetable Gums (407, 412, 466), Mineral Salts (331, 339), Flavour. Strawberry Syrup: (Sugar, Water, Flavour, Colour (120), Food Acid (330), Thickener (415), Preservative (211)) |
| 265 | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | STRAWBERRY THICKSHAKE Med | |
| 266 | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | STRAWBERRY THICKSHAKE Lge | |
| 267 | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | VANILLA THICKSHAKE Sml | Shake mix: Milk, Milk Solids, Sugar, Cream, Maltodextrin, Vegetable Gums (407, 412, 466), Mineral Salts (331, 339), Flavour. |
| 268 | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | VANILLA THICKSHAKE Med | |
| 269 | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | VANILLA THICKSHAKE Lge | |

| WHEAT | GLUTEN | GLUTEN SOURCE | EGGS | MILK & MILK PRODUCTS | SOY | FISH | MOLLUSC |
|-------|--------|---------------|------|----------------------|-----|------|---------|
| | N | | N | N | N | N | N |
| | N | | N | N | N | N | N |
| | N | | N | N | N | N | N |
| | N | | N | N | N | N | N |
| | N | | N | Y | N | N | N |
| | | | | | | | |
| | N | | N | Y | N | N | N |
| | | | | | | | |
| | N | | N | Y | N | N | N |
| | | | | | | | |
| | N | | N | Y | N | N | N |
| | | | | | | | |
| | | | | | | | |

| CRUSTACEA | PEANUTS | TREE NUTS | TREE NUTS SOURCE | SESAME | LUPINS | SULPHITES |
|-----------|---------|-----------|------------------|--------|--------|-----------|
| N | N | N | | N | N | Y |
| N | N | N | | N | N | Y |
| N | N | N | | N | N | Y |
| N | N | N | | N | N | N |
| N | N | N | | N | N | N |
| | | | | | | |
| | | | | | | |
| N | N | N | | N | N | N |
| | | | | | | |
| | | | | | | |
| N | N | N | | N | N | N |
| | | | | | | |
| | | | | | | |
| N | N | N | | N | N | N |
| | | | | | | |
| | | | | | | |

| LACTOSE FREE | 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) |
|--------------|------------------|-------------|-------------|---------------|-------------------|-------------------|------------|-------------|---------------------|--------------------|
| | 340 | 605 | 2.7 | 0.0 | 0.0 | 85.0 | 68.0 | 75 | 100 | 178 |
| | 434 | 773 | 3.5 | 0.0 | 0.0 | 109.0 | 86.8 | 96 | 100 | 178 |
| | 623 | 1110 | 5.0 | 0.0 | 0.0 | 156.0 | 125.0 | 137 | 100 | 178 |
| | 300 | 700 | 1.1 | 0.4 | 0.0 | 39.2 | 37.1 | 18 | 100 | 233 |
| | 209 | 1160 | 8.1 | 6.4 | 4.2 | 46.4 | 43.5 | 188 | 100 | 555 |
| | 276 | 1530 | 10.7 | 8.5 | 5.5 | 61.1 | 57.3 | 247 | 100 | 554 |
| | 368 | 2040 | 14.3 | 11.3 | 7.3 | 81.7 | 76.6 | 330 | 100 | 554 |
| | 199 | 1110 | 7.5 | 5.9 | 3.7 | 45.3 | 42.7 | 183 | 100 | 558 |
| | 266 | 1490 | 10.0 | 7.8 | 5.0 | 60.6 | 57.2 | 245 | 100 | 560 |
| | 368 | 2060 | 13.8 | 10.8 | 6.9 | 83.9 | 79.2 | 339 | 100 | 560 |
| | 195 | 1020 | 7.6 | 6.0 | 3.8 | 39.7 | 37.1 | 135 | 100 | 523 |
| | 268 | 1470 | 10.1 | 7.9 | 5.0 | 59.6 | 56.3 | 179 | 100 | 549 |
| | 359 | 1970 | 13.5 | 10.6 | 6.7 | 79.9 | 75.4 | 241 | 100 | 549 |
| | 221 | 1050 | 9.3 | 7.3 | 4.6 | 36.9 | 33.8 | 161 | 100 | 475 |
| | 295 | 1400 | 12.4 | 9.7 | 6.2 | 49.1 | 45.0 | 215 | 100 | 475 |
| | 392 | 1860 | 16.4 | 12.9 | 8.2 | 65.3 | 59.9 | 286 | 100 | 474 |

| Protein (g / 100g) | Fat Total (g / 100g) | Sat Fat (g / 100g) | Carbohydrates (g / 100g) | Sugars (g / 100g) | Sodium (g / 100g) | Column38 |
|--------------------|----------------------|--------------------|--------------------------|-------------------|-------------------|----------|
| 0.8 | 0.0 | 0.0 | 25.0 | 20.0 | 22 | |
| 0.8 | 0.0 | 0.0 | 25.0 | 20.0 | 22 | |
| 0.8 | 0.0 | 0.0 | 25.0 | 20.0 | 22 | |
| 0.4 | 0.1 | 0.0 | 13.1 | 12.4 | 6 | |
| 3.9 | 3.1 | 2.0 | 22.2 | 20.8 | 90 | |
| 3.9 | 3.1 | 2.0 | 22.1 | 20.8 | 89 | |
| 3.9 | 3.1 | 2.0 | 22.2 | 20.8 | 90 | |
| 3.8 | 3.0 | 1.9 | 22.8 | 21.5 | 92 | |
| 3.8 | 2.9 | 1.9 | 22.8 | 21.5 | 92 | |
| 3.8 | 2.9 | 1.9 | 22.8 | 21.5 | 92 | |
| 3.9 | 3.1 | 1.9 | 20.4 | 19.0 | 69 | |
| 3.8 | 2.9 | 1.9 | 22.2 | 21.0 | 67 | |
| 3.8 | 3.0 | 1.9 | 22.3 | 21.0 | 67 | |
| 4.2 | 3.3 | 2.1 | 16.7 | 15.3 | 73 | |
| 4.2 | 3.3 | 2.1 | 16.6 | 15.3 | 73 | |
| 4.2 | 3.3 | 2.1 | 16.7 | 15.3 | 73 | |