



NUTRITION INFORMATION

ORIGINAL GLAZED

Serving Size: 50g Avg

Average Quantities	Per Serving	Per 100g
Energy	815kJ	1630kJ
Protein	1.95g	3.9g
Fat	10.7g	21.4g
- Total	3.95g	7.9g
- Saturated	22.45g	44.9g
Carbohydrates	11.9g	23.8g
- Sugars	77.5mg	155mg

Ingredients:

Doughnut (73%) (**Wheat** Flour, Sugar, Vegetable Shortenings (Contains **Soy**), Water, Salt, **Wheat Gluten**, Yeast, Acidity Regulator (341), Emulsifier (471-**Soy**), Yeast Dough Concentrate (Mineral Salts (516), Acidity Regulator (341,342), Antioxidant (300), Stabiliser (1100)), Preservative (263), **Egg** Powder, **Milk** Solids, Thickener (466)), Glaze (27%) (Sugar, **Wheat** Starch, Stabiliser (Mineral Salt (170), Thickeners (406), Emulsifiers (471-**Soy**, 491)), Flavours). **CONTAINS: Gluten Cereals (Wheat), Egg, Milk and Soy. MAY CONTAIN: Peanuts, Tree Nuts, Lupin and Sulphites.**

CHOC ICED CUSTARD

Serving Size: 84g Avg

Average Quantities	Per Serving	Per 100g
Energy	1340kJ	1580kJ
Protein	3.4g	4.0g
Fat	20.1g	23.8g
- Total	9.9g	11.7g
- Saturated	31.1g	36.8g
Carbohydrates	13.6g	16.1g
- Sugars	132mg	156mg

Ingredients:

Doughnut (64%) (**Wheat** Flour, Sugar, Vegetable Shortenings (Contains **Soy**), Water, Salt, **Wheat Gluten**, Yeast, Acidity Regulator (341), Emulsifier (471-**Soy**), Yeast Dough Concentrate (Mineral Salts (516), Acidity Regulator (341,342), Antioxidant (300), Stabiliser (1100)), Preservative (263), **Egg** Powder, **Milk** Solids, Thickener (466)), Custard Filling (21%) (Sugar Syrup (Sucrose, Glucose (**Wheat**)), Thickener (1442), Vegetable Oil, Emulsifiers (471-**Soy**, 435), Flavor, Colours (171, 102, 110), Preservative (202)), Dark Compounded Chocolate (15%) (Sugar, Vegetable Fat, Cocoa Powder (14%), **Milk** Solids (9%), Emulsifiers (322-**Soy**, 476, 492), Flavour). **CONTAINS: Gluten Cereals (Wheat), Egg, Milk and Soy. MAY CONTAIN: Peanuts, Tree Nuts, Lupin and Sulphites.**

CHOC ICED SPRINKLES

Serving Size: 71g Avg

Average Quantities	Per Serving	Per 100g
Energy	1320kJ	1860kJ
Protein	2.7g	3.8g
Fat	13.4g	18.9g
- Total	6.8g	9.6g
- Saturated	45.7g	64.3g
Carbohydrates	22.8g	32.1g
- Sugars	93.7mg	132mg

Ingredients:

Doughnut (52%) (**Wheat** Flour, Sugar, Vegetable Shortenings (Contains **Soy**), Water, Salt, **Wheat Gluten**, Yeast, Acidity Regulator (341), Emulsifier (471-**Soy**), Yeast Dough Concentrate (Mineral Salts (516), Acidity Regulator (341,342), Antioxidant (300), Stabiliser (1100)), Preservative (263), **Egg** Powder, **Milk** Solids, Thickener (466)), Glaze (19%) (Sugar, **Wheat** Starch, Stabiliser (Mineral Salt (170), Thickeners (406), Emulsifiers (471-**Soy**, 491)), Flavours), Dark Compounded Chocolate (15%) (Sugar, Vegetable Fat, Cocoa Powder (14%), **Milk** Solids (9%), Emulsifiers (322-**Soy**, 476, 492), Flavour), Sprinkles Topping (14%) (Sugar, Vegetable Fat (Emulsifiers (492, 322-**Soy**)), Glucose (**Wheat**), Vegetable Gum (414), Colours (122, 123, 124, 102, 133, 110)). **CONTAINS: Gluten Cereals (Wheat), Egg, Milk and Soy. MAY CONTAIN: Peanuts, Tree Nuts, Lupin and Sulphites.**

CHOC ICED

Serving Size: 61g Avg

Average Quantities	Per Serving	Per 100g
Energy	1055kJ	1730kJ
Protein	2.4g	3.9g
Fat	14.2g	23.2g
- Total	7.1g	11.7g
- Saturated	28.9g	47.3g
Carbohydrates	17.8g	29.2g
- Sugars	82.4mg	135mg

Ingredients:

Doughnut (62%) (**Wheat** Flour, Sugar, Vegetable Shortenings (Contains **Soy**), Water, Salt, **Wheat Gluten**, Yeast, Acidity Regulator (341), Emulsifier (471-**Soy**), Yeast Dough Concentrate (Mineral Salts (516), Acidity Regulator (341,342), Antioxidant (300), Stabiliser (1100)), Preservative (263), **Egg** Powder, **Milk** Solids, Thickener (466)), Glaze (21%) (Sugar, **Wheat** Starch, Stabiliser (Mineral Salt (170), Thickeners (406), Emulsifiers (471-**Soy**, 491)), Flavours), Dark Compounded Chocolate (17%) (Sugar, Vegetable Fat, Cocoa Powder (14%), **Milk** Solids (9%), Emulsifiers (322-**Soy**, 476, 492), Flavour). **CONTAINS: Gluten Cereals (Wheat), Egg, Milk and Soy. MAY CONTAIN: Peanuts, Tree Nuts, Lupin and Sulphites.**

CARAMEL DELIGHT

Serving Size: 89g Avg

Average Quantities	Per Serving	Per 100g
Energy	1570kJ	1760kJ
Protein	5.0g	5.7g
Fat	22.6g	25.4g
- Total	12.5g	14.0g
- Saturated	38.5g	43.3g
Carbohydrates	18.4g	20.6g
- Sugars	173mg	194mg

Ingredients:

Doughnut (62%) (**Wheat** Flour, Sugar, Vegetable Shortenings (Contains **Soy**), Water, Salt, **Wheat Gluten**, Yeast, Acidity Regulator (341), Emulsifier (471-**Soy**), Yeast Dough Concentrate (Mineral Salts (516), Acidity Regulator (341,342), Antioxidant (300), Stabiliser (1100)), Preservative (263), **Egg** Powder, **Milk** Solids, Thickener (466)), Caramel Filling (21%) (Sugar, Water, Glucose Syrup, Vegetable Fat, Milk Solids, Thickener (1422), Humectant (422), Emulsifiers (471, 322-**Soy**), Flavours, Salt, Vegetable Gum, Caramelised Sugar Syrup, Preservative (202)), Caramel Truffle (13%) (Vegetable Fats and Oils (Contains **Soy**), Sugar, **Milk** Solids, **Cream** Powder, Colours (102, 110, 129, 133), Flavour), Vanilla Biscuit Crumb (2%) (Contains **Wheat** Flour, **Wheat** Glucose Syrup, Malt Extract (**Barley**, Rice)), Chocolate Ganache (2%) (Contains (322-**Soy**), Cocoa Powder (14%), **Milk** Solids). **CONTAINS: Gluten Cereals (Wheat, Barley), Egg, Milk and Soy. MAY CONTAIN: Peanuts, Tree Nuts, Sulphites and Lupin.**

TIRAMISU

Serving Size: 84g Avg

Average Quantities	Per Serving	Per 100g
Energy	1285kJ	1530kJ
Protein	2.8g	3.4g
Fat	16.5g	19.6g
- Total	7.5g	9.0g
- Saturated	37.1g	44.2g
Carbohydrates	22.6g	26.9g
- Sugars	104mg	124mg

Ingredients:

Doughnut (44%) (**Wheat** Flour, Sugar, Vegetable Shortenings (Contains **Soy**), Water, Salt, **Wheat Gluten**, Yeast, Acidity Regulator (341), Emulsifier (471-**Soy**), Yeast Dough Concentrate (Mineral Salts (516), Acidity Regulator (341,342), Antioxidant (300), Stabiliser (1100)), Preservative (263), **Egg** Powder, **Milk** Solids, Thickener (466)), Glaze (23%) (Sugar, **Wheat** Starch, Stabiliser (Mineral Salt (170), Thickeners (406), Emulsifiers (471-**Soy**, 491)), Flavours) Coffee flavoured Truffle Icing (10%) (Vegetable Fats And Oils (Emulsifiers (322-**Soy**, 492)), Sugar, **Milk** Solids, **Cream** Powder, Flavours, Shortening (Contains **Soy**), Colour (150c), Water, Preservative (202)), Chocolate Flakes (**Milk** Solids (17%), Cocoa (7%), Emulsifiers (**Soya** Lecithin-322, 492)), Chocolate Ganache (Cocoa Powder (14%), Emulsifier 322-**Soy**, **Milk** Solids). **CONTAINS: Gluten Cereals (Wheat), Egg, Milk and Soy. MAY CONTAIN: Peanuts, Tree Nuts, Sulphites and Lupin.**

STRAWBERRY SPRINKLES

Serving Size: 63g Avg

Average Quantities	Per Serving	Per 100g
Energy	1049kJ	1720kJ
Protein	2.5g	4.2g
Fat	14.3g	23.4g
- Total	7.3g	12.0g
- Saturated	28.4g	46.7g
Carbohydrates	16.9g	27.7g
- Sugars	82mg	135mg

Ingredients:

Doughnut (60%) (**Wheat** Flour, Sugar, Vegetable Shortenings (Contains **Soy**), Water, Salt, **Wheat Gluten**, Yeast, Acidity Regulator (341), Emulsifier (471-**Soy**), Yeast Dough Concentrate (Mineral Salts (516), Acidity Regulator (341,342), Antioxidant (300), Stabiliser (1100)), Preservative (263), **Egg** Powder, **Milk** Solids, Thickener (466)), Glaze (23%) (Sugar, **Wheat** Starch, Stabiliser (Mineral Salt (170), Thickeners (406), Emulsifiers (471-**Soy**, 491)), Flavours), Strawberry Flavoured Truffle (16%) (Vegetable Fats And Oils (Emulsifiers (322-**Soy**, 492), Antioxidant (307, 307b-**Soy**)), Sugar, **Milk** Solids, **Cream** Powder, Natural Flavour, Emulsifier (322-**Soy**), Natural Colour (120)), Water, Shortening (Contains **Soy**)), Sprinkles Topping (1%) (Sugar, Vegetable Fat (Emulsifiers (492, 322-**Soy**)), Glucose, Water, Colours (122, 123, 124, 102, 133, 110), Vegetable Gum (414)). **CONTAINS: Gluten Cereals (Wheat), Egg, Milk and Soy. MAY CONTAIN: Peanuts, Tree Nuts, Lupin and Sulphites.**

CHOC BROWNIE BATTER

Serving Size: 84g Avg

Average Quantities	Per Serving	Per 100g
Energy	1370kJ	1570kJ
Protein	3.9g	4.5g
Fat	19.7g	22.6g
- Total	10.1g	11.6g
- Saturated	34.1g	39.2g
Carbohydrates	14.4g	16.6g
- Sugars	171mg	197mg

Ingredients:

Doughnut(63%) (**Wheat** Flour, Sugar, Vegetable Shortenings (Contains **Soy**), Water, Salt, **Wheat Gluten**, Yeast, Acidity Regulator (341), Emulsifier (471-**Soy**), Yeast Dough Concentrate (Mineral Salts (516), Acidity Regulator (341,342), Antioxidant (300), Stabiliser (1100)), Preservative (263), **Egg** Powder, **Milk** Solids, Thickener (466)), Choc Custard Filling (20%) (Water, Sugar Syrup (Sucrose, Glucose (**Wheat**)), Thickener (1442), Vegetable Oil, Emulsifiers (471-**Soy**, 435), Salt, Flavour, Colours (171, 102, 110), Preservative (202), Cocoa Powder) Topping (17%) (Chocolate Ganache (Vegetable Fats and Oils (Emulsifiers (322-**Soy**, 492), Antioxidant (307, 307b-**Soy**)), Sugar, **Milk** Solids (10%), **Cream** Powder, Cocoa Powder (2.5%), Flavour, Salt) Choc Fudge Pieces (Sugar, Coconut Oil, Glucose (**Wheat**), Cocoa Powder (5%), Condensed **Milk**, **Butter**, Water) Choc Biscuit crumb (**Wheat** flour, Sugar, Vegetable Oil, Cocoa Powder (6%), Fructose Syrup, Raising Agents (500,503), Salt, Emulsifier (322-**Soy**), Corn Starch, Flavour) **CONTAINS: Gluten Cereals (Wheat), Egg, Milk and Soy. MAY CONTAIN: Peanuts, Tree Nuts, Lupin and Sulphites.**

NUTELLA RING

Serving Size: 64g Avg

Average Quantities	Per Serving	Per 100g
Energy	1230kJ	1930kJ
Protein	3.8g	5.9g
Fat	19.4g	30.4g
- Total	6.6g	10.3g
- Saturated	25.8g	40.3g
Carbohydrates	14.4g	22.6g
- Sugars	101mg	158mg

Ingredients:

Doughnut (62%) (**Wheat** Flour, Sugar, Vegetable Shortenings (Contains **Soy**), Water, Salt, **Wheat Gluten**, Yeast, Acidity Regulator (341), Emulsifier (471-**Soy**), Yeast Dough Concentrate (Mineral Salts (516), Acidity Regulator (341,342), Antioxidant (300), Stabiliser (1100)), Preservative (263), **Egg** Powder, **Milk** Solids, Thickener (466)), Nutella (32%) (Sugar, Vegetable Oil, Hazelnuts (13%), Cocoa, **Milk** Solids, Emulsifier (322-**Soy**), Flavour), Caramelised Hazelnuts (6%) (**Hazelnuts** (73%), Sugar, Tapioca Dextrin). **CONTAINS: Gluten Cereals (Wheat), Egg, Milk, Hazelnuts and Soy. MAY CONTAIN: Peanuts, Other Tree Nuts, Sulphites and Lupin.**

STRAWBERRY JAM

Serving Size: 72g Avg

Average Quantities	Per Serving	Per 100g
Energy	1070kJ	1470 kJ
Protein	2.9g	4.0g
Fat	15.8g	21.8g
- Total	5.9g	8.1g
- Saturated	25.0g	34.4g
Carbohydrates	8.9g	12.2g
- Sugars	113mg	156mg

Ingredients:

Doughnut (75%) (**Wheat** Flour, Sugar, Vegetable Shortenings (Contains **Soy**), Water, Salt, **Wheat Gluten**, Yeast, Acidity Regulator (341), Emulsifier (471-**Soy**), Yeast Dough Concentrate (Mineral Salts (516), Acidity Regulator (341,342), Antioxidant (300), Stabiliser (1100)), Preservative (263), **Egg** Powder, **Milk** Solids, Thickener (466)), Strawberry Filling (24%) (Sucrose Syrup, Strawberries (23%), Thickeners (1442, 410, 415), Acidity Regulator (330), Preservatives (200, 211), Flavour, Colour (129)), Icing Sugar. **CONTAINS: Wheat, Egg, Milk and Soy. MAY CONTAIN: Peanuts, Tree Nuts, Lupin and Sulphites.**

TRADITIONAL CINNAMON

Serving Size: 46g Avg

Average Quantities	Per Serving	Per 100g
Energy	801kJ	1740kJ
Protein	2.2g	4.8g
Fat	12.3g	26.7g
- Total	4.6g	9.9g
- Saturated	17.8g	38.7g
Carbohydrates	6.0g	13.1g
- Sugars	83mg	180mg

Ingredients:

Doughnut (91%) (**Wheat** Flour, Sugar, Vegetable Shortenings (Contains **Soy**), Water, Salt, **Wheat Gluten**, Yeast, Acidity Regulator (341), Emulsifier (471-**Soy**), Yeast Dough Concentrate (Mineral Salts (516), Acidity Regulator (341,342), Antioxidant (300), Stabiliser (1100)), Preservative (263), **Egg** Powder, **Milk** Solids, Thickener (466)), Cinnamon sugar (9%) (Sugar, Cinnamon (1.5%), **Wheat** Starch). **CONTAINS: Gluten Cereals (Wheat), Egg, Milk and Soy. MAY CONTAIN: Peanuts, Tree Nuts, Lupin and Sulphites.**

STRAWBERRY ICED

Serving Size: 67g Avg

Average Quantities	Per Serving	Per 100g
Energy	1286kJ	1920kJ
Protein	2.5g	3.7g
Fat	17.2g	25.7g
- Total	7.7g	11.5g
- Saturated	36.2g	54.0g
Carbohydrates	23.5g	35.1g
- Sugars	85.1mg	127mg

Ingredients:

Doughnut (54%) (**Wheat** Flour, Sugar, Vegetable Shortenings (Contains **Soy**), Water, Salt, **Wheat Gluten**, Yeast, Acidity Regulator (341), Emulsifier (471-**Soy**), Yeast Dough Concentrate (Mineral Salts (516), Acidity Regulator (341,342), Antioxidant (300), Stabiliser (1100)), Preservative (263), **Egg** Powder, **Milk** Solids, Thickener (466)), Strawberry Flavoured Icing and Drizzle (25%) (Sugar, Vegetable Fats and Oils, **Wheat** Glucose Syrup, **Wheat** Starch, Emulsifiers (435, 471-322-**Soy**), Flavour, Colours (124, 122)), Glaze (21%) (Sugar, **Wheat** Starch, Stabiliser (Mineral Salt (170), Thickeners (406), Emulsifiers (471-**Soy**, 491)), Flavours). **CONTAINS: Gluten Cereals (Wheat), Egg, Milk and Soy. MAY CONTAIN: Peanuts, Tree Nuts, Lupin and Sulphites.**

KOOKIES N' KREME

Serving Size: 106g Avg

Average Quantities	Per Serving	Per 100g
Energy	1810kJ	1710kJ
Protein	3.9g	3.7g
Fat	22.1g	20.8g
- Total	8.9g	8.4g
- Saturated	53.7g	50.7g
Carbohydrates	30.2g	28.5g
- Sugars	233mg	219mg

Ingredients:

Doughnut (50%) (**Wheat** Flour, Sugar, Vegetable Shortenings (Contains **Soy**), Water, Salt, **Wheat Gluten**, Yeast, Acidity Regulator (341), Emulsifier (471-**Soy**), Yeast Dough Concentrate (Mineral Salts (516), Acidity Regulator (341,342), Antioxidant (300), Stabiliser (1100)), Preservative (263), **Egg** Powder, **Milk** Solids, Thickener (466)), Crème (17%) (Sugar, **Wheat** Starch, Sugar syrup (**wheat**), Vegetable Fats and Oils, Emulsifier (435, 471-322-**Soy**), Antioxidant (307b-**Soy**), Flavour, Salt), Choc Biscuit Crumb (15%) (**Wheat** Flour, Sugar, Vegetable Oil, Cocoa Powder (6%), Fructose Syrup, Raising Agents (500), Salt, Emulsifier (322-**Soy**), Corn Starch, Flavour). **CONTAINS: Gluten Cereals (Wheat), Egg, Milk and Soy. MAY CONTAIN: Peanuts, Tree Nuts, Lupin and Sulphites.**

VANILLA SLICE

Serving Size: 93g Avg

Average Quantities	Per Serving	Per 100g
Energy	1360kJ	1460kJ
Protein	3.1g	3.3g
Fat	16.7g	17.9g
- Total	6.7g	7.2g
- Saturated	40.2g	43.3g
Carbohydrates	21.7g	23.3g
- Sugars	133mg	143mg

Ingredients:

Doughnut (58%) (**Wheat** Flour, Sugar, Vegetable Shortenings (Contains **Soy**), Water, Salt, **Wheat Gluten**, Yeast, Acidity Regulator (341), Emulsifier (471-**Soy**), Yeast Dough Concentrate (Mineral Salts (516), Acidity Regulator (341,342), Antioxidant (300), Stabiliser (1100)), Preservative (263), **Egg** Powder, **Milk** Solids, Thickener (466)), White Icing (21%) (Sugar, Glucose Syrup, Gelling Agent (406), Flavours, Preservative (202), Food Acid (330), Colour (171), Thickener (415)), Vanilla Flavoured Custard Filling (19%) (Glucose Syrup, Sugar, Thickener (1442), Vegetable Oil, Emulsifiers (471-**Soy**, 435), Flavour, Colours (171, 102, 110, 150a), Preservative (202)), Choc Ganache (2%) (Cocoa Powder (14%), Emulsifier (322-**Soy**), **Milk** Solids). **CONTAINS: Gluten Cereals (Wheat), Egg, Milk and Soy. MAY CONTAIN: Peanuts, Tree Nuts, Sulphites and Lupin.**

GLAZED LEMON

Serving Size: 72g Avg

Average Quantities	Per Serving	Per 100g
		