



NUTRITION INFORMATION

ORIGINAL GLAZED

Serving Size: 52g Avg

Average Quantities	Per Serving	Per 100g
Energy	810kJ 193Cal	1560kJ 372Cal
Protein	2.2g	4.2g
Fat	10.1g	19.4g
- Total		
- Saturated	5.0g	9.7g
Carbohydrates	23.8g	45.8g
- Sugars	11.8g	22.7g
Sodium	79mg	153mg

Ingredients:

Doughnut (72%) (**Wheat** Flour, Vegetable Shortenings, Water, Sugar, Yeast, Emulsifier (471-**Soy**), Salt, **Wheat Gluten**, Acidity Regulator (341), Yeast Doughnut Concentrate ((Mineral Salts (516, 517), Salt, Flavour, Food Acids (300, 341 (ii), 341 (iii), 342 (iii))), Stabiliser (1100)), Preservative (263), **Milk** Solids, Thickener (466), **Egg** Yolk Powder), Glaze (21%) (Sugar, Water, **Wheat** Starch, Mineral Salt (170), Thickeners (406), Emulsifiers (471, 491), Flavours, Salt). **CONTAINS: Wheat, Egg, Milk and Soy. MAY CONTAIN: Peanuts, Tree Nuts, Lupin, Sulphites and Sesame.**

CHOC ICED CUSTARD

Serving Size: 84g Avg

Average Quantities	Per Serving	Per 100g
Energy	1280kJ 307Cal	1530kJ 365Cal
Protein	3.5g	4.2g
Fat	18.4g	22.0g
- Total		
- Saturated	11.1g	13.2g
Carbohydrates	32.0g	38.1g
- Sugars	13.1g	15.6g
Sodium	127mg	151mg

Ingredients:

Doughnut (64%) (**Wheat** Flour, Vegetable Shortenings, Water, Sugar, Yeast, Emulsifier (471-**Soy**), Salt, **Wheat Gluten**, Acidity Regulator (341), Yeast Doughnut Concentrate ((Mineral Salts (516, 517), Salt, Flavour, Food Acids (300, 341 (ii), 341 (iii), 342 (iii))), Stabiliser (1100)), Preservative (263), **Milk** Solids, Thickener (466), **Egg** Yolk Powder), Custard Filling (21%) (Water, Sugar Syrup (Sucrose, Glucose (**Wheat**)), Thickener (1442), Vegetable Oil, Emulsifiers (471, 435), Salt, Flavour, 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: Wheat, Egg, Milk and Soy. MAY CONTAIN: Peanuts, Tree Nuts, Lupin, Sulphites and Sesame.**

CHOC ICED SPRINKLES

Serving Size: 73g Avg

Average Quantities	Per Serving	Per 100g
Energy	1230kJ 295Cal	1690kJ 404Cal
Protein	2.7g	3.7g
Fat	14.1g	19.3g
- Total		
- Saturated	8.9g	12.2g
Carbohydrates	39.3g	53.8g
- Sugars	26.8g	36.8g
Sodium	80mg	109mg

Ingredients:

Doughnut (52%) (**Wheat** Flour, Vegetable Shortenings, Water, Sugar, Yeast, Emulsifier (471-**Soy**), Salt, **Wheat Gluten**, Acidity Regulator (341), Yeast Doughnut Concentrate ((Mineral Salts (516, 517), Salt, Flavour, Food Acids (300, 341 (ii), 341 (iii), 342 (iii))), Stabiliser (1100)), Preservative (263), **Milk** Solids, Thickener (466), **Egg** Yolk Powder), Glaze (22%) (Sugar, Water, **Wheat** Starch, Stabiliser (Mineral Salts (170, 339), Thickeners (406, 410), Emulsifiers (471, 491)), Salt, 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, Water, Colours (122, 123, 124, 102, 133, 110), Vegetable Gum (414)). **CONTAINS: Wheat, Egg, Milk and Soy. MAY CONTAIN: Peanuts, Tree Nuts, Lupin, Sulphites and Sesame.**

CHOC ICED

Serving Size: 63g Avg

Average Quantities	Per Serving	Per 100g
Energy	1060kJ 253Cal	1680kJ 402Cal
Protein	2.6g	4.1g
Fat	13.5g	21.5g
- Total		
- Saturated	8.3g	13.2g
Carbohydrates	30.3g	48.1g
- Sugars	17.9g	28.5g
Sodium	80mg	126mg

Ingredients:

Doughnut (62%) (**Wheat** Flour, Vegetable Shortenings, Water, Sugar, Yeast, Emulsifier (471-**Soy**), Salt, **Wheat Gluten**, Acidity Regulator (341), Yeast Doughnut Concentrate ((Mineral Salts (516, 517), Salt, Flavour, Food Acids (300, 341 (ii), 341 (iii), 342 (ii))), Stabiliser (1100)), Preservative (263), **Milk** Solids, Thickener (466), **Egg** Yolk Powder), Glaze (22%) (Sugar, Water, **Wheat** Starch, Stabiliser (Mineral Salts (170, 339), Thickeners (406, 410), Emulsifiers (471, 491)), Salt, Flavours), Dark Compounded Chocolate (17%) (Sugar, Vegetable Fat, Cocoa Powder (14%), **Milk** Solids (9%), Emulsifiers (322-**Soy**, 476, 492), Flavour). **CONTAINS: Wheat, Egg, Milk and Soy. MAY CONTAIN: Peanuts, Tree Nuts, Lupin, Sulphites and Sesame.**

APPLE CUSTARD CRUMBLE

Serving Size: 97g Avg

Average Quantities	Per Serving	Per 100g
Energy	1410kJ 336Cal	1450kJ 346Cal
Protein	3.6g	3.8g
Fat	16.5g	17.0g
- Total		
- Saturated	7.6g	7.8g
Carbohydrates	43.5g	44.8g
- Sugars	20.0g	20.6g
Sodium	139mg	144mg

Ingredients:

Doughnut (55%) (**Wheat** Flour, Vegetable Shortenings, Water, Sugar, Yeast, Emulsifier (471-**Soy**), Salt, **Wheat Gluten**, Acidity Regulator (341), Yeast Doughnut Concentrate ((Mineral Salts (516, 517), Salt, Flavour, Food Acids (300, 341 (ii), 341 (iii), 342 (ii))), Stabiliser (1100)), Preservative (263), **Milk** Solids, Thickener (466), **Egg** Yolk Powder), Apple Custard Filling (18%) (Custard (14%) (Water, Sugar, **Wheat** Glucose Syrup, Thickener (1442), Vegetable Shortening (contains **Soy**)), Emulsifiers (471, 435), Salt, Flavour (Colours (150a, 171, 102, 110), Preservative (202)), Water, Icing Sugar (34g (95%)), **Wheat** Starch (5%), Apple Spice (4%) (**Wheat** Glucose Syrup, Sucrose Syrup, Reconstituted Apples (Minimum (19%) (Preservative (223)), Thickener (1442), Acidity Regulators (330, 331), Spices, Salt, Preservatives (211, 200), Flavour), White Icing (14%) (Sugar, Vegetable Fats and Oils, Sucrose Syrup, **Wheat** Glucose Syrup, **Wheat** Starch, Emulsifiers (471, 435, 322-**Soy**), Water), Cinnamon Biscuit Crumb (13%) (**Wheat** Flour, Sugar, Vegetable Fats and Oils, **Wheat** Glucose Syrup, Malt Extract (**Barley**, Rice), Cinnamon (0.1%), Salt, Raising Agent (500), Flavour). **CONTAINS: Gluten (Wheat, Barley), Egg, Milk and Soy. MAY CONTAIN: Peanuts, Tree Nuts, Lupin, Sulphites and Sesame.**

REESES PEANUT BUTTER

Serving Size: 93g Avg

Average Quantities	Per Serving	Per 100g
Energy	1880kJ 449Cal	2020kJ 482Cal
Protein	7.2g	7.7g
Fat	31.8g	34.2g
- Total		
- Saturated	14.5g	15.6g
Carbohydrates	34.2g	36.8g
- Sugars	15.1g	16.3g
Sodium	196mg	211mg

Ingredients:

Doughnut (58%) (**Wheat** Flour, Vegetable Shortenings, Water, Sugar, Yeast, Emulsifier (471-**Soy**), Salt, **Wheat Gluten**, Acidity Regulator (341), Yeast Doughnut Concentrate ((Mineral Salts (516, 517), Salt, Flavour, Food Acids (300, 341 (ii), 341 (iii), 342 (iii))), Stabiliser (1100)), Preservative (263), **Milk** Solids, Thickener (466), **Egg** Yolk Powder), Reese's Peanut Butter Sauce (19%) (**Peanuts** (70%), **Peanut** Oil, Sugar, Salt, Vegetable Oils (Contains **Soy**), Cornstarch), Dark Compounded Chocolate (19%) (Sugar, Vegetable Fat (contains **Soy**), Cocoa Powder (14%), **Milk** Solids (9%), Emulsifiers (322-**Soy**, 476, 492), Flavour), Reese's **Peanut** Butter Chips (2%) (contains Partially Defatted **Peanuts** (35%), **Milk** and **Soy**), Vanilla Biscuit Crumb (1%) (contains **Wheat & Barley**, Raising Agent (500)). **CONTAINS: Peanuts, Wheat and Barley, Egg, Milk and Soy. MAY CONTAIN: Tree Nuts and Sesame.**

TIRAMISU

Serving Size: 86g Avg

Average Quantities	Per Serving	Per 100g
Energy	1320kJ 315Cal	1530kJ 366Cal
Protein	3.0g	3.4g
Fat	16.9g	19.6g
- Total		
- Saturated	7.7g	9.0g
Carbohydrates	38.0g	44.2g
- Sugars	23.2g	26.9g
Sodium	106mg	124mg

Ingredients:

Doughnut (44%) (**Wheat** Flour, Vegetable Shortenings, Water, Sugar, Yeast, Emulsifier (471-**Soy**), Salt, **Wheat Gluten**, Acidity Regulator (341), Yeast Doughnut Concentrate ((Mineral Salts (516, 517), Salt, Flavour, Food Acids (300, 341 (ii), 341 (iii), 342 (iii))), Stabiliser (1100)), Preservative (263), **Milk** Solids, Thickener (466), **Egg** Yolk Powder), Coffee Flavoured Filling (21%) (Water, Sugar Syrup (Sucrose, Glucose (**Wheat**)), Thickener (1442), Vegetable Oil, Emulsifiers (471, 435), Salt, Flavour, Colours (171, 102, 110, 150c), Preservative (202)), Glaze (Sugar, Water, **Wheat** Starch, Stabiliser (Mineral Salt (170), Thickeners (406), Emulsifiers (471, 491), Flavours, Salt), Coffee flavoured Truffle Icing (10%) (Vegetable Fats And Oils (Emulsifiers (322-**Soy**, 492)), Sugar, **Milk** Solids, **Cream** Powder, Flavour, Shortening (Contains **Soy**), Colour (192C), Water, Preservative (202)), Chocolate Flakes (**Milk** Solids (17%), Cocoa (7%), Emulsifiers (**Soya** Lecithin-322, 492)), Chocolate Ganache (contains: Cocoa Powder (14%), Emulsifier 322-**Soy**, **Milk** Solids). **CONTAINS: Gluten Containing Cereals, Soy, Egg, and Milk. MAY CONTAIN: Peanuts, Tree Nuts, Sesame and Sulphites**

CARAMEL DELIGHT

Serving Size: 89g Avg

Average Quantities	Per Serving	Per 100g
Energy	1580kJ 376Cal	1770kJ 423Cal
Protein	4.3g	4.9g
Fat	23.5g	26.4g
- Total		
- Saturated	13.1g	14.7g
Carbohydrates	37.7g	42.3g
- Sugars	18.0g	20.2g
Sodium	171mg	192mg

Ingredients:

Doughnut (61%) (**Wheat** Flour, Vegetable Shortenings, Water, Sugar, Yeast, Emulsifier (471-**Soy**), Salt, **Wheat Gluten**, Acidity Regulator (341), Yeast Doughnut Concentrate ((Mineral Salts (516, 517), Salt, Flavour, Food Acids (300, 341 (ii), 341 (iii), 342 (iii))), Stabiliser (1100)), Preservative (263), **Milk** Solids, Thickener (466), **Egg** Yolk Powder), Caramel Filling (20%) (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 (15%) (Vegetable Fats and Oils (Contains **Soy**), Sugar, **Milk** Solids, **Cream** Powder, Colours (192C), Water, Preservative (202)), Cocoa Butter (2.6%) (Whole **Milk** Powder, Lactose (**Milk**) (4.4%), Cocoa Mass, Emulsifier (322-**Soy**), Butter Oil (**Milk**), Colour 160c), Choc Biscuit Crumb (2%) (Contains **Wheat** Flour, Cocoa Powder (6%), Raising Agents (500, 503), Emulsifier (322-**Soy**)). **CONTAINS: Wheat Gluten, Egg, Milk and Soy. MAY CONTAIN: Peanuts, Tree Nuts and Sesame.**

CINNAMON HOTCROSS BUN

Serving Size: 84g Avg

Average Quantities	Per Serving	Per 100g
Energy	1540kJ 368Cal	1840kJ 439Cal
Protein	3.9g	4.6g
Fat	24.0g	28.6g
- Total		
- Saturated	12.9g	15.4g
Carbohydrates	34.9g	41.5g
- Sugars	17.7g	21.0g
Sodium	134mg	160mg

Ingredients:

Doughnut (66%) (**Wheat** Flour, Vegetable Shortenings, Water, Sugar, Yeast, Emulsifier (471-**Soy**), Salt, **Wheat Gluten**, Acidity Regulator (341), Yeast Doughnut Concentrate ((Mineral Salts (516, 517), Salt, Flavour, Food Acids (300, 341 (ii), 341 (iii), 341 (iii))), Stabiliser (1100)), Preservative (263), **Milk** Solids, Thickener (466), **Egg** Yolk Powder), Cinnamon Truffle Icing (10%) (Vegetable Fats and Oils (Emulsifiers (322-**Soy**, 492), **Milk** Solids, Emulsifier (322-**Soya**), Antioxidant (307, 307b-**Soy**)), **Cream** Powder, Natural Flavours, Mlange Cinnamon (0.9%), Cinnamon **Creme** Center (14%) (Corn Syrup, Fructose Corn Syrup, Water, Vegetable Oil (Contains 322-**Soy**), **Milk** Solids, Emulsifiers (435, 471, 575), Stabilisers (464, 415), Sugar, Salt, Flavour, Preservative (202), Colour (160a)), Mlange Cinnamon (1%), White Truffle Cross (4%) (Vegetable Fats and Oils (Emulsifiers (322-**Soy**, 492), Antioxidant (307, 307b-**Soy**)), Sugar, **Milk** Solids, **Cream** Powder, Natural Flavours). **CONTAINS: Wheat, Egg, Milk and Soy. MAY CONTAIN: Peanuts, Tree Nuts, Sesame, Sulphites and Lupin.**

NUTELLA RING

Serving Size: 64g Avg

Average Quantities	Per Serving	Per 100g
Energy	1190kJ 285Cal	1860kJ 445Cal
Protein	3.9g	6.1g
Fat	18.2g	28.4g
- Total		
- Saturated	7.5g	11.8g
Carbohydrates	26.6g	41.5g
- Sugars	14.4g	22.5g
Sodium	105mg	164mg

Ingredients:

Doughnut (62.5%) (**Wheat** Flour, Vegetable Shortenings, Water, Sugar, Yeast, **Wheat Gluten**, **Egg** Powder, Salt, Non Fat **Milk** Solids, Firming Agent (516), Emulsifiers (471, 481, 322-**Soy**), Acidity Regulators (263, 500), Thickener (466), Flavours), Nutella (31.5%) (Sugar, Vegetable Oil, **Hazelnuts** (13%), Cocoa, **Milk** Solids, Emulsifier (322-**Soy**), Flavour), Caramelised Hazelnuts (6%) (**Hazelnuts** (73%), Sugar, Tapioca Dextrin) **CONTAINS: Wheat, Egg, Milk, Hazelnuts and Soy. MAY CONTAIN: Peanuts, other Tree Nuts and Sesame.**

STRAWBERRY JAM

Serving Size: 72g Avg

Average Quantities	Per Serving	Per 100g
Energy	1000kJ 239Cal	1390 kJ 332Cal
Protein	3.1g	4.3g
Fat	14.0g	19.4g
- Total		
- Saturated	7.0g	9.8g
Carbohydrates	25.7g	35.7g
- Sugars	8.7g	12.0g
Sodium	117mg	163mg

Ingredients:

Doughnut (75%) (**Wheat** Flour, Vegetable Shortenings, Water, Sugar, Yeast, Emulsifier (471-**Soy**), Salt, **Wheat Gluten**, Acidity Regulator (341), Yeast Doughnut Concentrate ((Mineral Salts (516, 517), Salt, Flavour, Food Acids (300, 341 (ii), 341 (iii), 342 (iii))), Stabiliser (1100)), Preservative (263), **Milk** Solids, Thickener (466), **Egg** Yolk Powder), Strawberry Filling (24%) (Sucrose Syrup, Water, Strawberries (23%), Thickeners (1442, 410, 415), Acidity Regulator (330), Preservatives (200, 211), Salt, Flavour, Colour (129)), Icing Sugar (1%). **CONTAINS: Wheat, Egg, Milk and Soy. MAY CONTAIN: Peanuts, Tree Nuts, Lupin, Sulphites and Sesame.**

TRADITIONAL CINNAMON

Serving Size: 46g Avg

Average Quantities	Per Serving	Per 100g
Energy	756kJ 181Cal	1640kJ 393Cal
Protein	2.4g	5.1g
Fat	11.0g	23.8g
- Total		
- Saturated	5.5g	12.0g
Carbohydrates	18.6g	40.4g
- Sugars	6.0g	13.0g
Sodium	86mg	187mg

Ingredients:

Doughnut (91%) (**Wheat** Flour, Vegetable Shortenings, Water, Sugar, Yeast, Emulsifier (471-**Soy**), Salt, **Wheat Gluten**, Acidity Regulator (341), Yeast Doughnut Concentrate ((Mineral Salts (516, 517), Salt, Flavour, Food Acids (300, 341 (ii), 341 (iii), 342 (iii))), Stabiliser (1100)), Preservative (263), **Milk** Solids, Thickener (466), **Egg** Yolk Powder), Cinnamon sugar (9%) (Sugar, Cinnamon (1.5%)). **CONTAINS: Wheat, Egg, Milk and Soy. MAY CONTAIN: Peanuts, Tree Nuts, Lupin, Sulphites and Sesame.**

STRAWBERRY ICED

Serving Size: 69g Avg

Average Quantities	Per Serving	Per 100g
Energy	1080kJ 257Cal	1560kJ 372Cal
Protein	2.2g	3.2g
Fat	11.3g	16.4g
- Total		
- Saturated	5.4g	7.9g
Carbohydrates	36.7g	53.2g
- Sugars	23.8g	34.5g
Sodium	80mg	115mg

Ingredients:

Doughnut (54%) (**Wheat** Flour, Vegetable Shortenings, Water, Sugar, Yeast, Emulsifier (471-**Soy**), Salt, **Wheat Gluten**, Acidity Regulator (341), Yeast Doughnut Concentrate ((Mineral Salts (516, 517), Salt, Flavour, Food Acids (300, 341 (ii), 341 (iii), 342 (ii))), Stabiliser (1100)), Preservative (263), **Milk** Solids, Thickener (466), **Egg** Yolk Powder), Glaze (22%) (Sugar, Water, **Wheat** Starch, Stabiliser (Mineral Salts (170, 339), Thickeners (406, 410), Emulsifiers (471, 491)), Salt, Flavours), Strawberry Flavoured Icing (25%) (Sugar, Water, Vegetable Fats and Oils, **Wheat** Glucose Syrup, **Wheat** Starch, Emulsifiers (471, 435, 322-**Soy**), Flavour, Colours (124, 122)). **CONTAINS: Wheat, Egg, Milk and Soy. MAY CONTAIN: Peanuts, Tree Nuts, Lupin, Sulphites and Sesame.**

CARAMEL ICED

Serving Size: 65g Avg

Average Quantities	Per Serving	Per 100g
Energy	1150kJ 274Cal	