

NUTRITION INFORMATION **ORIGINAL GLAZED NUTELLA RING**

Average Quantities

- Total

- Sugars

- Saturated

Energy

Protein

Sodium

STRAWBERRY ICED

Average Quantities

Energy

Ingredients:

Carbohydrates

Fat

	Servin	g Size: 52g Avg	
Average Quantities	Per Serving	Per 100g	
Energy	810kJ	1560kJ	
	193Cal	372Cal	
Protein	2.2g	4.2g	
Fat - Total	10.1g	19.4g	
- Saturated	5.0g	9.7g	
Carbohydrates	23.8g	45.8g	
- Sugars	11.8g	22.7g	
Sodium	79mg	153mg	
Ingredients:			
Doughnut (72%) (Wheat Flo	our, Vegetable Shortenings, Water, Suga	r, Yeast, Emulsifi-	
	luten , Acidity Regulator (341), Yeast Do		
	7), Salt, Flavour, Food Acids (300, 341 (i		
	ervative (263), Milk Solids, Thickener (4		
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 Sesa **CHOC ICED CUSTARD Serving S Average Quantities Per Serving**

Energy

Protein

Energy

Protein

Sodium

Ingredients:

Carbohydrates

Sodium

Ingredients:

Sugars

Carbohydrates

- Total

- Saturated

Sugars

Fat

Ingredients:

- Total

Fat

1280kJ

307Cal

3.5g

18.4g

	J	3
- Saturated	11.1g	13.2g
Carbohydrates	32.0g	38.1g
- Sugars	13.1g	15.6g
Sodium	127mg	151mg
Ingredients:		
Doughnut (64%) (Wheat Flour, Vegetable		
sifier (471-Soy), Salt, Wheat Gluten, Acidi	ity Regulator (341), Yeast	Doughnut Con-
centrate ((Mineral Salts (516, 517), Salt, Fla	the state of the s	1 11 11
342 (ii))), Stabiliser (1100)), Preservative (2		
Yolk Powder), Custard Filling (21%) (Water,		
Thickener (1442), Vegetable Oil, Emulsifier	rs (471, 435), Salt, Flavou	r, Colours (171,
102, 110), Preservative (202)), Dark Compo		
table Fat, Cocoa Powder (14%), Milk Solids	s (9%), Emulsifiers (322- S	oy , 476, 492),
Flavour). CONTAINS: Wheat, Egg, Milk a	nd Soy. MAY CONTAIN:	Peanuts, Tree
Nuts, Lupin, Sulphites and Sesame.		
MUDCAKE		

Serving Size: 97g Avg **Average Quantities Per Serving Per 100g** 1590kJ 1640kJ **Energy** 380Cal 391Cal **Protein** 3.5g 3.6q 18.1g 18.7g Fat - Total - Saturated 11.6g 11.9g **Carbohydrates** 50.3g 51.8g 35.0g 36.1g Sugars 212mg 218mg Sodium **Ingredients:** Chocolate Cake (59%) (Wheat Flour, Sugar, Water, Egg Powder, Corn Starch,

Vegetable Fats and Oils (contains **Sov**), Cocoa Powder (3.5%), Raising Agents (450

500), Milk Solids, Salt, Thickener (466), Mineral Salt (263), Flavours), Glaze (22%) (Sugar, Water, Wheat Starch, Mineral Salt (170), Thickeners (406), Emulsifiers (471,

491), Flavours, Salt), Dark Compounded Chocolate (19%) (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.			
CHO	OC ICED SPRINK	LES	
		Serving	g Size: 73g Avg
Averag	ge Quantities	Per Serving	Per 100g
Energy	,	1230kJ	1690kJ
		295Cal	404Cal
Protei	n	2.7g	3.7g
Fat	- Total	14.1g	19.3g
	- Saturated	8.9g	12.2g
Carbol	nydrates	39.3g	53.8g
	- Sugars	26.8g	36.8g
Sodiun	n	80mg	109mg

1060kJ

253Cal

2.6g

13.5g

8.3g

30.3g

17.9g

80mg

43.5g

20.0g

139mg

1680kJ

402Cal

4.1g 21.5g

13.2g

48.1g

28.5g

126mg

Sodium

Ingredients:

Lupin, Sulphites and Sesame.

Average Quantities

- Total

Sugars

- Saturated

Energy

Protein

Sodium

Carbohydrates

Carbohydrates

Sodium

Ingredients:

Nuts and Sesame.

Average Quantities

- Total

- Saturated

- Sugars

Energy

Protein

Sodium

Ingredients:

Carbohydrates

Fat

SALTED CARAMEL SLIDER

Sugars

44.8g

20.6g

144mg

Serving Size: 93g Avg

Serving Size: 86g Avg

Serving Size: 160g Avg

Per Serving

1970kJ

470Cal

6.2g

21.9g

10.2g

62.2g

39.2g

237mg

Cookies & Cream Gelato: (50%) (Water, Sugar, Cream (9%), Biscuit Crumb (8%)

(Wheat Flour, Sugar, Vegetable Oil, Cocoa Powder (5%), Fructose Syrup, Salt, Raising

Agent 500), Emulsifier (322-Soy), Corn Starch, Flavour), Skim Milk Powder, Invert

Sugar, Butter, Glucose, Thickener (Stabilisers (407, 410, 412), Emulsifiers (471,

466)), Flavours), Doughnut (34%) (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 (10%) (Sugar, Water, Wheat Starch, Stabiliser (Mineral Salts (170, 339), Thickeners (406, 410), Emulsifiers (471, 491), Salt,

Flavours, Chocolate Fudge Topping: (3%) (Sugar, Water, Vegetable Fat, Milk Solids, Cocoa (5%), Maltodextrin, Salt, Vegetable Gum (401), Preservative (202), Flavour, Emulsifier (322)), Choc Oreo Biscuit Crumb: (3%) (Wheat Flour, Sugar, Vegetable Oil, Cocoa Powder (6%), High Fructose Syrup, Salt, Raising Agent (500), Emulsifier (322-Soy), Corn Starch, Flavour). CONTAINS: Wheat Gluten, Egg, Milk and Soy. MAY

CONTAIN: Peanuts, Tree Nuts, Lupin, Sulphites and Sesame.

CARAMEL COOKIE DOUGHNUT SUNDAE

Per 100g

1230kJ

294Cal

3.9g

13.7g

6.4g

38.9g

24.5g

148mg

Per 100g

1530kJ

366Cal

3.4g

19.6g

9.0g

Per Serving

1320kJ

315Cal

3.0g

16.9g

7.7g

KOOKIES N' KREME

(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 (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. **CHOCICED** Serving Size: 63g Avg **Per Serving Average Quantities Per 100g**

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

Powder), Glaze (21%) (Sugar, Water, Wheat Starch, Mineral Salt (170), Thickener (406), Emulsifiers (471, 491), Flavours, Salt), Dark Compounded Chocolate (17% (Sugar, Vegetable Fat, Cocoa Powder (14%), Milk Solids (9%), Emulsifiers (322-476, 492), Flavour). CONTAINS: Wheat, Egg, Milk and Soy. MAY CONTAIN: Peanuts, Tree Nuts, Lupin, Sulphites and Sesame. APPLE CUSTARD CRUMBLE			
AITE COSTARD C		g Size: 97g Avg	
Average Quantities	Per Serving	Per 100g	
Energy	1410kJ	1450kJ	
	336Cal	346Cal	
Protein	3.6g	3.8g	
Fat - Total	16.5g	17.0g	
- Saturated	7.6a	7.8a	

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 (Sugar (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

nuts, Tree Nuts, Lupin, Sulphites and Sesame.

REESES PEANUT BUTTER

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: Pea-

Doughnut (62%) (Wheat Flour, Vegetable Shortenings, Water, Sugar, Yeast, Emulsifi-

er (471-Soy), Salt, Wheat Gluten, Acidity Regulator (341), Yeast Doughnut Concen-

trate ((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

Average Quantities Per Serving Per 100g 2020kJ **Energy** 1880kJ 449Cal 482Cal **Protein** 7.2g 7.7g Fat Total 31.8g 34.2g 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-Sov), 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), 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%) (con-

tains 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

Average Quantities

- Total

- Saturated

Energy

Protein

Fat

Carbohydrates	38.0g	44.2g			
- Sugars	23.2g	26.9g			
Sodium	106mg	124mg			
Ingredients:					
Doughnut (44%) (Wheat Flour, Vegetable S	Shortenings, Water, Suga	r, Yeast, Emul-			
sifier (471-Soy), Salt, Wheat Gluten, Acidity	y Regulator (341), Yeast D	oughnut Con-			
centrate ((Mineral Salts (516, 517), Salt, Fla					
342 (ii))), 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, Co-					
lours (171, 102, 110, 150c), Preservative (202)), Glaze (Sugar, Water, Wheat Starch,					
Stabiliser (Mineral Salt (170), Thickeners (4					
Salt), Coffee flavoured Truffle Icing (10%) (V	•	•			
Soy, 492)), Sugar, Milk Solids, Cream Pow					
Colour (150c), Water, Preservative (202)), C	•				
(7%), Emulsifiers (Soya Lecithin-322, 492))					
Powder (14%), Emulsifier 322-Soy, Milk Solids). CONTAINS: Gluten Containing Cereals, Soy, Egg, and Milk. MAY CONTAIN: Peanuts, Tree Nuts, Sesame and					
	ain: Peanuts, Tree Nuts	, Sesame and			
Sulphites					

KOOKIES & KREME SLIDER

Average Quantities

- Total

- Sugars

- Saturated

Energy

Protein

Sodium

Carbohydrates

Fat

Serving Size: 132g Avg **Average Quantities Per Serving Per 100g** 1650kJ 1250kJ **Energy** 394Cal 299Cal **Protein** 5.5g 4.2g - Total 16.1g 12.2g Fat - Saturated 7.3g 5.5q Carbohydrates 56.7g 42.9g 38.2g 28.9g - Sugars 128mg 169mg **Sodium** Vanilla Ice Cream: (38%) (Water, Sugar, Skim Milk Powder, Butter, Invert Sugar, Vanilla Flavour, Stabilisers (471, 433, 412, 401, 407)), Doughnut (38%) (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), Caramel Sundae Topping: (15%) (Sugar, Water, Glucose Syrup, Invert Sugar, Milk Solids, Vegetable Fat, Thickener (1442), Vegetable Gum (415), Salt, , Emulsifiers (471, 322), Mineral Salts (339, 500), Preservative (202)), Vanilla Biscuit Crumb: (7.5%) (Wheat Flour,

	Serving	Size: 63g Avg
Average Quantities	Per Serving	Per 100g
Energy	1090kJ	1720kJ
	259Cal	412Cal
Protein	2.7g	4.2g
Fat - Total	14.7g	23.4g
- Saturated	7.6g	12.0g
Carbohydrates	29.4g	46.7g
- Sugars	17.4g	27.7g
Sodium	85mg	135mg
Ingredients: Doughnut: (60%) (Wheat Flour, Veg	votable Shortenings Water Suga	r Vaast Emulsi
fier (471- Soy), Salt, Wheat Gluten , trate ((Mineral Salts (516, 517), Salt, (ii))), Stabiliser (1100)), Preservative Powder), Glaze (23%) (Sugar, Water, (406), Emulsifiers (471, 491), Flavou etable Fats And Oils (Emulsifiers (32 Milk Solids, Cream Powder, Natura (120)), Water, Shortening (Contains	Acidity Regulator (341), Yeast Do Flavour, Food Acids (300, 341 (ii) (263), Milk Solids, Thickener (46 Wheat Starch, Mineral Salt (170 urs, Salt), Strawberry Flavoured Tru 2- Soy , 492), Antioxidant (307, 30 I Flavour, Emulsifier (322- Soy), N	ughnut Concen), 341 (iii), 342 :6), Egg Yolk), Thickeners :ffle (16%) (Veg :07b)), Sugar, atural Colour
Fat (Emulsifiers (492, 322- Soy)), Glu 110), Vegetable Gum (414)). CONTA	icose, Water, Colours (122, 123, 1	24, 102, 133,

CONTAIN: Peanuts, Tree Nuts, Lupin, Sulphites and Sesame.

CHRISMTAS TREE

Total

- Sugars

- Saturated

Average Quantities

Energy

Protein

Sodium

Carbohydrates

Fat

Ingredients: Doughnut (67%) (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

SNO	WY	Sandin	g Size: 93g Av
 Average	Quantities	Per Serving	Per 100
Energy		1570kJ	1690kJ
		376Cal	404Cal
Protein		4.1g	4.4g
Fat	- Total	20.3g	21.8g
	- Saturated	10.0g	10.8g
Carbohy		44.5g	47.9g
-	- Sugars	25.6g	27.6g
Sodium		136mg	146mg
Ingredie	nts:		
		etable Shortenings, Water, Suga	
		luten, Acidity Regulator (341), Y	
		, 517), Salt, Flavour, Food Acids (
		, Preservative (263), Milk Solids	
		Flavoured Filling (19%) (Sugar, A 330, 331), Preservative (202), Co	
		d Truffle Icing (15%) (Sugar, Veg	
		Ik Solids (28%), Antioxidant (30	
Croam Po	wdor Flavours) Sour Strai	c (Contains Wheat Flour (Glute)	7, 307 b- 30y)), n) Food Acids
), Humectant: 422, Colour 129),	
		cocoa Powder (14%), Milk Solids	
Flavoured			

CONTAIN: Peanuts, Tree Nuts, Sesame, Sulphites and **Lupin**.

Per Serving

1490kJ

355Cal

4.1g

21.4g

11.1g

36.6g

17.5g

133mg

E172), Carrot Extract). CONTAINS: Gluten Cereals (Wheat), Egg, Milk and Soy.

MAY CONTAIN: Peanuts, Tree Nuts, Lupin, Sesame and Sulphites.

SANTA'S BUCKLE

- Total

- Sugars

Saturated

Average Quantities

Energy

Protein

Sodium

Ingredients:

Carbohydrates

Fat

Sugar, Vegetable Oil, Wheat Glucose Syrup, Malt Extract (Barley), Salt, Raising Agents (500), Flavour), Glaze: (6.5%) (Sugar, Water, Wheat Starch, Vegetable Shortening, Stabiliser (Mineral Salts (170, 339), Thickeners (406, 410), Emulsifiers (471, 491)), Salt, Flavours). CONTAINS: Wheat Gluten, Egg, Milk and Soy. MAY CONTAIN: Peanuts, Tree Nuts, Lupin, Sulphites and Sesame. STRAWBERRY SPRINKLES DOUGHNUT SUNDAE Serving Size: 132g Avg **Average Quantities Per Serving Per 100g** 1170kJ 1540kJ **Energy** 368Cal 279Cal **Protein** 4.6g 3.5q - Total 14.3g 10.8g Fat - Saturated 14.3g 4.7g **Carbohydrates** 55.7g 42.2g 42.0g 31.8g - Sugars **Sodium** 126mg 96mg Vanilla Ice Cream: (38%) (Water, Sugar, Skim Milk Powder, Butter, Invert Sugar, Vanilla Flavour, Stabilisers (471, 433, 412, 401, 407)), Doughnut (33%) (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)), ervative (263), **Milk** Solids, Thickener (466), **Egg** Yolk Powder), Strawk Topping: (15%) (Sugar, Water, Strawberries (18%), Thickener (1422), Food Acid (330), Flavour, Vegetable Gum (415), Preservative (202, 223 (Sulphites)), Colours (124)), Coloured Sprinkles: (7.5%) (Sugar, Vegetable Fat, Wheat Glucose Syrup, Water, Colours (124, 102, 110, 133, 123), Vegetable Gum (414)), Glaze: (6.5%) (Sugar, Water, Wheat Starch, Vegetable Shortening, Stabiliser (Mineral Salts (170, 339), Thickeners (406, 410), Emulsifiers (471, 491)), Salt, Flavours). CONTAINS: Wheat Gluten, Egg, Milk and Soy. MAY CONTAIN: Peanuts, Tree Nuts, Lupin, Sulphites and **HOMER SIMPSON D'OHNUT**

Milk and ame.	Sugar, Tapioca Dextrin) CONTAINS: VCONTAIN: Peanuts, other Tree Nu	Wheat, Egg, Milk, Hazelnuts a	
	STRAWBERRY JAM		
Size: 84g Avg		Serving	g Size: 72g Avg
Per 100g	Average Quantities	Per Serving	Per 100g
1530kJ	Energy	1000kJ	1390 kJ
365Cal		239Cal	332Cal
4.2g	Protein	3.1g	4.3g
22.0g	Fat - Total	14.0g	19.4g
13.2g	- Saturated	7.0g	9.8g
38.1g	Carbohydrates	25.7g	35.7g
15.6g	- Sugars	8.7g	12.0g
151mg	Sodium	117mg	163mg
and Fraul	Ingredients:	stable Chartenings Water Come	Veset Fraul
east, Emul- ughnut Con-	Doughnut (75%) (Wheat Flour, Vege sifier (471-Soy), Salt, Wheat Gluten		
ii), 341 (iii),	centrate ((Mineral Salts (516, 517), S		
466), Egg	342 (ii))), Stabiliser (1100)), Preserva		
se (Wheat)),	Yolk Powder), Strawberry Filling (249		
olours (171,	Thickeners (1442, 410, 415), Acidity	Regulator (330), Preservatives (2	200, 211), Salt,
gar, Vege-	Flavour, Colour (129)), Icing Sugar (1		
476, 492),	MAY CONTAIN: Peanuts, Tree Nut	s, Lupin, Sulphites and Sesam	1 e .
anuts, Tree			

Serving Size: 64g Avg

Per 100g

1860kJ

445Cal

6.1g

28.4g

11.8g

41.5g

22.5g

164mg

Serving Size: 69g Avg

Per 100g

1560kJ

372Cal

Per Serving

1080kJ

257Cal

87mg

Per Serving

1640kJ

393Cal

3.9g

20.8g

9.9g

47.9g

24.6g

192mg

42.2g

23.4g

128mg

134mg

Serving Size: 97g Avg

Per 100g

1690kJ

405Cal

4.0g

21.4g

10.2g

49.4g

25.4g

198mg

45.4g

25.2g

138ma

Serving Size: 155g Avg

Per Serving

1770kJ

424Cal

5.7g

19.8g

9.3g

55.5g

37.3g

270mg

Salted Caramel Gelato: (52%) (Water, Sugar, Cream (9%), Skim Milk Powder, Invert

Sugar, Butter, Glucose, Coconut Flavour (Coconut Oil, Glucose Syrup, Milk Protein),

Thickener (Stabilisers (407, 410, 412), Emulsifiers (471, 466)), Salt (0.5%), Emulsifier

(471), Colour (150a)), Doughnut (30%) (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 (9%) (Sugar, Water, **Wheat** Starch,

Per 100g

1140kJ

237Cal

3.7g

12.8g

6.0g

35.8g

24.1g

174mg

Serving Size: 127g Avg

1770kJ

423Cal

5.4g

20.9g

10.7g

54.1g

40.0g

147ma

Per 100g

1340kJ

320Cal

4.1g

15.8g

8.1g

41.0g

30.3g

111mg

Per Serving

1190kJ

285Cal

3.9g

18.2g

7.5g

26.6g

14.4g

105mg

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%),

	Servin	g Size: 46g Av
Average Quantities	Per Serving	Per 100
Energy	756kJ	1640kJ
	181Cal	393Cal
Protein	2.4g	5.1g
Fat - Total	11.0g	23.8g
- Saturated	5.5g	12.0g
Carbohydrates	18.6g	40.4g
- Sugars	6.0g	13.0g
Sodium	86mg	187mg
Ingredients: Doughnut (91%) (Wheat Flour, Vege sifier (471-Soy), Salt, Wheat Gluten, centrate ((Mineral Salts (516, 517), Sa 342 (ii))), Stabiliser (1100)), Preservat Yolk Powder), Cinnamon sugar (9%) (Segg, Milk and Soy. MAY CONTAIN: Sesame.	Acidity Regulator (341), Yeast alt, Flavour, Food Acids (300, 34 ive (263), Milk Solids, Thicken Sugar, Cinnamon (1.5%)). CON	Doughnut Con- 11 (ii), 341 (iii), er (466), Egg TAINS: Wheat,

Protein		2.2g	3.1g
Fat -	- Total	11.3g	16.4g
	- Saturated	5.4g	7.9g
Carbohydr	rates	36.7g	53.2g
	- Sugars	23.8g	34.5g
Sodium		80mg	115mg
Emulsifier (a Concentrate (iii), 342 (ii), Egg Yolk Po (170, 339), Flavoured Ic Wheat Star TAINS: Wh Sulphites a	54%) (Wheat Flour, Vegetable 9, 471-Soy), Salt, Wheat Gluten, 19 ((Mineral Salts (516, 517), Salt)), Stabiliser (1100)), Preservative (Mineral Salts (52%) (Sugar, Water (406, 410), Emulsificatings (25%) (Sugar, Water, Vegeta, Emulsifiers (471, 435, 322-5, Eat, Egg, Milk and Soy. MAY (1) and Sesame.	Acidity Regulator (341), Ye, Flavour, Food Acids (300, ye (263), Milk Solids, Thicler, Wheat Starch, Stabilise ers (471, 491)), Salt, Flavoutable Fats and Oils, Wheat Soy), Flavour, Colours (124	east Doughnut , 341 (ii), 341 kener (466), r (Mineral Salts urs), Strawberry t Glucose Syrup, 1, 122)), CON-
		Serving	Size: 65g Avg
Average Q	uantities		, 0
Гионти	dantities	Per Serving	Per 100g
Energy	udilities	Per Serving 1150kJ	
Energy	uantities		Per 100g
Protein	uantities	1150kJ	Per 100g 1760kJ 421Cal 4.4g
Protein	- Total	1150kJ 274Cal	Per 100g 1760kJ 421Cal
Protein Fat		1150kJ 274Cal 2.8g	Per 100g 1760kJ 421Cal 4.4g
Protein Fat	- Total - Saturated	1150kJ 274Cal 2.8g 16.0g 8.2g 29.9g	Per 100g 1760kJ 421Cal 4.4g 24.7g
Protein Fat - Carbohydr	- Total - Saturated	1150kJ 274Cal 2.8g 16.0g 8.2g	Per 100g 1760kJ 421Cal 4.4g 24.7g 12.6g

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 (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), Caramel Truffle (17%) (Vegetable Fats and Oils (Contains Soy), Sugar, Milk Solids, Cream Powder, Colours (102, 110, 129, 133), Flavour), White Truffle (3%) (Vegetable Fats and Oils (Emulsifiers (322-Soy, 492)), Sugar, Milk Solids, Cream Powder, Flavours). CONTAINS: Wheat, Egg, Milk and Soy. MAY CONTAIN: Peanuts, Tree Nuts,

Ingredients: Doughnut (56%) (Wheat Flour, Vege Emulsifier (471-Soy), Salt, Wheat Gl Concentrate ((Mineral Salts (516, 51' (iii), 342 (ii))), Stabiliser (1100)), Pres Egg Yolk Powder), Kookies n Kreme (Vegetable Fats and Oils (contains Sosifiers (471, 435, 322-Soy), Flavour, Flour, Sugar, Vegetable Oil, Cocoa Po Agent (500), Emulsifier (322-Soy), C Water, Vegetable Fats and Oils, Sucre Emulsifiers (471, 435, 322-Soy)), Ch ar, Vegetable Oil, Cocoa Powder (6%) Emulsifier (322-Soy), Corn Starch, Flamay Contain: Peanuts, Tree Nut	luten, Acidity Regulator (341), Yo 7), Salt, Flavour, Food Acids (300 servative (263), Milk Solids, Thic filling (18%) (White Crème Fillin y), Sucrose Syrup, Wheat Glucos Salt), Choc Oreo Biscuit Crumb (* owder (6%), High Fructose Syrup, orn Starch, Flavour)), White Icing ose Syrup, Wheat Glucose Syrup oc Oreo Biscuit Crumb (10%) (W), High Fructose Syrup, Salt, Raisi avour). CONTAINS: Wheat, Egg	east Doughnut , 341 (ii), 341 kener (466), g (Sugar, Water, se Syrup, Emul- 17%) (Wheat Salt, Raising I (16%) (Sugar, , Wheat Starch, ' heat Flour, Sug- ng Agent (500), I, Milk and Soy.
VANIELA SEIGE	Serving	g Size: 93g Avg
Average Quantities	Per Serving	Per 100g
Energy	1720kJ 411Cal	1850kJ 442Cal
Protein		3.4g
Fat - Total	3.1g	•
- Saturated	15.2g	16.3g
- Saturateu	7.6g	8.2g

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 (ii))), Stabiliser (1100)), Preservative (263), Milk Solids, Thickener (466),

Egg Yolk Powder), White Icing (21%) (Sugar, Water, Glucose Syrup, Gelling Agent

(1442), Vegetable Oil, Emulsifiers (471, 435), Salt, Flavours, Colours (171, 102, 110, 150a), Preservative (202)), Choc Ganache (2%) (contains: Cocoa Powder (14%),

Emulsifier 322-Soy, Milk Solids). CONTAINS: Wheat, Egg, Milk and Soy. MAY

(406), Flavours, Preservative (202), Food Acid (330), Colour (171), Thickener (415)), Vanilla Flavoured Custard Filling (19%) (Water, Glucose Syrup, Sugar, Thickener

CONTAIN: Peanuts, Tree Nuts and Se	esame.	,
DULCE DE LECHE		
	Serving	g Size: 89g Avg
Average Quantities	Per Serving	Per 100g
Energy	1580kJ	1770kJ
	376Cal	423Cal
Protein	4.3g	4.9g
Fat - Total	23.5g	26.4g
- Saturated	13.1g	14.7g
Carbohydrates	37.7g	42.3g
- Sugars	18.0g	20.2g
Sodium	171mg	192mg
Ingredients:	hla Chantanin na Matan Conn	Vocat
Doughnut (61%) (Wheat Flour, Vegeta Emulsifier (471- Soy), Salt, Wheat Glute		
Concentrate ((Mineral Salts (516, 517),		
(iii), 342 (ii))), Stabiliser (1100)), Preser		
Egg Yolk Powder), Caramel Filling (20%		
Fat, Milk Solids, Thickener (1422), Hum		
Flavours, Salt, Vegetable Gum, Caramel		
Caramel Truffle (15%) (Vegetable Fats a	nd Oils (Contains Soy), Sugar,	Milk Solids,
Cream Powder, Colours (102, 110, 129		
Butter (26.6%), Whole Milk Powder, La		
(322-Soy), Butter Oil (Milk), Coloure16		
Wheat Flour, Cocoa Powder (6%), Raisi		
CONTAINS: Wheat Gluten, Egg, Mill	cand Soy. MAY CONTAIN: Pe	eanuts, Tree

Syrup, Invert Syrup, Milk Solids, Vegetable Fat, Thickener (1442), Vegetable Gum (401), Salt, Emulsifiers (471, 322), Mineral Salts (339, 500), Preservative (202)). CONTAINS: Wheat Gluten, Egg, Milk and Soy. MAY CONTAIN: Peanuts, Tree Nuts, Lupin, Sulphites and Sesame. CHOCOLATE COOKIE DOUGHNUT SUNDAE				
	Serving	Serving Size: 132g Avg		
Average Quantities	Per Serving	Per 100g		
Energy	1660kJ	1260kJ		
<i>3</i>	396Cal	300Cal		
Protein	5.7g	4.3g		
Fat - Total	17.0g	12.9g		
- Saturated	8.2g	6.2g		
Carbohydrates	54.8g	41.5g		
- Sugars	36.7g	27.8g		
Sodium	221mg	167mg		
Ingredients: Vanilla Ice Cream: (38%) (Water, St. Vanilla Flavour, Stabilisers (471, 43 Flour, Vegetable Shortenings, Wate Gluten, Acidity Regulator (341), Ye 517), Salt, Flavour, Food Acids (300 Preservative (263), Milk Solids, Thi	33, 412, 401, 407)), Doughnut (33 er, Sugar, Yeast, Emulsifier (471- Sc east Doughnut Concentrate ((Mine), 341 (ii), 341 (iii), 342 (ii))), Stabi	(%) (Wheat by), Salt, Wheat eral Salts (516, liser (1100)), Chocolate Fudge		

	Serving	G Serving Size: 93g Avg		
Average Quantities	Per Serving	Per 100g		
Energy	1420kJ	1520kJ		
	340Cal	363Cal		
Protein	3.7g	4.0g		
Fat - Total	20.2g	21.6g		
- Saturated	9.9g	10.6g		
Carbohydrates	36.0g	38.5g		
- Sugars	16.5g	17.7g		
Sodium	132mg	141mg		
Ingredients:				
	egetable Shortenings, Water, Sugar			
	Gluten, Acidity Regulator (341), Y			
	517), Salt, Flavour, Food Acids (300 Treservative (263), Milk Solids, Thic			
	(19%) (Water, Sugar Syrup (Sucrose			
	table Oil, Emulsifiers (471, 435), Sa			
	tive (202)), Dark Chocolate Compo			
	der (14%), Milk Solids (9%), Emulsi			

WREAT	REATH WITH M&M'S Serving Size		
Average Qu	uantities	Per Serving	Per 100g
Energy		1590kJ	1810kJ
		380Cal	432Cal
Protein		4.0g	4.5g
Fat -	Total	19.6g	22.2g
-	Saturated	10.0g	11.4g
Carbohydra	ates	46.8g	53.1g
	Sugars	33.7g	38.3g
Sodium		110mg	125mg

REATH WITH M&M'S			
	Serving Size: 88g Av		
age Quantities	Per Serving	Per 100g	
gy	1590kJ	1810kJ	
	380Cal	432Cal	
ein	4.0g	4.5g	
- Total	19.6g	22.2g	
- Saturated	10.0g	11.4g	
ohydrates	46.8g	53.1g	
- Sugars	33.7g	38.3g	
ım	110mg	125mg	
(Mineral Salts (516, 517), Salt, Flavour Stabiliser (1100)), Preservative (263), Mer), M&Ms Milk Chocolates (28%) (Mil Mass, Cocoa Butter, Vegetable Fat, Em, Starch (Wheat), Glucose Syrup (Wheat), Glucose Syrup (Wheat), Thickener (Dextrin), Glat Starch, Stabiliser (Mineral Salts (170491)), Salt, Flavours), White Truffle (Veap2), Antioxidant (307, 307b-Soy)), Survours), White Compound (Sugar, Vegeteithin), Flavour). CONTAINS: Gluter CONTAIN: Peanuts, Tree Nuts, Lupin RAMEL REINDEER	Milk Solids, Thickener (46k Chocolate (68%) (Suganulsifier (Soy Lecithin), Saat), Vegetable Gum (414 azing Agent (903)), Glaze (339), Thickeners (406, 4 getable Fats And Oils (Emugar, Milk Solids, Creametable Fat, Milk Solids (28 Cereals (Wheat), Egg,	36), Egg Yolk r, Milk Solids, alt, Flavour),), Colours (171, (Sugar, Water, 110), Emulsifiers rulsifiers (322- Powder, Natu- 3%), Emulsifier Milk and Soy.	
RAMEL KEINDEEK	Serving	g Size: 71g Avg	
age Quantities	Per Serving	Per 100g	
gy	1240kJ	1750kJ	
	297Cal	418Cal	
ein	3.2g	4.5g	
	-	_	

Topping: (15%) (Sugar, Water, Vegetable Fat, Milk Solids, Cocoa (5%), Maltodextrin, Salt, Vegetable Gum (401), Preservative (202), Flavour, Emulsifier (322)), Oreo Cookie Pieces: (7.5%) (Wheat Flour, Sugar, Vegetable Oil, Cocoa Powder (6%), High Fructose Syrup, Salt, Raising Agent (500), Emulsifier (322-Soy), Corn Starch, Flavour), Glaze: (6.5%) (Sugar, Water, Wheat Starch, Vegetable Shortening, Stabiliser (Mineral Salts (170, 339), Thickeners (406, 410), Emulsifiers (471, 491)), Salt, Flavours). CON-TAINS: Wheat Gluten, Egg, Milk and Soy. MAY CONTAIN: Peanuts, Tree Nuts, Lupin, Sulphites and Sesame. PAVLOVA PASSION DOUGHNUT SUNDAE **Average Quantities Per Serving Energy Protein** - Total Fat - Saturated **Carbohydrates** - Sugars Sodium Vanilla Ice Cream: (38%) (Water, Sugar, Skim Milk Powder, Butter, Invert Sugar, Vanilla Flavour, Stabilisers (471, 433, 412, 401, 407)), Doughnut (33%) (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), Passionfruit Topping (16%) (Sugar, Water, Passionfruit (8%), Thickener (1422), Food Acids (330, 331, 300), Flavour, Vegetable Gum (415), Preservative (202), Colours (102, 110)), Meringue pieces (4%) (Sugar, **Egg** White, Vinegar, Flavour, Stabilisers (415,

Serving Size: 79g Avg

Per Serving

1360kJ

325Cal

3.7g

18.4g

9.4g

36.4g

18.7g

119mg

Per 100g

1720kJ

411Cal

4.7q

23.2g

11.9g

46.1g

23.7g

151mg

Fat

Red Candied Cherry (4%), Green Leaf (2%) (Sugar, Cocoa Butter, Milk Powder, Lactose, Emulsifier (Soy Lecithin-E322), Flavour, Carrot Extract, Colour (133)). CON-TAINS: Gluten Cereals (Wheat), Egg, Milk and Soy. MAY CONTAIN: Peanuts, Tree Nuts, Sesame, Sulphites and Lupin. **XMAS SPRINKLES** Serving Size: 73g Avg **Per Serving Average Quantities Per 100g Energy** 1240kJ 1700kJ 269Cal 405Cal **Protein** 2.7g 3.7g 14.1g - Total 19.3q - Saturated 7.6g 10.4g **Carbohydrates** 39.3g 53.8q - Sugars 26.8g 36.7g **Sodium** 116ma 85mg **Ingredients:** Doughnut (53%) (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

- Total 16.6g 23.3q Saturated 7.6g 10.7_q 34.1g 48.0g 20.3g - Sugars 28.6g 162mg 115mg Doughnut (54%) (Wheat Flour, Vegetable Shortenings, Water, Sugar, Yeast, Emulsifier (471-**Soy**), Salt, **Wheat Gluten**, Acidity Regulator (341), Yeast Doughnut

E171)). CONTAINS: Gluten Cereals (Wheat), Egg, Milk and Soy. MAY CONTAIN:

Peanuts, Tree Nuts, Lupin, Sesame and Sulphites.

A E F C S lr D e tr (ii P C S 129, 1 Wheat (471, 4**Soy**, 4 ral Flav (Soy Le **MAY C** CA Serving Size: 93g Avg **Per 100g** Avera 1600kJ **Energ** 382Cal 4.4g **Prote** 23.1q Fat 12.0g 39.4g **Carbohydrates** 18.8g **Sodium** 143mg **Ingredients:** Doughnut (70%) (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 Concentrate ((Mineral Salts (516, 517), Salt, Flavour, Food Acids (300, 341 (ii), 341 (iii), 342 (ii))), Stabiliser (1100)), Preservative (263), Milk Solids, Thickener (466), (iii), 342 (ii))), Stabiliser (1100)), Preservative (263), Milk Solids, Thickener (466), Egg Yolk Powder), Glaze (Sugar, Water, Wheat Starch, Stabiliser (Mineral Salts Egg Yolk Powder), Custard Filling (19%) (Water, Sugar Syrup (Sucrose, Glucose (Wheat)), Thickener (1442), Vegetable Oil, Emulsifiers (471, 435), Salt, Flavour, (170, 339), Thickeners (406, 410), Emulsifiers (471, 491)), Salt, Flavours), Caramel Colours (171, 102, 110), Preservative (202)), Dark Chocolate Compound Icing (12%) Truffle Icing (15%) (Vegetable Fats And Oils (Contains Soy), Sugar, Milk Solids, (Sugar, Vegetable Fat, Cocoa Powder (14%), Milk Solids (9%), Emulsifiers (322-Soy, Cream Powder, Colours (102, 110, 129, 133), Flavour), Choc Pretzels (8%) (Sugar, 476), Flavour), White Truffle Topping (Vegetable Fats and Oils (Emulsifiers (322-Soy, Milk Solids, Vegetable Fat(Soybean), Cocoa Powder, Cocoa Mass, Emulsifier (Soy 492), Antioxidant (307, 307b- Soy)), Sugar, Milk Solids, Cream Powder, Flavours). Lecithin (322, 492), Wheat Flour, Niacin, Reduced Iron, Thiamine, Mononitrate, Red Truffle Belt (%) (Vegetable Fats And Oils (Emulsifiers (322-Soy, 492), Antioxidant Riboflavin, Folic Acid, Salt, Corn Syrup, Sodium Bicarbonate, Yeast), Candy Eyes (1%) (307, 307b-Soy)), Sugar, Milk Solids, Cream Powder, Natural Flavours, Colour (Glucose Powder, Corn Starch, Maltodextrin, Anticaking Agent (470), Thickener (414), (129)), Yellow Belt Buckle (4%) (Sugar, Cocoa Butter, Milk Powder, Lactose (Milk), Glazing Agents (904, 903), Colours (102, 129, 133)). Red Sixlets Nose (1%) (Whey Emulsifier (Soy Lecithin (E322)), Cocoa Mass, Natural Vanilla Flavour, Colours (E171, Milk, Cocoa, Emulsifier (E322 (Soya), Glazing Agent (E903), Colours, (E102, E129,