



NUTRITION INFORMATION

ORIGINAL GLAZED

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		
			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, Thickeners (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

Average Quantities			Per Serving			Per 100g		
Energy								
			1280KJ			1530KJ		
			307Cal			365Cal		
Protein								
			3.5g			4.2g		
Fat								
- Total			18.4g			22.0g		
- Saturated			11.1g			13.2g		
Carbohydrates								
			32.0g			38.1g		
- Sugars			13.1g			15.6g		
			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, Thickeners (466), **Egg** Yolk Powder), Custard Filling (21%) (Water, Sugar Syrup (Sucrose, Glucose (**Wheat**), Thickeners (406, 410), Emulsifiers (471, 491)), 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.**

MUDCAKE

Average Quantities			Per Serving			Per 100g		
Energy								
			1590KJ			1640KJ		
			380Cal			391Cal		
Protein								
			3.5g			3.6g		
Fat								
- Total			18.1g			18.7g		
- Saturated			11.6g			11.9g		
Carbohydrates								
			50.3g			51.8g		
- Sugars			35.0g			36.1g		
			212mg			218mg		

Ingredients: Chocolate Cake (59%) (**Wheat** Flour, Sugar, Water, **Egg** Powder, Corn Starch, Vegetable Fats and Oils (contains **Soy**), Cocoa Powder (3.5%), Raising Agents (450, 500), **Milk** Solids, Salt, Thickeners (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.**

CHOC ICED SPRINKLES

Average Quantities			Per Serving			Per 100g		
Energy								
			1230KJ			1690KJ		
			295Cal			404Cal		
Protein								
			2.7g			3.7g		
Fat								
- Total			14.1g			19.3g		
- Saturated			8.9g			12.2g		
Carbohydrates								
			39.3g			53.8g		
- Sugars			26.8g			36.8g		
			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, Thickeners (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), **CONTAINS: Wheat, Egg, Milk and Soy. MAY CONTAIN: Peanuts, Tree Nuts, Lupin, Sulphites and Sesame.**

CHOC ICED

Average Quantities			Per Serving			Per 100g		
Energy								
			1060KJ			1680KJ		
			253Cal			402Cal		
Protein								
			2.6g			4.1g		
Fat								
- Total			13.5g			21.5g		
- Saturated			8.3g			13.2g		
Carbohydrates								
			30.3g			48.1g		
- Sugars			17.9g			28.5g		
			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 (iii)), Stabiliser (1100)), Preservative (263), **Milk** Solids, Thickeners (466), **Egg** Yolk Powder), Glaze (21%) (Sugar, Water, **Wheat** Starch, Mineral Salt (170), Thickeners (406), Emulsifiers (471, 491), Flavours, Salt), 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

Average Quantities			Per Serving			Per 100g		
Energy								
			1410KJ			1450KJ		
			336Cal			346Cal		
Protein								
			3.6g			3.8g		
Fat								
- Total			16.5g			17.0g		
- Saturated			7.6g			7.8g		
Carbohydrates								
			43.5g			44.8g		
- Sugars			20.0g			20.6g		
			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 (iii)), Stabiliser (1100)), Preservative (263), **Milk** Solids, Thickeners (466), **Egg** Yolk Powder), Apple Custard Filling (18%) (Custard (14%) (Water, Sugar, **Wheat** Glucose Syrup, Thickeners (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%), Salt), Apple Spice (4%) (**Wheat** Glucose Syrup, Sucrose Syrup, Reconstituted Apples (Minimum 19%) (Preservative (223)), Thickeners (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 (Mineral Salt (415), Salt, Flavour, Food Acids (300, 341 (ii), 341 (iii), 342 (iii)), Stabiliser (1100)), Preservative (263), **Milk** Solids, Thickeners (466), **Egg** Yolk Powder), Glaze (21%) (Sugar, Water, **Wheat** Starch, Mineral Salt (170), Thickeners (406), Emulsifiers (471, 491), Flavours, Salt), 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.**

REESES PEANUT BUTTER

Average Quantities			Per Serving			Per 100g		
Energy								
			1880KJ			2020KJ		
			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		
			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, Thickeners (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, Lupin, Sulphites and Sesame.**

TIRAMISU

Average Quantities			Per Serving			Per 100g		
Energy								
			1370KJ			1590KJ		
			327Cal			380Cal		
Protein								
			3.5g			4.1g		
Fat								
- Total			18.6g			21.7g		
- Saturated			10.1g			11.7g		
Carbohydrates								
			36.6g			42.6g		
- Sugars			23.7g			27.5g		
			102mg			119mg		

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, Thickeners (466), **Egg** Yolk Powder), Tiramisu Flavoured Filling (21%) (Water, Sugar, **Wheat** Glucose Syrup, Invert 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, Thickeners (466), **Egg** Yolk Powder), Glaze (21%) (Sugar, Water, **Wheat** Starch, Stabiliser (Mineral Salt (170), Thickeners (406, 410), Emulsifiers (471, 491)), Salt, Flavour, Colours (171, 102, 110), Preservative (202)), Whipping Agent (Glucose, Vegetable Oil, Acidity Regulator (330), Colour (145), Salt), Emulsifiers (471, 322), Mineral Salt (500), Emulsifier (472a), **Milk** Solids, Thickeners (1422, 1442), Coffee, Glaze (16%) (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**, 476, 492)), Sugar, **Milk** Solids, Cream Powder, Flavours, and Shortening (contains **Soy**), Colour (150c), Water, Preservative (202)), Chocolate Flakes (4.5%) (**Milk** Solids (17%), Cocoa (7%), Emulsifiers (**Soya** Lecithin-322, 492)), Chocolate Ganache (3.5%) (contains: Cocoa Powder (14%), Emulsifier (322-**Soy**, **Milk** Solids), **CONTAINS: Wheat Gluten, Egg, Milk and Soy. MAY CONTAIN: Peanuts, Tree Nuts, Lupin, Sulphites and Sesame.**

KOOKIES & KREME SLIDER

Average Quantities			Per Serving			Per 100g		
Energy								
			1970KJ			1230KJ		
			470Cal			294Cal		
Protein								
			6.2g			3.9g		
Fat								
- Total			21.9g			13.7g		
- Saturated			10.2g			6.4g		
Carbohydrates								
			62.2g			38.9g		
- Sugars			39.2g			24.5g		
			237mg			148mg		

Ingredients: 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), **Milk** Protein, Salt, **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, Thickeners (466), **Egg** Yolk Powder), Butter, Glucose, Thickeners (407, 410, 412), Emulsifiers (471, 466), **Vanilla**, 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 (iii)), Stabiliser (1100)), Preservative (263), **Milk** Solids, Thickeners (466), **Egg** Yolk Powder), Glaze (21%) (Sugar, Water, **Wheat** Starch, Stabiliser (Mineral Salt (170), Thickeners (406, 410), Emulsifiers (471, 491)), Salt, Flavours, Mineral Salt (500), Emulsifier (472), **Milk** Solids, Thickeners (1422, 1442), Coffee, Glaze (16%) (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**, 476, 492)), Sugar, **Milk** Solids, Cream Powder, Flavours, and Shortening (contains **Soy**), Colour (150c), Water, Preservative (202)), Chocolate Flakes (4.5%) (**Milk** Solids (17%), Cocoa (7%), Emulsifiers (**Soya** Lecithin-322, 492)), Chocolate Ganache (3.5%) (contains: Cocoa Powder (14%), Emulsifier (322-**Soy**, **Milk** Solids), **CONTAINS: Wheat Gluten, Egg, Milk and Soy. MAY CONTAIN: Peanuts, Tree Nuts, Lupin, Sulphites and Sesame.**

STRAWBERRY SPRINKLES DOUGHNUT SUNDAE

Average Quantities			Per Serving			Per 100g		
Energy								
			1540KJ			1170KJ		
			368Cal			279Cal		
Protein								
			4.6g			3.5g		
Fat								
- Total			14.3g			10.8g		
- Saturated			14.3g			4.7g		
Carbohydrates								
			55.7g			42.2g		
- Sugars			42.0g			31.8g		
			126mg			96mg		

Ingredients: 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 (iii)), Stabiliser (1100)), Preservative (263), **Milk** Solids, Thickeners (466), **Egg** Yolk Powder), Strawberry Flavouring (15%) (Sugar, Water, Glucose Syrup, Invert Sugar, **Milk** Solids, Vegetable Fat, Thickeners (1442), Vegetable Fat (415), Salt, Emulsifiers (471, 322), Mineral Salt (500), Emulsifier (472a), **Milk** Solids, Thickeners (1422, 1442), Coffee, Glaze (16%) (Sugar, Water, **Wheat** Starch, Stabiliser (Mineral Salt (170), Thickeners (406, 410), Emulsifiers (471, 491)), Flavours, Salt), Strawberry Flavouring (15%) (Sugar, Water, Glucose Syrup, Invert Sugar, **Milk** Solids, Vegetable Fat, Thickeners (1442), Vegetable Fat (415), Salt, Emulsifiers (471, 322), Mineral Salt (500), Emulsifier (472a), **Milk** Solids, Thickeners (1422, 1442), Coffee, Glaze (16%) (Sugar, Water, **Wheat** Starch, Stabiliser (Mineral Salt (170), Thickeners (406, 410), Emulsifiers (471, 491)), Flavours, Salt), Coffee flavoured Truffle Icing (10%) (Vegetable Fats and Oils (Emulsifiers (322-**Soy**, 476, 492)), Sugar, **Milk** Solids, Cream Powder, Flavours, and Shortening (contains **Soy**), Colour (150c), Water, Preservative (202)), Chocolate Flakes (4.5%) (**Milk** Solids (17%), Cocoa (7%), Emulsifiers (**Soya** Lecithin-322, 492)), Chocolate Ganache (3.5%) (contains: Cocoa Powder (14%), Emulsifier (322-**Soy**, **Milk** Solids), **CONTAINS: Wheat Gluten, Egg, Milk and Soy. MAY CONTAIN: Peanuts, Tree Nuts, Lupin, Sulphites and Sesame.**

SANTA BELLY

Average Quantities			Per Serving			Per 100g		
Energy								
			1640KJ			1840KJ		
			391Cal			439Cal		
Protein								
			4.4g			5.0g		
Fat								
- Total			26.4g			29.6g		
- Saturated			14.6g			16.5g		
Carbohydrates								
			37.4g			38.6g		
- Sugars			17.3g			19.4g		
			123mg			138mg		

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, Thickeners (466), **Egg** Yolk Powder), Red Truffle (15%) (Vegetable Fats and Oils (Emulsifiers (322-**Soy**, 492)), Sugar, **Milk** Solids, **Cream** Powder, Colour (129), Flavours), Chocolate Cream (13%) (Mineral Salts (516, 517), Salt, Flavour, Food Acids (300, 341 (ii), 341 (iii), 342 (iii)), Stabiliser (1100)), Preservative (263), **Milk** Solids, Thickeners (466), **Egg** Yolk Powder), Glaze (21%) (Sugar, Water, **Wheat** Starch, Stabiliser (Mineral Salt (170), Thickeners (406, 410), Emulsifiers (471, 491)), Flavours, Salt), Spiced Choc Icing (20%) (Vegetable Fats and Oils (Emulsifiers (322-**Soy**, 492)), Sugar, **Milk** Solids, **Cream** Powder, Flavours, Shortening (contains **Soy**), White Compound Chocolate (Sugar, Vegetable Fat, **Milk** Solids, Emulsifier (322-**Soy**)), Yeast, Ginger Ground (1.5%), Cinnamon Powder (1%), Biscuit Crumb (7%) (**Wheat** Flour, Sugar, Vegetable Oil, **Wheat** Glucose Syrup, Malt Extract (Barley, Rice), Salt, Raising Agent (500), Flavour), **CONTAINS: Wheat Gluten, Egg, Milk and Soy. MAY CONTAIN: Peanuts, Tree Nuts, Lupin, Sulphites and Sesame.**

GINGERBREAD