



NUTRITION INFORMATION

ORIGINAL GLAZED

Serving Size: 52g Avg		
Average Quantities	Per Serving	Per 100g
Energy	1060kJ	2050kJ
	254Cal	489Cal
Protein	2.6g	5.0g
Fat	16.5g	31.8g
- Total	8.3g	16.0g
- Saturated	24.4g	46.8g
Carbohydrates	12.3g	23.6g
- Sugars	88mg	169mg

Ingredients: Doughnut: (64%) (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,** Glaze (28%) (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 and Sesame.**

CHOC ICED CUSTARD

Serving Size: 84g Avg		
Average Quantities	Per Serving	Per 100g
Energy	1270kJ	1520kJ
	304Cal	362Cal
Protein	4.2g	5.0g
Fat	17.4g	20.7g
- Total	10.6g	12.6g
- Saturated	33.2g	39.5g
Carbohydrates	13.8g	16.4g
- Sugars	141mg	168mg

Ingredients: Doughnut: (75%) (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,** 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 and Sesame.**

MUDCAKE

Serving Size: 97g Avg		
Average Quantities	Per Serving	Per 100g
Energy	1590kJ	1640kJ
	380Cal	391Cal
Protein	3.5g	3.6g
Fat	18.1g	18.7g
- Total	11.6g	11.9g
- Saturated	50.3g	51.8g
Carbohydrates	35.0g	36.1g
- Sugars	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, 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 and Sesame.**

CHOC ICED SPRINKLES

Serving Size: 73g Avg		
Average Quantities	Per Serving	Per 100g
Energy	1490kJ	2040kJ
	355Cal	487Cal
Protein	3.1g	4.2g
Fat	20.6g	28.2g
- Total	12.2g	16.7g
- Saturated	39.8g	54.6g
Carbohydrates	27.3g	37.4g
- Sugars	89mg	121mg

Ingredients: Doughnut (52%) (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,** Glaze (19%) (Sugar, Water, **Wheat Starch, Mineral Salt (170), Thickeners (406), Emulsifiers (471, 491), Flavours, Salt,** 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 Gluten, Egg, Milk and Soy. MAY CONTAIN: Peanuts, Tree Nuts and Sesame**

GLAZED BLUEBERRY CAKE

Serving Size: 78g Avg		
Average Quantities	Per Serving	Per 100g
Energy	1240kJ	1590kJ
	295Cal	379Cal
Protein	2.5g	3.2g
Fat	14.6g	18.8g
- Total	6.7g	8.6g
- Saturated	39.1g	50.1g
Carbohydrates	22.2g	28.5g
- Sugars	243mg	312mg

Ingredients: Blueberry Flavoured Cake: (73%) (Wheat Flour, Sugar, **Egg Powder, Corn Starch,** Vegetable Shortening, Blueberry Flavoured Pieces (2%) (contains Flavour, Colours (129, 133)), Raising Agents (450, 500), **Milk Solids, Thickener (466), Flavour,** Glaze (22%) (Sugar, Water, **Wheat Starch, Mineral Salt (170), Thickeners (406), Emulsifiers (471, 491), Flavours, Salt,** 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 and Sesame.**

KARAMEL GLAZED

Serving Size: 69g Avg		
Average Quantities	Per Serving	Per 100g
Energy	1290kJ	1880kJ
	309Cal	448Cal
Protein	2.6g	3.7g
Fat	16.7g	24.2g
- Total	8.4g	12.1g
- Saturated	37.5g	54.4g
Carbohydrates	24.8g	36.0g
- Sugars	94mg	136mg

Ingredients: Doughnut: (54%) (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,** Glaze (21%) (Sugar, Water, **Wheat Starch, Mineral Salt (170), Thickeners (406), Emulsifiers (471, 491), Flavours, Salt,** Caramel Flavoured Icing (25%) (Sugar, Water, Vegetable Fats and Oils (contains **Soy**), **Wheat Starch, Emulsifiers (471, 435, 322-Soy), Flavour, Colours (102, 155, 122, 133),** **CONTAINS: Wheat, Egg, Milk and Soy. MAY CONTAIN: Peanuts, Tree Nuts and Sesame.**

APPLE CUSTARD CRUMBLE

Serving Size: 97g Avg		
Average Quantities	Per Serving	Per 100g
Energy	1390kJ	1440kJ
	333Cal	343Cal
Protein	4.3g	4.5g
Fat	15.4g	15.9g
- Total	7.1g	7.3g
- Saturated	44.6g	46.0g
Carbohydrates	20.7g	21.3g
- Sugars	153mg	158mg

Ingredients: Doughnut (55%) (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,** White Icing (14%) (Sugar, Vegetable Fats and Oils, Sucrose Syrup, **Wheat Glucose Syrup, Wheat Starch, Emulsifiers (471, 435, 322-Soy), Water,** 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), Cinnamon Biscuit Crumb (13%) (Wheat Flour, Sugar, Vegetable Fats and Oils, **Wheat Glucose Syrup, Malt Extract (Barley), Flavour, Colours (102, 155, 122, 133),** **CONTAINS: Wheat, Egg, Milk and Soy. MAY CONTAIN: Peanuts, Tree Nuts and Sesame.******

CARAMEL COOKIE DOUGHNUT SUNDAE

Serving Size: 132g Avg		
Average Quantities	Per Serving	Per 100g
Energy	1900kJ	1440kJ
	455Cal	345Cal
Protein	5.9g	4.5g
Fat	22.6g	17.1g
- Total	11.8g	9.0g
- Saturated	57.2g	43.4g
Carbohydrates	38.6g	29.3g
- Sugars	177mg	134mg

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, **Wheat Gluten, Egg Powder, Salt, Non Fat Milk Solids, Firming Agent (516), Emulsifiers (471, 481, 322-Soy), Acidity Regulators (263, 500), Thickener (466), Flavours,** 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, 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 and Sesame.******

STRAWBERRY SPRINKLES DOUGHNUT SUNDAE

Serving Size: 132g Avg		
Average Quantities	Per Serving	Per 100g
Energy	1790kJ	1360kJ
	429Cal	325Cal
Protein	5.0g	3.8g
Fat	20.8g	15.7g
- Total	10.8g	8.2g
- Saturated	56.2g	42.6g
Carbohydrates	42.4g	32.1g
- Sugars	135mg	102mg

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, **Wheat Gluten, Egg Powder, Salt, Non Fat Milk Solids, Firming Agent (516), Emulsifiers (471, 481, 322-Soy), Acidity Regulators (263, 500), Thickener (466), Antioxidant (300), Flavours,** Strawberry Topping: (15%) (Sugar, Water, Vegetable Fat, **Milk Solids, Cocoa (5%), Malto-dextrin, 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: (7.5%) (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 and Sesame.******

KOOKIES & KREME SLIDER

Serving Size: 160g Avg		
Average Quantities	Per Serving	Per 100g
Energy	2280kJ	1420kJ
	544Cal	340Cal
Protein	6.6g	4.2g
Fat	30.5g	19.1g
- Total	16.4g	10.2g
- Saturated	61.3g	38.3g
Carbohydrates	39.7g	24.8g
- Sugars	255mg	140mg

Ingredients: Cookies & Cream Gelato: (50%) (Water, Sugar, **Cream (9%), Biscuit Crumb (8%) (Wheat Flour, Sugar, Vegetable Oil, Cocoa Powder (5%), Sucrose 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, **Wheat Gluten, Egg Powder, Salt, Non Fat Milk Solids, Firming Agent (516), Emulsifiers (471, 481, 322-Soy), Acidity Regulators (263, 500), Thickener (466), Flavours,** Glaze (14%) (Sugar, Water, **Wheat Starch, Mineral Salt (170), Thickeners (406, 410), Emulsifiers (471, 491), Flavours,** Chocolate Fudge Topping: (3%) (Sugar, Water, Vegetable Fat, **Milk Solids, Cocoa (5%), Malto-dextrin, 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, Sulphites and Sesame.******

NUTELLA DIPPED

Serving Size: 64g Avg		
Average Quantities	Per Serving	Per 100g
Energy	1320kJ	2070kJ
	316Cal	494Cal
Protein	5.0g	7.7g
Fat	19.4g	30.3g
- Total	8.2g	12.8g
- Saturated	30.6g	47.8g
Carbohydrates	15.5g	24.2g
- Sugars	136mg	212mg

Ingredients: Doughnut (52%) (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: Hazelnuts, Wheat Gluten, Egg, Milk and Soy. MAY CONTAIN: Peanuts, Other Tree Nuts, and Sesame.****

CHOC ICED

Serving Size: 63g Avg		
Average Quantities	Per Serving	Per 100g
Energy	1310kJ	2090kJ
	314Cal	499Cal
Protein	3.0g	4.7g
Fat	20.0g	31.8g
- Total	11.6g	18.4g
- Saturated	30.9g	49.0g
Carbohydrates	18.9g	29.2g
- Sugars	88mg	140mg

Ingredients: Doughnut (62%) (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,** 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 Gluten, Egg, Milk and Soy. MAY CONTAIN: Peanuts, Tree Nuts and Sesame.**

STRAWBERRY JAM

Serving Size: 72g Avg		
Average Quantities	Per Serving	Per 100g
Energy	991kJ	1380 kJ
	237Cal	329Cal
Protein	3.8g	5.2g
Fat	13.0g	18.0g
- Total	6.5g	9.1g
- Saturated	26.9g	37.3g
Carbohydrates	9.4g	13.0g
- Sugars	131mg	182mg

Ingredients: Doughnut (75%) (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,** 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 and Sesame.**

TRADITIONAL CINNAMON

Serving Size: 46g Avg		
Average Quantities	Per Serving	Per 100g
Energy	895kJ	1950kJ
	214Cal	465Cal
Protein	3.5g	7.6g
Fat	12.3g	26.7g
- Total	6.2g	13.5g
- Saturated	22.8g	49.6g
Carbohydrates	7.1g	15.5g
- Sugars	119mg	258mg

Ingredients: Doughnut (91%) (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,** Cinnamon sugar (9%) (Sugar, Cinnamon (1.5%)), **CONTAINS: Wheat, Egg, Milk and Soy. MAY CONTAIN: Peanuts, Tree Nuts and Sesame.**

CHOC ICED CRÈME

Serving Size: 87g Avg		
Average Quantities	Per Serving	Per 100g
Energy	1540kJ	1770kJ
	367Cal	422Cal
Protein	4.2g	4.8g
Fat	21.8g	25.1g
- Total	12.6g	14.5g
- Saturated	39.1g	44.9g
Carbohydrates	21.2g	24.4g
- Sugars	126mg	145mg

Ingredients: Doughnut: (62%) (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,** White Crème Filling (20%) (Sugar, Water, Vegetable Fats and Oils (contains **Soy**), Sucrose Syrup, **Wheat Glucose Syrup, Emulsifiers (471, 435, 322-Soy), Flavour, Salt,** Dark Compounded Chocolate (15%) (Sugar, Vegetable Fat, Cocoa Powder (14%), **Milk Solids (9%), Emulsifiers (322-Soy, 476, 492), Flavour,** White Icing Drizzle (3%) (Sugar, contains **Wheat and Soy**)), **CONTAINS: Wheat, Egg, Milk and Soy. MAY CONTAIN: Peanuts, Tree Nuts and Sesame.**

STRAWBERRY ICED

Serving Size: 69g Avg		
Average Quantities	Per Serving	Per 100g
Energy	1330kJ	1920kJ
	317Cal	460Cal
Protein	2.6g	3.7g
Fat	17.7g	25.7g
- Total	8.7g	12.6g
- Saturated	37.3g	54.1g
Carbohydrates	24.8g	35.2g
- Sugars	88mg	128mg

Ingredients: Doughnut: (54%) (Wheat Flour, Vegetable Shortenings, Water, Sugar, Yeast, **Wheat Gluten, Egg Powder, Salt, Non Fat Milk Solids, Firming**