



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 (72%) (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), Thickeners (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

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	18.4g	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), Thickeners (466), Flavours**), 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 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 (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), Thickeners (466), Flavours**), Custard Filling (21%) (Water, Sugar Syrup (Sucrose, Glucose (**Wheat**)), Thickeners (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.**

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), Thickeners (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.**

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, 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 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), Thickeners (466), Flavours**), Cinnamon sugar (9%) (Sugar, Cinnamon (1.5%)). **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), Thickeners (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.**

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	24.3g	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 Agent (516), Emulsifiers (471, 481, 322-Soy), Acidity Regulators (263, 500), Thickeners (466), Flavours**), Strawberry Flavoured Icing (25%) (Sugar, Water, Vegetable Fats and Oils, **Wheat Glucose Syrup, Wheat Starch, Emulsifiers (471, 435, 322-Soy)**, Flavour, Colour (124, 122)), 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 and Sesame.**

BLUEBERRY MUFFIN

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, Vegetable Oil, Salt, Thickeners (466), Mineral Salt (263), Flavours, Water, Shortening (Contains Soy)**), Glaze (22%) (Sugar, Water, **Wheat Starch, Mineral Salt (170), Thickeners (406), Emulsifiers (471, 322-Soy)**, Flavour, Colour (1442), Vegetable Gum (414)), **Wheat Starch, Stabiliser (Mineral Salts (170, 339), Thickeners (406, 410), Emulsifiers (471, 491), Salt, Flavour**)). **CONTAINS: Wheat Gluten, 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), Thickeners (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, **Wheat Glucose Syrup, Wheat Starch, Emulsifiers (471, 435, 322-Soy)**, Flavour, Colour (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	443Cal
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), Thickeners (466), Flavours**), White Icing (14%) (Sugar, Vegetable Fats and Oils, Sucrose Syrup, **Wheat Glucose Syrup, Wheat Starch, Emulsifiers (471, 435, 322-Soy)**, Flavour), 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 (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, Rice), Cinnamon (0.1%), Salt, Raising Agent (500), Flavour**)). **CONTAINS: Wheat, Barley, Egg, Milk and Soy. MAY CONTAIN: Peanuts, Tree Nuts and Sesame.**

KOOKIES N' KREME

Serving Size: 97g Avg

Average Quantities	Per Serving	Per 100g
Energy	1630kJ	1680KJ
	390Cal	402Cal
Protein	4.6g	4.7g
Fat	19.8g	20.4g
- Total	9.4g	9.7g
- Saturated	49.1g	50.6g
Carbohydrates	25.3g	26.1g
- Sugars	206mg	212mg

Ingredients:
 Doughnut (56%) (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), Thickeners (466), Flavours**), Kookies n' Kreime Filling (18%) (White Crème Filling (Sugar, Vegetable Fats and Oils (contains Soy), Sucrose Syrup, **Wheat Glucose Syrup, Emulsifiers (471, 435, 322-Soy)**, Flavour, Salt), Choc Oreo Biscuit Crumb (17%) (**Wheat Flour, Sugar, Vegetable Oil, Cocoa Powder (6%), High Fructose Syrup, Salt, Raising Agent (500), Emulsifier (322-Soy)**, Corn Starch, Flavour)), White Icing (16%) (Sugar, Water, Vegetable Fats and Oils, Sucrose Syrup, **Wheat Starch, Mineral Salt (170), Thickeners (406), Emulsifiers (471, 435, 322-Soy)**), Choc Oreo Biscuit Crumb (10%) (**Wheat Flour, Sugar, Vegetable Oil, Cocoa Powder (6%), High Fructose Syrup, Salt, Raising Agent (500), Emulsifier (322-Soy)**, Corn Starch, Flavour). **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), Thickeners (466), Antioxidant (300), Flavours**), Caramel Sundae Topping: (15%) (Sugar, Water, Glucose Syrup, Invert Sugar, **Milk Solids, Vegetable Fat, Thickeners (263, 500), Vegetable Gum (415), Salt, Emulsifiers (471, 322-Soy)**, Mineral Salts (339, 500), Preservative (202)), Vanilla Biscuit Crumb: (7.5%) (**Wheat Flour, Sugar, Vegetable Oil, Wheat Glucose Syrup, Malt Extract (Barley, Rice), Raising Agent (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 Soy)**)). **CONTAINS: Wheat, Egg, Milk and Soy. MAY CONTAIN: Peanuts, Tree Nuts and Sesame.**

CHOCOLATE COOKIE DOUGHNUT SUNDAE

Serving Size: 132g Avg

Average Quantities	Per Serving	Per 100g
Energy	1910kJ	1450KJ
	457Cal	346Cal
Protein	6.1g	4.6g
Fat	23.5g	17.8g
- Total	12.7g	9.7g
- Saturated	55.4g	41.9g
Carbohydrates	37.2g	28.1g
- Sugars	230mg	174mg

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), Thickeners (466), Flavours**), Chocolate Fudge Topping: (15%) (Sugar, Water, Vegetable Fat, **Milk Solids, Cocoa (5%), Maltodextrin, Salt, Vegetable Gum (401), Preservative (202)**), Vanilla Biscuit Crumb: (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**)). **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), Thickeners (466), Antioxidant (300), Flavours**), Strawberry Topping: (15%) (Sugar, Water, Glucose Syrup, Invert Sugar, **Milk Solids, Vegetable Fat, Thickeners (263, 500), Vegetable Gum (415), Salt, Emulsifiers (471, 322-Soy)**, Mineral Salts (339, 500), Preservative (202)), Vanilla Biscuit Crumb: (13%) (**Wheat Flour, Sugar, Vegetable Oil, Wheat Glucose Syrup, Malt Extract (Barley, Rice), Raising Agent (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 Soy)**)). **CONTAINS: Wheat, Gluten, Egg, Milk, Soy and Sulphites. MAY CONTAIN: Peanuts, Tree Nuts and Sesame.**

SALTED CARAMEL SLIDER

Serving Size: 155