



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	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** 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	18.4g	22.0g
- 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.**

HOMER SIMPSON D'OHNUIT

Serving Size: 63g Avg		
Average Quantities	Per Serving	Per 100g
Energy	1090kJ 259Cal	1720kJ 412Cal
Protein	2.7g	4.2g
Fat	14.7g	23.4g
- 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, 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 (23%) (Sugar, Water, **Wheat** Starch, Mineral Salt (170), Thickeners (406), Emulsifiers (471, 491), Flavours, Salt), Strawberry Flavoured Truffle (16%) (Vegetable Fats And Oils (Emulsifiers (322-**Soy**, 492), Antioxidant (307, 307b)), Sugar, **Milk** Solids, **Cream** Powder, Natural Flavour, Emulsifier (322-**Soy**), Natural Colour (120)), Water, Shortening (Contains **Soy**), Sprinkles Topping (1%) (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, 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	14.1g	19.3g
- 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 (471, 491), Flavours, Salt), 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	13.5g	21.5g
- 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 (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), 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	16.5g	17.0g
- 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 (iii)), 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 (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: 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	31.8g	34.2g
- Saturated	14.5g	15.6g
Carbohydrates	34.2g	36.8g
- Sugars	15.1g	16.3g
Sodium	196mg	211mg

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), 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	16.9g	19.6g
- 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, 133, 123), 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, Thickener (1442), Flavour), **Wheat** Starch, Sucrose Syrup, Water, 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, Egg, Milk and Soy. MAY CONTAIN: Peanuts, Tree Nuts, Lupin, Sulphites and Sesame.**

CARAMEL COOKIE DOUGHNUT SUNDAE

Serving Size: 132g Avg		
Average Quantities	Per Serving	Per 100g
Energy	1650kJ 394Cal	1250kJ 299Cal
Protein	5.5g	4.2g
Fat	16.1g	12.2g
- Total	16.1g	12.2g
- Saturated	7.3g	5.5g
Carbohydrates	56.7g	42.9g
- Sugars	38.2g	28.9g
Sodium	169mg	128mg

Ingredients: 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 (iii)), Stabiliser (1100)), Preservative (263), **Milk** Solids, Thickener (466)), **Egg** Yolk Powder), 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, 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
Energy	1540kJ 368Cal	1170kJ 279Cal
Protein	4.6g	3.5g
Fat	14.3g	10.8g
- Total	14.3g	10.8g
- Saturated	4.3g	4.7g
Carbohydrates	55.7g	42.2g
- Sugars	42.0g	31.8g
Sodium	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, Thickener (466)), **Egg** Yolk Powder), 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, Egg, Milk and Soy. MAY CONTAIN: Peanuts, Tree Nuts, Lupin, Sulphites and Sesame.**

HERSHEY'S COOKIES N' KREME DIPPED

Serving Size: 74g Avg		
Average Quantities	Per Serving	Per 100g
Energy	1340kJ 319Cal	1810kJ 431Cal
Protein	3.5g	4.7g
Fat	18.1g	24.5g
- Total	18.1g	24.5g
- Saturated	9.4g	12.7g
Carbohydrates	35.7g	48.3g
- Sugars	22.0g	29.8g
Sodium	108mg	145mg

Ingredients: Doughnut (50%) (**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 (19%) (Sugar, **Wheat** Starch, Mineral Salt (170), Thickeners (406), Emulsifiers (471, 491), Flavours, Salt), White Truffle (14%) (Vegetable Fats and Oils (Emulsifiers (322-**Soy**, 492), Antioxidant (307, 307b-**Soy**)), Sugar, **Milk** Solids, **Cream** Powder, Natural Flavours), Hershey's Cookies & Creme Crumb (14%) (Sugar, Vegetable Oil (Palm, Shea, Sunflower, Palm Kernel And/or Safflower Oil (Contains Antioxidant (307))), **Skim Milk** Powder, Dried Glucose Syrup, **Wheat** Flour, Lactose, Cocoa, Fructose Syrup, Cocoa Mass, Emulsifiers (**Soy** Lecithin, 476), Raising Agent (500), Natural and Artificial Flavours Including Vanillin), Chocolate Ganache Drizzle (3%) (Emulsifiers (322-**Soy**, 492), Antioxidant (307b-**Soy**)), Cocoa Powder (14%), **Milk** Solids), **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	18.2g	28.4g
- 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	14.0g	19.4g
- 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	1	