



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	- Total	16.5g	31.8g
	- Saturated	8.3g	16.0g
Carbohydrates		24.4g	46.8g
	- Sugars	12.3g	23.6g
Sodium		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), 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	- Total	17.4g	20.7g
	- Saturated	10.6g	12.6g
Carbohydrates		33.2g	39.5g
	- Sugars	13.8g	16.4g
Sodium		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), 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	- Total	18.1g	18.7g
	- Saturated	11.6g	11.9g
Carbohydrates		50.3g	51.8g
	- Sugars	35.0g	36.1g
Sodium		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	- Total	20.6g	28.2g
	- Saturated	12.2g	16.7g
Carbohydrates		39.8g	54.6g
	- Sugars	27.3g	37.4g
Sodium		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.**

BLUEBERRY MUFFIN

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

Ingredients:
Blueberry Flavoured Cake: (73%) (**Wheat Flour**, Sugar, **Egg Powder**, Corn Starch, Vegetable Shortenings, Blueberry Flavoured Pieces (2%) (contains Flavour, Colours (129,133)), Raising Agents (450, 500), **Milk Solids**, Vegetable Oil, Salt, Thickener (466), Mineral Salt (263), Flavours), Sugar, Water, **Wheat Starch**, Mineral Salt (170), Thickeners (406), Emulsifiers (471, 491), Flavours, Salt), 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, Flavour). **CONTAINS: Wheat Gluten, 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	- Total	15.4g	15.9g
	- Saturated	7.1g	7.3g
Carbohydrates		44.6g	46.0g
	- Sugars	20.7g	21.3g
Sodium		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 Rice**), Glucose (10.1%), Salt, Raising Agent (500), Flavour). **CONTAINS: Wheat, Barley, 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	- Total	22.6g	17.0g
	- Saturated	11.8g	9.0g
Carbohydrates		57.2g	43.4g
	- Sugars	38.6g	29.3g
Sodium		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, Flavour). **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	- Total	20.8g	15.7g
	- Saturated	10.8g	8.2g
Carbohydrates		56.2g	42.6g
	- Sugars	42.4g	32.1g
Sodium		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), Flavours), Strawberry (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, Flavour). **CONTAINS: Wheat Gluten, Egg, Milk, Soy and Sulphites. MAY CONTAIN: Peanuts, Tree Nuts and Sesame.**

RESEES PEANUT BUTTER

Serving Size: 93g Avg			
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		35.2g	36.8g
	- Sugars	15.1g	16.3g
Sodium		196mg	211mg

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**, Thickener (466), **Egg Yolk Powder**), Green Icing (22%) (Vegetable Fats and Oils (Emulsifiers (322-**Soy**, 492)), Sugar, **Milk Solids**, **Cream Powder**, Flavours, **Milk Solids**, Colour (102, 133)), Choc Sprinkles (4%) (Emulsifiers (492, 322-**Soy**), Glucose (from **Wheat**), Colours (155, 122, 102, 133), Vegetable Gum (414)), Black Glazing (2.4%) (**Milk Solids**, Cocoa Powder, Emulsifiers (322-**Soy**, 392, 442, 476), Buffing Agents (414, 553b, 903), Colours (122, 133, 104)), Chocolate Ganache (1.5%) (Emulsifiers (322-**Soy**, 492)), Cocoa Powder (14%), **Milk Solids**, Whole Milk Flavour, Salt), Milk and White Chocolate Scroll (1%) (Cocoa **Butter**, **Maize Starch**, Powder, Cocoa Mass, **Skim Milk Powder**, Emulsifier (322-**Soy**)), Chocolate Pretzel Sticks (1%) (**Milk** Flavoured Compound Chocolate (**Milk Solids**, Cocoa Powder, Cocoa Mass, Emulsifier (**Soy** Lecithin (322, 492), Enriched Stick Pretzels (**Wheat Flour**, Yeast, Reduced Iron, Thiamine, Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Niacin, Colour (102, 133)). **CONTAINS: Wheat, Egg, Milk and Soy. MAY CONTAIN: Peanuts, Tree Nuts and Sesame.**

FRANK

Serving Size: 82g Avg			
Average Quantities		Per Serving	Per 100g
Energy		1520kJ	1850KJ
		363Cal	443Cal
Protein		4.2g	5.1g
Fat	- Total	23.4g	28.5g
	- Saturated	13.1g	15.9g
Carbohydrates		34.8g	42.4g
	- Sugars	17.6g	21.5g
Sodium		133mg	163mg

Ingredients:
Doughnut: (68%) (**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**), Green Icing (22%) (Vegetable Fats and Oils (Emulsifiers (322-**Soy**, 492)), Sugar, **Milk Solids**, **Cream Powder**, Flavours, **Milk Solids**, Colour (102, 133)), Choc Sprinkles (4%) (Emulsifiers (492, 322-**Soy**), Glucose (from **Wheat**), Colours (155, 122, 102, 133), Vegetable Gum (414)), Black Glazing (2.4%) (**Milk Solids**, Cocoa Powder, Emulsifiers (322-**Soy**, 392, 442, 476), Buffing Agents (414, 553b, 903), Colours (122, 133, 104)), Chocolate Ganache (1.5%) (Emulsifiers (322-**Soy**, 492)), Cocoa Powder (14%), **Milk Solids**, Whole Milk Flavour, Salt), Milk and White Chocolate Scroll (1%) (Cocoa **Butter**, **Maize Starch**, Powder, Cocoa Mass, **Skim Milk Powder**, Emulsifier (322-**Soy**)), Chocolate Pretzel Sticks (1%) (**Milk** Flavoured Compound Chocolate (**Milk Solids**, Cocoa Powder, Cocoa Mass, Emulsifier (**Soy** Lecithin (322, 492), Enriched Stick Pretzels (**Wheat Flour**, Yeast, Reduced Iron, Thiamine, Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Niacin, Colour (102, 133)). **CONTAINS: Wheat, Egg, Milk and Soy. MAY CONTAIN: Peanuts, Tree Nuts and Sesame.**

SPIDER WEB

Serving Size: 67g Avg			
Average Quantities		Per Serving	Per 100g
Energy		1190kJ	1770KJ
		284Cal	423Cal
Protein		3.0g	4.5g
Fat	- Total	16.6g	24.8g
	- Saturated	8.1g	12.1g
Carbohydrates		30.7g	45.8g
	- Sugars	18.0g	26.9g
Sodium		87mg	130mg

Ingredients:
Doughnut (56%) (**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**), White and Red Icing (23%) (Sugar, Water, **Wheat Starch**, Vegetable Oils, Food Syrup, Humectant (1520), Thickeners (412, 406, 404, 415, 413), **Wheat Glucose Syrup**, Preservatives (202, 211), Acidity Regulator (330), Emulsifiers (471, 435, 322-**Soy**), **Milk Solids**, Colour (124, 129, 127, 110), Flavours), Glaze (18%) (Sugar, Water, **Wheat Starch**, Vegetable Shortening, Stabiliser (Mineral Salts (170, 339), Thickeners (406, 410), Emulsifiers (471, 491), Salt, Flav