



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	5.0g	9.7g
- Saturated	23.8g	45.8g
Carbohydrates	11.8g	22.7g
- Sugars	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	11.1g	13.2g
- Saturated	32.0g	38.1g
Carbohydrates	13.1g	15.6g
- Sugars	127mg	151mg

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), 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**.)

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	8.9g	12.2g
- Saturated	39.3g	53.8g
Carbohydrates	26.8g	36.8g
- Sugars	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, Flavour), 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, 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	8.3g	13.2g
- Saturated	30.3g	48.1g
Carbohydrates	17.9g	28.5g
- Sugars	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	7.6g	7.8g
- Saturated	43.5g	44.8g
Carbohydrates	20.0g	20.6g
- Sugars	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 Oil, 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, 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: Gluten (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	14.5g	15.6g
- Saturated	34.2g	36.8g
Carbohydrates	15.1g	16.3g
- Sugars	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, 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	7.7g	9.0g
- Saturated	38.0g	44.2g
Carbohydrates	23.2g	26.9g
- Sugars	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, 150c), 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, **Cream** Powder, Flavours, Shortening (Contains **Soy**), Colour (150c), Water, Preservative (202)), Chocolate Flakes (**Milk** Solids (17%), Cocoa (7%), Emulsifiers (Soya Lecithin-322, 492)), Chocolate Ganache (contains: Cocoa Powder (14%), Emulsifier 322-**Soy**, **Milk** Solids). **CONTAINS: Gluten** and **Soy. MAY CONTAIN: Cereals, Soy, Egg**, and **Milk. MAY CONTAIN: Peanuts, Tree Nuts, Sesame** and **Sulphites**.)

CARMEL DELIGHT		
Serving Size: 89g Avg		
Average Quantities	Per Serving	Per 100g
Energy	1580kJ 376Cal	1770kJ 423Cal
Protein	4.3g	4.9g
Fat	23.5g	26.4g
- Total	13.1g	14.7g
- Saturated	37.7g	42.3g
Carbohydrates	18.0g	20.2g
- Sugars	171mg	192mg

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), Caramel Filling (20%)(Sugar, Water, Glucose Syrup, Vegetable Fat, **Milk** Solids, Thickener (422), Humectant (422), Emulsifiers (471, 322-**Soy**), Flavours, Salt, Vegetable Gum, Caramelised Sugar Syrup, Preservative (202)), Caramel Truffle (15%)(Vegetable Fats and Oils (Contains **Soy**), Sugar, **Milk** Solids, **Cream** Powder, Colours (102, 110, 129, 133), Flavour), **Caramel Curls** (2%)(Cocoa Butter (26.6%), Whole **Milk** Powder, Lactose, **Milk** (4.4%), **Cocoa Mass**, Emulsifier (322-**Soy**), Butter Oil (**Milk**), Colours 160c, **Choc** Biscuit Crumb (2%)(Contains **Wheat** Flour, Cocoa Powder (6%), Raising Agents (500, 503), Emulsifier (322-**Soy**)). **CONTAINS: Wheat, Egg, Milk** and **Soy. MAY CONTAIN: Peanuts, Tree Nuts** and **Sesame**.)

FINGER BUN		
Serving Size: 71g Avg		
Average Quantities	Per Serving	Per 100g
Energy	1160kJ 278Cal	1640kJ 391Cal
Protein	2.4g	3.4g
Fat	13.6g	19.2g
- Total	6.6g	9.3g
- Saturated	35.8g	50.5g
Carbohydrates	23.5g	33.1g
- Sugars	81mg	114mg

Ingredients: Doughnut (53%) (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 (20%)(Sugar, Water, **Wheat** Starch, Stabiliser (Mineral Salt (170), Thickeners (406), Emulsifiers (471, 491)), Flavours, Salt), Strawberry Icing (21%)(Sugar, White Icing Base (Sugar Syrup (30%)(**Wheat** Derived), Vegetable Oil and Fat, Emulsifiers (471, 435, 322-**Soy**)), Antioxidant (307, 307b-**Soy**), Water, Strawberry Fruit Mix (9%)(Strawberry Puree, Flavour, Citric Acid, Pectin, Preservative (E202), Colour (E129)), **Wheat** Starch), Coconut (6%). **CONTAINS: Gluten Cereals (Wheat), Egg, Milk** and **Soy. MAY CONTAIN: Peanuts, Tree Nuts, Sesame, Sulphites** and **Lupin**.)

BROWNIE BATTER		
Serving Size: 84g Avg		
Average Quantities	Per Serving	Per 100g
Energy	1500kJ 356Cal	1790kJ 427Cal
Protein	4.2g	5.0g
Fat	22.7g	27.1g
- Total	12.9g	15.4g
- Saturated	34.9g	41.6g
Carbohydrates	15.8g	18.8g
- Sugars	173mg	206mg

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), Choc Crème Filling (20%)(Chocolate Flavoured Topping (High Fructose Corn Syrup, Vegetable Oil, Water, Cocoa (3.5%), **Milk** Solids, Colour (150c), Emulsifiers (435, 475), Stabilisers (464, 415), Sugar, Salt, Flavour), Choc Biscuit Crumb (Wheat Flour, Sugar, Vegetable Oil, Cocoa Powder (6%)), Fructose Syrup, Salt, Corn Starch, Raising Agents (500, 503), Emulsifier (322-**Soy**), Flavour), Chocolate Ganache Icing (12%)(Vegetable Oils (Emulsifiers (322-**Soy**, 492), Antioxidant (307, 307b-**Soy**)), Sugar, **Milk** Solids, **Cream** Powder, Cocoa Powder, Flavour, Salt), Topping (4%)(Choc Fudge Pieces (Sugar, Coconut Oil, Glucose (Wheat), Cocoa Powder (5%), Condensed Milk (6%), Sugar, Choc Biscuit Crumb (Wheat Flour, Sugar, Vegetable Oil, Cocoa Powder (6%), Fructose Syrup, Salt, Corn Starch, Raising Agents (500, 503), Emulsifier (322-**Soy**), Flavour), **CONTAINS: Gluten Cereals (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	7.5g	11.8g
- Saturated	26.6g	41.5g
Carbohydrates	14.4g	22.5g
- Sugars	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	1390kJ 332Cal
Protein	3.1g	4.3g
Fat	14.0g	19.4g
- Total	7.0g	9.8g
- Saturated	25.7g	35.7g
Carbohydrates	8.7g	12.0g
- Sugars	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	11.0g	23.8g
- Total	5.5g	12.0g
- Saturated	18.6g	40.4g
Carbohydrates	6.0g	13.0g
- Sugars	86mg	187mg

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

STRAWBERRY ICED		
Serving Size: 69g Avg		
Average Quantities	Per Serving	Per 100g
Energy	1080kJ 257Cal	1560kJ 372Cal
Protein	2.2g	3.1g
Fat	11.3g	16.4g
- Total	5.4g	7.9g
- Saturated	36.7g	53.2g
Carbohydrates	23.8g	34.5g
- Sugars	80mg	115mg

Ingredients: Doughnut (54%) (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, Flavour), Strawberry Flavoured Icings (25%)(Sugar, Water, Vegetable Fats and Oils, **Wheat** Glucose Syrup, **Wheat** Starch, Emulsifiers (471, 435, 322-**Soy**), Flavour, Colours (124, 122)), **CONTAINS: Wheat, Egg, Milk** and **Soy. MAY CONTAIN: Peanuts, Tree Nuts, Lupin, Sulphites** and **Sesame**.)

CARMEL ICED		
Serving Size: 65g Avg		
Average Quantities	Per Serving	Per 100g
Energy	1150kJ 274Cal	1760kJ 421Cal
Protein	2.8g	4.4g
Fat	16.0g	24.7g
- Total	8.2g	12.6g
- Saturated	29.9g	46.0g
Carbohydrates	17.9g	27.5g
- Sugars	87mg	134mg