



NUTRITION INFORMATION

ORIGINAL GLAZED

Serving Size: 52g Avg

Average Quantities	Per Serving	Per 100g
Energy	810kJ	1560kJ
	193Cal	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, Thickeners (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	1530kJ
	307Cal	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 (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, Thickeners (466), **Egg** Yolk Powder), 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, Lupin, Sulphites and Sesame.**

CHOC ICED SPRINKLES

Serving Size: 73g Avg

Average Quantities	Per Serving	Per 100g
Energy	1230kJ	1690kJ
	295Cal	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, Thickeners (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 (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	1680kJ
	253Cal	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, Thickeners (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	1450kJ
	336Cal	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, Thickeners (466), **Egg** Yolk Powder), Apple Custard Filling (18%) (Custard (14%) (Water, Sugar, **Wheat** Glucose Syrup, Thickeners (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)), Thickeners (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.**

CARAMEL DELIGHT

Serving Size: 89g Avg

Average Quantities	Per Serving	Per 100g
Energy	1580kJ	1770kJ
	376Cal	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, Thickeners (466), **Egg** Yolk Powder), Caramel Filling (20%) (Sugar, Water, Glucose Syrup, Vegetable Fat, **Milk** Solids, Thickeners (1422), 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**), Colour 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, Lupin, Sulphites and Sesame.**

TIRAMISU

Serving Size: 86g Avg

Average Quantities	Per Serving	Per 100g
Energy	1370kJ	1590kJ
	327Cal	380Cal
Protein	3.5g	4.1g
Fat	18.6g	21.7g
- Total	10.1g	11.7g
- Saturated	36.6g	42.6g
Carbohydrates	23.7g	27.5g
- Sugars	102mg	119mg

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, Thickeners (466), **Egg** Yolk Powder), Tiramisu Flavoured Filling (21%) (Water, Sugar, Cream, **Milk** Solids, Mineral Salt (340, 341, 450), Emulsifiers (322-**Soy**, 433, 471), Vegetable Gum (466, 407), Flavours, Acidity Regulator (330), Colour (160a)), Whipping Agent (Glucose, Vegetable Oil, Emulsifier (472a), **Milk** Solids), Thickeners (1422, 1442), Coffee, Glaze (16%) (Sugar, Water, **Wheat** Starch, Stabiliser (Mineral Salt (170), Thickeners (406), Emulsifiers (471, 491)), Flavours, Salt). Coffee flavoured Filling (10%) (Vegetable Fats and Oils (Sugar, Water, **Wheat** Starch, **Wheat** Glucose Syrup, Malt Extract (Barley, Rice), Cinnamon (0.1%), Salt, Raising Agent (500), Flavour). **CONTAINS: Wheat, Egg, Milk and Soy. MAY CONTAIN: Peanuts, Tree Nuts, Lupin, Sulphites and Sesame.**

CHOCOLATE COOKIE DOUGHNUT SUNDAE

Serving Size: 132g Avg

Average Quantities	Per Serving	Per 100g
Energy	1660kJ	1260kJ
	396Cal	300Cal
Protein	5.7g	4.3g
Fat	17.0g	12.9g
- Total	8.2g	6.2g
- Saturated	54.8g	41.5g
Carbohydrates	36.7g	27.8g
- Sugars	221mg	167mg

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, Thickeners (466), **Egg** Yolk Powder), Chocolate Fudge Topping: (15%) (Sugar, Water, Vegetable Fat, **Milk** Solids, Cocoa (5%), Maltodextrin, 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: (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.**

CHOCOLATE HEART

Serving Size: 76g Avg

Average Quantities	Per Serving	Per 100g
Energy	1390kJ	1830kJ
	332Cal	437Cal
Protein	3.9g	5.2g
Fat	22.2g	29.2g
- Total	10.3g	13.5g
- Saturated	29.5g	38.8g
Carbohydrates	12.9g	16.9g
- Sugars	117mg	154mg

Ingredients:
Doughnut (66%) (**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, Thickeners (466), **Egg** Yolk Powder), Chocolate Ganache Icing (18%) (Sugar, Vegetable Fats and Oils (Emulsifiers (322-**Soy**, 492), Antioxidant (307b-**Soy**)), Cocoa Powder, **Milk** Solids, Maize Starch, Natural Flavours, Salt). Choc Creme Filling (13%) (High Fructose Corn Syrup, Vegetable Oil, Water, Cocoa (3.5%), **Milk** Solids, Colour (150c), Emulsifiers (435, 475), Stabilizers (464, 415), Sugar, Salt, Flavour), Choc Biscuit Crumb (1%) (**Wheat** Flour, Vegetable Oil, Cocoa Powder (6%), Fructose Syrup, Corn Starch, Raising Agents (500, 503), Emulsifier (322-**Soy**), Flavour), Red Choc Truffle Drizzle (1%) (Vegetable Fats and Oils (Emulsifiers (322-**Soy**, 492), Antioxidant (307, 307b-**Soy**)), **Milk** Solids (17%), Cocoa (7%), Emulsifiers (**Soya** Lecithin-322, 492)). Chocolate Ganache (3.5%) (contains: Cocoa Powder (14%), Emulsifier 322-**Soy**, **Milk** Solids). **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	1640kJ
	181Cal	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, Thickeners (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 JAM

Serving Size: 72g Avg

Average Quantities	Per Serving	Per 100g
Energy	1000kJ	1390kJ
	239Cal	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, Thickeners (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.**

STRAWBERRY ICED

Serving Size: 69g Avg

Average Quantities	Per Serving	Per 100g
Energy	1080kJ	1560kJ
	257Cal	372Cal
Protein	2.2g	3.2g
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, Thickeners (466), **Egg** Yolk Powder), Glaze (22%) (Sugar, Water, **Wheat** Starch, Stabiliser (Mineral Salts (170, 339), Thickeners (406, 410), Emulsifiers (471, 491)), Salt, Flavours), Strawberry Flavoured Icing (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.**

CARAMEL ICED

Serving Size: 65g Avg

Average Quantities	Per Serving	Per 100g
Energy	1150kJ	1760kJ
	274Cal	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

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, Thickeners (466), **Egg** Yolk Powder), Glaze (22%) (Sugar, Water, **Wheat** Starch, Stabiliser (Mineral Salts (170, 339), Thickeners (406, 410), Emulsifiers (471, 491)), Salt, Flavours), Caramel Truffle (17%) (Vegetable Fats and Oils (Contains **Soy**), Sugar, **Milk** Solids, **Cream** Powder, Colours (102, 110, 129, 133), Flavour), White Truffle (3%) (Vegetable Fats and Oils (Emulsifiers (322-**Soy**, 492)), Sugar, **Milk** Solids, **Cream** Powder, Flavours). **CONTAINS: Wheat, Egg, Milk and Soy. MAY CONTAIN: Peanuts, Tree Nuts, Lupin, Sulphites and Sesame.**

KOOKIES N' KREME

Serving Size: 97g Avg

Average Quantities	Per Serving	Per 100g
Energy	1640kJ	1690kJ
	393Cal	405Cal
Protein	3.9g	4.0g
Fat	20.8g	21.4g
- Total	9.9g	10.2g
- Saturated	47.9g	49.4g