

TUCKR Ingredients List

As we operate working kitchens please be aware that there is always a risk that allergen containing ingredients may be transferred during storage or preparation of food in our kitchens. Tuckr Canteens are therefore unable to guarantee that any food item sold is free from cross contact of allergens. ~ Tuckr has made every effort to ensure the accuracy of the information at the time of writing, however no responsibility is accepted where a food manufacturer/supplier has changed their formulations / ingredients without notification.

Breakfast

Breakfast Pita	<p>Egg: Egg</p> <p>Bacon: Pork (77%), Water, Salt, Brown Sugar, Mineral Salts (451, 452, 500), Sugar, Antioxidant (316), Preservative (250).</p> <p>Hashbrown: Potatoes (89%), Canola Oil, Seasoning (Rice Flour, Salt, Spice), Glucose, Mineral Salt (450),</p> <p>Grated Cheese: Pasteurised Milk, Salt, Anti-caking agent (460), Preservative (200), Cultures, Rennet.</p> <p>Pita Flour(Gluten): Water, Salt, Low Sugar, Yeast</p> <p>BBQ Sauce: Brown Sugar, Water, Tomato Paste, Acidity Regulator (260, 330), Glucose, Thickener (1442,415), Molasses, Salt, Spices, Smoke flavour, Colour (150a), Natural Flavour, Citrus Fibre, Preservative (202).</p> <p>Contains: Gluten, Wheat. May Contain: Soy, Milk.</p>
Breakfast Pita - Veggie	<p>Egg: Egg</p> <p>Hashbrown: Potatoes (89%), Canola Oil, Seasoning (Rice Flour, Salt, Spice), Glucose, Mineral Salt (450),</p> <p>Grated Cheese: Pasteurised Milk, Salt, Anti-caking agent (460), Preservative (200), Cultures, Rennet.</p> <p>Pita Flour(Gluten): Water, Salt, Low Sugar, Yeast</p> <p>Vegetarian Chilli: Vegetables (61%) (Tomato Sauce (Water, Tomato Paste), Onion, Carrot, Mushroom, Red Peppers, Celery, Pumpkin), Red Kidney Beans (29%) (Water, Red Kidney Beans), Potato, Sweet Potato, Modified Maize Starch (1422), Sugar, Vegetable Stock (contains Salt, Yeast Extract, Dehydrated Vegetables, Natural Flavours, Flavour Enhancers (627, 631)), Salt, Garlic, Herbs & Spices, Chilli, Pepper.</p> <p>BBQ Sauce: Brown Sugar, Water, Tomato Paste, Acidity Regulator (260, 330), Glucose, Thickener (1442,415), Molasses, Salt, Spices, Smoke flavour, Colour (150a), Natural Flavour, Citrus Fibre, Preservative (202).</p> <p>Contains: Gluten, Wheat. May Contain: Soy, Milk.</p>
Bacon & Egg Muffin	<p>English Muffin: Wheat Flour (Vitamin (Folate)), Water, Maize Polenta, Yeast, Sugar, Maize Flour, Canola Oil, Iodised Salt, Improver (Maize Starch, Emulsifiers (481, 472e), Acidity Regulator (297), Soy Flour, Wheat Flour, Barley Malt Flour, Antioxidant (300), Dry Yeast, Enzyme (Contains Wheat)), Preservatives (282, 202).</p> <p>Bacon: Pork (77%), Water, Salt, Brown Sugar, Mineral Salts (451, 452, 500), Sugar, Antioxidant (316), Preservative (250).</p> <p>Cheese Slice: Pasteurised Milk, Salt, Cultures, Enzymes (Non-Animal Rennet).</p> <p>Mayo: Vegetable Oil, Water, Acidity Regulator (260), Sugar, Egg Yolk, Salt, Spices, Thickener (415, 412), Preservative (202), Antioxidant (385).</p> <p>Egg: Egg</p> <p>Contains: Egg, Gluten, Wheat, Milk, Soy</p>
Bacon & Egg Brioche	<p>Brioche Bun: Wheat flour, Water, Butter (from milk), Sugar, Egg, Yeast, Skim milk powder, Emulsified fat (vegetable oil, sugar, emulsifier (475-soy), Salt (Iodised), Emulsifier (471, 475, 420, natural orange flavouring), Glaze (maltodextrins, starch), Flour improver (emulsifier (481, wheat flour, soy flour, vegetable fat, antioxidant (300), enzymes</p> <p>Bacon: Pork (77%), Water, Salt, Brown Sugar, Mineral Salts (451, 452, 500), Sugar, Antioxidant (316), Preservative (250).</p> <p>Cheese Slice: Pasteurised Milk, Salt, Cultures, Enzymes (Non-Animal Rennet).</p> <p>Mayo: Vegetable Oil, Water, Acidity Regulator (260), Sugar, Egg Yolk, Salt, Spices, Thickener (415, 412), Preservative (202), Antioxidant (385).</p> <p>Egg: Egg</p> <p>Contains: Egg, Gluten, Wheat, Milk, Soy</p>
Egg Brioche	<p>Brioche Bun: Wheat flour, Water, Butter (from milk), Sugar, Egg, Yeast, Skim milk powder, Emulsified fat (vegetable oil, sugar, emulsifier (475-soy), Salt (Iodised), Emulsifier (471, 475, 420, natural orange flavouring), Glaze (maltodextrins, starch), Flour improver (emulsifier (481, wheat flour, soy flour, vegetable fat, antioxidant (300), enzymes</p> <p>Cheese Slice: Pasteurised Milk, Salt, Cultures, Enzymes (Non-Animal Rennet).</p> <p>Mayo: Vegetable Oil, Water, Acidity Regulator (260), Sugar, Egg Yolk, Salt, Spices, Thickener (415, 412), Preservative (202), Antioxidant (385).</p> <p>Egg: Egg</p> <p>Contains: Egg, Gluten, Wheat, Milk, Soy</p>
Hash Bites	<p>Potatoes (89%), Canola Oil (9%), Seasoning, Dextrose, Mineral Salt (450).</p> <p>May Contain: Wheat, Gluten, Soy, Milk, Egg, Sesame.</p>
Hash Brown	<p>Potatoes (89%), Canola Oil, Seasoning (Rice Flour, Salt, Spice), Glucose, Mineral Salt (450),</p> <p>May Contain: Wheat, Soy, Egg & Milk.</p>
UP n GO - Chocolate	<p>Water, Skim Milk Powder, Maltodextrin (Wheat, Corn), Cane Sugar, Plant Fibre, Soy Protein, Vegetable Oils (Sunflower, Canola), Fructose, Oat Flour, Cocoa (0.5%), Flavours, Acidity Regulator (Potassium Citrate), Mineral (Calcium), Vegetable Gums (460, 466, 407), Stabiliser (452), Vitamins (C, B3, A, D2, B2, B1, B12, B6), Salt.</p> <p>Contains: Milk, Gluten, Wheat, Oat, Soy.</p>
UP n GO - Banana	<p>Water, Skim Milk Powder, Maltodextrin (Wheat, Corn), Cane Sugar, Plant Fibre, Soy Protein, Vegetable Oils (Sunflower, Canola), Fructose, Oat Flour, Flavour, Acidity Regulator (Potassium Citrate), Mineral (Calcium), Vegetable Gums (460, 466, 407), Stabiliser (452), Vitamins (C, B3, A, D2, B2, B1, B12, B6), Salt.</p> <p>Contains: Milk, Gluten, Wheat, Oat, Soy.</p>
UP n GO - Strawberry	<p>Filtered Water, Skim Milk Powder, Cane Sugar, Wheat Maltodextrin, Soy Protein, Vegetable Oils (Sunflower, Canola), Inulin, Hi-Maize Starch, Corn Syrup Solids, Fructose, Oat Flour, Flavour, Minerals (Calcium), Acidity Regulator (332), Vegetable Gums (460, 466, 407), Stabiliser (452), Fermented Rice Extract, Salt, Vitamins (Vitamin C, Niacin, Vitamin A, Vitamin B12, Vitamin B6, Vitamin B2, Vitamin B1, Folate)</p> <p>Contains: Milk, Gluten, Wheat, Oat, Soy.</p>
Pita's	
BBQ Chicken Pita	<p>Shredded Chicken: Chicken (97%), Salt, Mineral Salt (450), Sugar, Thickeners (1412, 407, 1442)</p> <p>Cheddar Cheese: Pasteurised Milk, Salt, Anti-caking agent (460), Preservative (200), Cultures, Rennet(Milk).</p> <p>Pita Flour(Gluten): Water, Salt, Low Sugar, Yeast</p> <p>BBQ Sauce: Brown Sugar, Water, Tomato Paste, Acidity Regulator (260, 330), Glucose, Thickener (1442,415), Molasses, Salt, Spices, Smoke flavour, Colour (150a), Natural Flavour, Citrus Fibre, Preservative (202).</p> <p>Carrot: Carrot</p> <p>Lettuce: Lettuce</p> <p>Contains: Milk, Gluten, Wheat</p>

Chicken & Bacon Pita	<p>Shredded Chicken: Chicken (97%), Salt, Mineral Salt (450), Sugar, Thickeners (1412, 407, 1442)</p> <p>Bacon: Pork (77%), Water, Salt, Brown Sugar, Mineral Salts (451, 452, 500), Sugar, Antioxidant (316), Preservative (250).</p> <p>Cheddar Cheese: Pasteurised Milk, Salt, Anti Caking Agent (Starch, 460), Cultures, Rennet(Milk).</p> <p>Pita: Flour(Gluten), Water, Salt, Low Sugar, Yeast</p> <p>Aloli: Vegetable Oil, Water, Acidity Regulator (260, 330), Sugar, Egg Yolk, Garlic (1.9%), Thickener (1442, 415, 412), Salt, Spices, Mustard Seeds, Preservative (202), Antioxidant (385).</p> <p>Carrot: Carrot</p> <p>Lettuce: Lettuce</p> <p>Contains: Milk, Egg, Gluten. May Contain: Soy</p>
Teriyaki Chicken Pita	<p>Shredded Chicken: Chicken (97%), Salt, Mineral Salt (450), Sugar, Thickeners (1412, 407, 1442)</p> <p>Cheddar Cheese: Pasteurised Milk, Salt, Anti-caking agent (460), Preservative (200), Cultures, Rennet(Milk).</p> <p>Pita: Flour(Gluten), Water, Salt, Low Sugar, Yeast</p> <p>Mayonnaise: Vegetable Oil, Water, Acidity Regulator (260), Sugar, Egg Yolk, Salt, Spices, Thickener (415, 412), Preservative (202), Antioxidant (385).</p> <p>Teriyaki Sauce: Water, Brown Sugar, Soy Sauce [Vegetable Protein Extract (Soy/Maize)], Molasses, Burnt Sugar, Acid Regulator (270), Flavours], Sugar, Rice Vinegar [Alcohol, Rice, Salt],</p> <p>Sesame Oil, Crushed Ginger, Crushed Garlic, Acidity Regulator (260, 330), Thickener (1442, 415), Salt, Apple Sauce, Molasses, Yeast Extract, Colour(150d), Spices, Preservative (202, 211).</p> <p>Carrot: Carrot</p> <p>Lettuce: Lettuce</p> <p>Contains: Egg, Sesame, Soy, Sulphites >10mg/kg, Milk, Gluten, Wheat.</p>
Ham Pita	<p>Ham Slice: Pork (61%), Brine (Water, Seasoning (Potato Starch, Soy Protein Isolate, Mineral Salts (451, 508, 450), Salt, Vegetable Gum (407a), Sugar, Hydrolysed Vegetable Protein (Maize)(Gluten), Antioxidant (316), Preservative (250), Fermented Rice, Herb Extract)), Salt, Liquid Smoke.</p> <p>Cheddar Cheese: Pasteurised Milk, Salt, Anti-caking agent (460), Preservative (200), Cultures, Rennet(Milk).</p> <p>Pita: Flour(Gluten), Water, Salt, Low Sugar, Yeast</p> <p>Honey Mustard: Water, Vegetable Oil, Sugar, Acidity Regulator (260, 330), Thickener (1442, 1450, 415), Mustard Paste (3%), Honey (2.5%), Salt, Spices, Citrus Fibre, Mustard Seeds (0.3%), Yeast Extract, Preservative (202), Natural Flavour, Spice Extract (100), Colour (150d). (Sulphites' >10mg/kg)</p> <p>Carrot: Carrot</p> <p>Lettuce: Lettuce</p> <p>Contains: Sulphites >10mg/kg, Gluten, Wheat, Milk, Soy, Cheese.</p>
Falafel Pita	<p>Falafel: Chickpeas (65%), water, broad beans, tapioca starch, canola oil, parsley, garlic, cumin, ground coriander, salt, mild chilli.</p> <p>Cheddar Cheese: Pasteurised Milk, Salt, Anti-caking agent (460), Preservative (200), Cultures, Rennet(Milk).</p> <p>Pita: Flour(Gluten), Water, Salt, Low Sugar, Yeast</p> <p>Sweet Chilli: Water, Sugar, Acidity Regulator (260), Capsicum (11%), Thickener (1442, 415), Chilli (2.2%), Garlic, Salt, Preservative (202).</p> <p>Carrot: Carrot</p> <p>Lettuce: Lettuce</p> <p>Contains Sulphites >10mg/kg, Gluten, Wheat, Milk, Cheese.</p>
Main Meals	
Katsu Chicken on Rice	<p>Crispy Chicken Burger: Chicken (37%), Water, Flour (Wheat, Maize), Vegetable Oil (Sunflower and/or Canola), Wheat Gluten, Wheat Semolina, Soy Protein Concentrate, Mineral Salts (450, 451, 452, 500), Polenta, Salt, Soy Flour, Starch (Potato, Wheat), Thickener (1420, 412), Dextrose (Tapioca, Maize), Acidity Regulator (330), Maltodextrin (Maize), Sugar, Wheat Bran.</p> <p>Rice: White long grain rice</p> <p>BBQ Sauce: Brown Sugar, Water, Tomato Paste, Acidity Regulator (260, 330), Glucose, Thickener (1442,415), Molasses, Salt, Spices, Smoke flavour, Colour (150a), Natural Flavour, Citrus Fibre, Preservative (202).</p> <p>Mayo: Vegetable Oil, Water, Acidity Regulator (260), Sugar, Egg Yolk, Salt, Spices, Thickener (415, 412), Preservative (202), Antioxidant (385).</p> <p>Black Sesame Seeds: Black Sesame Seeds (100%).</p> <p>White Sesame Seeds: Sesame Seeds (100%).</p> <p>Contains: Egg, Gluten, Wheat, Soy.</p>
Teriyaki Chicken on Rice	<p>Rice: White long grain rice</p> <p>Shredded Chicken: Chicken (97%), Salt, Mineral Salt (450), Sugar, Thickeners (1412, 407, 1442).</p> <p>Teriyaki Sauce: Water, Brown Sugar, Soy Sauce [Vegetable Protein Extract (Soy/Maize)], Molasses, Burnt Sugar, Acid Regulator (270), Flavours], Sugar, Rice Vinegar [Alcohol, Rice, Salt],</p> <p>Sesame Oil, Crushed Ginger, Crushed Garlic, Acidity Regulator (260, 330), Thickener (1442, 415), Salt, Apple Sauce, Molasses, Yeast Extract, Colour(150d), Spices, Preservative (202, 211).</p> <p>Mayo: Vegetable Oil, Water, Acidity Regulator (260), Sugar, Egg Yolk, Salt, Spices, Thickener (415, 412), Preservative (202), Antioxidant (385).</p> <p>Black Sesame Seeds: Black Sesame Seeds (100%).</p> <p>White Sesame Seeds: Sesame Seeds (100%).</p> <p>Contains: Sesame, Sulphites >10mg/kg, Soy, Egg.</p>
Butter Chicken on Rice	<p>Butter Chicken: 40% Boneless Skinless Chicken Breast/Thigh</p> <p>60% Butter Chicken Sauce – Diced Onion, Cream (Milk), Water, Tomato Paste, Sugar, Canola Oil, Garlic, Spices, Thickener (1442), Salt, Mineral Salt Ginger, Ginger, Mineral Salt (508), Lemon Juice, Flavour</p> <p>Rice: White long grain rice</p> <p>Contains: Milk</p>
Chilli Con Carne Beef	<p>Chilli Con Carne Beef: Tomato Sauce (Water, Tomato Paste), Lean Beef Mince (28%), Red Kidney Beans (27%) (Water, Red Kidney Beans), Onion, Beef Stock (Contains Salt, Beef, Yeast Extract, Soy Sauce Powder, Flavours (Contain Soy, Wheat), Colour (150c), Onion Powder, Flavour Enhancer (635)), Modified Maize Starch (1422), Salt, Garlic, Herbs & Spices, Chilli, Pepper.</p> <p>Rice: Long Grain White Rice</p> <p>Cheddar Cheese: Pasteurised Milk, Salt, Anti-caking agent (460), Preservative (200), Cultures, Rennet.</p> <p>Contains: Milk, Cheese, Soy, Wheat, Gluten.</p>
Chilli Con Carne Veggie	<p>Vege Chilli Con Carne: Vegetables (61%) (Tomato Sauce (Water, Tomato Paste), Onion, Carrot, Mushroom, Red Peppers, Celery, Pumpkin), Red Kidney Beans (29%) (Water, Red Kidney Beans), Potato, Sweet Potato, Modified Maize Starch (1422), Sugar, Vegetable Stock (Contains Salt, Yeast Extract, Dehydrated Vegetables, Natural Flavours, Flavour Enhancers (627, 631)), Salt, Garlic, Herbs & Spices, Chilli, Pepper.</p> <p>Rice: Long Grain White Rice</p> <p>Cheddar Cheese: Pasteurised Milk, Salt, Anti-caking agent (460), Preservative (200), Cultures, Rennet.</p> <p>Contains: Milk, Cheese, Soy, Wheat, Gluten.</p>

Chilli Con Carne Vegan	<p><u>Vege Chilli Con Carne:</u> Vegetables (61%) (Tomato Sauce (Water, Tomato Paste), Onion, Carrot, Mushroom, Red Peppers, Celery, Pumpkin), Red Kidney Beans (29%) (Water, Red Kidney Beans), Potato, Sweet Potato, Modified Maize Starch (1422), Sugar, Vegetable Stock (Contains Salt, Yeast Extract, Dehydrated Vegetables, Natural Flavours, Flavour Enhancers (627, 631)), Salt, Garlic, Herbs & Spices, Chilli, Pepper.</p> <p><u>Rice:</u> Long Grain White Rice</p> <p>Contains: Soy</p>
Double Beef Burger - Cheese	<p><u>Burger Pattie:</u> Meat (72%) (Beef, Chicken, Lamb), Onion, Seasoning [<u>Wheat Flour</u>, Salt, Tapioca Starch, Emulsifier (451), <u>Soy</u> Protein, Garlic, Spice, Spice Extract, Yeast Extract], Breadcrumbs [<u>Wheat Flour</u>, Vegetable Oil, Salt, Yeast, Sugar, Bread Improver (Anti-caking Agent (170), Acidity Regulator (300))], <u>Soy</u> Protein Isolate, Colour (150c)</p> <p><u>Cheese Slice:</u> Pasteurised <u>Milk</u>, Salt, Cultures, Enzymes (Non-Animal Rennet).</p> <p><u>Burger Bun:</u> <u>Wheat flour</u>, water, yeast, <u>wheat gluten</u>, iodised salt, sugar, canola oil, <u>soy</u> flour, emulsifier (481), acidity regulator (263), vitamin (folic acid), processing aids (<u>wheat</u>).</p> <p><u>BBQ Sauce:</u> Brown Sugar, Water, Tomato Paste, Acidity Regulator (260, 330), Glucose, Thickener (1442,415), Molasses, Salt, Spices, Smoke flavour, Colour (150a), Natural Flavour, Citrus Fibre, Preservative (202).</p> <p><u>Mayo:</u> Vegetable Oil, Water, Acidity Regulator (260), Sugar, <u>Egg Yolk</u>, Salt, Spices, Thickener (415, 412), Preservative (202), Antioxidant (385).</p> <p>Contains: Gluten, Wheat, Soy, Egg, Milk, Cheese.</p>
Double Beef Burger - Salad	<p><u>Burger Pattie:</u> Meat (72%) (Beef, Chicken, Lamb), Onion, Seasoning [<u>Wheat Flour</u>, Salt, Tapioca Starch, Emulsifier (451), <u>Soy</u> Protein, Garlic, Spice, Spice Extract, Yeast Extract], Breadcrumbs [<u>Wheat Flour</u>, Vegetable Oil, Salt, Yeast, Sugar, Bread Improver (Anti-caking Agent (170), Acidity Regulator (300))]</p> <p><u>Soy</u> Protein Isolate, Colour (150c)</p> <p><u>Burger Bun:</u> <u>Wheat flour</u>, water, yeast, <u>wheat gluten</u>, iodised salt, sugar, canola oil, <u>soy</u> flour, emulsifier (481), acidity regulator (263), vitamin (folic acid), processing aids (<u>wheat</u>).</p> <p><u>BBQ Sauce:</u> Brown Sugar, Water, Tomato Paste, Acidity Regulator (260, 330), Glucose, Thickener (1442,415), Molasses, Salt, Spices, Smoke flavour, Colour (150a), Natural Flavour, Citrus Fibre, Preservative (202).</p> <p><u>Mayo:</u> Vegetable Oil, Water, Acidity Regulator (260), Sugar, <u>Egg Yolk</u>, Salt, Spices, Thickener (415, 412), Preservative (202), Antioxidant (385).</p> <p><u>Lettuce:</u> Lettuce</p> <p><u>Tomato:</u> Tomato</p> <p>Contains: Gluten, Wheat, Soy, Egg, Milk .</p>
Double Beef Burger - Works	<p><u>Burger Pattie:</u> Meat (72%) (Beef, Chicken, Lamb), Onion, Seasoning [<u>Wheat Flour</u>, Salt, Tapioca Starch, Emulsifier (451), <u>Soy</u> Protein, Garlic, Spice, Spice Extract, Yeast Extract], Breadcrumbs [<u>Wheat Flour</u>, Vegetable Oil, Salt, Yeast, Sugar, Bread Improver (Anti-caking Agent (170), Acidity Regulator (300))]</p> <p><u>Soy</u> Protein Isolate, Colour (150c)</p> <p><u>Cheese Slice:</u> Pasteurised <u>Milk</u>, Salt, Cultures, Enzymes (Non-Animal Rennet).</p> <p><u>Burger Bun:</u> <u>Wheat flour</u>, water, yeast, <u>wheat gluten</u>, iodised salt, sugar, canola oil, <u>soy</u> flour, emulsifier (481), acidity regulator (263), vitamin (folic acid), processing aids (<u>wheat</u>).</p> <p><u>BBQ Sauce:</u> Brown Sugar, Water, Tomato Paste, Acidity Regulator (260, 330), Glucose, Thickener (1442,415), Molasses, Salt, Spices, Smoke flavour, Colour (150a), Natural Flavour, Citrus Fibre, Preservative (202).</p> <p><u>Mayo:</u> Vegetable Oil, Water, Acidity Regulator (260), Sugar, <u>Egg Yolk</u>, Salt, Spices, Thickener (415, 412), Preservative (202), Antioxidant (385).</p> <p><u>Lettuce:</u> Lettuce</p> <p><u>Tomato:</u> Tomato</p> <p>Contains: Gluten, Wheat, Soy, Egg, Milk, Cheese.</p>
Chicken Burger - Cheese	<p><u>Crispy Chicken Burger:</u> Chicken (37%), Water, <u>Flour (Wheat, Maize)</u>, Vegetable Oil (Sunflower and/or Canola), <u>Wheat Gluten</u>, <u>Wheat Semolina</u>, <u>Soy</u> Protein Concentrate, Mineral Salts (450, 451, 452, 500), Polenta, Salt, <u>Soy</u> Flour, Starch (<u>Potato, Wheat</u>), Thickener (1420, 412), Dextrose (Tapioca, Maize), Acidity Regulator (330), Maltodextrin (Maize), Sugar, <u>Wheat Bran</u>.</p> <p><u>Cheese Slice:</u> Pasteurised <u>Milk</u>, Salt, Cultures, Enzymes (Non-Animal Rennet).</p> <p><u>Burger Bun:</u> <u>Wheat flour</u>, water, yeast, <u>wheat gluten</u>, iodised salt, sugar, canola oil, <u>soy</u> flour, emulsifier (481), acidity regulator (263), vitamin (folic acid), processing aids (<u>wheat</u>).</p> <p><u>BBQ Sauce:</u> Brown Sugar, Water, Tomato Paste, Acidity Regulator (260, 330), Glucose, Thickener (1442,415), Molasses, Salt, Spices, Smoke flavour, Colour (150a), Natural Flavour, Citrus Fibre, Preservative (202).</p> <p><u>Mayo:</u> Vegetable Oil, Water, Acidity Regulator (260), Sugar, <u>Egg Yolk</u>, Salt, Spices, Thickener (415, 412), Preservative (202), Antioxidant (385).</p> <p>Contains: Gluten, Wheat, Soy, Egg, Milk, Cheese.</p>
Chicken Burger - Salad	<p><u>Crispy Chicken Burger:</u> Chicken (37%), Water, <u>Flour (Wheat, Maize)</u>, Vegetable Oil (Sunflower and/or Canola), <u>Wheat Gluten</u>, <u>Wheat Semolina</u>, <u>Soy</u> Protein Concentrate, Mineral Salts (450, 451, 452, 500), Polenta, Salt, <u>Soy</u> Flour, Starch (<u>Potato, Wheat</u>), Thickener (1420, 412), Dextrose (Tapioca, Maize), Acidity Regulator (330), Maltodextrin (Maize), Sugar, <u>Wheat Bran</u>.</p> <p><u>Soy</u> Protein Isolate, Colour (150c)</p> <p><u>Burger Bun:</u> <u>Wheat flour</u>, water, yeast, <u>wheat gluten</u>, iodised salt, sugar, canola oil, <u>soy</u> flour, emulsifier (481), acidity regulator (263), vitamin (folic acid), processing aids (<u>wheat</u>).</p> <p><u>BBQ Sauce:</u> Brown Sugar, Water, Tomato Paste, Acidity Regulator (260, 330), Glucose, Thickener (1442,415), Molasses, Salt, Spices, Smoke flavour, Colour (150a), Natural Flavour, Citrus Fibre, Preservative (202).</p> <p><u>Mayo:</u> Vegetable Oil, Water, Acidity Regulator (260), Sugar, <u>Egg Yolk</u>, Salt, Spices, Thickener (415, 412), Preservative (202), Antioxidant (385).</p> <p><u>Lettuce:</u> Lettuce</p> <p><u>Tomato:</u> Tomato</p> <p>Contains: Gluten, Wheat, Soy, Egg, Milk .</p>
Chicken Burger - Works	<p><u>Chicken Pattie:</u> Chicken (37%), Water, <u>Flour (Wheat, Maize)</u>, Vegetable Oil (Sunflower and/or Canola), <u>Wheat Gluten</u>, <u>Wheat Semolina</u>, <u>Soy</u> Protein Concentrate, Mineral Salts (450, 451, 452, 500), Polenta, Salt, <u>Soy</u> Flour, Starch (<u>Potato, Wheat</u>), Thickener (1420, 412), Dextrose (Tapioca, Maize), Acidity Regulator (330), Maltodextrin (Maize), Sugar, <u>Wheat Bran</u>. <u>Soy</u> Protein Isolate, Colour (150c)</p> <p><u>Cheese Slice:</u> Pasteurised <u>Milk</u>, Salt, Cultures, Enzymes (Non-Animal Rennet).</p> <p><u>Burger Bun:</u> <u>Wheat flour</u>, water, yeast, <u>wheat gluten</u>, iodised salt, sugar, canola oil, <u>soy</u> flour, emulsifier (481), acidity regulator (263), vitamin (folic acid), processing aids (<u>wheat</u>).</p> <p><u>BBQ Sauce:</u> Brown Sugar, Water, Tomato Paste, Acidity Regulator (260, 330), Glucose, Thickener (1442,415), Molasses, Salt, Spices, Smoke flavour, Colour (150a), Natural Flavour, Citrus Fibre, Preservative (202).</p> <p><u>Mayo:</u> Vegetable Oil, Water, Acidity Regulator (260), Sugar, <u>Egg Yolk</u>, Salt, Spices, Thickener (415, 412), Preservative (202), Antioxidant (385).</p> <p><u>Lettuce:</u> Lettuce</p> <p><u>Tomato:</u> Tomato</p> <p>Contains: Gluten, Wheat, Soy, Egg, Milk, Cheese.</p>
Chilli Mayo	<p><u>Sweet Chilli:</u> Water, Sugar, Acidity Regulator (260), Capsicum (11%), Thickener (1442, 415), Chilli (2.2%), Garlic, Salt, Preservative (202).</p> <p><u>Mayo:</u> Vegetable Oil, Water, Acidity Regulator (260), Sugar, <u>Egg Yolk</u>, Salt, Spices, Thickener (415, 412), Preservative (202), Antioxidant (385).</p>

Chicken Sub	<p>Chicken Bites: Chicken (64%), Water, Vegetable Oils, Flour (Wheat, Maize, Rice), Wheat Gluten, Maize Starch, Thickeners (1420, 1404, 412), Spice, Salt, Flavour, Yeast, Colour (Paprika), Sugar, Wheat Semolina, Polenta, Dehydrated Vegetables, Mineral Salts (450, 451, 452), Dextrose, Raising Agents (541, 500), Yeast Extract, Spice Extract, Acidity Regulator (330).</p> <p>Split Bread Roll: Wheat Flour (Contains Folic Acid), Water, Yeast, Sugar, Shortening (Vegetable Oil, Emulsifier (471), Antioxidant (307b- Soy)), Iodised Salt, Wheat Gluten, Emulsifiers (471, 481, 322-Soy, 472e), Soy Flour, Flour Improver (300), Enzymes, Acidity Regulators (263, 260).</p> <p>Sweet Chilli: Water, Sugar, Acidity Regulator (260), Capsicum (11%), Thickener (1442, 415), Chilli (2.2%), Garlic, Salt, Preservative (202).</p> <p>Mayo: Vegetable Oil, Water, Acidity Regulator (260), Sugar, Egg Yolk, Salt, Spices, Thickener (415, 412), Preservative (202), Antioxidant (385).</p> <p>Contains: Gluten, Wheat, Egg, Milk, Soy, Sulphites (>10mg/kg). May contain: Peanut, Almond, Hazelnut, Walnut, Sesame.</p>
Falafel Sub	<p>Falafel: Falafel: Chickpeas (65%), water, broad beans, tapioca starch, canola oil, parsley, garlic, cumin, ground coriander, salt, mild chilli.</p> <p>Split Bread Roll: Wheat Flour (Contains Folic Acid), Water, Yeast, Sugar, Shortening (Vegetable Oil, Emulsifier (471), Antioxidant (307b- Soy)), Iodised Salt, Wheat Gluten, Emulsifiers (471, 481, 322-Soy, 472e), Soy Flour, Flour Improver (300), Enzymes, Acidity Regulators (263, 260).</p> <p>Sweet Chilli: Water, Sugar, Acidity Regulator (260), Capsicum (11%), Thickener (1442, 415), Chilli (2.2%), Garlic, Salt, Preservative (202).</p> <p>Mayo: Vegetable Oil, Water, Acidity Regulator (260), Sugar, Egg Yolk, Salt, Spices, Thickener (415, 412), Preservative (202), Antioxidant (385).</p> <p>Contains: Gluten, Wheat, Maize, Egg, Milk, Soy, Sulphites (>10mg/kg). May contain: Peanut, Almond, Hazelnut, Walnut, Sesame.</p>
Beef Nachos	<p>Chilli Beef Mix: Tomato Sauce (Water, Tomato Paste), Lean Beef Mince (28%), Red Kidney Beans (27%) (Water, Red Kidney Beans), Onion, Beef Stock (Contains Salt, Beef, Yeast Extract, Soy Sauce Powder, Flavours (Contain Soy, Wheat), Colour (150c), Onion Powder, Flavour Enhancer (635)), Modified Maize Starch (1422), Salt, Garlic, Herbs & Spices, Chilli, Pepper.</p> <p>Nachos: Stone Ground Corn, Vegetable Oil (Protected with Antioxidant (319)), Nacho Cheese Flavouring [Salt, Sugar, Whey Powder (Milk), Dehydrated Vegetables (Onion, Bell Pepper, Tomato, Garlic), Maltodextrin (Maize), Flavour Enhancers (621, 635), Cheese Powder (Milk), Vegetable Protein Extract (Maize), Spice and Spice Extracts, Flavours, Food Acids (270, 327, 262), Anticaking Agent (551)].</p> <p>Cheddar Cheese: Pasteurised Milk, Salt, Anti-caking agent (460), Preservative (200), Cultures, Rennet.</p> <p>Contains: Wheat, Mazie, Soy, Milk.</p>
Veggie Nachos	<p>Vege Chilli Con Carne: Vegetables (61%) (Tomato Sauce (Water, Tomato Paste), Onion, Carrot, Mushroom, Red Peppers, Celery, Pumpkin), Red Kidney Beans (29%) (Water, Red Kidney Beans), Potato, Sweet Potato, Modified Maize Starch (1422), Sugar, Vegetable Stock (Contains Salt, Yeast Extract, Dehydrated Vegetables, Natural Flavours, Flavour Enhancers (627, 631)), Salt, Garlic, Herbs & Spices, Chilli, Pepper.</p> <p>Nachos: Stone Ground Corn, Vegetable Oil (Protected with Antioxidant (319)), Nacho Cheese Flavouring [Salt, Sugar, Whey Powder (Milk), Dehydrated Vegetables (Onion, Bell Pepper, Tomato, Garlic), Maltodextrin (Maize), Flavour Enhancers (621, 635), Cheese Powder (Milk), Vegetable Protein Extract (Maize), Spice and Spice Extracts, Flavours, Food Acids (270, 327, 262), Anticaking Agent (551)].</p> <p>Cheddar Cheese: Pasteurised Milk, Salt, Anti-caking agent (460), Preservative (200), Cultures, Rennet.</p> <p>Contains: Mazie, Soy, Milk, Cheese.</p>
Vegan Nachos	<p>Vege Chilli Con Carne: Vegetables (61%) (Tomato Sauce (Water, Tomato Paste), Onion, Carrot, Mushroom, Red Peppers, Celery, Pumpkin), Red Kidney Beans (29%) (Water, Red Kidney Beans), Potato, Sweet Potato, Modified Maize Starch (1422), Sugar, Vegetable Stock (Contains Salt, Yeast Extract, Dehydrated Vegetables, Natural Flavours, Flavour Enhancers (627, 631)), Salt, Garlic, Herbs & Spices, Chilli, Pepper.</p> <p>Nachos: Stone Ground Corn, Vegetable Oil (Protected with Antioxidant (319)), Nacho Cheese Flavouring [Salt, Sugar, Whey Powder (Milk), Dehydrated Vegetables (Onion, Bell Pepper, Tomato, Garlic), Maltodextrin (Maize), Flavour Enhancers (621, 635), Cheese Powder (Milk), Vegetable Protein Extract (Maize), Spice and Spice Extracts, Flavours, Food Acids (270, 327, 262), Anticaking Agent (551)].</p> <p>Contains: Mazie, Soy, Milk.</p>
Chicken Nachos	<p>Shredded Chicken: Chicken (97%), Salt, Mineral Salt (450), Sugar, Thickeners (1412, 407, 1442).</p> <p>Corn Chips: Stone Ground Corn, Vegetable Oil (Protected with Antioxidant (319)), Nacho Cheese Flavouring [Salt, Sugar, Whey Powder (Milk), Dehydrated Vegetables (Onion, Bell Pepper, Tomato, Garlic), Maltodextrin (Maize), Flavour Enhancers (621, 635), Cheese Powder (Milk), Vegetable Protein Extract (Maize), Spice and Spice Extracts, Flavours, Food Acids (270, 327, 262), Anticaking Agent (551)].</p> <p>Corn: Kernel Corn (63%), Water (35.4%), Sugar (1%), Salt (0.6%).</p> <p>Black Beans: Rehydrated Organic Black Beans, Water, Salt.</p> <p>Pasta Sauce: Tomatoes (93%) (from paste and diced), sugar, onions (1.3%), vegetable oil, lemon juice, salt, basil, food acid (citric), pepper, firming agent (509).</p> <p>Habanero Sauce: Water, Tomato Paste, Sugar, Capsicum, Onion, Apple Sauce, Apple Cider Vinegar, Soy Sauce, Spices, Thickener (1442, 415), Habanero Puree (2%) (Red Habanero Chilli (98%), Acidity Regulator (260)), Vegetable Oil, Salt, Natural Flavour, Preservative (202), Acidity Regulator (330), Antioxidant (300)</p> <p>Cheddar Cheese: Pasteurised Milk, Salt, Anti-caking agent (460), Preservative (200), Cultures, Rennet.</p> <p>Contains: Mazie, Milk, Soy, Cheese, Sulphites >10mg/kg</p>
Pizza - Cheese	<p>Pizza Base: Wheat Flour (White, Wholemeal), Water, Canola Oil, Yeast, Wheat Gluten, Baking Powder [Raising agents (501, 450), Free Flow Agent (170, 551, 470), Maize Starch], Wheat Fibre, Milk Powder, Sugar, Salt, Bread Improver [Soy Flour, Emulsifier (481), Mineral salt (170)], Preservative (282), Vitamin (Folic Acid), Processing Aid (Wheat).</p> <p>Salami: Pork (94%), Salt, Spices, Acidity Regulator (575), Dextrose, Natural Colour (Beetroot Red), Antioxidant (316), Wood Smoke, Preservative (250).</p> <p>Pizza Sauce: Tomatoes (93%) (from paste and diced), sugar, onions (1.3%), vegetable oil, lemon juice, salt, basil, food acid (citric), pepper, firming agent (509).</p> <p>Cheddar Cheese: Pasteurised Milk, Salt, Anti-caking agent (460), Preservative (200), Cultures, Rennet.</p> <p>Contains: Wheat, Gluten, Maize, Soy, Milk, Cheese</p>
Pizza - Pepperoni	<p>Pizza Base: Wheat Flour (White, Wholemeal), Water, Canola Oil, Yeast, Wheat Gluten, Baking Powder [Raising agents (501, 450), Free Flow Agent (170, 551, 470), Maize Starch], Wheat Fibre, Milk Powder, Sugar, Salt, Bread Improver [Soy Flour, Emulsifier (481), Mineral salt (170)], Preservative (282), Vitamin (Folic Acid), Processing Aid (Wheat).</p> <p>Pizza Sauce: Tomatoes (93%) (from paste and diced), sugar, onions (1.3%), vegetable oil, lemon juice, salt, basil, food acid (citric), pepper, firming agent (509).</p> <p>Cheddar Cheese: Pasteurised Milk, Salt, Anti-caking agent (460), Preservative (200), Cultures, Rennet.</p> <p>Contains: Wheat, Gluten, Maize, Soy, Milk, Cheese</p>
Steam Bun - Large	<p>Bread (65%) [Wheat Flour, Water, Sugar, Soybean Oil, Baking Powder, Dough Improver (Soy), Yeast (Soy)], Filling (35%) [Pork (42%), Water, Sugar, Soy Sauce (Wheat), Soybean Oil, Soy Protein, Water Chestnut Powder, Starch, Vegetarian Sauce (Soy, Wheat, Flavour Enhancer (627, 631)), Onion, Miso Sauce (Soy), Wheat Flour, Caramel Sauce, Rice Wine, Seasoning (Flavour Enhancer (635)), Sesame Oil, Garlic, Colour (110)].</p> <p>Contains: Wheat, Gluten, Sesame, Soy. May Contain: Milk</p>
Steam bun - Small	<p>Bread (65%) [Wheat Flour, Water, Sugar, Soybean Oil, Baking Powder, Dough Improver (Soy), Yeast (Soy)], Filling (35%) [Pork (42%), Water, Sugar, Soy Sauce (Wheat), Soybean Oil, Soy Protein, Water Chestnut Powder, Starch, Vegetarian Sauce (Soy, Wheat, Flavour Enhancer (627, 631)), Onion, Miso Sauce (Soy), Wheat Flour, Caramel Sauce, Rice Wine, Seasoning (Flavour Enhancer (635)), Sesame Oil, Garlic, Colour (110)].</p> <p>Contains: Wheat, Gluten, Sesame, Soy. May Contain: Milk</p>
Sides	
Garlic Bread - Large	<p>Wheat Flour, Water, Margarine (vegetable oil, water, salt, emulsifiers (471-palm, 322-soy), flavour, acidity regulator (500, 330), colour (160a)), Wheat Gluten, Canola Oil, Salt (iodised), Sugar, Flour Improver (antioxidant (300), enzymes, (contains wheat and soy)), Garlic (0.4%), Yeast, Parsley</p> <p>Contains: Gluten, Wheat, Soy. May Contain: Egg, Milk sesame, tree nuts</p>
Garlic Bread - Small	<p>Wheat Flour, Water, Margarine (vegetable oil, water, salt, emulsifiers (471-palm, 322-soy), flavour, acidity regulator (500, 330), colour (160a)), Wheat Gluten, Canola Oil, Salt (iodised), Sugar, Flour Improver (antioxidant (300), enzymes, (contains wheat and soy)), Garlic (0.4%), Yeast, Parsley</p> <p>Contains: Gluten, Wheat, Soy. May Contain: Egg, Milk sesame, tree nuts</p>

Wedges	Potatoes (88%), Canola Oil, Batter Mix [Maize Starch (1404), Potato Starch (1420), Rice Flour, Maize Flour, Salt, Wheat Flour, Spices, Glucose, Onion Powder, Raising Agent (500), Mineral Salt (450), Spice Extracts, Thickener (415), Emulsifier (471), Garlic Powder, Hydrolysed Vegetable Protein (Contains Soy)], Traces of Egg & Milk . Contains: Egg, Gluten, Wheat, Milk Soy.
Cheesy Garlic Pita	Cheddar Cheese: Pasteurised Milk , Salt, Anti-caking agent (460), Preservative (200), Cultures, Rennet. Garlic Butter: Vegetable Oil/Fat, Water, Garlic (4.7%), Salt, Emulsifier (471), Herbs (0.2%), Preservative (202), Flavour, Antioxidant (307b), Colour (160a), Food Acid (330) Pita Flour: Water, Salt, Low Sugar, Yeast Contains: Gluten, Wheat, Soy, Milk, Cheese
Cheesy Pita	Cheddar Cheese: Pasteurised Milk , Salt, Anti-caking agent (460), Preservative (200), Cultures, Rennet. Pita Flour: Water, Salt, Low Sugar, Yeast Contains: Gluten, Wheat, Milk, Cheese
Chicken Bites	Chicken (64%), Water, Vegetable Oils, Flour (Wheat, Maize, Rice) , Wheat Gluten, Maize Starch , Thickeners (1420, 1404, 412), Spice, Salt, Flavour, Yeast, Colour (Paprika), Sugar, Wheat Semolina , Polenta, Dehydrated Vegetables, Mineral Salts (450, 451, 452), Dextrose, Raising Agents (541, 500), Yeast Extract, Spice Extract, Acidity Regulator (330). Contains: Wheat, Gluten. May be present: Milk, Soy.
Sweet Pretzel	Blooms Classic Pretzel: Wheat Flour, Milk , Water, Iodised Salt, Dried Yeast (Soy), Sugar, Bread Improver [Contains: Emulsifier (481), Soy Flour , Flour Improver (Ascorbic Acid), Enzymes]. Cinnamon: Cassia White Sugar: Cane Sugar Contains: Wheat, Gluten, Milk, Soy
Cheese Pretzel	Blooms Classic Pretzel: Wheat Flour, Milk , Water, Iodised Salt, Dried Yeast (Soy), Sugar, Bread Improver [Contains: Emulsifier (481), Soy Flour , Flour Improver (Ascorbic Acid), Enzymes]. Cheddar Cheese: Pasteurised Milk , Salt, Anti-caking agent (460), Preservative (200), Cultures, Rennet. Contains: Wheat, Gluten, Milk, Soy, Cheese
Bluebird - Ready Salted	Potatoes (64%), canola oil and/or sunflower oil, salt, antioxidants (tocopherols, ascorbic acid, rosemary extract, citric acid).
Bluebird - Salt & Vinegar	Potatoes (62%), canola oil and/or Sunflower oil, food acids (sodium diacetate, Citric acid), salt, corn starch, mineral salt (potassium chloride), maltodextrin, flavour Enhancer (621), sugar, antioxidants (Tocopherols, ascorbic acid, rosemary Extract).
Bluebird - Chicken	Potatoes (61%), Canola Oil And/or Sunflower Oil, Flavour Enhancers (621, 635, 620), Salt, Sugar, Maltodextrin, Onion Powder, Chicken Powder, Yeast Extract, Flavours, Herb (Parsley), Food Acid (Citric Acid), Antioxidants (Tocopherols, Ascorbic Acid, Rosemary Extract).
Grain waves - Sour Cream & Chives	Wholegrain Cereals (70%) (Corn, Wheat , Oat), Sunflower Oil, Sugar, Rice, Whey Powder (Milk), Salt, Onion Powder, Dextrose, Tapioca Starch, Yeast Extract, Natural Flavours (Milk), Mineral Salt (Potassium Chloride), Food Acid (Lactic Acid, Citric Acid), Garlic Powder, Herb (Parsley) Contains: Wheat, Gluten, Milk, Soy
Doritos - Sweet Thai Chili	Corn (68%), Canola Oil, Sugar, Salt, Hydrolysed V vegetable Protein, Onion Powder, Flavour Enhancers (621, 627, 631), Spices (Chilli, Paprika, Black Pepper), Food Acids (Sodium Diacetate, Citric Acid), Garlic Powder, Tomato Powder, Flavours, Maltodextrin, Natural Colour (Paprika Extract), Sunflower Oil, Antioxidants (Tocopherols, Ascorbic Acid, Rosemary Extract) Contains: Wheat, Gluten, Milk, Soy
Doritos - Cheese Supreme	Corn, Vegetable Oils, Cheese Powder (Milk) , Salt, Buttermilk Powder (Milk) , Wheat Flour , Whey, Protein Concentrate (Milk), Tomato Powder, Flavour, Enhancers (621, 631, 627), Onion Powder, Whey, Powder (Milk), Garlic Powder, Dextrose, Sugar, Natural Flavour, Mineral Salt (339), Food Acids, (Lactic Acid, Citric Acid), Spice (White Pepper), Colours (110, 150d) Contains: Wheat, Gluten, Milk, Soy
Sides	
Brownie	Sugar, White Compound Chocolate (18%) (Sugar, Vegetable Fat, Milk Solids, Emulsifier (Soy Lecithin), Natural Flavour), Wheat Flour , Egg or Reconstituted Egg , Butter (Cream (Milk) , Salt), Vegetable Oil, Cocoa (5.5%), Milk Solids, Maltodextrin, Raising Agents (450, 500), Stabiliser (412), Natural Flavour. Contains: Egg, Gluten, Wheat, Milk, Soy
Brownie - Gluten Free	Sugar, Compound Chocolate (14%) (Sugar, Vegetable Fat, Cocoa Powder, Emulsifier (Soy Lecithin), Natural Flavour), Egg or Reconstituted Egg , Vegetable Oil, Rice Flour, Starch (Potato, Tapioca, Maize), Cocoa Powder (6%), Butter (Cream (Milk) , Salt), Milk Solids, Maltodextrin, Raising Agents (450, 500), Stabilisers (415, 412), Natural Flavour. Contains: Egg, Milk, Soy
Ginger Slice	Sugar, margarine (vegetable oil, water, salt, emulsifiers (soy lecithin, mono- and di- glycerides), flavouring, antioxidant (alpha tocopherol), colour (carotenes), citric acid), gluten free flour (maize & tapioca starch), desiccated coconut, golden syrup, water, spice (ginger powder), stabiliser (xanthan gum).
Cookie Caramel Slice	Caramel (30%) [Condensed Milk (Milk) , Sugar], Butter (Cream (Milk) , Salt), Golden Syrup], Wheat Flour, Sugar, Dark and White Compound Chocolate (11%) [Sugar, Vegetable Oil, Milk Solids, Cocoa Solids, Emulsifier (Soy Lecithin), Natural Flavour], Butter [Cream (Milk) , Salt], Egg or Reconstituted Egg , Dark Chocolate (6%) [Sugar, Cocoa Solids, Milk Fat, Emulsifier (Soy Lecithin), Natural Flavour], Raising Agents (450, 500), Natural Flavour.
Cookie - Candy	Chocolate Compound (25%) (Sugar, Vegetable Oil, Cocoa Powder, Emulsifier (Soy Lecithin), Flavour), Wheat Flour (Gluten) , Coloured Chocolate Compound Buttons (16%) (Sugar, Vegetable Oil, Skim Milk Powder, Maize Starch, Cocoa Powder, Colours (171, 124, 155, 133, 110, 102, 122, 123), Emulsifiers (Soy Lecithin, 414, 492 (Plant Based), 476), Flavourings, Glazing Agent (903)), Butter (Cream, (Milk) Salt), Sugar, Glucose Syrup, Egg , Cocoa Powder, Raising Agent (Baking Soda), Flavour. Contains: Egg, Gluten, Milk, Soy. May Contain Peanuts, Tree Nuts
Cookie - Chocolate Chew	Sugar, Wheat Flour (Gluten) , Chocolate Compound (17%) (Sugar, Vegetable Oil, Cocoa Powder, Emulsifier (Soy Lecithin), Flavour), Butter (Cream, (Milk) Salt), Egg , Cornflakes (Corn, Sugar, Salt, Barley Malt Extract, Mineral (Iron), Vitamins (Niacin, Thiamine, Riboflavin, Folate)), Cocoa Powder (4%), Raising Agent (Baking Soda), Flavour. Contains: Egg, Gluten, Milk, Soy. May Contain: Peanuts
Cookie - Chocolate Chip	Chocolate Compound (32%) (Sugar, Vegetable Oil, Cocoa Powder, Emulsifier (Soy Lecithin), Flavour), Wheat Flour (Gluten) , Sugar, Butter (Cream, (Milk) Salt), Egg , Cocoa Powder, Raising Agent (Baking Soda), Flavour. Contains: Egg, Gluten, Milk, Soy . May Contain: Peanuts
Waffle - Large	Wheat flour, margarine [vegetable oil, water, emulsifier (471)]. Sugar, water, egg , invert sugar, yeast, soy flour, salt, emulsifier [322 (soy)], flavour. Contains: Wheat, Gluten, Egg, Soy
Waffle - Small	Wheat flour, margarine [vegetable oil, water, emulsifier (471)]. Sugar, water, Egg , invert sugar, yeast, soy flour, salt, emulsifier [322 (soy)], flavour.(5) Contains: Wheat, Gluten, Egg, Soy
Blueberry Muffin	Sugar, Wheat Flour, Egg , Vegetable Oil, Blueberries (13%), Water, Wheat Fibre, Thickener (1422, 415, 412), Whey Powder (Milk), Raising Agents (450, 575, 500), Salt, Emulsifiers (471, 481), Acid (330), Preservative (202), Natural Flavour. Contains: Wheat, Gluten, Egg, Milk. May Contain: Peanuts, Soy
Chocolate Muffin	Sugar, Wheat Flour, Egg , Vegetable Oil, Compound Chocolate (13%) [Sugar, Vegetable Oil, Cocoa Powder, Emulsifiers (492, Soy Lecithin), Natural Flavour], Water, Cocoa Powder (2.0%), Thickener (1422, 415, 412), Whey Powder (Milk), Raising Agents (450, 575, 500), Salt, Emulsifiers (471, 481), Natural Flavour. Contains: Wheat, Gluten, Egg, Milk, Soy. May Contain Peanuts, Tree Nuts

Strawberry White Chocolate Muffin	Sugar, Wheat Flour , Egg , Vegetable Oil, White Compound Chocolate (7%) [Sugar, Vegetable Oil, Milk Solids, Emulsifier (Soy Lecithin), Natural Flavour], Strawberry Filling (6%) [Strawberries (50%), Sugar, Water, Thickener (1442), Natural Colour (163), Acid (330), Natural Flavour], Water, Thickener (1422, 415, 412), Wheat Fibre, Whey Powder (Milk), Raising Agents (450, 575, 500), Salt, Emulsifiers (471, 481), Natural Flavour. Contains: Wheat, Gluten, Egg, Milk, Soy. May Contain: Peanuts,
Mini Donuts	Cake Donut [Wheat Flour, Water, Vegetable Oil (Antioxidant (307 or 307b), Food Acid (330)), Sugar, Milk Solids, Soy Flour, Raising Agents (450, 500, 341), Salt, Dextrose, Vegetable Gums (412, 415), Emulsifier (Soy Lecithin), Natural Flavour (Milk), Egg Powder, Spice], Cinnamon Sugar Coating (5%) [Sugar, Wheat Fibre, Cinnamon, Vegetable Oil (Antioxidant (307 or 307b), Food Acid (330))]. Contains: Egg, Milk, Soy, Wheat, Gluten. May Contain: Peanuts, Tree nuts.
Juice Wild Berry	Fruit Juice (99.9%) [Fresh Pressed Apple Juice, Fruit Juices (10%) (Boysenberry, Blackcurrant)], Natural Flavour, Vitamin C.
Juice Tropical	Fruit Juice (99.9%) [Fresh Pressed Apple Juice (95.8%), Fruit Juices (Orange, Pineapple, Mango, Passion Fruit Juice)], Natural Flavour, Vitamin C.
Juice Lemonade	Fruit Juice (99.6%) [Fresh Pressed Apple Juice, Lemon Juice (5%)], Natural Flavour, Vitamin C
Moosies Chocolate	Reconstituted Milk Protein Concentrate, Reconstituted Skim Milk , Sugar, Cream (from milk), Maltodextrin, Soluble Fibre, Cocoa (0.5%), Stabiliser (466, 412, 407), Emulsifier (471), Natural Flavour. Contains milk
Moosies Blue Moon	Reconstituted Skim Milk , Sugar, Cream, Maltodextrin, Emulsifier (471), Stabiliser (466, 412, 407), Flavour, Colour (133) Contains Milk
Cyclone	Cyclone + PEACH/PINEAPPLE/BLUEBERRY Water, reconstituted apple juice (11%), cane sugar, glucose, vegetable gums (410, 407), food acid (citric), colours (160a, 120, 141, 100), flavours, dextrose (from wheat). Contains: Gluten, Wheat
Rainbow Paddle Pop	Dairy ingredients (reconstituted skim milk and/or reconstituted buttermilk , milk solids), water, cane sugar, soluble corn fibre, glucose syrup, vegetable oil, maltodextrin, flavours, emulsifier (471), vegetable gums (407, 410, 401, 412), salt, colours (120, 100), pea protein, gelatine, malt extract (from barley). Contains: Milk, Gluten
Monstaahh Paddle Pop	Water, fruit [apple puree (7%), lemon juice (4%), blueberry puree (2%)], sugar, glucose syrup, fructose, maltodextrin, food acid (334, 330), stabilisers (412, 410, 417), flavours, colours (anthocyanin, turmeric, beta carotene, spirulina concentrate).
Icy Twist	Water, Cane Sugar, Glucose Syrup, Maltodextrin, Glucose, Vegetable Gum (410), Food Acid (330), Flavour, Lemon Juice.
Hot Drinks	
Cream of Chicken Soup	Maize starch , creamer [vegetable oil, glucose syrup, milk protein, mineral salts (339 or 340, 450 or 451), colour (riboflavin)], flavours (contain milk), maltodextrin (from maize), yeast extract, mineral salts (potassium chloride, 451, 452), salt, sugar, chicken powder (2.8%), sunflower oil, onion powder, flavour enhancers (635, 627), black pepper, parsley, food acid (citric), colour (turmeric), garlic flavour, herb extract. Contains soybean, wheat, and milk products. May contain peanut, egg, sesame, fish and crustacea
Pumkin Soup	Starch, pumpkin powder (14%), maltodextrin, sugar, vegetable oils, glucose syrup, dextrose, salt, mineral salts (potassium chloride, 340, 452, 451, 341), flavour enhancer (635), thickener (1412), milk solids, flavours (milk), yeast extract, colours (150d, 160e), emulsifier (471). Contains soybean, wheat, and milk products. May Contain peanut, egg, sesame, fish and crustacea
Tomato Soup	Tomato powder (31%), maize stork, sunflower, maltodextrins (from maize and potato), creamer [vegetable oil, glucose syrup, milk protein , mineral salts (339 or 340, 450 or 451), colour (riboflavin)], mineral salt (potassium chloride), sunflower oil, flavour enhancers (635), thickener (xanthan), onion powder, food acid (malic), yeast extract, black pepper, colour (carmines), spice extract, garlic flavour. Contains soybean, wheat, and milk products. May contain peanut, egg, sesame, fish and crustacea
Flat White	Coffee Beans: Coffee Beans, Caffeine Sugar: Cane Sugar (Optional) Milk: Blue Top Milk (Standard Fat Milk) Contains: Milk, Caffeine
Cappuccino	Coffee Beans: Coffee Beans, Caffeine Sugar: Cane Sugar (Optional) Milk: Blue Top Milk (Standard Fat Milk) Contains: Milk, Caffeine
Latte	Coffee Beans: Coffee Beans, Caffeine Sugar: Cane Sugar (Optional) Milk: Blue Top Milk (Standard Fat Milk) Contains: Milk, Caffeine
Mocha	Hot Chocolate Mix: Natural Cane Sugar, Cocoa (21%), Rice Flour, Sea Salt, Natural Vanilla Flavour. Coffee Beans: Coffee Beans, Caffeine Sugar: Cane Sugar (Optional) Milk: Blue Top Milk (Standard Fat Milk) Contains: Milk, Caffeine
Hot Chocolate	Hot Chocolate Mix: Natural Cane Sugar, Cocoa (21%), Rice Flour, Sea Salt, Natural Vanilla Flavour. Sugar: Cane Sugar (Optional) Milk: Blue Top Milk (Standard Fat Milk) Contains: Milk
Short Black	Coffee Beans: Coffee Beans, Caffeine Sugar: Cane Sugar (Optional) Water: Water Contains: Caffeine
Long Black	Coffee Beans: Coffee Beans, Caffeine Sugar: Cane Sugar (Optional) Water: Water Contains: Caffeine
Tea	Sugar: Cane Sugar (Optional) Milk: Blue Top Milk (Standard Fat Milk) Tea: Tea, Caffeine Contains: Milk, Caffeine
Sauces	
Ketchup	Tomato Paste, Water, Sugar, Acidity Regulator (260), Salt, Thickener (1442), Antioxidant (300, 385), Preservative (202), Spices. Contains: Sulphur Dioxide and Sulphites in concentrations > 10mg/kg (10mg/L)
Sweet Chilli	Water, Sugar, Acidity Regulator (260), Capsicum (11%), Thickener (1442, 415), Chilli (2.2%), Garlic, Salt, Preservative (202). Contains: Sulphur Dioxide and Sulphites in concentrations > 10mg/kg (10mg/L)

Mayo	Vegetable Oil, Water, Acidity Regulator (260), Sugar, Egg Yolk, Salt, Spices, Thickener (415, 412), Preservative (202), Antioxidant (385). Contains: Egg.
BBQ Sauce	Brown Sugar, Water, Tomato Paste, Acidity Regulator (260, 330), Glucose, Thickener (1442,415), Molasses, Salt, Spices, Smoke flavour, Colour (150a), Natural Flavour, Citrus Fibre, Preservative (202).
Honey Mustard	Water, Vegetable Oil, Sugar, Acidity Regulator (260, 330), Thickener (1442, 1450, 415), Mustard Paste (3%), Honey (2.5%), Salt, Spices, Citrus Fibre, Mustard Seeds (0.3%), Yeast Extract, Preservative (202), Natural Flavour, Spice Extract (100), Colour (150d). Contains: Sulphur Dioxide and Sulphites in concentrations > 10mg/kg (10mg/L)
Aioli	Vegetable Oil, Water, Acidity Regulator (260, 330), Sugar, Egg Yolk, Garlic (1.9%), Thickener (1442, 415, 412), Salt, Spices, Mustard Seeds, Preservative (202), Antioxidant (385). Contains: Egg.
Chilli Mayo	Vegetable Oil, Water, Acidity Regulator (260), Sugar, Egg Yolk, Salt, Spices, Thickener (415, 412), Preservative (202), Antioxidant (385), Capsicum (11%), Thickener (1442), Chilli (2.2%), Garlic. Contains: Sulphur Dioxide and Sulphites in concentrations > 10mg/kg (10mg/L), Egg
Drinks	
Just Juice - Tropical	Reconstituted Fruit Juices (Apple (66.5%), Pineapple (15%), Orange (10%)), Mango Puree (7%), Passionfruit Juice (1.5%), Vitamin (C), Natural Flavours
Just Juice - Orange & Mango	Reconstituted Fruit Juices (Apple (78%), Orange (13%)), Mango Puree (9%), Vitamin (C), Natural Flavours
Just Juice - Orange & Apple	Reconstituted Fruit Juices (Apple (70%), Orange (30%)), Natural Flavours , Vitamin C
Just Juice - Bubbles Tropical 50% less Sugar	Reconstituted Fruit Juices (50%) (Apple (32.5), Orange (13), Mango (2), Pineapple (2), Passionfruit (0.5), Vitamin C), Lemonade (50%) (Carbonated Water, Natural Flavours , Acidity Regulator (Citric Acid), Natural Sweetener (Stevia))
AQA LITE - Cola	Carbonated Water, Colour (150d), Natural Flavour, Acidity Regulator (338, 330), Preservative (202), Sweeteners (955, 950), Caffeine
AQA LITE - Lemonade	Carbonated Water, Acidity Regulator (330), Natural Flavours , Preservative (202), Sweeteners (955, 950)
AQA LITE - Orange	Carbonated Water, Natural Flavours , Acidity Regulator (330), Preservative (202), Sweeteners (955, 950)
Water (Still) Small	Purified Water
Water (Still) Large	Purified Water
Gatorade - Blue (No Sugar)	Water, Food Acids (330, 331), Sodium Chloride, Monopotassium Phosphate, Modified Starch (1450), Sweeteners (955, 950), Flavour, Colour (133)
Gatorade - Berry (No Sugar)	Water, Food Acids (330, 331), Flavour, Sodium Chloride, Monopotassium Phosphate, Sweeteners (955, 950), Modified Starch (1450), Colour (129)
Gatorade - Grape (No Sugar)	Water, Food Acids (330, 331), Monopotassium Phosphate, Flavour, Sodium Chloride, Modified Starch (1450), Sweeteners (955, 950), Emulsifiers (471, 445), Colours (129, 133)
Ribena	Water, Sugar, Reconstituted Blackcurrant Juice (6.4%), Vitamin C, Natural Colour (Black Carrot Concentrate), Acidity Regulator (Citric Acid), Natural Flavour
Mizone - Apple	Purified Water, Reconstituted Apple Juice, Fructose , Apple Cider Vinegar, Vitamins (Vitamin C, Vitamin B3, Vitamin B5, Vitamin B6, Vitamin B12), Flavour, Acidity Regulator (Citric Acid)
Mizone - Lime	Purified Water, Reconstituted Apple Juice, Fructose , Apple Cider Vinegar, Vitamins (Vitamin C, Vitamin B3, Vitamin B5, Vitamin B6, Vitamin B12), Acidity Regulator (Citric Acid), Flavours
Mizone - Mandarin	Purified Water, Reconstituted Apple Juice, Fructose , Apple Cider Vinegar, Flavours, Vitamins (Vitamin C, Vitamin B3, Vitamin B5, Vitamin B6, Vitamin B12), Acidity Regulator (Citric Acid)
Promo Items	
Dads Pies - Mince and Cheese	Pastry (52%): Wheat Flour, Water, Margarine (Animal Fat, Vegetable Oil, Water, Salt, Emulsifier (471, 322) (soy), Acidity Regulator (500, 330), Antioxidant (307b) (soy), Natural Colour (160a), Flavour (milk)), Breadcrumbs (wheat), Salt, Glaze (1400, 160a). Filling (48%): Beef (39%), Water, Cheese Mix (19%) [Water, Cheese (Milk Salt, Culture, Enzyme), Thickener (1442), Mineral Salts (450, 452, 339, 340, 341), Xanthan Gum, Citric Acid, Colour (160a), Butyric Acid], Cellulose, Sorbic Acid], Thickener (1422), Tomato Paste, Beef Stock (Natural Flavours), Onion, Mince Seasoning, Worcestershire Sauce, Caramel Colour (150c). Contains: Gluten, Wheat, Milk, Soy. May Contain Egg, Sulphites >10mg/kg.
Dads Pies - Steak and Cheese	Pastry (52%): Wheat Flour, Water, Margarine (Animal Fat, Vegetable Oil, Water, Salt, Emulsifier (471, 322) (soy), Acidity Regulator (500, 330), Antioxidant (307b) (soy), Natural Colour (160a), Flavour (milk)), Cheese Sauce (milk), Salt, Glaze (1400, 160a). Filling (48%): Beef (39%), Water, Cheese Mix (19%) [Water, Cheese (Milk Salt, Culture, Enzyme), Thickener (1442), Mineral Salts (450, 452, 339, 340, 341), Xanthan Gum, Citric Acid, Colour (160a), Butyric Acid, Cellulose, Sorbic Acid], Thickener (1422), Beef Stock (Natural Flavours), Onion, Steak Seasoning, Caramel Colour (150c), Worcestershire Sauce. Contains: Gluten, Wheat, Milk, Soy. May Contain Egg, Sulphites >10mg/kg.
Dads Pies - Ham n Cheese Bake	Pastry (65%): Wheat Flour, Water, Margarine (Animal Fat, Vegetable Oil, Water, Salt, Emulsifier (471, 322) (soy), Acidity Regulator (500, 330), Antioxidant (307b) (soy), Natural Colour (160a), Flavour (milk), Salt, Glaze (Colour (160a)). Filling (35%): Ham (34%) [Pork, Water, Salt, Sugar, Carageenan, Mineral Salts, (451, 452, 500), Antioxidant (316), Dextrose, Preservative (250, 261, 326)], Cream (milk) [Thickener (401)], Water, Cheese (12%) [Milk Salt, Cultures, Enzyme, Starch, Cellulose, Preservative (200)], Thickener (1422), Cheese Powder (milk), Vegetable Stock (wheat, barley). Contains Milk, Wheat, Gluten Barley, Soy
Dads Pies - Butter Chicken	Pastry (61%): Wheat Flour , Water, Margarine (Animal Fat, Vegetable Oil, Water, Salt, Emulsifier (471, 322) (soy), Acidity Regulator (500, 330), Antioxidant (307b) (soy), Natural Colour (160a), Flavour (milk)) Salt, Spinach Flakes, Glaze (Colour (160a)). Filling (49%): Chicken (36%), Water, Coconut Cream (Coconut Milk, Water, Thickener (415, 412, 407)), Onion, Butter Chicken Seasoning (5%) (Spices, Salt, Maltodextrin (maize), Sugar, Vegetable Powders, Tapioca Starch, Natural Flavours, Vegetable Oil, Herbs), Coconut Cream Powder (milk), Thickener (1422), Margarine (soy), Tomato Paste, Butter (0.5%) (milk). Contains: Milk, Soy, Wheat, Gluten
Tuckr Hot Dog	Long Roll: Wheat Flour (Contains Folic Acid), Water, Yeast, Sugar, Shortening (Vegetable Oil, Emulsifier (471), Antioxidant (307b- Soy)), Iodised Salt, Wheat Gluten , Emulsifiers (471, 481, 322- Soy , 472e), Soy Flour, Flour Improver (300), Enzymes, Acidity Regulators (263, 260). Ketchup: Tomato Paste, Water, Sugar, Acidity Regulator (260), Salt, Thickener (1442), Antioxidant (300, 385), Preservative (202), Spices. Mustard: Distilled Vinegar, Water, No. 1 Grade Mustard Seed (10%), Salt, Turmeric, Paprika, Spices, Garlic Powder, Natural Flavour, Vegetable Oil Frankfurters: Meat (78%) (Chicken, Beef), Water, Seasoning (Cereal Binder (Wheat), Salt, Wheat (Gluten), Hydrolysed Vegetable Protein (Maize), Mineral Salt (451), Potato Fibre, Spice, Vegetable Powder, Antioxidant (316), Preservative (250), Acidity Regulator (331), Anticaking Agent (554), Herb Extract), Binod (Wheat), White Pepper. Contains: Soy, Gluten, Wheat.

Tuckr Hot Dog W Cheese	<p>Long Roll: Wheat Flour (Contains Folic Acid), Water, Yeast, Sugar, Shortening (Vegetable Oil, Emulsifier (471), Antioxidant (307b-Soy)), Iodised Salt, Wheat Gluten, Emulsifiers (471, 481, 322 Soy, 472e), Soy Flour, Flour Improver (300), Enzymes, Acidity Regulators (263, 260).</p> <p>Ketchup: Tomato Paste, Water, Sugar, Acidity Regulator (260), Salt, Thickener (1442), Antioxidant (300, 385), Preservative (202), Spices.</p> <p>Mustard: Distilled Vinegar, Water, No. 1 Grade Mustard Seed (10%), Salt, Turmeric, Paprika, Spices, Garlic Powder, Natural Flavour, Vegetable Oil</p> <p>Frankfurters: Meat (78%) (Chicken, Beef), Water, Seasoning (Cereal Binder (Wheat), Salt, Wheat (Gluten), Hydrolysed Vegetable Protein (Maize), Mineral Salt (451), Potato Fibre, Spice, Vegetable Powder, Antioxidant (316), Preservative (250), Acidity Regulator (331), Anticaking Agent (554), Herb Extract), Binod (Wheat), White Pepper.</p> <p>Cheddar Cheese: Pasteurised Milk, Salt, Anti-caking agent (460), Preservative (200), Cultures, Rennet.</p> <p>Contains: Soy, Gluten, Wheat, Milk.</p>
Dirty Milk Tea - Wucha	<p>Milk (Fresh): Milk</p> <p>Fructose Syrup: Fructose, Water</p> <p>Brown Sugar: Red Sugar, Water, Sugar, Fructose Syrup, Brown Sugar Syrup (concentrated sugarcane juice, red sugar), Flavouring Substances, Potassium Sorbate, Sodium Cyclamate, Acesulfame-K, Aspartame (contains phenylalanine), Sucralose, Xanthan Gum</p> <p>Tapioca Pearls: Water, White Sugar, Glucose-Fructose Syrup, Konjac Powder, Food Additives (Carrageenan, Sodium Alginate, Potassium Chloride, Citric Acid, Sodium Citrate, Caramel Colour, Potassium Sorbate)</p> <p>Contains: Milk</p>
Caramel Milk Tea - Wucha	<p>Tea Base: Black Tea, Cassia Seeds, Flavouring Substances, Barley</p> <p>Milk (Non-Dairy Creamer): Glucose Syrup, Hydrogenated Vegetable Oil, Whey Powder (Milk), Sugar, Sodium Caseinate, Dipotassium Phosphate, Whole Milk Powder, Mono- and Diglycerides, Silica, Sodium Stearoyl Lactylate, Moisture Stabilisers (Sodium Triphosphosphate, Sodium Pyrophosphate), Salt, Maltodextrin</p> <p>Caramel Jelly: Fried Sugar Syrup (Sugar, Fructose Syrup, Potassium Sorbate, Water, Glucose), Sodium Cyclamate, Acesulfame-K, Sucralose, Sugar, Glucose, Red Sugar, Carrageenan, Potassium Chloride, Sodium Citrate, Konjac Powder, Flavouring Substances, Silica, Xanthan Gum, Caramel Colouring</p> <p>Contains: Milk, Barley, Gluten</p>
Passionfruit Mango Tea - Wucha	<p>Coconut Jelly: Nata de Coco Strips, High Fructose Syrup, Water, Sugar, DL-Malic Acid, Flavouring (Propylene Glycol, Flavour), Potassium Sorbate (Preservative), Corn Syrup Gum, Sodium Citrate, Calcium Lactate, Antifoaming Agent (Water, Silicon Resin, Polysorbate 65, Sorbitan Fatty Acid Ester, Sodium Carboxymethyl Cellulose), Food Colouring (Yellow No.4, Yellow No.5)</p> <p>Passionfruit Pulp: Passionfruit (50%), Sugar, Water, Thickener (E415), Preservatives (E202, E223 - Sulphites >10mg/kg)</p> <p>Mango Syrup: Fructose Syrup, Sugar, Water, Mango, Flavouring Substances, Citric Acid, Xanthan Gum, DL-Malic Acid, Sodium Citrate, Potassium Sorbate, Pectin, Aspartame (contains phenylalanine), Sodium Hexametaphosphate (SHMP), Sucrose Fatty Acid Ester, Stevioside, Tartrazine, Sunset Yellow</p> <p>Contains: Sulphites >10mg</p> <p>May Contain Wheat, Gluten, Milk, Egg</p>