

TUCKR Ingredients List 2026



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

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| <p>Breakfast Pita</p> | <p>Egg: Egg Bacon: Pork (77%), Water, Salt, Brown Sugar, Mineral Salts (451, 452, 500), Sugar, Antioxidant (316), Preservative (250). Hashbrown: Potatoes (89%), Canola Oil, Seasoning (Rice Flour, Salt, Spice), Glucose, Mineral Salt (450), Grated Cheese: Pasteurised Milk, Salt, Anti-caking agent (460), Preservative (200), Cultures, Rennet. Pita: Flour(Gluten), Water, Salt, Low Sugar, Yeast. 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). Contains: Gluten, Wheat. May Contain: Soy, Milk.</p> |
| <p>Breakfast Pita - Veggie</p> | <p>Egg: Egg. Hashbrown: Potatoes (89%), Canola Oil, Seasoning (Rice Flour, Salt, Spice), Glucose, Mineral Salt (450). Grated Cheese: Pasteurised Milk, Salt, Anti-caking agent (460), Preservative (200), Cultures, Rennet. Pita: Flour(Gluten), Water, Salt, Low Sugar, Yeast. 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. 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). Contains: Gluten, Wheat. May Contain: Soy, Milk.</p> |
| <p>Bacon & Egg Muffin</p> | <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). Bacon: Pork (77%), Water, Salt, Brown Sugar, Mineral Salts (451, 452, 500), Sugar, Antioxidant (316), Preservative (250). Cheese Slice: Pasteurised Milk, Salt, Cultures, Enzymes (Non-Animal Rennet). Mayo: Vegetable Oil, Water, Acidity Regulator (260), Sugar, Egg Yolk, Salt, Spices, Thickener (415, 412), Preservative (202), Antioxidant (385). Egg: Egg. Contains: Egg, Gluten, Wheat, Milk, Soy.</p> |
| <p>Hash Bites</p> | <p>Potatoes (89%), Canola Oil (9%), Seasoning, Dextrose, Mineral Salt (450). May Contain: Wheat, Gluten, Soy, Milk, Egg, Sesame.</p> |
| <p>Hash Brown</p> | <p>Potatoes (89%), Canola Oil, Seasoning (Rice Flour, Salt, Spice), Glucose, Mineral Salt (450). May Contain: Wheat, Soy, Egg & Milk.</p> |
| <p>Up n GO - Chocolate</p> | <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. Contains: Milk, Gluten, Wheat, Oat, Soy.</p> |
| <p>Up n GO - Strawberry</p> | <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) Contains: Milk, Gluten, Wheat, Oat, Soy.</p> |

PITAS & SALADS

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| <p>BBQ Chicken Pita</p> | <p>Shredded Chicken: Chicken (97%), Salt, Mineral Salt (450), Sugar, Thickeners (1412, 407, 1442). Cheddar Cheese: Pasteurised Milk, Salt, Anti-caking agent (460), Preservative (200), Cultures, Rennet(Milk). Pita: Flour(Gluten), Water, Salt, Low Sugar, Yeast. 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). Carrot: Carrot. Lettuce: Lettuce. Contains: Milk, Gluten, Wheat.</p> |
| <p>Chicken & Bacon Pita</p> | <p>Shredded Chicken: Chicken (97%), Salt, Mineral Salt (450), Sugar, Thickeners (1412, 407, 1442). Bacon: Pork (77%), Water, Salt, Brown Sugar, Mineral Salts (451, 452, 500), Sugar, Antioxidant (316), Preservative (250). Cheddar Cheese: Pasteurised Milk, Salt, Anti Caking Agent (Starch, 460), Cultures, Rennet(Milk). Pita: Flour(Gluten), Water, Salt, Low Sugar, Yeast. 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). Carrot: Carrot. Lettuce: Lettuce. Contains: Milk, Egg, Gluten. May Contain: Soy.</p> |

TUCKR Ingredients List



PITAS & SALADS

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| <p>Teriyaki Chicken Pita</p> | <p>Shredded Chicken: Chicken (97%), Salt, Mineral Salt (450), Sugar, Thickeners (1412, 407, 1442). Cheddar Cheese: Pasteurised Milk, Salt, Anti-caking agent (460), Preservative (200), Cultures, Rennet(Milk). Pita: Flour(Gluten), Water, Salt, Low Sugar, Yeast. Mayonnaise: Vegetable Oil, Water, Acidity Regulator (260), Sugar, Egg Yolk, Salt, Spices, Thickener (415, 412), Preservative (202), Antioxidant (385). 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], 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). Carrot: Carrot. Lettuce: Lettuce. <i>Contains: Egg, Sesame, Soy, Sulphites >10mg/kg, Milk, Gluten, Wheat.</i></p> |
| <p>Mayo Chicken Pita</p> | <p>Shredded Chicken: Chicken (97%), Salt, Mineral Salt (450), Sugar, Thickeners (1412, 407, 1442). Cheddar Cheese: Pasteurised Milk, Salt, Anti-caking agent (460), Preservative (200), Cultures, Rennet(Milk). Pita: Flour(Gluten), Water, Salt, Low Sugar, Yeast Mayonnaise: Vegetable Oil, Water, Acidity Regulator (260), Sugar, Egg Yolk, Salt, Spices, Thickener (415, 412), Preservative (202), Antioxidant (385). Carrot: Carrot. Lettuce: Lettuce. <i>Contains: Egg, Milk, Gluten, Wheat.</i></p> |
| <p>Sweet Chilli Pita</p> | <p>Shredded Chicken: Chicken (97%), Salt, Mineral Salt (450), Sugar, Thickeners (1412, 407, 1442). Cheddar Cheese: Pasteurised Milk, Salt, Anti-caking agent (460), Preservative (200), Cultures, Rennet(Milk). Pita: Flour(Gluten), Water, Salt, Low Sugar, Yeast. Sweet Chilli: Water, Sugar, Acidity Regulator (260), Capsicum (11%), Thickener (1442, 415), Chilli (2.2%), Garlic, Salt, Preservative (202). Carrot: Carrot. Lettuce: Lettuce. <i>Contains: Sulphites >10mg/kg, Gluten, Wheat, Milk, Cheese.</i></p> |
| <p>Falafel Pita</p> | <p>Falafel: Chickpeas (65%), water, broad beans, tapioca starch, canola oil, parsley, garlic, cumin, ground coriander, salt, mild chilli. Cheddar Cheese: Pasteurised Milk, Salt, Anti-caking agent (460), Preservative (200), Cultures, Rennet(Milk). Pita: Flour(Gluten), Water, Salt, Low Sugar, Yeast. Sweet Chilli: Water, Sugar, Acidity Regulator (260), Capsicum (11%), Thickener (1442, 415), Chilli (2.2%), Garlic, Salt, Preservative (202). Carrot: Carrot. Lettuce: Lettuce. <i>Contains Sulphites >10mg/kg, Gluten, Wheat, Milk, Cheese.</i></p> |
| <p>Teriyaki Chicken Salad</p> | <p>Shredded Chicken: Chicken (97%), Salt, Mineral Salt (450), Sugar, Thickeners (1412, 407, 1442). Cheddar Cheese: Pasteurised Milk, Salt, Anti-caking agent (460), Preservative (200), Cultures, Rennet(Milk). Cucumber: Diced Cucumber. Mayonnaise: Vegetable Oil, Water, Acidity Regulator (260), Sugar, Egg Yolk, Salt, Spices, Thickener (415, 412), Preservative (202), Antioxidant (385). 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], 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). Carrot: Carrot. Lettuce: Lettuce. <i>Contains: Egg, Sesame, Soy, Sulphites >10mg/kg, Milk.</i></p> |
| <p>BBQ Chicken Salad</p> | <p>Shredded Chicken: Chicken (97%), Salt, Mineral Salt (450), Sugar, Thickeners (1412, 407, 1442). Cheddar Cheese: Pasteurised Milk, Salt, Anti-caking agent (460), Preservative (200), Cultures, Rennet(Milk). Cucumber: Diced Cucumber. 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). Carrot: Carrot. Lettuce: Lettuce. <i>Contains: Milk, Cheese.</i></p> |
| <p>Falafel Salad</p> | <p>Falafel: Chickpeas (65%), water, broad beans, tapioca starch, canola oil, parsley, garlic, cumin, ground coriander, salt, mild chilli. Cheddar Cheese: Pasteurised Milk, Salt, Anti-caking agent (460), Preservative (200), Cultures, Rennet(Milk). Cucumber: Diced Cucumber. Sweet Chilli: Water, Sugar, Acidity Regulator (260), Capsicum (11%), Thickener (1442, 415), Chilli (2.2%), Garlic, Salt, Preservative (202). Carrot: Carrot. Lettuce: Lettuce. <i>Contains: Milk, Cheese.</i></p> |

TUCKR Ingredients List



| MAIN MEALS | |
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| BLT Bagel | <p>Plain Bagel: Wheat Flour, Water, Gluten, Sugar Brown, Yeast, Salt, Extra Virgin Olive Oil</p> <p>Bacon: Pork (77%), Water, Salt, Brown Sugar, Mineral Salts (451, 452, 500), Sugar, Antioxidant (316), Preservative (250).</p> <p>Mayo: Vegetable Oil, Water, Acidity Regulator (260), Sugar, Egg Yolk, Salt, Spices, Thickener (415, 412), Preservative (202), Antioxidant (385).</p> <p>Lettuce: Lettuce.</p> <p>Tomato: Tomato.</p> <p>Contains: Wheat, Gluten, Egg.</p> |
| Butter Chicken Burrito | <p>Butter Chicken: 40% Boneless Skinless Chicken Breast/Thigh. 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: Jasmine long grain rice.</p> <p>Green Cabbage: Green Cabbage.</p> <p>Pita: Flour(Gluten), Water, Salt, Low Sugar, Yeast.</p> <p>Contains: Milk, Gluten.</p> |
| Sloppy Joe | <p>Savoury Mince: Boneless Beef Trim (77%), Seasoning (23%) - sugar, salt, maltodextrin, potato starch, rice flour, dehydrated onion, tomato powder, spices, hydrolysed vegetable protein (soy), dehydrated garlic, herbs, colour (160c), flavour, burnt sugar.</p> <p>Cheese Slice: Pasteurised Milk, Salt, Cultures, Enzymes (Non-Animal Rennet).</p> <p>Burger Bun: Wheat flour, water, yeast, wheat gluten, iodised salt, sugar, canola oil, soy flour, emulsifier (481), acidity regulator (263), vitamin (folic acid), processing aids (wheat).</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, Soy, Egg, Milk, Cheese.</p> |
| Spaghetti Meatballs | <p>Meatballs: Meat (60%) (Beef (38%), Chicken), Onion (10%) Seasoning, [Wheat Flour, Salt, Tapioca Starch, Emulsifier (451), Hydrolysed Soy Protein, Garlic, Spice, Spice Extract, Yeast Extract], Vegetable Oil, Water, Breadcrumbs [Wheat Flour, Vegetable Oil, Salt, Yeast, Sugar, Bread Improver (Anti-caking Agent (170), Acidity Regulator (300))], Textured Soy Protein, Soy Protein, Colour (150c).</p> <p>Spaghetti: Durum Wheat Semolina, Water.</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, Soy, Milk, Cheese.</p> |
| Meatballs Sub | <p>Meatballs: Meat (60%) (Beef (38%), Chicken), Onion (10%) Seasoning, [Wheat Flour, Salt, Tapioca Starch, Emulsifier (451), Hydrolysed Soy Protein, Garlic, Spice, Spice Extract, Yeast Extract], Vegetable Oil, Water, Breadcrumbs [Wheat Flour, Vegetable Oil, Salt, Yeast, Sugar, Bread Improver (Anti-caking Agent (170), Acidity Regulator (300))], Textured Soy Protein, Soy Protein, Colour (150c).</p> <p>Spilt 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>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, Soy, Milk, Cheese.</p> |
| Asian Noodle Salad - Chicken | <p>Noodle Egg Thin: Wheat flour (86%), water, egg (3%), salt.</p> <p>Crispy Noodle: Wheat Flour, Vegetable Oil (Palm), Water, Salt, Sugar, Pasteurised Egg Pulp, Flavour Enhancer (621), Natural Colour (E100).</p> <p>Korean BBQ: Water, Soy Sauce (20%) (Water, Soybean Extract, Wheat Flour, Salt, Sugar), Sugar, Sesame Oil (14%), Vinegar, Ginger, Tomato Paste, Gochujang Paste (3%) (Corn Syrup, Red Pepper Powder, Wheat Flour, Water, Salt, Onion, Garlic, Fermented Spirit, Rice, Fermented Soybean, Barley), Thickener (Modified Starch, Xanthan Gum), Garlic, Golden Syrup, Cold Pressed Rapeseed Oil, Tamarind Puree, Roasted Red Pepper, Salt, Onion, Spices.</p> <p>Shredded Chicken: Chicken (97%), Salt, Mineral Salt (450), Sugar, Thickeners (1412, 407, 1442).</p> <p>Green Cabbage: Green Cabbage.</p> <p>Edamame Beans: EDAMAME SOYBEANS.</p> <p>Contains: Wheat, Gluten, Soy, Egg, Sesame.</p> |
| Asian Noodle Salad - Veggie | <p>Noodle Egg Thin: Wheat flour (86%), water, egg (3%), salt.</p> <p>Crispy Noodle: Wheat Flour, Vegetable Oil (Palm), Water, Salt, Sugar, Pasteurised Egg Pulp, Flavour Enhancer (621), Natural Colour (E100).</p> <p>Korean BBQ: Water, Soy Sauce (20%) (Water, Soybean Extract, Wheat Flour, Salt, Sugar), Sugar, Sesame Oil (14%), Vinegar, Ginger, Tomato Paste, Gochujang Paste (3%) (Corn Syrup, Red Pepper Powder, Wheat Flour, Water, Salt, Onion, Garlic, Fermented Spirit, Rice, Fermented Soybean, Barley), Thickener (Modified Starch, Xanthan Gum), Garlic, Golden Syrup, Cold Pressed Rapeseed Oil, Tamarind Puree, Roasted Red Pepper, Salt, Onion, Spices.</p> <p>Green Cabbage: Green Cabbage.</p> <p>Edamame Beans: EDAMAME SOYBEANS.</p> <p>Contains: Wheat, Gluten, Soy, Egg, Sesame.</p> |

TUCKR Ingredients List



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| <p>Thai Green Chicken Curry</p> | <p>Thai Green Chicken Curry: 20% Boneless Skinless Chicken Breast - NZ Origin, 20% Boneless Skinless Chicken Thighs - NZ Origin, 2% Green Capsicum, 2% Red Capsicum, 2% Green Beans, 54% Thai Green Curry Sauce – Coconut Cream, Water, Sugar, Canola Oil, Garlic, Green Curry Paste, Thickener (1442), Ginger, Onion Powder, Salt, Lemongrass, Coriander, Food Acid (330), Emulsifier (433), Potassium Chloride, Natural Flavour.</p> |
| <p>Steam Bun (HOD)</p> | <p>Wheat Flour, Water, Pork (21%), Sugar, Potato Starch, Vegetable Oil, Onion, Salt, Oyster Sauce [Mollusc, Wheat, Flavour Enhancer (621, 635), Colour (150a)], Soy Sauce [Soy, Wheat], Cooking Wine [Wheat], Dough Improver [Emulsifier (481, 471), Antioxidant (300), Wheat, Soy], Baking Powder [Raising Agent (450, 500)], Yeast, Seasoning [Flavour Enhancer (621), Natural Flavours, Soy, Yeast Extract], Colour (Paprika Oleoresin, 120), Garlic Powder, White Pepper. Contains: Mollusc, Soy, Wheat, Gluten. May Contain: Sesame, Crustacean, Milk.</p> |
| <p>Veggie Dumplings</p> | <p>Soy Sauce: Water, Soybeans, Wheat, Salt. Veggie Dumplings: Wheat Flour, Water, Sweet Potato (12%), Cabbage, Carrots, Edamame (soy) (7%), Hemp (6%), Vegetable Oil, Soy Sauce [soy, wheat], Sesame Oil, Spices, Garlic, Salt, Spring Onion. Contains: Sesame, Soy, Wheat, Gluten. May Contain: Mollusc, Crustacean, Egg.</p> |
| <p>Chicken Dumplings</p> | <p>Soy Sauce: Water, Soybeans, Wheat, Salt. Chicken Dumplings: Wheat Flour, Chicken (22%), Water, Cabbage, Vegetable Oil, Spring Onion, Ginger (1.7%), Soy Sauce [Soy, Wheat], Sesame Oil, Seasoning [Flavour Enhancer (621), Natural Flavours, Soy], Sugar, Salt, Spices. Contains: Sesame, Soy, Wheat, Gluten. May Contain: Mollusc, Crustacean, Egg.</p> |
| <p>Pork Dumplings</p> | <p>Soy Sauce: Water, Soybeans, Wheat, Salt. Pork Dumplings: Wheat Flour, Water, Pork (21%), Chives (15%), Cabbage, Vegetable Oil, Soy Sauce [Soy, Wheat], Sesame Oil, Salt, Seasoning [Flavour Enhancer (621), Natural Flavours, Soy], Spices, Sugar. Contains: Sesame, Soy, Wheat, Gluten. May Contain: Mollusc, Crustacean, Egg.</p> |
| <p>Katsu Chicken on Rice</p> | <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. Rice: White long grain rice 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). Mayo: Vegetable Oil, Water, Acidity Regulator (260), Sugar, Egg Yolk, Salt, Spices, Thickener (415, 412), Preservative (202), Antioxidant (385). Black Sesame Seeds: Black Sesame Seeds (100%). White Sesame Seeds: Sesame Seeds (100%). Contains: Egg, Gluten, Wheat, Soy.</p> |
| <p>Teriyaki Chicken on Rice</p> | <p>Rice: White long grain rice Shredded Chicken: Chicken (97%), Salt, Mineral Salt (450), Sugar, Thickeners (1412, 407, 1442). 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], 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). Mayo: Vegetable Oil, Water, Acidity Regulator (260), Sugar, Egg Yolk, Salt, Spices, Thickener (415, 412), Preservative (202), Antioxidant (385). Black Sesame Seeds: Black Sesame Seeds (100%). White Sesame Seeds: Sesame Seeds (100%). Contains: Sesame, Sulphites >10mg/kg, Soy, Egg.</p> |
| <p>Butter Chicken on Rice</p> | <p>Butter Chicken: 40% Boneless Skinless Chicken Breast/Thigh 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. Rice: White long grain rice Contains: Milk.</p> |
| <p>Chilli Con Carne Beef</p> | <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. Rice: Long Grain White Rice. Cheddar Cheese: Pasteurised Milk, Salt, Anti-caking agent (460), Preservative (200), Cultures, Rennet. Contains: Milk, Cheese, Soy, Wheat, Gluten.</p> |

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| <p>Chilli Con Carne Veggie</p> | <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. Rice: Long Grain White Rice. Cheddar Cheese: Pasteurised Milk, Salt, Anti-caking agent (460), Preservative (200), Cultures, Rennet. <i>Contains: Milk, Cheese, Soy, Wheat, Gluten.</i></p> |
| <p>Chilli Con Carne Vegan</p> | <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. Rice: Long Grain White Rice. <i>Contains: Soy.</i></p> |
| <p>Double Beef Burger - Cheese</p> | <p>Burger Pattie: Meat (72%) (Beef, Chicken, Lamb), Onion, Seasoning [Wheat Flour, Salt, Tapioca Starch, Emulsifier (451), Soy Protein, Garlic, Spice, Spice Extract, Yeast Extract], Breadcrumbs [Wheat Flour, Vegetable Oil, Salt, Yeast, Sugar, Bread Improver (Anti-caking Agent (170), Acidity Regulator (300))] Soy Protein Isolate, Colour (150c). Cheese Slice: Pasteurised Milk, Salt, Cultures, Enzymes (Non-Animal Rennet). Burger Bun: Wheat flour, water, yeast, wheat gluten, iodised salt, sugar, canola oil, soy flour, emulsifier (481), acidity regulator (263), vitamin (folic acid), processing aids (wheat). 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). Mayo: Vegetable Oil, Water, Acidity Regulator (260), Sugar, Egg Yolk, Salt, Spices, Thickener (415, 412), Preservative (202), Antioxidant (385). <i>Contains: Gluten, Wheat, Soy, Egg, Milk, Cheese.</i></p> |
| <p>Double Beef Burger - Salad</p> | <p>Burger Pattie: Meat (72%) (Beef, Chicken, Lamb), Onion, Seasoning [Wheat Flour, Salt, Tapioca Starch, Emulsifier (451), Soy Protein, Garlic, Spice, Spice Extract, Yeast Extract], Breadcrumbs [Wheat Flour, Vegetable Oil, Salt, Yeast, Sugar, Bread Improver (Anti-caking Agent (170), Acidity Regulator (300))] Soy Protein Isolate, Colour (150c). Burger Bun: Wheat flour, water, yeast, wheat gluten, iodised salt, sugar, canola oil, soy flour, emulsifier (481), acidity regulator (263), vitamin (folic acid), processing aids (wheat). 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). Mayo: Vegetable Oil, Water, Acidity Regulator (260), Sugar, Egg Yolk, Salt, Spices, Thickener (415, 412), Preservative (202), Antioxidant (385). Lettuce: Lettuce. Tomato: Tomato. <i>Contains: Gluten, Wheat, Soy, Egg, Milk.</i></p> |
| <p>Double Beef Burger - Works</p> | <p>Burger Pattie: Meat (72%) (Beef, Chicken, Lamb), Onion, Seasoning [Wheat Flour, Salt, Tapioca Starch, Emulsifier (451), Soy Protein, Garlic, Spice, Spice Extract, Yeast Extract], Breadcrumbs [Wheat Flour, Vegetable Oil, Salt, Yeast, Sugar, Bread Improver (Anti-caking Agent (170), Acidity Regulator (300))] Soy Protein Isolate, Colour (150c). Cheese Slice: Pasteurised Milk, Salt, Cultures, Enzymes (Non-Animal Rennet). Burger Bun: Wheat flour, water, yeast, wheat gluten, iodised salt, sugar, canola oil, soy flour, emulsifier (481), acidity regulator (263), vitamin (folic acid), processing aids (wheat). 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). Mayo: Vegetable Oil, Water, Acidity Regulator (260), Sugar, Egg Yolk, Salt, Spices, Thickener (415, 412), Preservative (202), Antioxidant (385). Lettuce: Lettuce. Tomato: Tomato. <i>Contains: Gluten, Wheat, Soy, Egg, Milk, Cheese.</i></p> |
| <p>Chicken Burger - Cheese</p> | <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. Cheese Slice: Pasteurised Milk, Salt, Cultures, Enzymes (Non-Animal Rennet). Burger Bun: Wheat flour, water, yeast, wheat gluten, iodised salt, sugar, canola oil, soy flour, emulsifier (481), acidity regulator (263), vitamin (folic acid), processing aids (wheat). 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). Mayo: Vegetable Oil, Water, Acidity Regulator (260), Sugar, Egg Yolk, Salt, Spices, Thickener (415, 412), Preservative (202), Antioxidant (385). <i>Contains: Gluten, Wheat, Soy, Egg, Milk, Cheese.</i></p> |

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| <p>Chicken Burger - Works</p> | <p>Chicken Pattie: 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, Soy Protein Isolate, Colour (150c). Cheese Slice: Pasteurised Milk, Salt, Cultures, Enzymes (Non-Animal Rennet). Burger Bun: Wheat flour, water, yeast, wheat gluten, iodised salt, sugar, canola oil, soy flour, emulsifier (481), acidity regulator (263), vitamin (folic acid), processing aids (wheat). 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). Mayo: Vegetable Oil, Water, Acidity Regulator (260), Sugar, Egg Yolk, Salt, Spices, Thickener (415, 412), Preservative (202), Antioxidant (385). Lettuce: Lettuce. Tomato: Tomato. <i>Contains: Gluten, Wheat, Soy, Egg, Milk, Cheese.</i></p> |
| <p>Chicken Burger - Salad</p> | <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, Soy Protein Isolate, Colour (150c). Burger Bun: Wheat flour, water, yeast, wheat gluten, iodised salt, sugar, canola oil, soy flour, emulsifier (481), acidity regulator (263), vitamin (folic acid), processing aids (wheat). 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). Mayo: Vegetable Oil, Water, Acidity Regulator (260), Sugar, Egg Yolk, Salt, Spices, Thickener (415, 412), Preservative (202), Antioxidant (385). Lettuce: Lettuce. Tomato: Tomato. <i>Contains: Gluten, Wheat, Soy, Egg, Milk .</i></p> |
| <p>Chicken Sub</p> | <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). Spilt 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). Sweet Chilli: Water, Sugar, Acidity Regulator (260), Capsicum (11%), Thickener (1442, 415), Chilli (2.2%), Garlic, Salt, Preservative (202). Mayo: Vegetable Oil, Water, Acidity Regulator (260), Sugar, Egg Yolk, Salt, Spices, Thickener (415, 412), Preservative (202), Antioxidant (385). <i>Contains: Gluten, Wheat, Egg, Milk, Soy, Sulphites (>10mg/kg). May contain: Peanut, Almond, Hazelnut, Walnut, Sesame.</i></p> |
| <p>Falafel Sub</p> | <p>Falafel: Chickpeas (65%), water, broad beans, tapioca starch, canola oil, parsley, garlic, cumin, ground coriander, salt, mild chilli. Spilt 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). Sweet Chilli: Water, Sugar, Acidity Regulator (260), Capsicum (11%), Thickener (1442, 415), Chilli (2.2%), Garlic, Salt, Preservative (202). Mayo: Vegetable Oil, Water, Acidity Regulator (260), Sugar, Egg Yolk, Salt, Spices, Thickener (415, 412), Preservative (202), Antioxidant (385). <i>Contains: Gluten, Wheat, Maize, Egg, Milk, Soy, Sulphites (>10mg/kg). May contain: Peanut, Almond, Hazelnut, Walnut, Sesame.</i></p> |
| <p>Veggie Nachos</p> | <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. 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)]. Cheddar Cheese: Pasteurised Milk, Salt, Anti-caking agent (460), Preservative (200), Cultures, Rennet. <i>Contains: Mazie, Soy, Milk, Cheese.</i></p> |



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| <p>Vegan Nachos</p> | <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>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>Contains: Maize, Soy, Milk.</p> |
| <p>Beef Nachos</p> | <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>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>Cheddar Cheese: Pasteurised Milk, Salt, Anti-caking agent (460), Preservative (200), Cultures, Rennet.</p> <p>Contains: Wheat, Mazie, Soy, Milk.</p> |
| <p>Chicken Nachos</p> | <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: Maize, Milk, Soy, Cheese, Sulphites >10mg/kg.</p> |
| <p>Pizza - Pepperoni</p> | <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> |
| <p>Pizza - Cheese</p> | <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> |
| <p>Pizza - BBQ Chicken</p> | <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>Shredded Chicken: Chicken (97%), Salt, Mineral Salt (450), Sugar, Thickeners (1412, 407, 1442).</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: Wheat, Gluten, Soy, Milk, Cheese.</p> |



TUCKR Ingredients List



| SIDES | |
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| 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 | <p>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.</p> <p>Contains: Egg, Gluten, Wheat, Milk Soy.</p> |
| Garlic Cheesy Pita | <p>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.</p> <p>Contains: Gluten. Wheat, Milk, Cheese.</p> |
| Cheesy Pita | <p>Cheddar Cheese: Pasteurised Milk, Salt, Anti-caking agent (460), Preservative (200), Cultures, Rennet. Pita: Flour, Water, Salt, Low Sugar, Yeast.</p> <p>Contains: Gluten. Wheat, Milk, Cheese.</p> |
| Chicken Bites | <p>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>Contains: Wheat, Gluten. May be present: Milk, Soy.</p> |
| Sweet Pretzel | <p>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.</p> <p>Contains: Wheat, Gluten, Milk, Soy.</p> |
| Cheese Pretzel | <p>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.</p> <p>Contains: Wheat, Gluten, Milk, Soy, Cheese.</p> |
| Bluebird - Ready Salted | <p>Potatoes (64%), canola oil and/or sunflower oil, salt, antioxidants (tocopherols, ascorbic acid, rosemary extract, citric acid).</p> |
| Bluebird - Salt & Vinegar | <p>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).</p> |
| Bluebird - Chicken | <p>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).</p> |
| Bluebird - BBQ | <p>Potatoes (64%), Sunflower Oil and/or Canola Oil, Sugar, Salt, Lactose (Milk), Maltodextrin, Onion Powder, Yeast Extracts, Spices (White Pepper, Black Pepper, Chilli), Natural & Smoke Flavours, Garlic Powder, Yeast Powder, Natural Colour (Paprika Extract), Food Acid (Citric Acid), Antioxidants (Tocopherols, Ascorbic Acid, Rosemary Extract).</p> |
| Doritos - Sweet Thai Chili | <p>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).</p> <p>Contains: Wheat, Gluten, Milk, Soy.</p> |
| Doritos - Cheese Supreme | <p>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).</p> <p>Contains: Wheat, Gluten, Milk, Soy.</p> |

TUCKR Ingredients List



| SWEETS | |
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| 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. <i>Contains: Egg, Gluten, Wheat, Milk, Soy.</i> |
| 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. <i>Contains: Egg, Milk, Soy.</i> |
| 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. <i>Contains: Egg, Gluten, Milk, Soy. May Contain Peanuts, Tree Nuts.</i> |
| 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. <i>Contains: Egg, Gluten, Milk, Soy. May Contain: Peanuts.</i> |
| 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. <i>Contains: Egg, Gluten, Milk, Soy. May Contain: Peanuts.</i> |
| Waffle - Large | Wheat flour, margarine [vegetable oil, water, emulsifier (471)]. Sugar, water, egg , invert sugar, yeast, Soy flour, salt, emulsifier [322 (soy)], flavour. <i>Contains: Wheat, Gluten, Egg, Soy.</i> |
| Waffle - Small | Wheat flour, margarine [vegetable oil, water, emulsifier (471)]. Sugar, water, egg , invert sugar, yeast, Soy flour, salt, emulsifier [322 (soy)], flavour. <i>Contains: Wheat, Gluten, Egg, Soy.</i> |
| 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. <i>Contains: Wheat, Gluten, Egg, Milk. May Contain: Peanuts, Soy.</i> |
| Chocolate Muffin | Sugar, Wheat Flour , Egg , Vegetable Oil, Compound Chocolate (13%) [Sugar, Vegetable Oil, Cocoa Powder, Emulsifiers (492, Soy Lecithin), Natural Flavour], Water, Caramel Filling (6%) [Sugar, Water, Golden Syrup, Glucose Syrup, Thickener (1442), Vegetable Oil, Milk Solids , Humectant (422), Colours (150a, 171, 160c), Salt, Emulsifier (471, 433), Natural Flavour, Food Acid (270)], Cocoa Powder (2.0%), Thickener (1422, 415, 412), Whey Powder (Milk), Raising Agents (450, 575, 500), Salt, Emulsifiers (471, 481), Natural Flavour. <i>Contains: Wheat, Gluten, Egg, Milk, Soy. May Contain Peanuts, Tree Nuts.</i> |
| Caramel Chocolate Muffin | Sugar, Wheat Flour , Egg , Vegetable Oil, Compound Chocolate (12%) [Sugar, Vegetable Oil, Cocoa Powder, Emulsifiers (492, Soy Lecithin), Natural Flavour], Water, Caramel Filling (6%) [Sugar, Water, Golden Syrup, Glucose Syrup, Thickener (1442), Vegetable Oil, Milk Solids , Humectant (422), Colours (150a, 171, 160c), Salt, Emulsifier (471, 433), Natural Flavour, Food Acid (270)], Cocoa Powder (2.0%), Thickener (1422, 415, 412), Whey Powder (Milk), Raising Agents (450, 575, 500), Salt, Emulsifiers (471, 481), Natural Flavour. <i>Contains: Wheat, Gluten, Egg, Milk, Soy. May Contain: Peanuts.</i> |
| 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))]. <i>Contains: Egg, Milk, Soy, Wheat, Gluten. May Contain: Peanuts, Tree nuts.</i> |
| Juicies Wildberry | Fruit juice (99.9%) [Fresh Pressed Apple Juice, Fruit Juicies (10%) (Boysenberry, Blackcurrant)], Natural Flavour, Vitamin C. |

TUCKR Ingredients List



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| Juicies Tropical | Fruit Juice (99.9%) [Fresh Pressed Apple Juice (95.8%), Fruit Juices (Orange, Pineapple, Mango, Passion Fruit Juice)], Natural Flavour, Vitamin C. |
| Juicies 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. |
| Icy Twist | Water, Cane Sugar, Glucose Syrup, Maltodextrin, Glucose, Vegetable Gum (410), Food Acid (330), Flavour, Lemon Juice. |

HOT DRINKS

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| 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. |
| Pumpkin 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 starch, 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. |

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| 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. |
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TUCKR Ingredients List



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| Short Black | <p>Coffee Beans: Coffee Beans, Caffeine. Sugar: Cane Sugar (Optional). Water: Water. Contains: Caffeine.</p> |
| Long Black | <p>Coffee Beans: Coffee Beans, Caffeine. Sugar: Cane Sugar (Optional). Water: Water. Contains: Caffeine.</p> |
| Tea | <p>Sugar: Cane Sugar (Optional). Milk: Blue Top Milk (Standard Fat Milk). Tea: Tea, Caffeine. Contains: Milk, Caffeine.</p> |

SAUCES

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| Ketchup | <p>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).</p> |
| Sweet Chilli | <p>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).</p> |
| Mayo | <p>Vegetable Oil, Water, Acidity Regulator (260), Sugar, Egg Yolk, Salt, Spices, Thickener (415, 412), Preservative (202), Antioxidant (385). Contains: Egg.</p> |
| BBQ Sauce | <p>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> |
| Honey Mustard | <p>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).</p> |
| Aioli | <p>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.</p> |
| Chilli Mayo | <p>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.</p> |

DRINKS

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| Just Juice - Tropical | <p>Reconstituted Fruit Juices (Apple (66.5%), Pineapple (15%), Orange (10%)), Mango Puree (7%), Passionfruit Juice (1.5%), Vitamin (C), Natural Flavours.</p> |
| Just Juice - Orange & Mango | <p>Reconstituted Fruit Juices (Apple (78%), Orange (13%)), Mango Puree (9%), Vitamin (C), Natural Flavours.</p> |
| Just Juice - Orange & Apple | <p>Reconstituted Fruit Juices (Apple (70%), Orange (30%)), Natural Flavours , Vitamin C.</p> |
| Just Juice - Bubbles Tropical 50% Less Sugar | <p>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)).</p> |
| AQA Lite - Cola | <p>Carbonated Water, Colour (150d), Natural Flavour, Acidity Regulator (338, 330), Preservative (202), Sweeteners (955, 950), Caffeine.</p> |
| AQA Lite - Lemonade | <p>Carbonated Water, Acidity Regulator (330), Natural Flavours , Preservative (202), Sweeteners (955, 950).</p> |

TUCKR Ingredients List



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| AQA Lite - Orange | Carbonated Water, Natural Flavours , Acidity Regulator (330), Preservative (202), Sweeteners (955, 950). |
| Water (Still) | 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

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| Butter Chicken Pie - Unbagged | <p>Wheat Flour, Water, Chicken (21%), Margarine [Shortening, Vegetable Oil, Water, Salt, Emulsifiers (471, 322 (Soy)), Acidity Regulator (500), Antioxidant (307b (Soy)), Food Acid (330), Colour (160a)], Butter Chicken Seasoning (Wheat, Soy) [Flavour Enhancers (621, 627, 631)], Thickeners (1414, 466), Tomato Paste (1%), Sour Cream (1%) (Milk), Unsalted Butter (0.4%) (Milk), Pastry Glaze (Milk) [Colour (160b)], Preservative (223) (Sulphites), Fibre.</p> <p>Contains: Wheat, Gluten, Soy, Milk, Sulphites.</p> <p>May be Present: Other Cereals (Barley, Oats, Rye), Egg.</p> |
| Mince & Cheese Pie - Unbagged | <p>Wheat Flour, Water, Beef (21%), Margarine [Shortening, Vegetable Oil, Water, Salt, Emulsifiers (471, 322 (Soy)), Acidity Regulator (500), Antioxidant (307b (Soy)), Food Acid (330), Colour (160a)], Cheese Sauce (4%) (Milk) [Contains Cheese (46%), Colour (160a)], Thickener (1414), Pastry Glaze (Milk) [Colour (160b)], Colours [160a (Sulphites), 150c], Flavouring (Soy) [Flavour Enhancer (621)], Dehydrated Onion, Fibre.'</p> <p>Contains: Wheat, Gluten, Soy, Milk, Sulphites.</p> <p>May be present: Other Cereals (Barley, Oats, Rye), Egg.</p> |
| Steak & Cheese Pie - Unbagged | <p>Wheat Flour, Water, Beef (22%), Margarine [Shortening, Vegetable Oil, Water, Salt, Emulsifiers (471, 322 (Soy)), Acidity Regulator (500), Antioxidant (307b (Soy)), Food Acid (330), Colour (160a)], Cheese Sauce (4%) (Milk) [Contains Cheese (46%) Colour (160a)], Thickener (1414), Colours [160a (Sulphites), 150c], Flavouring (Soy) [Flavour Enhancer (621)], Pastry Glaze (Milk) [Colour (160b)], Dehydrated Onion, Fibre.</p> <p>Contains: Wheat, Gluten, Soy, Milk, Sulphites.</p> <p>May be present: Other Cereals (Barley, Oats, Rye), Egg.</p> |
| Dads Pies - Mince & Cheese | <p>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).</p> <p>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).</p> <p>Contains: Gluten, Wheat, Milk, Soy.</p> <p>May Contain Egg, Sulphites >10mg/kg.</p> |

TUCKR Ingredients List



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| <p>Dads Pies - Steak & Cheese</p> | <p>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.</p> |
| <p>Dads Pies - Ham n Cheese Bake</p> | <p>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.</p> |
| <p>Dads Pies - Butter Chicken</p> | <p>Pastry (51%): 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.</p> |
| <p>Dads Sausage Roll</p> | <p>Filling (56%): Water, Beef (33%), Seasoning Mix (Wheat Flour, Soy Protein, Breadcrumbs (wheat), Salt, Vegetable Protein Extract (Maize), Dehydrated Vegetables, Acidity Regulators (450, 451), Spice, Preservative (223), Antioxidant (316), Spice Extracts), Onions. Pastry (44%): Wheat Flour, Water, Margarine (Animal Fat, Vegetable Oil, Water, Salt, Emulsifier (471, 322) (soy), Flavour (milk), Acidity Regulator (500, 330), Antioxidant (307b) (soy), Natural Colour (160a)), Salt, Glaze (Colour (160a)). Contains: Wheat, Soy, Milk.</p> |
| <p>Sacred Heart Bagel</p> | <p>Plain Bagel: Wheat Flour, Water, Gluten, Sugar Brown, Yeast, Salt, Extra Virgin Olive Oil. Bacon: Pork (77%), Water, Salt, Brown Sugar, Mineral Salts (451, 452, 500), Sugar, Antioxidant (316), Preservative (250). Egg: Egg. Hollandaise Sauce: Cold Pressed Rapeseed Oil, Water, Egg (5%), Vinegar, Salt, Lemon Juice Concentrate, Mustard, Raw Sugar, Natural Flavour, Thickener (Xanthan Gum), Natural Colour (Beta Carotene), Onion, Antioxidant (Rosemary Extract). Contains: Wheat, Gluten, Egg.</p> |
| <p>Dirty Milk Tea - Wucha</p> | <p>Milk (Fresh): Milk. Fructose Syrup: Fructose, Water. 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. 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). Contains: Milk.</p> |
| <p>Caramel Milk Tea - Wucha</p> | <p>Tea Base: Black Tea, Cassia Seeds, Flavouring Substances, Barley. 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 Tripolyphosphate, Sodium Pyrophosphate), Salt, Maltodextrin. 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. Contains: Milk, Barley, Gluten.</p> |
| <p>Passionfruit Mango Tea - Wucha</p> | <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) Passionfruit Pulp: Passionfruit (50%), Sugar, Water, Thickener (E415), Preservatives (E202, E223 – Sulphites >10mg/kg). 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. Contains: Sulphites>10mg. May Contain: Wheat, Gluten, Milk, Egg.</p> |



TUCKR Ingredients List



\$5 BUCK HIT\$

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| <p>Toppa Lasagne Square</p> | <p>Beef (23%), Batter [Water, Wheat Flour, Modified Starch (1404), Maize Starch, Salt, Thickener (412), Dehydrated Onion, Hydrolysed Vegetable Protein (Wheat), Spice, Herb], Cooked Pasta (13%) [Water, Durum Wheat Flour], Breadcrumbs [Wheat Flour, Glucose, Salt, Yeast, Colours (100, 160b), Vegetable Oil, Sugar, Bread Improver (Anti Caking Agent (170), Antioxidant (300))], Cheese (6%) [Milk, Cream, Salt, Milk Solids, Cultures, Enzymes, Water, Thickener (1422), Stabilisers (415, 466), Emulsifying Salts (331, 451), Food Acid (270), Yeast Extract, Colours (100, 160a)], Tomato Paste, Textured Soy Protein, Onions, Vegetable Oil, Seasoning [Wheat, Soy, Acidity Regulator (330), Anti Caking Agent (551), Spice Extracts (100, 160c), Flavour Enhancer (635), Emulsifiers (433, 451), Milk, Vitamin E], Capsicum. <i>Contains: Wheat, Gluten, Milk, Soy. May Contain Fish, Crustacean, Egg.</i></p> |
| <p>Snack Burger</p> | <p>Burger Pattie: Meat (72%) (Beef, Chicken, Lamb), Onion, Seasoning [Wheat Flour, Salt, Tapioca Starch, Emulsifier (451), Soy Protein, Garlic, Spice, Spice Extract, Yeast Extract], Breadcrumbs [Wheat Flour, Vegetable Oil, Salt, Yeast, Sugar, Bread Improver (Anti-caking Agent (170), Acidity Regulator (300))] Soy Protein Isolate, Colour (150c). Cheese Slice: Pasteurised Milk, Salt, Cultures, Enzymes (Non-Animal Rennet). Burger Bun: Wheat flour, water, yeast, wheat gluten, iodised salt, sugar, canola oil, soy flour, emulsifier (481), acidity regulator (263), vitamin (folic acid), processing aids (wheat). 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). Mayo: Vegetable Oil, Water, Acidity Regulator (260), Sugar, Egg Yolk, Salt, Spices, Thickener (415, 412), Preservative (202), Antioxidant (385). <i>Contains: Gluten, Wheat, Soy, Egg, Milk, Cheese.</i></p> |
| <p>Mac & Cheese (Ham)</p> | <p>Pasta: Durum Wheat Semolina, Water. Cheddar Cheese: Pasteurised Milk, Salt, Anti-caking agent (460), Preservative (200), Cultures, Rennet. Cheese Sauce: Cheese (Skim Milk, Cream, Salt, Milk Solids, Cultures, Enzymes) [47%], Water, Milk Solids, Thickener (1422), Stabilisers (415, 466), Emulsifying Salts (331, 451), Acid (270), Yeast Extract, Colours (100, 160a). Ham: Pork (61%), Water, Seasoning (Potato Starch, Soy Protein Isolate, Mineral Salts (451, 508, 450), Salt, Vegetable Gum (407a), Sugar, Hydrolysed Vegetable Protein (Maize), Antioxidant (316), Preservative (250), Fermented Rice, Spice Extract), Liquid Smoke. <i>Contains: Wheat, Gluten, Milk, Soy.</i></p> |
| <p>Mac & Cheese (Chicken)</p> | <p>Pasta: Durum Wheat Semolina, Water. Cheddar Cheese: Pasteurised Milk, Salt, Anti-caking agent (460), Preservative (200), Cultures, Rennet. Cheese Sauce: Cheese (Skim Milk, Cream, Salt, Milk Solids, Cultures, Enzymes) [47%], Water, Milk Solids, Thickener (1422), Stabilisers (415, 466), Emulsifying Salts (331, 451), Acid (270), Yeast Extract, Colours (100, 160a). Shredded Chicken: Chicken (97%), Salt, Mineral Salt (450), Sugar, Thickeners (1412, 407, 1442). <i>Contains: Wheat, Gluten, Milk.</i></p> |
| <p>Mac & Cheese (Plain)</p> | <p>Pasta: Durum Wheat Semolina, Water. Cheddar Cheese: Pasteurised Milk, Salt, Anti-caking agent (460), Preservative (200), Cultures, Rennet. Cheese Sauce: Cheese (Skim Milk, Cream, Salt, Milk Solids, Cultures, Enzymes) [47%], Water, Milk Solids, Thickener (1422), Stabilisers (415, 466), Emulsifying Salts (331, 451), Acid (270), Yeast Extract, Colours (100, 160a). <i>Contains: Wheat, Gluten, Milk.</i></p> |
| <p>Pork Riblet Sub</p> | <p>Pork Riblet: Pork (51%), BBQ Sauce (18%) [Tomato paste, Sugar, Thickeners (1422, 415), Molasses, Salt, Acidity Regulator (260), Burnt Sugar, Natural Smoke, Vegetable Powder, Spices, Preservatives (211, 202), Yeast Extract], Chicken, Water, Seasoning [Soy, Emulsifiers (451, 450), Garlic], Breadcrumbs [Wheat, Anti-caking Agent (170), Acidity Regulator (300)], Vegetable Oil, Salt, Soy Protein Isolate. 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). Mayo: Vegetable Oil, Water, Acidity Regulator (260), Sugar, Egg Yolk, Salt, Spices, Thickener (415, 412), Preservative (202), Antioxidant (385). <i>Contains: Wheat, Soy, Egg, Gluten.</i></p> |
| <p>Teriyaki Chicken Sushi Roll</p> | <p>Seaweed: Seaweed (Porphyra Yezoensis). Shredded Chicken: Chicken (97%), Salt, Mineral Salt (450), Sugar, Thickeners (1412, 407, 1442). Rice: Jasmine Rice (100%). 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], 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). Vinegar Rice Wine: WATER, GLUTINOUS RICE, SALT. <i>Contains: Soy, Sesame.</i></p> |

TUCKR Ingredients List



Katsu Chicken Sushi Roll

Seaweed: Seaweed (Porphyra Yezoensis).

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**.

Rice: Jasmine Rice (100%)

Mayo: Vegetable Oil, Water, Acidity Regulator (260), Sugar, **Egg** Yolk, Salt, Spices, Thickener (415, 412), Preservative (202), Antioxidant (385).

Vinegar Rice Wine: WATER, GLUTINOUS RICE, SALT.

Contains: Soy, Gluten, Wheat, Sesame, Egg.

Veggie Chicken Sushi Roll

Seaweed: Seaweed (Porphyra Yezoensis).

Carrot: Carrot.

Cucumber: Cucumber.

Rice: Jasmine Rice (100%).

Vinegar Rice Wine: WATER, GLUTINOUS RICE, SALT.

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.

Cheddar Cheese: Pasteurised **Milk**, Salt, Anti-caking agent (460), Preservative (200), Cultures, Rennet.

Contains: Soy, Gluten, Wheat, Milk.

Tuckr Hot Dog w/ Cheese

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.

Cheddar Cheese: Pasteurised **Milk**, Salt, Anti-caking agent (460), Preservative (200), Cultures, Rennet.

Contains: Soy, Gluten, Wheat, Milk.

