

# TUCKR Virtual 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

<b>Chicken Breast</b>	Chicken (96%), Salt, Mineral Salts (451, 450, 452), Sugar, Modified Starch (1412), Thickener (407).
<b>Chicken Katsu (Crumbed Chicken)</b>	Chicken (51%), Water, <b>Flour (Wheat, Maize)</b> , Vegetable Oil (Sunflower, Canola), Salt, Yeast, <b>Wheat Gluten, Wheat Semolina</b> , Polenta, <b>Egg Powder</b> , Modified Starch (1422, 1404), Thickener (412), Spice Extracts, Mineral Salts (450, 451), Sugar, Yeast Extract, Natural Colour (160b). <b>Contains: Egg &amp; Egg Products, Gluten/Wheat, Milk &amp; Milk Products.</b> <b>May Contain: Evaporated Milk, Dried Milk Made For Soy Or Cereals.</b>
<b>Ham</b>	Pork (75%), Water, Salt, Modified Starch (1442), Thickener (407), Dextrose, Sugar, Mineral Salts (451, 452, 450, 500), Antioxidant (316), Preservative (250), Yeast Extract, Smoke Flavour. <b>May Contain: Soy.</b>
<b>Grilled Steak</b>	Beef (Min.80%), Water, Salt, Dextrose (Maize), Mineral Salt (450), <b>Soy Protein</b> , Sugar, Thickener (407a, 415), Yeast And Yeast Extracts, Hydrolysed Vegetable Protein (Maize/ <b>Gluten</b> ), Spice Extracts, Thickener (1442), Colour (150d) ( <b>Sulphites</b> ), Fibres, Dehydrated Vegetable, Natural Flavour. <b>Contains: Gluten, Soy, Sulphites&gt;10mg/Kg.</b>
<b>Beef</b>	Beef (80%), Brine (Water, Seasoning (Potato Starch, Salt, Modified Starch (1422), Mineral Salts (451, 450, 508), Lactose, Whey Protein ( <b>Milk</b> ), Dextrose (Maize), Vegetable Gum (407a), Yeast Extract, Vegetable Powder, Spice Extract, Emulsifier (471)), Moisture Binder (Tapioca Starch, Modified Starch (1412), <b>Soy Protein Isolate</b> , Sugar, Vegetable Gums (407a, 412), Mineral Salt (508), Thickener (466)), Salt, Acidity Regulator (262), Food Acid (331), Sucrose, Salt, Antioxidant (301)). <b>Contains: Milk, Soy.</b>
<b>Falafel (V+)</b>	Chickpeas ( <b>Sesame</b> ) (65%), Water, Broad Beans, Tapioca Starch, Canola Oil, Parsley, Garlic, Cumin, Ground Coriander, Salt, Mild Chilli. <b>Contains: Sesame.</b>
<b>Garden Veggie</b>	N/A

## BREAD

<b>Gluten Free Pita</b>	Tortilla Premix [Modified Starch (1412, 1442), Glutinous Rice Flour, <b>Soy Protein Isolate</b> , Baking Powder [Raising Agent (501, 450), Free Flow Agent (170, 551, 470), Maize Starch], Potato Starch, Thickeners (412, 464, 415), Sugar, Psyllium Husk Fibre, Emulsifier (471), Cultured Dextrose, Acidity Regulators (297, 330), Preservative (282)], Water, Vegetable Oil, Humectant (422), White Vinegar. <b>Contains: Soy.</b>
<b>Plain Pita</b>	<b>Flour(Gluten)</b> , Water, Salt, Low Sugar, Yeast. <b>Contains: Gluten, Wheat.</b>
<b>Salad Bowl</b>	N/A

## FILLINGS

<b>Cabbage Mix</b>	Cabbage (50%), Green Cabbage (50%), Raw Sliced.
<b>Lettuce</b>	Lettuce: Fresh (Shredded).
<b>Tomato</b>	Tomato's: Fresh (Diced).
<b>Carrot</b>	Carrot: Fresh (Grated).
<b>Corn</b>	Corn (Tinned): Super Sweet Corn (63%), Water, Salt, Food Acid (Citric Acid).
<b>Cucumber</b>	Cucumber: Fresh (Diced).

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## FILLINGS

<b>Red Onion</b>	Red Onion: Fresh (Sliced).
<b>Cheese - Cheddar</b>	<b>Pasteurised Milk</b> , Salt, Anti Caking Agent (Starch, 460), Cultures, Rennet. <i>Contains: Milk / Cheese.</i>

## SAUCES

<b>Mayonnaise</b>	Vegetable Oil, Water, Acidity Regulator (260), Sugar, <b>Egg Yolk</b> , Salt, Spices, Thickener (415, 412), Preservative (202), Antioxidant (385) <i>Contains: Egg.</i>
<b>BBQ Sauce</b>	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).
<b>Aioli</b>	Vegetable Oil, Water, Acidity Regulator (260, 330), Sugar, <b>Egg Yolk</b> , Garlic (1.9%), Thickener (1442, 415, 412), Salt, Spices, Mustard Seeds, Preservative (202), Antioxidant (385). <i>Contains: Egg.</i>
<b>Tomato Ketchup</b>	Tomato Paste, Water, Sugar, Acidity Regulator (260), Salt, Thickener (1442), Antioxidant (300, 385), Preservative (202), Spices. <i>Contains: Sulphites&gt;10mg/Kg.</i>
<b>Smoked Chipotle Mayo</b>	Vegetable Oil, Water, Sugar, Chipotles (4.5%), Acidity Regulator (260), Thickener (1442, 1450, 415), Salt, Garlic, Spices, Lemon Juice Concentrate, Smoke Flavour, Citrus Fibre, Preservative (202), Antioxidant (385).
<b>Sweet Chilli Sauce</b>	Water, Sugar, Acidity Regulator (260), Capsicum (11%), Thickener (1442, 415), Chilli (2.2%), Garlic, Salt, Preservative (202). <i>Contains: Sulphites&gt;10mg/Kg.</i>
<b>Hummus</b>	Chickpeas (59%), Water, Canola Oil, Tahini ( <b>Sesame</b> ), Lemon Juice Concentrate, Salt, Garlic, Herbs & Spices, Acidity Regulator (270), Preservative (202). <i>Contains: Sesame.</i>
<b>Cucumber Yoghurt Dressing</b>	Water, Vegetable Oil, <b>Whole Milk Powder</b> , Acidity Regulator (260, 270, 330), Thickener (1442, 1450, 415), Garlic, Sugar, Salt, Lemon Juice Concentrate, Natural Cucumber Flavour (0.5%), Herbs, Preservative (202), Spices, Antioxidant (385). <i>Contains: Milk.</i>

## MAINS

<b>Katsu Chicken on Rice</b>	<b>Crispy Chicken Burger:</b> Chicken (37%), Water, <b>Flour (Wheat, Maize)</b> , Vegetable Oil (Sunflower and/or Canola), <b>Wheat Gluten, Wheat Semolina, Soy</b> Protein Concentrate, Mineral Salts (450, 451, 452, 500), Polenta, Salt, Soy Flour, Starch ( <b>Potato, Wheat</b> ), Thickener (1420, 412), Dextrose (Tapioca, Maize), Acidity Regulator (330), Maltodextrin ( <b>Maize</b> ), Sugar, <b>Wheat Bran</b> . <b>Rice:</b> White long grain rice <b>BBQ Sauce:</b> 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). <b>Mayo:</b> Vegetable Oil, Water, Acidity Regulator (260), Sugar, <b>Egg Yolk</b> , Salt, Spices, Thickener (415, 412), Preservative (202), Antioxidant (385). <b>Black Sesame Seeds:</b> Black Sesame Seeds (100%). <b>White Sesame Seeds:</b> Sesame Seeds (100%). <i>Contains: Egg, Gluten, Wheat, Soy.</i>
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<b>Teriyaki Chicken on Rice</b>	<b>Rice:</b> White long grain rice <b>Shredded Chicken:</b> Chicken (97%), Salt, Mineral Salt (450), Sugar, Thickeners (1412, 407, 1442). <b>Teriyaki Sauce:</b> Water, Brown Sugar, <b>Soy</b> Sauce [Vegetable Protein Extract ( <b>Soy/Maize</b> ), Molasses, Burnt Sugar, Acid Regulator (270), Flavours], Sugar, Rice Vinegar [Alcohol, Rice, Salt], <b>Sesame</b> Oil, Crushed Ginger, Crushed Garlic, Acidity Regulator (260, 330), Thickener (1442, 415), Salt, Apple Sauce, Molasses, Yeast Extract, Colour(150d), Spices, Preservative (202, 211). <b>Mayo:</b> Vegetable Oil, Water, Acidity Regulator (260), Sugar, <b>Egg Yolk</b> , Salt, Spices, Thickener (415, 412), Preservative (202), Antioxidant (385). <b>Black Sesame Seeds:</b> Black Sesame Seeds (100%). <b>White Sesame Seeds:</b> Sesame Seeds (100%). <i>Contains: Sesame, Sulphites &gt;10mg/kg, Soy, Egg.</i>
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## MAINS

Snack Burger	<p><b>Burger Pattie:</b> Meat (72%) (Beef, Chicken, Lamb), Onion, Seasoning [<b>Wheat Flour</b>, Salt, Tapioca Starch, Emulsifier (451), <b>Soy Protein</b>, Garlic, Spice, Spice Extract, Yeast Extract], Breadcrumbs [<b>Wheat Flour</b>, Vegetable Oil, Salt, Yeast, Sugar, Bread Improver (Anti-caking Agent (170), Acidity Regulator (300))] <b>Soy Protein Isolate</b>, Colour (150c).  <b>Cheese Slice:</b> Pasteurised <b>Milk</b>, Salt, Cultures, Enzymes (Non-Animal Rennet).  <b>Burger Bun:</b> <b>Wheat flour</b>, water, yeast, <b>wheat gluten</b>, iodised salt, sugar, canola oil, <b>soy flour</b>, emulsifier (481), acidity regulator (263), vitamin (folic acid), processing aids (<b>wheat</b>).  <b>BBQ Sauce:</b> 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).  <b>Mayo:</b> Vegetable Oil, Water, Acidity Regulator (260), Sugar, <b>Egg Yolk</b>, Salt, Spices, Thickener (415, 412), Preservative (202), Antioxidant (385).  <i>Contains: <b>Gluten, Wheat, Soy, Egg, Milk, Cheese.</b></i></p>
Double Beef Burger	<p><b>Burger Pattie:</b> Meat (72%) (Beef, Chicken, Lamb), Onion, Seasoning [<b>Wheat Flour</b>, Salt, Tapioca Starch, Emulsifier (451), <b>Soy Protein</b>, Garlic, Spice, Spice Extract, Yeast Extract], Breadcrumbs [<b>Wheat Flour</b>, Vegetable Oil, Salt, Yeast, Sugar, Bread Improver (Anti-caking Agent (170), Acidity Regulator (300))] <b>Soy Protein Isolate</b>, Colour (150c).  <b>Cheese Slice:</b> Pasteurised <b>Milk</b>, Salt, Cultures, Enzymes (Non-Animal Rennet).  <b>Burger Bun:</b> <b>Wheat flour</b>, water, yeast, <b>wheat gluten</b>, iodised salt, sugar, canola oil, <b>soy flour</b>, emulsifier (481), acidity regulator (263), vitamin (folic acid), processing aids (<b>wheat</b>).  <b>BBQ Sauce:</b> 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).  <b>Mayo:</b> Vegetable Oil, Water, Acidity Regulator (260), Sugar, <b>Egg Yolk</b>, Salt, Spices, Thickener (415, 412), Preservative (202), Antioxidant (385).  <b>Lettuce:</b> Lettuce.  <i>Contains: <b>Gluten, Wheat, Soy, Egg, Milk, Cheese.</b></i></p>
Chicken Burger	<p><b>Crispy Chicken Burger:</b> Chicken (37%), Water, <b>Flour (Wheat, Maize)</b>, Vegetable Oil (Sunflower and/or Canola), <b>Wheat Gluten, Wheat Semolina, Soy Protein Concentrate</b>, Mineral Salts (450, 451, 452, 500), Polenta, Salt, <b>Soy Flour</b>, Starch (<b>Potato, Wheat</b>), Thickener (1420, 412), Dextrose (Tapioca, Maize), Acidity Regulator (330), Maltodextrin (Maize), Sugar, <b>Wheat Bran</b>.  <b>Cheese Slice:</b> Pasteurised <b>Milk</b>, Salt, Cultures, Enzymes (Non-Animal Rennet).  <b>Burger Bun:</b> <b>Wheat flour</b>, water, yeast, <b>wheat gluten</b>, iodised salt, sugar, canola oil, <b>soy flour</b>, emulsifier (481), acidity regulator (263), vitamin (folic acid), processing aids (<b>wheat</b>).  <b>BBQ Sauce:</b> 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).  <b>Mayo:</b> Vegetable Oil, Water, Acidity Regulator (260), Sugar, <b>Egg Yolk</b>, Salt, Spices, Thickener (415, 412), Preservative (202), Antioxidant (385).  <b>Lettuce:</b> Lettuce.  <i>Contains: <b>Gluten, Wheat, Soy, Egg, Milk, Cheese.</b></i></p>
Butter Chicken on Rice	<p><b>Butter Chicken:</b> 40% Boneless Skinless Chicken Breast/Thigh 60% Butter Chicken Sauce - Diced Onion, Cream (<b>Milk</b>), Water, Tomato Paste, Sugar, Canola Oil, Garlic, Spices, Thickener (1442), Salt, Mineral Salt Ginger, Ginger, Mineral Salt (508), Lemon Juice, Flavour.  <b>Rice:</b> White long grain rice.  <i>Contains: <b>Milk.</b></i></p>
Thai Green Chicken Curry	<p><b>Thai Green Chicken Curry:</b> 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>
Spaghetti Meatballs	<p><b>Meatballs:</b> Meat (60%) (Beef (38%), Chicken), Onion (10%) Seasoning, [<b>Wheat Flour</b>, Salt, Tapioca Starch, Emulsifier (451), Hydrolysed <b>Soy Protein</b>, Garlic, Spice, Spice Extract, Yeast Extract], Vegetable Oil, Water, Breadcrumbs [<b>Wheat Flour</b>, Vegetable Oil, Salt, Yeast, Sugar, Bread Improver (Anti-caking Agent (170), Acidity Regulator (300))], Textured <b>Soy Protein</b>, <b>Soy Protein</b>, Colour (150c).  <b>Spaghetti:</b> Durum <b>Wheat Semolina</b>, Water.  <b>Pizza Sauce:</b> Tomatoes (93%) (from paste and diced), sugar, onions (1.3%), vegetable oil, lemon juice, salt, basil, food acid (citric), pepper, firming agent (509).  <b>Cheddar Cheese:</b> Pasteurised <b>Milk</b>, Salt, Anti-caking agent (460), Preservative (200), Cultures, Rennet.  <i>Contains: <b>Wheat, Gluten, Soy, Milk, Cheese.</b></i></p>



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## MAINS

<p><b>Falafel Sub</b></p>	<p><b>Falafel:</b> Chickpeas (65%), water, broad beans, tapioca starch, canola oil, parsley, garlic, cumin, ground coriander, salt, mild chilli.  <b>Spilt Bread Roll: Wheat Flour</b> (Contains Folic Acid), Water, Yeast, Sugar, Shortening (Vegetable Oil, Emulsifier (471), Antioxidant (307b-Soy)), Iodised Salt, <b>Wheat Gluten</b>, Emulsifiers (471, 481, 322-Soy, 472e), <b>Soy</b> Flour, Flour Improver (300), Enzymes, Acidity Regulators (263, 260).  <b>Sweet Chilli:</b> Water, Sugar, Acidity Regulator (260), Capsicum (11%), Thickener (1442, 415), Chilli (2.2%), Garlic, Salt, Preservative (202).  <b>Mayo:</b> Vegetable Oil, Water, Acidity Regulator (260), Sugar, <b>Egg</b> Yolk, Salt, Spices, Thickener (415, 412), Preservative (202), Antioxidant (385).  <b>Contains: Gluten, Wheat, Maize, Egg, Milk, Soy, Sulphites (&gt;10mg/kg). May contain: Peanut, Almond, Hazelnut, Walnut, Sesame.</b></p>
<p><b>Meatball Sub</b></p>	<p><b>Meatballs:</b> Meat (60%) (Beef (38%), Chicken), Onion (10%) Seasoning, [<b>Wheat</b> Flour, Salt, Tapioca Starch, Emulsifier (451), Hydrolysed <b>Soy</b> Protein, Garlic, Spice, Spice Extract, Yeast Extract], Vegetable Oil, Water, Breadcrumbs [<b>Wheat</b> Flour, Vegetable Oil, Salt, Yeast, Sugar, Bread Improver (Anti-caking Agent (170), Acidity Regulator (300))], Textured <b>Soy</b> Protein, <b>Soy</b> Protein, Colour (150c).  <b>Spilt Bread Roll:</b> Wheat Flour (Contains Folic Acid), Water, Yeast, Sugar, Shortening (Vegetable Oil, Emulsifier (471), Antioxidant (307b-Soy)), Iodised Salt, <b>Wheat Gluten</b>, Emulsifiers (471, 481, 322-Soy, 472e), <b>Soy</b> Flour, Flour Improver (300), Enzymes, Acidity Regulators (263, 260).  <b>Pizza Sauce:</b> Tomatoes (93%) (from paste and diced), sugar, onions (1.3%), vegetable oil, lemon juice, salt, basil, food acid (citric), pepper, firming agent (509).  <b>Cheddar Cheese:</b> Pasteurised <b>Milk</b>, Salt, Anti-caking agent (460), Preservative (200), Cultures, Rennet.  <b>Contains: Wheat, Gluten, Soy, Milk, Cheese.</b></p>
<p><b>Tuckr Hot Dog</b></p>	<p><b>Long Roll: Wheat Flour</b> (Contains Folic Acid), Water, Yeast, Sugar, Shortening (Vegetable Oil, Emulsifier (471), Antioxidant (307b-Soy)), Iodised Salt, <b>Wheat Gluten</b>, Emulsifiers (471, 481, 322-Soy, 472e), <b>Soy</b> Flour, Flour Improver (300), Enzymes, Acidity Regulators (263, 260).  <b>Ketchup:</b> Tomato Paste, Water, Sugar, Acidity Regulator (260), Salt, Thickener (1442), Antioxidant (300, 385), Preservative (202), Spices.  <b>Mustard:</b> Distilled Vinegar, Water, No. 1 Grade Mustard Seed (10%), Salt, Turmeric, Paprika, Spices, Garlic Powder, Natural Flavour, Vegetable Oil.  <b>Frankfurters:</b> Meat (78%) (Chicken, Beef), Water, Seasoning (Cereal Binder (<b>Wheat</b>), Salt, Wheat (<b>Gluten</b>), 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 (<b>Wheat</b>), White Pepper.  <b>Cheddar Cheese:</b> Pasteurised <b>Milk</b>, Salt, Anti-caking agent (460), Preservative (200), Cultures, Rennet.  <b>Contains: Soy, Gluten, Wheat, Milk.</b></p>
<p><b>Tuckr Hot Dog w/ Cheese</b></p>	<p><b>Long Roll: Wheat Flour</b> (Contains Folic Acid), Water, Yeast, Sugar, Shortening (Vegetable Oil, Emulsifier (471), Antioxidant (307b-Soy)), Iodised Salt, <b>Wheat Gluten</b>, Emulsifiers (471, 481, 322-Soy, 472e), <b>Soy</b> Flour, Flour Improver (300), Enzymes, Acidity Regulators (263, 260).  <b>Ketchup:</b> Tomato Paste, Water, Sugar, Acidity Regulator (260), Salt, Thickener (1442), Antioxidant (300, 385), Preservative (202), Spices.  <b>Mustard:</b> Distilled Vinegar, Water, No. 1 Grade Mustard Seed (10%), Salt, Turmeric, Paprika, Spices, Garlic Powder, Natural Flavour, Vegetable Oil.  <b>Frankfurters:</b> Meat (78%) (Chicken, Beef), Water, Seasoning (Cereal Binder (<b>Wheat</b>), Salt, Wheat (<b>Gluten</b>), 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 (<b>Wheat</b>), White Pepper.  <b>Cheddar Cheese:</b> Pasteurised <b>Milk</b>, Salt, Anti-caking agent (460), Preservative (200), Cultures, Rennet.  <b>Contains: Soy, Gluten, Wheat, Milk.</b></p>
<p><b>Mince &amp; Cheese Pie Unbagged</b></p>	<p><b>Wheat Flour</b>, Water, Beef (21%), Margarine [Shortening, Vegetable Oil, Water, Salt, Emulsifiers (471, 322 (<b>Soy</b>)), Acidity Regulator (500), Antioxidant (307b (<b>Soy</b>)), Food Acid (330), Colour (160a)], Cheese Sauce (4%) (<b>Milk</b>) [Contains Cheese (46%), Colour (160a)], Thickener (1414), Pastry Glaze (Milk) [Colour (160b)], Colours [160a (<b>Sulphites</b>), 150c], Flavouring (<b>Soy</b>) [Flavour Enhancer (621)], Dehydrated Onion, Fibre.  <b>Contains: Wheat, Gluten, Soy, Milk, Sulphites.</b>  <b>May be present: Other Cereals (Barley, Oats, Rye), Egg.</b></p>
<p><b>Steak &amp; Cheese Pie Unbagged</b></p>	<p><b>Wheat Flour</b>, Water, Beef (22%), Margarine [Shortening, Vegetable Oil, Water, Salt, Emulsifiers (471, 322 (<b>Soy</b>)), Acidity Regulator (500), Antioxidant (307b (<b>Soy</b>)), Food Acid (330), Colour (160a)], Cheese Sauce (4%) (<b>Milk</b>) [Contains Cheese (46%), Colour (160a)], Thickener (1414), Colours [160a (<b>Sulphites</b>), 150c], Flavouring (<b>Soy</b>) [Flavour Enhancer (621)], Pastry Glaze (<b>Milk</b>) [Colour (160b)], Dehydrated Onion, Fibre.  <b>Contains: Wheat, Gluten, Soy, Milk, Sulphites.</b>  <b>May be present: Other Cereals (Barley, Oats, Rye), Egg.</b></p>



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## MAINS

<p><b>Dads Pies - Mince &amp; Cheese</b></p>	<p><b>Pastry</b> (52%): <b>Wheat</b> Flour, Water, Margarine (Animal Fat, Vegetable Oil, Water, Salt, Emulsifier (471, 322) (<b>soy</b>), Acidity Regulator (500, 330), Antioxidant (307b) (<b>soy</b>), Natural Colour (160a), Flavour (<b>milk</b>)), Breadcrumbs (<b>wheat</b>), Salt, Glaze (1400, 160a).  <b>Filling</b> (48%): Beef (39%), Water, Cheese Mix (19%) [Water, Cheese (<b>Milk</b>, 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).  <b>Contains: Gluten, Wheat, Milk, Soy.</b>  <b>May Contain Egg, Sulphites &gt;10mg/kg.</b></p>
<p><b>Dads Pies - Steak &amp; Cheese</b></p>	<p><b>Pastry</b> (52%): <b>Wheat</b> Flour, Water, Margarine (Animal Fat, Vegetable Oil, Water, Salt, Emulsifier (471, 322) (<b>soy</b>), Acidity Regulator (500, 330), Antioxidant (307b) (<b>soy</b>), Natural Colour (160a), Flavour (<b>milk</b>)), Cheese Sauce (<b>milk</b>), Salt, Glaze (1400, 160a).  <b>Filling</b> (48%): Beef (39%), Water, Cheese Mix (19%) [Water, Cheese (<b>Milk</b>, 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.  <b>Contains: Gluten, Wheat, Milk, Soy. May Contain Egg, Sulphites &gt;10mg/kg.</b></p>
<p><b>Mac n Cheese (Ham)</b></p>	<p><b>Pasta:</b> Durum <b>Wheat</b> Semolina, Water.  <b>Cheddar Cheese:</b> Pasteurised <b>Milk</b>, Salt, Anti-caking agent (460), Preservative (200), Cultures, Rennet.  <b>Cheese Sauce:</b> Cheese (Skim <b>Milk</b>, Cream, Salt, <b>Milk</b> Solids, Cultures, Enzymes) [47%], Water, <b>Milk</b> Solids, Thickener (1422), Stabilisers (415, 466), Emulsifying Salts (331, 451), Acid (270), Yeast Extract, Colours (100, 160a).  <b>Ham:</b> Pork (61%), Water, Seasoning (Potato Starch, <b>Soy</b> 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.  <b>Contains: Wheat, Gluten, Milk, Soy.</b></p>

## SIDES

<p><b>Steam Bun (HOD)</b></p>	<p><b>Wheat</b> Flour, Water, Pork (21%), Sugar, Potato Starch, Vegetable Oil, Onion, Salt, <b>Oyster</b> Sauce [<b>Mollusc</b>, <b>Wheat</b>, Flavour Enhancer (621, 635), Colour (150a)], <b>Soy</b> Sauce [<b>Soy</b>, <b>Wheat</b>], Cooking Wine [<b>Wheat</b>], Dough Improver [Emulsifier (481, 471), Antioxidant (300), <b>Wheat</b>, <b>Soy</b>], Baking Powder [Raising Agent (450, 500)], Yeast, Seasoning [Flavour Enhancer (621), Natural Flavours, <b>Soy</b>, Yeast Extract], Colour (Paprika Oleoresin, 120), Garlic Powder, White Pepper.  <b>Contains: Mollusc, Soy, Wheat, Gluten.</b>  <b>May Contain: Sesame, Crustacean, Milk.</b></p>
<p><b>Garlic Bread - Small</b></p>	<p><b>Wheat</b> Flour, Water, Margarine (vegetable oil, water, salt, emulsifiers (471-palm, 322-soy), flavour, acidity regulator (500, 330), colour (160a)), <b>Wheat</b> Gluten, Canola Oil, Salt (iodised), Sugar, Flour Improver (antioxidant (300), enzymes, (contains <b>wheat</b> and <b>soy</b>)), Garlic (0.4%), Yeast, Parsley.  <b>Contains: Gluten, Wheat, Soy. May Contain: Egg, Milk sesame, tree nuts.</b></p>
<p><b>Waffle - Small</b></p>	<p><b>Wheat</b> flour, margarine [vegetable oil, water, emulsifier (471)]. Sugar, water, <b>egg</b>, invert sugar, yeast, <b>Soy</b> flour, salt, emulsifier [322 (<b>soy</b>)], flavour.  <b>Contains: Wheat, Gluten, Egg, Soy.</b></p>
<p><b>Brownie</b></p>	<p>Sugar, White Compound Chocolate (18%) (Sugar, Vegetable Fat, <b>Milk</b> Solids, Emulsifier (<b>Soy</b> Lecithin), Natural Flavour), <b>Wheat</b> Flour, <b>Egg</b> or Reconstituted <b>Egg</b>, <b>Butter</b> (<b>Cream</b> (<b>Milk</b>), Salt), Vegetable Oil, Cocoa (5.5%), <b>Milk</b> Solids, Maltodextrin, Raising Agents (450, 500), Stabiliser (412), Natural Flavour.  <b>Contains: Egg, Gluten, Wheat, Milk, Soy.</b></p>
<p><b>Cookie - Chocolate Chip</b></p>	<p>Chocolate Compound (32%) (Sugar, Vegetable Oil, Cocoa Powder, Emulsifier (<b>Soy</b> Lecithin), Flavour), <b>Wheat</b> Flour (<b>Gluten</b>), Sugar, Butter (<b>Cream</b>, (<b>Milk</b>) Salt), <b>Egg</b>, Cocoa Powder, Raising Agent (Baking Soda), Flavour.  <b>Contains: Egg, Gluten, Milk, Soy . May Contain: Peanuts.</b></p>
<p><b>Mini Muffin Blueberry</b></p>	<p>Sugar, <b>Wheat</b> Flour, <b>Egg</b>, Vegetable Oil, Blueberries (13%), Water, <b>Wheat</b> Fibre, Thickener (1422, 415, 412), Whey Powder (<b>Milk</b>), Raising Agents (450, 575, 500), Salt, Emulsifiers (471, 481), Acid (330), Preservative (202), Natural Flavour.  <b>Contains, Wheat, Gluten, Milk, Egg.</b></p>
<p><b>Yoghurt Pottle</b></p>	<p>Skim <b>Milk</b>, Sugar, Berries (4.0%) (Boysenberry (1.5%), Strawberry (1.0%), Blackberry (1.0%), Raspberry (0.5%) (Reconstituted)), <b>Cream</b>, Thickener (1442), Gelatine, Natural Flavour, Acidity Regulator (330), Live Cultures (Including acidophilus and bifidus), Preservative (202).  <b>Contains: Milk.</b></p>
<p><b>Cookie Caramel Slice</b></p>	<p>Caramel (30%) [Condensed <b>Milk</b> (<b>Milk</b>, Sugar), <b>Butter</b> (<b>Cream</b> (<b>Milk</b>), Salt), Golden Syrup], <b>Wheat</b> Flour, Sugar, Dark and White Compound Chocolate (11%) [Sugar, Vegetable Oil, <b>Milk</b> Solids, Cocoa Solids, Emulsifier (<b>Soy</b> Lecithin), Natural Flavour], <b>Butter</b> [<b>Cream</b> (<b>Milk</b>), Salt], <b>Egg</b> or Reconstituted <b>Egg</b>, Dark Chocolate (6%) [Sugar, Cocoa Solids, <b>Milk</b> Fat, Emulsifier (<b>Soy</b> Lecithin), Natural Flavour], Raising Agents (450, 500), Natural Flavour.  <b>Contains Milk, Wheat, Gluten, Egg, Soy.</b></p>

# TUCKR Virtual Ingredients List 2026



## DRINKS

<b>Up N Go - Chocolate</b>	Water, Skim <b>Milk</b> Powder, Maltodextrin ( <b>Wheat</b> , Corn), Cane Sugar, Plant Fibre, <b>Soy</b> Protein, Vegetable Oils (Sunflower, Canola), Fructose, <b>Oat</b> 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. <i>Contains: Milk, Gluten, Wheat, Oat, Soy.</i>
<b>Just Juice - Orange &amp; Mango</b>	Reconstituted Fruit Juices (Apple (78%), Orange (13%)), Mango Puree (9%), Vitamin (C), Natural Flavours
<b>Just Juice - Bubbles Tropical 50% Less Sugar</b>	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))
<b>Water (Still)</b>	Purified Water.

## SAUCES

<b>Ketchup</b>	Tomato Paste, Water, Sugar, Acidity Regulator (260), Salt, Thickener (1442), Antioxidant (300, 385), Preservative (202), Spices. <i>Contains: Sulphur Dioxide and Sulphites in concentrations &gt; 10mg/kg (10mg/L).</i>
<b>Sweet Chilli</b>	Water, Sugar, Acidity Regulator (260), Capsicum (11%), Thickener (1442, 415), Chilli (2.2%), Garlic, Salt, Preservative (202). <i>Contains: Sulphur Dioxide and Sulphites in concentrations &gt; 10mg/kg (10mg/L).</i>
<b>Mayo</b>	Vegetable Oil, Water, Acidity Regulator (260), Sugar, <b>Egg</b> Yolk, Salt, Spices, Thickener (415, 412), Preservative (202), Antioxidant (385). <i>Contains: Egg.</i>
<b>BBQ Sauce</b>	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).
<b>Chilli Mayo</b>	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. <i>Contains: Sulphur Dioxide and Sulphites in concentrations &gt; 10mg/kg (10mg/L), Egg.</i>

