

Wholemeal bread

INGREDIENTS: Wholemeal Wheat Flour (51%), Water, Wheat Flour, Yeast, Vinegar, Iodised Salt, Wheat Gluten, Canola Oil, Soy Flour, Malted Barley Flour, Cultured Wheat Flour, Vitamins (Thiamin, Folic Acid).

Allergen: May Contain SESAME. Contains Wheat, SOY, Gluten

White Bread

INGREDIENTS: Wheat Flour, Water, Vinegar, Yeast, Iodised Salt, Canola Oil, Soy Flour, Vitamins (Thiamin, Folic Acid).

Allergen: May Contain SESAME. Contains Wheat, SOY, CEREALS CONTAINING GLUTEN

Multigrain bread

INGREDIENTS: Wheat Flour, Water, Mixed Seeds And Grain [Kibbled Rye, Kibbled Wheat, Linseed, Sunflower Seeds, Oat Flakes, Kibbled Corn, Kibbled Mung Beans, Kibbled Barley, Kibbled Triticale], Yeast, Wheat Gluten, Iodised Salt, Canola Oil, 300, Enzyme, Vitamins [Thiamin, Folic Acid].

Allergen: Contains Wheat, CEREALS CONTAINING GLUTEN, Barley, Oats, Triticale

High Fibre Low Gi 7 Seeds & Grains Sandwich Bread

INGREDIENTS: Wheat Flour, Water, Seeds (20%) (Linseed, Sunflower, Canola, Sesame, Poppy), Wheat Bran, Grains (3%) (Kibbled Rye, Kibbled Wheat, Wheat Flakes), Wheat Gluten, Yeast, Maize Semolina, Iodised Salt, Vegetable Oils (Palm**, Canola), Malted Barley Flour, Vitamins (Thiamin, Folic Acid).

Allergen: May Contain Hazelnuts, Macadamia Nuts, Pistachios, Almonds, EGG, MILK, SOY, Pine, Cashew, Pecan, Brazil Nuts, Lupin, Walnut, PEANUTS, SULPHITES. Contains Wheat, SESAME, Gluten

Green's Original Pancake Shake

INGREDIENTS

Wheat Flour, Sugar, Wheat Starch, Non Fat Milk Solids, Maltodextrin (from Maize), Raising Agents (450, Sodium Bicarbonate), Thickener [1422 (from Maize)], Anticaking Agent (341), Salt

ALLERGEN

Wheat, Milk

ALLERGEN MAY BE PRESENT

Tree Nuts, Soy

Margarine

Ingredients - vegetable oils and animal fat

Allergen Contains	Soy
Dietary	Vegetarian, Gluten Free
Certification	Halal

MOI International

Vegetable Catering Margarine

Allergen Contains	Soy
Dietary	Vegetarian, Vegan, Egg Free, Lactose Free, Cholesterol Free, Gluten Free
Certification	Halal, Kosher

Nutella

Ingredients: Sugar, Vegetable Oil, Hazelnuts, Skim Milk Powder, Fat-Reduced Cocoa Powder, Emulsifier (Soy Lecithin), Flavouring (Vanillin)

Allergen Contains	Tree Nuts, Palm Oil, Skim Milk Powder, Soy Lecithin
Dietary	Gluten Free

Peanut Butter

Ingredients: Roasted peanuts (85% minimum), sugar, vegetable oils, salt, stabiliser (mono and diglycerides).

Allergen Contains	Peanuts
Dietary	Vegetarian, Vegan

Vegemite

Ingredients: Yeast Extract (From yeast grown on Barley and Wheat), Salt, Mineral Salt, Malt Extract (from Barley), Colour Flavours, Niacin, Thiamine, Riboflavin, Folate.

Allergen Contains	Wheat, Barley
Dietary	Vegetarian

Kraft Marmalade

Ingredients: Sugar, Water, Orange (14%) [Juice & Peel (Contains Preservative (223))], Gelling Agent (Pectin), Food Acid (Citric Acid), Orange Oil, Acidity Regulator (Calcium Carbonate

Allergen Contains	Sulphites

Capilano Pure Australian Honey

Dietary	Vegetarian
Certification	Halal, Kosher

Moonbulk Strawberry Jam

Allergen Free

Cottee's Strawberry Jam

Vegetarian, Egg Free, Lactose Free

Raspberry Jam

Ingredients: Sugar, Raspberry (40%), Gelling Agent (Pectin), Food Acid (Citric Acid).

Milk

Full Cream Milk

Allergen Contains	Milk, Dairy
Dietary	Vegetarian, Gluten Free
Certification	Halal, Kosher

Soy Milk

Allergen Contains	Almonds, Soy, Soy Protein
Dietary	Dairy Free, Gluten Free
Allergens May Contain	Tree Nuts

Oat Milk

Ingredients: Filtered Water, Ground Australian Oats (9%), Minerals (Phosphorous, Calcium), Sunflower Oil, Canola Oil, Sea Salt

Allergen Contains	Almonds, Gluten, Nuts, Vegetable Gum
Dietary	Vegetarian, Vegan, Dairy Free, Lactose Free, Cholesterol Free
Allergens May Contain	Cereals containing gluten

Muesli cups:

Ingredients: toasted muesli: oats, seeds, dried fruit & nuts, Greek yoghurt with strawberry & blueberry.

Allergens contained: soy, sulphites, tree nuts, wheat, sesame, dairy, lupins

Dietary: Vegetarian