

Product Name	kJ's	Protein (g)	Fat Total (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Sodium (mg)	Wheat	Honey	Soy	Dairy	Nuts	Peanuts	Gluten	Egg	Fish & Crustaceans	Sesame Seeds	Sulphites	Preservatives	Flavours	Colours	Palm Oil	Alcohol	Added Animal Fat	Ingredients
Plain Meat Pie	2580kJ (616Cal)	16.4g	37.6g	17.8g	52.4g	2.6g	922mg	Present	Not Present	Present	Present	Not Present	Not Present	Present	Not Present	Not Present	Not Present	Not Present	Present	Present	Present	Not Present	Not Certified	Present	Beef (30%), Wheat Flour, Water, Margarine (Vegetable Fats And Oils, Water, Salt, Emulsifiers (471, 476, 322 From Soy), Antioxidants (304, 306), Food Acid (330), Colour (160a), Flavour, Preservative (202)), Thickener (1401, 1422), Seasoning (Flavour Enhancer (621, 635)), Salt, Dried Onion, Wheat Starch, Sugar, Spice, Milk Solids, Raising Agents (450, 500, 920), Colours (150a, 150d, 102, 124), Preservative (223)
Cheese & Bacon Pie	2460kJ (588Cal)	16.8g	35.0g	17.4g	50.0g	2.2g	1100mg	Present	Not Present	Present	Present	Not Present	Not Present	Present	Not Present	Not Present	Not Present	Not Present	Present	Present	Present	Not Present	Not Certified	Present	Wheat Flour, Water, Beef (20%), Margarine (Vegetable Fats And Oils, Water, Salt, Emulsifiers (471, 476, 322 From Soy), Antioxidants (304, 306), Food Acid (330), Colour (160a), Flavour, Preservative (202)), Cheese (6%), Milk, Mineral Salts (339, 452), Salt, Food Acid (270), Preservative (200), Colour (160b), Starter Culture, Enzymes, Anti Caking Agent (460)), Bacon (4%) (Pork, Water, Tapioca Starch, Soy Protein, Dextrose, Mineral Salt (450, 451, 452), Sugar, Vegetable Gum (407), Antioxidant (316), Cereol Binder, Yeast Extract, Preservative (230), Smoke Flavour, Flavour Enhancers (627, 631)), Thickener (1401, 1422), Seasoning (Flavour Enhancer (621, 635)), Salt, Dried Onion, Wheat Starch, Sugar, Spice, Milk Solids, Raising Agents (450, 500, 920), Colours (150a, 150d, 102, 123, 124)
Chicken Pie	2140kJ (511Cal)	19.4g	26.0g	12.4g	47.8g	2.2g	728mg	Present	Not Present	Present	Present	Not Present	Not Present	Present	Not Present	Not Present	Not Present	Not Present	Present	Present	Present	Not Present	Not Certified	Present	Wheat Flour, Chicken (26%), Water, Margarine (Vegetable Fats And Oils, Water, Salt, Emulsifiers (471, 476, 322 From Soy), Antioxidants (304, 306), Food Acid (330), Colour (160a), Flavour, Cheese (Milk, Salt, Starter Culture, Anti Caking Agent (406), Preservative (202), Enzyme), Thickener (1401)), Milk Solids, Sesame Seed, Seasoning (Flavour Enhancer (621, 635)), Salt, Dextrose, Colours (102, 124), Sugar, Raising Agent (500, 920), Mineral Salt (450) Mustard Powder
Signature Mashed Potato Pie	2260kJ (540Cal)	14.0g	26.4g	12.4g	60.4g	2.0g	766mg	Present	Not Present	Present	Present	Not Present	Not Present	Present	Not Present	Not Present	Not Present	Not Present	Present	Present	Present	Not Present	Not Certified	Present	Wheat Flour, Mashed Potatoes (24%) (Peas, Water, Salt, Sugar, Colours (142, 102)) Water, Beef (1%), Margarine (Vegetable Oil, Water, Salt, Emulsifiers (471, 322 From Soy), Antioxidants (304, 306), Food Acid (330), Colour (160a)), Seasoning (Vegetable Powder, Hydrolysed Vegetable Protein (Maize), Milk Solids, Autolyzed Yeast, Food Acid (262, 330), Flavour Enhancer (635)), Flaxseed, Xanthan Gum, Thickener (1422), Salt, Whey Powder, Dextrose, Colours (150a, 150d), Sugar, Raising Agents (450, 500, 920), Emulsifier (322 From Soy)
Signature Beef & Cheese Sauce Pie	2560kJ (612Cal)	16.8g	34.6g	17.4g	54.6g	2.2g	828mg	Present	Not Present	Present	Present	Not Present	Not Present	Present	Not Present	Not Present	Not Present	Not Present	Present	Present	Present	Not Present	Not Certified	Present	Wheat Flour, Beef (19%), Water, Cheese Sauce (1.9%) (Cheddar Cheese, Water, Thickeners (1422, 415), Mineral Salts (451, 450), Salt, Food Acid (331), Colour (160a)), Margarine (Vegetable Oil, Water, Salt, Emulsifiers (471, 322 From Soy), Antioxidants (304, 306), Food Acid (330), Colour (160a)), Seasoning (Vegetable Powder, Hydrolysed Vegetable Protein (Maize), Milk Solids, Yeast, Food Acid (262, 330), Flavour Enhancer (635)), Breadcrumbs (Wheat Flour, Emulsifier (481), Rice Flour, Soy Flour, Thickener (1422)), Salt, Whey Powder, Dextrose, Colours (150a, 150d), Sugar, Raising Agents (450, 500, 920), Emulsifier (322 From Soy)
Mini Meat Pie	680kJ (139Cal)	3.0g	7.4g	3.6g	14.2g	0.5g	188mg	Present	Not Present	Present	Present	Not Present	Not Present	Present	Not Present	Not Present	Not Present	Not Present	Present	Present	Present	Not Present	Not Certified	Present	Wheat Flour, Water, Beef (13%), Margarine (Vegetable Fats And Oils, Water, Salt, Emulsifiers (471, 476, 322 From Soy), Antioxidants (304, 306), Food Acid (330), Colour (160a), Flavour, Preservative (202)), Thickener (1401, 1422), Seasoning (Flavour Enhancer (621, 635), Salt), Dried Onion, Wheat Starch, Sugar, Spice, Milk Solids, Raising Agents (450, 500, 920), Colours (150a, 150d, 102, 123, 124), Preservative (223)
Sausage Roll	1780kJ (424Cal)	13.0g	20.6g	9.8g	45.4g	1.0g	1020mg	Present	Not Present	Present	Present	Not Present	Not Present	Present	Not Present	Not Present	Not Present	Not Present	Present	Present	Present	Not Present	Not Certified	Present	Water, Wheat Flour, Beef (1.5%), Seasoning (Flour (Wheat, Rice, Soy), Salt, Emulsifier (481)), Wheat Gluten, Vegetable Powder, Thickener (1422), Hydrolysed Vegetable Protein (Maize), Colour (150d), Soy Protein, Acidity Regulators (262, 330), Flavour Enhancers (621, 635), Mineral Salts (450, 451), Animal Fat, Sugar, Preservative (223), Anti-Caking Agent (551), Dehydrated Vegetable, Spices (Turmeric)), Margarine (Vegetable Fats & Oils, Water, Salt, Emulsifiers (471, 322-Soy), Antioxidant (304, 306-Soy), Food Acid (330), Flavour, Colour (160a)), Glaze (Milk Solids, Sugar, Mineral Salt (620)), Colour (102, 124)
Mini Sausage Roll	500kJ (119Cal)	3.1g	4.2g	2.9g	12.7g	0.2g	284mg	Present	Not Present	Present	Present	Not Present	Not Present	Present	Not Present	Not Present	Not Present	Not Present	Present	Present	Present	Not Present	Not Certified	Present	Wheat Flour, Water, Beef (1.3%), Margarine (Vegetable Fats And Oils, Water, Salt, Emulsifiers (471, 322 From Soy), Antioxidants (304, 306), Food Acid (330), Colour (160a), Flavour), Breadcrumbs (Wheat Semolina, Rice Flour, Soy Flour, Salt, Emulsifier (481)), Seasoning (Wheat Flour, Hydrolysed Vegetable Protein (Soy, Maize), Flavour Enhancer (635), Mineral Salt (451), Preservative (223)), Dried Onion, Wheat Gluten, Soy Protein Concentrate, Rice Flour, Milk Solids, Thickener (1442), Colours (150d, 102, 124), Sugar, Raising Agents (450)
Spinach & Feta Roll	1600kJ (381Cal)	12.7g	19.2g	10.6g	37.8g	1.8g	699mg	Present	Not Present	Present	Present	Not Present	Not Present	Present	Not Present	Not Present	Not Present	Not Present	Present	Present	Present	Not Present	Not Certified	Present	Wheat Flour, Cheese (22%) (Milk, Salt, Food Acid (270)), Thickener (1442), Culture, Enzyme (Rennet), Preservative (200)), Spinach (19%) Margarine (Vegetable Fats & Oils, Water, Salt, Emulsifiers (471, 322-Soy), Antioxidants (304, 307b), Food Acid (330), Flavour, Colour (160a)), Breadcrumbs (Wheat Flour, Canola Oil, Iodised Salt, Yeast), Sesame Seeds, Wheat Gluten, Soy Flour, Vinegar, Sugar, Emulsifier (481, 472e, 471), Preservative (282), Vitamins (Thiamine, Folate)), Water, Onion, Thickeners (461, 1414), Herb, Salt, Glaze (Milk Solids, Sugar, Mineral Salt (450), Colour (102, 124)), Spice, Garlic
Cheese	1620kJ (388Cal)	13.3g	19.4g	8.0g	38.8g	2.9g	666mg	Present	Not Present	Present	Present	Not Present	Not Present	Present	Not Present	Not Present	Not Present	Not Present	Present	Present	Present	Not Present	Not Certified	Present	Bread (Wheat Flour, Water, Rye Meal, Yeast, Iodised Salt, Vinegar, Vegetable Oil, Wheat Gluten, Soy Flour, Vegetable Emulsifiers (481, 471, 472e), Mineral Salt (Calcium Carbonate), Rye Flour, Vitamins (Thiamin, Folic Acid)), Cheese (1.7%) (Milk, Salt, Starter Cultures, Non-Animal Rennet, Non-Animal Lipase)
Cheese & Tomato	1670kJ (396Cal)	14.0g	19.5g	8.0g	40.1g	4.2g	670mg	Present	Not Present	Present	Present	Not Present	Not Present	Present	Not Present	Not Present	Not Present	Not Present	Present	Present	Present	Not Present	Not Certified	Present	Bread (Wheat Flour, Water, Rye Meal, Yeast, Iodised Salt, Vinegar, Vegetable Oil, Wheat Gluten, Soy Flour, Vegetable Emulsifiers (481, 471, 472e), Mineral Salt (Calcium Carbonate), Rye Flour, Vitamins (Thiamin, Folic Acid)), Tomato (3.7%), Cheese (1.1%) (Milk, Salt, Starter Cultures, Non-Animal Rennet, Non-Animal Lipase), Margarine (Vegetable Oil, Water, Salt, Skim Milk Powder And Whey Powder, Emulsifiers (Soybean Lecithin, 471)), Food Acid (Citric), Colour (Beta-Carotene), Vitamins A & D, Flavour)
Ham, Cheese & Tomato	1850kJ (442Cal)	21.4g	20.3g	8.5g	41.8g	4.7g	1400mg	Present	Not Present	Present	Present	Not Present	Not Present	Present	Not Present	Not Present	Not Present	Not Present	Present	Present	Present	Not Present	Not Certified	Present	Bread (Wheat Flour, Water, Rye Meal, Yeast, Iodised Salt, Vinegar, Vegetable Oil, Wheat Gluten, Soy Flour, Vegetable Emulsifiers (481, 471, 472e), Mineral Salt (Calcium Carbonate), Rye Flour, Vitamins (Thiamin, Folic Acid)), Tomato (2.9%), Ham (2.1%) (Pork, Water, Modified Starch (1442), Acidity Regulator (325), Salt, Mineral Salts (451, 452, 508), Dextrose, Vegetable Gums (407, 415), Sugar, Antioxidant (316), Preservative (250)), Cheese (8%) (Milk, Salt, Starter Cultures, Non-Animal Rennet, Non-Animal Lipase), Margarine (Vegetable Oil, Water, Salt, Skim Milk Powder And Whey Powder, Emulsifiers (Soybean Lecithin, 471)), Food Acid (Citric), Colour (Beta-Carotene), Vitamins A & D, Flavour)
Ham & Cheese	1810kJ (432Cal)	20.7g	20.2g	8.5g	40.5g	3.4g	1400mg	Present	Not Present	Present	Present	Not Present	Not Present	Present	Not Present	Not Present	Not Present	Not Present	Present	Present	Present	Not Present	Not Certified	Present	Bread (Wheat Flour, Water, Rye Meal, Yeast, Iodised Salt, Vinegar, Vegetable Oil, Wheat Gluten, Soy Flour, Vegetable Emulsifiers (481, 471, 472e), Mineral Salt (Calcium Carbonate), Rye Flour, Vitamins (Thiamin, Folic Acid)), Ham (2.9%) (Pork, Water, Modified Starch (1442), Acidity Regulator (325), Salt, Mineral Salts (451, 452, 508), Natural Flavour (Milk, Glucose, Water), Cheese (1.9%) (Milk, Salt, Starter Cultures, Non-Animal Rennet, Non-Animal Lipase), Margarine (Vegetable Oil, Water, Salt, Skim Milk Powder And Whey Powder, Emulsifiers (Soybean Lecithin, 471)), Food Acid (Citric), Colour (Beta-Carotene), Vitamins A & D, Flavour)
Chicken & Cheese	1870kJ (448Cal)	25.0g	20.5g	8.4g	39.4g	3.4g	926mg	Present	Not Present	Present	Present	Not Present	Not Present	Present	Not Present	Not Present	Not Present	Not Present	Present	Present	Present	Not Present	Not Certified	Present	Bread (Wheat Flour, Water, Rye Meal, Yeast, Iodised Salt, Vinegar, Vegetable Oil, Wheat Gluten, Soy Flour, Vegetable Emulsifiers (481, 471, 472e), Mineral Salt (Calcium Carbonate), Rye Flour, Vitamins (Thiamin, Folic Acid)), Chicken (5.1%) (Chicken, Milk Solids, Thickeners (1442, 407), Salt, Mineral Salts (451, 508), Natural Flavour (Milk, Glucose, Water), Cheese (1.9%) (Milk, Salt, Starter Cultures, Non-Animal Rennet, Non-Animal Lipase), Margarine (Vegetable Oil, Water, Salt, Skim Milk Powder And Whey Powder, Emulsifiers (Soybean Lecithin, 471)), Food Acid (Citric), Colour (Beta-Carotene), Vitamins A & D, Flavour)
Chicken, Cheese & Avocado	2080kJ (499Cal)	25.5g	25.9g	9.5g	39.5g	3.5g	926mg	Present	Not Present	Present	Present	Not Present	Not Present	Present	Not Present	Not Present	Not Present	Not Present	Present	Present	Present	Not Present	Not Certified	Present	Bread (Wheat Flour, Water, Rye Meal, Yeast, Iodised Salt, Vinegar, Vegetable Oil, Wheat Gluten, Soy Flour, Vegetable Emulsifiers (481, 471, 472e), Mineral Salt (Calcium Carbonate), Rye Flour, Vitamins (Thiamin, Folic Acid)), Chicken (5.1%) (Chicken, Milk Solids, Thickeners (1442, 407), Salt, Mineral Salts (451, 508), Natural Flavour (Milk, Glucose, Water), Avocado (1.9%), Cheese (1.0%) (Milk, Salt, Starter Cultures, Non-Animal Rennet, Non-Animal Lipase), Margarine (Vegetable Oil, Water, Salt, Skim Milk Powder And Whey Powder, Emulsifiers (Soybean Lecithin, 471)), Food Acid (Citric), Colour (Beta-Carotene), Vitamins A & D, Flavour), Lemon Juice
Spicy Fruit Toast	433kJ (104Cal)	2.8g	1.0g	0.3g	19.9g	5.3g	94mg	Present	Not Present	Not Present	Not Present	Not Present	Not Present	Present	Not Present	Not Present	Not Present	Not Present	Present	Present	Present	Not Present	Not Certified	Present	Wheat Flour, Raisins (25%), Water, Yeast, Sugar, Wheat Gluten, Vegetable Oil, Iodised Salt, Vinegar, Mixed Spice, Cinnamon (0.4%), Emulsifier (322 From Soy, 471, 481, 472e), Mineral Salt (Calcium Carbonate), Soy Flour, Flavour, Vitamins (Thiamin, Folic Acid)
Tomato Sauce	84kJ (20Cal)	0.2g	less than 0.1g	less than 0.1g	4.4g	4.1g	132mg	Not Present	Not Present	Not Present	Not Present	Not Present	Not Present	Not Present	Not Present	Not Present	Not Present	Not Present	Not Present	Not Present	Not Present	Not Present	Not Certified	Present	Tomatoes (69%) (From Paste), Sugar, Food Acid (Acetic), Salt, Onion, Spice Extract
BBQ Sauce	122kJ (29Cal)	less than 0.1g	less than 0.1g	less than 0.1g	7.0g	6.0g	121mg	Present	Not Present	Not Present	Not Present	Not Present	Not Present	Present	Not Present	Not Present	Not Present	Not Present	Not Present	Not Present	Not Present	Not Present	Not Certified	Present	Tomatoes (From Paste), Sugar, Water, Cornflour (from Wheat), Food Acid (Acetic, Citric), Salt, Glucose Syrup (from Wheat), Colour (150c), Vegetable Gum, Tamarind Paste, Yeast Extract, Spices, Onion