



PRODUCT SPECIFICATION INDEX

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Angus Beef Pie

Size: 200g

Shelf Life: 3 Days

Ingredients: Beef (31%), Water (26%), Flour (24%) (Wheat Flour, Vitamin (Thiamin)), Duo Vegetable (6%) (Vegetable Fats & Oils, Emulsifiers(Soya Lecithin,(471),Antioxidant(306 From Soy Bean(200mg/kg) & Colours (160b,100)), Margarine (3.5%) (Vegetable Fats And Oils, Water, Salt, Emulsifiers (471, Soya Bean Lecithin), Acidity Regulator(331),Antioxidants[306,From Soy Bean(160mg/kg)], Flavours And Colour(160a)), Onion (3%), Starfirm 48 (2%), Butter (1.5%), Sauce (1%), Salt Fine 25kg (0.5%) (Salt), Vinegar White (0.5%) (Fermentad Spirit(260), Water), Baking Powder (0%) (Wheat Flour, Mineral Salts (450, 500)), Full Cream Milk Powder (0%) (Milk), Instant Ftd 449 (0%) (Thickener (1422 Maize)), Intense Savoury Flavour (0%) (Vegetable Protein Extract(Maize), Vegetable Oil(Rice Bran Oil)), Wheat Gluten (0%) (Wheat Gluten (0%)), Beef Booster (0%) (Salt, Sugar,Wheat Cereal,Flavour Enhancer(621,635), Wheaten Corn Flour,Colour(150d),Hydrolised Vegetable Protein,Wheat Fibre, Rice Bran Oil,Spices,Spice Extract(160c)), Glaze (0%) (Milk Solids, Sugar, Mineral Salt (450), Colours (102, 124)), White Pepper (0%) (Ground Pepper), Garlic (0%), Castor Sugar (0%) (Sugar), Colour Yellow Egg (0%) (Colour (102, 123))

Nutrition Information: **Servings per package (average): 1**
Serving size (average): 200g

	Av. Quantity per Serving	Av. Quantity per 100g
Energy	1800kJ (429Cal)	898kJ (215Cal)
Protein	19.0g	9.5g
Fat, Total	22.4g	11.2g
- Saturated	14.0g	7.0g
Carbohydrate	39.8g	19.9g
- Sugars	1.0g	0.5g
Sodium	785mg	392mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Contains wheat, dairy, soy.



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Last updated: Tuesday, 3 April 2012

Apple Crumble

Size: 600g

Shelf Life: 3 Days

Ingredients: Diced / Sliced Apple (35%) (Apple, Food Acid (300), Firming Agent (509)), Creme Cake Muffin Mix (33%) (Sugar, Wheat Flour, Vegetable Fat, Vegetable Oil, Milk Solids, Modified Maize Starch (1422), Mineral Salts (500, 541), Emulsifiers (322 Soy, 471, 477), Antioxidant (320, 307), Salt, Flavours, Vegetable Gum (415), Food Acid (330)), Liquid Egg (13%), Canola Oil (8%) (Canola Oil, Antioxidant (306)), Sugar (4%) (Brown Sugar), Ideal Dairy Natural Set Yoghurt (3.5%) (Milk, Milk Solids Non Fat, Live Cultures), All Purpose Sponge Mix (1.5%) (Wheat Flour, Sugar, Whipping Agent [emulsifiers (472b, 447), Glucose, Soy Flour, Mineral Salt (339)], Mineral Salts (170, 450, 500, 541), Milk Solids, Vegetable Oil [antioxidant (307)], Salt, Wheat Starch, Vegetable Gum (415), Soy Flour, Dextrose, Flavour, Emulsifier (471 Soy), Colour (102)), Butter, Unsalted (1%) (Cream, Salt), Egg Pulp Sunny Queen (0.5%) (Whole Egg Pulp Produced From Shell Hen Eggs), Cinnamon Pada Vera (0%) (Cinnamon), Salt Fine 25kg (0%) (Salt)

Nutrition Information: **Servings per package (average): 8**
Serving size (average): 75g

	Av. Quantity per Serving	Av. Quantity per 100g
Energy	1000kJ (239Cal)	1330kJ (319Cal)
Protein	3.1g	4.2g
Fat, Total	11.8g	15.7g
- Saturated	1.9g	2.5g
Carbohydrate	31.6g	42.2g
- Sugars	22.1g	29.4g
Sodium	232mg	310mg

Storage Conditions: Store at ambient temperature away from direct sunlight

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Contains wheat, egg, dairy, soy.



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Last updated: Tuesday, 3 April 2012

Beef & Cheese Pie

Size: 200g

Shelf Life: 3 Days

Ingredients: Water (31%), Hamburger Mince(~15%fat) (26%), Flour (24%) (Wheat Flour, Vitamin (Thiamin)), Duo Vegetable (Vegetable Fats & Oils, Emulsifiers(Soya Lecithin,(471), Antioxidant(306 From Soy Bean(200mg/kg) & Colours (160b,100)), Liquid Cheese Sauce (5%) (Cheeddar Cheese, Water, Modified Starch (1422), Mineral Salts (451, 450), Salt, Food Acid (331), Vegetable Gum (415), Colour (160a)), Starfirm 48, Margarine (3%) (Vegetable Fats And Oils, Water, Salt, Emulsifiers (471, Soya Bean Lecithin), Acidity Regulator(331), Antioxidants[306,From Soy Bean(160mg/kg)], Flavours And Colour(160a)), Pie Seasoning (Two) (Mineral Salt, Pepper,Soy Protein,Colour,Dextrin,Yeast Extract,Onion Powder And Spices), Vinegar White (Fermentad Spirit(260), Water), Salt Fine 25kg (0.5%) (Salt), Baking Powder (Wheat Flour, Mineral Salts (450, 500)), Full Cream Milk Powder (0%) (Milk), Caramel Hgp (0%) (Colour (150c)), Glaze (0%) (Milk Solids, Sugar, Mineral Salt (450), Colours (102, 124))

Nutrition Information: **Servings per package (average): 1**
Serving size (average): 200g

	Av. Quantity per Serving	Av. Quantity per 100g
Energy	1820kJ (436Cal)	912kJ (218Cal)
Protein	15.5g	7.7g
Fat, Total	24.9g	12.5g
- Saturated	14.2g	7.1g
Carbohydrate	40.6g	20.3g
- Sugars	0.4g	0.2g
Sodium	902mg	451mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Contains wheat, dairy, soy.



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Last updated: Tuesday, 3 April 2012

Beef Pie

Size: 200g

Shelf Life: 3 Days

Ingredients: Water (34%), Hamburger Mince(~15%fat) (27%), Flour (25%) (Wheat Flour, Vitamin (Thiamin)), Duo Vegetable (6%) (Vegetable Fats & Oils, Emulsifiers(Soya Lecithin,(471),Antioxidant(306 From Soy Bean(200mg/kg) & Colours (160b,100)), Starfirm 48 (3%), Margarine (3%) (Vegetable Fats And Oils, Water, Salt, Emulsifiers (471, Soya Bean Lecithin), Acidity Regulator(331),Antioxidants[306,From Soy Bean(160mg/kg)], Flavours And Colour(160a)), Pie Seasoning (Two) (1%) (Mineral Salt, Pepper,Soy Protein,Colour, Dextrin,Yeast Extract,Onion Powder And Spices), Vinegar White (0.5%) (Fermentad Spirit(260), Water), Salt Fine 25kg (Salt), Baking Powder (0%) (Wheat Flour, Mineral Salts (450, 500)), Full Cream Milk Powder (0%) (Milk), Caramel Hgp (0%) (Colour (150c)), Glaze (0%) (Milk Solids, Sugar, Mineral Salt (450), Colours (102, 124))

Nutrition Information: **Servings per package (average): 1**
Serving size (average): 200g

	Av. Quantity per Serving	Av. Quantity per 100g
Energy	1800kJ (431Cal)	901kJ (215Cal)
Protein	14.8g	7.4g
Fat, Total	24.2g	12.1g
- Saturated	13.6g	6.8g
Carbohydrate	41.7g	20.8g
- Sugars	0.4g	0.2g
Sodium	847mg	423mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Contains wheat, dairy, soy.



PRODUCT SPECIFICATION INDEX

Last updated: Tuesday, 3 April 2012

Beef, Bacon & Cheese Pie

Size: 200g

Shelf Life: 3 Days

Ingredients: Water (37%), Flour (24%) (Wheat Flour, Vitamin (Thiamin)), Hamburger Mince(~15%fat) (13%), Diced Bacon (Pork(95%), Salt, Dextrose, Sucrose, Mineral Salts(450,451,452), Water, Antioxidant(316),Sodium Nitrite(250).), Duo Vegetable (Vegetable Fats & Oils, Emulsifiers (Soya Lecithin,(471),Antioxidant(306 From Soy Bean(200mg/kg) & Colours (160b,100))), Cheese Shredded Cheddar (4.5%) (Cheese(Milk,Cultures,Rennet,Salt), Tapioca Starch), Starfirm 48 (3%), Margarine (3%) (Vegetable Fats And Oils, Water, Salt, Emulsifiers (471, Soya Bean Lecithin), Acidity Regulator(331),Antioxidants[306,From Soy Bean(160mg/kg)], Flavours And Colour(160a)), Cheese (2%) (Cheese: [pasteurised Milk, Salt, Cultures, Enzyme (Rennet), Anticaking Agent (460), Preservative (200)], Butter, Unsalted (1%) (Cream, Salt), Bacon Booster (0.5%), Vinegar White (Fermentad Spirit(260), Water), Salt Fine 25kg (0%) (Salt), Pie Seasoning (Two) (Mineral Salt, Pepper,Soy Protein,Colour, Dextrin,Yeast Extract,Onion Powder And Spices), Baking Powder (0%) (Wheat Flour, Mineral Salts (450, 500)), Full Cream Milk Powder (0%) (Milk), Paprika (0%) (Herbs & Spices), Blackjack (0%) (Colour (150c)), Glaze (0%) (Milk Solids, Sugar, Mineral Salt (450), Colours (102, 124)), Caramel Hgp (0%) (Colour (150c))

Nutrition Information: **Servings per package (average): 1**
Serving size (average): 200g

	Av. Quantity per Serving	Av. Quantity per 100g
Energy	1900kJ (454Cal)	949kJ (227Cal)
Protein	14.6g	7.3g
Fat, Total	27.2g	13.6g
- Saturated	16.5g	8.3g
Carbohydrate	40.6g	20.3g
- Sugars	0.5g	0.3g
Sodium	822mg	411mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Contains wheat, dairy, soy.



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Last updated: Tuesday, 3 April 2012

Butter Cake

Size: 600g

Shelf Life: 3 Days

Ingredients: Castor Sugar (30%) (Sugar), Am Hi Ratio Cake Flour (24%) (Wheat Flour), Water (17%), Egg Pulp Sunny Queen (12%) (Whole Egg Pulp Produced From Shell Hen Eggs), Butter, Unsalted (7%) (Cream, Salt), Margarine (6%) (Vegetable Fats And Oils, Water, Salt, Emulsifiers (Soya Lecithin, 435), Milk Solids, Antioxidants (306), Flavour, Colour (160b, 100)), Full Cream Milk Powder (2%) (Milk), Glycerine (1%), Masterbake Bacom A100 (0.5%) (Water, Emulsifiers (322 Soy, 471 Soy), Food Acids (260, 262)), Baking Powder (0.5%) (Wheat Flour, Mineral Salts (450, 500)), Salt Fine 25kg (0.5%) (Salt), Instant Ftd 449 (0.5%) (Thickener (1422 Maize)), Colour Yellow Egg (0%) (Colour (102, 123))

Nutrition Information: **Servings per package (average): 10**

Serving size (average): 10g

	Av. Quantity per Serving	Av. Quantity per 100g
Energy	137kJ (33Cal)	1370kJ (326Cal)
Protein	0.4g	4.0g
Fat, Total	1.3g	12.5g
- Saturated	0.7g	7.2g
Carbohydrate	4.9g	48.7g
- Sugars	3.1g	30.6g
Sodium	42mg	415mg

Storage Conditions: Store at ambient temperature away from direct sunlight

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Contains wheat, egg, dairy, soy.



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Last updated: Tuesday, 3 April 2012

Carrot Cake

Size: 700g

Shelf Life: 3 Days

Ingredients: Flour (15%) (Wheat Flour, Vitamin (Thiamin)), Castor Sugar (15%) (Sugar), Carrot (15%), Multi Purpose Cake Mix Concentrate (14%) (Wheat Flour, Sugar, Soya Flour, Raising Agents (500,170,450), Bulking Agent(1200), Emulsifier(471,481), Modified Maize Starch, Wheat Starch.), Canola Oil (12%) (Canola Oil, Antioxidant (306)), Egg Pulp Sunny Queen (10%) (Whole Egg Pulp Produced From Shell Hen Eggs), Diced / Sliced Apple (9%) (Apple, Food Acid (300), Firming Agent (509)), Walnuts (4%) (Walnuts 100%), Seed (1%), Cinnamon Pada Vera (0.5%) (Cinnamon), Apple Juice (0%) (Reconstituted Apple Juice, Vitamin C (300), Flavour), Salt Fine 25kg (0%) (Salt), Speculaas (0%) (Spices), Pinnacle Ginger Ground 1kg (0%) (Ginger Ground), Vanillin (0%) (Spice)

Nutrition Information: **Servings per package (average): ?**
Serving size (average): 10g

	Av. Quantity per Serving	Av. Quantity per 100g
Energy	138kJ (33Cal)	1380kJ (330Cal)
Protein	0.5g	4.8g
Fat, Total	1.7g	17.3g
- Saturated	0.2g	1.5g
Carbohydrate	4.1g	40.5g
- Sugars	2.4g	24.0g
Sodium	11mg	111mg

Storage Conditions: Store at ambient temperature away from direct sunlight

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Contains wheat, milk, soy, tree nuts.



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Last updated: Tuesday, 3 April 2012

Cheese & Onion Tiddly Oggie

Size: 250g

Shelf Life: 3 Days

Ingredients: Potato, Flour (Wheat Flour, Vitamin (Thiamin)), Onion, Cheese Shredded Cheddar (Cheese(Milk,Cultures,Rennet,Salt), Tapioca Starch), Margarine (Vegetable Fats And Oils, Water, Salt, Emulsifiers (471, Soya Bean Lecithin), Acidity Regulator(331), Antioxidants[306, From Soy Bean(160mg/kg)], Flavours And Colour(160a)), Water, Cheese (Cheese: [pasteurised Milk, Salt, Cultures, Enzyme (Rennet), Anticaking Agent (460), Preservative (200)), Duo Vegetable (Vegetable Fats & Oils, Emulsifiers(Soya Lecithin,(471),Antioxidant(306 From Soy Bean(200mg/kg) & Colours (160b,100))) , Instant Ftd 449 (Thickener (1422 Maize)), Breadcrumbs (Fine And White) (Wheat Flour, Bakers Yeast, Salt, Vegetable Oil, Gluten, Soy Flour, Emulsifiers (481, 471), Sugar, Sesame Seeds, Tuna Oil, Preservative (282), Food Acid (330), Vitamin (Thiamine)), Potato Flakes Fino (Potato, Emulsifiers (471, 450), Preservative (220),Food Acid (33)).), Pastie Seasoning 2 (Salt,Protein Extract,White Pepper,Black Pepper,Yeast Extract, Maltodextrin), Chive Flakes (Chive Flakes), Glaze (Milk Solids, Sugar, Mineral Salt (450), Colours (102, 124)), Vinegar White (Fermentad Spirit(260), Water)

Nutrition Information: **Servings per package (average): 1**
Serving size (average): 250g

	Av. Quantity per Serving	Av. Quantity per 100g
Energy	2360kJ (563Cal)	943kJ (225Cal)
Protein	16.4g	6.6g
Fat, Total	28.4g	11.4g
- Saturated	19.8g	7.9g
Carbohydrate	57.2g	22.9g
- Sugars	1.6g	0.7g
Sodium	1100mg	438mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Contains wheat, dairy, soy.



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Last updated: Tuesday, 3 April 2012

Chicken Pie

Size: 200g

Shelf Life: 3 Days

Ingredients: Flour (27%) (Wheat Flour, Vitamin (Thiamin)), Chicken (21%), Water (20%), Leek (8%), Duo Vegetable (Vegetable Fats & Oils, Emulsifiers(Soya Lecithin,(471),Antioxidant(306 From Soy Bean(200mg/kg) & Colours (160b,100)), Sour Light Cream (Light Cream, Halal Gelatine, Sour Cream Cultures), Canola Oil (3%) (Canola Oil, Antioxidant (306)), Margarine (Vegetable Fats And Oils, Water, Salt, Emulsifiers (471, Soya Bean Lecithin), Acidity Regulator(331), Antioxidants[306,From Soy Bean(160mg/kg)], Flavours And Colour(160a)), Celery (2%), Spinach (2%), Onion (1.5%), Chicken Booster (1%) (Salt,Sucrose,Flavour Enhancers (621,627,631) Chicken,Vegetable Powders,Wheat Starch, Hydrolyed Vegetable Protein,Herbs And Spices), Bread Crumbs (0.5%) (Wheat Flour, Bakers Yeast, Salt, Vegetable Oil, Gluten Soy Flour, Emulsifiers (481, 471), Sugar, Sesame Seed, Tuna Oil, Preservative (282), Food Acid (330), Vitamin (Thiamin)), Butter, Unsalted (0.5%) (Cream, Salt), Vinegar White (Fermentad Spirit(260), Water), Salt Fine 25kg (0.5%) (Salt), Chive Flakes (0%) (Chive Flakes (0%)), Baking Powder (Wheat Flour, Mineral Salts (450, 500)), Full Cream Milk Powder (0%) (Milk), White Pepper (0%) (Ground Pepper), Garlic Melange (0%) (Garlic Powder,Onion Powder,Rice Flour,Pepper White, Chilli Powder,Parsley,Canola Oil,Salt), Glaze (0%) (Milk Solids, Sugar, Mineral Salt (450), Colours (102, 124))

Nutrition Information: **Servings per package (average): 1**
Serving size (average): 200g

	Av. Quantity per Serving	Av. Quantity per 100g
Energy	2110kJ (505Cal)	1060kJ (252Cal)
Protein	14.4g	7.2g
Fat, Total	31.1g	15.5g
- Saturated	14.4g	7.2g
Carbohydrate	41.8g	20.9g
- Sugars	1.8g	0.9g
Sodium	717mg	359mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Contains wheat, dairy, soy.



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Last updated: Tuesday, 3 April 2012

Chilli Con Carne Pie

Size: 200g

Shelf Life: 3 Days

Ingredients: Flour (23%) (Wheat Flour, Vitamin (Thiamin), Folic Acid), Water (16%), Tomatoes Chopped (10%) (Tomatoes, Tomato Juice), Red Kidney Beans (9%) (Red Kidney Beans, Water, Salt), Capsicum (7%), Rindless Tasty Cheddar Cheese Shredded 2kg (6%) (Milk, Culture, Salt, Rennet), Beef (6%), Hamburger Mince (~15%fat) (6%), Duo Vegetable (5%) (Vegetable Fats & Oils, Emulsifiers (Soya Lecithin, (471), Antioxidant (306 From Soy Bean (200mg/kg) & Colours (160b, 100)), Onion (5%), Margarine (2.5%) (Vegetable Fats And Oils, Water, Salt, Emulsifiers (471, Soya Bean Lecithin), Acidity Regulator (331), Antioxidants [306, From Soy Bean (160mg/kg)], Flavours And Colour (160a)), Tomato Paste (1%) (Concentrated Tomatoes (98%), Salt), Starfirm 48 (1%), Chicken Booster (0.5%) (Salt, Sucrose, Flavour Enhancers (621, 627, 631) Chicken, Vegetable Powders, Wheat Starch, Hydrolyzed Vegetable Protein, Herbs And Spices), Chilli Con Carne Mix (0.5%) (Cumin, Coriander, Paprika, Chilli Flakes), Vinegar White (0.5%) (Fermented Spirit (260), Water), Canola Oil (0%) (Canola Oil, Antioxidant (306)), Iodised Salt (0%) (Salt, Potassium Iodate), Baking Powder (0%) (Rice Flour, Mineral Salts (450), (500)), Full Cream Milk Powder (0%) (Milk), Pie Seasoning (Two) (0%) (Mineral Salt, Pepper, Soy Protein, Colour, Dextrin, Yeast Extract, Onion Powder And Spices), Glaze (0%) (Milk Solids, Sugar, Mineral Salt (450), Colours (102, 124))

Nutrition Information: **Servings per package (average): 1**
Serving size (average): 238g

	Av. Quantity per Serving	Av. Quantity per 100g
Energy	2150kJ (512Cal)	901kJ (215Cal)
Protein	18.1g	7.6g
Fat, Total	26.9g	11.3g
- Saturated	16.1g	6.8g
Carbohydrate	47.7g	20.0g
- Sugars	4.2g	1.8g
Sodium	885mg	372mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Contains wheat, dairy, soy.



PRODUCT SPECIFICATION INDEX

Last updated: Tuesday, 3 April 2012

Chocolate Ganache Cake

Size: 1.2kg

Shelf Life: 3 Days

Ingredients: Mud Cake Premix (32%) (Sugar,Wheaten Flour, Cocoa,Potato Starch,Milk Solids,Raising Agents(Sodium Pyrophosphate,Sodium Triphosphate),Salt,Nature Identical Flavour,Emulsifier (322soy Lecithin).), Water (16%), Thickened Cream (14%) (Cream, Gelatine(Halal), Carrageenan(407)), Egg Pulp (10%) (Whole Egg Pulp Produced From Shell Hen Eggs), Chocolate Kingston Nestle (9%) (Sugar,Vegetable Fat, Cocoa, Whey Powder, Emulsifiers(Soy Lecthin,492),Flavours,Salt May Contain Traces Of Nuts), Flour (5%) (Wheat Flour, Vitamin (Thiamin), Folic Acid), Castor Sugar (3.5%) (Sugar), Butter, Unsalted (3.5%) (Cream), Canola Oil (3.5%) (Canola Oil, Antioxidant (306)), All Purpose Sponge Mix (1.5%) (Wheat Flour, Sugar, Whipping Agent [emulsifiers (472b, 447), Glucose, Soy Flour, Mineral Salt (339)], Mineral Salts (170, 450, 500, 541), Milk Solids, Vegetable Oil [antioxidant (307)], Salt, Wheat Starch, Vegetable Gum (415), Soy Flour, Dextrose, Flavour, Emulsifier (471 Soy), Colour (102)), Cocoa Powder (1.5%), Strawberry (1%), Flan Gel Belpap (0.5%) (Sugar, Water, Glucose, Gelling Agents[carrageen E407,Pectin E440] ,Acidifie R[citric Acid E330], Acidity Regulators [sodium Citrate E331, Tricalcium Phosphate E341iii], Preservative[potassium Sorbate E202]), Pettina Cream Stabiliser (0.5%) (Sugar, Vegetable Gum (401), Modified Maize Starch (1422)), Apito Chocolate Paste (0%) (Water, Colour (122, 133, 150c, 155), Flavours, Vegetable Gum (415), Preservative (202)), Vanilla Essence 45 (0%) (Flavour, Colour(150)), Mineral Salt (0%)

Nutrition Information: **Servings per package (average): 8**
Serving size (average): 150g

	Average Quantity per Serving	Average Quantity per 100g
Energy	2130kJ (508Cal)	1420kJ (339Cal)
Protein	7.2g	4.8g
Fat, Total	32.7g	21.8g
- Saturated	13.9g	9.3g
Carbohydrate	46.6g	31.1g
- Sugars	31.7g	21.1g
Sodium	67mg	44mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Contains egg, dairy, soy, tree nuts.

Disclaimer: The information contained in this specification is based on data considered to be accurate and reliable as at the date of the specification to the best of the supplier's knowledge and belief. No warranty is expressed or implied regarding the accuracy or correctness of the data contained in this specification. Nutrition data has been calculated in accordance with FSANZ guidelines using raw ingredient information provided by suppliers. Nutrition data is indicative and provided as a guide only. No Puckles Family Bakehouse products are made in a gluten-free or nut-free environment.



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Last updated: Tuesday, 3 April 2012

Chocolate Truffle Cup

Size: 70g

Shelf Life: 3 Days

Ingredients: Chocolate Dark (Sugar, Vegetable Fat, Cocoa Powder, Emulsifiers (Soy Lecithin, 478, 492), Flavours), Chocolate Kingston Nestle (Sugar, Vegetable Fat, Cocoa, Whey Powder, Emulsifiers (Soy Lecithin, 492), Flavours, Salt May Contain Traces Of Nuts), Thickened Cream (Cream, Gelatine (Halal), Carrageenan (407)), Castor Sugar (Sugar), Almond Meal (Friutex) (Almonds), Egg White, Butter, Unsalted (Cream, Salt), Egg Yolk, Sugar - Grade A1 (Sugar), Medium Dry Sherry, Icing Sugar (Sugar, Maize Flour), Actiwhite (Egg Albumen Powder, Sugar, Vegetable Gums (412, 466), Food Acid (330)), Coffee Instant Nescafe (Coffee Beans)

Nutrition Information: **Servings per package (average): 1**
Serving size (average): 70g

	Av. Quantity per Serving	Av. Quantity per 100g
Energy	1280kJ (306Cal)	1830kJ (436Cal)
Protein	6.7g	9.6g
Fat, Total	21.7g	30.9g
- Saturated	14.6g	20.9g
Carbohydrate	27.9g	39.8g
- Sugars	24.6g	35.2g
Sodium	81mg	116mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Contains egg, dairy, soy, tree nuts.



PRODUCT SPECIFICATION INDEX

Last updated: Tuesday, 3 April 2012

Continental Cheese Cake

Size: 1140g

Shelf Life: 3 Days

Ingredients: Cream Cheese Tatura (18%) (Milk, Starter Cultures), Castor Sugar (17%) (Sugar), Bakers Cheese (16%) (Milk, Starter Culture, Rennet), Butter, Unsalted (15%) (Cream), Flour (12%) (Wheat Flour, Vitamin (Thiamin), Folic Acid), Egg Pulp (9%) (Whole Egg Pulp Produced From Shell Hen Eggs), Water (5%), Full Cream Milk Powder (5%) (Milk), Royal Danish 12.5kg (1.5%) (Vegetable Fats & Oils, Water, Salt, Emulsifiers (471, Soya Bean Lecithin), Acidity Regulator (331), Antioxidants (306, From Soya Bean,(165mg/kg)), Flavours & Colour (160b, 100) .), Iodised Salt (0%) (Salt, Potassium Iodate), Baking Powder (0%) (Rice Flour, Mineral Salts (450),(500)), Vanillin (0%) (Spice)

Nutrition Information: **Servings per package (average): 12**
Serving size (average): 95g

	Av. Quantity per Serving	Av. Quantity per 100g
Energy	1450kJ (347Cal)	1530kJ (365Cal)
Protein	7.8g	8.2g
Fat, Total	23.2g	24.5g
- Saturated	15.0g	15.8g
Carbohydrate	26.8g	28.2g
- Sugars	18.5g	19.5g
Sodium	293mg	309mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Contains wheat, egg, dairy, soy.



PRODUCT SPECIFICATION INDEX

Last updated: Tuesday, 3 April 2012

Cottage Pie

Size: 310g

Shelf Life: 3 Days

Ingredients: Water (47%), Hamburger Mince(~15%fat), Milk Plain (Milk (11%)), Flour (10%) (Wheat Flour, Vitamin (Thiamin)), Potato Flakes Fino (Potato, Emulsifiers (471, 450), Preservative (220),Food Acid (33)).), Butter, Unsalted (Cream, Salt), Duo Vegetable (Vegetable Fats & Oils, Emulsifiers(Soya Lecithin,(471),Antioxidant(306 From Soy Bean(200mg/kg) & Colours (160b,100))) , Starfirm 48, Salt Fine 25kg (0.5%) (Salt), Pie Seasoning (Two) (Mineral Salt, Pepper,Soy Protein,Colour,Dextrin,Yeast Extract,Onion Powder And Spices), Vinegar White (Fermentad Spirit(260), Water), Baking Powder (Wheat Flour, Mineral Salts (450, 500)), Full Cream Milk Powder (Milk (0%)), Caramel Hgp (Colour (150c))

Nutrition Information: **Servings per package (average): 1**
Serving size (average): 310g

	Av. Quantity per Serving	Av. Quantity per 100g
Energy	2160kJ (516Cal)	693kJ (166Cal)
Protein	13.2g	4.2g
Fat, Total	29.9g	9.6g
- Saturated	17.7g	5.7g
Carbohydrate	50.2g	16.1g
- Sugars	2.3g	0.8g
Sodium	1130mg	361mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Contains wheat, dairy, soy.



PRODUCT SPECIFICATION INDEX

Last updated: Tuesday, 3 April 2012

Cracked Steak & Pepper Pie

Size: 200g

Shelf Life: 3 Days

Ingredients: Water (33%), Hamburger Mince(~15%fat) (27%), Flour (25%) (Wheat Flour, Vitamin (Thiamin)), Duo Vegetable (Vegetable Fats & Oils, Emulsifiers(Soya Lecithin,(471), Antioxidant(306 From Soy Bean(200mg/kg) & Colours (160b,100)), Starfirm 48, Margarine (3%) (Vegetable Fats And Oils, Water, Salt, Emulsifiers (471, Soya Bean Lecithin), Acidity Regulator(331),Antioxidants[306,From Soy Bean(160mg/kg)], Flavours And Colour(160a)), Black Pepper Kibbled (2%) (Black Pepper), Pie Seasoning (Two) (Mineral Salt, Pepper, Soy Protein,Colour,Dextrin,Yeast Extract,Onion Powder And Spices), Salt Fine 25kg (0.5%) (Salt), Vinegar White (Fermentad Spirit(260), Water), Baking Powder (Wheat Flour, Mineral Salts (450, 500)), Full Cream Milk Powder (0%) (Milk), Caramel Hgp (0%) (Colour (150c)), Wheat Gluten (Wheat Gluten), Glaze (0%) (Milk Solids, Sugar, Mineral Salt (450), Colours (102, 124)), Colour Yellow Egg (0%) (Colour (102, 123))

Nutrition Information: **Servings per package (average): 1**
Serving size (average): 200g

	Av. Quantity per Serving	Av. Quantity per 100g
Energy	1810kJ (433Cal)	905kJ (216Cal)
Protein	15.0g	7.5g
Fat, Total	23.9g	11.9g
- Saturated	13.4g	6.7g
Carbohydrate	42.1g	21.0g
- Sugars	1.4g	0.7g
Sodium	899mg	449mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Contains wheat, dairy, soy.



PRODUCT SPECIFICATION INDEX

Last updated: Tuesday, 3 April 2012

Creamed Lamington

Size: 120g

Shelf Life: 3 Days

Ingredients: Thickened Cream (35%) (Cream, Gelatine(Halal), Carrageenan(407)), All Purpose Sponge Mix (19%) (Wheat Flour, Sugar, Whipping Agent [emulsifiers (472b, 447), Glucose, Soy Flour, Mineral Salt (339)], Mineral Salts (170, 450, 500, 541), Milk Solids, Vegetable Oil [antioxidant (307)], Salt, Wheat Starch, Vegetable Gum (415), Soy Flour, Dextrose, Flavour, Emulsifier (471 Soy), Colour (102)), Coconut (13%) (Coconut, Preservative (223)), Chocolate Kingston Nestle (12%) (Sugar, Vegetable Fat, Cocoa, Whey Powder, Emulsifiers(Soy Lecithin, 492), Flavours, Salt. May Contain Traces Of Nuts), Liquid Egg (8%), Water (7%), Castor Sugar (1.5%) (Sugar), Pettina Cream Stabiliser (1.5%) (Sugar, Vegetable Gum (401), Modified Maize Starch (1422)), Fondant White 1 (1%) (Sucrose, Glucose Syrup(Maize), Water Added, Hydrogenated Vegetable Oil, Emulsifier(471)), Chocolate White Snowcap (1%) (Sugar, Vegetable Fat, Whey Powder, Emulsifiers (Soya Lecithin, 492), May Contain Traces Of Nuts), Invert Syrup Csr (0.5%) (Sugar, Water), Vanilla Essence 45 (0%) (Flavour, Colour(150))

Nutrition Information: **Servings per package (average): 1**
Serving size (average): 120g

	Av. Quantity per Serving	Av. Quantity per 100g
Energy	1930kJ (461Cal)	1610kJ (384Cal)
Protein	5.3g	4.5g
Fat, Total	31.7g	26.4g
- Saturated	25.2g	21.0g
Carbohydrate	36.9g	30.7g
- Sugars	26.8g	22.3g
Sodium	164mg	137mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Contains wheat, egg, dairy, soy.



PRODUCT SPECIFICATION INDEX

Last updated: Tuesday, 3 April 2012

Curry Chicken Pie

Size: 200g

Shelf Life: 3 Days

Ingredients: Flour (27%) (Wheat Flour, Vitamin (Thiamin)), Water (22%), Chicken (21%), Leek (7%), Duo Vegetable (Vegetable Fats & Oils, Emulsifiers(Soya Lecithin,(471),Antioxidant(306 From Soy Bean(200mg/kg) & Colours (160b,100)), Sour Light Cream (4%) (Light Cream, Halal Gelatine, Sour Cream Cultures), Canola Oil (3%) (Canola Oil, Antioxidant (306)), Margarine (3%) (Vegetable Fats And Oils, Water, Salt, Emulsifiers (471, Soya Bean Lecithin), Acidity Regulator(331),Antioxidants[306,From Soy Bean(160mg/kg)], Flavours And Colour(160a)), Celery (2%), Spinach (2%), Onion (1%), Chicken Booster (1%) (Salt,Sucrose,Flavour Enhancers (621,627,631) Chicken,Vegetable Powders,Wheat Starch, Hydrolyed Vegetable Protein,Herbs And Spices), Butter, Unsalted (0.5%) (Cream, Salt), Curry Masala Melange (0.5%) (Coriander,Blackpepper,Salt,Chilli,Cumin,Cinnamon,Rice Flour & Celery Seed), Vinegar White (Fermentad Spirit(260), Water), Salt Fine 25kg (0%) (Salt), Baking Powder (0%) (Wheat Flour, Mineral Salts (450, 500)), Full Cream Milk Powder (0%) (Milk), White Pepper (0%) (Ground Pepper), Garlic Melange (0%) (Garlic Powder,Onion Powder,Rice Flour,Pepper White, Chilli Powder,Parsley,Canola Oil,Salt), Glaze (0%) (Milk Solids, Sugar, Mineral Salt (450), Colours (102, 124))

Nutrition Information: **Servings per package (average): 1**
Serving size (average): 200g

	Av. Quantity per Serving	Av. Quantity per 100g
Energy	2050kJ (489Cal)	1020kJ (245Cal)
Protein	14.0g	7.0g
Fat, Total	30.4g	15.2g
- Saturated	14.1g	7.1g
Carbohydrate	40.3g	20.2g
- Sugars	1.7g	0.8g
Sodium	701mg	350mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Contains wheat, dairy, soy.



PRODUCT SPECIFICATION INDEX

Last updated: Tuesday, 3 April 2012

Curry Pie

Size: 200g

Shelf Life: 3 Days

Ingredients: Water (28%), Flour (25%) (Wheat Flour, Vitamin (Thiamin)), Hamburger Mince(~15%fat) (20%), Diced / Sliced Apple (11%) (Apple, Food Acid (300), Firming Agent (509)), Duo Vegetable (Vegetable Fats & Oils, Emulsifiers(Soya Lecithin,(471),Antioxidant(306 From Soy Bean(200mg/kg) & Colours (160b,100)), Sultanas (3%) (Sultanas, Vegetable Oil, Glycerine), Margarine (3%) (Vegetable Fats And Oils, Water, Salt, Emulsifiers (471, Soya Bean Lecithin), Acidity Regulator(331),Antioxidants[306,From Soy Bean(160mg/kg)], Flavours And Colour (160a)), Starfirm 48, Curry Masala Melange (Coriander,Blackpepper,Salt,Chilli, Cumin, Cinnamon,Rice Flour & Celery Seed), Pie Seasoning (Two) (Mineral Salt, Pepper,Soy Protein,Colour,Dextrin,Yeast Extract,Onion Powder And Spices), Vinegar White (Fermentad Spirit(260), Water), Butter, Unsalted (0.5%) (Cream, Salt), Salt Fine 25kg (0.5%) (Salt), Baking Powder (Wheat Flour, Mineral Salts (450, 500)), Full Cream Milk Powder (0%) (Milk), Caramel Hgp (0%) (Colour (150c)), Glaze (0%) (Milk Solids, Sugar, Mineral Salt (450), Colours (102, 124))

Nutrition Information: **Servings per package (average): 1**
Serving size (average): 200g

	Av. Quantity per Serving	Av. Quantity per 100g
Energy	1830kJ (437Cal)	916kJ (219Cal)
Protein	13.1g	6.5g
Fat, Total	22.9g	11.4g
- Saturated	13.2g	6.6g
Carbohydrate	47.3g	23.7g
- Sugars	7.3g	3.6g
Sodium	784mg	392mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Contains wheat, dairy, soy.



PRODUCT SPECIFICATION INDEX

Last updated: Tuesday, 3 April 2012

Custard Tart Large

Size: 570g

Shelf Life: 3 Days

Ingredients: Water (37%), Full Cream Milk Powder (15%) (Milk), Flour (14%) (Wheat Flour, Vitamin (Thiamin), Folic Acid), Egg Pulp (Whole Egg Pulp Produced From Shell Hen Eggs), Castor Sugar (Sugar), Butter, Unsalted (4%) (Cream), Royal Danish 12.5kg (Vegetable Fats & Oils, Water, Salt, Emulsifiers (471, Soya Bean Lecithin), Acidity Regulator (331), Antioxidants (306, From Soya Bean, (165mg/kg)), Flavours & Colour (160b, 100), Custilla (Sugar, Thickener (1414), Whole Milk Powder, Vegetable Gum (401), Beverage Whitener (Hydrogenated Palm Oil, Glucose Syrup, Mineral Salts (340, 450), Sodium Casinate, Emulsifiers (472e, 471), Anticaking Agent (551)), Flavour, Salt, Preservative (282), Colour (102, 110)), Baking Powder (0%) (Rice Flour, Mineral Salts (450),(500)), Nutmeg (0%) (Nutmeg (0%)), Vanillin (0%) (Spice), Colour Yellow Egg (Colour (102, 123))

Nutrition Information: **Servings per package (average): 6**
Serving size (average): 95g

	Av. Quantity per Serving	Av. Quantity per 100g
Energy	1010kJ (241Cal)	1060kJ (254Cal)
Protein	6.7g	7.1g
Fat, Total	11.3g	11.9g
- Saturated	6.9g	7.3g
Carbohydrate	26.7g	28.1g
- Sugars	17.1g	18.1g
Sodium	149mg	156mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Contains wheat, egg, dairy, soy.



PRODUCT SPECIFICATION INDEX

Last updated: Tuesday, 3 April 2012

Custard Tarts Small

Size: 190g

Shelf Life: 3 Days

Ingredients: Water (30%), Flour (20%) (Wheat Flour, Vitamin (Thiamin), Folic Acid), Full Cream Milk Powder (13%) (Milk), Egg Pulp (Whole Egg Pulp Produced From Shell Hen Eggs), Castor Sugar (Sugar), Butter, Unsalted (5%) (Cream), Royal Danish 12.5kg (Vegetable Fats & Oils, Water, Salt, Emulsifiers (471, Soya Bean Lecithin), Acidity Regulator (331), Antioxidants (306, From Soya Bean, (165mg/kg)), Flavours & Colour (160b, 100), Custilla (Sugar, Thickener (1414), Whole Milk Powder, Vegetable Gum (401), Beverage Whitener (Hydrogenated Palm Oil, Glucose Syrup, Mineral Salts (340, 450), Sodium Casinate, Emulsifiers (472e, 471), Anticaking Agent (551)), Flavour, Salt, Preservative (282), Colour (102, 110)), Nutmeg (0.5%) (Nutmeg (0.5%)), Baking Powder (0%) (Rice Flour, Mineral Salts (450), (500)), Vanillin (0%) (Spice), Colour Yellow Egg (Colour (102, 123))

Nutrition Information: **Servings per package (average): 1**
Serving size (average): 190g

	Av. Quantity per Serving	Av. Quantity per 100g
Energy	2300kJ (550Cal)	1210kJ (290Cal)
Protein	13.6g	7.2g
Fat, Total	26.7g	14.1g
- Saturated	16.5g	8.7g
Carbohydrate	60.8g	32.0g
- Sugars	34.3g	18.1g
Sodium	336mg	177mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Contains wheat, egg, dairy, soy.



PRODUCT SPECIFICATION INDEX

Last updated: Tuesday, 3 April 2012

Dark Fruit Cake

Size: 450g

Shelf Life: 3 Days

Ingredients: Sultanas (38%) (Sultanas, Vegetable Oil, Glycerine), Flour (11%) (Wheat Flour, Vitamin (Thiamin), Folic Acid), Cherries (11%) (Cherries, Sugar, Preservative (211), Flavour, Colour (129)), Butter, Unsalted (10%) (Cream), Liquid Egg (9%), Sugar (8%) (Sugar (8%)), Glycerine (4.5%), Medium Dry Sherry (2%), Mixed Fruit With Peel (2%) (Sultanas, Currants, Peel, Vegetable Oil, Glycerine, Preservative (202, 220)), Pecan Pieces Large 14kg (2%) (Pecan Nuts), Almond Flakes/slices Blanched (1.5%) (Almonds, Preservative (220)), Caramel Hgp (0.5%) (Colour (150c)), Thickener (0.5%) (Thickener (1422, Maize Starch)), Baking Soda (0%), Apito Orange Flavouring Paste (0%) (Water, Ehtanol, Orange Oil, Vegetable Gums (413, 415), Colours (102, 110, 124), Preservative (202)), Apito Imitation Special Fruit Cake Flavouring Paste (0%) (Water, Ethyl Alcohol, Lemon Oil, Flavours, Vegetable Gums (413, 415), Preservative (202), Colours (102, 150c)), Speculaas (0%) (Spices), Rum Jamaica Flavour (0%) (Flavour)

Nutrition Information: **Servings per package (average): 10**
Serving size (average): 45g

	Av. Quantity per Serving	Av. Quantity per 100g
Energy	601kJ (143Cal)	1330kJ (319Cal)
Protein	1.8g	4.1g
Fat, Total	5.6g	12.5g
- Saturated	2.7g	6.1g
Carbohydrate	21.5g	47.8g
- Sugars	17.5g	38.9g
Sodium	34mg	75mg

Storage Conditions: Store at ambient temperature away from direct sunlight

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Contains wheat, eggs, dairy, tree nuts.



PRODUCT SPECIFICATION INDEX

Last updated: Tuesday, 3 April 2012

Donut Yeast Jam

Size: 95g

Shelf Life: 3 Days

Ingredients: Kremer Yrd (50%) (Wheaten Flour, Vegetable Oil, Sugar, Emulsifiers(481, 471, 477), Oat Fibre, Non Fat Milk Solids, Salt, Soy Flour, Baking Powder (Mineral Salts(450,500)), Vegetable Gum (412), Wheat Malt Flour(Enzyme Active), Flour Treatment Agents (510,300), Colour(160(A)), Enzymes.), Water (18%), Raspberry Super (15%) (Sugar, Fruit(42%)(Plums, Raspberries), Gelling Agent(Pectin), Acid(330), Colours(150c,124,122), Preservative(202), Flavour.), Egg Pulp (Whole Egg Pulp Produced From Shell Hen Eggs), Vegetable Shortening. Country Wide (5%) (Blended Vegetable Oils, Antioxidants(306, And/or 320).), Castor Sugar (3%) (Sugar), Butter, Unsalted (Cream), Yeast Dry Instant (Bakers Yeast, Emulsifier (491)

Nutrition Information: **Servings per package (average): 1**
Serving size (average): 95g

	Av. Quantity per Serving	Av. Quantity per 100g
Energy	1250kJ (298Cal)	1310kJ (313Cal)
Protein	6.1g	6.4g
Fat, Total	10.4g	10.9g
- Saturated	5.6g	5.9g
Carbohydrate	43.7g	46.0g
- Sugars	17.6g	18.5g
Sodium	299mg	314mg

Storage Conditions: Store at ambient temperature away from direct sunlight

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Contains wheat, egg, dairy, soy.



PRODUCT SPECIFICATION INDEX

Last updated: Tuesday, 3 April 2012

Eclairs Chocolate

Size: 135g

Shelf Life: 3 Days

Ingredients: Thickened Cream (Cream, Gelatine(Halal), Carrageenan(407)), Flour (13%) (Wheat Flour, Vitamin (Thiamin), Folic Acid), Chocolate Dark (11%) (Sugar, Vegetable Fat, Cocoa Powder, Emulsifiers (Soy Lecithin, 478, 492), Flavours), Margarine (5%) (Vegetable Fats And Oils, Water, Salt, Emulsifiers (Soya Lecithin, 435), Milk Solids, Antioxidants (306), Flavour, Colour (160b, 100)), Egg Pulp (Whole Egg Pulp Produced From Shell Hen Eggs), Castor Sugar (2.5%) (Sugar (2.5%)), Pettina Cream Stabiliser (2.5%) (Sugar, Vegetable Gum (401), Modified Maize Starch (1422)), White Fondant (1.5%) (Sugar, Glucose, Water), Chocolate White Snowcap (Sugar, Vegetable Fat, Whey Powder, Emulsifiers (Soya Lecithin, 492), May Contain Traces Of Nuts), Invert Syrup Csr (1%) (Sugar, Water), Iodised Salt (0%) (Salt, Potassium Iodate), Sugar (0%) (Sugar (0%)), Vanilla Essence 45 (0%) (Flavour, Colour(150))

Nutrition Information: **Servings per package (average): 1**
Serving size (average): 135g

	Av. Quantity per Serving	Av. Quantity per 100g
Energy	2100kJ (501Cal)	1550kJ (371Cal)
Protein	5.4g	4.0g
Fat, Total	38.0g	28.2g
- Saturated	27.8g	20.6g
Carbohydrate	34.3g	25.4g
- Sugars	21.3g	15.8g
Sodium	155mg	115mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Contains wheat, egg, dairy, soy.
May contain Peanuts and soybeans, and their products.



PRODUCT SPECIFICATION INDEX

Last updated: Tuesday, 3 April 2012

Family Beef Pie

Size: 800g

Shelf Life: 3 Days

Ingredients: Water (35%), Hamburger Mince(~15%fat), Flour (23%) (Wheat Flour, Vitamin (Thiamin)), Duo Vegetable (5%) (Vegetable Fats & Oils, Emulsifiers(Soya Lecithin,(471),Antioxidant(306 From Soy Bean(200mg/kg) & Colours (160b,100))), Starfirm 48 (3%), Margarine (3%) (Vegetable Fats And Oils, Water, Salt, Emulsifiers (471, Soya Bean Lecithin), Acidity Regulator(331), Antioxidants[306,From Soy Bean(160mg/kg)], Flavours And Colour(160a)), Pie Seasoning (Two) (1%) (Mineral Salt, Pepper,Soy Protein,Colour,Dextrin,Yeast Extract,Onion Powder And Spices), Vinegar White (0.5%) (Fermentad Spirit(260), Water), Salt Fine 25kg (0%) (Salt), Baking Powder (0%) (Wheat Flour, Mineral Salts (450, 500)), Full Cream Milk Powder (0%) (Milk), Caramel Hgp (0%) (Colour (150c)), Glaze (0%) (Milk Solids, Sugar, Mineral Salt (450), Colours (102, 124))

Nutrition Information: **Servings per package (average): 4**
Serving size (average): 200g

	Av. Quantity per Serving	Av. Quantity per 100g
Energy	1720kJ (410Cal)	858kJ (205Cal)
Protein	14.8g	7.4g
Fat, Total	23.2g	11.6g
- Saturated	12.9g	6.4g
Carbohydrate	39.1g	19.5g
- Sugars	0.4g	0.2g
Sodium	835mg	418mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Contains wheat, dairy, soy.



PRODUCT SPECIFICATION INDEX

Last updated: Tuesday, 3 April 2012

Family Cottage Pie

Size: 1200g

Shelf Life: 3 Days

Ingredients: Water (39%), Hamburger Mince(~15%fat), Flour (16%) (Wheat Flour, Vitamin (Thiamin)), Milk Plain (Milk (5%)), Duo Vegetable (Vegetable Fats & Oils, Emulsifiers(Soya Lecithin,(471), Antioxidant(306 From Soy Bean(200mg/kg) & Colours (160b,100))), Potato Flakes Fino (Potato, Emulsifiers (471, 450), Preservative (220),Food Acid (33)).), Butter, Unsalted (Cream, Salt), Starfirm 48, Cheese Shredded Cheddar (Cheese(Milk,Cultures, Rennet,Salt), Tapioca Starch), Diced Bacon (Pork(95%), Salt, Dextrose, Sucrose, Mineral Salts(450,451,452), Water, Antioxidant(316),Sodium Nitrite(250).), Pie Seasoning (Two) (Mineral Salt, Pepper, Soy Protein, Colour, Dextrin, Yeast Extract, Onion Powder And Spices), Salt Fine 25kg (0.5%) (Salt), Vinegar White (Fermented Spirit(260), Water), Baking Powder (Wheat Flour, Mineral Salts (450, 500)), Full Cream Milk Powder (Milk (0%)), Caramel Hgp (Colour (150c))

Nutrition Information: **Servings per package (average): 4**
Serving size (average): 300g

	Av. Quantity per Serving	Av. Quantity per 100g
Energy	2380kJ (569Cal)	794kJ (190Cal)
Protein	19.5g	6.5g
Fat, Total	33.1g	11.0g
- Saturated	18.7g	6.2g
Carbohydrate	51.7g	17.2g
- Sugars	1.4g	0.5g
Sodium	1280mg	426mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Contains wheat, dairy, soy.



PRODUCT SPECIFICATION INDEX

Last updated: Tuesday, 3 April 2012

Festive Fruit Cake 1kg

Size: 1kg

Shelf Life: 3 Days

Ingredients: Sultanas (29%) (Sultanas, Vegetable Oil, Glycerine), Cherries (16%) (Cherries, Sugar, Preservative (211), Flavour, Colour (129)), Flour (9%) (Wheat Flour, Vitamin (Thiamin), Folic Acid), Butter, Unsalted (8%) (Cream), Apricot Jam (8%) (Sugar, Apricots, Apples, Pectin, Food Acid (330), Preservative (202), Colours (102, 110), Flavour), Liquid Egg (7%), Sugar (6%) (Sugar (6%)), Pecan Pieces Large 14kg (4%) (Pecan Nuts), Almond Flakes/slices Blanched (4%) (Almonds, Preservative (220)), Glycerine (3.5%), Medium Dry Sherry (1.5%), Mixed Fruit With Peel (1.5%) (Sultanas, Currants, Peel, Vegetable Oil, Glycerine, Preservative (202, 220)), Apricot (1%), Brazil Nut (1%), Caramel Hgp (0.5%) (Colour (150c)), Thickener (0%) (Thickener (1422, Maize Starch)), Baking Soda (0%), Apito Orange Flavouring Paste (0%) (Water, Ethanol, Orange Oil, Vegetable Gums (413, 415), Colours (102, 110, 124), Preservative (202)), Apito Imitation Special Fruit Cake Flavouring Paste (0%) (Water, Ethyl Alcohol, Lemon Oil, Flavours, Vegetable Gums (413, 415), Preservative (202), Colours (102, 150c)), Speculaas (0%) (Spices), Rum Jamaica Flavour (0%) (Flavour)

Nutrition Information: **Servings per package (average): 20**
Serving size (average): 50g

	Av. Quantity per Serving	Av. Quantity per 100g
Energy	694kJ (166Cal)	1390kJ (332Cal)
Protein	2.2g	4.4g
Fat, Total	6.9g	13.8g
- Saturated	2.6g	5.2g
Carbohydrate	23.8g	47.5g
- Sugars	20.0g	39.9g
Sodium	32mg	63mg

Storage Conditions: Store at ambient temperature away from direct sunlight

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Contains wheat, eggs, dairy, tree nuts.



PRODUCT SPECIFICATION INDEX

Last updated: Tuesday, 3 April 2012

Festive Fruit Cake 2kg

Size: 2kg

Shelf Life: 3 Days

Ingredients: Sultanas (29%) (Sultanas, Vegetable Oil, Glycerine), Cherries (16%) (Cherries, Sugar, Preservative (211), Flavour, Colour (129)), Flour (9%) (Wheat Flour, Vitamin (Thiamin), Folic Acid), Butter, Unsalted (8%) (Cream), Apricot Jam (8%) (Sugar, Apricots, Apples, Pectin, Food Acid (330), Preservative (202), Colours (102, 110), Flavour), Liquid Egg (7%), Sugar (6%) (Sugar (6%)), Pecan Pieces Large 14kg (4%) (Pecan Nuts), Almond Flakes/slices Blanched (4%) (Almonds, Preservative (220)), Glycerine (3.5%), Medium Dry Sherry (1.5%), Mixed Fruit With Peel (1.5%) (Sultanas, Currants, Peel, Vegetable Oil, Glycerine, Preservative (202, 220)), Apricot (1%), Brazil Nut (1%), Caramel Hgp (0.5%) (Colour (150c)), Thickener (0%) (Thickener (1422, Maize Starch)), Baking Soda (0%), Apito Orange Flavouring Paste (0%) (Water, Ethanol, Orange Oil, Vegetable Gums (413, 415), Colours (102, 110, 124), Preservative (202)), Apito Imitation Special Fruit Cake Flavouring Paste (0%) (Water, Ethyl Alcohol, Lemon Oil, Flavours, Vegetable Gums (413, 415), Preservative (202), Colours (102, 150c)), Speculaas (0%) (Spices), Rum Jamaica Flavour (0%) (Flavour)

Nutrition Information: **Servings per package (average): 40**
Serving size (average): 50g

	Av. Quantity per Serving	Av. Quantity per 100g
Energy	694kJ (166Cal)	1390kJ (332Cal)
Protein	2.2g	4.4g
Fat, Total	6.9g	13.8g
- Saturated	2.6g	5.2g
Carbohydrate	23.8g	47.5g
- Sugars	20.0g	39.9g
Sodium	32mg	63mg

Storage Conditions: Store at ambient temperature away from direct sunlight

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Contains wheat, eggs, dairy, tree nuts.



PRODUCT SPECIFICATION INDEX

Last updated: Tuesday, 3 April 2012

Flourless Chocolate Cake Medium

Size: 500g

Shelf Life: 3 Days

Ingredients: Chocolate Kingston Nestle (26%) (Sugar, Vegetable Fat, Cocoa, Whey Powder, Emulsifiers (Soy Lecithin, 492), Flavours, Salt May Contain Traces Of Nuts), Castor Sugar (16%) (Sugar), Almond Meal (Friutex) (15%) (Almonds), Egg White (15%), Butter, Unsalted (14%) (Cream, Salt), Egg Yolk (11%), Sugar - Grade A1 (Sugar), Medium Dry Sherry (0.5%), Actiwhite (0.5%) (Egg Albumen Powder, Sugar, Vegetable Gums (412, 466), Food Acid (330)), Coffee Instant Nescafe (0%) (Coffee Beans), Icing Sugar (0%) (Sugar, Maize Flour)

Nutrition Information: **Servings per package (average): 8**
Serving size (average): 63g

	Av. Quantity per Serving	Av. Quantity per 100g
Energy	949kJ (227Cal)	1520kJ (363Cal)
Protein	6.7g	10.7g
Fat, Total	15.6g	24.9g
- Saturated	8.9g	14.3g
Carbohydrate	22.6g	36.1g
- Sugars	19.7g	31.5g
Sodium	88mg	141mg

Storage Conditions: Store at ambient temperature away from direct sunlight

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Contains egg, dairy, soy, tree nuts.



PRODUCT SPECIFICATION INDEX

Last updated: Tuesday, 3 April 2012

Fruit Mince Tart

Size: 80g

Shelf Life: 3 Days

Ingredients: Fruit Mince (44%) (Fruit 59%(Apple, Sultana,Currants,Citrus Peel), Sugar (Brown & White), Glucose, Thickner(1422 From Maize), Spices, Salt, Acid(330), Preservatives (202,224), Flavour), Flour (26%) (Wheat Flour, Vitamin (Thiamin)), Castor Sugar (13%) (Sugar), Butter, Unsalted (10%) (Cream, Salt), Royal Danish12.5kg (3.5%) (Animal Fat, Vegetable Oils, Water, Salt, Emulsifiers (322, 471), Flavours, Acidity Regulator (331), Antioxidants 1306, From Soya Bean,(165mg/kg)), Colour (160b, 100)), Egg Pulp Sunny Queen (3%) (Whole Egg Pulp Produced From Shell Hen Eggs), Baking Powder (0.5%) (Wheat Flour, Mineral Salts (450, 500)), Salt Fine 25kg (0%) (Salt), Vanillin (0%) (Spice)

Nutrition Information: **Servings per package (average): 1**
Serving size (average): 80g

	Av. Quantity per Serving	Av. Quantity per 100g
Energy	1260kJ (301Cal)	1580kJ (377Cal)
Protein	3.1g	3.8g
Fat, Total	9.8g	12.2g
- Saturated	6.2g	7.8g
Carbohydrate	50.5g	63.2g
- Sugars	34.1g	42.7g
Sodium	241mg	301mg

Storage Conditions: Store at ambient temperature away from direct sunlight

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Contains wheat, egg, dairy, soy.



PRODUCT SPECIFICATION INDEX

Last updated: Tuesday, 3 April 2012

Iced Pattie

Size: 65g

Shelf Life: 3 Days

Ingredients: White Fondant (23%) (Sugar, Glucose, Water), Water (19%), Creme Cake Muffin Mix (16%) (Sugar, Wheat Flour, Vegetable Fat, Vegetable Oil, Milk Solids, Modified Maize Starch (1422), Mineral Salts (500, 541), Emulsifiers (322 Soy, 471, 477), Antioxidant (320, 307), Salt, Flavours, Vegetable Gum (415), Food Acid (330)), Egg Pulp Sunny Queen (14%) (Whole Egg Pulp Produced From Shell Hen Eggs), Chocolate White Cabury Glow (13%) (Sugar, Vegetable Fat, Milk Solids (14%), Emulsifiers (Soya Lecithin, 476, 492), Flavours May Contain Traces Of Nuts), Cake Toppings - Rainbow Sprinkles 1mm (8%) (Sugar, Vegetable Fat, Glucose, Thickener (1422), Gelatine, Additives Used - Yellow(102), Orange(110), Green(102, 133), Blue(133, 122), Mauve(122, 123, 133), Red(124), Pink(123, 124)), Canola Oil (7%) (Canola Oil, Antioxidant (306)), Apito Imitation Strawberry Flavouring Paste (0%) (Water, Ethanol, Vegetable Gums (413, 415), Flavour, Colours (102, 122, 123), Preservative (202))

Nutrition Information: **Servings per package (average): 1**
Serving size (average): 65g

	Av. Quantity per Serving	Av. Quantity per 100g
Energy	894kJ (214Cal)	1380kJ (329Cal)
Protein	1.8g	2.8g
Fat, Total	9.2g	14.2g
- Saturated	3.7g	5.7g
Carbohydrate	31.5g	48.5g
- Sugars	28.1g	43.2g
Sodium	97mg	150mg

Storage Conditions: Store at ambient temperature away from direct sunlight

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Contains wheat, egg, dairy, soy.



PRODUCT SPECIFICATION INDEX

Last updated: Tuesday, 3 April 2012

Lamington

Size: 80g

Shelf Life: 3 Days

Ingredients: All Purpose Sponge Mix (28%) (Wheat Flour, Sugar, Whipping Agent [emulsifiers (472b, 447), Glucose, Soy Flour, Mineral Salt (339)], Mineral Salts (170, 450, 500, 541), Milk Solids, Vegetable Oil [antioxidant (307)], Salt, Wheat Starch, Vegetable Gum (415), Soy Flour, Dextrose, Flavour, Emulsifier (471 Soy), Colour (102)), Coconut (20%) (Coconut, Preservative (223)), Chocolate Dark (18%) (Sugar, Vegetable Fat, Cocoa Powder, Emulsifiers (Soy Lecithin, 478, 492), Flavours), Liquid Egg (11%), Water (10%), Thickened Cream (Cream, Gelatine (Halal), Carrageenan(407)), White Fondant (2%) (Sugar, Glucose, Water), Chocolate White Snowcap (Sugar, Vegetable Fat, Whey Powder, Emulsifiers (Soya Lecithin, 492), May Contain Traces Of Nuts), Invert Syrup Csr (1%) (Sugar, Water)

Nutrition Information: **Servings per package (average): 1**
Serving size (average): 80g

	Av. Quantity per Serving	Av. Quantity per 100g
Energy	1350kJ (321Cal)	1680kJ (402Cal)
Protein	4.5g	5.6g
Fat, Total	18.7g	23.4g
- Saturated	15.6g	19.5g
Carbohydrate	32.2g	40.2g
- Sugars	21.9g	27.4g
Sodium	142mg	177mg

Storage Conditions: Store at ambient temperature away from direct sunlight

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Contains wheat, egg, dairy, soy.



PRODUCT SPECIFICATION INDEX

Last updated: Tuesday, 3 April 2012

Large Sausage Roll

Size: 165g

Shelf Life: 3 Days

Ingredients: Water (32%), Minced Beef (31%), Flour (18%) (Wheat Flour, Vitamin (Thiamin)), Margarine (6%) (Vegetable Fats And Oils, Water, Salt, Emulsifiers (471, Soya Bean Lecithin), Acidity Regulator(331),Antioxidants[306,From Soy Bean(160mg/kg)], Flavours And Colour(160a)), Breadcrumbs (Fine And White) (Wheat Flour, Bakers Yeast, Salt, Vegetable Oil, Gluten, Soy Flour, Emulsifiers (481, 471), Sugar, Sesame Seeds, Tuna Oil, Preservative (282), Food Acid (330), Vitamin (Thiamine)), Sausage Meal (3%) (Rice Flour, Salt, Mineral Salts (451, 450), Preservative (223), Spice Extracts), Onion (2.5%), Duo Vegetable (Vegetable Fats & Oils, Emulsifiers(Soya Lecithin,(471),Antioxidant(306 From Soy Bean(200mg/kg) & Colours (160b,100)), Pastie Seasoning 2 (Salt,Protein Extract,White Pepper,Black Pepper,Yeast Extract, Maltodextrin), Vinegar White (Fermentad Spirit(260), Water), Glaze (0%) (Milk Solids, Sugar, Mineral Salt (450), Colours (102, 124))

Nutrition Information: **Servings per package (average): 1**
Serving size (average): 165g

	Av. Quantity per Serving	Av. Quantity per 100g
Energy	1300kJ (311Cal)	789kJ (188Cal)
Protein	14.2g	8.6g
Fat, Total	15.8g	9.6g
- Saturated	9.5g	5.8g
Carbohydrate	30.3g	18.4g
- Sugars	0.6g	0.4g
Sodium	898mg	544mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Contains wheat, dairy, soy.



PRODUCT SPECIFICATION INDEX

Last updated: Tuesday, 3 April 2012

Lemon Tart (Large)

Size: 560g

Shelf Life: 3 Days

Ingredients: Egg Yolk (20%), Sugar (19%) (Sugar (19%)), Thickened Cream (Cream, Gelatine(Halal), Carrageenan(407)), Flour (13%) (Wheat Flour, Vitamin (Thiamin), Folic Acid), Lemon Juice Edlyn (11%) (Water, Lemon Concentrate, Preservative (223).), Flan Gel Belnap (Sugar, Water, Glucose, Gelling Agents[carrageen E407, Pectin E440], Acidifier R[citric Acid E330], Acidity Regulators [sodium Citrate E331, Tricalcium Phosphate E341iii], Preservative[potassium Sorbate E202]), Butter, Unsalted (3.5%) (Cream), Royal Danish 12.5kg (3.5%) (Vegetable Fats & Oils, Water, Salt, Emulsifiers (471, Soya Bean Lecithin), Acidity Regulator (331), Antioxidants (306, From Soya Bean, (165mg/kg)), Flavours & Colour (160b, 100), Castor Sugar (3.5%) (Sugar (3.5%)), Sugar - Grade A1 (3%) (Sugar (3%)), Egg Pulp (Whole Egg Pulp Produced From Shell Hen Eggs), Dusting Sugar (Dextrose, Maize Starch, Vegetable Fat, Vegetable Oil, Antioxidant (307)), Instant Ftd 449 (0.5%) (Thickener (1422 Maize)), Baking Powder (Rice Flour, Mineral Salts (450), (500)), Colour Yellow Egg (0%) (Colour (102, 123))

Nutrition Information: **Servings per package (average): 8**
Serving size (average): 70g

	Av. Quantity per Serving	Av. Quantity per 100g
Energy	1080kJ (258Cal)	1540kJ (369Cal)
Protein	3.9g	5.6g
Fat, Total	13.2g	18.8g
- Saturated	7.4g	10.6g
Carbohydrate	31.2g	44.6g
- Sugars	24.0g	34.2g
Sodium	67mg	95mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Contains wheat, egg, dairy, soy.



PRODUCT SPECIFICATION INDEX

Last updated: Tuesday, 3 April 2012

Lemon Tart (Small)

Size: 60g

Shelf Life: 3 Days

Ingredients: Egg Yolk (16%), Flan Gel Belnap (Sugar, Water, Glucose, Gelling Agents[carrageen E407, Pectin E440], Acidifier [citric Acid E330], Acidity Regulators [sodium Citrate E331, Tricalcium Phosphate E341iii], Preservative [potassium Sorbate E202]), Sugar (16%) (Sugar (16%)), Flour (15%) (Wheat Flour, Vitamin (Thiamin), Folic Acid), Thickened Cream (Cream, Gelatine (Halal), Carrageenan (407)), Lemon Juice Edlyn (9%) (Water, Lemon Concentrate, Preservative (223).), Butter, Unsalted (4%) (Cream), Royal Danish 12.5kg (4%) (Vegetable Fats & Oils, Water, Salt, Emulsifiers (471, Soya Bean Lecithin), Acidity Regulator (331), Antioxidants (306, From Soya Bean, (165mg/kg)), Flavours & Colour (160b, 100), Castor Sugar (4%) (Sugar (4%)), Sugar - Grade A1 (2.5%) (Sugar (2.5%)), Egg Pulp (Whole Egg Pulp Produced From Shell Hen Eggs), Instant Ftd 449 (0%) (Thickener (1422 Maize)), Baking Powder (Rice Flour, Mineral Salts (450), (500)), Colour Yellow Egg (0%) (Colour (102, 123))

Nutrition Information: **Servings per package (average): 1**
Serving size (average): 60g

	Av. Quantity per Serving	Av. Quantity per 100g
Energy	838kJ (200Cal)	1400kJ (333Cal)
Protein	2.8g	4.7g
Fat, Total	9.6g	15.9g
- Saturated	5.5g	9.1g
Carbohydrate	25.7g	42.8g
- Sugars	19.5g	32.5g
Sodium	55mg	92mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Contains wheat, egg, dairy, soy.



PRODUCT SPECIFICATION INDEX

Last updated: Tuesday, 3 April 2012

Long Johns

Size: 60g

Shelf Life: 3 Days

Ingredients: Thickened Cream (Cream, Gelatine(Halal), Carrageenan(407)), Kreme Yrd (30%) (Wheaten Flour, Vegetable Oil, Sugar, Emulsifiers(481, 471, 477), Oat Fibre, Non Fat Milk Solids, Salt, Soy Flour, Baking Powder (Mineral Salts(450,500)), Vegetable Gum (412), Wheat Malt Flour(Enzyme Active), Flour Treatment Agents (510,300), Colour(160(A)), Enzymes.), Water (11%), Raspberry Super (Sugar, Fruit(42%)(Plums, Raspberries), Gelling Agent(Pectin), Acid(330), Colours(150c,124,122), Preservative(202), Flavour.), Egg Pulp (Whole Egg Pulp Produced From Shell Hen Eggs), Vegetable Shortening. Country Wide (Blended Vegetable Oils, Antioxidants(306, And/or 320).), Castor Sugar (Sugar), Pettina Cream Stabiliser (2%) (Sugar, Vegetable Gum (401), Modified Maize Starch (1422)), Dusting Sugar (Dextrose, Maize Starch, Vegetable Fat, Vegetable Oil, Antioxidant (307)), Butter, Unsalted (Cream), Yeast Dry Instant (Bakers Yeast, Emulsifier (491), Vanilla Essence 45 (Flavour, Colour(150))

Nutrition Information: **Servings per package (average): 1**
Serving size (average): 60g

	Av. Quantity per Serving	Av. Quantity per 100g
Energy	2170kJ (519Cal)	1360kJ (324Cal)
Protein	7.7g	4.8g
Fat, Total	32.7g	20.4g
- Saturated	22.1g	13.8g
Carbohydrate	48.0g	30.0g
- Sugars	20.9g	13.1g
Sodium	334mg	208mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Contains wheat, egg, dairy, soy.



PRODUCT SPECIFICATION INDEX

Last updated: Tuesday, 3 April 2012

Mini Flourless Chocolate Cake

Size: 90g

Shelf Life: 3 Days

Ingredients: Chocolate Kingston Nestle (25%) (Sugar, Vegetable Fat, Cocoa, Whey Powder, Emulsifiers (Soy Lecithin, 492), Flavours, Salt. May Contain Traces Of Nuts), Castor Sugar (15%) (Sugar), Almond Meal (Friutex) (15%) (Almonds), Egg White (15%), Butter, Unsalted (13%) (Cream), Egg Yolk (11%), Icing Sugar (2%) (Sugar, Maize Flour), Sugar - Grade A1 (1.5%) (Sugar), Medium Dry Sherry (0.5%), Actiwhite (0.5%) (Egg Albumen Powder, Sugar, Vegetable Gums (412, 466), Food Acid (330)), Coffee Instant Nescafe (0%) (Coffee Beans)

Nutrition Information: **Servings per package (average): 1**
Serving size (average): 90g

	Av. Quantity per Serving	Av. Quantity per 100g
Energy	1520kJ (363Cal)	1690kJ (403Cal)
Protein	10.5g	11.6g
Fat, Total	24.7g	27.4g
- Saturated	14.1g	15.7g
Carbohydrate	37.1g	41.3g
- Sugars	32.6g	36.2g
Sodium	44mg	49mg

Storage Conditions: Store at ambient temperature away from direct sunlight

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Contains egg, dairy, soy, tree nuts.



PRODUCT SPECIFICATION INDEX

Last updated: Tuesday, 3 April 2012

Orange and Poppy Seed Cake

Size: 520g

Shelf Life: 3 Days

Ingredients: Creme Cake Muffin Mix (45%) (Sugar, Wheat Flour, Vegetable Fat, Vegetable Oil, Milk Solids, Modified Maize Starch (1422), Mineral Salts (500, 541), Emulsifiers (322 Soy, 471, 477), Antioxidant (320, 307), Salt, Flavours, Vegetable Gum (415), Food Acid (330)), Water (16%), Canola Oil (13%) (Canola Oil, Antioxidant (306)), Egg Pulp (12%) (Whole Egg Pulp Produced From Shell Hen Eggs), Castor Sugar (5%) (Sugar), Ideal Dairy Natural Set Yoghurt (4%) (Milk, Milk Solids Non Fat, Live Cultures), Apito Orange Flavouring Paste (2.5%) (Water, Ethanol, Orange Oil, Vegetable Gums (413, 415), Colours (102, 110, 124), Preservative (202)), Seed (2%), Orange Juice Golden Circle (2%) (Reconstituted Orange Juice, Flavour, Vitamin C(300), Folate), Flavour (0%) (Water, Ethanol, Lemon Oil (6%), Vegetable Gums (413, 415), Colour (102), Preservative (202))

Nutrition Information: **Servings per package (average): 8**
Serving size (average): 65g

	Av. Quantity per Serving	Av. Quantity per 100g
Energy	923kJ (221Cal)	1420kJ (339Cal)
Protein	2.7g	4.1g
Fat, Total	11.9g	18.3g
- Saturated	1.4g	2.2g
Carbohydrate	26.6g	41.0g
- Sugars	17.7g	27.2g
Sodium	204mg	314mg

Storage Conditions: Store at ambient temperature away from direct sunlight

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Contains wheat, egg, dairy, soy.



PRODUCT SPECIFICATION INDEX

Last updated: Tuesday, 3 April 2012

Orange Rough

Size: 530g

Shelf Life: 3 Days

Ingredients: Water (36%), Liquid Egg (21%), Chocolate White Snowcap (19%) (Sugar, Vegetable Fat, Whey Powder, Emulsifiers (Soya Lecithin, 492), May Contain Traces Of Nuts), Canola Oil (10%) (Canola Oil, Antioxidant (306)), Cake Premix (6%) (Coconut, Sugar, Wheat Flour, Milk Solids, Modified Maize Starch (1422), Egg Albumen Powder, Mineral Salts (170, 450, 500), Vegetable Gum (401), Wheat Starch, Preservative (223), Flavour, Colours (102, 110)), Creme Cake Muffin Mix (4.5%) (Sugar, Wheat Flour, Vegetable Fat, Vegetable Oil, Milk Solids, Modified Maize Starch (1422), Mineral Salts (500, 541), Emulsifiers (322 Soy, 471, 477), Antioxidant (320, 307), Salt, Flavours, Vegetable Gum (415), Food Acid (330)), Apito Orange Flavouring Paste (1.5%) (Water, Ethanol, Orange Oil, Vegetable Gums (413, 415), Colours (102, 110, 124), Preservative (202)), Colour Yellow Egg (0.5%) (Colour (102, 123))

Nutrition Information: **Servings per package (average): 5.3**
Serving size (average): 100g

	Av. Quantity per Serving	Av. Quantity per 100g
Energy	1150kJ (274Cal)	1150kJ (274Cal)
Protein	3.5g	3.5g
Fat, Total	20.8g	20.8g
- Saturated	8.9g	8.9g
Carbohydrate	19.9g	19.9g
- Sugars	18.0g	18.0g
Sodium	94mg	94mg

Storage Conditions: Store at ambient temperature away from direct sunlight

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Contains wheat, dairy, soy.



PRODUCT SPECIFICATION INDEX

Last updated: Tuesday, 3 April 2012

Original Mini Oggie

Size: 50g

Shelf Life: 3 Days

Ingredients: Flour (Wheat Flour, Vitamin (Thiamin)), Potato, Margarine (Vegetable Fats And Oils, Water, Salt, Emulsifiers (471, Soya Bean Lecithin), Acidity Regulator(331),Antioxidants[306,From Soy Bean(160mg/kg)], Flavours And Colour(160a)), Hamburger Mince(~15%fat), Carrot, Onion, Duo Vegetable (Vegetable Fats & Oils, Emulsifiers(Soya Lecithin,(471),Antioxidant(306 From Soy Bean(200mg/kg) & Colours (160b,100))), Pastie Seasoning 2 (Salt,Protein Extract,White Pepper,Black Pepper,Yeast Extract, Maltodextrin), Glaze (Milk Solids, Sugar, Mineral Salt (450), Colours (102, 124)), Thickener (Thickener (1422, Maize Starch)), Vinegar White (Fermentad Spirit(260), Water)

Nutrition Information: **Servings per package (average): 1**
Serving size (average): 50g

	Av. Quantity per Serving	Av. Quantity per 100g
Energy	513kJ (123Cal)	1030kJ (245Cal)
Protein	3.0g	6.0g
Fat, Total	6.1g	12.1g
- Saturated	4.0g	7.9g
Carbohydrate	13.6g	27.1g
- Sugars	0.4g	0.8g
Sodium	224mg	448mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Contains wheat, dairy, soy.



PRODUCT SPECIFICATION INDEX

Last updated: Tuesday, 3 April 2012

Party Pie Beef

Size: 65g

Shelf Life: 3 Days

Ingredients: Water (32%), Flour (29%) (Wheat Flour, Vitamin (Thiamin)), Hamburger Mince(~15%fat) (24%), Duo Vegetable (Vegetable Fats & Oils, Emulsifiers(Soya Lecithin,(471),Antioxidant(306 From Soy Bean(200mg/kg) & Colours (160b,100))) , Margarine (3.5%) (Vegetable Fats And Oils, Water, Salt, Emulsifiers (471, Soya Bean Lecithin), Acidity Regulator(331), Antioxidants[306,From Soy Bean(160mg/kg)], Flavours And Colour(160a)), Starfirm 48, Pie Seasoning (Two) (Mineral Salt, Pepper, Soy Protein, Colour, Dextrin, Yeast Extract, Onion Powder And Spices), Vinegar White (Fermented Spirit(260), Water), Salt Fine 25kg (0.5%) (Salt), Baking Powder (Wheat Flour, Mineral Salts (450, 500)), Full Cream Milk Powder (0%) (Milk), Caramel Hgp (0%) (Colour (150c)), Glaze (0%) (Milk Solids, Sugar, Mineral Salt (450), Colours (102, 124))

Nutrition Information: **Servings per package (average): 1**
Serving size (average): 65g

	Av. Quantity per Serving	Av. Quantity per 100g
Energy	638kJ (152Cal)	981kJ (234Cal)
Protein	4.8g	7.4g
Fat, Total	8.5g	13.0g
- Saturated	4.9g	7.5g
Carbohydrate	15.1g	23.2g
- Sugars	0.1g	0.2g
Sodium	276mg	424mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Contains wheat, dairy, soy.



PRODUCT SPECIFICATION INDEX

Last updated: Tuesday, 3 April 2012

Patty Cake Chocolate Peppermint Icing

Size: 72g

Shelf Life: 3 Days

Ingredients: Mud Cake Premix (29%) (Sugar,Wheaten Flour, Cocoa,Potato Starch,Milk Solids,Raising Agents(Sodium Pyrophosphate,Sodium Triphosphate),Salt,Nature Identical Flavour,Emulsifier (322soy Lecithin).), Icing Sugar (20%) (Sugar, Maize Flour), Water (11%), Egg Pulp (9%) (Whole Egg Pulp Produced From Shell Hen Eggs), Thickened Cream (5%) (Cream, Gelatine (Halal), Carrageenan(407)), Flour (4.5%) (Wheat Flour, Vitamin (Thiamin), Folic Acid), Castor Sugar (3%) (Sugar), Butter, Unsalted (3%) (Cream), Canola Oil (3%) (Canola Oil, Antioxidant (306)), Margarine (2%) (Vegetable Fats And Oils, Emulsifiers (435, 471), Antioxidants (320, 310), Flavour), All Purpose Sponge Mix (1.5%) (Wheat Flour, Sugar, Whipping Agent [emulsifiers (472b, 447), Glucose, Soy Flour, Mineral Salt (339)], Mineral Salts (170, 450, 500, 541), Milk Solids, Vegetable Oil [antioxidant (307)], Salt, Wheat Starch, Vegetable Gum (415), Soy Flour, Dextrose, Flavour, Emulsifier (471 Soy), Colour (102)), Chocolate Kingston Nestle (1.5%) (Sugar,Vegetable Fat, Cocoa, Whey Powder, Emulsifiers(Soy Lecthin,492), Flavours, Salt. May Contain Traces Of Nuts), Kreamolene (1.5%) (Fully Hydrogenerated Coconut Oil), Cocoa Powder (1%), Chocolate White Snowcap (1%) (Sugar, Vegetable Fat, Whey Powder, Emulsifiers (Soya Lecithin, 492), May Contain Traces Of Nuts), Peppermint Essence (0.5%) (Peppermint Oil), Pettina Cream Stabiliser (0.5%) (Sugar, Vegetable Gum (401), Modified Maize Starch (1422)), Colour Green Liquid (0.5%) (Colour Blue E133, Colour Tartrazine E102), Pettina Chocolate Paste (0%) (Water, Colour (122, 133, 150c, 155), Flavours, Vegetable Gum (415), Preservative (202)), Vanilla Essence 45 (0%) (Flavour, Colour(150)), Mineral Salt (0%)

Nutrition Information: **Servings per package (average): 1**
Serving size (average): 72g

	Av. Quantity per Serving	Av. Quantity per 100g
Energy	1130kJ (270Cal)	1570kJ (375Cal)
Protein	2.9g	4.0g
Fat, Total	14.0g	19.4g
- Saturated	5.4g	7.5g
Carbohydrate	32.8g	45.5g
- Sugars	25.8g	35.8g
Sodium	27mg	37mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Contains wheat, egg, dairy, soy.

Disclaimer: The information contained in this specification is based on data considered to be accurate and reliable as at the date of the specification to the best of the supplier's knowledge and belief. No warranty is expressed or implied regarding the accuracy or correctness of the data contained in this specification. Nutrition data has been calculated in accordance with FSANZ guidelines using raw ingredient information provided by suppliers. Nutrition data is indicative and provided as a guide only. No Puckles Family Bakehouse products are made in a gluten-free or nut-free environment.



PRODUCT SPECIFICATION INDEX

Last updated: Tuesday, 3 April 2012

Patty Cake Chocolate Strawberry Icing

Size: 74g

Shelf Life: 3 Days

Ingredients: Mud Cake Premix (28%) (Sugar, Wheaten Flour, Cocoa, Potato Starch, Milk Solids, Raising Agents (Sodium Pyrophosphate, Sodium Triphosphate), Salt, Nature Identical Flavour, Emulsifier (322soy Lecithin).), Icing Sugar (21%) (Sugar, Maize Flour), Water (11%), Egg Pulp (9%) (Whole Egg Pulp Produced From Shell Hen Eggs), Thickened Cream (5%) (Cream, Gelatine (Halal), Carrageenan (407)), Chocolate White Snowcap (5%) (Sugar, Vegetable Fat, Whey Powder, Emulsifiers (Soya Lecithin, 492), May Contain Traces Of Nuts), Flour (4.5%) (Wheat Flour, Vitamin (Thiamin), Folic Acid), Castor Sugar (3%) (Sugar), Butter, Unsalted (3%) (Cream), Canola Oil (3%) (Canola Oil, Antioxidant (306)), Margarine (2%) (Vegetable Fats And Oils, Emulsifiers (435, 471), Antioxidants (320, 310), Flavour), All Purpose Sponge Mix (1.5%) (Wheat Flour, Sugar, Whipping Agent [emulsifiers (472b, 447), Glucose, Soy Flour, Mineral Salt (339)], Mineral Salts (170, 450, 500, 541), Milk Solids, Vegetable Oil [antioxidant (307)], Salt, Wheat Starch, Vegetable Gum (415), Soy Flour, Dextrose, Flavour, Emulsifier (471 Soy), Colour (102)), Kreamolene (1.5%) (Fully Hydrogenerated Coconut Oil), Cocoa Powder (1%), Pettina Cream Stabiliser (0.5%) (Sugar, Vegetable Gum (401), Modified Maize Starch (1422)), Pettina Chocolate Paste (0%) (Water, Colour (122, 133, 150c, 155), Flavours, Vegetable Gum (415), Preservative (202)), Vanilla Essence 45 (0%) (Flavour, Colour (150)), Strawberry Flavocol Natural (0%) (Flavour, Carmine, Vegetable Gum (415), Preservative (211)), Egg (0%), Acetic Acid (0%) (Food Acid (330)), Mineral Salt (0%)

Nutrition Information: **Servings per package (average): 1**
Serving size (average): 74g

	Av. Quantity per Serving	Av. Quantity per 100g
Energy	1180kJ (282Cal)	1590kJ (381Cal)
Protein	2.9g	3.9g
Fat, Total	14.6g	19.7g
- Saturated	6.1g	8.2g
Carbohydrate	34.9g	47.1g
- Sugars	27.9g	37.7g
Sodium	28mg	37mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Contains wheat, egg, dairy, soy.



PRODUCT SPECIFICATION INDEX

Last updated: Tuesday, 3 April 2012

Patty Cake Chocolate - Vanilla Icing

Size: 72g

Shelf Life: 3 Days

Ingredients: Mud Cake Premix (29%) (Sugar, Wheaten Flour, Cocoa, Potato Starch, Milk Solids, Raising Agents (Sodium Pyrophosphate, Sodium Triphosphate), Salt, Nature Identical Flavour, Emulsifier (322soy Lecithin)), Icing Sugar (21%) (Sugar, Maize Flour), Water (11%), Egg Pulp (9%) (Whole Egg Pulp Produced From Shell Hen Eggs), Thickened Cream (5%) (Cream, Gelatine (Halal), Carrageenan (407)), Flour (4.5%) (Wheat Flour, Vitamin (Thiamin), Folic Acid), Castor Sugar (3%) (Sugar), Butter, Unsalted (3%) (Cream), Canola Oil (3%) (Canola Oil, Antioxidant (306)), Margarine (2%) (Vegetable Fats And Oils, Emulsifiers (435, 471), Antioxidants (320, 310), Flavour), All Purpose Sponge Mix (1.5%) (Wheat Flour, Sugar, Whipping Agent [emulsifiers (472b, 447), Glucose, Soy Flour, Mineral Salt (339)], Mineral Salts (170, 450, 500, 541), Milk Solids, Vegetable Oil [antioxidant (307)], Salt, Wheat Starch, Vegetable Gum (415), Soy Flour, Dextrose, Flavour, Emulsifier (471 Soy), Colour (102)), Silver Pearls (1.5%) (Sugar, Wheat Starch, Maltodextrine, Flavouring, Colouring E174.), Kreamolene (1.5%) (Fully Hydrogenerated Coconut Oil), Cocoa Powder (1%), Chocolate White Snowcap (1%) (Sugar, Vegetable Fat, Whey Powder, Emulsifiers (Soya Lecithin, 492), May Contain Traces Of Nuts), Vanilla Essence 45 (0.5%) (Flavour, Colour (150)), Pettina Cream Stabiliser (0.5%) (Sugar, Vegetable Gum (401), Modified Maize Starch (1422)), Pettina Chocolate Paste (0%) (Water, Colour (122, 133, 150c, 155), Flavours, Vegetable Gum (415), Preservative (202)), Mineral Salt (0%)

Nutrition Information: **Servings per package (average): 1**
Serving size (average): 72g

	Av. Quantity per Serving	Av. Quantity per 100g
Energy	1130kJ (269Cal)	1570kJ (374Cal)
Protein	2.8g	4.0g
Fat, Total	13.7g	19.0g
- Saturated	5.2g	7.2g
Carbohydrate	33.5g	46.6g
- Sugars	26.5g	36.8g
Sodium	26mg	37mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Contains wheat, egg, dairy, soy.

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PRODUCT SPECIFICATION INDEX

Last updated: Tuesday, 3 April 2012

Patty Cake Vanilla Chocolate Ganache

Size: 71g

Shelf Life: 3 Days

Ingredients: Thickened Cream (17%) (Cream, Gelatine(Halal), Carrageenan(407)), Water (17%), Creme Cake Muffin Mix (16%) (Sugar, Wheat Flour, Vegetable Fat, Vegetable Oil, Milk Solids, Modified Maize Starch (1422), Mineral Salts (500, 541), Emulsifiers (322 Soy, 471, 477), Antioxidant (320, 307), Salt, Flavours, Vegetable Gum (415), Food Acid (330)), Egg Pulp (15%) (Whole Egg Pulp Produced From Shell Hen Eggs), Chocolate Kingston Nestle (14%) (Sugar, Vegetable Fat, Cocoa, Whey Powder, Emulsifiers(Soy Lecthin,492), Flavours, Salt May Contain Traces Of Nuts), Chocolate White Snowcap (13%) (Sugar, Vegetable Fat, Whey Powder, Emulsifiers (Soya Lecithin, 492), May Contain Traces Of Nuts), Canola Oil (7%) (Canola Oil, Antioxidant (306)), Invert Syrup Csr (1%) (Sugar, Water), Iodised Salt (0%) (Salt, Potassium Iodate), Vanillin (0%) (Spice)

Nutrition Information: **Servings per package (average): 1**
Serving size (average): 71g

	Av. Quantity per Serving	Av. Quantity per 100g
Energy	1040kJ (248Cal)	1460kJ (349Cal)
Protein	2.7g	3.9g
Fat, Total	17.2g	24.3g
- Saturated	9.1g	12.9g
Carbohydrate	21.4g	30.1g
- Sugars	17.9g	25.2g
Sodium	108mg	152mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Contains wheat, egg, dairy, soy.



PRODUCT SPECIFICATION INDEX

Last updated: Tuesday, 3 April 2012

Patty Cake Vanilla Strawberry Icing

Size: 71g

Shelf Life: 3 Days

Ingredients: Icing Sugar (22%) (Sugar, Maize Flour), Water (19%), Chocolate White Snowcap (18%) (Sugar, Vegetable Fat, Whey Powder, Emulsifiers (Soya Lecithin, 492), May Contain Traces Of Nuts), Creme Cake Muffin Mix (16%) (Sugar, Wheat Flour, Vegetable Fat, Vegetable Oil, Milk Solids, Modified Maize Starch (1422), Mineral Salts (500, 541), Emulsifiers (322 Soy, 471, 477), Antioxidant (320, 307), Salt, Flavours, Vegetable Gum (415), Food Acid (330)), Egg Pulp (15%) (Whole Egg Pulp Produced From Shell Hen Eggs), Canola Oil (7%) (Canola Oil, Antioxidant (306)), Margarine (2.5%) (Vegetable Fats And Oils, Emulsifiers (435, 471), Antioxidants (320, 310), Flavour), Kreamolene (1.5%) (Fully Hydrogenerated Coconut Oil), Vanilla Essence 45 (0%) (Flavour, Colour(150)), Strawberry Flavocol Natural (0%) (Flavour, Carmine, Vegetable Gum (415), Preservative(211)), Egg (0%), Acetic Acid (0%) (Food Acid (330))

Nutrition Information: **Servings per package (average): 1**
Serving size (average): 71g

	Av. Quantity per Serving	Av. Quantity per 100g
Energy	1080kJ (257Cal)	1520kJ (362Cal)
Protein	2.1g	2.9g
Fat, Total	13.4g	18.9g
- Saturated	6.5g	9.2g
Carbohydrate	32.9g	46.3g
- Sugars	28.9g	40.7g
Sodium	95mg	133mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Contains wheat, egg, dairy, soy.



PRODUCT SPECIFICATION INDEX

Last updated: Tuesday, 3 April 2012

Puckles Apple Pie

Size: 100g

Shelf Life: 3 Days

Ingredients: Diced / Sliced Apple (43%) (Apple, Food Acid (300), Firming Agent (509)), Flour (24%) (Wheat Flour, Vitamin (Thiamin), Folic Acid), Castor Sugar (12%) (Sugar), Butter, Unsalted (8%) (Cream), Royal Danish12.5kg (5%) (Vegetable Fats & Oils, Water, Salt, Emulsifiers (471, Soya Bean Lecithin), Acidity Regulator (331), Antioxidants (306, From Soya Bean, (165mg/kg)), Flavours & Colour (160b, 100) .), Apple Juice (3%) (Reconstituted Apple Juice, Vitamin C (300), Flavour), Egg Pulp (3%) (Whole Egg Pulp Produced From Shell Hen Eggs), Instant Ftd 449 (1.5%) (Thickener (1422 Maize)), Baking Powder (0.5%) (Rice Flour, Mineral Salts (450),(500)), Iodised Salt (0%) (Salt, Potassium Iodate), Colour Yellow Egg (0%) (Colour (102, 123)), Vanillin (0%) (Spice)

Nutrition Information: **Servings per package (average): 1**
Serving size (average): 100g

	Av. Quantity per Serving	Av. Quantity per 100g
Energy	1090kJ (261Cal)	1090kJ (261Cal)
Protein	3.2g	3.2g
Fat, Total	11.4g	11.4g
- Saturated	7.2g	7.2g
Carbohydrate	35.5g	35.5g
- Sugars	17.4g	17.4g
Sodium	143mg	143mg

Storage Conditions: Store at ambient temperature away from direct sunlight

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Contains wheat, egg, dairy, soy.



PRODUCT SPECIFICATION INDEX

Last updated: Tuesday, 3 April 2012

Puckles Bee Sting

Size: 190g

Shelf Life: 3 Days

Ingredients: Thickened Cream (27%) (Cream, Gelatine(Halal), Carrageenan(407)), Milk Plain (23%) (Milk), Kreme Yrd (22%) (Wheaten Flour, Vegetable Oil, Sugar, Emulsifiers(481, 471, 477), Oat Fibre, Non Fat Milk Solids, Salt, Soy Flour, Baking Powder (Mineral Salts(450,500)), Vegetable Gum (412), Wheat Malt Flour(Enzyme Active), Flour Treatment Agents (510,300), Colour(160(A)), Enzymes.), Water (9%), Custilla (8%) (Sugar, Thickener (1414), Whole Milk Powder, Vegetable Gum (401), Beverage Whitener (Hydrogenated Palm Oil, Glucose Syrup, Mineral Salts (340, 450), Sodium Casienate, Emulsifiers (472e, 471), Anticaking Agent (551)), Flavour, Salt, Preservative (282), Colour (102, 110)), Apricot Jam (3%) (Sugar, Apricots, Apples, Pectin, Food Acid (330), Preservative (202), Colours (102, 110), Flavour), Pinnacle Florentine Mix (1.5%) (Glucose Syrup, Sucrose, Vegetable Fat, Dextrose(Wheat), Non Fat Milk Solids, Soy Lecithin, Honey Powder, Cream Powder, Flavour), Almond Flakes/slices Blanched (1.5%) (Almonds, Preservative (220)), Castor Sugar (1.5%) (Sugar), Pettina Cream Stabiliser (1.5%) (Sugar, Vegetable Gum (401), Modified Maize Starch (1422)), Yeast Dry Instant (0.5%) (Bakers Yeast, Emulsifier (491), Vanilla Essence 45 (0%) (Flavour, Colour(150))

Nutrition Information: **Servings per package (average): 1**
Serving size (average): 190g

	Av. Quantity per Serving	Av. Quantity per 100g
Energy	2090kJ (500Cal)	1100kJ (263Cal)
Protein	9.9g	5.2g
Fat, Total	25.8g	13.6g
- Saturated	17.1g	9.0g
Carbohydrate	55.8g	29.4g
- Sugars	28.0g	14.7g
Sodium	414mg	218mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Contains wheat, milk, soy, tree nuts.



PRODUCT SPECIFICATION INDEX

Last updated: Tuesday, 3 April 2012

Puckles Blackforest Cake

Size: 1120g

Shelf Life: 3 Days

Ingredients: Blackcurrant & Plum Bakers Filling (50%) (Sugar, Plum (35%), Apple, Blackcurrant (5%), Water, Vegetable Gum (440), Preservative (202), Colour (123, 133), Flavour), Thickened Cream (12%) (Cream, Gelatine(Halal), Carrageenan(407)), Flour (12%) (Wheat Flour, Vitamin (Thiamin), Folic Acid), Butter, Unsalted (6%) (Cream), Castor Sugar (4%) (Sugar), Chocolate Kingston Nestle (3.5%) (Sugar, Vegetable Fat, Cocoa, Whey Powder, Emulsifiers(Soy Lecithin,492),Flavours,Salt. May Contain Traces Of Nuts), Royal Danish12.5kg (3%) (Vegetable Fats & Oils, Water, Salt, Emulsifiers (471, Soya Bean Lecithin), Acidity Regulator (331), Antioxidants (306, From Soya Bean,(165mg/kg)], Flavours & Colour (160b, 100) .), Fondant White (2.5%) (Sucrose, Glucose Syrup(Maize), Water Added, Hydrogenated Vegetable Oil, Emulsifier(471)), Margarine (2%) (Vegetable Fats And Oils, Emulsifiers (435, 471), Antioxidants (320, 310), Flavour), Egg Pulp (1.5%) (Whole Egg Pulp Produced From Shell Hen Eggs), Chocolate White Snowcap (1%) (Sugar, Vegetable Fat, Whey Powder, Emulsifiers (Soya Lecithin, 492), May Contain Traces Of Nuts), Cherries - Sour Pitted 4.45kg (1%) (Sour Red Cherries, Water), Pettina Cream Stabiliser (0.5%) (Sugar, Vegetable Gum (401), Modified Maize Starch (1422)), Baking Powder (0%) (Rice Flour, Mineral Salts (450),(500)), Dusting Sugar (0%) (Dextrose, Maize Starch, Vegetable Fat, Vegetable Oil, Antioxidant (307)), Vanilla Essence 45 (0%) (Flavour, Colour(150)), Colour Yellow Egg (0%) (Colour (102, 123))

Nutrition Information: **Servings per package (average): 8**
Serving size (average): 140g

	Av. Quantity per Serving	Av. Quantity per 100g
Energy	2890kJ (690Cal)	2060kJ (493Cal)
Protein	4.2g	3.0g
Fat, Total	26.1g	18.7g
- Saturated	17.6g	12.6g
Carbohydrate	107g	76.8g
- Sugars	86.2g	61.6g
Sodium	160mg	114mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Contains wheat, egg, dairy, soy.
May contain Peanuts and soybeans, and their products.

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PRODUCT SPECIFICATION INDEX

Last updated: Tuesday, 3 April 2012

Puckles Breakfast Pie

Size: 200g

Shelf Life: 3 Days

Ingredients: Flour (16%) (Wheat Flour, Vitamin (Thiamin), Folic Acid), Potato (14%), Cheese Shredded Cheddar (13%) (Cheese(Milk,Cultures,Rennet,Salt), Tapioca Starch), Tomato (10%), Liquid Egg (8%), Milk Plain (8%) (Milk), Thickened Cream (8%) (Cream, Gelatine(Halal), Carrageenan(407)), Diced Bacon (7%) (Pork(95%), Salt, Dextrose, Sucrose, Mineral Salts(450,451,452), Water, Antioxidant(316),Sodium Nitrite(250).), Water (6%), Pie Base Shortening (5%) (Vegetable Fats & Oils, Emulsifiers(Soya Lecithin,(471),Antioxidant(320)), Onion (4%), Iodised Salt (0.5%) (Salt, Potassium Iodate), Vinegar White (0%) (Fermentad Spirit(260), Water), Baking Powder (0%) (Rice Flour, Mineral Salts (450),(500)), Full Cream Milk Powder (0%) (Milk), Pastie Seasoning 2 (0%) (Salt,Protein Extract,White Pepper,Black Pepper,Yeast Extract, Maltodextrin), White Pepper (0%) (Ground Pepper)

Nutrition Information: **Servings per package (average): 1**
Serving size (average): 200g

	Av. Quantity per Serving	Av. Quantity per 100g
Energy	1930kJ (460Cal)	963kJ (230Cal)
Protein	16.0g	8.0g
Fat, Total	29.7g	14.9g
- Saturated	18.2g	9.1g
Carbohydrate	28.6g	14.3g
- Sugars	3.2g	1.6g
Sodium	838mg	419mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Contains wheat, egg, dairy, soy.



PRODUCT SPECIFICATION INDEX

Last updated: Tuesday, 3 April 2012

Puckles Cream Kiss Coffee

Size: 45g

Shelf Life: 3 Days

Ingredients: Thickened Cream (36%) (Cream, Gelatine(Halal), Carrageenan(407)), All Purpose Sponge Mix (23%) (Wheat Flour, Sugar, Whipping Agent [emulsifiers (472b, 447), Glucose, Soy Flour, Mineral Salt (339)], Mineral Salts (170, 450, 500, 541), Milk Solids, Vegetable Oil [antioxidant (307)], Salt, Wheat Starch, Vegetable Gum (415), Soy Flour, Dextrose, Flavour, Emulsifier (471 Soy), Colour (102)), Fondant Coffee (22%) (Sucrose, Glucose Syrup, Hydrogenated Vegetable Oil, Emulsifier(471), Flavour,Colour(102,133,155,122).), Egg Pulp (9%) (Whole Egg Pulp Produced From Shell Hen Eggs), Rasplum Filling Bakels (4.5%) (Apple, Sugar, Glucose, Vegetable Gum (440a), Food Acid (330), Colour (123, 110), Preservative (202), Flavour), Castor Sugar (2%) (Sugar), Pettina Cream Stabiliser (2%) (Sugar, Vegetable Gum (401), Modified Maize Starch (1422)), Vanilla Essence 45 (0%) (Flavour, Colour(150))

Nutrition Information: **Servings per package (average): 1**
Serving size (average): 45g

	Av. Quantity per Serving	Av. Quantity per 100g
Energy	610kJ (146Cal)	1360kJ (324Cal)
Protein	1.5g	3.3g
Fat, Total	6.5g	14.3g
- Saturated	4.5g	10.0g
Carbohydrate	20.6g	45.8g
- Sugars	16.4g	36.5g
Sodium	72mg	161mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Contains wheat, egg, dairy, soy.



PRODUCT SPECIFICATION INDEX

Last updated: Tuesday, 3 April 2012

Puckles Cream Kiss Passionfruit

Size: 45g

Shelf Life: 3 Days

Ingredients: Thickened Cream (36%) (Cream, Gelatine(Halal), Carrageenan(407)), All Purpose Sponge Mix (23%) (Wheat Flour, Sugar, Whipping Agent [emulsifiers (472b, 447), Glucose, Soy Flour, Mineral Salt (339)], Mineral Salts (170, 450, 500, 541), Milk Solids, Vegetable Oil [antioxidant (307)], Salt, Wheat Starch, Vegetable Gum (415), Soy Flour, Dextrose, Flavour, Emulsifier (471 Soy), Colour (102)), Fondant Passionfruit (22%) (Sucrose, Glucose Syrup, Hydrogenated Vegetable Oil, Emusifier(E471), Flavour,Colour(102,110)), Egg Pulp (9%) (Whole Egg Pulp Produced From Shell Hen Eggs), Rasplum Filling Bakels (4.5%) (Apple, Sugar, Glucose, Vegetable Gum (440a), Food Acid (330), Colour (123, 110), Preservative (202), Flavour), Castor Sugar (2%) (Sugar), Pettina Cream Stabiliser (2%) (Sugar, Vegetable Gum (401), Modified Maize Starch (1422)), Vanilla Essence 45 (0%) (Flavour, Colour(150))

Nutrition Information: **Servings per package (average): 1**
Serving size (average): 45g

	Av. Quantity per Serving	Av. Quantity per 100g
Energy	610kJ (146Cal)	1360kJ (324Cal)
Protein	1.5g	3.3g
Fat, Total	6.5g	14.3g
- Saturated	4.5g	10.0g
Carbohydrate	20.6g	45.8g
- Sugars	16.4g	36.5g
Sodium	72mg	161mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Contains wheat, egg, dairy, soy.



PRODUCT SPECIFICATION INDEX

Last updated: Tuesday, 3 April 2012

Puckles Cream Kiss Strawberry

Size: 45g

Shelf Life: 3 Days

Ingredients: Thickened Cream (36%) (Cream, Gelatine(Halal), Carrageenan(407)), All Purpose Sponge Mix (23%) (Wheat Flour, Sugar, Whipping Agent [emulsifiers (472b, 447), Glucose, Soy Flour, Mineral Salt (339)], Mineral Salts (170, 450, 500, 541), Milk Solids, Vegetable Oil [antioxidant (307)], Salt, Wheat Starch, Vegetable Gum (415), Soy Flour, Dextrose, Flavour, Emulsifier (471 Soy), Colour (102)), Fondant Strawberry (22%) (Sucrose, Glucose Syrup(Maize), Hydrogenated Vegetable Oil, Emulsifier(471), Flavour, Colour(102, 133, 155, 122).), Egg Pulp (9%) (Whole Egg Pulp Produced From Shell Hen Eggs), Rasplum Filling Bakels (4.5%) (Apple, Sugar, Glucose, Vegetable Gum (440a), Food Acid (330), Colour (123, 110), Preservative (202), Flavour), Castor Sugar (2%) (Sugar), Pettina Cream Stabiliser (2%) (Sugar, Vegetable Gum (401), Modified Maize Starch (1422)), Vanilla Essence 45 (0%) (Flavour, Colour(150))

Nutrition Information: **Servings per package (average): 1**
Serving size (average): 45g

	Av. Quantity per Serving	Av. Quantity per 100g
Energy	610kJ (146Cal)	1360kJ (324Cal)
Protein	1.6g	3.5g
Fat, Total	6.5g	14.3g
- Saturated	4.5g	10.0g
Carbohydrate	20.6g	45.8g
- Sugars	16.4g	36.5g
Sodium	72mg	161mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Contains wheat, egg, dairy, soy.



PRODUCT SPECIFICATION INDEX

Last updated: Tuesday, 3 April 2012

Puckles Cream Puff Coffee

Size: 155g

Shelf Life: 3 Days

Ingredients: Milk Plain (29%) (Milk), Thickened Cream (28%) (Cream, Gelatine(Halal), Carrageenan(407)), Fondant Coffee (13%) (Sucrose, Glucose Syrup, Hydrogenated Vegetable Oil, Emulsifier(471), Flavour, Colour(102,133,155,122).), Custilla (11%) (Sugar, Thickener (1414), Whole Milk Powder, Vegetable Gum (401), Beverage Whitener (Hydrogenated Palm Oil, Glucose Syrup, Mineral Salts (340, 450), Sodium Caseinate, Emulsifiers (472e, 471), Anticaking Agent (551)), Flavour, Salt, Preservative (282), Colour (102, 110)), Flour (9%) (Wheat Flour, Vitamin (Thiamin), Folic Acid), Margarine (3.5%) (Vegetable Fats And Oils, Water, Salt, Emulsifiers (Soya Lecithin, 435), Milk Solids, Antioxidants (306), Flavour, Colour (160b, 100)), Egg Pulp (3.5%) (Whole Egg Pulp Produced From Shell Hen Eggs), Castor Sugar (1.5%) (Sugar (1.5%)), Pettina Cream Stabiliser (1.5%) (Sugar, Vegetable Gum (401), Modified Maize Starch (1422)), Vanilla Essence 45 (0.5%) (Flavour, Colour(150)), Iodised Salt (0%) (Salt, Potassium Iodate), Sugar (0%) (Sugar (0%))

Nutrition Information: **Servings per package (average): 1**
Serving size (average): 155g

	Av. Quantity per Serving	Av. Quantity per 100g
Energy	2570kJ (614Cal)	1660kJ (396Cal)
Protein	10.4g	6.7g
Fat, Total	33.1g	21.4g
- Saturated	20.8g	13.4g
Carbohydrate	66.7g	43.1g
- Sugars	34.6g	22.3g
Sodium	424mg	274mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Contains wheat, egg, dairy, soy.



PRODUCT SPECIFICATION INDEX

Last updated: Tuesday, 3 April 2012

Puckles Cream Puff Passionfruit

Size: 155g

Shelf Life: 3 Days

Ingredients: Milk Plain (29%) (Milk), Thickened Cream (28%) (Cream, Gelatine(Halal), Carrageenan(407)), Fondant Passionfruit (13%) (Sucrose, Glucose Syrup, Hydrogenated Vegetable Oil, Emulsifier(E471), Flavour, Colour(102,110)), Custilla (11%) (Sugar, Thickener (1414), Whole Milk Powder, Vegetable Gum (401), Beverage Whitener (Hydrogenated Palm Oil, Glucose Syrup, Mineral Salts (340, 450), Sodium Casienate, Emulsifiers (472e, 471), Anticaking Agent (551)), Flavour, Salt, Preservative (282), Colour (102, 110)), Flour (9%) (Wheat Flour, Vitamin (Thiamin), Folic Acid), Margarine (3.5%) (Vegetable Fats And Oils, Water, Salt, Emulsifiers (Soya Lecithin, 435), Milk Solids, Antioxidants (306), Flavour, Colour (160b, 100)), Egg Pulp (3.5%) (Whole Egg Pulp Produced From Shell Hen Eggs), Castor Sugar (1.5%) (Sugar (1.5%)), Pettina Cream Stabiliser (1.5%) (Sugar, Vegetable Gum (401), Modified Maize Starch (1422)), Vanilla Essence 45 (0.5%) (Flavour, Colour(150)), Iodised Salt (0%) (Salt, Potassium Iodate), Sugar (0%) (Sugar (0%))

Nutrition Information: **Servings per package (average): 1**
Serving size (average): 155g

	Av. Quantity per Serving	Av. Quantity per 100g
Energy	2570kJ (614Cal)	1660kJ (396Cal)
Protein	10.4g	6.7g
Fat, Total	33.1g	21.4g
- Saturated	20.8g	13.4g
Carbohydrate	66.7g	43.1g
- Sugars	34.6g	22.3g
Sodium	424mg	274mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Contains wheat, egg, dairy, soy.



PRODUCT SPECIFICATION INDEX

Last updated: Tuesday, 3 April 2012

Puckles Cream Puff Strawberry

Size: 155g

Shelf Life: 3 Days

Ingredients: Milk Plain (29%) (Milk), Thickened Cream (28%) (Cream, Gelatine(Halal), Carrageenan(407)), Fondant Strawberry (13%) (Sucrose, Glucose Syrup(Maize), Hydrogenated Vegetable Oil, Emulsifier(471), Flavour, Colour(102, 133, 155, 122).), Custilla (11%) (Sugar, Thickener (1414), Whole Milk Powder, Vegetable Gum (401), Beverage Whitener (Hydrogenated Palm Oil, Glucose Syrup, Mineral Salts (340, 450), Sodium Casienate, Emulsifiers (472e, 471), Anticaking Agent (551)), Flavour, Salt, Preservative (282), Colour (102, 110)), Flour (9%) (Wheat Flour, Vitamin (Thiamin), Folic Acid), Margarine (3.5%) (Vegetable Fats And Oils, Water, Salt, Emulsifiers (Soya Lecithin, 435), Milk Solids, Antioxidants (306), Flavour, Colour (160b, 100)), Egg Pulp (3.5%) (Whole Egg Pulp Produced From Shell Hen Eggs), Castor Sugar (1.5%) (Sugar (1.5%)), Pettina Cream Stabiliser (1.5%) (Sugar, Vegetable Gum (401), Modified Maize Starch (1422)), Vanilla Essence 45 (0.5%) (Flavour, Colour(150)), Iodised Salt (0%) (Salt, Potassium Iodate), Sugar (0%) (Sugar (0%))

Nutrition Information: **Servings per package (average): 1**
Serving size (average): 155g

	Av. Quantity per Serving	Av. Quantity per 100g
Energy	2570kJ (614Cal)	1660kJ (396Cal)
Protein	10.6g	6.8g
Fat, Total	33.1g	21.4g
- Saturated	20.8g	13.4g
Carbohydrate	66.7g	43.1g
- Sugars	34.6g	22.3g
Sodium	424mg	274mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Contains wheat, egg, dairy, soy.



PRODUCT SPECIFICATION INDEX

Last updated: Tuesday, 3 April 2012

Puckles Cream Sponge Passionfruit

Size: 400g

Shelf Life: 3 Days

Ingredients: Thickened Cream (36%) (Cream, Gelatine(Halal), Carrageenan(407)), All Purpose Sponge Mix (32%) (Wheat Flour, Sugar, Whipping Agent [emulsifiers (472b, 447), Glucose, Soy Flour, Mineral Salt (339)], Mineral Salts (170, 450, 500, 541), Milk Solids, Vegetable Oil [antioxidant (307)], Salt, Wheat Starch, Vegetable Gum (415), Soy Flour, Dextrose, Flavour, Emulsifier (471 Soy), Colour (102)), Liquid Egg (13%), Fondant Passionfruit (8%) (Sucrose, Glucose Syrup, Hydrogenated Vegetable Oil, Emusifier(E471), Flavour,Colour(102,110)), Water (7%), Castor Sugar (2%) (Sugar), Pettina Cream Stabiliser (2%) (Sugar, Vegetable Gum (401), Modified Maize Starch (1422)), Coconut (0.5%) (Coconut, Preservative (223)), Vanilla Essence 45 (0%) (Flavour, Colour(150))

Nutrition Information: **Servings per package (average): 8**
Serving size (average): 50g

	Av. Quantity per Serving	Av. Quantity per 100g
Energy	638kJ (152Cal)	1280kJ (305Cal)
Protein	2.1g	4.2g
Fat, Total	7.7g	15.3g
- Saturated	5.2g	10.4g
Carbohydrate	19.0g	37.9g
- Sugars	13.0g	26.0g
Sodium	107mg	215mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Contains wheat, egg, dairy, soy.
May contain Peanuts and soybeans, and their products.



PRODUCT SPECIFICATION INDEX

Last updated: Tuesday, 3 April 2012

Puckles Creamed Sponge Strawberry

Size: 400g

Shelf Life: 3 Days

Ingredients: Thickened Cream (36%) (Cream, Gelatine(Halal), Carrageenan(407)), All Purpose Sponge Mix (32%) (Wheat Flour, Sugar, Whipping Agent [emulsifiers (472b, 447), Glucose, Soy Flour, Mineral Salt (339)], Mineral Salts (170, 450, 500, 541), Milk Solids, Vegetable Oil [antioxidant (307)], Salt, Wheat Starch, Vegetable Gum (415), Soy Flour, Dextrose, Flavour, Emulsifier (471 Soy), Colour (102)), Liquid Egg (13%), Fondant Strawberry (8%) (Sucrose, Glucose Syrup(Maize), Hydrogenated Vegetable Oil, Emulsifier(471), Flavour, Colour(102, 133, 155, 122).), Water (7%), Castor Sugar (2%) (Sugar), Pettina Cream Stabiliser (2%) (Sugar, Vegetable Gum (401), Modified Maize Starch (1422)), Cherries (1%) (Cherries, Sugar, Preservative (211), Flavour, Colour (129)), Cake Toppings - Rainbow Sprinkles 1mm (0.5%) (Sugar, Vegetable Fat, Glucose, Thickener (1422), Gelatine, Additives Used - Yellow(102), Orange(110), Green(102, 133), Blue(133, 122), Mauve(122, 123, 133), Red(124), Pink(123, 124)), Vanilla Essence 45 (0%) (Flavour, Colour(150))

Nutrition Information: **Servings per package (average): 8**
Serving size (average): 50g

	Av. Quantity per Serving	Av. Quantity per 100g
Energy	631kJ (151Cal)	1260kJ (302Cal)
Protein	2.1g	4.2g
Fat, Total	7.4g	14.9g
- Saturated	5.0g	10.1g
Carbohydrate	19.1g	38.3g
- Sugars	13.2g	26.5g
Sodium	106mg	213mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Contains wheat, egg, dairy, soy.
May contain Peanuts and soybeans, and their products.



PRODUCT SPECIFICATION INDEX

Last updated: Tuesday, 3 April 2012

Puckles Family Vegetable Pie

Size: 672g

Shelf Life: 3 Days

Ingredients: Vegetables (72%) (Pumpkin, Broccoli, Carrot, Potato, Zucchini, Onion), Flour (11%) (Wheat Flour, Vitamin (Thiamin), Folic Acid), Water (7%), Pie Base Shortening (3.5%) (Vegetable Fats & Oils, Emulsifiers(Soya Lecithin,(471),Antioxidant(320)), Cheese (3%) (Cheese: [pasteurised Milk, Salt, Cultures, Enzyme (Rennet), Anticaking Agent (460), Preservative (200)), Am Hi Ratio Cake Flour (2.5%) (Wheat Flour), Full Cream Milk Powder (0.5%) (Milk), Baking Powder (0%) (Rice Flour, Mineral Salts (450),(500)), Iodised Salt (0%) (Salt, Potassium Iodate)

Nutrition Information: **Servings per package (average): 4**
Serving size (average): 168g

	Av. Quantity per Serving	Av. Quantity per 100g
Energy	850kJ (203Cal)	506kJ (121Cal)
Protein	6.7g	4.0g
Fat, Total	8.8g	5.2g
- Saturated	4.7g	2.8g
Carbohydrate	23.1g	13.8g
- Sugars	3.9g	2.3g
Sodium	189mg	112mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Contains wheat, egg, dairy, soy.



PRODUCT SPECIFICATION INDEX

Last updated: Tuesday, 3 April 2012

Puckles Flourless Orange Cake

Size: 600g

Shelf Life: 3 Days

Ingredients: Orange (23%), Egg Yolk (15%), Almond Meal (Friutex) (13%) (Almonds), Castor Sugar (13%) (Sugar), Cream Cheese Tatura (7%) (Milk, Starter Cultures), Butter, Unsalted (6%) (Cream), Fondant White (5%) (Sucrose, Glucose Syrup(Maize), Water Added, Hydrogenated Vegetable Oil, Emulsifier(471)), Icing Sugar (5%) (Sugar, Maize Flour), Margarine (4.5%) (Vegetable Fats And Oils, Emulsifiers (435, 471), Antioxidants (320, 310), Flavour), Sugar - Grade A1 (Sugar), Butter (2.5%), Chocolate White Snowcap (2%) (Sugar, Vegetable Fat, Whey Powder, Emulsifiers (Soya Lecithin, 492), May Contain Traces Of Nuts), Baking Powder (0.5%) (Rice Flour, Mineral Salts (450),(500)), Vanilla Essence 45 (0%) (Flavour, Colour(150))

Nutrition Information: **Servings per package (average): 8**
Serving size (average): 75g

	Av. Quantity per Serving	Av. Quantity per 100g
Energy	1020kJ (243Cal)	1350kJ (324Cal)
Protein	7.0g	9.4g
Fat, Total	16.1g	21.4g
- Saturated	8.0g	10.7g
Carbohydrate	27.0g	36.1g
- Sugars	23.2g	31.0g
Sodium	102mg	136mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Contains egg, dairy, soy, tree nuts.



PRODUCT SPECIFICATION INDEX

Last updated: Tuesday, 3 April 2012

Puckles Flourless Orange Cup

Size: 75g

Shelf Life: 3 Days

Ingredients: Orange (20%), Egg Yolk (12%), Almond Meal (Friutex) (11%) (Almonds), Castor Sugar (11%) (Sugar), Butter, Unsalted (11%) (Cream), Fondant White (10%) (Sucrose, Glucose Syrup(Maize), Water Added, Hydrogenated Vegetable Oil, Emulsifier(471)), Margarine (8%) (Vegetable Fats And Oils, Emulsifiers (435, 471), Antioxidants (320, 310), Flavour), Cream Cheese Tatura (5%) (Milk, Starter Cultures), Icing Sugar (4.5%) (Sugar, Maize Flour), Chocolate White Snowcap (3.5%) (Sugar, Vegetable Fat, Whey Powder, Emulsifiers (Soya Lecithin, 492), May Contain Traces Of Nuts), Sugar - Grade A1 (Sugar), Butter (2%), Baking Powder (0.5%) (Rice Flour, Mineral Salts (450),(500)), Vanilla Essence 45 (0%) (Flavour, Colour(150))

Nutrition Information: **Servings per package (average): 1**
Serving size (average): 75g

	Av. Quantity per Serving	Av. Quantity per 100g
Energy	1170kJ (280Cal)	1560kJ (373Cal)
Protein	5.8g	7.7g
Fat, Total	20.3g	27.0g
- Saturated	11.1g	14.7g
Carbohydrate	26.7g	35.6g
- Sugars	23.4g	31.2g
Sodium	85mg	113mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Contains egg, dairy, soy, tree nuts.



PRODUCT SPECIFICATION INDEX

Last updated: Tuesday, 3 April 2012

Puckles French Vanilla Slice

Size: 180g

Shelf Life: 3 Days

Ingredients: Milk Plain (27%) (Milk), Thickened Cream (23%) (Cream, Gelatine(Halal), Carrageenan(407)), Flour (13%) (Wheat Flour, Vitamin (Thiamin), Folic Acid), Fondant Coffee (12%) (Sucrose, Glucose Syrup, Hydrogenated Vegetable Oil, Emulsifier(471), Flavour, Colour (102,133,155,122)), Custilla (10%) (Sugar, Thickener (1414), Whole Milk Powder, Vegetable Gum (401), Beverage Whitener (Hydrogenated Palm Oil, Glucose Syrup, Mineral Salts (340, 450), Sodium Casienate, Emulsifiers (472e, 471), Anticaking Agent (551)), Flavour, Salt, Preservative (282), Colour (102, 110)), Water (6%), Margarine (4.5%) (Vegetable Fats And Oils, Water, Salt, Emulsifiers (471, Soya Bean Lecithin), Acidity Regulator(331), Antioxidants[306,From Soy Bean(160mg/kg)], Flavours And Colour(160a)), Castor Sugar (1%) (Sugar), Pettina Cream Stabiliser (1%) (Sugar, Vegetable Gum (401), Modified Maize Starch (1422)), Pie Base Shortening (1%) (Vegetable Fats & Oils, Emulsifiers(Soya Lecithin,(471),Antioxidant(320)), Vanilla Essence 45 (0.5%) (Flavour, Colour(150)), Vinegar White (0%) (Fermentad Spirit(260), Water)

Nutrition Information: **Servings per package (average): 1**
Serving size (average): 180g

	Av. Quantity per Serving	Av. Quantity per 100g
Energy	2120kJ (505Cal)	1180kJ (281Cal)
Protein	6.9g	3.8g
Fat, Total	26.2g	14.6g
- Saturated	18.5g	10.3g
Carbohydrate	59.0g	32.8g
- Sugars	36.5g	20.3g
Sodium	296mg	164mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Contains wheat, dairy, soy.



PRODUCT SPECIFICATION INDEX

Last updated: Tuesday, 3 April 2012

Puckles Peppermint Cake

Size: 720g

Shelf Life: 3 Days

Ingredients: Mud Cake Premix (33%) (Sugar, Wheaten Flour, Cocoa, Potato Starch, Milk Solids, Raising Agents (Sodium Pyrophosphate, Sodium Triphosphate), Salt, Nature Identical Flavour, Emulsifier (322soy Lecithin).), Water (17%), Egg Pulp (11%) (Whole Egg Pulp Produced From Shell Hen Eggs), Butter, Unsalted (8%) (Cream), Thickened Cream (6%) (Cream, Gelatine (Halal), Carrageenan (407)), Flour (5%) (Wheat Flour, Vitamin (Thiamin), Folic Acid), Fondant White (4%) (Sucrose, Glucose Syrup (Maize), Water Added, Hydrogenated Vegetable Oil, Emulsifier (471)), Castor Sugar (3.5%) (Sugar), Canola Oil (3.5%) (Canola Oil, Antioxidant (306)), Margarine (3%) (Vegetable Fats And Oils, Emulsifiers (435, 471), Antioxidants (320, 310), Flavour), All Purpose Sponge Mix (2%) (Wheat Flour, Sugar, Whipping Agent [emulsifiers (472b, 447), Glucose, Soy Flour, Mineral Salt (339)], Mineral Salts (170, 450, 500, 541), Milk Solids, Vegetable Oil [antioxidant (307)], Salt, Wheat Starch, Vegetable Gum (415), Soy Flour, Dextrose, Flavour, Emulsifier (471 Soy), Colour (102)), Chocolate White Snowcap (1.5%) (Sugar, Vegetable Fat, Whey Powder, Emulsifiers (Soya Lecithin, 492), May Contain Traces Of Nuts), Cocoa Powder (1.5%), Peppermint Crisp (0.5%) (Chocolate (58%) (Sugar, Full Cream Milk Powder, Cocoa Butter, Cocoa Mass, Vegetable Fat (Antioxidant (309), Emulsifiers (Soy Lecithin, 476), Flavour), Peppermint Craknel (42%) Sugar, Glucose Syrup (Derived From Wheat Or Corn), Vegetable Fat, Peppermint Oil, Emulsifier (Soy Lecithin), Colour (141), Wheat Flour), Pettina Cream Stabiliser (0.5%) (Sugar, Vegetable Gum (401), Modified Maize Starch (1422)), Apito Chocolate Paste (0.5%) (Water, Colour (122, 133, 150c, 155), Flavours, Vegetable Gum (415), Preservative (202)), Peppermint Essence (0%) (Peppermint Oil), Colour Green Liquid (0%) (Colour Blue E133, Colour Tartrazine E102), Vanilla Essence 45 (0%) (Flavour, Colour (150)), Mineral Salt (0%)

Nutrition Information: **Servings per package (average): 8**
Serving size (average): 90g

	Av. Quantity per Serving	Av. Quantity per 100g
Energy	1370kJ (327Cal)	1520kJ (363Cal)
Protein	4.1g	4.5g
Fat, Total	22.0g	24.5g
- Saturated	8.6g	9.5g
Carbohydrate	28.7g	31.9g
- Sugars	19.3g	21.5g
Sodium	39mg	43mg

Storage Conditions: Store at ambient temperature away from direct sunlight

Disclaimer: The information contained in this specification is based on data considered to be accurate and reliable as at the date of the specification to the best of the supplier's knowledge and belief. No warranty is expressed or implied regarding the accuracy or correctness of the data contained in this specification. Nutrition data has been calculated in accordance with FSANZ guidelines using raw ingredient information provided by suppliers. Nutrition data is indicative and provided as a guide only. No Puckles Family Bakehouse products are made in a gluten-free or nut-free environment.



PRODUCT SPECIFICATION INDEX

Last updated: Tuesday, 3 April 2012

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Contains wheat, egg, dairy, soy.
May contain Peanuts and soybeans, and their products.



PRODUCT SPECIFICATION INDEX

Last updated: Tuesday, 3 April 2012

Puckles Quiche Lorraine Large

Size: 520g

Shelf Life: 3 Days

Ingredients: Liquid Egg (15%), Milk Plain (15%) (Milk), Flour (15%) (Wheat Flour, Vitamin (Thiamin), Folic Acid), Cheese Shredded Cheddar (15%) (Cheese(Milk,Cultures,Rennet,Salt), Tapioca Starch), Thickened Cream (14%) (Cream, Gelatine(Halal), Carrageenan(407)), Water (9%), Diced Bacon (7%) (Pork(95%), Salt, Dextrose, Sucrose, Mineral Salts(450,451,452), Water, Antioxidant(316),Sodium Nitrite(250).), Pie Base Shortening (5%) (Vegetable Fats & Oils, Emulsifiers(Soya Lecithin,(471),Antioxidant(320)), Am Hi Ratio Cake Flour (3%) (Wheat Flour), Full Cream Milk Powder (0.5%) (Milk), Iodised Salt (0.5%) (Salt, Potassium Iodate), Baking Powder (0%) (Rice Flour, Mineral Salts (450),(500)), White Pepper (0%) (Ground Pepper)

Nutrition Information: **Servings per package (average): 4**
Serving size (average): 130g

	Av. Quantity per Serving	Av. Quantity per 100g
Energy	1460kJ (350Cal)	1130kJ (269Cal)
Protein	12.2g	9.4g
Fat, Total	24.2g	18.6g
- Saturated	15.0g	11.5g
Carbohydrate	18.6g	14.3g
- Sugars	2.5g	1.9g
Sodium	571mg	439mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Contains wheat, egg, dairy, soy.



PRODUCT SPECIFICATION INDEX

Last updated: Tuesday, 3 April 2012

Puckles Quiche Spinach large

Size: 520g

Shelf Life: 3 Days

Ingredients: Flour (15%) (Wheat Flour, Vitamin (Thiamin), Folic Acid), Liquid Egg (14%), Milk Plain (14%) (Milk), Thickened Cream (13%) (Cream, Gelatine(Halal), Carrageenan(407)), Rindless Tasty Cheddar Cheese Shredded 2kg (12%) (Milk, Culture, Salt, Rennet), Water (9%), Spinach (8%), Tomato (8%), Pie Base Shortening (5%) (Vegetable Fats & Oils, Emulsifiers(Soya Lecithin, (471), Antioxidant(320)), Am Hi Ratio Cake Flour (3%) (Wheat Flour), Full Cream Milk Powder (0.5%) (Milk), Iodised Salt (0.5%) (Salt, Potassium Iodate), Baking Powder (0%) (Rice Flour, Mineral Salts (450),(500)), White Pepper (0%) (Ground Pepper)

Nutrition Information: **Servings per package (average): 4**
Serving size (average): 130g

	Av. Quantity per Serving	Av. Quantity per 100g
Energy	1260kJ (301Cal)	970kJ (232Cal)
Protein	10.1g	7.8g
Fat, Total	20.2g	15.6g
- Saturated	12.2g	9.4g
Carbohydrate	18.5g	14.3g
- Sugars	2.5g	1.9g
Sodium	409mg	315mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Contains wheat, egg, dairy, soy.



PRODUCT SPECIFICATION INDEX

Last updated: Tuesday, 3 April 2012

Puckles Snow Ball Chocolate

Size: 50g

Shelf Life: 3 Days

Ingredients: Thickened Cream (39%) (Cream, Gelatine(Halal), Carrageenan(407)), All Purpose Sponge Mix (20%) (Wheat Flour, Sugar, Whipping Agent [emulsifiers (472b, 447), Glucose, Soy Flour, Mineral Salt (339)], Mineral Salts (170, 450, 500, 541), Milk Solids, Vegetable Oil [antioxidant (307)], Salt, Wheat Starch, Vegetable Gum (415), Soy Flour, Dextrose, Flavour, Emulsifier (471 Soy), Colour (102)), Chocolate Kingston Nestle (14%) (Sugar, Vegetable Fat, Cocoa, Whey Powder, Emulsifiers(Soy Lecthin,492),Flavours,Salt May Contain Traces Of Nuts), Egg Pulp (8%) (Whole Egg Pulp Produced From Shell Hen Eggs), Water (7%), Coconut (2%) (Coconut, Preservative (223)), Rasplum Filling Bakels (2%) (Apple, Sugar, Glucose, Vegetable Gum (440a), Food Acid (330), Colour (123, 110), Preservative (202), Flavour), Castor Sugar (1.5%) (Sugar), Pettina Cream Stabiliser (1.5%) (Sugar, Vegetable Gum (401), Modified Maize Starch (1422)), Fondant White 1 (1.5%) (Sucrose, Glucose Syrup(Maize), Water Added, Hydrogenated Vegetable Oil, Emulsifier(471)), Chocolate White Snowcap (1.5%) (Sugar, Vegetable Fat, Whey Powder, Emulsifers (Soya Lecithin, 492), May Contain Traces Of Nuts), Invert Syrup Csr (1%) (Sugar, Water), Vanilla Essence 45 (0%) (Flavour, Colour(150))

Nutrition Information: **Servings per package (average): 1**
Serving size (average): 50g

	Av. Quantity per Serving	Av. Quantity per 100g
Energy	712kJ (170Cal)	1420kJ (340Cal)
Protein	1.9g	3.9g
Fat, Total	10.6g	21.1g
- Saturated	8.1g	16.2g
Carbohydrate	16.9g	33.8g
- Sugars	12.9g	25.7g
Sodium	75mg	150mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Contains wheat, egg, dairy, soy.



PRODUCT SPECIFICATION INDEX

Last updated: Tuesday, 3 April 2012

Puckles Snow Ball Raspberry

Size: 150g

Shelf Life: 3 Days

Ingredients: Thickened Cream (32%) (Cream, Gelatine(Halal), Carrageenan(407)), All Purpose Sponge Mix (20%) (Wheat Flour, Sugar, Whipping Agent [emulsifiers (472b, 447), Glucose, Soy Flour, Mineral Salt (339)], Mineral Salts (170, 450, 500, 541), Milk Solids, Vegetable Oil [antioxidant (307)], Salt, Wheat Starch, Vegetable Gum (415), Soy Flour, Dextrose, Flavour, Emulsifier (471 Soy), Colour (102)), Water (16%), Raspberry Dip (15%) (Sugar, Gelatine, Modified Maize Starch(1422), Food Acid(330), Flavour, Colours(102, 122, 123).), Egg Pulp (8%) (Whole Egg Pulp Produced From Shell Hen Eggs), Rasplum Filling Bakels (4%) (Apple, Sugar, Glucose, Vegetable Gum (440a), Food Acid (330), Colour (123, 110), Preservative (202), Flavour), Coconut (2%) (Coconut, Preservative (223)), Castor Sugar (1.5%) (Sugar), Pettina Cream Stabiliser (1.5%) (Sugar, Vegetable Gum (401), Modified Maize Starch (1422)), Vanilla Essence 45 (0%) (Flavour, Colour(150))

Nutrition Information: **Servings per package (average): 1**
Serving size (average): 150g

	Av. Quantity per Serving	Av. Quantity per 100g
Energy	595kJ (142Cal)	1190kJ (284Cal)
Protein	1.8g	3.6g
Fat, Total	7.0g	13.9g
- Saturated	5.0g	9.9g
Carbohydrate	18.5g	36.9g
- Sugars	14.6g	29.1g
Sodium	70mg	140mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Contains wheat, egg, dairy, soy.



PRODUCT SPECIFICATION INDEX

Last updated: Tuesday, 3 April 2012

Puckles Strawberries N Cream

Size: 880g

Shelf Life: 3 Days

Ingredients: Thickened Cream (25%) (Cream, Gelatine(Halal), Carrageenan(407)), All Purpose Sponge Mix (15%) (Wheat Flour, Sugar, Whipping Agent [emulsifiers (472b, 447), Glucose, Soy Flour, Mineral Salt (339)], Mineral Salts (170, 450, 500, 541), Milk Solids, Vegetable Oil [antioxidant (307)], Salt, Wheat Starch, Vegetable Gum (415), Soy Flour, Dextrose, Flavour, Emulsifier (471 Soy), Colour (102)), Strawberry (14%), Chocolate White Snowcap (10%) (Sugar, Vegetable Fat, Whey Powder, Emulsifiers (Soya Lecithin, 492), May Contain Traces Of Nuts), Liquid Egg (6%), Butter, Unsalted (6%) (Cream), Castor Sugar (6%) (Sugar), Fondant White (5%) (Sucrose, Glucose Syrup(Maize), Water Added, Hydrogenated Vegetable Oil, Emulsifier(471)), Water (5%), Margarine (4.5%) (Vegetable Fats And Oils, Emulsifiers (435, 471), Antioxidants (320, 310), Flavour), Pettina Cream Stabiliser (1.5%) (Sugar, Vegetable Gum (401), Modified Maize Starch (1422)), Tatura Neufchatel Cheese (1%) (Cheese: [milk, Cream, Salt, Stabiliser (410, 412), Culture]), Apito Imitation Strawberry Flavouring Paste (0.5%) (Water, Ethanol, Vegetable Gums (413, 415), Flavour, Colours (102, 122, 123), Preservative (202)), Strawberry Liqueur (0.5%) (Strawberry Liqueur (0.5%)), Gelatine Davis (0%) (Gelatine Derived From New Zealand Beef Skin, Preservative 220), Vanilla Essence 45 (0%) (Flavour, Colour(150))

Nutrition Information: **Servings per package (average): 8**
Serving size (average): 110g

	Av. Quantity per Serving	Av. Quantity per 100g
Energy	1570kJ (375Cal)	1430kJ (341Cal)
Protein	3.2g	2.9g
Fat, Total	24.7g	22.5g
- Saturated	17.2g	15.6g
Carbohydrate	35.4g	32.2g
- Sugars	29.0g	26.4g
Sodium	129mg	117mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Contains wheat, egg, dairy, soy.



PRODUCT SPECIFICATION INDEX

Last updated: Tuesday, 3 April 2012

Puckles Vanilla Slice

Size: 220g

Shelf Life: 3 Days

Ingredients: Milk Plain (50%) (Milk), Custilla (19%) (Sugar, Thickener (1414), Whole Milk Powder, Vegetable Gum (401), Beverage Whitener (Hydrogenated Palm Oil, Glucose Syrup, Mineral Salts (340, 450), Sodium Casienate, Emulsifiers (472e, 471), Anticaking Agent (551)), Flavour, Salt, Preservative (282), Colour (102, 110)), Flour (11%) (Wheat Flour, Vitamin (Thiamin), Folic Acid), Fondant White (10%) (Sucrose, Glucose Syrup(Maize), Water Added, Hydrogenated Vegetable Oil, Emulsifier(471)), Water (5%), Margarine (4%) (Vegetable Fats And Oils, Water, Salt, Emulsifiers (471, Soya Bean Lecithin), Acidity Regulator(331),Antioxidants[306,From Soya Bean(160mg/kg)], Flavours And Colour(160a)), Pie Base Shortening (0.5%) (Vegetable Fats & Oils, Emulsifiers(Soya Lecithin,(471),Antioxidant(320)), Vanilla Essence 45 (0.5%) (Flavour, Colour(150)), Vinegar White (0%) (Fermentad Spirit(260), Water)

Nutrition Information: **Servings per package (average): 1**
Serving size (average): 220g

	Av. Quantity per Serving	Av. Quantity per 100g
Energy	2040kJ (488Cal)	928kJ (222Cal)
Protein	9.8g	4.5g
Fat, Total	15.7g	7.1g
- Saturated	10.3g	4.7g
Carbohydrate	74.8g	34.0g
- Sugars	46.8g	21.3g
Sodium	456mg	207mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Contains wheat, dairy, soy.



PRODUCT SPECIFICATION INDEX

Last updated: Tuesday, 3 April 2012

Quiche Lorraine Small

Size: 170g

Shelf Life: 3 Days

Ingredients: Liquid Egg (17%), Milk Plain (Milk (17%)), Cheese Shredded Cheddar (Cheese (Milk,Cultures,Rennet,Salt), Tapioca Starch), Thickened Cream (Cream, Gelatine(Halal), Carrageenan(407)), Flour (15%) (Wheat Flour, Vitamin (Thiamin)), Diced Bacon (8%) (Pork(95%), Salt, Dextrose, Sucrose, Mineral Salts(450,451,452), Water, Antioxidant(316),Sodium Nitrite(250).), Duo Vegetable (5%) (Vegetable Fats & Oils, Emulsifiers(Soya Lecithin,(471),Antioxidant(306 From Soy Bean(200mg/kg) & Colours (160b,100))) , Am Hi Ratio Cake Flour (3%) (Wheat Flour), Full Cream Milk Powder (0.5%) (Milk (0.5%)), Salt Fine 25kg (0.5%) (Salt), Baking Powder (0%) (Wheat Flour, Mineral Salts (450, 500)), White Pepper (0%) (Ground Pepper)

Nutrition Information: **Servings per package (average): 1**
Serving size (average): 170g

	Av. Quantity per Serving	Av. Quantity per 100g
Energy	1990kJ (475Cal)	1170kJ (279Cal)
Protein	16.9g	10.0g
Fat, Total	33.5g	19.7g
- Saturated	21.6g	12.7g
Carbohydrate	24.6g	14.5g
- Sugars	3.1g	1.8g
Sodium	810mg	476mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Contains wheat, egg, dairy, soy.



PRODUCT SPECIFICATION INDEX

Last updated: Tuesday, 3 April 2012

Quiche Spinach & Tomato Small

Size: 165g

Shelf Life: 3 Days

Ingredients: Liquid Egg (18%), Milk Plain (18%) (Milk), Thickened Cream (17%) (Cream, Gelatine(Halal), Carrageenan(407)), Flour (15%) (Wheat Flour, Vitamin (Thiamin)), Rindless Tasty Cheddar Cheese Shredded 2kg (12%) (Milk, Culture, Salt, Rennet), Spinach (6%), Duo Vegetable (5%) (Vegetable Fats & Oils, Emulsifiers(Soya Lecithin,(471),Antioxidant(306 From Soy Bean (200mg/kg) & Colours (160b,100)), Am Hi Ratio Cake Flour (3%) (Wheat Flour), Tomato (3%), Full Cream Milk Powder (0.5%) (Milk), Salt Fine 25kg (0.5%) (Salt), Baking Powder (0%) (Wheat Flour, Mineral Salts (450, 500)), White Pepper (0%) (Ground Pepper)

Nutrition Information: **Servings per package (average): 1**
Serving size (average): 165g

	Av. Quantity per Serving	Av. Quantity per 100g
Energy	1770kJ (422Cal)	1070kJ (256Cal)
Protein	14.0g	8.5g
Fat, Total	29.5g	17.9g
- Saturated	18.7g	11.3g
Carbohydrate	24.8g	15.0g
- Sugars	3.2g	2.0g
Sodium	617mg	374mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Contains wheat, egg, dairy, soy.



PRODUCT SPECIFICATION INDEX

Last updated: Tuesday, 3 April 2012

Raspberry Jelly Lamington

Size: 140g

Shelf Life: 3 Days

Ingredients: Thickened Cream (41%) (Cream, Gelatine(Halal), Carrageenan(407)), Water (15%), Raspberry Dip (14%) (Sugar, Gelatine, Modified Maize Starch(1422), Food Acid(330), Flavour, Colours(102, 122, 123).), Coconut (11%) (Coconut, Preservative (223)), All Purpose Sponge Mix (8%) (Wheat Flour, Sugar, Whipping Agent [emulsifiers (472b, 447), Glucose, Soy Flour, Mineral Salt (339)], Mineral Salts (170, 450, 500, 541), Milk Solids, Vegetable Oil [antioxidant (307)], Salt, Wheat Starch, Vegetable Gum (415), Soy Flour, Dextrose, Flavour, Emulsifier (471 Soy), Colour (102)), Rasplum Filling Bakels (4%) (Apple, Sugar, Glucose, Vegetable Gum (440a), Food Acid (330), Colour (123, 110), Preservative (202), Flavour), Egg Pulp (3%) (Whole Egg Pulp Produced From Shell Hen Eggs), Castor Sugar (2%) (Sugar), Pettina Cream Stabiliser (2%) (Sugar, Vegetable Gum (401), Modified Maize Starch (1422)), Dusting Sugar (0%) (Dextrose, Maize Starch, Vegetable Fat, Vegetable Oil, Antioxidant (307)), Vanilla Essence 45 (0%) (Flavour, Colour(150))

Nutrition Information: **Servings per package (average): 1**
Serving size (average): 140g

	Av. Quantity per Serving	Av. Quantity per 100g
Energy	1940kJ (464Cal)	1390kJ (331Cal)
Protein	4.7g	3.3g
Fat, Total	31.1g	22.2g
- Saturated	24.2g	17.3g
Carbohydrate	40.7g	29.1g
- Sugars	34.8g	24.8g
Sodium	94mg	67mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Contains wheat, egg, dairy, soy.
May contain Peanuts and soybeans, and their products.



PRODUCT SPECIFICATION INDEX

Last updated: Tuesday, 3 April 2012

Raspberry Jelly Lamington Creamed

Size: 140g

Shelf Life: 3 Days

Ingredients: Thickened Cream (41%) (Cream, Gelatine(Halal), Carrageenan(407)), Water (15%), Raspberry Dip (14%) (Sugar, Gelatine, Modified Maize Starch(1422), Food Acid (330), Flavour, Colours(102, 122, 123).), Coconut (11%) (Coconut, Preservative (223)), All Purpose Sponge Mix (8%) (Wheat Flour, Sugar, Whipping Agent [emulsifiers (472b, 447), Glucose, Soy Flour, Mineral Salt (339)], Mineral Salts (170, 450, 500, 541), Milk Solids, Vegetable Oil [antioxidant (307)], Salt, Wheat Starch, Vegetable Gum (415), Soy Flour, Dextrose, Flavour, Emulsifier (471 Soy), Colour (102)), Rasplum Filling Bakels (4%) (Apple, Sugar, Glucose, Vegetable Gum (440a), Food Acid (330), Colour (123, 110), Preservative (202), Flavour), Egg Pulp (3%) (Whole Egg Pulp Produced From Shell Hen Eggs), Castor Sugar (2%) (Sugar), Pettina Cream Stabiliser (2%) (Sugar, Vegetable Gum (401), Modified Maize Starch (1422)), Dusting Sugar (0%) (Dextrose, Maize Starch, Vegetable Fat, Vegetable Oil, Antioxidant (307)), Vanilla Essence 45 (0%) (Flavour, Colour(150))

Nutrition Information: **Servings per package (average): 1**
Serving size (average): 140g

	Av. Quantity per Serving	Av. Quantity per 100g
Energy	1940kJ (464Cal)	1390kJ (331Cal)
Protein	4.7g	3.3g
Fat, Total	31.1g	22.2g
- Saturated	24.2g	17.3g
Carbohydrate	40.7g	29.1g
- Sugars	34.8g	24.8g
Sodium	94mg	67mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Contains wheat, egg, dairy, soy.
May contain Peanuts and soybeans, and their products.



PRODUCT SPECIFICATION INDEX

Last updated: Tuesday, 3 April 2012

Raspberry Jelly Lamington Sponge

Size: 600g

Shelf Life: 3 Days

Ingredients: Thickened Cream (48%) (Cream, Gelatine(Halal), Carrageenan(407)), All Purpose Sponge Mix (14%) (Wheat Flour, Sugar, Whipping Agent [emulsifiers (472b, 447), Glucose, Soy Flour, Mineral Salt (339)], Mineral Salts (170, 450, 500, 541), Milk Solids, Vegetable Oil [antioxidant (307)], Salt, Wheat Starch, Vegetable Gum (415), Soy Flour, Dextrose, Flavour, Emulsifier (471 Soy), Colour (102)), Coconut (10%) (Coconut, Preservative (223)), Water (8%), Raspberry Dip (7%) (Sugar, Gelatine, Modified Maize Starch(1422), Food Acid (330), Flavour, Colours (102, 122, 123).), Egg Pulp (5%) (Whole Egg Pulp Produced From Shell Hen Eggs), Rasp Plum Filling Bakels (3%) (Apple, Sugar, Glucose, Vegetable Gum (440a), Food Acid (330), Colour (123, 110), Preservative (202), Flavour), Castor Sugar (2.5%) (Sugar), Pettina Cream Stabiliser (2.5%) (Sugar, Vegetable Gum (401), Modified Maize Starch (1422)), Dusting Sugar (0%) (Dextrose, Maize Starch, Vegetable Fat, Vegetable Oil, Antioxidant (307)), Vanilla Essence 45 (0%) (Flavour, Colour(150))

Nutrition Information: **Servings per package (average): 8**
Serving size (average): 75g

	Av. Quantity per Serving	Av. Quantity per 100g
Energy	1070kJ (256Cal)	1430kJ (342Cal)
Protein	2.8g	3.8g
Fat, Total	18.1g	24.1g
- Saturated	13.8g	18.4g
Carbohydrate	20.4g	27.2g
- Sugars	15.8g	21.1g
Sodium	81mg	108mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Contains wheat, egg, dairy, soy.
May contain Peanuts and soybeans, and their products.



PRODUCT SPECIFICATION INDEX

Last updated: Tuesday, 3 April 2012

Small Sausage Roll

Size: 110g

Shelf Life: 3 Days

Ingredients: Water (32%), Minced Beef (26%), Flour (24%) (Wheat Flour, Vitamin (Thiamin)), Margarine (8%) (Vegetable Fats And Oils, Water, Salt, Emulsifiers (471, Soya Bean Lecithin), Acidity Regulator(331),Antioxidants[306,From Soy Bean(160mg/kg)], Flavours And Colour(160a)), Breadcrumbs (Fine And White) (Wheat Flour, Bakers Yeast, Salt, Vegetable Oil, Gluten, Soy Flour, Emulsifiers (481, 471), Sugar, Sesame Seeds, Tuna Oil, Preservative (282), Food Acid (330), Vitamin (Thiamine)), Sausage Meal (2.5%) (Rice Flour, Salt, Mineral Salts (451, 450), Preservative (223), Spice Extracts), Onion (2%), Duo Vegetable (Vegetable Fats & Oils, Emulsifiers(Soya Lecithin,(471),Antioxidant(306 From Soy Bean(200mg/kg) & Colours (160b,100)), Pastie Seasoning 2 (Salt,Protein Extract,White Pepper,Black Pepper,Yeast Extract, Maltodextrin), Vinegar White (Fermentad Spirit(260), Water), Glaze (0%) (Milk Solids, Sugar, Mineral Salt (450), Colours (102, 124))

Nutrition Information: **Servings per package (average): 1**
Serving size (average): 110g

	Av. Quantity per Serving	Av. Quantity per 100g
Energy	977kJ (233Cal)	888kJ (212Cal)
Protein	9.0g	8.1g
Fat, Total	12.1g	11.0g
- Saturated	7.5g	6.8g
Carbohydrate	23.4g	21.3g
- Sugars	0.3g	0.3g
Sodium	548mg	498mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Contains wheat, dairy, soy.



PRODUCT SPECIFICATION INDEX

Last updated: Tuesday, 3 April 2012

Spinach Roll

Size: 175g

Shelf Life: 3 Days

Ingredients: Spinach (32%), Flour (18%) (Wheat Flour, Vitamin (Thiamin)), Fetta Cheese (11%) (Milk, Starter Culture, Rennet, Salt, Water), Ricotta Cheese (11%) (Whey, Solids Non Fat, Milk, Salt, Food Acid(260), Preservative(202)), Margarine (Vegetable Fats And Oils, Water, Salt, Emulsifiers (471, Soya Bean Lecithin), Acidity Regulator(331), Antioxidants[306, From Soy Bean(160mg/kg)], Flavours And Colour(160a)), Egg Pulp Sunny Queen (6%) (Whole Egg Pulp Produced From Shell Hen Eggs), Water (5%), Onion (4.5%), Potato Flakes Fino (3.5%) (Potato, Emulsifiers (471, 450), Preservative (220), Food Acid (33)), Seed (1%), Duo Vegetable (1%) (Vegetable Fats & Oils, Emulsifiers(Soya Lecithin,(471), Antioxidant(306 From Soy Bean(200mg/kg) & Colours (160b, 100))), Pie Seasoning (Ferg Plarre) (0.5%) (Msg, Flavex Std, Paprika, Salt, Fibrosol, White Pepper, Cornflour, Wheaten Flour, Guar Gum, Onion, Black Pepper, Garlic), Salt Fine 25kg (0%) (Salt), White Pepper (0%) (Ground Pepper), Wheat Gluten (0%) (Wheat Gluten (0%)), Vinegar White (0%) (Fermentad Spirit(260), Water), Colour Yellow Egg (0%) (Colour (102, 123))

Nutrition Information: **Servings per package (average): 1**
Serving size (average): 175g

	Av. Quantity per Serving	Av. Quantity per 100g
Energy	1550kJ (369Cal)	883kJ (211Cal)
Protein	37.6g	21.5g
Fat, Total	20.7g	11.8g
- Saturated	13.3g	7.6g
Carbohydrate	29.6g	16.9g
- Sugars	1.9g	1.1g
Sodium	545mg	311mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Contains wheat, egg, dairy, soy.



PRODUCT SPECIFICATION INDEX

Last updated: Tuesday, 3 April 2012

Steak & Mushroom Pie

Size: 200g

Shelf Life: 3 Days

Ingredients: Water (26%), Flour (25%) (Wheat Flour, Vitamin (Thiamin)), Mushroom (19%) (Mushrooms, Thickener (1412), Salt, Butter, Vegetable Oil, Colour (150), Spices, Water), Hamburger Mince (~15%fat) (18%), Duo Vegetable (Vegetable Fats & Oils, Emulsifiers(Soya Lecithin,(471),Antioxidant(306 From Soy Bean(200mg/kg) & Colours (160b,100))), Margarine (3%) (Vegetable Fats And Oils, Water, Salt, Emulsifiers (471, Soya Bean Lecithin), Acidity Regulator(331),Antioxidants[306,From Soy Bean(160mg/kg)], Flavours And Colour(160a)), Starfirm 48, Seed (0.5%), Pie Seasoning (Two) (Mineral Salt, Pepper,Soy Protein, Colour, Dextrin, Yeast Extract,Onion Powder And Spices), Vinegar White (Fermentad Spirit(260), Water), Salt Fine 25kg (0.5%) (Salt), Mushroom Booster (0%) (Wheat Starch, Wheat Flour,Salt,Vegetable Oil, Dehydrated Mushrooms, Flavour Enhancer(621),Vegetable Powders, Sugar,Dried Yeast,Hydrolysed Vegetable Protein, Spices,Vegetable Gum(415),Food Acid(330),Preservative (211)), Baking Powder (0%) (Wheat Flour, Mineral Salts (450, 500)), Full Cream Milk Powder (0%) (Milk), Caramel Hgp (0%) (Colour (150c)), Glaze (0%) (Milk Solids, Sugar, Mineral Salt (450), Colours (102, 124))

Nutrition Information: **Servings per package (average): 1**
Serving size (average): 200g

	Av. Quantity per Serving	Av. Quantity per 100g
Energy	1710kJ (409Cal)	855kJ (204Cal)
Protein	12.3g	6.1g
Fat, Total	22.4g	11.2g
- Saturated	12.7g	6.4g
Carbohydrate	42.4g	21.2g
- Sugars	0.4g	0.2g
Sodium	835mg	417mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Contains wheat, dairy, soy.



PRODUCT SPECIFICATION INDEX

Last updated: Tuesday, 3 April 2012

Steak & Onion Pie

Size: 200g

Shelf Life: 3 Days

Ingredients: Water (27%), Flour (25%) (Wheat Flour, Vitamin (Thiamin)), Hamburger Mince(~15%fat) (20%), Onion (14%), Duo Vegetable (Vegetable Fats & Oils, Emulsifiers(Soya Lecithin,(471),Antioxidant(306 From Soy Bean(200mg/kg) & Colours (160b,100)), Margarine (3%) (Vegetable Fats And Oils, Water, Salt, Emulsifiers (471, Soya Bean Lecithin), Acidity Regulator(331),Antioxidants[306,From Soy Bean(160mg/kg)], Flavours And Colour(160a)), Starfirm 48, Sesame Seeds (1%) (Sesame Seed (1%)), Pie Seasoning (Two) (Mineral Salt, Pepper,Soy Protein,Colour,Dextrin,Yeast Extract,Onion Powder And Spices), Vinegar White (Fermentad Spirit(260), Water), Salt Fine 25kg (0.5%) (Salt), Baking Powder (Wheat Flour, Mineral Salts (450, 500)), Full Cream Milk Powder (0%) (Milk), Caramel Hgp (0%) (Colour (150c)), Glaze (0%) (Milk Solids, Sugar, Mineral Salt (450), Colours (102, 124))

Nutrition Information: **Servings per package (average): 1**
Serving size (average): 200g

	Av. Quantity per Serving	Av. Quantity per 100g
Energy	1760kJ (421Cal)	881kJ (211Cal)
Protein	13.3g	6.7g
Fat, Total	23.2g	11.6g
- Saturated	12.9g	6.4g
Carbohydrate	41.7g	20.9g
- Sugars	1.6g	0.8g
Sodium	728mg	364mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Contains wheat, dairy, soy.



PRODUCT SPECIFICATION INDEX

Last updated: Tuesday, 3 April 2012

Tiddly Oggie

Size: 225g

Shelf Life: 3 Days

Ingredients: Flour (52%) (Wheat Flour, Vitamin (Thiamin)), Water (25%), Margarine (Vegetable Fats And Oils, Water, Salt, Emulsifiers (471, Soya Bean Lecithin), Acidity Regulator(331), Antioxidants [306,From Soy Bean(160mg/kg)], Flavours And Colour(160a)), Duo Vegetable (Vegetable Fats & Oils, Emulsifiers(Soya Lecithin,(471),Antioxidant(306 From Soy Bean(200mg/kg) & Colours (160b,100)), Glaze (0.5%) (Milk Solids, Sugar, Mineral Salt (450), Colours (102, 124)), Vinegar White (Fermentad Spirit(260), Water), Potato (0%), Hamburger Mince(~15%fat), Carrot (0%), Onion (0%), Pastie Seasoning 2 (Salt,Protein Extract,White Pepper,Black Pepper,Yeast Extract, Maltodextrin), Thickener (0%) (Thickener (1422, Maize Starch))

Nutrition Information: **Servings per package (average): 1**
Serving size (average): 225g

	Av. Quantity per Serving	Av. Quantity per 100g
Energy	3240kJ (774Cal)	1440kJ (344Cal)
Protein	14.0g	6.2g
Fat, Total	41.7g	18.6g
- Saturated	28.7g	12.7g
Carbohydrate	83.5g	37.1g
- Sugars	0.3g	0.1g
Sodium	639mg	284mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Contains wheat, dairy, soy.



PRODUCT SPECIFICATION INDEX

Last updated: Tuesday, 3 April 2012

Vegetable Pie

Size: 290g

Shelf Life: 3 Days

Ingredients: Vegetables (58%) (Pumpkin, Broccoli, Carrot, Potato, Zucchini, Onion), Flour (12%) (Wheat Flour, Vitamin (Thiamin)), Corn In Brine (7%) (Corn (63%), Water, Sugar, Salt), Egg Pulp Sunny Queen (5%) (Whole Egg Pulp Produced From Shell Hen Eggs), Cooking Cream Bulla 18% (5%) (Fresh Skim Milk, Fresh Cream, Acetylated Adipate (1422), Diacetyltartare And Fatty Acid Esters Of Glycol(472e), Xanthan Gum(415), Careageenan(407)), Duo Vegetable (Vegetable Fats & Oils, Emulsifiers(Soya Lecithin,(471), Antioxidant(306 From Soy Bean(200mg/kg) & Colours (160b,100)), Potato Flakes Fino (3.5%) (Potato, Emulsifiers (471, 450), Preservative (220), Food Acid (33)).), Cheese (3.5%) (Cheese: [pasteurised Milk, Salt, Cultures, Enzyme (Rennet), Anticaking Agent (460), Preservative (200)], Butter, Unsalted (2%) (Cream, Salt), Pastie Seasoning 2 (Salt, Protein Extract, White Pepper, Black Pepper, Yeast Extract, Maltodextrin), Salt Fine 25kg (0%) (Salt), Vinegar White (Fermentad Spirit(260), Water), Baking Powder (0%) (Wheat Flour, Mineral Salts (450, 500)), Full Cream Milk Powder (0%) (Milk)

Nutrition Information: **Servings per package (average): 1**
Serving size (average): 290g

	Av. Quantity per Serving	Av. Quantity per 100g
Energy	1900kJ (453Cal)	654kJ (156Cal)
Protein	14.0g	4.8g
Fat, Total	23.7g	8.2g
- Saturated	14.2g	4.9g
Carbohydrate	45.0g	15.5g
- Sugars	6.4g	2.2g
Sodium	1110mg	383mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Contains wheat, egg, dairy, soy.



PRODUCT SPECIFICATION INDEX

Last updated: Tuesday, 3 April 2012

Wholemeal Tiddly Oggie

Size: 250g

Shelf Life: 3 Days

Ingredients: Potato (32%), Carrot (11%), Flour (10%) (Wheat Flour, Vitamin (Thiamin)), Water (10%), Margarine (9%) (Vegetable Fats And Oils, Water, Salt, Emulsifiers (471, Soya Bean Lecithin), Acidity Regulator(331),Antioxidants[306,From Soy Bean(160mg/kg)], Flavours And Colour(160a)), Flour (9%) (Wholemeal Wheat Flour, Vitamin (Thiamin)), Onion (3.5%), Parsnip (3.5%), Swede (3.5%), Duo Vegetable (Vegetable Fats & Oils, Emulsifiers(Soya Lecithin,(471), Antioxidant(306 From Soy Bean(200mg/kg) & Colours (160b,100))), Peas Frozen Edgells (2%) (Peas), Instant Ftd 449 (1%) (Thickener (1422 Maize)), Pastie Seasoning 2 (Salt,Protein Extract,White Pepper,Black Pepper,Yeast Extract, Maltodextrin), Potato Flakes Fino (0.5%) (Potato, Emulsifiers (471, 450), Preservative (220),Food Acid (33)).), Sesame Seeds (0.5%) (Sesame Seed (0.5%)), Glaze (0%) (Milk Solids, Sugar, Mineral Salt (450), Colours (102, 124)), Vinegar White (Fermentad Spirit(260), Water)

Nutrition Information: **Servings per package (average): 1**
Serving size (average): 250g

	Av. Quantity per Serving	Av. Quantity per 100g
Energy	2020kJ (482Cal)	806kJ (193Cal)
Protein	9.5g	3.8g
Fat, Total	25.8g	10.3g
- Saturated	17.1g	6.8g
Carbohydrate	50.0g	20.0g
- Sugars	3.4g	1.3g
Sodium	946mg	379mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Contains wheat, dairy, soy.