












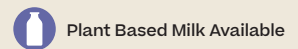
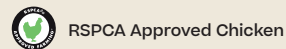
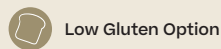
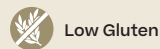
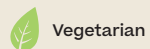



















Nutritional & Allergen statement ACT Cafe Menu

“Our nutritional and allergen information is based on the average standard product recipe and manufacturers’ nutritional statements and is correct as at the time of printing. Ingredient information provided by third party manufacturers and suppliers may change at any time, without notice to us. Please note that potential ingredient supply variations and/or substitutions may result in some deviations to nutritional and/or allergen information. Serving sizes and nutrient values are based on average figures and standard product information, and may vary. Minor DKL Food Group Pty Ltd and its subsidiaries cannot guarantee, and do not represent, that any menu items (food or beverages) are allergen free. All menu items may contain traces of, and/or come into contact with, allergens, including without limitation, **peanuts, almonds, gluten, crustacean, egg, wheat, soy, sesame, lupin, sulphites** and **milk**. Subject to law, Minor DKL Food Group Pty Ltd and/or its subsidiaries are not liable for any costs, fees, claims, damages, liability or charges, howsoever arising, in connection with customers coming into contact with allergens, and/or for any errors, omissions or inaccuracies contained herein.”

Breakfast Menu	Serve Size	kJ Per Serve	Protein (g)	Fat (total) (g)	Fat (Saturated)	Carbohydrate (g)	Sugars (g)	Sodium (mg)	Contains these Allergens	May contain these Allergens	Allergen or Dietary Claims
Bacon & Eggs	236g	2238kJ	27	31.7	12	35	1	1159	Cereals Containing Gluten, Wheat, Rye, Barley, Oats, Egg, Milk, Soy	Sesame Seeds	
Brekkie Burger	309g	3455kJ	25	48	17	72	15	1727	Cereals Containing Gluten, Wheat, Rye, Barley, Oats, Spelt, Egg, Milk, Sesame Seeds, Soy	Crustacean, Fish, Peanuts	
Famous Eggs Benny Bacon	418g	3969kJ	35	80.6	31	38	6	1869	Cereals Containing Gluten, Wheat, Barley, Egg, Milk, Soy	Rye, Oat, Spelt, Sesame Seeds	
Famous Eggs Benny Bacon - Croissant	366	4670kJ	35	89	38	45	8.6	1700	Cereals Containing Gluten, Wheat, Egg, Milk, Soy	Almond, Sesame Seeds, Pecan, Pistachio	
Famous Eggs Benny Ham	388g	2844kJ	29	55	21	37	6.3	1636	Cereals Containing Gluten, Wheat, Barley, Egg, Milk, Soy	Rye, Oat, Spelt, Sesame Seeds	
Famous Eggs Benny Ham - Croissant	325g	3600kJ	29	64	27	44	8.6	1460	Cereals Containing Gluten, Wheat, Egg, Milk, Soy	Almond, Sesame Seeds, Pecan, Pistachio	
Famous Eggs Benny Haloumi	388g	3368kJ	33.6	68	29	35	5	1533	Cereals Containing Gluten, Wheat, Barley, Egg, Milk, Soy	Rye, Oat, Spelt, Sesame Seeds	 
Famous Eggs Benny Haloumi - Croissant	326g	4190kJ	34	78	37	43	7.7	1680	Cereals Containing Gluten, Wheat, Egg, Milk, Soy	Almond, Sesame Seeds, Pecan, Pistachio	 
Famous Eggs Benny Smoked Salmon	388g	3140kJ	31	63	21	21.6	35	1494	Cereals Containing Gluten, Wheat, Barley, Egg, Fish, Milk, Soy	Rye, Oat, Spelt, Sesame Seeds	
Famous Eggs Benny Smoked Salmon - Croissant	326g	3890kJ	34	70	28	42	7.5	1620	Cereals Containing Gluten, Wheat, Fish, Egg, Milk, Soy	Almond, Sesame Seeds, Pecan, Pistachio	
Famous Eggs Benny BLAT	528g	5370kJ	42	93	33	67	6.3	2190	Cereals Containing Gluten, Wheat, Egg, Milk, Soy	Rye, Barley, Oats, Spelt, Sesame Seeds	



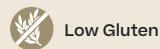
Breakfast Menu	Serve Size	kJ Per Serve	Protein (g)	Fat (total) (g)	Fat (Saturated)	Carbohydrate (g)	Sugars (g)	Sodium (mg)	Contains these Allergens	May contain these Allergens	Allergen or Dietary Claims
Famous Eggs Benny BLAT - Croissant	526g	5470kJ	37	108	44	47	10.6	1920	Cereals Containing Gluten, Wheat, Egg, Milk, Soy	Tree Nuts, Almond, Sesame Seeds, Pecan, Pistachio	
Corn & Zucchini Fritters	306g	2460kJ	16	35	8	32	8.5	784	Egg, Milk, Soy	Gluten, Wheat, Rye, Barley, Oats, Spelt, Sesame Seeds	 
Fluffy Blueberry Pancake	373g	3180kJ	10	18	6	137	98	807	Cereals Containing Gluten, Wheat, Egg, Milk, Soy	NIL	
Berry & Almond Bircher Muesli	360g	2050kJ	13	20	7	64	30	100	Cereals Containing Gluten, Wheat, Rye, Barley, Oats, Spelt, Milk, Almond	Peanut, Soy, Brazil Nut, Cashew, Hazelnut, Sesame Seeds, Macadamia, Pecan, Pine nut, Pistachio, Walnut, Lupin	
Ham & Cheese Croissant	157g	1970kJ	18	26	17	41	7	1200	Cereals Containing Gluten, Wheat, Egg, Milk, Soy	Tree Nuts, Almond, Sesame Seeds, Pecan, Pistachio	
Toasted Sourdough w/ Butter	80g	1033kJ	6.5	10	5.5	32	0.2	551	Cereals Containing Gluten, Wheat, Rye, Milk	Egg, Barley, Oat, Soy, Sesame Seeds	
Fruit Toast	140g	1873kJ	11.6	13.6	6	67	29	407	Cereals Containing Gluten, Wheat, Rye, Milk, Soy	Sesame Seeds	
Croissant	95g	1964kJ	7	29.5	18.8	42	6.6	417.6	Cereals Containing Gluten, Wheat, Egg, Milk, Soy	Walnut, Almond, Pecan, Pistachio, Sesame Seeds, Sulphites	
Classic Avo on Toast	259g	1590kJ	10	19	4	38	5	1400	Cereals Containing Gluten, Wheat, Rye, Barley, Oats, Spelt, Milk	Crustacea, Egg, Fish, Mollusc, Peanut, Soy, Sesame Seeds	
Breakfast Bruschetta	276g	1620kJ	16	19	5	39	5	808	Cereals Containing Gluten, Wheat, Barley, Rye, Oats, Spelt, Egg, Milk	Soy, Sesame Seeds	 
Chicken Caesar Loaded Toast	295g	2586kJ	34	31	9.5	48	10.8	1538	Cereals Containing Gluten, Egg, Fish, Milk, Soy	Crustacea, Peanuts, Tree Nuts, Sesame Seeds, Lupin	
Four Cheese Grill	157g	1950kJ	25	26	15	34	1.5	1070	Cereals Containing Gluten, Wheat, Rye, Barley, Oats, Spelt, Milk	Egg, Soy, Sesame Seeds	
The Big Breakfast	568g	5170kJ	46	90	27	60	11	3130	Cereals Containing Gluten, Wheat, Egg, Milk, Soy	Crustacea, Fish, Mollusc, Peanut, Sesame Seeds, Rye, Barley, Oats, Spelt	
The Extra Big Breakfast	737g	6750kJ	61	118	33	77	12	3550	Cereals Containing Gluten, Wheat, Egg, Milk, Soy	Crustacea, Fish, Mollusc, Peanut, Sesame Seeds, Rye, Barley, Oats, Spelt	
The Veggie Big Breakfast	520g	4240kJ	39	68	20	57	8.6	2860	Cereals Containing Gluten, Gluten, Wheat, Egg, Milk, Soy	Crustacea, Fish, Mollusc, Peanut, Sesame Seeds, Rye, Barley, Oats, Spelt	 



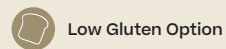
Vegetarian



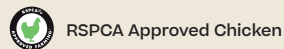
Vegan



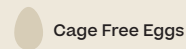
Low Gluten



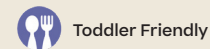
Low Gluten Option



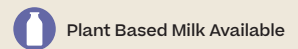
RSPCA Approved Chicken







Cage Free Eggs



Toddler Friendly



Plant Based Milk Available

Lunch Menu	Serve Size	kJ Per Serve	Protein (g)	Fat (total) (g)	Fat (Saturated)	Carbohydrate (g)	Sugars (g)	Sodium (mg)	Contains these Allergens	May contain these Allergens	Allergen or Dietary Claims
Italian Meatball Ciabatta w/ Chips	466g	4750kJ	35	63	21	107	9	1990	Cereals Containing Gluten, Wheat, Egg, Milk, Soy	Fish, Peanut, Almond, Brazil Nut, Cashew, Hazelnut, Sesame Seeds, Macadamia, Pecan, Pine Nut, Pistachio, Walnut, Crustacea, Mollusc	
Chicken Schnitzel Sandwich w/ Chips	661g	7639kJ	46	111	15	155	13	2880	Cereals Containing Gluten, Wheat, Egg, Soy	Fish, Milk, Almond, Brazil Nut, Cashew, Hazelnut, Sesame Seeds, Macadamia, Pecan, Pine Nut, Pistachio, Walnut, Lupin, Rye, Barley, Oats, Spelt, Crustacea, Mollusc, Peanut	
Haloumi Club Sandwich w/ Chips	532	4920kJ	31	68	16	106	9	2700	Cereals Containing Gluten, Wheat, Egg, Milk, Soy	Sesame Seeds, Rye, Barley, Oats, Spelt, Crustacea, Peanut, Fish, Mollusc	
Chicken & Bacon Club Sandwich w/ Chips	562	5860kJ	51	70	20	140	4	3180	Cereals Containing Gluten, Wheat, Rye, Barley, Oats, Spelt, Egg, Milk, Fish, Soy	Almond, Brazil Nut, Cashew, Hazelnut, Sesame Seeds, Macadamia, Pecan, Pine Nut, Pistachio, Walnut, Crustacea	
Rump Steak Sandwich w/ Chips	624g	5330kJ	61	60	8	120	15	2100	Cereals Containing Gluten, Wheat, Rye, Barley, Oats, Spelt, Egg, Soy	Milk, Sesame Seeds, Crustacea, Peanut, Fish, Mollusc	
Cheeseburger w/ Chips	498	5540kJ	41	85	26	100	14	2380	Cereals Containing Gluten, Wheat, Rye, Barley, Oats, Spelt, Egg, Milk, Soy, Sesame	Fish, Crustacea, Almond, Brazil Nut, Cashew, Hazelnut, Macadamia, Pecan, Pine Nut, Pistachio, Walnut, Peanut, Mollusc	
Crispy Chicken Fillet Burger w/ Chips	435g	5270kJ	41	70	10	117	6	2160	Cereals Containing Gluten, Wheat, Barley, Oats, Rye, Spelt, Egg, Milk, Soy, Sesame	Almond, Brazil Nut, Cashew, Hazelnut, Macadamia, Pecan, Pine Nut, Pistachio, Walnut, Crustacea, Fish, Peanut, Mollusc	
Whiting Fish Burger w/ Chips	527g	6490kJ	36	105	15	113	7.7	2570	Cereals Containing Gluten, Egg, Fish, Milk, Soy, Sesame Seeds, Wheat, Rye, Spelt, Barley Oats	Crustacean, Peanut, Mollusc	
Ham, Cheese Tomato Toastie w/ Chips	406g	4180kJ	35	47	19	108	4	2580	Cereals Containing Gluten, Wheat, Rye, Barley, Oats, Spelt, Milk, Soy	Egg, Sesame Seeds, Crustacea, Fish, Peanut, Mollusc	
Chicken, Cheese Avo Toastie w/ Chips	406g	4380kJ	37	53	19	105	2	2150	Cereals Containing Gluten, Wheat, Rye, Barley, Oats, Spelt, Milk, Soy	Egg, Almond, Brazil Nut, Cashew, Hazelnut, Macadamia, Pecan, Pine Nut, Pistachio, Walnut, Crustacea, Fish, Peanut, Mollusc	
Aussie Toastie	250g	3580	32.6	51	32	67	1	1940	Cereals Containing Gluten, Wheat, Rye, Barley, Oats, Spelt, Milk	Egg, Soy, Sesame Seeds	
Chicken Club Salad	345g	2070kJ	29	36	9	14	3.6	969	Cereals Containing Gluten, Wheat, Rye, Barley, Oats, Spelt, Egg, Fish, Milk, Soy	Soy, Almond, Brazil Nut, Cashew, Hazelnut, Sesame Seeds, Macadamia, Pecan, Pine Nut, Pistachio, Walnut	
Haloumi Club Salad	320g	2340kJ	29.5	43	16	13	3.4	1450	Cereals Containing Gluten, Wheat, Rye, Barley, Oats, Spelt, Egg, Fish, Milk, Soy	Sesame Seeds	
Lemon Pepper Calamari w/ Chips	556g	5620kJ	56	79	12	101	9.5	2240	Cereals Containing Gluten, Wheat, Rye, Barley, Oats, Spelt, Crustacean, Egg, Soy	Fish, Milk, Mollusc, Peanut, Sesame Seeds	
Fish & Chips	444g	5110	28	92	12	71	6.5	1830	Cereals Containing Gluten, Wheat, Rye, Barley, Oats, Spelt, Egg, Fish, Soy	Crustacean, Mollusc, Milk, Peanut, Sesame Seeds	



Vegetarian



Vegan



Low Gluten



Low Gluten Option



RSPCA Approved Chicken





Cage Free Eggs













Toddler Friendly



Plant Based Milk Available

Lunch Menu	Serve Size	kJ Per Serve	Protein (g)	Fat (total) (g)	Fat (Saturated)	Carbohydrate (g)	Sugars (g)	Sodium (mg)	Contains these Allergens	May contain these Allergens	Allergen or Dietary Claims
Whipped Fetta & Roasted Garlic Dip w/ Baguette	162g	2380kJ	13	39	11	42	4	1060	Cereals Containing Gluten, Wheat, Milk, Soy	Egg, Almond, Sesame Seeds, Pecan, Pistachio, Walnut	
Seasoned Chips	246g	3190kJ	10	45	7	80	3	1160	Soy	Cereals Containing Gluten, Wheat, Oats, Rye, Barley, Spelt, Crustacea, Peanut, Sesame Seeds, Fish	
Camembert, Chicken & Bacon Flat Grill	329g	3841kJ	35	50	19	42	7	1485	Cereals Containing Gluten, Wheat, Egg, Milk, Soy	Fish, Peanut, Sesame Seeds	
Chicken, Cheese & Avocado Flat Grill	314g	2480kJ	22	40	9	34	5.6	1310	Cereals Containing Gluten, Wheat, Rye, Barley, Oats, Spelt, Egg, Milk	Crustacen, Fish, Mollusc, Peanut, Soy, Almond, Brazil Nut, Cashew, Hazelnut, Sesame, Macadamia, Pecan, Pine Nut, Pistachio, Walnut	
BBQ Pulled Beef, Bacon & Fetta Flat Grill	325g	2800	29	40	11	48	17	1700	Cereals Containing Gluten, Wheat, Rye, Barley, Oats, Spelt, Egg, Milk, Soy	NIL	
Cheeseburger Flat Grill	344g	3290kJ	28	52	17	52	17	1760	Cereals Containing Gluten, Wheat, Rye, Barley, Oats, Spelt, Egg, Milk, Soy	Crustacen, Fish, Mollusc, Peanut, Soy, Almond, Brazil Nut, Cashew, Hazelnut, Sesame, Macadamia, Pecan, Pine Nut, Pistachio, Walnut	
Mushroom, Tomato & Pesto Flat Grill	312g	1722kJ	8.8	23.8	4	37	8	1645.7	Cereals Containing Gluten, Wheat, Cashew, Soy	Egg, Milk	

Kids Menu	Serve Size	kJ Per Serve	Protein (g)	Fat (total) (g)	Fat (Saturated)	Carbohydrate (g)	Sugars (g)	Sodium (mg)	Contains these Allergens	May contain these Allergens	Allergen or Dietary Claims
Kids Egg on Toast	241g	2695kJ	17	41	17	50	3	948	Cereals Containing Gluten, Wheat, Rye, Egg, Milk, Soy	Barley, Oat, Crustacean, Fish, Peanut, Sesame Seeds	  
Kids Ice Cream w/ Sprinkles	95g	930kJ	1.8	8.6	5.7	34	28	25.7	Milk	NIL	 
Kids Rainbow Pancakes	223g	2410kJ	7	15	6	101	74	563	Cereals Containing Gluten, Wheat, Egg, Milk, Soy	NIL	 
Kids Cheesy Ham Flat Grill	177g	1633kJ	20	18	6	37	4	1222	Cereals Containing Gluten, Wheat, Milk, Soy	NIL	
Kids Chicken Nuggets w/ Chips	341g	3010kJ	18	40.8	6.7	66	15.4	1749	Cereals Containing Gluten, Wheat, Rye, Barley, Oats, Egg, Milk, Soy	Crustacean, Fish, Peanut, Sesame Seeds	 
Kids Cheeseburger w/ Chips	417g	4631kJ	35	62	19	98	11	2567	Cereals Containing Gluten, Wheat, Barley, Milk, Soy, Sesame Seeds	Cashew, Crustacean, Egg, Fish, Peanut, Rye, Oat, Sesame Seeds, Lupins	