



**Oliver's**  
**Ingredients.**

Information 16.10.2019

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## OLIVER'S ALLERGEN INFORMATION

AVG QTY PER SERVING	Wheat	Gluten	Dairy	Egg	Soy	Fish	Shellfish	Tree Nuts	Peanuts	Sesame Seeds
Bacon & Egg Roll <b>with</b> the Works	●	●	●	●	●			○		○
Banana Bread gluten free				●						○
Banana Bread	●	●	●	●						
Bliss Ball, Cacao & Mint								●	○	
Bliss Ball, Cranberry								●	○	
Carrot Bread	●	●	●	●				●	○	
Chia Cup, Apple & Almond								●		
Chia Cup, Coconut										
Chocolate Brownie, gluten free			●	●	●			●	○	
Coconut Yoghurt Cup, Berry										
Coconut Yoghurt Cup, Kai-Ora								○		●
Coconut Yoghurt Cup, Macadamia								●		○
Cookie, Date & Walnut								●		○
Cookie, Cranberry & Almond								●		○
Cookie, Chocolate Chip								●	○	
Cookie, Chocolate & Macadamia								●	○	
Curry, Vegetable Korma + Organic Brown Rice					●					
Curry, Butter Chicken + Organic Brown Rice			●		●					
Ditzy Dipper Pack, <b>without</b> toasted pita					●			●	○	●
Dressing, Italian										
Dressing, French										
Dressing, Creamy Caesar						●				
Egg Pot				●						
Energy Ball, Very Berry								●		○
Energy Ball, Macadamia								●		○
Fruit Salad										

● Present in this product ○ Traces may be evident in this product

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## OLIVER'S ALLERGEN INFORMATION (CONT)

AVG QTY PER SERVING	Wheat	Gluten	Dairy	Egg	Soy	Fish	Shellfish	Tree Nuts	Peanuts	Sesame Seeds
Krackajack Pack, Sandwich	●	●	●	○	●			○	○	○
Muffin, Spinach & Cheese	●	●	●	●						
Muffin, Blueberry	●	●	●	●						
Muffin, Date & Walnut	●	●			●			●	○	
Muffin, Raspberry & Pear	●	●	●	●						○
Muffin, Orange & Poppyseed, gluten free				●				●	○	
(No Chicken) Nuggets					●					●
Omelette, <b>without</b> Sourdough			●	●						
Omelette, with gluten free bread			●	●						●
Pita, Plain	●	●								
Pita, Garlic	●	●	●							
Pita, Plain, gluten free					●					
Pita, Garlic, gluten free			●		●					
Pocket, All Day Breakfast	●	●	●	●					○	
Pocket, Burrito	●	●	●	●						
Pocket, Free Range Chicken	●	●	●	●					○	
Pocket, Lamb Roast	●	●	●	●					○	
Pocket, Tender Beef	●	●	●	●						
Pocket, Veggie Patch	●	●			●					●
Protein Bar, Goji Superfruit			●					●		●
Protein Bar, Blueberry Antioxidant			●					●		●
Raw Nut Mix								●		○
Rosemary Baked Potatoes										
Sago Pudding, Orange & Lemon										
Sago Pudding, Cacao & Cocoa										
Sandwich, Club	●	●	●	●	●			○	○	○

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AVG QTY PER SERVING	Wheat	Gluten	Dairy	Egg	Soy	Fish	Shellfish	Tree Nuts	Peanuts	Sesame Seeds
Sandwich, Egg Salad	●	●	●	●	●			○	○	○
Sandwich, Free Range Chicken & Avocado	●	●	●	●	●			○	○	○
Sandwich, Ham Cheese & Tomato	●	●	●	○	●			○		○
Sauce, Basil Aioli				●						
Sauce, Chipotle										
Sauce, Mustard Aioli				●						
Sauce, Parsley & Tahini										●
Sauce, Tomato Relish										
Salad, Seasonal Garden			●		●			○		●
Salad, Seasonal Garden with Chicken			●		●			○		●
Salad, Potato with Organic Eggs				●					○	
Smoothie, Choconana	○	○	●		○			○	○	○
Smoothie, Banana			●					○	○	
Smoothie, Banana Berry			●					○	○	
Smoothie, Choconana – vegan/dairy free	○	○			○			●	○	○
Smoothie, Banana – vegan/dairy free								●		
Smoothie, Banana Berry – vegan/dairy free										
Smoothie Super, Protein Punch			○							
Smoothie Super, Antioxidant Red	○	○	○							
Smoothie Super, Alkalisng Green	○	○	○							
Soup, Minestrone, <b>without</b> Toasted Pita	●	●								
Soup, Pumpkin, <b>without</b> Toasted Pita										
Steamed Organic Edamame Beans					●					
Steamed Green Beans										
Sushi, Vegetarian	○	○								

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AVG QTY PER SERVING	Wheat	Gluten	Dairy	Egg	Soy	Fish	Shellfish	Tree Nuts	Peanuts	Sesame Seeds
Sushi, Teriyaki Chicken	●	●			●					
Sushi, Salmon & Avocado	○	○				●				
Sweet Potato Strips										
Syrup, Caramel								○	○	
Syrup, Hazelnut								○	○	
Syrup, Vanilla								○	○	
Toast, Organic Sourdough	●	●								
Toast, Organic Multifruit Sourdough	●	●								
Toast, Classic Crunch, gluten free										●
Toast, Fruit & Spice, gluten free										○
Yoghurt Cup, Berry			●					○	○	
Yoghurt Cup, Bircher Muesli	○	●	●					●	○	
Yoghurt Cup, Kai-Ora			●					○	○	●
Yoghurt Cup, Macadamia			●					●	○	○
Yoghurt, Side			●					○	○	

● Present in this product ○ Traces may be evident in this product

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## OLIVER'S NUTRITION INFORMATION

AVG QTY PER SERVING	Serving Size (g)	Energy (kJ)	Energy (Cal)	Protein (g)	Fat, Total (g)	Fat, Saturated (g)	Carbohydrate (g)	Sugars (g)	Sodium (mg)
Bacon & Egg Roll <b>without</b> the Works	245	2110	504	33.7	26.8	8.1	29.5	3.8	872
Banana Bread, gluten free	140	1690	405	5.5	9.2	1.5	74.2	41.3	195
Banana Bread	182	2230	532	8.4	22.9	4.8	70.0	51.9	412
Bliss Ball, Cacao & Mint	50	1040	249	7.2	21.9	10.6	24.5	13.6	11
Bliss Ball, Cranberry	50	893	213	6.4	18.9	8.2	21.2	13.5	8
Carrot Bread	215	3300	789	11.0	50.1	10.5	72.7	60.1	709
Chia Cup, Apple & Almond	145	419	100	2.1	4.1	0.6	18.5	8.6	59
Chia Cup, Coconut	145	1280	307	3.1	27.3	21.6	10.6	6.4	24
Chocolate Brownie, gluten free	90	1930	460	7.7	39.3	16.0	18.1	17.1	28
Coconut Yoghurt Cup, Berry	120	893	213	1.4	19.0	17.9	9.5	5.0	5
Coconut Yoghurt Cup, Kai-Ora	150	1180	283	4.0	22.9	18.4	14.7	6.6	10
Coconut Yoghurt Cup, Macadamia	150	1150	276	3.1	21.6	18.3	16.9	8.5	16
Cookie, Date & Walnut	75	1470	352	4.8	19.6	7.4	38.6	21.0	92
Cookie, Cranberry & Almond	75	1400	334	5.2	16.6	6.8	41.1	19.6	86
Cookie, Chocolate Chip	50	1880	449	5.3	33.4	22.2	30.6	22.1	53
Cookie, Chocolate & Macadamia	60	839	200	3.6	17.1	11.5	17.0	10.0	59
Curry, Vegetable Korma + Organic Brown Rice	345	1380	330	8.4	6.9	4.7	62.9	5.6	818
Curry, Butter Chicken + Organic Brown Rice	345	1930	461	21.0	16.6	7.9	54.5	5.4	774
Ditzy Dipper Pack, <b>without</b> toasted pita	260	1600	382	10.3	29.7	3.5	14.7	7.1	796
Dressing, Italian	25	89	21	<0.1	<0.1	<0.1	5.1	5.1	144
Dressing, French	25	72	17	<0.1	<0.1	<0.1	4.2	4.2	216
Dressing, Creamy Caesar	25	174	42	<0.1	4.3	0.5	0.6	0.6	212
Egg Pot	120	667	159	14.3	11.2	3.4	0.6	0.5	149
Energy Ball, Very Berry	50	950	227	4.6	12.5	3.0	22.0	17.6	16
Energy Ball, Macadamia	50	980	234	4.9	15.0	4.0	19.2	15.3	7
Fruit Salad	280	419	100	1.9	0.5	0.0	20.1	20.1	34
Krackajack Pack, Sandwich	224	1790	428	16.7	12.4	6.3	56.6	32.5	374
Muffin, Spinach & Cheese	180	1430	342	16.8	13.2	7.0	35.8	3.8	940
Muffin, Blueberry	200	2280	544	11.4	24.0	5.8	67.0	36.1	824
Muffin, Date & Walnut	163	2660	637	9.4	32.8	3.0	74.0	29.0	104
Muffin, Raspberry & Pear	200	2120	506	10.6	22.1	5.4	62.4	33.7	753
Muffin, Orange & Poppyseed gluten free	200	2210	529	17.7	34.6	2.1	34.4	30.4	492
(No Chicken) Nuggets	150	1200	288	5.8	13.2	1.3	35.1	1.4	406
Omelette, <b>without</b> Sourdough	303	1680	401	21.6	32.4	11.7	5.7	5.4	339
Pita, Plain	68	820	196	7.6	1.0	0.2	36.6	1.1	140
Pita, Garlic	83	1270	304	7.7	13.1	8.5	36.7	1.2	141

PLEASE NOTE: The above nutritional information is based on average figures and standard product formulations. Actual serving sizes and nutrient values may vary due to individual preparation of each recipe and regional and seasonal differences in ingredients.

## OLIVER'S NUTRITION INFORMATION (CONT)

AVG QTY PER SERVING	Serving Size (g)	Energy (kJ)	Energy (Cal)	Protein (g)	Fat, Total (g)	Fat, Saturated (g)	Carbohydrate (g)	Sugars (g)	Sodium (mg)
Pita, Plain gluten free	63	747	178	8.8	4.1	0.7	22.4	1.4	58
Pita, Garlic gluten free	78	1200	287	8.9	16.3	9.0	22.5	1.5	58
Pocket, All Day Breakfast	240	1920	458	18.5	16.8	3.5	54.5	8.0	742
Pocket, Burrito	245	1960	468	24.2	12.9	4.6	60.0	5.5	1870
Pocket, Free Range Chicken	229	1870	447	21.1	16.7	4.6	49.7	6.3	564
Pocket, Lamb Roast	237	1960	468	18.4	18.0	4.4	54.3	10.0	517
Pocket, Tender Beef	249	2050	490	22.3	18.7	6.6	54.3	10.4	611
Pocket, Veggie Patch	233	1710	409	14.2	12.9	2.1	54.0	5.7	688
Protein Bar, Goji Superfruit	55	1020	243	10.1	12.9	3.6	20.3	11.8	41
Protein Bar, Blueberry Antioxidant	55	1010	242	10.0	12.9	3.5	20.5	12.8	34
Raw Nut Mix	140	3900	932	19.6	90.3	9.8	8.3	5.6	6
Rosemary Baked Potatoes	230	670	160	5.6	0.5	0.1	30.9	1.3	440
Sago Pudding, Orange & Lemon	215	926	221	0.7	5.5	5.5	39.4	29.5	37
Sago Pudding, Cacao & Cocoa	215	1030	245	1.6	7.3	6.7	44.0	24.5	114
Sandwich, Club With Side Salad	397	2770	661	35.5	32.9	13.9	51.0	7.7	1360
Sandwich, Egg Salad	143	2120	506	10.4	37.5	10.2	30.1	11.9	932
Sandwich, Free Range Chicken & Avocado	215	2140	510	19.9	33.3	14.9	30.6	4.8	500
Sandwich, Ham Cheese & Tomato	167	1460	348	19.1	14.3	8.6	33.2	1.9	1060
Sauce, Basil Aioli	30	897	214	0.6	23.9	5.4	<0.1	8.1	87
Sauce, Chipotle	30	46	11	0.5	<0.1	<0.1	1.5	1.3	20
Sauce, Mustard Aioli	30	833	199	0.8	21.9	4.9	0.3	7.4	124
Sauce, Parsley & Tahini	30	307	73	1.5	6.1	0.3	2.3	1.1	88
Sauce, Tomato Relish	30	60	14	0.5	<0.1	<0.1	2.7	2.3	41
Sauce, Soy	20	82	20	2.1	0	0	1.6	0.3	1290
Salad, Seasonal Garden	215	989	236	10.3	15.0	4.3	13.4	6.2	385
Salad, Potato with Organic Eggs	338	2830	677	18.3	53.8	12.8	29.3	22.2	731
Smoothie, Choconana	475	1850	441	18.4	8.3	4.6	70.0	61.0	122
Smoothie, Banana	465	1750	417	15.7	7.2	3.9	68.4	60.9	120
Smoothie, Banana Berry	440	1520	364	14.4	7.1	3.9	56.9	52.1	119
Smoothie, Breakfast	530	3520	841	30.8	36.2	14.8	90.4	56.5	147
Smoothie, Choconana - vegan/dairy free	415	1450	347	7.1	15.2	11.0	44.6	32.6	101
Smoothie, Banana - vegan/dairy free	435	1630	389	4.8	20.4	16.3	45.0	33.1	101
Smoothie, Banana Berry - vegan/dairy free	495	1760	420	5.2	20.5	16.3	51.8	39.5	101
Smoothie Super Protein Punch	555	1030	246	9.1	0.9	<0.1	48.1	41.4	99
Smoothie, Super Antioxidant Red	560	1220	292	5.1	0.5	<0.1	64.0	50.9	49
Smoothie, Super Alkalisating Green	560	1100	263	6.8	0.8	<0.1	54.4	42.5	84

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## OLIVER'S NUTRITION INFORMATION (CONT)

AVG QTY PER SERVING	Serving Size (g)	Energy (kJ)	Energy (Cal)	Protein (g)	Fat, Total (g)	Fat, Saturated (g)	Carbohydrate (g)	Sugars (g)	Sodium (mg)
Soup, Minestrone, <b>without</b> toasted pita	300	480	115	3.6	0.9	0.3	22.8	6.9	930
Soup, Pumpkin, <b>without</b> toasted pita	300	396	95	3.0	0.9	0.3	19.5	9.0	777
Steamed Organic Edamame Beans	120	805	192	14.4	9.6	1.6	14.4	1.6	784
Steamed Green Beans	160	169	40	3.5	0.3	0.0	3.8	1.9	768
Sweet Potato Strips	230	856	204	5.6	0.2	<0.1	41.5	16.6	465
Syrup, Caramel	15	143	34	<1	<1	<1	8.3	7.1	<5
Syrup, Hazelnut	15	143	34	<1	<1	<1	8.3	7.1	<5
Syrup, Vanilla	15	143	34	<1	<1	<1	8.3	7.1	<5
Toast, Organic Sourdough	40	396	95	3.7	0.9	0.2	16.0	0.9	148
Toast, Organic Multifruit Sourdough	40	468	112	3.5	1.6	0.2	19.6	7.0	72
Toast, Classic Crunch gluten free	63	687	164	4.7	5.9	0.5	23.1	0.2	139
Toast, Fruit & Spice gluten free	58	542	130	2.5	0.7	<0.1	28.2	6.0	136
Yoghurt Cup, Berry	300	1650	395	24.6	13.6	6.0	36.9	30.1	129
Yoghurt Cup, Bircher Muesli	325	2230	534	23.4	20.7	7.5	59.4	33.0	87
Yoghurt Cup, Kai-Ora	320	2430	581	31.6	25.2	7.5	48.8	31.3	138
Yoghurt Cup, Macadamia	320	2340	559	28.9	21.2	7.2	55.5	37.1	154
Yoghurt, Side	132	861	206	13.9	7.8	3.4	16.6	12.9	74

## SWEET BREADS

### BANANA BREAD, GLUTEN FREE

Fresh Banana (42%), Flour (Tapioca, Rice, Organic Quinoa), Sugar, Fresh Egg, Brown Sugar, Olive Oil, Baking Powder.

**Contains Egg.**

**May Contain Sesame Seeds.**

### BANANA BREAD

Banana, Organic Wholemeal Flour, Raw Sugar, Rice Bran Oil, Fresh Egg, Buttermilk (Low Fat Milk, Salt, Cultures), Bicarbonate Soda, Organic Vanilla Essence (Extract Of Organic Vanilla Beans, Water, Organic Alcohol (35%), Organic Sugar), Cinnamon, Pink Salt.

**Contains Wheat, Egg, Milk.**

### CARROT BREAD

Organic Wholemeal Flour, Rice Bran Oil, Lemon Cream Cheese Icing (Sugar (Cane Sugar 95%, Wheatened Cornflour), Cream Cheese (Milk, Cream (From Milk), Milk Solids, Salt, Vegetable Gum (410), Starter Culture Contains Milk Solids (45%), Unsalted Butter (Pasteurised Cream (From Milk), Water, Milk Fat 80% Minimum), Lemon Juice, Orange Peel), Fresh Egg, Carrot (13%), Raw Sugar, Crushed Pineapple (Sliced Pineapple, Pineapple Juice), Walnuts, Bicarbonate Soda, Allspice, Pink Salt, Cinnamon.

**Contains Wheat, Egg, Milk, Tree Nuts.**

**May Contain Peanuts.**

### CHOCOLATE BROWNIE, GLUTEN FREE

Unsalted Butter (Pasteurised Cream (From Milk), Water, Milk Fat 80% Minimum), Dark Chocolate (24%) (Sugar, Cocoa Mass, Cocoa Butter Emulsifier (Soy Lecithin)), Fresh Egg, Almond Meal, Walnuts, Caster Sugar, Organic Vanilla Essence (Extract Of Organic Vanilla Beans, Water, Organic Alcohol (35%), Organic Sugar).

**Contains Egg, Milk, Soy Bean, Tree Nuts.**

**May Contain Peanuts.**

## MUFFINS

### MUFFIN, BLUEBERRY

Organic Wholemeal Flour, Milk, Blueberries (14%), Caster Sugar, Fresh Egg, Rice Bran Oil, Baking Powder (Corn Starch, Bicarbonate Soda, Sodium Aluminium Phosphate, Mono-Calcium Phosphate), Pink Salt.

**Contains Wheat, Egg, Milk.**

### MUFFIN, DATE & WALNUT

Wheat Flour (Cake Flour, Organic Wholemeal Flour), Organic Silken Tofu (Organic Soy Bean, Filtered Water, Natural Calcium Sulphate and Glucono Delta Lactone), Squeezed and Reconstituted Orange Juice, Sunflower Oil, Dates (7%), Apricot Jam (Apricots, Palm Sugar, Apple Juice (Apple Juice, Vitamin C (300), Lemon), Walnuts (3%), Palm Sugar, Bicarbonate Soda, Sea Salt, Cassia, Cinnamon.

**Contains Wheat, Soy Bean, Tree Nuts.**

**May Contain Peanuts.**

### MUFFIN, RASPBERRY & PEAR

Organic Wholemeal Flour, Milk, Raspberries (12%), Caster Sugar, Pears (9%), Fresh Egg, Rice Bran Oil, Baking Powder (Corn Starch, Bicarbonate Soda, Sodium Aluminium Phosphate, Mono-Calcium Phosphate), Pink Salt.

**Contains Wheat, Egg, Milk.**

**May Contain Sesame Seeds.**

### MUFFIN, RASPBERRY & PEAR

Organic Wholemeal Flour, Milk, Raspberries (12%), Caster Sugar, Pears (9%), Fresh Egg, Rice Bran Oil, Baking Powder (Corn Starch, Bicarbonate Soda, Sodium Aluminium Phosphate, Mono-Calcium Phosphate), Pink Salt.

**Contains Wheat, Egg, Milk.**

**May Contain Sesame Seeds.**

### MUFFIN, GLUTEN FREE ORANGE & POPPY SEED

Orange Pulp (33%), Fresh Egg, Almond Meal, Caster Sugar, Poppy Seeds (3%), Baking Powder (Corn Starch, Bicarbonate Soda, Sodium Aluminium Phosphate, Mono-Calcium Phosphate), Corn Flour.

**Contains Egg, Tree Nuts.**

**May Contain Peanuts.**

## BLISS BALL

### BLISS BALL, CACAO & MINT

Cashews, Desiccated Coconut, Dates, Organic Cacao Nibs (13%), Chia Seeds, Organic Cocoa Powder (5%), Water, Currants, Organic Rice Syrup (Organic Brown Rice), Organic Date Syrup, Peppermint Oil (<1%), Sea Salt.

**Contains Tree Nuts.**

**May Contain Peanuts.**

### BLISS BALL, CRANBERRY

Cashews, Dates, Coconut Desiccated, Pumpkin Seeds, Cranberries (5%) (Cranberries, Sugar, Sunflower Oil), Organic Cacao Nibs, Chia Seeds, Organic Date Syrup, Organic Rice Syrup (Organic Brown Rice), Organic Cocoa Powder, Cinnamon Quills Ground.

**Contains Tree Nuts.**

**May Contain Peanuts.**

### ENERGY BALLS, VERY BERRY

Nuts (Hazelnut, Organic Cashew), Organic Dates, Honey, Organic Pumpkin Seeds, Berries (11%) (Cranberries (Cranberries, Apple Juice, Sunflower Oil), Goji Berries, Raspberries, Strawberries, Pomegranate, Elderberries, Blackcurrants, Blueberries, Acai)), Cocoa Powder, Organic Coconut, Organic Currants, Organic Sultanas, Sunflower Lecithin, Rice Flour.

**Contains Tree Nuts.**

**May Contain Sesame Seeds.**

### ENERGY BALLS, MACADAMIA

Organic Nuts (Almonds, Macadamias (14.5%), Cashews), Organic Dried Fruit (Apricots, Dates), Honey, Seeds (Organic Pumpkin Seeds, Sunflower Seeds), Organic Coconut, Cocoa Powder, Sunflower Lecithin, Rice Flour.

**Contains Tree Nuts.**

**May Contain Sesame Seeds.**

## COOKIES

### COOKIE, CHOCOLATE CHIP

Coconut Desiccated, Organic Chocolate Chips (25%) (Cocoa Mass, Cane Sugar, Cocoa Butter, Cocoa Powder), Almond Meal, Coconut Oil, Maple Syrup, Organic Rice Syrup (Organic Brown Rice), Amaranth Flour, Bicarbonate Soda, Cinnamon Quills Ground, Vanilla Extract (Vanilla bean Extractives, Alcohol, Water, Sugar) Sea Salt.

**Contains Tree Nuts.**

**May Contain Peanuts.**

**COOKIE, CHOCOLATE CHIP**

Coconut Desiccated, Cashews, Maple Syrup, Organic Rice Syrup (Organic Brown Rice), Cocoa Powder, Organic Date Syrup, Macadamia (5%), Amaranth Flour, Coconut Oil, Bicarbonate Soda, Sea Salt, Vanilla Extract (Vanilla bean Extractives, Alcohol, Water, Sugar) .

**Contains Tree Nuts.**

**May Contain Peanuts.**

**NUTS****RAW ORGANIC NUT MIX**

Organic Almonds, Organic Brazil Nuts, Organic Cashews, Organic Walnuts.

**Contains Tree Nuts.**

**May Contain Sesame Seeds.**

**CHIA/YOGHURTS****CHIA CUP, APPLE & ALMOND**

Organic Almond Milk (67%) (Organic Activated Almonds, Organic Brown Rice, Sea Salt, Natural Almond Essence), Organic Apple (13%), Mixed Berries, Chia Seeds (6%), Organic Maple Syrup, Cinnamon.

**Contains Tree Nuts.**

**CHIA CUP, COCONUT**

Organic Coconut Milk (74%), Mixed Berries (10%), Coconut Flakes (7%), Chia Seeds (5%), Organic Maple Syrup, Organic Vanilla Essence (Extract Of Organic Vanilla Beans, Water, Organic Alcohol (35%), Organic Sugar).

**COCONUT YOGHURT CUP, BERRY**

Organic Coconut Yoghurt (75%) (Organic Coconut Milk (97%), Organic Tapioca Starch, Live Vegan Cultures), Mixed Berries (25%).

**COCONUT YOGHURT CUP, KAI-ORA**

Organic Coconut Yoghurt (60%) (Organic Coconut Milk (97%), Organic Tapioca Starch, Live Vegan Cultures), Kai-Orā Raw Organic Seed Mix (10%) (Organic Raisins, Organic Buckwheat, Organic Pumpkin Seeds, Organic Sesame Seeds, Organic Linseed, Organic Millet, Organic Chia Seeds, Poppy Seeds, Organic Hemp Seeds), Kiwi Fruit, Paw Paw, Strawberries.

**Contains Sesame Seeds.**

**May Contain Tree Nuts.**

**COCONUT YOGHURT CUP, MACADAMIA**

Organic Coconut Yoghurt (60%) (Organic Coconut Milk (97%), Organic Tapioca Starch, Live Vegan Cultures), Organic Maple Macadamia Muesli (10%) (Organic Whole Grains (Buckwheat, Amaranth, Puffed Brown Rice, Puffed Buckwheat, Puffed Amaranth), Organic Dried Fruit (Apricots, Currants, Sultanas, Cranberries (Cranberries, Apple Juice, Sunflower Oil)), Organic Whole Seeds (Pumpkin Seeds, Hemp Seeds), Organic Maple Syrup (10.5%), Organic Macadamia (8%), Hi-Oleic Sunflower Oil, Organic Agave Syrup), Kiwi Fruit, Paw Paw, Strawberries.

**Contains Tree Nuts.**

**May Contain Sesame Seeds.**

**YOGHURT CUP, BERRY**

Yoghurt (77%) (Whole Milk, Milk Solids, Sucrose, Live Probiotic Cultures – Lactobacillus, Acidophilus & Bifidus), Mixed Berries (23%).

**Contains Milk.**

**May Contain Peanuts, Tree Nuts.**

**YOGHURT CUP, BIRCHER MUESLI**

Yoghurt (43%) (Whole Milk, Milk Solids, Sucrose, Live Probiotic Cultures – Lactobacillus, Acidophilus & Bifidus), Organic Apple and Pear Juice (Reconstituted NZ Organic Apple Juice, Reconstituted Imported Organic Pear Juice, Vitamin C, Flavour), Organic Oats, Organic Apple, Strawberries, Organic Activated Quinoa, Almond Flakes, Organic Sultanas (Sultanas (99.5%), Vegetable Oil), Coconut Flakes, Cinnamon.

**Contains Oats, Milk, Tree Nuts.**

**May Contain Peanuts.**

**YOGHURT CUP, KAI-ORA**

Yoghurt (72%) (Whole Milk, Milk Solids, Sucrose, Live Probiotic Cultures – Lactobacillus, Acidophilus & Bifidus), Kai-Orā Raw Organic Seed Mix (10%) (Organic Raisins, Organic Buckwheat, Organic Pumpkin Seeds, Organic Sesame Seeds, Organic Linseed, Organic Millet, Organic Chia Seeds, Poppy Seeds, Organic Hemp Seeds), Kiwi Fruit, Paw Paw, Strawberries.

**Contains Milk, Sesame Seeds.**

**May Contain Peanuts, Tree Nuts.**

**YOGHURT CUP, MACADAMIA**

Yoghurt (72%) (Whole Milk, Milk Solids, Sucrose, Live Probiotic Cultures – Lactobacillus, Acidophilus & Bifidus), Organic Maple Macadamia Muesli (14%), (Organic Whole Grains (Buckwheat, Amaranth, Puffed Brown Rice, Puffed Buckwheat, Puffed Amaranth), Organic Dried Fruit (Apricots, Currants, Sultanas, Cranberries (Cranberries, Apple Juice, Sunflower Oil)), Organic Whole Seeds (Pumpkin Seeds, Hemp Seeds), Organic Maple Syrup (10.5%), Organic Macadamia (8%), Hi-Oleic Sunflower Oil, Organic Agave Syrup), Strawberries, Paw Paw, Kiwi Fruit.

**Contains Milk, Tree Nuts.**

**May Contain Peanuts, Sesame Seeds.**

**YOGHURT, SIDE**

Whole Milk, Milk Solids, Sucrose, Live Probiotic Cultures – Lactobacillus, Acidophilus & Bifidus.

**Contains Milk.**

**May Contain Peanuts, Tree Nuts.**

**CURRY & SOUPS****CURRY, VEGETABLE KORMA + ORGANIC BROWN RICE**

Organic Vegetable Korma (Purified Water, Vegetables (53%) (Potato, Tomato, Carrot, Red Capsicum, Spinach, Broccoli, Green Capsicum, Onion), Coconut Cream, Lentil, Tomato Paste, Korma Paste (2%) (Soy Bean Oil, Coriander, Garlic, Ginger, Salt, Onion, Tomato Paste, Chilli, Turmeric, Black Pepper, Star-Anise, Cumin, Herbs & Spices, Tamarind), Salt, Garlic, Ginger, Sugar, Spices, Sunflower Oil, Corn Starch), Organic Brown Rice.

**Contains Soy Bean.**

**CURRY, BUTTER CHICKEN + ORGANIC BROWN RICE**

Butter Chicken (Free Range Chicken Breast (32%), Purified Water, Cream, Tomato Paste, Carrot, Green Pea, Onion, Butter Chicken Paste (Contains Soy) (2%), Garlic, Ginger, Corn Starch, Salt, Sugar, Sunflower Oil, Spices, Olive Oil, Chilli), Organic Brown Rice.

**Contains Milk, Soy Bean.**

**SOUP, MINESTRONE, WITHOUT TOASTED PITA**

Vegetables (54%) (Tomato, Potato, Carrot, Onion, Broccoli, Spinach), Water, Lima Beans, Tomato Paste, Pasta, Sugar, Salt, Corn Starch, Garlic, Olive Oil, Oregano, Black Pepper.

**Contains Wheat.**

**SOUP PUMPKIN, WITHOUT TOASTED PITA**

Water, Pumpkin (34%), Carrot, Potato, Onion, Sugar, Salt, Ginger (0.5%), Garlic, Sunflower Oil, Olive Oil, Coriander, Fennel, Pepper.

**PITA BREADS****PITA, PLAIN**

Wholemeal Wheat Flour, Water, Yeast, Iodised Salt, Vitamins (Thiamin and Folate).

**Contains Wheat.**

**PITA, GARLIC**

Wholemeal Lebanese Bread (Wholemeal Wheat Flour, Water, Yeast, Iodised Salt, Vitamins (Thiamin and Folate)), Unsalted Butter (Pasteurised Cream (From Milk), Water, Milk Fat 80% Minimum), Fresh Garlic.

**Contains Wheat, Milk.**

**PITA, GLUTEN FREE PLAIN**

Organic Soy Bean Flour, Organic Buckwheat Flour, Organic Sorghum Flour (White), Xanthan Gum 415, Iodised Salt, Filtered Water.

**Contains Soy Bean.**

**PITA, GLUTEN FREE GARLIC**

Gluten Free Pita Bread (Organic Soy Bean Flour, Organic Buckwheat Flour, Organic Sorghum Flour (White), Xanthan Gum 415, Iodised Salt, Filtered Water), Unsalted Butter (Pasteurised Cream (From Milk), Water, Milk Fat 80% Minimum), Fresh Garlic.

**Contains Milk, Soy Bean.**

**SIDES****(NO CHICKEN) NUGGETS**

Brown Rice, Carrot, Celery, Sunflower Oil, Onion, Sesame Seeds, Sunflower Seeds, Parsley, Organic Tamari (Organic Whole Soya Beans, Water, Sea Salt), Umeboshi Vinegar (Shiso, Sea Salt, Plum Vinegar), Sea Salt.

**Contains Soy Bean, Sesame Seeds.**

**STEAMED ORGANIC EDAMAME BEANS**

Soy Beans, Salt.

**Contains Soy Bean.**

**STEAMED GREEN BEANS**

Green Beans, Pink Salt.

**SWEET POTATO STRIPS**

Roast Sweet Potato, Extra Virgin Olive Oil, Pink Salt, Black Pepper.

**ROSEMARY BAKED POTATOES**

Potato, Rosemary Leaves, Extra Virgin Olive Oil, Pink Salt, Black Pepper.

## GRAB & GO FRIDGE

### EGG POT

Organic Egg (92%), Mesclun Lettuce.

**Contains Egg.**

### DITZY DIPPER PACK, WITHOUT TOASTED PITA

Carrot, Celery, Hummus (Chickpeas, Olive Oil, Tahini (Sesame Seeds), Lemon Juice, Sesame Oil, Garlic, Cumin, Pink Salt), Moroccan Red Pepper Dip (Red Roasted Capsicum (Red Pepper, Water, Vinegar, Salt, Sugar), Sunflower Seeds, Almond Meal, Spanish Onion, Walnuts, Chermoula Spice Mix (Cumin, Paprika, Onion, Turmeric, Cayenne, Garlic, Parsley, Salt, Pepper, Coriander Leaf), Olive Oil, Pomegranate Molasses (Water, Sugar, Concentrated Pomegranate Juice (20%), Acidity Regulator, Citric Acid), Lemon Juice, Pink Salt, Paprika, Garlic, Parsley.

**Contains Soy Bean, Tree Nuts, Sesame Seeds.**

**May Contain Peanuts.**

### KRACKAJACK PACK, SANDWICH

Carrot, Yoghurt (Whole Milk, Milk Solids, Sucrose, Live Probiotic Cultures – Lactobacillus, Acidophilus & Bifidus), Vegemite Sandwich (24%) (Organic Hi Fibre Flaxseed Bread (Certified Organic Unbleached Stoneground Wheat Flour, Certified Organic Flaxseeds and Flaxseed Meal, Sunflower Seeds, Sunflower Oil, Psyllium Husks, Honey, Lecithin (Soy), Sea Salt and Filtered Water), Vegemite (Yeast Extract (From Yeast Grown On Barley & Wheat), Salt, Mineral Salt (508), Malt Extract (From Barley), Colour (150C), Flavours, Niacin (B3), Thiamine (B1), Riboflavin (B2) and Folate (B9)), Unsalted Butter (Pasteurised Cream (From Milk), Water, Milk Fat 80% Minimum)), Organic Sultanas (Sultanas (99.5%), Vegetable Oil), Tasty Cheese (Pasteurised Milk, Salt, Cultures, Enzyme (Vegetarian Rennet)), Quinoa Cracker (Flour (Unbleached Wheated Flour), Wholegrain Flour (Unbleached Wholemeal Flour, Thiamine, Folic Acid), Rice Bran Oil (100% Cold Filtered) Rolled Oats, Cracked Greenwheat Freekah, White Quinoa Seeds (5.3%), Dietary Fibre, Skim Milk Powder, Rock Salt, Poppy Seeds, Salt, Linseed).

**Contains Wheat, Barley, Oats, Milk, Soy Bean.**

**May Contain Egg, Peanuts, Tree Nuts, Sesame Seeds.**

## SALADS

### FRUIT SALAD

Honeydew, Watermelon, Rockmelon, Orange, Pineapple, Paw Paw, Kiwi Fruit, Grapes, Strawberries.

### SALAD, SEASONAL GARDEN

Mesclun, Cucumber, Tomato, Avocado, Edamame Soy Beans (Soy Beans, Salt), Kai-Ora Raw Organic Seed Mix (10%) (Organic Raisins, Organic Buckwheat, Organic Pumpkin Seeds, Organic Sesame Seeds, Organic Linseed, Organic Millet, Organic Chia Seeds, Poppy Seeds, Organic Hemp Seeds), Celery, Carrot, Red Capsicum, Feta Cheese (Pasteurised Milk, Salt, Non-Animal Rennet and Cultures), Alfalfa Sprouts, Basil, Mint, Parsley.

**Contains Milk, Soy Bean, Sesame Seeds.**

**May Contain Tree Nuts.**

### POTATO SALAD

Organic Egg, Roast Sweet Potato, Potato, Mustard Aioli (Rice Bran Oil, Egg, Seeded Mustard (Water, Mustard Seed, Salt, Sugar, Food Acid (Acetic), Herbs, Spices, Garlic Extract), White Vinegar, Lemon Juice, Himalayan Salt), Basil, Shallots, Himalayan Salt, Black Pepper, Rosemary Leaves.

**Contains Egg. May Contain Peanuts.**

## SANDWICHES

### SANDWICH, EGG SALAD

Wholemeal Bread (Whole Grain Wholemeal Wheat Flour (65%), Water, Yeast, Iodised Salt, Vegetable Oil (Canola), Wheat Flour, Soy Flour, Vitamins (Thiamin, Folic Acid)), Mayonnaise (Rice Bran Oil, Fresh Egg, White Vinegar, Dijon Mustard (Water, Mustard Seed, Salt, Sugar, Food Acid (Acetic), Turmeric), Lemon Juice, Pink Salt), Mesclun Lettuce, Unsalted Butter (Pasteurised Cream (From Milk), Water, Milk Fat 80% Minimum), Fresh Egg (2.5%), Pink Salt.

**Contains Wheat, Egg, Milk, Soy Bean.**

**May Contain Rye, Barley, Oats, Spelt, Peanuts, Tree Nuts, Sesame Seeds.**

### SANDWICH, FREE RANGE CHICKEN & AVOCADO

Wholemeal Bread (Whole Grain Wholemeal Wheat Flour (65%), Water, Yeast, Iodised Salt, Vegetable Oil (Canola), Wheat Flour, Soy Flour, Vitamins (Thiamin, Folic Acid)), Free Range Chicken (22%), Tomato, Avocado (9%), Unsalted Butter (Pasteurised Cream (From Milk), Water, Milk Fat 80% Minimum), Mesculan, Basil Aioli (Rice Bran Oil, Egg, White Vinegar, Dijon Mustard (Water, Mustard Seed, Salt, Sugar, Food Acid (Acetic), Turmeric), Lemon Juice, Himalayan Salt, Basil, Garlic), Lemon Juice, Himalayan Salt, Thyme.

**Contains Wheat, Egg, Milk, Soybean.**

**May Contain Rye, Barley, Oats, Spelt, Peanuts, Tree Nuts, Sesame Seeds.**

### SANDWICH, HAM, CHEESE & TOMATO

Wholemeal Bread (Whole Grain Wholemeal Wheat Flour (65%), Water, Yeast, Iodised Salt, Vegetable Oil (Canola), Wheat Flour, Soy Flour, Vitamins (Thiamin, Folic Acid)), Ham (26%) (Pork, Water, Salt, Dextrose, Starch, Mineral Salts (451, 450, 452), Flavour Enhancer (635), Sugar, Antioxidant (316), Sodium Nitrite (250)), Tomato (12%), Tasty Cheese (12%) (Pasteurised Milk, Salt, Cultures, Enzyme (Vegetarian Rennet)), Unsalted Butter (Pasteurised Cream (From Milk), Water, Milk Fat 80% Minimum).

**Contains Wheat, Milk, Soy Bean.**

**May Contain Rye, Barley, Oats, Spelt, Egg, Tree Nuts, Sesame Seeds.**

### SANDWICH CLUB WITH SIDE SALAD

Wholemeal Bread (Whole Grain Wholemeal Wheat Flour (65%), Water, Yeast, Iodised Salt, Vegetable Oil (Canola), Wheat Flour, Soy Flour, Vitamins (Thiamin, Folic Acid)), Tomato, Free Range Chicken, Ham (Pork, Water, Salt, Dextrose, Starch, Mineral Salts (451, 450, 452), Flavour Enhancer (635), Sugar, Antioxidant (316), Sodium Nitrite (250)), Garden Salad (Mesculan, Red Capsicum, Green Capsicum, Carrot, Celery), Avocado, Mesculan, Tasty Cheese (Pasteurised Milk, Salt, Cultures, Enzyme (Vegetarian Rennet)), Unsalted Butter (Pasteurised Cream (From Milk), Water, Milk Fat 80% Minimum), Basil Aioli (Rice Bran Oil, Egg, White Vinegar, Dijon Mustard (Water, Mustard Seed, Salt, Sugar, Food Acid (Acetic), Turmeric), Lemon Juice, Himalayan Salt, Basil, Garlic), Himalayan Salt.

**Contains Wheat, Egg, Milk, Soybean.**

**May Contain Rye, Barley, Oats, Spelt, Peanuts, Tree Nuts, Sesame Seeds.**

## SAUCES

### SAUCE, BASIL AIOLI

Rice Bran Oil, Egg, White Vinegar, Dijon Mustard (Water, Mustard Seed, Salt, Sugar, Food Acid (Acetic), Turmeric), Lemon Juice, Himalayan Salt, Basil, Garlic.

**Contains Egg.**

**May Contain Peanuts.**

### SAUCE, CHIPOTLE

Canned Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (330)), Spanish Onion, Apple Cider Vinegar, Brown Sugar, Chilli, Garlic, Paprika, Oregano, Chilli Flakes, Himalayan Salt.

### SAUCE, MUSTARD AIOLI

Rice Bran Oil, Egg, Seeded Mustard (Water, Mustard Seed, Salt, Sugar, Food Acid (Acetic), Herbs, Spices, Garlic Extract), White Vinegar, Lemon Juice, Himalayan Salt.

**Contains Egg.**

**May Contain Peanuts.**

### SAUCE, PARSLEY & TAHINI

Organic Tahini (Sesame Seeds) (25%), Rice Vinegar (Rice, Alcohol, Sake, Salt), Dijon Mustard (Water, Mustard Seeds, Salt, Sugar, Food Acid, Turmeric), Olive Oil, Sunflower Oil, Capers (Capers (67%), Water, Salt), Apricots, Parsley (3%), Palm Sugar, Garlic, Apple Juice (Apple Juice, Vitamin C (300)), Sea Salt, Lemon.

**Contains Sesame Seeds.**

### SAUCE, TOMATO RELISH

Red Capsicum, Spanish Onion, Canned Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (330)), Brown Sugar, Apple Cider Vinegar, Corn Flour, Cinnamon, Himalayan Salt, Ground Cloves, Allspice, Celery Salt (Salt, Celery Seed, Rice Flour, Red Capsicum, Herbs And Spices, Vegetable Oil), Chilli Flakes.

## DRESSINGS

### DRESSING, ITALIAN

Filtered Water, Organic Apple Cider Vinegar (11%), Organic Sugar, Sea Salt, Organic Garlic, Vegetable Gum (Xanthan), Lemon Juice, Organic Herbs and Spices.

**Contains Capsicum.**

### DRESSING, FRENCH

Filtered Water, Organic Apple Cider Vinegar (10%), Organic Sugar, Sea Salt, Organic Garlic, Vegetable Gum (Xanthan), Lemon Juice, Organic Herbs.

### DRESSING, CREAMY CAESAR

Filtered Water, Organic Sunflower Oil, Organic Apple Cider Vinegar, Organic Spices, Fish Sauce (Anchovies, Salt, Sugar), Organic Raw Sugar, Sea Salt, Lemon Juice, Thickener (Xanthan Gum).

**Contains Fish.**

## OMELETTE/TOAST/BREAKFAST

### BACON & EGG ROLL WITH THE WORKS

Organic Egg, Wholemeal Bread Roll (Wholemeal Wheat Flour, Water, Yeast, Iodised Salt, Vegetable Oil (Canola), Wheat Flour, Soy Flour, Vitamins (Thiamin, Folic Acid)), Free-Range Nitrate Free Bacon (Free Range Pork, Honey, Sugar, Mineral Salt (451), Dextrose (Tapioca Or Maize), Antioxidant (316), Vegetable Oil), Spinach, Tomato, Avocado, Tasty Cheese (Pasteurised Milk, Salt, Cultures, Enzyme (Vegetarian Rennet)), Basil Aioli (Rice Bran Oil, Egg, White Vinegar, Dijon Mustard (Water, Mustard Seed, Salt, Sugar, Food Acid (Acetic), Turmeric), Lemon Juice, Pink Salt, Basil, Garlic), BBQ Relish (Tomato Relish (Red Capsicum, Spanish Onion, Canned Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (330)), Brown Sugar, Apple Cider Vinegar, Corn Flour, Cinnamon, Himalayan Salt, Ground Cloves, Allspice, Celery Salt (Salt, Celery Seed, Rice Flour, Red Capsicum, Herbs and Spices, Vegetable Oil), Chilli Flakes), Worcestershire Sauce (Water, Vinegar, Molasses, Rehydrated Vegetables, Salt, Spices, Natural Flavours, Colour (Caramel Iv), Spice Extract), Molasses (Cane Sugar Syrup), Brown Onion, Apple Cider Vinegar, Brown Sugar, Olive Oil, Thyme)), Unsalted Butter (Pasteurised Cream (From Milk), Water, Milk Fat 80% Minimum).

**Contains Wheat, Egg, Milk, Soy Bean.**

**May Contain Rye, Barley, Oats, Spelt, Tree Nuts, Sesame Seeds.**

### OMELETTE, WITHOUT SOURDOUGH

Organic Egg, Avocado, Tomato, Red Capsicum, Green Capsicum, Tomato Relish (Red Capsicum, Spanish Onion, Canned Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (330)), Brown Sugar, Apple Cider Vinegar, Corn Flour, Cinnamon, Himalayan Salt, Ground Cloves, Allspice, Celery Salt (Salt, Celery Seed, Rice Flour, Red Capsicum, Herbs And Spices, Vegetable Oil), Chilli Flakes)), Tasty Cheese (Pasteurised Milk, Salt, Cultures, Enzyme (Vegetarian Rennet)), Mushrooms, Shallots.

**Contains Egg, Milk.**

### TOAST, ORGANIC SOURDOUGH

Certified Organic Unbleached Stoneground Wheat Flour, Sunflower Oil, Sea Salt, Psyllium, Filtered Water.

**Contains Wheat.**

### TOAST, ORGANIC FRUIT SOURDOUGH

Certified Organic Stoneground Unbleached Wheat Flour, Sultanas, Apricots, Raisins and Figs, Sunflower Oil, Psyllium Husks. Sea Salt and Filtered Water.

**Contains Wheat.**

### TOAST, GLUTEN FREE CLASSIC CRUNCH

Water, Tapioca, White Maize Flour, Quinoa, Seeds (Linseed, Sunflower, Pumpkin, Sesame, Poppy), Yeast, Sea Salt, Guar Gum (412).

**Contains Sesame Seeds.**

### TOAST, GLUTEN FREE FRUIT & SPICE

Water, Tapioca, White Maize Flour, Quinoa, Sultanas, Yeast, Sea Salt, Guar Gum (412), Cinnamon.

**May Contain Sesame Seeds.**



## GOURMET PITA POCKETS

### POCKET, ALL DAY BREAKFAST

Wholemeal Lebanese Bread (Wholemeal Wheat Flour, Water, Yeast, Iodised Salt, Vitamins (Thiamin And Folate)), Potato, Ham (Pork, Water, Salt, Dextrose, Starch, Mineral Salts (451, 450, 452), Flavour Enhancer (635), Sugar, Antioxidant (316), Sodium Nitrite (250)), Tomato, Egg, Basil Aioli (Rice Bran Oil, Egg, White Vinegar, Dijon Mustard (Water, Mustard Seed, Salt, Sugar, Food Acid (Acetic), Turmeric), Lemon Juice, Himalayan Salt, Basil, Garlic), Tomato Relish (Red Capsicum, Spanish Onion, Canned Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (330))), Brown Sugar, Apple Cider Vinegar, Corn Flour, Cinnamon, Himalayan Salt, Ground Cloves, Allspice, Celery Salt (Salt, Celery Seed, Rice Flour, Red Capsicum, Herbs And Spices, Vegetable Oil), Chilli Flakes), Milk, Dijon Mustard (Water, Mustard Seed, Salt, Sugar, Food Acid (Acetic), Turmeric), Himalayan Salt, Parsley.

**Contains Wheat, Egg, Milk.**

**May Contain Peanuts.**

### POCKET, BURRITO

Wholemeal Lebanese Bread (Wholemeal Wheat Flour, Water, Yeast, Iodised Salt, Vitamins (Thiamin And Folate)), Black Turtle Beans (Black Beans), Smoked Cheddar (Cheese (Pasteurised Cows Milk), Salt, Starter Culture (Milk), Rennet, Colour E160a), Water, Butter (Milk), Emulsifying Salt (E452, E339), Salt, Smoked Flavour), Organic Brown Rice, Corn Kernels, Spanish Onion, Tomato, Chipotle Sauce (Canned Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (330))), Spanish Onion, Apple Cider Vinegar, Brown Sugar, Chilli, Garlic, Paprika, Oregano, Chilli Flakes, Himalayan Salt), Red Cabbage, Red Capsicum, Green Capsicum, Garlic, Olive Oil, Himalayan Salt, Cumin, Nigella Seeds, Lemon Juice, Chilli Flakes, Coriander.

**Contains Wheat, Milk.**

### POCKET, FREE-RANGE CHICKEN

Wholemeal Lebanese Bread (Wholemeal Wheat Flour, Water, Yeast, Iodised Salt, Vitamins (Thiamin And Folate)), Free Range Chicken, Ricotta Cheese (Cheese Whey, Cows Milk, Salt, Starter Culture), Capsicum (Red Pepper, Water, Vinegar, Salt, Sugar), Green Beans, Basil Aioli (Rice Bran Oil, Egg, White Vinegar, Dijon Mustard (Water, Mustard Seed, Salt, Sugar, Food Acid (Acetic), Turmeric), Lemon Juice, Himalayan Salt, Basil, Garlic), Spinach, Lemon Juice, Himalayan Salt, Thyme.

**Contains Wheat, Egg, Milk.**

**May Contain Peanuts.**

### POCKET, LAMB ROAST

Wholemeal Lebanese Bread (Wholemeal Wheat Flour, Water, Yeast, Iodised Salt, Vitamins (Thiamin And Folate)), Lamb (Lamb, Himalayan Salt, Rosemary Leaves), Pumpkin, Potato, Spinach, Basil Aioli (Rice Bran Oil, Egg, White Vinegar, Dijon Mustard (Water, Mustard Seed, Salt, Sugar, Food Acid (Acetic), Turmeric), Lemon Juice, Himalayan Salt, Basil, Garlic), Tomato Relish (Red Capsicum, Spanish Onion, Canned Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (330))), Brown Sugar, Apple Cider Vinegar, Corn Flour, Cinnamon, Himalayan Salt, Ground Cloves, Allspice, Celery Salt (Salt, Celery Seed, Rice Flour, Red Capsicum, Herbs And Spices, Vegetable Oil), Chilli Flakes), Brown Onion, Olive Oil, Milk, Basil, Apple Cider Vinegar, Brown Sugar, Parsley, Mint, Lemon Juice, Himalayan Salt, Dijon Mustard (Water, Mustard Seed, Salt, Sugar, Food Acid (Acetic), Turmeric), Thyme.

**Contains Wheat, Egg, Milk.**

**May Contain Peanuts.**

### POCKET, TENDER BEEF

Wholemeal Lebanese Bread (Wholemeal Wheat Flour, Water, Yeast, Iodised Salt, Vitamins (Thiamin And Folate)), Beef, Sweet Potato, Tomato, Feta Cheese (Pasteurised Milk, Salt, Non-Animal Rennet And Cultures), Tomato Relish (Red Capsicum, Spanish Onion, Canned Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (330))), Brown Sugar, Apple Cider Vinegar, Corn Flour, Cinnamon, Himalayan Salt, Ground Cloves, Allspice, Celery Salt (Salt, Celery Seed, Rice Flour, Red Capsicum, Herbs And Spices, Vegetable Oil), Chilli Flakes), Mustard Aioli (Rice Bran Oil, Egg, Seeded Mustard (Water, Mustard Seed, Salt, Sugar, Food Acid (Acetic), Herbs, Spices, Garlic Extract), White Vinegar, Lemon Juice, Himalayan Salt), Spinach, Brown Onion, Apple Cider Vinegar, Brown Sugar, Olive Oil, Thyme, Himalayan Salt, Rosemary Leaves.

**Contains Wheat, Egg, Milk.**

**May Contain Peanuts.**

### POCKET, VEGGIE PATCH

Wholemeal Lebanese Bread (Wholemeal Wheat Flour, Water, Yeast, Iodised Salt, Vitamins (Thiamin And Folate)), Hummus (Chickpeas, Olive Oil, Tahini (Sesame Seeds), Lemon Juice, Sesame Oil, Garlic, Cumin, Himalayan Salt), Pumpkin, Mushrooms, Green Beans, Spinach, Red Capsicum, Carrot, Tomato Relish (Red Capsicum, Spanish Onion, Canned Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (330))), Brown Sugar, Apple Cider Vinegar, Corn Flour, Cinnamon, Himalayan Salt, Ground Cloves, Allspice, Celery Salt (Salt, Celery Seed, Rice Flour, Red Capsicum, Herbs And Spices, Vegetable Oil), Chilli Flakes), Olive Oil, Basil, Parsley, Mint, Lemon Juice, Himalayan Salt, Oregano.

**Contains Wheat, Soybean, Sesame Seeds.**

## SMOOTHIES

### SMOOTHIE, CHOCONANA

Banana (42%), Reduced Fat Milk, Yoghurt (Whole Milk, Milk Solids, Sucrose, Live Probiotic Cultures – Lactobacillus, Acidophilus & Bifidus), Organic Honey, Cocoa Powder (2%).

**Contains Milk.**

**May Contain Wheat, Peanuts, Soy Bean, Tree Nuts, Sesame Seeds.**

### SMOOTHIE, CHOCONANA - VEGAN/DAIRY FREE

Organic Almond Milk (Organic Activated Almonds, Organic Brown Rice, Sea Salt, Natural Almond Essence), Banana (36%), Organic Coconut Yoghurt (Organic Coconut Milk (97%), Organic Tapioca Starch, Live Vegan Cultures), Cocoa Powder (2.5%), Organic Maple Syrup.

**Contains Tree Nuts.**

**May Contain Wheat, Peanuts, Soy Bean, Sesame Seeds.**

### SMOOTHIE, BANANA

Banana (43%), Reduced Fat Milk, Yoghurt (Whole Milk, Milk Solids, Sucrose, Live Probiotic Cultures – Lactobacillus, Acidophilus & Bifidus), Organic Honey.

**Contains Milk.**

**May Contain Peanuts, Tree Nuts.**

### SMOOTHIE, BANANA - VEGAN/DAIRY FREE

Organic Almond Milk (Organic Activated Almonds, Organic Brown Rice, Sea Salt, Natural Almond Essence), Banana (34%), Organic Coconut Yoghurt (Organic Coconut Milk (97%), Organic Tapioca Starch, Live Vegan Cultures), Organic Maple Syrup.

**Contains Tree Nuts.**

### SMOOTHIE, BANANA BERRY

Reduced Fat Milk, Banana (23%), Mixed Berries (17%), Yoghurt (Whole Milk, Milk Solids, Sucrose, Live Probiotic Cultures – Lactobacillus, Acidophilus & Bifidus), Organic Honey.

**Contains Milk.**

**May Contain Peanuts, Tree Nuts.**

### SMOOTHIE, BANANA BERRY - VEGAN/DAIRY FREE

Organic Almond Milk (Organic Activated Almonds, Organic Brown Rice, Sea Salt, Natural Almond Essence), Banana (30%), Organic Coconut Yoghurt (Organic Coconut Milk (97%), Organic Tapioca Starch, Live Vegan Cultures), Mixed Berries (12%), Organic Maple Syrup.

**Contains Tree Nuts.**

### SUPER SMOOTHIE, PROTEIN PUNCH

Fresh Orange Juice, Organic Coconut Water, Banana, Honeydew, Kiwifruit, Orange, Paw Paw, Pineapple, Rockmelon, Strawberry, Watermelon, Organic Pea Protein.

**May Contain Milk.**

### SUPER SMOOTHIE, ANTIOXIDANT RED

Fresh Orange Juice, Organic Coconut Water, Mixed Berries, Banana, Antioxidant Reds (Beetroot Powder, Carrot Powder, Blackcurrant Powder, Blueberry Powder, Goji Powder, Passionfruit Powder, Fructose, Calcium Ascorbate, Blackberry Powder, Pomegranate Powder, Raspberry Powder, Strawberry Powder, Cranberry Powder, Xanthan Gum, Rosehips Powder, Echinacea Powder, Tomato Powder, Grapeseed Extract, Zinc Gluconate).

**May Contain Wheat, Milk.**

### SUPER SMOOTHIE, ALKALISING GREEN

Fresh Orange Juice, Organic Coconut Water, Banana, Honeydew, Kiwifruit, Orange, Paw Paw, Pineapple, Rockmelon, Strawberry, Watermelon, Alkalisising Greens (Barley Grass Powder, Guava Powder, Linseed Meal, Spinach Powder, Wheat Grass Powder, Spirulina Powder, Pectin, Artichoke Powder, Apple Powder, Kiwi Powder, Aloe Vera Extract, Kale Powder, Alfalfa Powder, Broccoli Powder, Chlorella Powder, Cucumber Powder, Green Tea Powder, Nettle Leaf Powder, Peppermint Powder, Potassium Bicarbonate, Fructooligosaccharides, Kelp Powder).

**May Contain Wheat, Milk.**

## SYRUPS

### SYRUP, CAMEL

Australian Low GI Raw Sugar, Purified Water, Natural Flavour, Citric Acid.

**May Contain Tree Nuts. May Contain Peanuts.**

### SYRUP, HAZELNUT

Australian Low GI Raw Sugar, Purified Water, Natural Flavour, Citric Acid.

**May Contain Tree Nuts. May Contain Peanuts.**

### SYRUP, VANILLA

Australian Low GI Raw Sugar, Purified Water, Natural Flavour, Citric Acid.

**May Contain Tree Nuts. May Contain Peanuts.**



**oliver's**<sup>™</sup>

FEED YOUR GOOD