

# Oliver's Nutrition Information

Current as at 29 JANUARY 2019

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	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, without 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
Golden Rice Nuggets	150	1200	288	5.8	13.2	1.3	35.1	1.4	406
Krackjack Pack, Sandwich	224	1790	428	16.7	12.4	6.3	56.6	32.5	374
Krackjack Pack, Sushi	250	1720	410	15.9	13.0	5.9	53.5	33.2	425
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, Gluten Free Orange & Poppyseed	200	2210	529	17.7	34.6	2.1	34.4	30.4	492
Omelette, without 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
Pita, Gluten-free Plain	63	747	178	8.8	4.1	0.7	22.4	1.4	58
Pita, Gluten-free Garlic	78	1200	287	8.9	16.3	9.0	22.5	1.5	58
Pocket, All Day Breakfast Classic	233	1750	418	19.6	16.1	1.9	45.6	3.8	1090
Pocket, All Day Breakfast Maxx	361	2540	608	31.3	19.8	2.5	71.2	5.3	1640
Pocket, Burrito Classic	224	1710	408	17.9	11.8	1.6	53.8	4.2	1290
Pocket, Burrito Maxx	363	2820	675	31.0	19.9	2.5	86.9	6.3	2460
Pocket, Free Range Chicken Classic	203	1740	415	18.1	19.0	2.7	40.1	2.1	423
Pocket, Free Range Chicken Maxx	333	2800	668	31.9	30.1	4.8	63.4	3.3	741
Pocket, Lamb Roast Classic	220	1920	458	16.3	21.9	3.0	45.5	6.6	571
Pocket, Lamb Roast Maxx	345	2960	706	26.2	33.3	4.6	70.5	10.0	874
Pocket, Tender Beef Classic	222	1880	448	18.2	20.4	4.2	44.9	7.1	594
Pocket, Tender Beef Maxx	361	2780	663	32.5	26.1	7.4	69.5	10.7	992
Pocket, Veggie Patch Classic	216	1500	358	12.1	12.8	2.2	44.6	5.0	615
Pocket, Veggie Patch Maxx	351	2400	574	19.2	20.8	3.6	71.2	9.1	1010
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
Pulled Pork & Appleslaw Roll	275	2220	530	32.6	27.3	7.0	33.9	4.8	1270
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, 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
Sandwich, Turkey & Cranberry Relish	217	1650	395	29.6	12.8	2.8	37.7	6.9	830
Sauce, Basil Aioli	40	1140	271	0.7	30.0	2.5	0.6	0.4	197
Sauce, Chipotle	40	85	20	0.4	0.7	<0.1	2.8	2.2	63
Sauce, Mustard Aioli	40	1100	262	1.0	28.8	2.4	0.8	0.5	252
Sauce, Parsley & Tahini	30	307	73	1.5	6.1	0.3	2.3	1.1	88
Sauce, Soy	20	82	20	2.1	0	0	1.6	0.3	1290
Sauce, Tomato Relish	40	79	19	0.6	0.2	<0.1	3.3	3.0	63
Salad, Seasonal Garden	215	989	236	10.3	15.0	4.3	13.4	6.2	385
Salad, Potato with organic eggs	333	2740	656	18.2	53.9	12.9	24.5	16.2	711
Salad, Raw Crunch Buddha Bowl	228	927	221	8.9	11.3	1.3	18.9	11.2	792
Salad, Falafel Foodie Buddha Bowl	203	1280	305	12.2	12.2	2.0	35.4	10.2	794
Salad, Chickpea Bazaar Buddha Bowl	281	1280	306	11.9	12.5	1.9	34.2	7.8	1090
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, Breakfast - Vegan/Dairy Free	530	3540	846	17.7	47.8	26.4	81.6	42.4	113
Soup, Minestrone, without toasted pita	300	480	115	3.6	0.9	0.3	22.8	6.9	930
Soup, Pumpkin, without 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 Mixed Greens	160	188	45	4.4	0.4	0.0	3.7	2.4	10
Steamed Green Beans	160	169	40	3.5	0.3	0.0	3.8	1.9	768
Steamed Corn Cob	220	946	226	9.2	2.6	0.2	36.1	2.9	7
Super Smoothie, Protein Punch	555	1030	246	9.1	0.9	<0.1	48.1	41.4	99
Super Smoothie, Antioxidant Red	560	1220	292	5.1	0.5	<0.1	64.0	50.9	49
Super Smoothie, Alkalisating Green	560	1100	263	6.8	0.8	<0.1	54.4	42.5	84
Sushi, Vegetarian	141	731	175	3.9	4.5	1.1	28.8	3.0	225
Sushi, Teriyaki Chicken	141	816	195	7.1	5.1	1.4	30.0	3.2	382
Sushi, Salmon & Avocado	136	865	207	7.5	7.0	1.7	27.9	2.3	227
Sweet Potato Strips	230	856	204	5.6	0.2	<0.1	41.5	16.6	465
Toast, Organic Sourdough	40	396	95	3.7	0.9	0.2	16.0	0.9	148
Toast, Organic Multi-Fruit Sourdough	40	468	112	3.5	1.6	0.2	19.6	7.0	72
Toast, Gluten-free Classic Crunch	63	687	164	4.7	5.9	0.5	23.1	0.2	139
Toast, Gluten-free Fruit & Spice	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

AVG QTY PER 100g	Serving Size (g)	Energy (kJ)	Energy (Cal)	Protein (g)	Fat, Total (g)	Fat, Saturated (g)	Carbohydrate (g)	Sugars (g)	Sodium (mg)
Bacon & Egg Roll	245	861	206	13.8	11.0	3.3	12.0	1.6	356
Banana Bread, gluten free	140	1210	289	3.9	6.6	1.1	53.0	29.5	139
Banana Bread	182	1220	292	4.6	12.6	2.7	38.4	28.5	226
Bliss Ball, Cacao & Mint	50	2090	499	14.3	43.8	21.1	49.1	27.2	21
Bliss Ball, Cranberry	50	1790	427	12.7	37.8	16.4	42.5	27.0	16
Carrot Bread	215	1540	367	5.1	23.3	4.9	33.8	27.9	330
Chia Cup, Apple & Almond	145	289	69	1.5	2.8	0.4	12.7	5.9	41
Chia Cup, Coconut	145	886	212	2.1	18.8	14.9	7.3	4.4	16
Chocolate Brownie, gluten free	90	2150	514	8.6	43.9	17.9	20.2	19.1	31
Coconut Yoghurt Cup, Berry	120	744	178	1.1	15.9	14.9	7.9	4.1	5
Coconut Yoghurt Cup, Kai-Ora	150	790	189	2.7	15.3	12.3	9.8	4.4	7
Coconut Yoghurt Cup, Macadamia	150	769	184	2.1	14.4	12.2	11.3	5.7	10
Cookie, Date & Walnut	75	1970	469	6.4	26.1	9.8	51.5	28.0	122
Cookie, Cranberry & Almond	75	1870	446	6.9	22.1	9.1	54.8	26.1	115
Cookie, Chocolate Chip	50	3760	898	10.6	66.8	44.4	61.3	44.2	105
Cookie, Chocolate & Macadamia	60	1400	334	6.0	28.4	19.1	28.3	16.6	99
Curry, Vegetable Korma + Organic Brown Rice	345	400	96	2.5	2.0	1.4	18.2	1.6	237
Curry, Butter Chicken + Organic Brown Rice	345	560	134	6.1	4.8	2.3	15.8	1.6	224
Ditzy Dipper Pack, without toasted pita	260	615	147	4.0	11.4	1.3	5.7	2.7	306
Dressing, Italian	25	354	85	<0.1	<0.1	<0.1	20.4	20.3	576
Dressing, French	25	287	69	<0.1	<0.1	<0.1	16.7	16.7	863
Dressing, Creamy Caesar	25	695	166	<0.1	17.3	1.8	2.4	2.3	848
Egg Pot	120	556	133	12.0	9.3	2.8	0.5	0.4	124
Energy Ball, Very Berry	50	1900	454	9.1	25.1	5.9	43.9	35.2	31
Energy Ball, Macadamia	50	1960	468	9.7	30.0	7.9	38.4	30.6	13
Fruit Salad	280	150	36	0.7	0.2	0.0	7.2	7.2	12
Golden Rice Nuggets	150	803	192	3.9	8.8	0.8	23.4	0.9	271
Krackjack Pack, Sandwich	224	800	191	7.5	5.5	2.8	25.3	14.5	167
Krackjack Pack, Sushi									