

HAM & CHEESE TOASTIE



Product Type

TOASTIE GOURMET

Product Code

4256SDBU

Net Weight

246g
for an individual serve

Healthy Choice Rating

AMBER
(Nutrition Australia)

Nutrition Information

Servings per package: 1
Serving size: **246g**

	Average Quantity Per Serving	Average Quantity Per 100g
Energy	2684kj	1091kj
Protein	32.3g	13.1g
Fat, Total	33.5g	13.6g
Saturated Fat	16.4g	6.7g
Carbohydrate	53.9g	21.9g
Sugars	7g	2.9g
Fibre Total	>4g	>1.6g
Sodium	1926mg	783mg



Allergen Declaration: Contains milk, rye, soy, wheat, and gluten. It may contain Sesame.

CHICKEN SCHNITZEL TOASTIE



Product Type

TOASTIE GOURMET

Product Code

5001SDNA

Net Weight

293g
for an individual serve

Healthy Choice Rating

AMBER
(Nutrition Australia)

Nutrition Information

Servings per package: 1
Serving size: **293g**

	Average Quantity Per Serving	Average Quantity Per 100g
Energy	4807kj	1641kj
Protein	54.8g	18.7g
Fat, Total	73.8g	25.2g
Saturated Fat	32.1g	11g
Carbohydrate	65.9g	22.5g
Sugars	8.9g	3g
Fibre Total	>4.3g	>1.5g
Sodium	2204mg	752mg



Allergen Declaration: Egg, Milk, Rye, Soy, Wheat, Gluten. May contain: Sesame

EGG & BACON TOASTIE



Product Type

TOASTIE GOURMET

Product Code

5002SDNA

Net Weight

290g
for an individual serve

Healthy Choice Rating

AMBER
(Nutrition Australia)

Nutrition Information

Servings per package: 1
Serving size: 290g

	Average Quantity Per Serving	Average Quantity Per 100g
Energy	2860kj	986kj
Protein	41.4g	14.3g
Fat, Total	30.6g	10.6g
Saturated Fat	11.3g	3.9g
Carbohydrate	62.3g	21.5g
Sugars	11.5g	4g
Fibre Total	>4g	>1.4g
Sodium	2376mg	819mg



Allergen Declaration: Egg, Rye, Soy, Wheat, Gluten. May contain traces of: Sesame

CHICKEN TANDOORI TURKISH TOASTIE



Product Type

TOASTIE TURKISH

Product Code

5074TSBU

Net Weight

288g
for an individual serve

Healthy Choice Rating

AMBER
(Nutrition Australia)

Nutrition Information

Servings per package: **1**
Serving size: **288g**

	Average Quantity Per Serving	Average Quantity Per 100g
Energy	2992kj	1039kj
Protein	40.5g	14g
Fat, Total	24.4g	8.5g
Saturated Fat	12.2g	4.2g
Carbohydrate	80.6g	28g
Sugars	8.5g	3g
Fibre Total	>4.4g	>1.5g
Sodium	1733mg	602mg

 **Allergen Declaration:** Milk, Sesame, Soy, Gluten and Wheat.

MEATLOVER TOASTIE



Product Type

TOASTIE GOURMET

Product Code

5120NANA

Net Weight

243g

for an individual serve

Healthy Choice Rating

AMBER

(Nutrition Australia)

Nutrition Information

Servings per package: 1

Serving size: **243g**

	Average Quantity Per Serving	Average Quantity Per 100g
Energy	4948kj	2036kj
Protein	62.6g	25.8g
Fat, Total	66.3g	27.3g
Saturated Fat	37.8g	15.6g
Carbohydrate	84.4g	34.7g
Sugars	14.2g	5.8g
Fibre Total	>4g	>1.6g
Sodium	2922mg	1203mg



Allergen Declaration: Contains: Gluten, Milk, Sesame, Soy, and Wheat

CHICKEN PESTO TOASTIE



Product Type

TOASTIE GOURMET

Product Code

5121NANA

Net Weight

317g
for an individual serve

Healthy Choice Rating

AMBER
(Nutrition Australia)

Nutrition Information

Servings per package: 1
Serving size: 317g

	Average Quantity Per Serving	Average Quantity Per 100g
Energy	5199kj	1640kj
Protein	59.5g	18.8g
Fat, Total	83.4g	26.3g
Saturated Fat	33.9g	10.7g
Carbohydrate	60.9g	19.2g
Sugars	6.6g	2.1g
Fibre Total	>3.8g	>1.2g
Sodium	2306mg	728mg



Allergen Declaration: Barley, Egg, Gluten, Milk, Rye, Soy, Sulphites, and Wheat.

BEEF EMPANADA POCKET



Product Type

BEEF EMPANADA

Net Weight

130g

for an individual serve

Nutrition Information

Servings per package: 1

Serving size: 130g

	Average Quantity Per Serving	Average Quantity Per 100g
Energy	1330kj	1020kj
Protein	12g	9.2g
Fat, Total	18.1g	13.9g
Saturated Fat	10g	7.7g
Carbohydrate	25g	19.2g
Sugars	2.2g	1.7g
Sodium	701mg	539mg



Allergen Declaration: Gluten, Wheat, Egg, Milk, Soy.

CHICKEN EMPANADA POCKET



Product Type

**CHICKEN
EMPANADA**

Net Weight

130g
for an individual serve

Nutrition Information

Servings per package: 1
Serving size: 130g

	Average Quantity Per Serving	Average Quantity Per 100g
Energy	1230kj	943kj
Protein	11.2g	8.6g
Fat, Total	15.4g	11.9g
Saturated Fat	8.8g	6.8g
Carbohydrate	25.1g	19.3g
Sugars	2.5g	1.9g
Sodium	600mg	461mg

 **Allergen Declaration:** Gluten, Wheat, Egg, Milk, Soy.

SPINACH & CHEESE EMPANADA POCKET



Product Type

**SPINACH
EMPANADA**

Net Weight

130g
for an individual serve

Nutrition Information

Servings per package: 1
Serving size: 130g

	Average Quantity Per Serving	Average Quantity Per 100g
Energy	1350kj	1040kj
Protein	9.3g	7.2g
Fat, Total	18.9g	14.5g
Saturated Fat	11.5g	8.9g
Carbohydrate	27.3g	21.0g
Sugars	2.2g	1.7g
Sodium	732mg	563mg



Allergen Declaration: Gluten, Wheat, Egg, Milk, Soy.

CHICKEN BUREK PIE



Product Type

TWISTED PIE

Net Weight

150g
for an individual serve

Nutrition Information

Servings per package: 1
Serving size: 150g

	Average Quantity Per Serving	Average Quantity Per 100g
Energy	1503kj	1002kj
Protein	13.05g	8.7g
Fat, Total	13.95g	9.3g
Saturated Fat	2.4g	1.6g
Carbohydrate	45g	30g
Sugars	3.6g	2.4g
Sodium	600mg	400mg



Allergen Declaration: Gluten, Wheat, Egg, Milk and Milk products. May contain: Sesame

BEEF BUREK PIE



Product Type

TWISTED PIE

Net Weight

150g

for an individual serve

Nutrition Information

Servings per package: 1

Serving size: 150g

	Average Quantity Per Serving	Average Quantity Per 100g
Energy	1479kj	986kj
Protein	11.85g	7.9g
Fat, Total	14.25g	9.5g
Saturated Fat	3.6g	2.4g
Carbohydrate	44.10g	29.4g
Sugars	4.5g	3g
Sodium	600mg	400mg



Allergen Declaration: Gluten, Wheat, Egg, Milk and Milk products. May contain: Sesame

SPINACH & CHEESE BUREK PIE



Product Type

TWISTED PIE

Net Weight

150g
for an individual serve

Nutrition Information

Servings per package: **1**
Serving size: **150g**

	Average Quantity Per Serving	Average Quantity Per 100g
Energy	1554kj	1036kj
Protein	12.30g	8.2g
Fat, Total	17.25g	11.5g
Saturated Fat	5.7g	3.8g
Carbohydrate	41.55g	27.7g
Sugars	2.25g	1.5g
Sodium	735mg	490mg

! Allergen Declaration: Gluten, Wheat, Egg, Milk. May contain: Sesame