Breakfast

Selected Stores only	Halal	Menu Item	Ingredients	WHEAT	GLUTEN	GLUTEN SOURCE	EGGS	MILK & MILK PRODUCTS	SOY	FISH	MOLLUSC	CRUSTACEA	PEANUTS	TREE NUTS	TREE NUTS SOURCE	LUPINS	SESAME	SULPHITES	Serving Size (g)	Energy (kJ)	Protein (g)	Fat Total (g)	Fat Saturated (g)	Carbohydrates (g)	Sugars (g)	Sodium (mg)	Serving Size / 100g	Energy (KJ / 100g)	Protein (g / 100g)	Fat Total (g / 100g)	Sat Fat (g / 100g)	Carbohydrates (g / 100g)	Sugars (g / 100g)	Sodium (g / 100g)	Project	Product Code
☐	☐	⊟ **Breakfast**	**IMPORTANT: Customers should be aware that whilst every effort is made to segregate food to maintain the Vegan, Allergen (eg Gluten) and Halal status of our ingredients, individual food items may come in contact with one another during food manufacturing &/or food preparation, and our restaurants serve products containing allergens, as well as bacon and meat as part of our standard menu items.**																																	
☑	☐	Sausage & Egg On Turkish (contains Pork & Beef)	Turkish Roll (Wheat Flour [Vitamins (Thiamin, Folic Acid)], Water, Iodised Salt, Vegetable Oil, Yeast, Imitation Vinegar, Sesame Seeds, Nigella Seeds, Soy Flour, Mineral Salt (170), Emulsifier (481), Enzymes, Food Acid (300)), Cooked Egg, Sausage (Pork, Beef, Soy Protein, Salt, Spices, Herbs, Dextrose (Wheat), Sugar, Dehydrated Vegetables, Vegetable Oil, E635, Hydrolysed Vegetable Protein (Soy)), Cheese (Cow's Milk, Salt, Culture, Calves's Rennet), Water, Non Fat Milk Solids, Emulsifiers (E331iii, E322i), Acidity Regulators (E332, E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Preservative (E234)), Canola Spread (Vegetable Oil (Including Canola Oil 41%), Water, Salt, Emulsifiers (471, Soy Lecithin), Preservative (202), Citric Acid, Vitamins A & D, Natural Colour (Beta-Carotene), Natural Flavour.).	Y	Y	WHEAT	Y	Y	Y	N	N	N	N	N		N	Y	N	191	1850	24.4	22.5	8.5	34.0	3.7	762	100	966	12.8	11.8	4.5	17.8	1.9	399		
☑	☐	Bacon & Egg On Turkish	Turkish Roll (Wheat Flour [Vitamins (Thiamin, Folic Acid)], Water, Iodised Salt, Vegetable Oil, Yeast, Imitation Vinegar, Sesame Seeds, Nigella Seeds, Soy Flour, Mineral Salt (170), Emulsifier (481), Enzymes, Food Acid (300)), Cooked Egg, Bacon (Pork (90%), Water, Salt, Curing Premix [Mineral Salt (451, 450), Sugar, Antioxidant (316), Preservative (250)], Smoked), Cheese (Cow's Milk, Salt, Culture, Calves's Rennet), Water, Non Fat Milk Solids, Emulsifiers (E331iii, E322i), Acidity Regulators (E332, E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Preservative (E234)), Canola Spread (Vegetable Oil (Including Canola Oil 41%), Water, Salt, Emulsifiers (471, Soy Lecithin), Preservative (202), Citric Acid, Vitamins A & D, Natural Colour (Beta-Carotene), Natural Flavour.).	Y	Y	WHEAT	Y	Y	Y	N	N	N	N	N		N	Y	N	170	1500	19.0	15.4	5.9	34.3	3.9	809	100	883	11.2	9.1	3.4	20.2	2.3	476		
☑	☐	Jack's Brekky Roll	Brioche Style Bun (Wheat Flour, Water, Canola Oil, Bakers Yeast, Sugar, Wheat Gluten, Iodised Salt, Non-Fat Milk Solids, Shortening Powder (Vegetable Fat, Milk Protein, Antioxidant (307b From Soy)), Soy Flour, Preservatives (282, 202), Anti-Caking Agent (341), Colour (160a), Emulsifier (481), Wheat Malt Flour, Vitamins (Thiamin, Folic Acid)),	Y	Y	WHEAT	Y	Y	Y	N	N	N	N	N		N	T	N	242	2660	34.1	41.5	22.9	30.2	7.4	1300	100	1100	14.1	17.1	9.5	12.5	3.1	536		
☐	☐	Turkish Avocado BLT	Turkish Roll (Wheat Flour [Vitamins (Thiamin, Folic Acid)], Water, Iodised Salt, Vegetable Oil, Yeast, Imitation Vinegar, Sesame Seeds, Nigella Seeds, Soy Flour, Mineral Salt (170), Emulsifier (481), Enzymes, Food Acid (300)), Bacon (Pork (90%), Water, Salt, Curing Premix [Mineral Salt (451, 450), Sugar, Antioxidant (316), Preservative (250)], Smoked.), Avocado (100% Hass Avocado), Tomato, Lettuce, Mayonnaise (Soybean Oil, Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Tocopherol), Lemon Garlic Dressing (Canola Oil, Reconstituted Lemon Juice (39%) [Preservative (223)], Extra Virgin Olive Oil, Garlic (3.5%), Sugar, Salt, Lemon Pulp (1.5%), Acidity Regulator (330), Thickeners (1442, 415) Spices, Preservatives (202, 211), Colour (160a)), Canola Spread (Vegetable Oil (Including Canola Oil 41%), Water, Salt, Emulsifiers (471, Soy Lecithin), Preservative (202), Citric Acid, Vitamins A & D, Natural Colour (Beta-Carotene), Natural Flavour)	Y	Y	WHEAT	Y	N	Y	N	N	N	N	N		N	Y	N	197	1900	13.4	28.1	6.1	38.0	4.1	943	100	964	6.8	14.3	3.1	19.3	2.1	479		
☐	☐	Turkish Avocado Egg BLT	Turkish Roll (Wheat Flour [Vitamins (Thiamin, Folic Acid)], Water, Iodised Salt, Vegetable Oil, Yeast, Imitation Vinegar, Sesame Seeds, Nigella Seeds, Soy Flour, Mineral Salt (170), Emulsifier (481), Enzymes, Food Acid (300)), Cooked Egg, Bacon (Pork (90%), Water, Salt, Curing Premix [Mineral Salt (451, 450), Sugar, Antioxidant (316), Preservative (250)], Smoked.), Avocado (100% Hass Avocado), Tomato, Lettuce, Mayonnaise (Soybean Oil, Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Tocopherol), Lemon Garlic Dressing (Canola Oil, Reconstituted Lemon Juice (39%) [Preservative (223)], Extra Virgin Olive Oil, Garlic (3.5%), Sugar, Salt, Lemon Pulp (1.5%), Acidity Regulator (330), Thickeners (1442, 415) Spices, Preservatives (202, 211), Colour (160a)), Canola Spread (Vegetable Oil (Including Canola Oil 41%), Water, Salt, Emulsifiers (471, Soy Lecithin), Preservative (202), Citric Acid, Vitamins A & D, Natural Colour (Beta-Carotene), Natural Flavour)	Y	Y	WHEAT	Y	N	Y	N	N	N	N	N		N	Y	N	256	2250	20.8	33.9	8.0	38.5	4.6	1030	100	879	8.1	13.2	3.1	15.0	1.8	402		
☑	☐	$5 Brekky Deal Ham Cheese Toastie & Medium Coffee	"Fresh Milk, White Toast (Wheat Flour, Water, Maize Starch, Baker's Yeast, Soy Fibre, Wheat Gluten, Vinegar, Iodised Salt, Vegetable Gum (412), Soy Flour, Canola Oil, Emulsifiers (481, 472e, 471), Vitamins (Thiamin, Folate, Vitamin E, Niacin, Vitamin B6), Minerals (Iron, Zinc)), Water, Shaved Leg Ham (Shaved Leg Ham (Pork (75%), Water, Curing Mix (Salt, Sugar, Mineral Salts (450, 451), Dextrose, Antioxidant (316), Preservative (250)), Acidity Regulators (326, 325), Modified Starch (1442), Vegetable Gum (407), Natural Flavour)), Egmont Cheese (Pasteurised Cows Milk, Salt, Enzymes, Coagulating Enzyme), Coffee Extract, Canola Spread (Vegetable Oil (Including Canola Oil 41%), Water, Salt, Emulsifiers (471, Soy Lecithin), Preservative (202), Citric Acid, Vitamins A & D, Natural Colour (Beta-Carotene), Natural Flavour), Drinking Chocolate Organic Arkadia (Organic Fairtrade Raw Sugar Cane, Organic Fairtrade Cocoa Powder (26%), Organic Skim Milk Powder, Natural Flavour, Salt) "	Y	Y	WHEAT	N	Y	Y	N	N	N	N	N		N	N	N	473	2130	25.7	23.6	12.2	45.6	15.9	1020	100	450	5.4	5.0	2.6	9.6	3.4	216		
☐	☐	Avocado BLT Wrap	Cooked Egg, Wrap (Wheat Flour [(59%), Thiamine, Folic Acid], Water, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [Mineral Salts (450, 500, 341)], Food Acid (297), Iodised Salt, Mineral Salt (500), Preservative (282), Yeast), Bacon (Pork (90%), Water, Salt, Curing Premix [Mineral Salt (451, 450), Sugar, Antioxidant (316), Preservative (250)], Smoked.), Avocado (100% Hass Avocado), Tomato, Lettuce, Mayonnaise (Soybean Oil, Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Tocopherol), Lemon Garlic Dressing (Canola Oil, Reconstituted Lemon Juice (39%) [Preservative (223)], Extra Virgin Olive Oil, Garlic (3.5%), Sugar, Salt, Lemon Pulp (1.5%), Acidity Regulator (330), Thickeners (1442, 415) Spices, Preservatives (202, 211), Colour (160a))	Y	Y	WHEAT	Y	N	Y	N	N	N	N	N		N	N	N	274	2540	19.9	44.5	10.2	33.1	4.1	1150	100	927	7.3	16.2	3.7	12.1	1.5	420		
☐	☐	Bacon & Egg Muffin	English Muffin (Wheat Flour, Water, Baker's Yeast, Maize Polenta, Wheat Gluten, Vinegar, Canola Oil, Iodised Salt, Oat Fibre, Soy Flour, Raising Agent (341), Acidity Regulators (263, 262), Emulsifiers (481, 472e), Preservative (200), Sugar, Vitamins (Thiamine, Folate)), Cooked Egg, Bacon (Pork (90%), Water, Salt, Curing Premix [Mineral Salt (451, 450), Sugar, Antioxidant (316), Preservative (250)], Smoked), Cheese (Cow's Milk, Salt, Culture, Calves's Rennet), Water, Non Fat Milk Solids, Emulsifiers (E331iii, E322i), Acidity Regulators (E332, E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Preservative (E234)) Canola Spread (Vegetable Oil (Including Canola Oil 41%), Water, Salt, Emulsifiers (471, Soy Lecithin), Preservative (202), Citric Acid, Vitamins A & D, Natural Colour (Beta-Carotene), Natural Flavour)	Y	Y	WHEAT	Y	Y	Y	N	N	N	N	N		N	N	T	160	1340	18.9	13.8	5.2	28.3	2.9	776	100	839	11.8	8.7	3.3	17.7	1.8	485		
☐	☐	Sausage (contains Pork & Beef) & Egg Muffin	English Muffin (Wheat Flour, Water, Baker's Yeast, Maize Polenta, Wheat Gluten, Vinegar, Canola Oil, Iodised Salt, Oat Fibre, Soy Flour, Raising Agent (341), Acidity Regulators (263, 262), Emulsifiers (481, 472e), Preservative (200), Sugar, Vitamins (Thiamine, Folate)), Cooked Egg, Sausage (Pork, Beef, Soy Protein, Salt, Spices, Herbs, Dextrose (Wheat), Sugar, Dehydrated Vegetables, Vegetable Oil, E635, Hydrolysed Vegetable Protein (Soy)), Cheese (Cow's Milk, Salt, Culture, Calves's Rennet), Water, Non Fat Milk Solids, Emulsifiers (E331iii, E322i), Acidity Regulators (E332, E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Preservative (E234)), Canola Spread (Vegetable Oil (Including Canola Oil 41%), Water, Salt, Emulsifiers (471, Soy Lecithin), Preservative (202), Citric Acid, Vitamins A & D, Natural Colour (Beta-Carotene), Natural Flavour)	Y	Y	WHEAT	Y	Y	Y	N	N	N	N	N		N	N	N	182	1700	24.4	21.1	7.9	28.2	2.8	734	100	932	13.4	11.6	4.4	15.5	1.6	404		
☑	☑	Beef & Egg Muffin	English Muffin (Wheat Flour, Water, Baker's Yeast, Maize Polenta, Wheat Gluten, Vinegar, Canola Oil, Iodised Salt, Oat Fibre, Soy Flour, Raising Agent (341), Acidity Regulators (263, 262), Emulsifiers (481, 472e), Preservative (200), Sugar, Vitamins (Thiamine, Folate)), Cooked Egg, Beef Patty, Cheese (Cow's Milk, Salt, Culture, Calves's Rennet), Water, Non Fat Milk Solids, Emulsifiers (E331iii, E322i), Acidity Regulators (E332, E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Preservative (E234)), Canola Spread (Vegetable Oil (Including Canola Oil 41%), Water, Salt, Emulsifiers (471, Soy Lecithin), Preservative (202), Citric Acid, Vitamins A & D, Natural Colour (Beta-Carotene), Natural Flavour)	Y	Y	WHEAT	Y	Y	Y	N	N	N	N	N		N	N	N	174	1630	24.0	19.5	8.2	28.2	2.8	543	100	935	13.8	11.2	4.7	16.2	1.6	312		
☐	☐	BBQ Brekky Wrap	Tortilla Wrap: Wheat Flour [(59%), Thiamine, Folic Acid], Water, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [Mineral Salts (450, 500, 341)], Food Acid (297), Iodised Salt, Mineral Salt (500), Preservative (282) Yeast Sausage Patty: Meat 97%(Pork, Beef), Soy Protein, Salt, Spices, Herbs, Dextrose, Sugar, Dehydrated Vegetable, Vegetable Oil, Flavour Enhancer(635),Hydrolysed Vegetable Protein(Soy) Egg Cheese: Milk, Cream or Butter, Milk Solids Non Fat, Food Acid (270, 331), Salt, Mineral Salt (339), Colour (160b), Preservative (200), Spice, Starter Culture, Enzymes BBQ Sauce: Concentrated Tomatoes, Apple Puree, Sugar, Maize Thickener (1414), Salt, Food Acids (260, 330), Colour (150c), Natural Flavours, Spice Eye Bacon: Pork(90%), Water, Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Sodium Nitrite, Natural Wood Smoke	Y	Y	WHEAT	Y	Y	Y	N	N	N	N	N		N	N	T	210	2000	26.5	24.9	10.6	35.4	8.8	1150	100	952	12.6	11.9	5.0	16.9	4.2	548		
☐	☐	BBQ Big Brekky Wrap	Tortilla Wrap: Wheat Flour [(59%), Thiamine, Folic Acid], Water, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [Mineral Salts (450, 500, 341)], Food Acid (297), Iodised Salt, Mineral Salt (500), Preservative (282) Yeast Cheese: Milk, Cream or Butter, Milk Solids Non Fat, Food Acid (270, 331), Salt, Mineral Salt (339), Colour (160b), Preservative (200), Spice, Starter Culture, Enzymes BBQ Sauce: Concentrated Tomatoes, Apple Puree, Sugar, Maize Thickener (1414), Salt, Food Acids (260, 330), Colour (150c), Natural Flavours, Spice Eye Bacon: Pork (87%), Water, Salt, Dextrose, Sucrose, Mineral Salts (450, 451, 452), Antioxidant (316), Sodium Nitrite (250) Hash Brown: Potato, Vegetable Oil, Salt, Disodium Dihydrogen Pyrophosohate, Dextrose Sausage Patty: Meat 97%(Pork, Beef), Soy Protein, Salt, Spices, Herbs, Dextrose, Sugar, Dehydrated Vegetable, Vegetable Oil, Flavour Enhancer(635),Hydrolysed Vegetable Protein(Soy)	Y	Y	WHEAT	Y	Y	Y	N	N	N	N	N		N	N	T	268	2680	27.9	35.9	11.9	50.5	9.1	1390	100	1000	10.4	13.4	4.4	18.8	3.4	519		
☐	☑	Hash Brown (1 Piece)	Potato, Vegetable Oil, Salt, Emulsifier(339), Dextrose		N		N	N	t	N	N	N	N	N		N	N	T	58	680	1.4	11.0	1.2	15.1	0.3	243	100	1172	2.4	19.0	2.1	26.0	0.5	419		
☐	☑	Cheese Toastie	White Toast (Wheat Flour, Water, Maize Starch, Baker's Yeast, Soy Fibre, Wheat Gluten, Vinegar, Iodised Salt, Vegetable Gum (412), Soy Flour, Canola Oil, Emulsifiers (481, 472e, 471), Vitamins (Thiamin, Folate, Vitamin E, Niacin, Vitamin B6), Minerals (Iron, Zinc)), Egmont Cheese (Pasteurised Cows Milk, Salt, Enzymes, Coagulating Enzyme), Canola Spread (Vegetable Oil (Including Canola Oil 41%), Water, Salt, Emulsifiers (471, Soy Lecithin), Preservative (202), Citric Acid, Vitamins A & D, Natural Colour (Beta-Carotene), Natural Flavour)	Y	Y	WHEAT	N	Y	Y	N	N	N	N	N		N	N	N	111	1280	11.9	13.0	5.8	32.5	2.7	511	100	1153	10.7	11.7	5.2	29.3	2.4	460		
☐	☐	Ham & Cheese Toastie	White Toast: Wheat Flour, Water, Maize Starch, Baker's Yeast, Soy Fibre, Wheat Gluten, Vinegar, Iodised Salt, Vegetable Gum (412), Soy Flour, Canola Oil, Emulsifiers(481,472e,471), Vitamins (Thiamin, Folate, Vitamin E, Niacin, Vitamin B6), Minerals (Iron, Zinc). Sliced Shaved Leg Ham: (Pork 74%, Water, Salt, Food acid (325), Corn Dextrose, Sucrose, Mineral Salts (450,451, 452), Antioxidant (316), Sodium Nitrate (250) Egmont Cheese: (Pasteurised Cows Milk, Salt, Enzymes, Coagulating Enzyme) Canola Spread: (Vegetable Oil (Including Canola Oil 41%, Water, Salt, Emulsifiers (471, Soy Lecithin), Preservative (202), Citric Acid, Vitamins A & D, Natural Colour (Beta Carotene), Natural Flavour	Y	Y	WHEAT	N	Y	Y	N	N	N	N	N		N	N	N	142	1400	16.6	14.2	6.1	32.5	3.0	881	100	986	11.7	10.0	4.3	22.9	2.1	620		
☐	☐	Ham, Cheese, Tomato Toastie	White Toast: Wheat Flour, Water, Maize Starch, Baker's Yeast, Soy Fibre, Wheat Gluten, Vinegar, Iodised Salt, Vegetable Gum (412), Soy Flour, Canola Oil, Emulsifiers(481,472e,471), Vitamins (Thiamin, Folate, Vitamin E, Niacin, Vitamin B6), Minerals (Iron, Zinc). Sliced Shaved Leg Ham: (Pork 74%, Water, Salt, Food acid (325), Corn Dextrose, Sucrose, Mineral Salts (450,451, 452), Antioxidant (316), Sodium Nitrate (250) Tomato Egmont Cheese: (Pasteurised Cows Milk, Salt, Enzymes, Coagulating Enzyme) Canola Spread: (Vegetable Oil (Including Canola Oil 41%, Water, Salt, Emulsifiers (471, Soy Lecithin), Preservative (202), Citric Acid, Vitamins A & D, Natural Colour (Beta Carotene), Natural Flavour	Y	Y	WHEAT	N	Y	Y	N	N	N	N	N		N	N	N	170	1420	16.8	14.1	6.1	32.9	3.5	878	100	835	9.9	8.3	3.6	19.4	2.1	516		
☐	☑	Pancakes (Maple flavoured syrup & Butter	Pancakes: Water, Wheat Flour, Sugar, Canola Oil, Milk Solids, Acidity Regulator (575), Egg Powder, Wheat Starch, Raising Agent (500), Salt, Preservative (202, 234), Emulsifier (471), Natural Flavour, Vitamins (Thiamin, Folate) Pancake Syrup: Fructose, Water, Sugar, Salt, Flavour (150d), Vegetable Gum (466), Preservative (202), Natural Maple Flavour, Citric Acid Whipped Butter: Butter, Water, Canola Oil, Salt, Preservative (202), Vitamins A & D	Y	Y	WHEAT	Y	Y	Y	N	N	N	N	N		N	T	N	159	1700	6.3	14.2	4.6	61.6	22.5	403	100	1069	4.0	8.9	2.9	38.7	14.2	253		