

BANANA BREAD

Bananas, egg, sugar, butter, flour, bi carb, baking powder, vanilla essence, milk, passionfruit, lemon juice

GRANOLA/MUESLI BAR

Toasted oats, dates, sultanas, cranberries, coconut oil, coconut, pepitas, organic brown rice malt syrup (sugar and nut free)

CHICKEN STRIPS

Chicken breast fillet, crumbs (bread, flour, egg, milk), masterfoods tomato sauce, iceberg lettuce

SANDWICHES – All Hi Fibre/Low GI/no preservatives bread, unsalted butter**CURRIED EGG & LETTUCE SANDWICH**

Keens curry powder, boiled egg, mayonnaise

HAM & CHEESE SANDWICH

Processed lean ham, tasty cheese

TURKEY SANDWICH

Processed turkey breast, cranberry, avocado

TUNA SANDWICH

Tuna, vegetable oil, water, salt, soya, iceberg lettuce, tasty cheese

HOT LAMB MEATBALLS

Lean lamb mince, salt and pepper, canned tomato agent (509), food acid (330), parmesan cheese

TASTY CHEESE

Pasteurised milk, salt, rennet (non animal) culture, anticaking agent

FRUIT TOAST

Water, white flour, salt, currants, sultanas, orange peel, apricots, figs, mixed spice, culture of sourdough

LEMON DRESSING

Vegetable oil, lemon juice

BAKED POTATO

Desiree potato, cheddar, cocktail frank, avocado

COCKTAIL FRANKS

Gluten free, 74% meat, water, potato starch, salt, modified starch (1442), soya protein concentrate, stabilisers (450, 452)

YOGHURT

2wirl infused smooth yoghurt, wildberry mango

Milk, milk solids, sucrose, thickener (1442, 1446, 1440), live cultures, acidophilus, bifidus, casei
Mango, raspberry, strawberry, blackberry, water, acidity regulator (330, 332)

POPCORN

Popcorn, vegetable oil, salt

WHOLEKIDS ORGANIC FROOSHIE

45% Banana, 37% strawberry, 8% apple

HUMMUS

Chickpeas, olive oil, tahini paste, cumin, lemon juice

ALLERGY ADVICE: Contains sesame seeds, may contain milk and tree nuts

CRANBERRY SAUCE

34% cranberry, sugar, water

HAM/PORK

75% water, curing mix (450,451), dextrose (corn), sodium nitrate, food acids, salt, no added MSG/artificial flavours, gluten free

TURKEY

80% turkey, water, salt, starch (tapioca, potato), rice flour, vegetable gum (407a), mineral salts (451, 508, 450), hydrolysed maize protein, preservatives (223), gluten free

Rice Paper Roll

Rice paper, rice noodles, carrot, cucumber, poached chicken breast, light soy dipping sauce, hoisin sauce

**DARLING
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ESPRESSO**