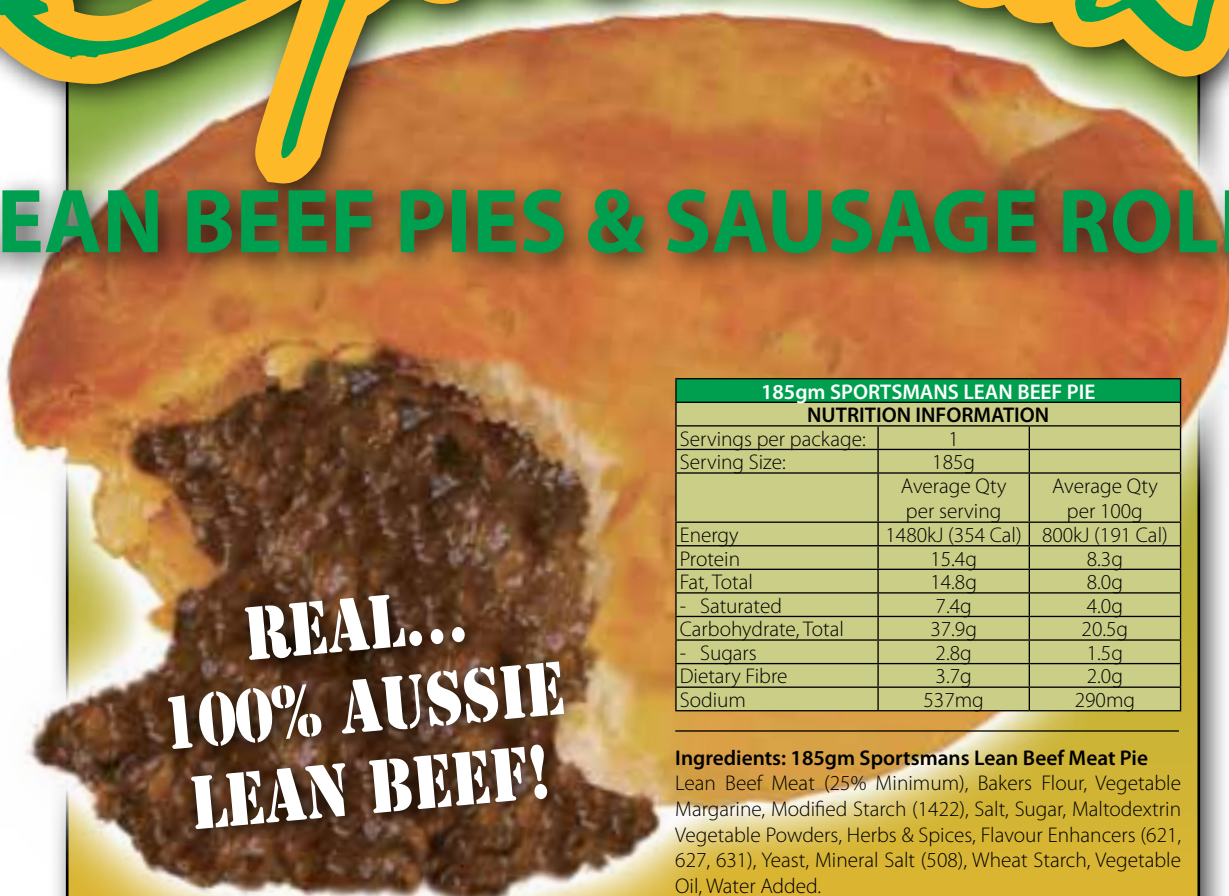




# Sportsmans<sup>TM</sup>

## LEAN BEEF PIES & SAUSAGE ROLLS



**REAL...  
100% AUSSIE  
LEAN BEEF!**

### 185gm SPORTSMANS LEAN BEEF PIE

#### NUTRITION INFORMATION

Servings per package:	1	
Serving Size:	185g	
	Average Qty per serving	Average Qty per 100g
Energy	1480kJ (354 Cal)	800kJ (191 Cal)
Protein	15.4g	8.3g
Fat, Total	14.8g	8.0g
- Saturated	7.4g	4.0g
Carbohydrate, Total	37.9g	20.5g
- Sugars	2.8g	1.5g
Dietary Fibre	3.7g	2.0g
Sodium	537mg	290mg

#### Ingredients: 185gm Sportsmans Lean Beef Meat Pie

Lean Beef Meat (25% Minimum), Bakers Flour, Vegetable Margarine, Modified Starch (1422), Salt, Sugar, Maltodextrin Vegetable Powders, Herbs & Spices, Flavour Enhancers (621, 627, 631), Yeast, Mineral Salt (508), Wheat Starch, Vegetable Oil, Water Added.

**GMO STATUS:** To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

**ALLERGENS:** Cereals containing gluten and their products  
Peanuts, Soybeans and their products  
Milk and Milk Products  
Contains Preservatives

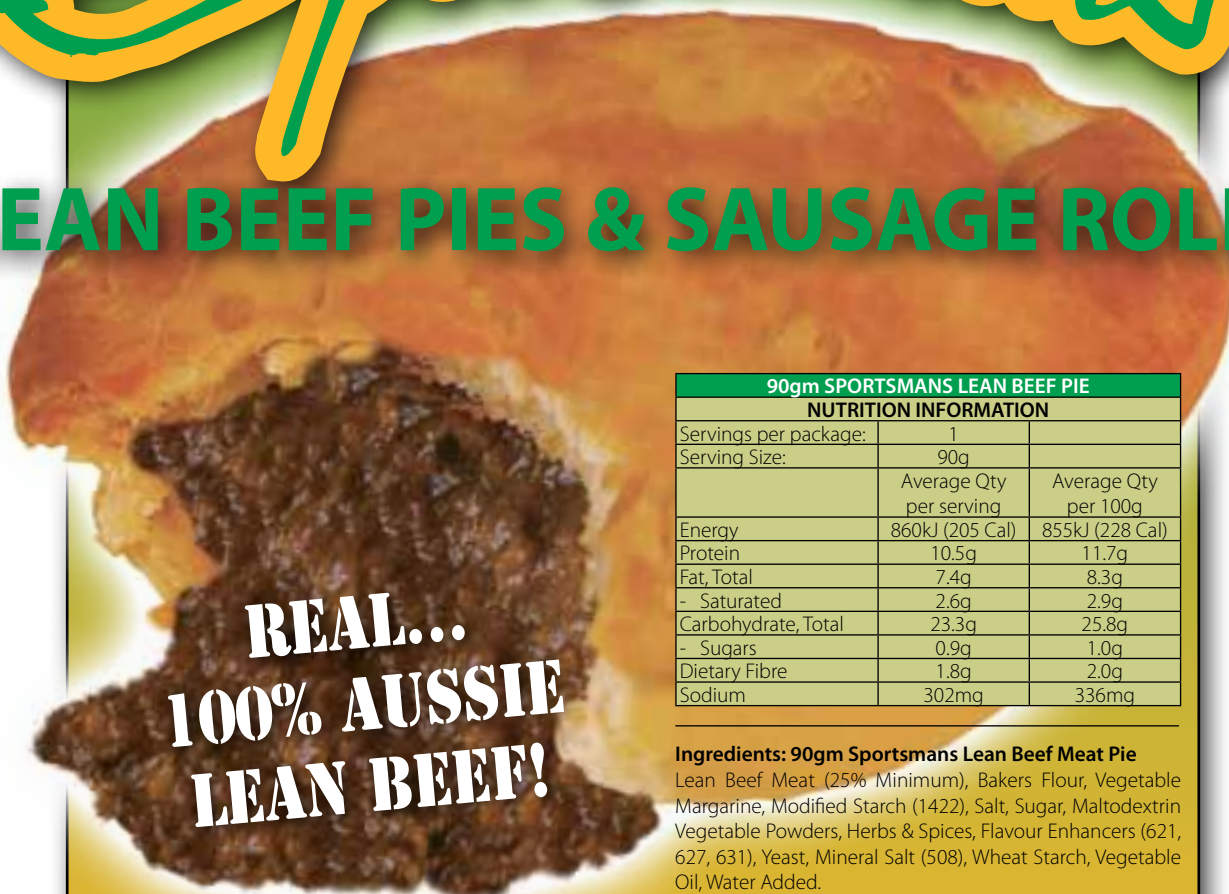


This Data is provided in the belief that it is accurate as at the date of this specification to the best of the supplier's knowledge and belief. There is no warranty or guarantee to the accuracy or completeness of the data in this specification. Nutrition data has been calculated in accordance with FZANZ guidelines using raw ingredient information provided by suppliers. Nutrition data is indicative and provided as a guide only.



# Sportsmans<sup>TM</sup>

## LEAN BEEF PIES & SAUSAGE ROLLS



**REAL...  
100% AUSSIE  
LEAN BEEF!**

### 90gm SPORTSMANS LEAN BEEF PIE

#### NUTRITION INFORMATION

Servings per package:	1	
Serving Size:	90g	
	Average Qty per serving	Average Qty per 100g
Energy	860kJ (205 Cal)	855kJ (228 Cal)
Protein	10.5g	11.7g
Fat, Total	7.4g	8.3g
- Saturated	2.6g	2.9g
Carbohydrate, Total	23.3g	25.8g
- Sugars	0.9g	1.0g
Dietary Fibre	1.8g	2.0g
Sodium	302mg	336mg

#### Ingredients: 90gm Sportsmans Lean Beef Meat Pie

Lean Beef Meat (25% Minimum), Bakers Flour, Vegetable Margarine, Modified Starch (1422), Salt, Sugar, Maltodextrin Vegetable Powders, Herbs & Spices, Flavour Enhancers (621, 627, 631), Yeast, Mineral Salt (508), Wheat Starch, Vegetable Oil, Water Added.

**GMO STATUS:** To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

**ALLERGENS:** Cereals containing gluten and their products  
Peanuts, Soybeans and their products  
Milk and Milk Products  
Contains Preservatives



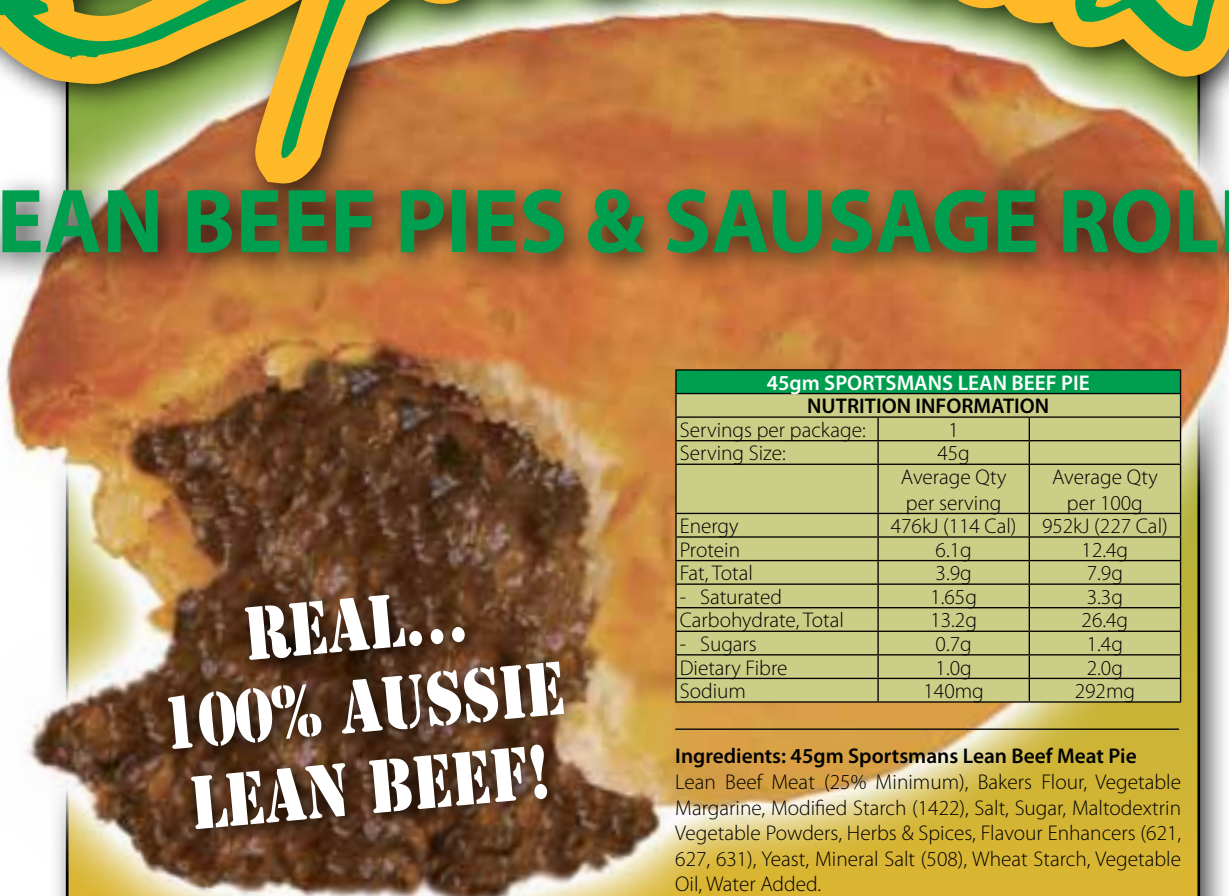
This Data is provided in the belief that it is accurate as at the date of this specification to the best of the supplier's knowledge and belief. There is no warranty or guarantee to the accuracy or completeness of the data in this specification. Nutrition data has been calculated in accordance with FZANZ guidelines using raw ingredient information provided by suppliers. Nutrition data is indicative and provided as a guide only.





# Sportsmans<sup>TM</sup>

## LEAN BEEF PIES & SAUSAGE ROLLS



**REAL...  
100% AUSSIE  
LEAN BEEF!**

### 45gm SPORTSMANS LEAN BEEF PIE

#### NUTRITION INFORMATION

Servings per package:	1	
Serving Size:	45g	
	Average Qty per serving	Average Qty per 100g
Energy	476kJ (114 Cal)	952kJ (227 Cal)
Protein	6.1g	12.4g
Fat, Total	3.9g	7.9g
- Saturated	1.65g	3.3g
Carbohydrate, Total	13.2g	26.4g
- Sugars	0.7g	1.4g
Dietary Fibre	1.0g	2.0g
Sodium	140mg	292mg

### Ingredients: 45gm Sportsmans Lean Beef Meat Pie

Lean Beef Meat (25% Minimum), Bakers Flour, Vegetable Margarine, Modified Starch (1422), Salt, Sugar, Maltodextrin Vegetable Powders, Herbs & Spices, Flavour Enhancers (621, 627, 631), Yeast, Mineral Salt (508), Wheat Starch, Vegetable Oil, Water Added.

**GMO STATUS:** To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

**ALLERGENS:** Cereals containing gluten and their products  
Peanuts, Soybeans and their products  
Milk and Milk Products  
Contains Preservatives



This Data is provided in the belief that it is accurate as at the date of this specification to the best of the supplier's knowledge and belief. There is no warranty or guarantee to the accuracy or completeness of the data in this specification. Nutrition data has been calculated in accordance with FZANZ guidelines using raw ingredient information provided by suppliers. Nutrition data is indicative and provided as a guide only.



# Sportsmans<sup>TM</sup>

## LEAN BEEF PIES & SAUSAGE ROLLS



**SALT & FAT  
REDUCED!**

### 110gm SPORTSMANS LEAN SAUSAGE ROLL

#### NUTRITION INFORMATION

Servings per package:	1	
Serving Size:	110g	
	Average Qty per serving	Average Qty per 100g
Energy	1097.8kJ (263 Cal)	998kJ (239 Cal)
Protein	10.78g	9.8g
Fat, Total	7.37g	6.7g
- Saturated	2.86g	2.6g
Carbohydrate, Total	37.73g	34.3g
- Sugars	3.63g	3.3g
Dietary Fibre	2.2g	2.0g
Sodium	297mg	270mg

#### Ingredients : 110gm Sportsmans Lean Sausage Roll

Wheat Flour, Water, Meat, Animal Fat, Vegetable Oil, Wheat Bran, Yeast, Salt, Onion Flakes, Rice Flour, Gluten, Mineral Salt (451, 508, 450), Sugar, Flavour, Hydrolysed Vegetable Protein, Vegetable Powder, Herbs, Spices, Wheat Starch, Milk Solids, Emulsifiers (471, Soyabean Lecithin), Colours (102, 124), Antioxidant (320), Vitamin (Thiamin), Preservative (280, 260, 221), Flavour Enhancer (621, 635, 627, 631).

**GMO STATUS:** To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

**ALLERGENS:** Cereals containing gluten and their products  
Peanuts, Soybeans and their products  
Milk and Milk Products  
Contains Preservatives



This Data is provided in the belief that it is accurate as at the date of this specification to the best of the supplier's knowledge and belief. There is no warranty or guarantee to the accuracy or completeness of the data in this specification. Nutrition data has been calculated in accordance with FZANZ guidelines using raw ingredient information provided by suppliers. Nutrition data is indicative and provided as a guide only.





# ADVENTURER



**LIFE'S  
OUT THERE...  
GO GET IT!**

180gm ADVENTURER LEAN BEEF MEAT PIE		
NUTRITION INFORMATION		
Servings per package:	1	
Serving Size:	180g	
	Average Qty per serving	Average Qty per 100g
Energy	1440kJ (354 Cal)	800kJ (191 Cal)
Protein	14.9g	8.3g
Fat, Total	14.4g	8.0g
- Saturated	7.2g	4.0g
Carbohydrate, Total	36.9g	20.5g
- Sugars	2.7g	1.5g
Dietary Fibre	2.2g	1.2g
Sodium	522mg	290mg

**Ingredients: 180gm Adventurer Lean Beef Meat Pie**

Lean Beef Mince (25% Minimum), Wheat Flour, Water, Vegetable Margarine, Thickener (1422, Maize Starch, Salt, Sugar, Maltodextrin, Vegetable Powder, Herbs, Spices, Flavour Enhancers (621, 627, 635), Yeast Extract, Mineral Salt (508), Wheat Starch, Vegetable Oil.

**GMO STATUS:** To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

**ALLERGENS:** Cereals containing gluten and their products  
Peanuts, Soybeans and their products  
Milk and Milk Products  
Contains Preservatives

This Data is provided in the belief that it is accurate as at the date of this specification to the best of the supplier's knowledge and belief. There is no warranty or guarantee to the accuracy or completeness of the data in this specification, Nutrition data has been calculated in accordance with FZANZ guidelines using raw ingredient information provided by suppliers. Nutrition data is indicative and provided as a guide only.



# ADVENTURER

THE ADDED  
GOODNESS OF  
**9** GRAINS!



180gm ADVENTURER 9G LEAN BEEF MEAT PIE		
NUTRITION INFORMATION		
Servings per package:	1	
Serving Size:	180g	
	Average Qty per serving	Average Qty per 100g
Energy	1440kJ (354 Cal)	800kJ (191 Cal)
Protein	14.9g	8.3g
Fat, Total	14.4g	8.0g
- Saturated	7.2g	4.0g
Carbohydrate, Total	36.9	20.5g
- Sugars	2.7g	1.5g
Dietary Fibre	2.4g	1.3g
Sodium	522mg	290mg

**Ingredients: 180gm Adventurer 9G Lean Beef Meat Pie**  
Lean Beef Mince (25% Minimum), Wheat Flour, Water, Mixed Grain, Vegetable Margarine, Thickener (1422, Maize Starch, Salt, Sugar, Maltodextrin, Vegetable Powder, Herbs, Spices, Flavour Enhancers (621, 627, 635), Yeast Extract, Mineral Salt (508), Wheat Starch, Vegetable Oil.

**FUEL UP FOR  
YOUR NEXT  
ADVENTURE!**

**GMO STATUS:** To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

**ALLERGENS:** Cereals containing gluten and their products  
Peanuts, Soybeans and their products  
Milk and Milk Products  
Contains Preservatives

This Data is provided in the belief that it is accurate as at the date of this specification to the best of the supplier's knowledge and belief. There is no warranty or guarantee to the accuracy or completeness of the data in this specification, Nutrition data has been calculated in accordance with FZANZ guidelines using raw ingredient information provided by suppliers. Nutrition data is indicative and provided as a guide only.





THE FRESH TASTE OF  
CHICKEN & VEGETABLE...  
IS REALLY SOMETHING  
TO CROW ABOUT!

# "COUNTRY CHICKEN"<sup>TM</sup> & VEGETABLE



## 185gm COUNTRY CHICKEN & VEGETABLE PIE NUTRITION INFORMATION

Servings per package:	1	
Serving Size:	185g	
	Average Qty per serving	Average Qty per 100g
Energy	1370kJ (328 Cal)	741kJ (177 Cal)
Protein	13.3g	7.2g
Fat, Total	13.8g	7.5g
- Saturated	6.1g	3.3g
Carbohydrate, Total	36.2g	19.6g
- Sugars	1.6g	0.8g
Dietary Fibre	3.7g	2.0g
Sodium	622mg	336mg

### Ingredients: 185gm Country Chicken & Vegetable Pie

Wheat Flour, Water, Chicken (19.6%), Vegetables (16.3%) [Carrots, Swede, Peas, Broccoli, Beans, Corn], Margarine [Animal Fats & Oils, Water, Salt, Emulsifiers (471, Soyabean Lecithin), Antioxidant (320), Flavour], Modified Starch (1422), Oats, Sesame Seeds, Salt, Milk Powder, Chicken Meat Powder, Vitamin (Thiamin), Yeast Extract, Raising Agent (920), Preservative (223), Pepper, Sugar, Mineral Salt (450), Colours (100, 107, 124, 150), Mixed Herbs, Flavour Enhancers (621,635).

**GMO STATUS:** To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

**ALLERGENS:** Cereals containing gluten and their products  
Peanuts, Soybeans and their products  
Milk and Milk Products  
Contains Preservatives



This Data is provided in the belief that it is accurate as at the date of this specification to the best of the supplier's knowledge and belief. There is no warranty or guarantee to the accuracy or completeness of the data in this specification. Nutrition data has been calculated in accordance with FZANZ guidelines using raw ingredient information provided by suppliers. Nutrition data is indicative and provided as a guide only.

*bacon  
+  
cheese*



# B'n C bun

*gets your taste buds jumping!*



## 100gm BNC (BACON & CHEESE) BUN

### NUTRITION INFORMATION

Servings per package:	1	
Serving Size:	100g	
	Average Qty per serving	Average Qty per 100g
Energy	1150kJ (275 Cal)	1150kJ (275 Cal)
Protein	10.5g	10.5g
Fat, Total	8.2g	8.2g
- Saturated	3.8g	3.8g
Carbohydrate	38.2g	38.2g
- Sugars	1.1g	1.1g
Dietary Fibre	2.16g	2.16g
Sodium	515mg	515mg

### Ingredients: 100gm BNC (Bacon & Cheese) Bun

Wheat Flour, Water, Cheese (11.5%), Bacon (10%) [Pork (96%), Water, Potato Starch, Salt, Sugar, Mineral Salt (450, 451, 452), Antioxidant (310), Sodium Nitrite (250), Flavour Enhancer (635)], Yeast, Vegetable Fats & Oils, Sugar, Soy Flour, Emulsifiers (322, 471, 472e), Wheat Starch, Firming Agent (516), Malted Wheat Flour, Raising Agents (170, 920), Enzyme (1100), Antioxidant (300), Vitamin (Thiamin), Food Acid (260, 262), Vinegar.

**GMO STATUS:** To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

**ALLERGENS:** Cereals containing gluten and their products  
Peanuts, Soybeans and their products  
Milk and Milk Products  
Contains Preservatives



This Data is provided in the belief that it is accurate as at the date of this specification to the best of the supplier's knowledge and belief. There is no warranty or guarantee to the accuracy or completeness of the data in this specification. Nutrition data has been calculated in accordance with FZANZ guidelines using raw ingredient information provided by suppliers. Nutrition data is indicative and provided as a guide only.





# HAWAIIAN ROLL



**THE BIG  
HAWAIIAN  
HAS ARRIVED!**



## 100gm HAM, CHEESE & PINEAPPLE ROLL

### NUTRITION INFORMATION

Servings per package:	1	
Serving Size:	100g	
	Average Qty per serving	Average Qty per 100g
Energy	1060kJ (254 Cal)	1060kJ (254 Cal)
Protein	10.0g	10.0g
Fat, Total	5.9g	5.9g
- Saturated	3.4g	3.4g
Carbohydrate	38.6g	38.6g
- Sugars	1.6g	1.6g
Dietary Fibre	2.2g	2.2g
Sodium	429mg	429mg

### Ingredients: 100gm Ham, Cheese & Pineapple Roll

Wheat Flour, Water, Cheese (9.5%), Pineapple (7.5%), Ham (7.5%) [Pork (86%), Water, Potato Starch, Salt, Sugar, Mineral Salt (450, 451, 452), Antioxidant (310), Sodium Nitrate (250), Flavour Enhancer (635)], Yeast, Vegetable Fats & Oils, Sugar, Soy Flour, Emulsifiers (322, 471, 472e), Wheat Starch, Firming Agent (516), Mixed Wheat Flour, Raising Agents (170, 920), Enzyme (1100), Antioxidants (300), Vitamin (Thiamin), Food Acid (260, 262), Vinegar.

**GMO STATUS:** To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

**ALLERGENS:** Cereals containing gluten and their products  
Peanuts, Soybeans and their products  
Milk and Milk Products  
Contains Preservatives

This Data is provided in the belief that it is accurate as at the date of this specification to the best of the supplier's knowledge and belief. There is no warranty or guarantee to the accuracy or completeness of the data in this specification, Nutrition data has been calculated in accordance with FZANZ guidelines using raw ingredient information provided by suppliers. Nutrition data is indicative and provided as a guide only.

# Muffin Delite

## Hi Fibre!



75gm CHOC-LITE HI-FIBRE MUFFIN		
NUTRITION INFORMATION		
Servings per package:	1	
Serving Size:	75g	
	Average Qty per serving	Average Qty per 100g
Energy	753kJ (180 Cal)	1000kJ (240 Cal)
Protein	3.8g	5.1g
Fat, Total	9.3g	12.4g
- Saturated	1.7g	2.3g
Carbohydrate, Total	18.2g	24.2g
- Sugars	9.7g	12.9g
Dietary Fibre	3.2g	4.3g
Sodium	165mg	220mg

#### Ingredients: 75gm Choc -Lite Muffin

Wheat Flour, Water, Egg, Vegetable Oil (Canola), Cocoa Powder (5%), Modified Starch (1422), Inulin, Raising Agents (500, 541, 341), Non-fat Milk Solids, Spice, Emulsifiers (475, 433), Vegetable Gum (412), Salt.

**GMO STATUS:** To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

**ALLERGENS:** Cereals containing gluten and their products  
Peanuts, Soybeans and their products  
Milk and Milk Products  
Contains Preservatives



This Data is provided in the belief that it is accurate as at the date of this specification to the best of the supplier's knowledge and belief. There is no warranty or guarantee to the accuracy or completeness of the data in this specification. Nutrition data has been calculated in accordance with FZANZ guidelines using raw ingredient information provided by suppliers. Nutrition data is indicative and provided as a guide only.



# Muffin Delite

## Hi Fibre!



### 75gm APPLE & CINNAMON HI-FIBRE MUFFIN

#### NUTRITION INFORMATION

Servings per package:	1	
Serving Size:	75g	
	Average Qty per serving	Average Qty per 100g
Energy	702kJ (168 Cal)	935kJ (223 Cal)
Protein	3.0g	4.0g
Fat, Total	8.6g	11.5g
- Saturated	1.4g	1.8g
Carbohydrate, Total	17.6g	23.5g
- Sugars	10.1g	13.4g
Dietary Fibre	3.1g	4.1g
Sodium	152mg	203mg

#### Ingredients: 75gm Apple & Cinnamon Muffin

Wheat Flour, Water, Egg, Vegetable Oil (Canola), Apple (7%), Modified Starch (1422), Inulin, Raising Agents (500, 541, 341), Non-fat Milk Solids, Spice, Emulsifiers (475, 433), Vegetable Gum (412), Cinnamon (0.5%), Salt.

**GMO STATUS:** To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

**ALLERGENS:** Cereals containing gluten and their products  
Peanuts, Soybeans and their products  
Milk and Milk Products  
Contains Preservatives



This Data is provided in the belief that it is accurate as at the date of this specification to the best of the supplier's knowledge and belief. There is no warranty or guarantee to the accuracy or completeness of the data in this specification. Nutrition data has been calculated in accordance with FZANZ guidelines using raw ingredient information provided by suppliers. Nutrition data is indicative and provided as a guide only.

# Muffin Delite

## Hi Fibre!



### 75gm BLUEBERRY HI-FIBRE MUFFIN

#### NUTRITION INFORMATION

Servings per package:	1	
Serving Size:	75g	
	Average Qty per serving	Average Qty per 100g
Energy	694kJ (166 Cal)	926kJ (221 Cal)
Protein	2.9g	3.9g
Fat, Total	8.3g	11.1g
- Saturated	1.3g	1.8g
Carbohydrate, Total	18.0g	24.1g
- Sugars	10.5g	14.0g
Dietary Fibre	3.1g	4.1g
Sodium	146mg	195mg

#### Ingredients: 75gm Blueberry Muffin

Wheat Flour, Water, Egg, Vegetable Oil (Canola), Blueberries (7%), Blueberry Filling (4.5%) [Blueberries, Sugar, Currants, Glucose, Thickener (1422), Food Acid (260), Salt, Preservative (202), Flavouring, Colour (133), Water] Modified Starch (1422), Inulin, Raising Agents (500, 541, 341), Non-fat Milk Solids, Spice, Emulsifiers (475, 433), Vegetable Gum (412).

**GMO STATUS:** To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

**ALLERGENS:** Cereals containing gluten and their products  
Peanuts, Soybeans and their products  
Milk and Milk Products  
Contains Preservatives



This Data is provided in the belief that it is accurate as at the date of this specification to the best of the supplier's knowledge and belief. There is no warranty or guarantee to the accuracy or completeness of the data in this specification. Nutrition data has been calculated in accordance with FZANZ guidelines using raw ingredient information provided by suppliers. Nutrition data is indicative and provided as a guide only.





A tasty  
treat  
at recess!

80gm Fun Bun		
NUTRITION INFORMATION		
Servings per package:	1	
Serving Size:	80g	
	Average Qty per serving	Average Qty per 100g
Energy	1100kJ (283 Cal)	1380kJ (329 Cal)
Protein	5.3g	6.6g
Fat, Total	8.8g	11.0g
- Saturated	3.2g	3.9g
Carbohydrate	39.6g	49.5g
- Sugars	11.1g	13.5g
Dietary Fibre	1.8g	2.2g
Sodium	314mg	393mg

#### Ingredients: 80gm Fun Bun

Wheat Flour, Water, Icing:[Sugar, Animal Fats, Vegetable Oils, Emulsifiers (471, 477, Soyabean Lecithin), Flavour, Antioxidant (310), Colour (122, 124, 150a, 160a), Water, Ethanol], Vegetable Oil (Canola), Sugar, Yeast, Coconut, Salt, Soy Flour, Emulsifiers (471, 472c), Wheat Starch, Firming Agent (516), Malted Wheat Flour, Raising Agents (170, 920), Enzyme (Amylase), Imitation Flavours, Antioxidant (300), Gluten, Vitamin (Thiamine).

**GMO STATUS:** To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

**ALLERGENS:** Cereals containing gluten and their products  
Peanuts, Soybeans and their products  
Milk and Milk Products  
Contains Preservatives



This Data is provided in the belief that it is accurate as at the date of this specification to the best of the supplier's knowledge and belief. There is no warranty or guarantee to the accuracy or completeness of the data in this specification. Nutrition data has been calculated in accordance with FZANZ guidelines using raw ingredient information provided by suppliers. Nutrition data is indicative and provided as a guide only.



A tasty  
treat  
at recess!

#### 80gm Cinnabun (Cinnamon Fun Bun)

##### NUTRITION INFORMATION

Servings per package:	1	
Serving Size:	80g	
	Average Qty per serving	Average Qty per 100g
Energy	1100kJ (283 Cal)	1380kJ (329 Cal)
Protein	5.3g	6.6g
Fat, Total	8.8g	11.0g
- Saturated	3.2g	3.9g
Carbohydrate	39.6g	49.5g
- Sugars	11.1g	13.5g
Dietary Fibre	1.8g	2.2g
Sodium	314mg	393mg

#### Ingredients: 80gm Cinnabun (Cinnamon Fun Bun)

Wheat Flour, Water, Icing:[Sugar, Animal Fats, Vegetable Oils, Emulsifiers (471, 477, Soyabean Lecithin), Flavour, Antioxidant (310), Colour (122, 124, 150a, 160a), Water, Ethanol], Vegetable Oil (Canola), Sugar, Yeast, Coconut, Cinnamon, Salt, Soy Flour, Emulsifiers (471, 472c), Wheat Starch, Firming Agent (516), Malted Wheat Flour, Raising Agents (170, 920), Enzyme (Amylase), Imitation Flavours, Antioxidant (300), Gluten, Vitamin (Thiamine).

**GMO STATUS:** To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

**ALLERGENS:** Cereals containing gluten and their products  
Peanuts, Soybeans and their products  
Milk and Milk Products  
Contains Preservatives



This Data is provided in the belief that it is accurate as at the date of this specification to the best of the supplier's knowledge and belief. There is no warranty or guarantee to the accuracy or completeness of the data in this specification. Nutrition data has been calculated in accordance with FZANZ guidelines using raw ingredient information provided by suppliers. Nutrition data is indicative and provided as a guide only.