



*Sprud*BAR

**PRODUCT  
INFORMATION  
GUIDE (PIG)**



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### Spudbar Allergen Table

Product	Brand	Bacon	Crustacean	Egg	Fish	Milk	Nuts	Peas/soy	Seeds	Tree Nuts	Sesame seeds	Onion	Garlic
<b>HOT TOPPINGS</b>													
Bolognese	Raw Materials			T		T						YES	YES
Chili Bean Mix	Spudbar												
Puffed Pork	Raw Materials											YES	YES
Chicken Tenders	Bayview											YES	YES
Napoli Sauce	CFS					YES	T	T	T	T		YES	YES
Veggie Nuggets	Bayview					YES						YES	YES
Moroccan Chickpea & Kale	Raw Materials											YES	YES
<b>FRIDGE TOPPINGS</b>													
Avocado	Wholly Guacamole												
Bacon	Hans												
Black Sesame Seeds	CFS										YES		
Beetroots	Golden Circle												
Butter	Western Star					YES							
Casuar Dressing	Wombat Valley			YES		YES							
Cheese - Egmont	SpudBAR					YES							
Chicken	Bite me fine foods												
Chipotle Mayo	FX Foods			YES		Made on same equipment as milk and fish products							
Corn chips	Mission					T							
Corn	John Bull												
Crushed tomato	Leggon												
Edemame Beans	CFS							YES					
Free Range Egg	Raw Materials			YES									
Feta	Lemnos					YES							
Garlic	CFS												YES
Herb Mayo	Wombat			YES									
Hummus	Wombat									YES			YES
Jalapenos	Rosemary												
Jalapeno Mayo	Wombat Valley			YES									
Mayonnaise	Wombat Valley			YES									
Peas	Watties												
Pineapple	Kobeski												
Quinoa grains	McKenzies												
Salsa	Wombat Valley											YES	YES
Seaweed salad	CFS							YES		YES			
Vegan Mayo	FX Foods												
Vegetarian Sour Cream	Bulla					YES							
Tuna in Brine	Selenia				YES								
Yogurt	Bulla					YES							
Cold Smoked Salmon	Kalls Brothers				YES								
Sriracha Sauce	A&T												YES
Port Mahon Mayonnaise	FoodFX			YES									
<b>DESSERT</b>													
Brownies	Chef Marco			YES		YES	T	YES	T				

Cross contamination may occur in store  
 Correct as of 16/11/2019  
 Allergens may differ with different brands

No	
Yes	YES
Traces	T



# Salads

<b>Chicken &amp; Grains Salad</b>			
<b>NUTRITION INFORMATION</b>			
Serving size: 315g			
	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	2360kJ (563Cal)	27%	748kJ (179Cal)
Protein	31.9g	64%	10.1g
Fat, Total	40.1g	57%	12.7g
- Saturated	9.3g	39%	3.0g
Carbohydrate	19.2g	6%	6.1g
- Sugars	6.8g	8%	2.2g
Sodium	1120mg	49%	354mg
Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.			

Ingredients: **Free Range Roast Chicken Breast** (27%) (Chicken Breast (87%), Tapioca Starch, Salt, White Pepper, Seaweed Extract), **Quinoa** (21%), **Feta Cheese** (Pasteurised Cow's Milk, Salt, Lactic Cultures, Non-Animal (Microbial) Rennet), **Jalapeno Mayonnaise** (Canola Oil, Pasteurised Whole Egg, Vinegar, Jalapeno (3%), Sugar, Salt, Dijon Mustard, Turmeric, Paprika), **Carrot** (10%), **Spinach** (8%), **Rocket** (8%), **Tomato** (2%), **Lemon Juice**, **Olive Oil**, **Mint**, **Pepper**, **Salt**.

**Contains Egg, Milk.**

**May Contain Peanuts, Tree Nuts.**



## Beetroot & Feta Salad

### NUTRITION INFORMATION

Serving size: 339g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	1610kJ (386Cal)	19%	476kJ (114Cal)
Protein	12.0g	24%	3.6g
Fat, Total	29.3g	42%	8.6g
- Saturated	9.3g	39%	2.7g
Carbohydrate	17.3g	6%	5.1g
- Sugars	14.2g	16%	4.2g
Sodium	720mg	31%	212mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: **Pumpkin** (29%), **Beetroot** (21%) (Beetroot (61%), Water, Sugar, Food Acid (Acetic), Salt), **Tomato** (18%), **Feta Cheese** (12%) (Pasteurised cow's milk, salt, lactic cultures, non-animal (microbial) rennet), **Spinach** (7%), **Rocket** (7%), **Olive Oil**, **Pepper**, **Salt**.

**Contains Milk.**

**May Contain Peanuts, Tree Nuts.**



## Sweet Potato, Grains & Feta Salad

### NUTRITION INFORMATION

Serving size: 320g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	1530kJ (366Cal)	18%	478kJ (114Cal)
Protein	15.3g	31%	4.8g
Fat, Total	13.8g	20%	4.3g
- Saturated	6.8g	28%	2.1g
Carbohydrate	43.0g	14%	13.4g
- Sugars	14.7g	16%	4.6g
Sodium	480mg	21%	150mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: **Sweet Potato** (47%), **Quinoa** (21%), **Feta Cheese** (13%) (Pasteurised Cow's Milk, Salt, Lactic Cultures, Non-Animal (Microbial) Rennet.), **Spinach** (8%), **Rocket** (8%), **Tomato** (1.5%), **Lemon Juice**, **Olive Oil**, **Mint**, **Pepper**, **Salt**.

**Contains Milk.**

**May Contain Peanuts, Tree Nuts.**



# Spuds

## Chicken Caesar Spud

### NUTRITION INFORMATION

Serving size: 503g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	2970kJ (709Cal)	34%	590kJ (141Cal)
Protein	51.4g	103%	10.2g
Fat, Total	38.3g	55%	7.6g
- Saturated	18.0g	75%	3.6g
Carbohydrate	37.1g	12%	7.4g
- Sugars	8.0g	9%	1.6g
Sodium	1930mg	84%	385mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: **Potato** (40%), **Free Range Roast Chicken Breast** (20%) (Chicken Breast (87%), Tapioca Starch, Salt, White Pepper, Seaweed Extract), **Egg, Bacon** (Pork (89%), Water, Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250), Natural Wood Smoke), **Cheese** (Milk, Salt, Cultures, Enzyme (Non-Animal Rennet)), **Caesar Dressing** (8%) (Canola Oil, Pasteurised Whole Egg (Vinegar, Sugar, Salt, Mustard, Garlic), Parmesan Cheese (Milk, Salt, Cultures, Enzymes), Red Wine Vinegar, Worcestershire Sauce (Water, Vinegar, Molasses, Rehydrated Vegetables, Salt, Spices, Flavours), Lactic Acid (270)), **Cos Lettuce, Butter**.

Contains Egg, Milk



## Chicken Parma Spud

### NUTRITION INFORMATION

Serving size: 560g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	3160kJ (756Cal)	36%	565kJ (135Cal)
Protein	32.4g	65%	5.8g
Fat, Total	41.0g	59%	7.3g
- Saturated	21.9g	91%	3.9g
Carbohydrate	59.5g	19%	10.6g
- Sugars	6.5g	7%	1.2g
Sodium	1310mg	57%	235mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: **Potato** (54%), **Sour Cream** (Reduced Fat Cream, Milk Solids, Thickener (1442 From Maize), Sour Cream Culture.), **Chicken Schnitzel** (8%) (Formed Chicken Breast, Coating (Water, Thickener 1422, Vegetable Oil, Flour (Rice, Maize), Salt, Dehydrated Vegetables, Yeast Extract, Mineral Salts (450, 500, 541), Dextrose (Tapioca, Maize) Vegetable Gum (412), Spice), **Bacon** (7%) (Pork (89%), Water, Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250), Natural Wood Smoke), **Cheese** (7%) (Milk, Salt, Cultures, Enzyme (Non-Animal Rennet)), **Knorr Parmigiana Sauce** (5%) (Tomato Puree, Crushed Tomatoes, Firming Agent 509, Carrot, Onion, Vegetable Oil, Pecorino Cheese, Salt, Thickeners 1422, 415, Sugar, Garlic, Chilli, Basil, Food Acid (Citric) Natural Flavour), **Rocket**, **Spring Onion**, **Butter**, **Garlic Granule**.

**Contains Milk.**



## Aloha Poke Bowl

### NUTRITION INFORMATION

Serving size: 539g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	3420kJ (817Cal)	39%	635kJ (152Cal)
Protein	31.7g	63%	5.9g
Fat, Total	52.9g	76%	9.8g
- Saturated	6.9g	29%	1.3g
Carbohydrate	51.7g	17%	9.6g
- Sugars	17.1g	19%	3.2g
Sodium	1600mg	70%	298mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: **Sweet Potato** (28%), **Smoked Salmon** (14%) (Atlantic Salmon (Salmo Salar), Salt, Natural Wood Smoke.), **Edamame** (Soybeans, Salt), **Avocado**, **Cucumber**, **Radish**, **Seaweed** (Seaweed, Sugar, Salt, Soybean Oil, Sesame Oil, Gluten Free Soy Sauce (Soybean), Roasted Sesame, Red Pepper, Chilli Oil, Vinegar, Corn Starch Syrup, Colour (102, 103)), **Whole Egg Mayonnaise** (Canola Oil, Pasteurised Whole Egg, Vinegar, Salt, Dijon Mustard, Sugar.), **Sweet Potato Chips** (Sweet Potato, Vegetable Oil, Paprika, Turmeric), **Sesame Seeds**, **Mixed Herbs**.

**Contains Egg, Fish, Soybean, Sesame Seeds.**





## Tuna & Avocado Spud

### NUTRITION INFORMATION

Serving size: 600g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	2920kJ (697Cal)	34%	486kJ (116Cal)
Protein	34.3g	69%	5.7g
Fat, Total	37.7g	54%	6.3g
- Saturated	12.3g	51%	2.1g
Carbohydrate	50.3g	16%	8.4g
- Sugars	8.6g	10%	1.4g
Sodium	747mg	32%	125mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: **Potato** (50%), **Avocado** (10%), **Tuna** (9%) (Tuna, Water, Salt), **Cabbage**, **Cheese** (Milk, Salt, Cultures, Enzyme (Non-Animal Rennet)), **Yoghurt** (Fresh Skim Milk, Liquid Sugar (Sugar, Water), Milk Solids, Fresh Cream, Thickeners (1442 From Tapioca And Maize), Halal Gelatine, Live Yoghurt Culture.), **Carrot**, **Corn** (Sweet Corn (58%), Water, Salt), **Whole Egg Mayonnaise**, **Spring Onion**, **Cucumber**, **Olive Oil**, **Salt**, **Pepper**.

**Contains Egg, Fish, Milk.**



## Bacon & Cheese Spud

### NUTRITION INFORMATION

Serving size: 545g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	2550kJ (609Cal)	29%	468kJ (112Cal)
Protein	26.8g	54%	4.9g
Fat, Total	32.5g	46%	6.0g
- Saturated	17.6g	73%	3.2g
Carbohydrate	47.3g	15%	8.7g
- Sugars	5.8g	6%	1.1g
Sodium	1280mg	56%	235mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: **Potato** (55%), **Sour Cream** (Reduced Fat Cream, Milk Solids, Thickener (1442 From Maize), Sour Cream Culture.), **Salsa** (Crushed Tomato, Canola Oil, White Onion, Red Capsicum, Green Capsicum, Lemon, Maize Cornflour, Garlic, Salt, Coriander, Jalapenos, Potassium Sorbate (202)), **Bacon** (7%) (Pork (89%), Water, Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250), Natural Wood Smoke), **Cheese** (7%) (Milk, Salt, Cultures, Enzyme (Non-Animal Rennet)), **Rocket**, **Mushroom**, **Spring Onion**.

**Contains Milk.**



## The Festival Spud

### NUTRITION INFORMATION

Serving size: 459g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	2600kJ (621Cal)	30%	566kJ (135Cal)
Protein	24.9g	50%	5.4g
Fat, Total	36.1g	52%	7.9g
- Saturated	21.6g	90%	4.7g
Carbohydrate	45.1g	15%	9.8g
- Sugars	3.9g	4%	0.9g
Sodium	1160mg	51%	253mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: **Potato** (65%), **Sour Cream** (13%) (Reduced Fat Cream, Milk Solids, Thickener (1442 From Maize), Sour Cream Culture.), **Bacon** (9%) (Pork (89%), Water, Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250), Natural Wood Smoke), **Cheese** (9%) (Milk, Salt, Cultures, Enzyme (Non-Animal Rennet)), **Spring Onion, Butter, Pepper, Salt.**

**Contains Milk.**



## Home Style Bolognese Spud

### NUTRITION INFORMATION

Serving size: 671g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	2940kJ (702Cal)	34%	438kJ (105Cal)
Protein	29.4g	59%	4.4g
Fat, Total	34.3g	49%	5.1g
- Saturated	18.0g	75%	2.7g
Carbohydrate	59.8g	19%	8.9g
- Sugars	12.9g	14%	1.9g
Sodium	943mg	41%	141mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: **Potato** (45%), **Bolognese Sauce** (13%) (Beef Mince (40%), Tomatoes (32%) [Tomatoes, Tomato Juice, Food Acid (330)], Tomato Paste, Onion, Sunflower Oil, Carrot, Celery, White Wine, Sugar, Salt, Garlic, Cornstarch, Herbs & Spice, Natural Colour (160c)), **Sour Cream** (Reduced Fat Cream, Milk Solids, Thickener (1442 From Maize), Sour Cream Culture.), **Corn** (Sweet Corn (58%), Water, Salt), **Cheese** (Milk, Salt, Cultures, Enzyme (Non-Animal Rennet)), **Peas**, **Tomato** (Tomatoes (65%), Tomato Juice, Acidity Regulator: Citric Acid (330)), **Carrot**, **Mushroom**, **Spring Onion**, **Garlic**.

**Contains Egg, Milk.**



## Mexican Chicken Spud

### NUTRITION INFORMATION

Serving size: 655g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	2840kJ (678Cal)	33%	433kJ (103Cal)
Protein	36.5g	73%	5.6g
Fat, Total	29.6g	42%	4.5g
- Saturated	3.0g	12%	0.5g
Carbohydrate	59.2g	19%	9.0g
- Sugars	9.2g	10%	1.4g
Sodium	1390mg	61%	213mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: **Potato** (46%), **Free Range Roast Chicken Breast** (15%) (Chicken Breast (87%), Tapioca Starch, Salt, White Pepper, Seaweed Extract), **Tomato** (Tomatoes (99%) (Reconstituted), Salt), **Corn** (Sweet Corn (58%), Water, Salt), **Kidney Beans**, **Jalapeno Mayonnaise**, **Carrot**, **Cannellini Bean**, **Rocket**, **Chilli Flakes**, **Ground Coriander**, **Pepper**, **Salt**, **Cumin**.

**Contains Eggs.**



## Meat Lovers Spud

### NUTRITION INFORMATION

Serving size: 641g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	2990kJ (714Cal)	34%	466kJ (111Cal)
Protein	32.9g	66%	5.1g
Fat, Total	37.9g	54%	5.9g
- Saturated	19.8g	82%	3.1g
Carbohydrate	53.0g	17%	8.3g
- Sugars	10.4g	12%	1.6g
Sodium	1360mg	59%	212mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: **Potato** (47%), **Bolognese Sauce** (Beef Mince (40%), Tomatoes (32%) [Tomatoes, Tomato Juice, Food Acid (330)], Tomato Paste, Onion, Sunflower Oil, Carrot, Celery, White Wine, Sugar, Salt, Garlic, Cornstarch, Herbs & Spice, Natural Colour (160c)), **Sour Cream** (Reduced Fat Cream, Milk Solids, Thickener (1442 From Maize), Sour Cream Culture.), **Cabbage**, **Bacon** (6%) (Pork (89%), Water, Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250), Natural Wood Smoke), **Cheese** (Milk, Salt, Cultures, Enzyme (Non-Animal Rennet)), **Tomato** (Tomatoes (65%), Tomato Juice, Acidity Regulator: Citric Acid (330)), **Mushroom**, **Spring Onion**, **Chilli Flakes**.

**Contains Egg, Milk.**



## Chicken, Beetroot & Avocado Spud

### NUTRITION INFORMATION

Serving size: 625g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	3670kJ (878Cal)	42%	588kJ (140Cal)
Protein	41.9g	84%	6.7g
Fat, Total	54.1g	77%	8.7g
- Saturated	13.5g	56%	2.2g
Carbohydrate	51.5g	17%	8.2g
- Sugars	10.1g	11%	1.6g
Sodium	1290mg	56%	207mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: **Potato** (48%), **Free Range Roast Chicken Breast** (16%) (Chicken Breast (87%), Tapioca Starch, Salt, White Pepper, Seaweed Extract), **Beetroot** (11%) (Beetroot (61%), Water, Sugar, Food Acid (Acetic), Salt), **Avocado** (10%), **Cheese** (Milk, Salt, Cultures, Enzyme (Non-Animal Rennet)), **Herb Mayonnaise** (Canola Oil, Pasteurised Whole Egg, Garlic, Water, Vinegar, Salt, Mustard, Sugar, Sage, Parsley), **Rocket**.

**Contains Egg, Milk.**



## Pulled Pork Spud

### NUTRITION INFORMATION

Serving size: 660g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	2180kJ (520Cal)	25%	330kJ (79Cal)
Protein	26.1g	52%	4.0g
Fat, Total	14.5g	21%	2.2g
- Saturated	8.1g	34%	1.2g
Carbohydrate	63.0g	20%	9.6g
- Sugars	15.9g	18%	2.4g
Sodium	978mg	43%	148mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: **Potato** (45%), **Pulled Pork** (14%) (Pulled Pork (55%) [Pork, Food Acid (325), Salt, Maltodextrin, Mineral Salts (451, 450), Vegetable Gum (407), Natural Flavour, Sugar, Vegetable Powders, Spice Extract, Dextrose, Anti-Caking Agent (551), Vegetable Oil, Water], Water, Sugar, Tomato Paste, Vinegar, Corn Starch, Spices, Salt, Smoke Powder, Vegetable Powder, Natural Flavour, Colours (150d, 160c)), **Sour Cream** (Reduced Fat Cream, Milk Solids, Thickener (1442 From Maize), Sour Cream Culture.), **Cabbage**, **Corn** (Sweet Corn (58%), Water, Salt), **Peas**, **Water**, **Spinach**, **Spring Onion**.

**Contains Milk.**

**May Contain Soybean.**





## The Classic Spud

### NUTRITION INFORMATION

Serving size: 518g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	2460kJ (588Cal)	28%	475kJ (113Cal)
Protein	20.4g	41%	3.9g
Fat, Total	31.6g	45%	6.1g
- Saturated	19.3g	80%	3.7g
Carbohydrate	49.7g	16%	9.6g
- Sugars	6.6g	7%	1.3g
Sodium	588mg	26%	114mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: **Potato** (58%), **Sour Cream** (Reduced Fat Cream, Milk Solids, Thickener (1442 From Maize), Sour Cream Culture.), **Cabbage** (10%), **Corn** (10%) (Sweet Corn (58%), Water, Salt), **Cheese** (8%) (Milk, Salt, Cultures, Enzyme (Non-Animal Rennet)), **Spring Onion**, **Butter**, **Garlic**.

**Contains Milk.**



## Moroccan Chickpea & Kale Spud

### NUTRITION INFORMATION

Serving size: 595g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	1920kJ (460Cal)	22%	323kJ (77Cal)
Protein	14.0g	28%	2.4g
Fat, Total	12.3g	18%	2.1g
- Saturated	1.1g	5%	0.2g
Carbohydrate	67.4g	22%	11.3g
- Sugars	12.9g	14%	2.2g
Sodium	763mg	33%	128mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: **Potato** (50%), **Moroccan Chickpea And Kale Sauce** (20%) (Water, Tomatoes [Tomatoes, Tomato Juice, Food Acid (330)], Pumpkin (5%), Onion, Chick Peas (3.5%), Carrot, Red Lentils, Kale (2%), Tomato Paste, Corn Starch, Spinach, Herb & Spices, Ginger, Salt, Sugar, Garlic, Vegetable Gum (415), Natural Colour (100, 160c), Natural Flavour, Spice Extract.), **Beetroot** (Beetroot (61%), Water, Sugar, Food Acid (Acetic), Salt), **Quinoa**, **Hommus** (Cooked Chickpeas (65%), Canola Oil, Sesame Seed Paste (13%), Vinegar, Salt, Garlic, Acidity Regulator (575), Citric Acid, Preservative (202)), **Rocket**, **Spring Onion**, **Tomato**, **Lemon Juice**, **Olive Oil**, **Mint**, **Pepper**, **Salt**.

**Contains Sesame Seeds.**



## Chilli Bean & Salsa Spud

### NUTRITION INFORMATION

Serving size: 695g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	3040kJ (727Cal)	35%	438kJ (105Cal)
Protein	26.7g	53%	3.8g
Fat, Total	33.3g	48%	4.8g
- Saturated	17.4g	73%	2.5g
Carbohydrate	70.7g	23%	10.2g
- Sugars	12.1g	13%	1.7g
Sodium	1310mg	57%	188mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: **Potato** (43%), **Tomato** (Tomatoes (99%) (Reconstituted), Salt), **Sour Cream** (Reduced Fat Cream, Milk Solids, Thickener (1442 From Maize), Sour Cream Culture.), **Cabbage**, **Corn** (Sweet Corn (58%), Water, Salt), **Salsa** (7%) (Crushed Tomato, Canola Oil, White Onion, Red Capsicum, Green Capsicum, Lemon, Maize Cornflour, Garlic, Salt, Corriander, Jalapenps, Potassium Sorbate (202)), **Cheese** (Milk, Salt, Cultures, Enzyme (Non-Animal Rennet)), **Kidney Beans** (4.5%), **Cannellini Bean** (4%), **Corn Chips**, **Spring Onion**, **Chilli Flakes**, **Ground Coriander**, **Pepper**, **Salt**, **Cumin**.

**Contains Milk.**



## Hawaiian Spud

### NUTRITION INFORMATION

Serving size: 710g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	2590kJ (618Cal)	30%	364kJ (87Cal)
Protein	22.0g	44%	3.1g
Fat, Total	26.1g	37%	3.7g
- Saturated	15.5g	65%	2.2g
Carbohydrate	65.7g	21%	9.3g
- Sugars	22.3g	25%	3.2g
Sodium	725mg	32%	102mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: **Potato** (42%), **Beetroot** (10%) (Beetroot (61%), Water, Sugar, Food Acid (Acetic), Salt), **Pineapple** (10%), **Tomato** (8%), **Sour Cream** (Reduced Fat Cream, Milk Solids, Thickener (1442 From Maize), Sour Cream Culture.), **Cabbage** (7%), **Corn** (7%) (Sweet Corn (58%), Water, Salt), **Cheese** (Milk, Salt, Cultures, Enzyme (Non-Animal Rennet)), **Spring Onion**.

**Contains Milk.**



## Fresh Vegie Spud

### NUTRITION INFORMATION

Serving size: 535g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	1630kJ (389Cal)	19%	304kJ (73Cal)
Protein	13.1g	26%	2.5g
Fat, Total	10.5g	15%	2.0g
- Saturated	0.8g	4%	0.2g
Carbohydrate	53.1g	17%	9.9g
- Sugars	5.7g	6%	1.1g
Sodium	410mg	18%	77mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: **Potato** (56%), **Tomato** (11%), **Corn** (9%) (Sweet Corn (58%), Water, Salt), **Peas** (7%), **Hommus** (Cooked Chickpeas (65%), Canola Oil, Sesame Seed Paste (13%), Vinegar, Salt, Garlic, Acidity Regulator (575), Citric Acid, Preservative (202)), **Carrot** (6%), **Spinach** (4.5%).

**Contains Sesame Seeds.**



<b>Sweet Potato Poke Bowl</b>			
<b>NUTRITION INFORMATION</b>			
Serving size: 455g			
	<b>Average Quantity per Serving</b>	<b>% Daily Intake (per Serving)</b>	<b>Average Quantity per 100g</b>
Energy	2920kJ (698Cal)	34%	643kJ (154Cal)
Protein	17.0g	34%	3.7g
Fat, Total	39.7g	57%	8.7g
- Saturated	5.3g	22%	1.2g
Carbohydrate	65.3g	21%	14.3g
- Sugars	22.4g	25%	4.9g
Sodium	1030mg	45%	226mg
Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.			

Ingredients: **Sweet Potato** (33%), **Edamame** (Soybeans, Salt), **Beetroot** (Beetroot (61%), Water, Sugar, Food Acid (Acetic), Salt), **Avocado**, **Corn**, **Seaweed** (Seaweed, Sugar, Salt, Soybean Oil, Sesame Oil, Gluten Free Soy Sauce (Soybean), Roasted Sesame, Red Pepper, Chilli Oil, Vinegar, Corn Starch Syrup, Colour (102, 103)), **Vegan Mayonnaise** (Canola Oil, Water, Invert Syrup (Cane Sugar, Water), Vinegar, Food Starch, Salt, Sugar, Mustard, Natural Flavour, Xanthan Gum, Citric Acid, Spices, Natural Colour), **Sweet Potato Chips** (3.5%), **Sesame Seeds**.

**Contains Soybean, Sesame Seeds.**



<b>Sriracha Chicken Poke Bowl</b>			
<b>NUTRITION INFORMATION</b>			
Serving size: 546g			
	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	2440kJ (584Cal)	28%	447kJ (107Cal)
Protein	38.3g	77%	7.0g
Fat, Total	19.1g	27%	3.5g
- Saturated	2.3g	9%	0.4g
Carbohydrate	61.8g	20%	11.3g
- Sugars	26.7g	30%	4.9g
Sodium	1840mg	80%	337mg
Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.			

**Ingredients:** Sweet Potato (27%), Free Range Roast Chicken (18%) (Chicken Breast (87%), Tapioca Starch, Salt, White Pepper, Seaweed Extract), Edamame (Soybeans, Salt), Beetroot (Beetroot (60%), Water, High Fructose Corn Syrup, Vinegar, Salt, Natural Flavour), Corn, Radish, Seaweed (Seaweed, Sugar, Salt, Soybean Oil, Sesame Oil, Gluten Free Soy Sauce (Soybean), Roasted Sesame, Red Pepper, Chilli Oil, Vinegar, Corn Starch Syrup, Colour (102, 103)), Sriracha Sauce (2.5%) (Water, Red Chilli (28%), Sugar, Garlic, Salt, Stabilizer (Xanthan Gum), Thickener (Modified Corn Starch), Acidity Regulator (Acetic Acid), Natural Colour (Paprika Oleoresin)), Mayonnaise (Canola Oil, Pasteurised Whole Egg, Vinegar, Salt, Dijon Mustard, Sugar), Lime, Coriander.

**Contains Egg, Soybean, Sesame Seeds.**



## Schnitzel & Gravy Spud

### NUTRITION INFORMATION

Serving size: 640g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	2810kJ (671Cal)	32%	439kJ (105Cal)
Protein	31.8g	64%	5.0g
Fat, Total	29.3g	42%	4.6g
- Saturated	14.4g	60%	2.3g
Carbohydrate	63.6g	21%	9.9g
- Sugars	5.9g	7%	0.9g
Sodium	896mg	39%	140mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: **Potato, Water, Corn** (Sweet Corn (58%), Water, Salt), **Pumpkin, Chicken Schnitzel** (Formed Chicken Breast, Coating (Water, Thickener 1422, Vegetable Oil, Flour (Rice, Maize), Salt, Dehydrated Vegetables, Yeast Extract, Mineral Salts (450, 500, 541), Dextrose (Tapioca, Maize) Vegetable Gum (412), Spice), **Cheese** (Milk, Salt, Cultures, Enzyme (Non-Animal Rennet)), **Peas, Mozzarella**: Milk proteins (casein), pasteurized cows milk, margarine (mixture of vegetable oils of hydrogenated part of palm and refined soy), rennet, salt, lactic ferments, acidity corrector: E330, E331, preservative: E202, **Butter, Chicken Gravy Mix (GF)**: Maize starch, modified starch (1422), maltodextrin, salt, yeast extract, dextrose, onion, HVP, colour (150a), chicken fat, herb and spices, vegetable gum (412), flavour. , **Olive Oil, Garlic Granule, Pepper, Salt.**

**Contains Wheat, Milk and products thereof (including lactose)**





# Snack Spuds

## Chilli Bean, Cheese & Corn Chips Snack Spud

### NUTRITION INFORMATION

Serving size: 265g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	1600kJ (383Cal)	18%	605kJ (144Cal)
Protein	16.3g	33%	6.2g
Fat, Total	18.3g	26%	6.9g
- Saturated	9.5g	40%	3.6g
Carbohydrate	34.7g	11%	13.1g
- Sugars	2.5g	3%	0.9g
Sodium	578mg	25%	218mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: **Potato** (57%), **Cheese** (15%) (Milk, Salt, Cultures, Enzyme (Non-Animal Rennet)), **Tomato** (Tomatoes (99%) (Reconstituted), Salt), **Kidney Beans** (6%), **Corn Chips** (6%) (Corn Flour (72%), Vegetable Oil, Water, Salt), **Cannellini Bean** (5%), **Chilli Flakes**, **Ground Coriander**, **Pepper**, **Salt**, **Cumin**.

**Contains Milk.**



## Bolognese, Cheese & Mushroom Snack Spud

### NUTRITION INFORMATION

Serving size: 270g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	1420kJ (338Cal)	16%	524kJ (125Cal)
Protein	17.0g	34%	6.3g
Fat, Total	18.0g	26%	6.7g
- Saturated	9.2g	38%	3.4g
Carbohydrate	24.1g	8%	8.9g
- Sugars	3.1g	3%	1.2g
Sodium	532mg	23%	197mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: **Potato** (56%), **Bolognese Sauce** (16%) (Beef Mince (40%), Tomatoes (32%) [Tomatoes, Tomato Juice, Food Acid (330)], Tomato Paste, Onion, Sunflower Oil, Carrot, Celery, White Wine, Sugar, Salt, Garlic, Cornstarch, Herbs & Spice, Natural Colour (160c)), **Cheese** (15%) (Milk, Salt, Cultures, Enzyme (Non-Animal Rennet)), **Mushroom** (7%), **Tomato** (Tomatoes (65%), Tomato Juice, Acidity Regulator: Citric Acid (330)).

**Contains Egg, Milk.**



## Corn, Peas, Tomato & Cucumber Yoghurt Snack Spud

### NUTRITION INFORMATION

Serving size: 340g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	860kJ (205Cal)	10%	253kJ (60Cal)
Protein	9.1g	18%	2.7g
Fat, Total	1.9g	3%	0.6g
- Saturated	0.3g	1%	less than 0.1g
Carbohydrate	33.6g	11%	9.9g
- Sugars	8.2g	9%	2.4g
Sodium	207mg	9%	61mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: **Potato** (44%), **Tomato** (18%), **Corn** (15%) (Sweet Corn (58%), Water, Salt), **Peas** (12%), **Yoghurt** (11%) (Fresh Skim Milk, Liquid Sugar (Sugar, Water), Milk Solids, Fresh Cream, Thickeners (1442 From Tapioca And Maize), Halal Gelatine, Live Yoghurt Culture.), **Cucumber** (0.5%).

**Contains Milk.**



## Pulled Pork, Peas & Corn Snack Spud

### NUTRITION INFORMATION

Serving size: 300g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	916kJ (219Cal)	11%	305kJ (73Cal)
Protein	12.7g	25%	4.2g
Fat, Total	2.3g	3%	0.8g
- Saturated	0.4g	2%	0.1g
Carbohydrate	32.5g	10%	10.8g
- Sugars	7.1g	8%	2.4g
Sodium	519mg	23%	173mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: **Potato** (50%), **Corn** (17%) (Sweet Corn (58%), Water, Salt), **Pulled Pork** (14%) (Pulled Pork (55%) [Pork, Food Acid (325), Salt, Maltodextrin, Mineral Salts (451, 450), Vegetable Gum (407), Natural Flavour, Sugar, Vegetable Powders, Spice Extract, Dextrose, Anti-Caking Agent (551), Vegetable Oil, Water], Water, Sugar, Tomato Paste, Vinegar, Corn Starch, Spices, Salt, Smoke Powder, Vegetable Powder, Natural Flavour, Colours (150d, 160c)), **Peas** (13%), **Water**.

**May Contain Soybean.**