



*Sprud*BAR

**PRODUCT
INFORMATION
GUIDE (PIG)**



Contents

Salads	4
Chicken & Grains Salad	4
Beetroot & Feta Salad	5
Sweet Potato, Grains and Feta salad	6
Spuds	7
Chicken Caesar Spud	7
Chicken Parma Spud	8
Aloha Parma Bowl	9
Tuna & Avocado Spud	10
Bacon & Cheese Spud	11
The Festival Spud	12
Home Style Bolognese Spud	13
Mexican Chicken Spud	14
Meat Lovers Spud	15
Chicken, Beetroot & Avocado	16
Pulled Pork Spud	17
The Classic Spud	18
Moroccan Chickpea & Kale Spud	19
Chilli Bean & Salsa Spud	20
Hawaiian Spud	21
Fresh Vegie Spud	22
Sweet Potato Poke Bowl	23
Sriracha Chicken Poke Bowl	24
Snack Spuds	25
Chilli Bean, Cheese & Corn Chips	25
Bolognese, Cheese & Mushroom	26
Corn, Peas, Tomato & Cucumber Yoghurt	27
Pulled Pork, Peas & Corn	28

Spudbar Allergen Table

Product	Brand	Allergens										
		Gluten	Cross-con	Egg	Fish	Milk	Peanut	Soybeans	Tree Nut	Sesame seeds	Onion	Garlic
HOT TOPPING'S												
Bolognese	Raw Materials			T		T					YES	YES
Chili Bean Nix	Spudbar										YES	YES
Pulled pork	Raw Materials										YES	YES
Chicken Tenderlo	Bayview										YES	YES
Napoli Sauce	CF5					YES	T	T	T	T	YES	YES
Veggie Nuggets	Bayview					YES					YES	YES
Moroccan Chickpea & Kale	Raw Materials										YES	YES
PIZZA TOPPING'S												
Avocado	Wholly Goodenoodle											
Bacon	Hani											
Black Sesame Seeds	CF5										YES	
Beerfoot	Golden Circle											
Butter	Western Star					YES						
Carrier Dressing	Wombae Valley			YES								
Cheese - Eggport	Spudbar											
Chicken	Bile me fine foods											
Chilipote Mayo	FX Foods			YES								
Corn chips	Mission					T						
Corn	John Bull											
Crushed tomato	Laggos							YES				
Edamame Beans	CF5			YES								
Fresh Ranje Egg	Raw Materials											
Feta	Lemnos					YES						
Garlic	CF5											YES
Herb Mayo	Wombae			YES								
Huermas	Wombae										YES	YES
Jalapeno	Rosmarry											
Jalapeno Mayo	Wombae Valley			YES								
Mayonnaise	Wombae Valley			YES								
Peas	Waters											
Peppercorn	Korassa											
Queso Grains	McKenzie											
Salsa	Wombae Valley										YES	YES
Seaweed salad	CF5							YES				
Vegan Mayo	FX Foods					YES						
Vegetarian Sour Cream	Bulla											
Turna In Brew	Salesta					YES						
Yogurt	Bulla					YES						
Cold smoked salmon	Kaia Brothers							YES				
Sriracha Sauce	A&T											
Port-Mulsion Mayonnaise	FoodFX			YES								YES
DESSERT												
Brownies	Chief Mornia			YES		YES	T	YES	T			

Cross contamination may occur in store
 Correct as of 26/11/2019
 Allergens may differ with different brands

No	YES
Yes	YES
Trace	T



Salads

Chicken & Grains Salad

Chicken & Grains Salad			
NUTRITION INFORMATION			
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

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 and Feta salad

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

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

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 Parma Bowl

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

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

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

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

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

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

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

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

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

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

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

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

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

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.



Sweet Potato Poke Bowl

Sweet Potato Poke Bowl

NUTRITION INFORMATION

Serving size: 455g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
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.



Sriracha Chicken Poke Bowl

Sriracha Chicken Poke Bowl			
NUTRITION INFORMATION			
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.



Snack Spuds

Chilli Bean, Cheese & Corn Chips

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

**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

**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

**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.