

# DAD'S PIES™



		<u>Nutrition</u>	<u>Energy</u>	<u>Protein</u>	<u>Fat - Total</u>	<u>Fat - Sat</u>	<u>Carbohydrate</u>	<u>Sugars</u>	<u>Sodium</u>
<u>Angus Chilli Beef &amp; Cheese Pie</u>		(per 100g)	1000kJ	8.5g	12.6g	7.8g	22.6g	1.4g	400mg
Beef (38%), Cheese (24%), Water, Flour, Margarine, Onion, Tomato Paste, Starch, Beef Stock, Garlic, Herbs & Spices	200g	(per serve)	2010kJ	17.1g	25.2g	15.6g	45.3g	2.7g	800mg
Sugar, Caramel (150d), Vitamin E (306, 307), Citric Acid (330), Acidity Reg (270,500), Lecithin (322), Emulsifier (331,451,471), Vegetable Gum (415,466), Thickener (1422)									
Allergens: Gluten, Dairy, Soy									
<u>Angus Potato Top Pie</u>		(per 100g)	673kJ	7.2g	6.2g	3.7g	18.8g	0.9g	299mg
Beef (65%), Water, Flour, Margarine, Potato Flake, Onion, Starch, Beef Booster, Milk Powder, Garlic, Tomato Paste, Paprika, White Pepper, Black Pepper,	240g	(per serve)	1615kJ	17.3g	14.9g	8.9g	45.1g	2.2g	718mg
Mixed Herbs, Colour (150c), Acidity Reg (500ii), Citric Acid (330), Thickener (1422), Gellin Agent (508), Emulsifier (322, 471, 450), Vitamin E (307).									
Allergens: Gluten, Dairy, Soy									
<u>Apple &amp; Cinnamon Pie</u>		(per 100g)	1160kJ	3.6g	12.4g	7.9g	36.6g	10.4g	197mg
Apples (45%), Flour, Water, Margarine, Starch, Sugar, Cinnamon, Lecithin (322), Citric Acid (330), Vitamin E	110g	(per serve)	1270kJ	3.9g	13.7g	8.7g	40.3g	11.4g	217mg
(306), Ascorbic Acid (300), Calcium Chloride (509), Emulsifier (471), Acidity Reg (500)									
Allergens: Gluten, Dairy, Soy									
<u>Bacon &amp; Egg Pie</u>		(per 100g)	1140kJ	7.9g	18.0g	11.4g	22.3g	0.7g	430mg
Bacon (33%), Egg (24%), Flour, Water, Margarine, Cream, Cheese, Starch, Onion, Lecithin (Soy 322), Emulsifier (471), Acidity Reg (500), Vitamin E (307), Citric Acid (330), Antioxidant (304), Thickener (401), Sorbic Acid (200), Anti-caking Agent (460), Mineral Salts (451,452,500), Antioxidant (316), Thickener (1412)		(per serve)	2280kJ	15.8g	36.1g	22.8g	44.5g	1.4g	861mg





Sauce, Beef Stock, Gravy Browning, Black Pepper, Herbs & Spices	200g	(per serve)	1780kJ	15.6g	21.0g	13.0g	45.5g	3.2g	657mg
Caramel (150c, 150d), Vitamin E (306, 307),Thickener (1422),									
Citric Acid (330), Acidity Reg (500), Lecithin (322), Emulsifier (471), Allergens: Gluten, Dairy, Soy	260g	(per serve)	2316kJ	20.4g	27.3g	16.9g	59.0g	4.1g	852mg
<u>Prime Steak Pie</u>		(per 100g)	878kJ	7.9g	9.6g	5.9g	21.9g	0.7g	352mg
Beef (36%), Water , Flour, Margarine, Starch, Soya Bean Extract,									
Onion, Beef Stock, Worcestershire Sauce, Garlic, Herbs & Spices,	200g	(per serve)	1760kJ	15.7g	19.2g	11.9g	43.8g	1.4g	703mg
Caramel (150d), Vitamin E (306, 307), Vegetable Gum (415),									
Citric Acid (330), Acidity Reg (500), Lecithin (322), Emulsifier (471)									
Allergens: Gluten, Dairy, Soy									
<u>Steak &amp; Cheese Pie</u>		(per 100g)	964kJ	8g	11.7g	7.3g	22.4g	1.1g	430mg
Beef (30%),Cheese (16%), Water, Flour, Margarine, Starch,									
Soya Bean Extract, Onion, Beef Stock, Worcestershire Sauce, Garlic,	110g	(per serve)	1060kJ	8.8g	12.9g	8g	24.6g	1.2g	473mg
Herbs & Spices, Caramel (150d), Colour (160a), Vitamin E (306, 307),									
Thickener (1422), Citric Acid (330), Acidity Reg (270, 500),	200g	(per serve)	1930kJ	15.9g	23.3g	14.6g	44.9g	2.2g	860mg
Lecithin (322), Emulsifier (471, 331,451), Vegetable Gum (415,466)									
Allergens: Gluten, Dairy, Soy									
<u>Thai Chicken Pie</u>		(per 100g)	1080kJ	8.1g	16.6g	10.2g	22.3g	3.0g	230mg
Chicken (34%), Water, Flour, Coconut Cream, Margarine, Onion,									
Red Capsicum, Garlic, Canola Oil, Green Curry Paste, Mushrooms,	200g	(per serve)	2160kJ	16.2g	33.2g	20.4g	44.6g	6.1g	459mg
Salt, Pepper, Vitamin E (306, 307), Antioxidant (336),									
Citric Acid (330), Acidity Reg (500), Lecithin (322), Emulsifier (471, 469),	260g	(per serve)	2808kJ	21g	43.1g	26.5g	57.9g	7.8g	598mg
Vegetable Gum (407,412, 415), Anticaking (551)									
Allergens: Gluten, Dairy, Soy									
<u>Gluten Free Angus Mince</u>		(per 100g)	1040kJ	6.2g	11.0g	6.2g	31.0g	1.3g	4.1mg
Water, Angus Beef (16%), Modified Starch (1422 From Maize), Rice									
Flour, Pastry Margarine (Animal Fat, Vegetable Oil, Water, Salt, Emulsifier (471,	180g	(per serve)	1880kJ	11.1g	19.9g	11.2g	55.9g	2.4g	721mg
Soy Lecithin), Acidity Regulator (500), Antioxidant (307b), Acid (Citric Acid),									
Colour (Carotene)), Corn Starch, Tapioca Starch, Potato Starch, Textured Soy									
Protein, Soy Flour, Egg, Seasoning Blend (Contains Flavours, Caramel Colour									
(150c), Acidity Regulator (330)), Dried Onion, Tomato Paste, Iodized Salt, Spices,									
Dried Garlic, Herbs, Natural Colour (Annatto Extracts), Worcestershire Sauce,									
Colour (Caramel III).									
Allergens: Contains Egg, Soy. May contain traces of sesame seeds									
<b><u>ROLLS</u></b>									
<u>Garlic &amp; Cheese Roll</u>		(per 100g)	939kJ	9.7g	11.0g	6.8g	21.0g	0.5g	593mg
Beef (30%), Cheese (7%), Water, Flour, Margarine, Breadcrumbs,									
Soya Bean Extract, Vegetable Protein, Onion, Cheese, Garlic Powder,	120g	(per serve)	1130kJ	11.6g	13.2g	8.1g	25.2g	0.6g	711mg

Herbs & Spices, Sorbic Acid (200), Citric Acid (330),									
Acidity Reg (341, 263, 500), Lecithin (322), Emulsifier (481, 471, 472e),									
Anticaking Agent (460,551), Vitamin E (306, 307),									
Allergens: Gluten, Dairy, Soy									
<u>Hearty Beef Roll</u>		(per 100g)	933kJ	9.1g	10.7g	6.6g	21.7g	0.6g	562mg
Beef (28%), Flour, Water, Margarine, Breadcrumbs, Vegetable Protein,									
Soya Bean Extract, Onion, Mixed Vegetables, Cheese , Pizza Sauce,	200g	(per serve)	1870kJ	18.3g	21.5g	13.2g	43.4g	1.3g	1120mg
Garlic Powder, Herbs & Spices, Sorbic Acid (200),									
Citric Acid (330), Acidity Reg (341, 263, 500), Lecithin (322),									
Emulsifier (481, 471, 472e), Anticaking (551,460), Vitamin E (306, 307)									
Allergens: Gluten, Dairy, Soy									
<u>Sausage Roll</u>		(per 100g)	1000kJ	9.3g	11.3g	7.0g	24.3g	0.5g	601mg
Beef (32%), Flour, Water, Margarine, Breadcrumbs, Soya Bean Extract,									
Citric Acid (330), Vegetable Protein, Onion, Herbs & Spices,	120g	(per serve)	1200kJ	11.2g	13.5g	8.4g	29.2g	0.6g	721mg

Acidity Reg (341,263, 500), Lecithin (322), Emulsifier (481, 471, 472e,471), Vitamin E (306, 307)	180g	(per serve)	1800kJ	16.7g	20.4g	12.6g	43.8g	0.9g	1080mg
Allergens: Gluten, Dairy, Soy									
<u>Spinach &amp; Feta Roll (200g)</u>		(per 100g)	966kJ	5.5g	13.0g	8.7g	22.3g	1.0g	430mg
Spinach (52%), Feta Cheese (20%), Flour, Water, Margarine, Egg, Onion, Potato Flake, Breadcrumb, Butter Replacer, Starch, Cheese Powder, Vegetarian Stock, Garlic, Spices, Salt.		(per serve)	1930kJ	11.0g	26.0g	17.5g	44.6g	2.0g	860mg
Lecithin (322), Emulsifier (471,450,481), Acidity Reg (500,263), Vitamin E (306,307), Citric Acid (330), Mineral Salt (170,516), Colour (160a)									
Allergens: Gluten, Soy, Dairy, Egg									
<b><u>FAMILY PIE RANGE</u></b>									
<u>APPLE &amp; CINNAMON PIE (900g)</u>		(per 100g)	813kJ	2.2g	6.0g	3.4g	31.7g	15.4g	103mg
Apple (45%), Flour, Margarine, Water, Starch, Sugar, Cinnamon, Lecithin (322), Citric Acid (330), Vitamin E (306), Ascorbic Acid (300), Firming Agent (509), Emulsifier (471), Acidity Reg (500), Colour (160a)	180gm	(per serve)	1460kJ	4.0g	10.8g	6.2g	57.1g	27.7g	186mg
Allergens: Gluten, Dairy, Soy									
<u>BUTTER CHICKEN PIE (900g)</u>		(per 100g)	954kJ	8.5g	6.7g	7.5g	20.8g	2.8g	377mg
Chicken (30%), Water, Flour, Coconut Cream, Margarine, Onion, Butter Replacer, Chicken Stock, Starch, Tomato Paste, Colour (160a), Vitamin E (307), Citric Acid (330), Acidity Reg (340, 500), Lecithin (322), Emulsifier (469, 471), Vegetable Gum (415), Anti-Caking Agent (535,551), Stabiliser (1450)	180gm	(per serve)	1720kJ	12.9g	24.2g	13.5g	37.4g	5.1g	679mg
Allergens: Gluten, Soy, Dairy									
<u>PRIME BEEF STEAK &amp; CARAMELISED ONION PIE (900g)</u>		(per 100g)	732kJ	8.5g	6.7g	3.7g	19.3g	1.5g	252mg
Diced Beef (29%), Caramelised Onion (15%), Water, Flour, Margarine, Starch, Beef Booster, Soya Bean Extract, Balsamic Vinegar, Worcestershire Sauce, Brown Sugar, Garlic, Vegetable Booster, Herbs & Spices, Colour (150c,150d,160a), Vitamin E (306,307),Thickener (1422), Citric Acid (330),Acidity Reg (500), Lecithin (322), Emulsifier (471)	180gm	(per serve)	1318g	15.3g	12.1g	6.6g	34.7g	2.7g	453mg
Vege Gum (415), Potassium Chloride (508)									
Allergens: Gluten, Soy, Dairy									
<u>PRIME BEEF STEAK &amp; CHEDDAR CHEESE PIE (900g)</u>		(per 100g)	879kJ	13.1g	9.0g	5.0g	18.6g	1.2g	442mg
Diced Beef (55%), Cheese (17%), Flour, Water, Margarine, Onion, Starch, Beef Booster, Garlic, Tomato Paste, Paprika, White Pepper, Black Pepper,	180gm	(per serve)	1580kJ	23.6g	16.2g	9.0g	33.4g	2.2g	796mg

